

Island Senior Resources – July eNews

Providing updates on events & happenings at Island Senior Resources

From the board and staff of Island Senior Resources

We acknowledge and mourn the violence against black lives and people of color that systemically occurs in American society. We are in a collective learning curve of profound importance. As an organization serving the essential needs of Island County seniors, adults with disabilities, and those who care for them, ISR is committed to ensuring equity within all our services and to upholding racial, ethnic, gender, economic, and environmental justice. We invite all members of our community to join us in being informed active allies, speaking up, acting peacefully, and being in solidarity with the culturally diverse communities that make up the whole of who we are.

How to Contact Us. Available Services

Island Senior Resources is here for you

Although our facilities remain closed to the public we are here for you

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.

[Click here](#) to visit our website

[Click here](#) for information on current services

Have questions about Medicare? We are here to help!

If you are turning 65 or have questions about Medicare enrollment, costs and benefits, prescription coverage, low-income assistance, and referrals for related services, we are here to help! Volunteers from the Statewide Health Insurance Benefits Advisors (SHIBA) and Island Senior Resources are providing consultations by telephone or email, as well as classes via Zoom.

To schedule a phone consultation or submit a question by email:

Call (360) 321-1600 or (360) 678-3373, option 0 or

email us at reception@islandseniorservices.org.

To join one of our online sessions on Zoom:

Register by calling Island Senior Resources at (360) 321-1600 or (360) 678-3373, option 0. The receptionist will ask for your name, phone number, and email address. We will email you the Web link to join the online class. Classes will be held online at:

1. July 14th, 10:00 a.m.
2. July 29th, 2:00 p.m.
3. August 13th, 11:00 a.m.

Additional News and Updates



SAVE THE DATE
July 8th
Senior Thrift
benefitting
Island Senior Resources
GRAND RE-OPENING
11 A.M. - 3 P.M.
25% OFF ENTIRE STORE

Senior Thrift Grand Re-Opening

Senior Thrift is re-opening for business Wednesday, July 8!

New Hours of Operation
Wednesday – Sunday 11 am to 3 pm
Closed Monday and Tuesday

Health safety precautions will be in place, masks will be required, and restrooms and dressing rooms will be closed.

ALL ITEMS 25% OFF ON RE-OPENING DAY, JULY 8 ONLY

[View all Sales Information](#)

Thank you
for your support.

Thank you Albertsons Companies Foundation, Safeway and Haggen Food & Pharmacy!

We are so grateful to have received a total of \$10,000 from the Albertsons Companies Foundation, \$5,000 from Safeway and \$5,000 from Haggen Food & Pharmacy! Thank you for making us a part of the Nourishing Neighbors family! These dollars will have a profound impact and make a huge difference in ensuring that seniors across Island County have access to healthy, affordable meals.

Join Our Mailing List

Would you like to receive 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.

Support Groups
Meetings Available Online

Contact Mel Watson at 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. 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.



Island County
Counts
2020 Census

**YOU
COUNT!
GET
COUNTED!**

Go online to fill out the census

2020census.gov

Or call
English 844-330-2020
Spanish 844-468-2020

“The allocation of federal funding from the census is based on overall population, not senior population. We have an extremely high percentage of seniors in the county (nearly 30 percent) so dollars received need to be spread to serve a higher percentage of the county population. This makes completing the census critical to maximize funding available to serve seniors.”

Cheryn Weiser, Executive Director, Island Senior Resources

Your Story

Share Your Story

We recently received a letter from a man who said, “Because of Island Senior Resources’ Meals on Wheels program my parents were able to remain in their home for several years; it saved them thousands of dollars they would have spent on nursing home care.”

Please share your story with us about how Island Senior Resources has made a difference for you or somebody you know:

- Send your story by email to feedback@islandseniorservices.org, call us at 360-321-1600 or 360-678-3373, or mail your reply to Charles LaFond, Island Senior Resources, P. O. Box 939, Freeland, WA 98249. In your response, please tell us if we have your permission to re-print your story and if we may include your name.

We Want Your Feedback

Survey Coming! Help us shape our Services

At Island Senior Resources, we strive for excellence. Your voice is an important part of making that happen. In July, we will be launching a new feedback survey to ask about community needs. As soon as the survey is launched a link will be on the home page of our website at www.senior-resources.org for you to take the survey.

Nutrition



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.

[View Meals On Wheels Food Menu](#)

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.

EAT RIGHT when MONEY'S TIGHT

[View the United States Department of Agriculture's tips](#) on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes.

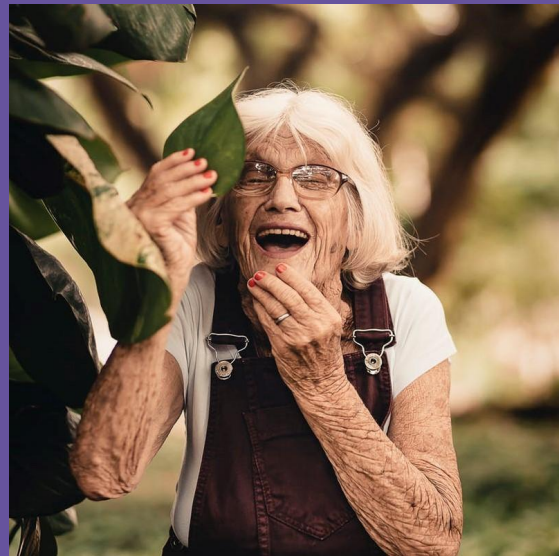


Volunteer

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.

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

- 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](#)



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Senior Thrift



Senior Thrift opens on July 8!

July Sales

ALL ITEMS 25% OFF ON RE-OPENING DAY, JULY 8 ONLY

- Wednesdays all month - Your choice (1) item 25% off
- Fridays all month - Books 25% off
- Saturday, July 25 - Christmas Items 25% off
- Thursday and Friday, July 30/31 - Yellow tagged clothing \$1.00
- All month: White tags 25% off, Yellow Tags 50% off
- **ALL ITEMS 25% OFF ON RE-OPENING DAY, JULY 8 ONLY**



Senior Thrift on Facebook

Senior Thrift Location

Popular Links

[Island Senior Resources Website](#)

[Sales at Senior Thrift](#)

[How to Donate](#)

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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

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You are receiving this email because you requested it or opted in at our website:
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

