

## Island Senior Resources – May eNews

Providing updates on events & happenings at Island Senior Resources



### Happy May greetings neighbor!

Traditionally, May 1, May Day, is a festival of spring, celebrated by leaving flowers anonymously on doorsteps of friends and neighbors.

Are you thinking about ways you might do something special for someone older to help them feel less lonely? Do you have something blooming in your garden that you could share to brighten their day? Don't have anything blooming? Then make some artful flowers out of paper.

Here's all you need to do:

Cut a few blossoms and wrap the stems to keep them moist, (or make some out of paper) then drop by your friend or neighbor's house (secretly), and attach the flowers with a rubber band on the door handle (or leave a basket of blossoms if you have lots to share). Then, ring their doorbell and leave. If you want to, maybe leave a happy May Day note with it. There is no face-to-face

contact, and it's a gift they will be so pleased to receive. You can imagine their smile.

So think of at least one person, and go make a bouquet! Happy May Day to all, and thank you for your kindness.

Robin Bush  
Outreach Director  
email: [robin@islandseniorservices.org](mailto:robin@islandseniorservices.org)  
phone: 360-331-5709

## How to Contact Us. Available Services

### Island Senior Resources is here for you

It's easy to feel isolated during these challenging times. Island Senior Resources is using our very best "out of the box" thinking to create innovative ways to continue to deliver services and help our community through challenging times.

Our staff is working every day. We are an essential service so our resources remain available. Although our facilities are closed to the public we are here for you! Call us at 360-321-1600 or 360-678-3373.

- [Click here](#) to visit our website
- [Click here](#) for information on current services

Our [Aging & Disability](#) Resource Specialists are available to assist you remotely by phone at 360-321-1600 or 360-678-3373. If you have questions, they can help connect you to the resources you may need.

How to contact us for help?

By Phone. Resource Specialists are available to help by phone.

- Hours are Monday- Friday hours 9 am – 4 pm. Please dial 360-321-1600 and select option 0.

By contacting us online. To contact us through our website, [click this link](#) and then answer the questions so our team can help you.

## Medicare. Additional News.

### Have questions about Medicare? We are here to help!

Please know that volunteers from the **Statewide Health Insurance Benefits Advisors (SHIBA) and Island Senior Resources**, remain on the job. We are working remotely and will respond by telephone or email regarding your Medicare concerns. This includes: enrollment, costs and benefits, prescription coverage, low-income assistance, and referrals for related services. If you are turning 65 or have questions about coverage for your healthcare needs, we are here to help!

Call (360) 321-1600, option 0 or  
email [reception@islandseniorservices.org](mailto:reception@islandseniorservices.org)

**The Journal is Coming!**

The Island Senior Resources spring/summer JOURNAL will be mailed in May, replacing our previous semi-annual Newsletter. Our focus is to shine light on issues important to living your best life in our shared community, and to help you feel connected to, and supported by, the resources at ISR. If you are not already on our mailing list, you may [register on our website](#) to receive your copy, or call us at 360-321-1600 or 360-678-3373.

### **How are we responding during the COVID-19 Crisis?**

During the COVID-19 crisis, we have risen to meet the needs of seniors, adults with disabilities, and those who care for them throughout Island County. To view our detailed report on what we have been doing, [click here](#).

### **What the Tech is Going On?**

It would be an understatement to say that technology has become even more of a necessity in our lives recently. Amidst social and physical distancing, we are relying on it even more to maintain relationships, complete work, and stay informed. If that statement makes you anxious, you might be a good candidate for this online course— **“What the Tech is Going On?”** With Jessica Karpilo, Island Senior Resources’ Outreach Associate.

Jessica will be leading Zoom calls on Monday afternoons beginning in May to help folks get acquainted with new technologies. If you can send an email, you can do this. Each week’s content will be catered to the needs and questions of the people on the call. Jessica will utilize screen-sharing so that attendees can see exactly what she’s doing as she explains it. This is a great option if you are interested in attending online support groups but aren’t yet comfortable with the technology used.

To attend, email [jessica@islandseniorservices.org](mailto:jessica@islandseniorservices.org) to receive an invitation to the call, as well as instructions for joining the call at the scheduled time. You can join the call from a computer, tablet, or smartphone.

powerful  
**PARTNER**



**PUGET  
SOUND  
ENERGY**

### **PSE - Payment options when you need them most**

As a provider of an essential service to their customers, PSE is working to ensure they are there for their customers, the community and their employees as the coronavirus impacts our region.

