Summer is here!
Summer is here, finally. Gardens are finally growing, lawns are slowing down, and we can spend more time outside, without our raingear. It is well proven that being in nature soothes our minds. If you can't get out then spending time by an open window, watching and hearing the birds, will bring a sense of calm. If you can get out, try sitting quietly in one place for 30 minutes and see what comes to you. A bumblebee, a hummingbird, and eagle overhead, a butterfly, the 4-point buck that lives in the woods…but move to quickly and it all goes away. Perhaps that is one of the lessons these days – there is beauty around us every day, we just need to stop long enough to enjoy it.

Breathe, listen, watch…enjoy summer!

Robin Bush
Outreach Director
e-mail: robin@islandseniorservices.org
phone: 360-331-5709

Senior Thrift
Open for business!

Senior Thrift
Open 12 pm – 4pm on Thursday, Friday, Saturday, Sunday
Closed Monday, Tuesday, Wednesday

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

Senior Thrift accepts donations onsite Sundays 9 am to 11 am only

Come and visit Senior Thrift
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

Visit our website
Our Services. Learn More

Ways to Give. Want to Donate?
Island Senior Resources has launched its first Annual Giving Campaign!
For more than four decades you have been helping us to serve clients. We will be here when you and others on Whidbey and Camano Islands need us. If you pledge now, and find your financial circumstances change, it is easy to adjust or cancel your pledge with a call or email.

There are lots of ways to make an annual gift:

- a one-time or monthly gift by going to [https://senior-resources.org/donate/](https://senior-resources.org/donate/). By being an Evergreen Donor, you can give regularly and not be asked again.

- a check sent to Island Senior Resources, P.O. Box 939, Freeland, WA 98249

- a pledge paid now or anytime before the end of the year by calling Charles LaFond anytime, 24/7 on his personal cell phone at 360-210-3011 or by writing to him at charles@islandseniorservices.org to request a pledge card be mailed to your home with a return envelope.

This Annual Giving Campaign is part of the $2.5 million we raise each year from people like you. Please become a Funding Partner today! Needs for our programs have increased dramatically since the COVID-19 crisis began and so too must funding. For example Meals on Wheels deliveries have doubled! Please give or pledge today!

Donate Now

Additional News and Updates

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 attend the online session **Getting Ready for Medicare** visit the **SHIBA** section on our website and pre-register for a free online session.

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**Attend a Medicare Online Session**

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**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.

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**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.

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**Call 811 before you dig**

PSE’s gas and electric lines are broken more than 1,000 times a year, and much of the time it’s because people don’t call 811. Be sure to call 811 two business days (not counting the day you call) before you do any digging. Outline your dig area in white paint and wait to dig until each utility has marked the ground. They’ll mark their lines for free.

Once the underground lines have been marked, be sure to only use hand tools when digging within two feet of the marked lines. Digging without knowing what’s below puts you at risk for injury and a big bill for repairs or fines for violating the law.
Caring Cards

Thank you Patti Stein

One of our local artists, Patti Stein, wanted to do something to make a difference in the lives of recipients of Meals on Wheels and to thank the generous volunteers who deliver meals. She handmade hundreds of cards which have been delivered and brightened days for so many people. Thank you, Patti, you really made a difference!

“I do hope others will do something similar for those who are isolated and have little contact with the world right now.” If you’d like to make cards, please let Debbie Metz, Nutrition Director, know by calling her at 360-321-1600. It’s also a great summer project to do with grandkids; they can draw a picture or write a sweet message. It will be welcomed, and deeply appreciated.

Nutrition

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

Pick-Up a meal yourself
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.

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10 tips
Nutrition Education Series

Choosing healthy meals as you get older

10 healthy eating tips for people age 65+

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1. Drink plenty of liquids
   With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are better choices.

2. Make eating a social event
   Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

3. Plan healthy meals
   Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

4. Know how much to eat
   Learn to recognize how much to eat so you can control portion size. MyPlate’s SuperTracker shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

5. Vary your vegetables
   Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.
Can you help? Do you want to volunteer? Click here to answer a few questions and let us know how you want to help.

Volunteers Drivers Needed
Would you like to help a neighbor? We need drivers willing to drive others to essential medical appointments from Oak Harbor/Coupeville to Seattle or Everett. Drivers are needed to/from other destinations as well. Mileage is reimbursed and client pays ferry costs. If you are interested in helping please contact ISR at 360-321-1600 and ask for Pat Weekly, Medical Transportation.

Our transportation program follows state mandated health guidelines. All drivers and clients are required to wear masks to protect both drivers and passengers.
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 for all the happenings at Island Senior Resources

Visit Facebook.com/seniorthrift for all the Senior Thrift sales news and events

Visit us on Instagram

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5518 Woodard Avenue
Freeland WA 98249
(off SR 525 just north of Main Street in Freeland)

phone: 360-331-5701

Senior Thrift on Facebook

Senior Thrift Sales

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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 to keep up on news, events and activities at Island Senior Resources.

Thanks for your interest!

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Langley, WA 98260
Phone 360-321-1600, 360-678-3373

Senior Thrift
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