

Island Senior Resources – September eNews

Providing updates on events & happenings at Island Senior Resources

We have exciting news to announce!

In response to community needs, we are expanding the hours at Senior Thrift!

Our new store hours are:

- Thursday through Saturday 10 am – 4 pm
- Sunday 11 am - 4 pm

Donation hours are Sunday 9 am - 11 am only, or until our storage area for quarantining items are full for the day.

Thank you to everyone for donating and shopping at the store. Purchases support the essential programs at Island Senior Resources. Senior Thrift/Island Senior Resources is one place where each of us can both give and receive. We thank you for your support.

Please read on about all our September “happenings” and remember, Island Senior Resources is here to help you and those you know. Reach out. Connect with us. Don’t be alone.

Be safe, watch and listen for others who need help or someone to talk to, and take care of each other!

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

A statement from the board and staff of Island Senior Resources

As an organization serving the essential needs of Island County seniors, adults with disabilities, and those who care for them, Island Senior Resources is committed to inclusion, equity, diversity, and justice.

We value, respect, and support individuals of every race, ethnicity, gender identity, sexual orientation, ability, age, socio-economic status, religion, and national origin.

We are continually learning and challenging our own assumptions and biases.

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 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 or 360-678-3373 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](#)

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 an online session visit [the SHIBA section on our website](#) and follow the instructions to pre-register for a free online session. The next Zoom classes are September 15 at 1 pm and September 25 at 10:30 am.

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.



Donate your Goose Community Plus Advantage Points!

You now have the opportunity to donate your advantage points to South Whidbey Good Cheer and Island County Senior Resources. Simply enter one of the phone numbers below (instead of your own) to donate to the organization of your choice!

South Whidbey Good Cheer: 360-221-0130

Island Senior Resources: 360-321-1600



The Census is hiring!

The Census is hiring now, and these temporary jobs range from \$20 - \$22/hour plus paid mileage reimbursement, weekly pay with flexible hours, and paid training. Our community loses \$20,000 - \$30,000 dollars in federal funding for every person uncounted (over the ten year period until the next Census count), so it is essential we get this right. This is about Washington State showing up for Washington state; we can make money and make a difference.

For more information go to:

<https://2020census.gov/en/jobs/job-details.html>

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.

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.

[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.

A Delightful Delivery

By Debbie Metz, Nutrition Director

For 25 years, Francis Lavon Summers (“Von”) has been delivering meals with a friendly smile to our Meals on Wheels (MOWS) participants!

We met for our interview, both wearing masks, sitting 6 feet apart, him wearing his black Oregon state Beavers mask, and his Lion’s Club hat. I ask, “Why have you volunteered for so long, Von?” He smiles and responds quickly, “I do it



because I love meeting all the people and hearing their stories!". Von started...
[Click here to continue reading the article](#)



Shop Locally

by Jessica Karpilo, Outreach Associate & Debbie Metz, Nutrition Director

Want to make choices that are healthy for you, the economy, and the environment? It's a lot easier than you would think. Shop locally.

Shopping locally directly benefits the farmers who are growing food and supports the local economy. According to the USDA, at grocery stores, for every dollar consumers spend on food, the farmer receives just 14.8 cents. When you make the decision to buy locally, you are investing in those farmers and in the health and sustainability of your community.

It takes an average of 4-7 days from the time it is picked for produce to reach grocery store shelves. Some items, like apples, could sit in a warehouse for *an entire year* before they reach your supermarket. These fruits and veggies travel an average of 1,500 miles. During this trip, the produce loses freshness, flavor, and nutritional value, and the end result is a subpar version of the fruit or vegetable.

Buying locally gives you the opportunity to really connect with your food and understand how it is grown. Are pesticides used? What does it mean to be organic? How do you harvest this? These are all questions you can ask and have answered by the people who are actually growing your food.

Shopping locally is a learned skill. Not every fruit or vegetable will be available year-round, so you'll begin to eat produce that's in-season. This might mean trying new foods or learning new ways to prepare old favorites.

A downside to shopping locally is that it can be more expensive than a grocery store. However, if you can afford it, the benefits far outweigh the costs. You can always purchase a mix of local and grocery items, buying local produce at the peak of its season when it's most inexpensive.

Additional information:

- For information and resources on shopping locally, check out: Whidbey Island Grown, Slow Food Whidbey Island, or any of the wide array of farms, Farmer's Markets, CSAs, or farm stands in Island County.
- Interested in Meals on Wheels? Please contact Mark MacNaughton, Home-Delivered Meals Assessor, to sign up for Meals on Wheels at 360-321-1615.
- The Senior Farmer's Market Nutrition Program. If you are 60 years old or older and your income is at or below \$1,967 per month for one person or at or below \$2,658 per month for two people, you are eligible for the Senior Farmer's Market Nutrition Program. Each person receives \$40 worth of vouchers, which can be taken to participating markets and vendors to select and purchase the fresh fruits and vegetables you enjoy eating or cooking. Vouchers are good through October, depending on the Farmer's Market seasonal time frame, but supplies are limited. To request a voucher, call 360-321-1600 or 360-678-3373, ext. 0.

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](#)

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 or 360-678-3373 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](#)



Senior Thrift



Senior Thrift is open!

Our hours are:

- Thursday through Saturday 10 am – 4 pm
- Sunday 11 am - 4 pm
- Closed Monday, Tuesday, Wednesday

Senior Thrift location and phone number:

5518 Woodard Avenue

Freeland WA 98249

(off SR 525 just north of Main Street in Freeland)

phone: 360-321-1600, 360-678-3373 (press 6)

[View Map](#)

Donation hours:

- Senior Thrift accepts donations onsite Sunday 9 am to 11 am only or until our quarantine areas for donations are full for the day.

Come and Shop. We offer new and lightly used clothing, furniture, household goods, outdoor items, tools, crafts, books, jewelry and children's items. Visit our housewares department and year round Christmas room.

Did you know Senior Thrift is the largest thrift store in Island County? When you shop at Senior Thrift all proceeds support Island Senior Resources.



Senior Thrift on Facebook

Senior Thrift Sales

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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

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