

# Island Senior Resources December eNews

Providing updates on events & happenings at Island Senior Resources

Dear Friends,

Each of us is likely asking ourselves, “What can I do to help myself and others make it through these challenging times?” This year, with the arrival of the holiday season, one thing we all can do is reach out to family, friends, and neighbors, many of whom may be feeling isolated. Make a call or write a letter; those draw people together. Two of the greatest gifts we can share are love and connection with others, and we all need that right now.

If you are feeling alone, or you need assistance, please call us; we are here for you.

May you and those you love find ways to spread joy this holiday season.

Robin Bush  
Outreach Director  
email: [robin@islandseniorservices.org](mailto: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 assistance:**

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 can 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.

## Learn the Basics of Social Security

Do you want to know more about Social Security? This Island Senior Resources workshop will be presented via Zoom by Annette Barca who has been conducting pre-retirement seminars for 15 years. Topics covered are:

- How and when to apply for benefits
- Types of benefits you may qualify for
- Your Social Security rights
- Benefits based on earnings, spousal earnings (current and former)
- Survivor benefits for widow(er)s

Online session is free. Registration is required. Dates and times:

January 19 at 11 am

March 15 at 1 pm

To pre-register, go to the [online calendar](#) and click on the date of the event.



## 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/](http://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 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.



## Holiday Meal News

Island Senior Resources is offering take-out holiday meals on Wednesday, Dec. 23 from 11:30 a.m. - 12:30 p.m. 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. Holiday Meals will be delivered.



## ISR's Journal Is Now Available

The Journal shines light on issues important to living your best life in our shared community. This issue focuses on what matters most: connection, a theme that is central to all our lives these days.

[Download the new Fall/Winter edition](#)  
[Find all editions of The Journal](#)



## Random Acts of Kindness

Random acts of kindness improve quality of life for someone else. They can be something as simple as a welcoming smile, bringing flowers to a neighbor, sharing bounty from the garden, making cards to be delivered to Meals on Wheels recipients, calling someone who might not have much interaction with family or friends, or writing a letter that can be read again and again. Giving is a good feeling to get.

Looking for ideas? There are 103 suggestions at [www.bradaronson.com/acts-of-kindness/](http://www.bradaronson.com/acts-of-kindness/). We will feature Random Acts of Kindness on our Facebook page, so if you do something that makes a difference for someone else, please let us know what you did, send us a photo if you have one, and we'll let others know. (Your name can remain private if you wish). Send to [feedback@islandseniorservices.org](mailto:feedback@islandseniorservices.org).

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We will feature Random Acts of Kindness on our [Facebook page](#), so if you do something that makes a difference for someone else, please let us know what you did, send us a photo if you have one, and we'll let others know. (Your name can remain private if you wish). Send to [feedback@islandseniorservices.org](mailto:feedback@islandseniorservices.org).

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## Emergency Power Outage Tip

We are in the winter months when storms can affect local power so please be safe!

If you have an electrically powered health assistance device such as a electric lift chair or recliner, it is important to consider what you will do in the event of a power failure. One option is to have an Uninterruptible Power Supply unit that will provide power for a short while. Also, remember to keep your cell phone charged with a fully charged back-up battery, and have an alternative to cordless phones that might not work in a power failure. It's also a good idea to give someone you know and trust a key to your home in case they need to enter to lend assistance to you.

## Travelling Safely on Island Transit

Have you ever taken the bus or paratransit before? Don't know how? Sworn off the bus during COVID-19? Island Transit Mobility Specialist, Maribeth Crandell will explain what extra steps are being taken to keep our buses clean and safe. Island Transit buses are clean, friendly, accessible and fare free. Bring a bike, a pet, a wheelchair or a walker onboard. The bus is safer.

[Join us on Zoom to learn](#) how Island Transit can help you get where you want to go December 3 at 10 am! Did you know? Island Transit is celebrating their 33rd anniversary of free bus service this month.

Attend Island Transit Zoom  
Webinar

powerful  
PARTNER



## News and Updates from PSE

**Storm season is here.** 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](https://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](https://pse.com/lighting) to learn more.