Some of PSE’s business and residential customers might be worried about paying their bills. Just as they did during the federal government shutdown in 2018, PSE can work with you on a payment option plan or allow you to choose a bill date to help you through this difficult time. PSE will not be disconnecting customers for non-payment during this time. To learn more about billing and payment options, visit: [pse.com/paymentoptions](http://pse.com/paymentoptions).

# Nutrition



Eating well is key to retaining a robust immune system, and maintaining health and well-being.

To view the most current information on our meal programs, visit our special services page found [here](#).

---

## **Going Shopping?**

We encourage you to wear masks when shopping. This is for your safety and those around you. We can help you shop safely with our new contactless shopping grocery delivery service. To learn more, call us at 360-321-1600 or [place an online request for assistance](#).

Please

# REMEMBER TO WEAR A MASK



# OR GET FREE CONTACTLESS GROCERY DELIVERY FROM

Island  Senior Resources

GO TO [WWW.SENIOR-RESOURCES.ORG](http://WWW.SENIOR-RESOURCES.ORG)

CLICK ON "ONLINE HELP REQUEST"

OR CALL  
**360-321-1600**  
**360-678-3373**

*We're all in this together.*



Eating well is key to maintaining a robust immune system and maintaining health and well-being. Here are eight helpful tips for eating well anytime, but especially during the COVID-19 pandemic.

1. Make a grocery list. It's a good idea to have enough food on hand for two weeks to minimize trips to the grocery store while understanding there's no reason to overstock. Don't forget to inventory what you have on hand first to minimize waste.
2. Wear a mask when you go out, or to further protect yourself and others, consider having your groceries and pharmacy items delivered by Island Senior Resources volunteers instead.
3. If you are having difficulty preparing meals, consider having hot or frozen

meals delivered by Island Senior Resources volunteers. You can also have Ensure and Glucerna delivered.

4. Fresh food is generally the best choice for healthy eating, but you can also stock up on frozen fruits and veggies that will be just as good. Or you can buy these foods, as well as bread, meat, and dairy products, fresh and then freeze them yourself. Pre-made meals also freeze well.
5. Eat a variety of colorful fruits and vegetables to ensure your body is getting the nutrients that it needs. It is always best to get your vitamins from your diet.
6. Purchase shelf-stable foods like rice, beans, nut butters, and pasta, but remember, fresh is always a better choice than processed. Make fresh foods a priority in your meal plan.
7. Practice moderation. If you are spending more time at home than usual, this can be especially difficult. Try keeping the places you work, play, and eat separate to maintain structure in your day and in your meals.
8. Be gentle with yourself. This is a stressful time, and comfort foods are called that for a reason. Remember that the most important thing you can do right now for your health, and for the health of our community is to stay home and wash your hands.

### **[View Meals On Wheels Food Menu](#)**

## **Volunteer**

### **Volunteers Needed**

Can you help? Do you want to volunteer during this time of need? If yes [click here](#) to answer a few questions and let us know how you want to help.

### **Make A Mask**

At Island Senior Resources we would love to be able to give a mask to everyone who requests one, and with your help and the help of many generous volunteers in our broader community, we could do this. We have many people in our community still needing face masks, so, if that rings a bell, and you feel inspired when you read this, if you think “Yes, I could do that, even though it wasn’t the task I signed up for,” then please follow these instructions.

Completed masks can be dropped off at Island Senior Resources in Bayview any time in the bin outside the center door. If you’d like to arrange for drop off in Coupeville or Oak Harbor please can contact [chacity@islandseniorservices.org](mailto:chacity@islandseniorservices.org)

# HOW TO SEW A FACEMASK



1

## CUT FABRIC

Cut 2 pieces of Quilting Cotton 9" x 7".  
Cut 2 pieces of 1/4" elastic 7" long.



2

## PLACE ELASTIC

Pin a piece of elastic on the top and bottom of the short ends of the rectangle 1/2" from edge to create an ear loop.



3

## PIN FABRIC

Place 2nd piece of fabric on top with right sides together. Sew



4

## SEW FACE MASK

Sew around entire facemask leaving a 2 inch opening along the bottom for turning. Backstitch over elastic. Turn right side out.



