

Island Senior Resources November eNews

Providing updates on events & happenings at Island Senior Resources

As the leaves turn and the daylight hours shorten, many of us need to think about Medicare coverage for next year. Open enrollment for Medicare closes Dec. 7 and we have free advisors to help you decide what plan is best for you.



There are big changes in 2021 for some Medicare enrollees so let us guide you through. [Click here](#) to see when upcoming seminars are available on Zoom, or call us to schedule an individual consultation. Stay safe, be good to yourself and others, and stay healthy.

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

How to Contact Us

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.

[Visit our website](#)

[Our Services. Learn More](#)

Additional News and Updates



Medicare's Open Enrollment runs Oct. 15 – Dec. 7

We are here to Help

Medicare 2021 - Zoom Sessions

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 BIG changes in Medicare in 2021 for some enrollees. Island County has new Medicare Advantage Plans. Learn about changes in premiums and formularies for Part D prescription plans to take effect January 1st by attending a "Medicare 2021" [Zoom seminar](#). The right plan can save you hundreds of dollars in premiums and co-pays! We will help you understand what is best for you! Attend a Zoom seminar. Be sure to [register](#).

[View Session Times and Register Now](#)

Getting Ready for Medicare - Zoom Sessions

If you are going on Medicare in the next six months and/or are wanting to know more about Medicare, attend a "[Getting Ready for Medicare](#)" seminar on [Zoom](#), offered by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers. Counselors will answer brief questions following the seminars. Seminars run 1 -1.5 hours. Attend a Zoom seminar. Be sure to [register](#).

Information will be provided about:

- "Basic" Medicare benefits
- Changes for 2021(covered in the Medicare 2021 classes)
- Options for additional insurance(s)
- Medicare parts A and B
- The differences between "Medigap" (supplemental) insurance and Advantage plans
- Benefits and rates
- Prescription drug plans. (If you want help with your drug plan, we will tell you how to get it).

[View Session Times and Register Now](#)

Medicare - Individual Consultations

For more in-depth information, advisors are available for individual

consultations by phone; call 360-321-1600 or 360-678-3373 ext 0.

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

Are you looking for help? Not sure who to hire for odd jobs around the house? Or maybe you are in search of a caregiver who is the right fit for your spouse or family member and will provide you with some much-needed respite time. Island Senior Resource's [Private In-home Provider \(PIP\) list](#) might have just the person you need. Each provider on the list has passed a background check and community members are able to give feedback on their experience. You can download the most current list from www.senior-resources.org/private-in-home-provider/ or call 360-321-1600 or 360-678-3373 to have it sent to you. The list is updated every Friday to ensure that you have access to the most current list of providers available.

If you are a provider wanting to offer your services to our community, [click here to find the application for providers](#). Please note: Inclusion on this list does not constitute an affiliation or employment with Island Senior Resources.

[Private In-Home Providers](#)

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.

The Happenin' Place

Join our fun social group "The Happenin' Place," on Zoom every Monday, Wednesday and Friday in November 3-4 p.m. Together we will play games, tell travel and fun family stories, share poetry, explore meditation. It's a great way to make friends, share some laughter, and connect with others. To learn the details of what's happening at the Happenin' Place in November, and to get the Zoom link, [view the Happenin' Place events on our online calendar](#).

[View What's Happenin'](#)



Thanksgiving Meals

Island Senior Resources is offering take-out holiday meals on Wednesday, Nov. 18 from 11:30 am - 12:30 pm at Island Senior Resources (Bayview), CamBey Apartments in Coupeville, The Center at Oak Harbor, and Camano Center. Donations for the meal are requested to help keep the program going, but no-one will be turned away if unable to donate. There is a limited supply of meals; first come first serve.

- If you would like to start Meals on Wheels deliveries please call, Mark MacNaughton, 360-321-1615. Thanksgiving Meal will be delivered
- On Thanksgiving Day, Mobile Turkey Unit Volunteers are delivering meals to homes from Coupeville south. Call 360-321-9782 to reserve a meal.

Alzheimer's Town Hall Meeting

The Alzheimer's Association is hosting a virtual Town Hall for Washington's 2nd Congressional District on Tuesday, November 10 from 3pm - 4 pm. These annual community events are a great opportunity to learn about federal and state policies affecting people impacted by Alzheimer's and dementia. The session will include a brief presentation with time for Q&A. For more information or to register, please visit alzwa.org/townhalls or call Brad Forbes, the Alzheimer's Association's public policy director at brforbes@alz.org or (206) 529-3867.

