

Island Senior Resources – October eNews

Providing updates on events & happenings at Island Senior Resources

Learn More - Attend the Impact Meeting

Over the next two weeks, we will be hosting four identical Annual Impact Meetings. We hope you will please attend one of them - whichever suits your calendar. Each meeting is 45 minutes long and will be on September 29, October 1st, 6th or 8th at 4:00 pm. You can easily register at www.senior-resources.org/impact.

This is an opportunity to learn more about what we do and why we do it. You will be joining donors, board members, community leaders, and staff in celebration of our collective impact on our clients' lives. Thank you for attending one of these Zoom meetings.

Warmly and with gratitude,
Charles LaFond

Director of Development
Island Senior Resources
charles@islandseniorservices.org
Personal Cell Phone (24/7): 360-210-3011
PO Box 939
Freeland, WA 98249

[Register Now](#)

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 [online sessions via Zoom](#).

Did you know Medicare's open enrollment runs Oct. 15 - Dec. 7? This is when you need to update and/or change your Medicare Advantage and/or Medicare drug plans to meet your needs next year. There are changes in Medicare in 2021 for some enrollees. We can help you understand what is best for you!

Individual Consultations: For more in-depth information, advisors are available for individual consultations by phone or zoom; call 360-321-1600 or 360-678-3373 ext 0.

To attend an online session visit [the SHIBA section on our website](#) and follow the instructions to pre-register for a free online session. Zoom sessions are happening this month so be sure to [register now](#).

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.

Private In-Home Providers List

ISR has a list of approved Private In-Home Providers (PIP list) if you need someone to help with in-home care, household services, handy person tasks, or yard work services. If you would like a copy of the PIP list, or would like to apply to be included as an approved provider, please visit <https://senior-resources.org/private-in-home-provider/>

National Suicide Prevention Month How we all can help

Suicide affects people of all ages across our community. We can all help prevent suicide. Vigilance is especially important this year due to the increased stress, anxiety and depression people may be experiencing with COVID-19. [Learn more about this very important topic](#)

A COVID 19 Fraud Prevention Webinar

COVID-19 scams are spreading nearly as fast as the virus itself. As of August 30, the Federal Trade Commission (FTC) had logged about 184,600 consumer complaints related to COVID-19 and stimulus payments, 68% of them involving fraud or identity theft. Victims have reported losing more than \$124 million, with a median loss of \$295.

Fraudsters are using the full suite of scam tools – phishing emails and texts, robocalls, impostor schemes, and more – and closely following the headlines to adapt their messages and tactics as new medical and economic issues arise. Join us to learn how to protect your health and finances. Registration required

[Click Here To Register](#)

Medical Equipment Lending Library

Need a walker, wheelchair, or other assistive devices? Maybe you have a some to donate?

- The ISR Medical Equipment Lending Library is open for donations and pick-ups every Monday, Wednesday and Friday from 1 pm - 4 pm. It is located at Island Senior Resources (Bayview), 14594 SR 525, Langley. Follow the signs and arrows to the Evergreen Room door entrance. Please make sure any donations are fully functioning and clean.
- Medical equipment can also be donated or borrowed at the Camano Center by calling 360-387-0222 8 am to 5 pm weekdays.

POWERFUL TOOLS FOR CAREGIVERS CLASS

This online class is designed to:

- Help caregivers take care of themselves while caring for a relative or friend
- Develop a wealth of self-care tools to reduce personal stress, prioritize, self-care, manage emotions, and set goals for yourself

This online class is free. Pre-registration is required.

Class books will be distributed prior to the class (by mail or pick up) and must be returned following the class. Those who wish to purchase their book will be provided ordering information.

Dates and times:

- Six online classes. Thursdays October 29 to December 10 (skipping November 26th). We encourage you to attend all six sessions.

- 10 am – noon on Thursdays

Register by sending an email to reception@islandseniorservices.org or call 360-321-1600 or 360-678-3373 ext 0. Registration is required.

PSE Can Help You!

by Robin Bush, ISR Outreach Director

I recently visited with Walt Blackford, Outreach Manager for Puget Sound Energy on Whidbey Island, to talk about electric safety and how to prepare for storm-related outages. We also reviewed some of PSE's popular energy efficiency programs. ISR is one of PSE's Powerful Partners for 2020. Together we are helping our communities.

RB: Walt, how does PSE prepare for winter storms?

WB: Our crews and storm support staff participate in training in the fall, and we stock appropriate supplies and equipment at our service center in Oak Harbor. We also prepare during the spring and summer through vegetation management by trimming or removing trees that might produce outages caused by high winds or heavy snowfall.

RB: What can ISR readers do to prepare for unplanned outages?

WB: First, we encourage all customers to create an emergency kit based on their personal needs and size of their household. Don't forget to include food and other items for your pets! Red Cross and Island County Department of Emergency Management have great checklists for what to include in your kit. For major outages, PSE recommends 7-10 days of water and non-perishable food; however, because we live on an island in an earthquake zone, it makes sense to prepare for a disaster that could last two weeks or more. You can find more information at www.pse.com?page/create-a-kit.