**Watch Video: PSE helping ISR Meals on Wheels Program**

# **Support Groups and The Happenin' Place**

## **Support Groups Online**

### **Hosted by Island Senior Resources**

Contact Island Senior Resource's Mel Watson at [mel@islandseniorservices.org](mailto: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 12<sup>th</sup>).

## 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

## The Happenin' Place

Join our fun social group "The Happenin' Place," on Zoom every Monday, Wednesday and Friday 3-4 p.m. Enjoy friendly conversation. Bring your friends.

It's a great way to make new friends, share some laughter, and connect with others. [View the Happenin' Place on our calendar](#) to get the Zoom link and instructions on how to join by phone if you prefer.

## 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.

## Ways to Give. Want to Donate?



## Help Fund the Purchase of a Walk-in Freezer

Freezer is for Meals on Wheels and other Senior programs

**Freezer cost: \$47,731 (of which \$32,500 has been raised so far )**

Would you make a [2020 gift or pledge](#), of any size, in these final weeks of this extraordinary year? It is for a specific need.

Throughout these holidays, Island Senior Resources seeks to raise the final \$15,231 of our freezer campaign – the last leg of our 2020 Annual Giving Campaign. We hope to fund a walk-in freezer. With this freezer, our 450 volunteers would be ready, in a split second, to deliver meals to 8,000 people in the event of a power outage, storm, tsunami, disease outbreak, or other event which makes it hard to get groceries and cook.



The freezer would also support our [Meals on Wheels program](#). The number of participants in the program has nearly doubled since the COVID outbreak. Across the islands each month, almost 600 hours of driving more than 1,000 miles provided meals and visual check-ins to isolated, food-insecure people.

In Island County, there are 28,000 seniors and we serve 10,000 of them! Many are isolated in homes without local family, adequate food, or human connection. Our Meals on Wheels program enables our clients to stay home with dignity and independence while preventing hunger, isolation, fear, and malnutrition.

This COVID-19 crisis has exposed the need to have pressure-packed frozen food ready in case of an emergency. We also must be able to receive and freeze donations of bulk foods from suppliers, distributors, and local farms. The freezer would be an essential emergency preparedness asset for all of us, now and in the future.

We have tried to find freezer space at local large restaurants, but to no avail. And so, we are asking donors like you to make a 2020 gift of any size to help us raise this final \$15,231 over the next six holiday weeks. Thank you for considering this.

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

[Donate Now](#)

## GIVING TUESDAY

December 1st will be “Giving Tuesday” – a national day of awareness-raising about giving, and a celebration of what nonprofits around the country make possible every day. This year, Island Senior Resources launched an annual giving campaign and so may have already given generously. But some who have not yet given may wish to support our work by [making a gift online](#) leading up to, or on December 1st.

You may remember that we had a day-of-giving, “Together We Care,” on August 1st a couple of years ago and this day-of-giving is a similar thing. We hope to raise the final \$15,000 needed to fund the new Walk-in Freezer that can now freeze 8,000 meals – ready for monthly distribution in our [Meals on Wheels Program](#), or to provide meals for a weather emergency. We welcome gifts large and small on December 1st and hope you will participate if you have not yet had the chance to give or pledge to the Annual Giving Campaign. You can easily and securely give by going to <https://senior-resources.org/donate/>.

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



### 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

## The Center In Oak Harbor



Click [here](#) to find their newsletters, class descriptions and additional information they have posted.

[The Center In Oak Harbor](#) has been putting together Brunch Boxes once a month and their last one this year will be on December 10. The cost is \$15 per box for Center Members and \$20 for non-members. Optional delivery is available within City



of Oak Harbor Limits for a \$5 delivery fee. Pick-up time is 9:30 -10:30 a.m. at The Center and optional, “Virtual Brunch with Friends” will start at 11:00 AM. To order a Brunch Box call The Center at 360.279.4580 (payment can be taken over the phone or arranged in person). Please pre-order your brunch box by Thursday, December 3.

## 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

### Come and Shop Safely

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.

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

#### 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](#)

## Share This eNews

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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](http://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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