

Island Senior Resources – August eNews

Providing updates on events & happenings at Island Senior Resources

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
email: 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

NEW STORE HOURS

**NOW OPEN
THURSDAY-SUNDAY
12 P.M. - 4 P.M.**

**DONATIONS ACCEPTED
EVERY SUNDAY
9 A.M.- 11 A.M.
OR UNTIL CAPACITY
IS REACHED**

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

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/>. 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.

Attend a Medicare Online Session

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.



**Know what's below.
Call before you dig.**

Call 811 before you dig

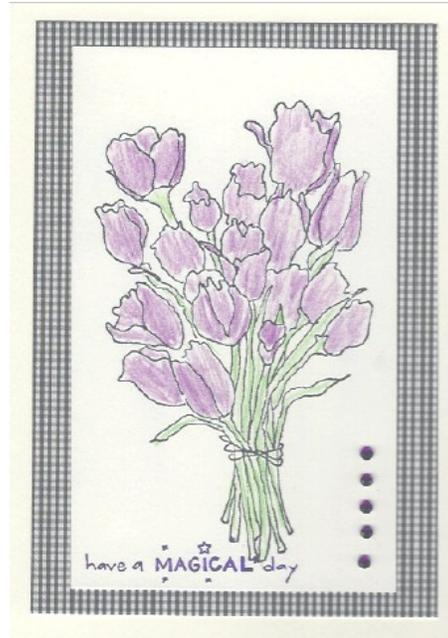
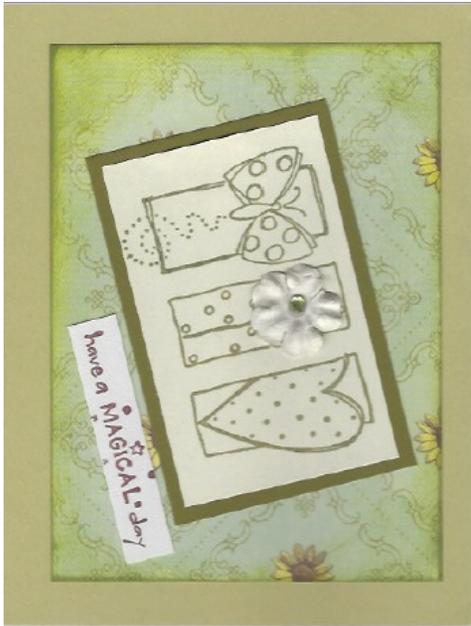
PSE's gas and electric lines are broken more than 1,000 times a year, and much of the time it's because people don't call 811. Be sure to call 811 two business days (not counting the day you call) before you do any digging. Outline your dig area in white paint and wait to dig until each utility has marked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

[View Meals on Wheels Food Menu](#)

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.



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.](#)



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.

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](#).



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.



3 **plan healthy meals**
Find trusted nutrition information from [ChooseMyPlate.gov](#) and the [National Institute on Aging](#). Get advice on what to

6 eat for your teeth and gums
Many people find that their **teeth and gums** change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

7 use herbs and spices
Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! **Maybe your sense of smell, sense of taste, or both have changed.** Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.



8 keep food safe
Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. **Avoid certain foods** that are always risky for an older person, such as unpasteurized dairy

foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

9 read the Nutrition Facts label
Make the right choices when buying food. Pay attention to **important nutrients to know** as well as calories, fats, sodium, and the rest of the **Nutrition Facts label.** Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

Nutrition Facts	
Serving Size 1 cup (250g) Amount Per Serving	
Calories 220	Calories from Fat 60
Total Fat 12g	24%
Saturated Fat 8g	16%
Trans Fat 0g	0%
Cholesterol 50mg	10%
Sodium 100mg	2%
Total Carbohydrate 27g	18%
Dietary Fiber 3g	6%
Sugars 15g	30%
Vitamins A, C, E, K	
Vitamin A	10%
Vitamin C	5%
Vitamin E	20%
Vitamin K	15%

10 ask your doctor about vitamins or supplements
Food is the best way to get nutrients you need. **Should you take vitamins** or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

Go to www.ChooseMyPlate.gov and www.nia.nih.gov/health/topics/nutrition for more information.

USDA is an equal opportunity provider and employer.

Download Healthy Meals brochure

Volunteer

Can you help? Do you want to volunteer? [Click here](#) to answer a few questions and let us know how you want to help.

Volunteer

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.

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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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](#)

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

Thanks for your interest!

Island Senior Resources (Bayview)

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Langley, WA 98260

Phone 360-321-1600, 360-678-3373

Senior Thrift

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Freeland, WA 98249

Phone 360-331-5701

