

**Island Senior Resources – June eNews**  
 Providing updates on events & happenings at Island Senior Resources

Dear friends,

We are entering into another month of the pandemic, with no clear sense of how tomorrow will be different from today. The things we can do in a world of uncertainty that will make a difference are to continue to support each other, practice safe behaviors, and reach out to those who need help. If we all help each other, we will build strength and resilience into ourselves and our community.



Looking for how to do that? Our new spring/summer Journal (replacing our twice-annual newsletter) is filled with stories to help you through, make you smile, and inspire you. If you didn't receive it in your mailbox, [you can read it here](#). 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 Island Senior Resources. We hope you will share it with others you care about – near and far. The theme of this issue is resilience, something that will help us all to make today a better tomorrow.

Stay safe! Stay healthy!

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.

## Additional News

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

Volunteers from 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)

In addition, Medicare seminars are now offered online via Zoom. Times for these informative sessions are:

- July 14, 10:00 am
- July 29, 2:00 pm
- August 13, 11:00 am

If you are interested in attending, please call Island Senior Resources at 360-

321-1600 ext 0. The receptionist will ask for your name, phone number and email address, then we will email you the link to attend the online session.

### **Join our Mailing List**

Would you like to receive future issues of the ISR Journal and other ISR information? Please [sign up here](#) or call us at 360-321-1600 or 360-678-3373 to be added to the list.

### **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](#).

### **Senior Thrift and your donations**

**Donations?** Have you been cleaning house and gathering items to donate? Soon Senior Thrift will open up to accept donations. Watch for Senior Thrift news by visiting [the Senior Thrift webpage](#) or [Senior Thrift on Facebook](#).

### **Support Groups meetings now available online**

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.

Contact Mel Watson at [mel@islandseniorservices.org](mailto:mel@islandseniorservices.org) to receive information about joining a Support Group meeting and how to attend them from your home using the Zoom online meeting solution.



### **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.

## Meals on Wheels

Hot and frozen meals can be delivered to your doorstep by Meals on Wheels: Mondays, Wednesdays, and Fridays. Ensure and Glucerna can also be delivered. For details call Mark MacNaughton at 360-321-1615.

## Currently providing Frozen Meals

We are currently offering frozen meals. These meals are available for pick-up Monday, Wednesday, Friday from 10 am to 1:30pm. Please call ahead to place your order. Staff will direct you where to go to pick-up your order.

Phone number and meal pick-up locations:

The Center in Oak Harbor. Call 360-279-0367

The Camano Center. Call 360-320-7833

CamBey Apartments in Coupeville. Call 360-914-3220

Island Senior Resources (Bayview). Call 360-321-1634

You will be provided with a mailing envelope if you choose to make a donation.



## Senior Farmer's Market Produce Vouchers

The Senior Farmer's Market Nutrition Program (SFMNP) is a "Win-Win" program, which benefits both low-income seniors and our local farmers.

Everyone involved has been absolutely delighted with the outcomes! Local farmers sell more produce, and seniors who otherwise couldn't afford it are able to purchase organic, fresh fruits and vegetables as excellent supplementation to a healthy diet. SFMNP began in 2001 and has been a very successful program each year since then.

If you are 60 years old or older and your income is at or below \$1967 per month for one person or at or below \$2658 per month for two people, you are eligible for the program. Each person receives \$40 worth of vouchers, in which eligible persons can take to participating markets and vendors to choose and

purchase the fresh fruits and vegetables they enjoy eating or cooking. To learn more or enroll in SFMNP, call 360-321-1600, ext "0".

Please  
**REMEMBER TO  
WEAR A MASK**



**OR GET FREE  
CONTACTLESS  
GROCERY  
DELIVERY  
FROM**

Island  Senior  
Resources

GO TO  
**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.

## 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.

[Resilience: Build Skills to Endure Hardship](#)

[Elderly Drug & Alcohol Addiction](#)

[A 2019 Guide to Alzheimer's Disease and Dementia](#)

[Love Thy Neighbor Now – 9 Ways to Show Kindness](#)

*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?



## 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! We are almost to the end of the dollar-for-dollar match so give or pledge now to be part of it!

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**

The Island Times newspaper provides information, resources, programs and “happenings” for seniors and adults with disabilities throughout Whidbey Island. To view an online version [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

#### Meetings now available online

Contact Mel Watson at [mel@islandseniorservices.org](mailto:mel@islandseniorservices.org) to receive information about joining a Support Group meetings and how to attend them from your home using the Zoom online meeting solution.

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## Senior Thrift



### Senior Thrift Hours

Senior Thrift is temporarily closed.

**Donations?** Have you been cleaning house and gathering items to donate? Soon Senior Thrift will open up to accept donations. Watch for Senior Thrift news by visiting [the Senior Thrift webpage](#) or [Senior Thrift on Facebook](#).



Senior Thrift on Facebook

## **Senior Thrift Location**

## **Popular Links**

**[Island Senior Resources Website](#)**

**[Sales at Senior Thrift](#)**

**[How to Donate](#)**

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Sign up for eNews

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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