5

## CREATE PIN TUCKS

Fold mask in thirds and press. Create 1/2" pintucks facing upwards using pressed markings as a guide.



6

## TOPSTITCH

Sew along the outside of the entire mask using a 3/8ths inch seam allowance.



SWEETREDPOPPY.COM

## Inspirations, Noteworthy

### Recent Articles We Found That May Be of Interest to You

In addition to the resources and services provided by Senior Resources, we often come across a number of other helpful resources that we feel would be of interest.

[Visit Museums from Around the World](#)

[Read Lectures, Films, and Library Resources from National Sources](#)

[Stream Musical Performances](#)

[See Performances from Broadway, London Theaters, and KCTS-9 "Great Performances"](#)

*Inclusion of this information above does not constitute an endorsement of an organization, agency, or service. Island Senior Resources offers a variety of objective information and resources for you to explore.*

[View More Articles](#)

## Want to Donate?

Become a Funding Partner - Make a Gift or Pledge Today



### Island Senior Resources has launched its first Annual Giving Campaign!

Up to the first \$200,000 of our \$300,000 goal, every dollar will be matched by a major donor until the end of June!

There are lots of ways to make a gift:

- a one-time or monthly gift by going to <https://senior-resources.org/donate/>
- a **check** sent to Island Senior Resources, P.O. Box 939, Freeland, WA 98249
- you can even make a **pledge** and pay it now or anytime before the end of the year by calling Charles LaFond anytime, 24/7 on his cell phone at 360-210-3011

This campaign is part of the \$2.5 million we raise each year from people like you. Become a Funding Partner today! Need for our programs have increased as much as 95% since the COVID-19 crisis began. Please give today!

[Donate Now](#)

What to learn more about all we do at Island Senior Resources?  
**[Click here to download our brochure](#)**

## Island Times

### Available Online

Island Times will be distributed within the Whidbey Weekly publication.  
To view an online version once it is available, [click here](#).

## Stay Connected

### Island Senior Resources on Social Media



Visit [Facebook.com/islandseniors](https://www.facebook.com/islandseniors) for all the happenings at Island Senior Resources



Visit [Facebook.com/seniorthrift](https://www.facebook.com/seniorthrift) for all the Senior Thrift sales news and events



Visit us on [Instagram](#)

---

### Support Groups

#### Support Group Meetings now available online

Contact Mel Watson by email at [mel@islandseniorservices.org](mailto:mel@islandseniorservices.org) to receive information about joining any of the currently active Support Group meetings and how to attend them from your home using the Zoom online meeting solution. Current Support Groups are:

- Time Together @ Home with Zoom Support Group, Every Monday 11 am – 12:30 pm.
- Parkinson's Support Group, Every Tuesday 10 am – 11:30 am.
- Alzheimer's and Dementia Caregivers Support Group, Every Wednesday 10 am – 11:30 am.
- Parkinsonics and Friends Singing Group. (for those living with Parkinson's, their caregivers and anyone who loves to have a good old sing a long), Every Thursday 2:30 pm – 3:30 pm.

## Senior Thrift



### Senior Thrift Hours

Senior Thrift is temporarily closed.

To find the most current information on our open activities and locations, visit our [special services website page](#).



Senior Thrift on Facebook

### Senior Thrift Location

## Popular Links

[Island Senior Resources Website](#)

[Sales at Senior Thrift](#)

[How to Donate](#)

## Share This eNews

Please forward this email to people you know. Have them click "Sign up for eNews" below to sign-up for the eNews. Help us reach everyone in our community who would find this information of value.

Sign up for eNews

*[Not displaying correctly? Click to view this email as a web page.](#)*

*Copyright © 2020 Island Senior Resources. All rights reserved.*

You are receiving this email because you requested it or opted in at our website: [www.senior-resources.org](http://www.senior-resources.org) to keep up on news, events and activities at Island Senior Resources.

Thanks for your interest!

**Island Senior Resources (Bayview)**

14594 SR 525  
Langley, WA 98260  
Phone 360-321-1600, 360-678-3373

**Senior Thrift**  
5518 Woodard Avenue  
Freeland, WA 98249  
Phone 360-331-5701

---