RB: Does it make sense for residents and businesses on Whidbey to install emergency generators?

WB: Outages on Whidbey generally have become shorter and less frequent. Just ask anyone who lived here in the '90s or earlier! The grid system is stronger, and vegetation management is more effective. So, this is very much a personal question for each PSE customer, based on their circumstances. [Read more...](#)

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powerful
PARTNER



Celebrate National Energy Awareness Month

As we move into colder months and are spending more time indoors, we want you to know that you can make small changes and upgrades to make your home more comfortable.

- It's a good time to check your home for air leaks, seal gaps and tune-up your heating system to work more efficiently.
- If you've been thinking about bigger changes that have big-bill-savings, we have rebates for insulating your home, upgrading to a high-efficiency heating system, or replacing your water heater before it breaks.

Visit pse.com/rebates and take a smart energy action, use less energy and save on your bill.

Investing for a reliable and resilient grid

Providing safe, dependable and affordable electric service is PSE's highest priority – and at the center of this is a modern grid. We're using smart technology and investing in our infrastructure to ensure our grid is reliable, flexible and resilient. Distribution automation lets us detect outages and reroute power more quickly. We couple this technology with year-round maintenance to replace aging poles and keep our wires clear of falling tree branches. This means more efficient responses to outages and more customers staying connected. Learn more at pse.com/TOGETHER

Support Groups

Group Meetings Available Online

Hosted by Island Senior Resources

Contact Island Senior Resource's Mel Watson at mel@islandseniorservices.org to receive information about joining any of the current Support Group meeting and how to attend them from your home using the Zoom online meeting solution.

- **Time Together @ Home** with Zoom Support Group, Mondays 11 am – 12:30 pm.
- **Parkinson's Support Group**, Tuesdays 10 am – 11:30 am.
- **Alzheimer's and Dementia Caregivers Support Group**, Wednesdays 10 am – 11:30 am.
- **Yoga for those living with Parkinson's**, their caregivers and others with cognitive or movement challenges, Thursdays 2:30 pm – 3:30 pm.

Hosted by Island County Human Services

- **Connecting in Difficult Times**. Thursdays 11 am – noon. A place where individuals can feel comfortable about sharing any struggles they are experiencing in response to the COVID-19 safety recommendations. If you are interested please call 360-678-8293 or fill out the form by clicking [here](#).

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.



Farmers to Families

By Jessica Karpilo, ISR Outreach Associate

USDA has partnered with farmers, ranchers, specialty crop producers, food processors and distributors, and non-profit organizations to ensure that all Americans have access to the fresh and wholesome food they need during

the COVID-19 national emergency. The result of this partnership is the Farmers to Families Food Box.

According to the USDA, they will “purchase up to \$3 billion in fresh produce, dairy and meat products from American producers of all sizes. The program will supply food boxes of fresh fruits and vegetables, dairy products, meat products and a combination box of fresh produce, dairy or meat products. Distributors will package these products into family-sized boxes, then transport them to food banks, community and faith-based organizations, and other non-

profits serving Americans in need. The first round of purchases totaling up to \$1.2 billion occurred from May 15 through June 30, 2020. The second round will aim to purchase up to \$1.47 billion July 1 through August 31, 2020.”

Island Senior Resources, in collaboration with St. Hubert’s Catholic Church in Langley, has taken advantage of this USDA program to offer these boxes to all Meals on Wheels clients in Island County. A total of 116 Meals on Wheels recipients accepted the offer and received boxes on Saturday, August 15, delivered by ISR Meals on Wheels staff and volunteers.

Debbie Metz, Nutrition Director, received this heartfelt message from an individual who received one of these boxes: “Just wanted to express my sincere appreciation and heartfelt thanks for that box of food that I recently received from you. It was laden with all the food groups that will help me recover from my three orthopedic surgical procedures. I feel blessed to have this assistance and I want to thank you for allowing it to come to fruition. Warm Regards and God Bless you. Jesus (Jess) Camacho, Ed.D.”

Ways to Give. Want to Donate?



Island Senior Resources has launched its first Annual Giving Campaign!

Island Senior Resources is entering the final phase of its 2020 Annual Giving Campaign which ends December 31, 2020! We hope you have received our Annual Impact Report showing the tremendous impact of your gifts this year. If you have not yet given or pledged and would like to do so, you may pledge now for the fall season, and if you find your financial circumstances change before December 31, 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. You can even make a Leadership Pledge for 2021 (paid anytime next year) now to help with the community challenge in February!

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 if you have not yet done so! Needs for our programs have increased dramatically since the COVID-19 crisis began and so too must funding. calls for help have quadrupled since 2019 and your funding helps us to meet those needs! Please give or pledge today!

[Donate Now](#)

Island Senior Resources provides resources and activities for seniors. Support the activities and programs with your donations. Servicing Whidbey Island and Camano Island.

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



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.



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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

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