Book Release Party

The book **Hiking Close to Home** by Maribeth Crandall and Jack Hartt is a guide to 68 hikes on Whidbey, Fidalgo and Guemes Islands. Includes full color photos, maps, descriptions, directions, which trails are accessible by bus, which are wheel friendly and which are dog friendly. Come to the Book Release Party to get an autographed copy for yourself and a friend for \$20/each. See photos of local hikes, enjoy refreshments and swap trail tales with friends and neighbors.

- Time: 1:00-3:00 pm, Saturday, Nov. 7
- Place: Pacific Rim Institute, 180 Parker Road, 3 miles south of Coupeville

St. Augustine's-in-the-Woods
On-Line Holiday
Market*
November 10 - December 10, 2020

Proceeds benefit CADA and Island Senior Resources.

powerful
PARTNER



News and Updates from PSE

Winter weather is right around the corner

Storm season is quickly approaching. PSE's mobile app makes it easier than ever to access your account and be notified about power outages, even when you're away from home. The myPSE app offers self-service functionality, allowing you to start or change your service, manage account preferences, view your energy usage, make a payment or setup a payment arrangement with just one click. Learn more at pse.com/app.

Prepare your home for longer nights and darker days by upgrading to energy efficient LED fixtures

- Improve your home security with outdoor LED light fixtures.
- Brighten your home with indoor LED light fixtures.
- Enhance your garage and work bench with LED shop lights.

LED bulbs use at least 80 percent less energy than traditional incandescent bulbs and can last 13-25 years longer. PSE instant discounts save you up to \$5 off on select LED fixtures at participating retailers.

Check out pse.com/lighting to learn more.

Watch Video: PSE helping ISR Meals on Wheels Program

Support Groups

Support Groups 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 Zoom Support Group.** The program is designed to engage participants with discussions, group puzzles, and games in a friendly and supportive environment. Mondays 11 am – 12:30 pm.
- **Parkinson's Support Group.** This online Zoom group is for people living

with Parkinson's and their family caregivers to share experiences, knowledge, and support. Tuesdays 10 am – 11:30 am.

- **Alzheimer's and Dementia Caregivers Support Group.** This online Zoom group is for people who are caring for someone who has a diagnosis of Alzheimer's, other dementias, or any other challenging condition to share experiences, knowledge and support. Wednesdays 10 am – 11:30 am.
- **Yoga for those living with Parkinson's, their caregivers and others with cognitive or movement challenges.** This group is for people who want to improve their physical and mental well-being through yoga. Thursdays 2:30 pm – 3:30 pm.
- **Care Receiver Support Group.** This online Zoom group is for people living with Parkinson's Disease, or any other challenging condition, and who receive support and care from a family caregiver. Thursdays 11 am – 12:30pm. (starting November 12th).

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.

Learn
More

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

We recently asked you to let us know how the Meals on Wheels programs had made a difference in your lives. [View the feedback here.](#)

Watch Video: PSE helping ISR Meals on Wheels Program

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.

Be sure to read the Thanksgiving Meal information provided earlier in this eNews

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

IRA Required Withdrawals Support Charitable Giving

Never, in the past nearly half-century of Island Senior Resources' work, has the agency been called upon to provide as much service to so many clients in such a brief amount of time. While 300 or so calls for help were received monthly by Island Senior Resources in 2019, the call volume increased to more than 600 per month in the COVID-19 spring. Calls now total more than 1,100 each month. We are grateful to the generous donors who help us meet the needs of our community. Some give \$10 a month and others as much as \$50,000 annually to support our Annual Giving Campaign, which helps fund our \$4.2 million budget.

There is a great way to donate and possibly save money on taxes at the same time! Once annual withdrawals from traditional retirement accounts are required after age 70 ½, there may be penalties for not withdrawing the minimum distribution, or taxes may need to be paid on the withdrawal. Some people may be able to save paying income tax on their required IRA withdrawal by donating the withdrawal, or part of it, to a qualified charity with a 501(c)(3) nonprofit status. (Consult your tax advisor). Many are finding it best for their taxes-- and best for their island-- to donate some of these funds directly to Island Senior Resources and other worthy charities.

Rarely is there such a win-win situation in life. We give what we give because we are grateful for what we have and want to share some of what we have as an act of empathy. The challenges people face in their final decades could happen to any of us. Island Senior Resources is here to help. How wonderful, as Thanksgiving and Christmas approach, that sometimes even our tax accountants encourage us to give!

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

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

Volunteer



Do you want to volunteer?

Volunteering is highly satisfying work that makes a huge difference in the lives of others.

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

Volunteers Drivers Needed

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.

Volunteer

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!

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.

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.

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](#)

Popular Links

[Island Senior Resources Website](#)

[Sales at Senior Thrift](#)

[How to Donate](#)

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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

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