

Island Senior Resources January eNews

Providing updates on events & happenings at Island Senior Resources



Announcement Senior Thrift temporarily closed

Due to an exposure to COVID-19 by one of our store volunteers **Senior Thrift is closed through January 13th. No public exposure occurred.** In an abundance of caution, all volunteers and staff are currently quarantined and will be tested as soon as possible. Again, no public exposure occurred.

Happy New Year!

There is something symbolic and energizing in turning over the pages of the calendar to a new month and a new year and feeling this fresh start. New beginnings are full of possibility and hope. And so, we step forward, understanding and welcoming the power and potential in working together to make 2021 a remarkable year.

The year will not be without challenge, no year is, but in this moment of newness we can set aside what has not yet come to be and celebrate the possibilities. So, enjoy this moment and take a minute to reach out to someone you may not have spoken to in a while and share the joy of newness with someone you know.

Cheers!

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

Welcome

YOU ARE WELCOME HERE.



You are welcome here. You are safe here. Your needs are important.

We at Island Senior Resources value, respect, and support individuals of every race, color, ethnicity, gender identity, sexual orientation, ability, age, socio-economic status, religion, non-religion, and national origin, who make up the whole of our community.

We are committed to continually learning and challenging our own assumptions and biases around inclusion, equity, diversity, and justice.

We invite all members of our community to join us in being informed, active allies, speaking up, acting peacefully, and being in solidarity with diverse communities.

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

News, Activities and More

Getting Ready for Medicare Zoom Sessions

If you are going on Medicare 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 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.

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.

Powerful Tools for Caregivers

This free online Zoom 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, increase confidence, and set goals for yourself

Time/date:

Tuesdays Jan 21 – Feb 25 from 10:00 am – noon, or
Thursdays Mar 18 - Apr 22 from 1 pm - 3 pm

Pre-registration required:

To register [view our online calendar](#) and select the date you are interested in, email us at reception@islandseniorservices.org, or call 360-321-1600 or 360-678-3373, extension 0.

Books for the class can be [purchased online](#) or borrowed for the duration of the class from the Bayview Senior Center or the Camano Center. Please call for more information.

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. Learn
More

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.



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](#)

Puget Sound Energy
Powerful Partner



News and Updates from PSE

Bill pay made easy. We live in an age of customization and never have to settle for one-size-fits-all. How you pay for your energy should be no different. With our new online payments, you'll find a streamlined experience with options to tailor your payment preferences easily.

Expanded payment options

- Choose from a wide selection of preferred payment choices, including eCheck, debit or credit card, PayPal, and, if using your cell, or Venmo (coming soon for mobile app devices and myPSE app only).

Securely stored payment preferences

- Now with My Wallet, you can securely store your payment preferences without re-entering the information each time you make a payment.

Easy AutoPay setup

- Setting up your AutoPay account has been streamlined. Using My Wallet's payment preferences, your total bill will be paid on the due date, so you'll never have to worry about missing a payment again.



myPSE app

Payments using your mobile app have never been easier. Your payment preferences are securely stored for future use in My Wallet, and you have additional payment options, including PayPal and Venmo.

[Payment and billing options. Learn more](#)

Be in the know during power outages The [myPSE app](#) goes beyond accessing your account and paying your bill. It's a vital resource in the event of winter outages. Track and report power outages in your neighborhood, check on restoration times, and get text updates

Learn more at pse.com/app.

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

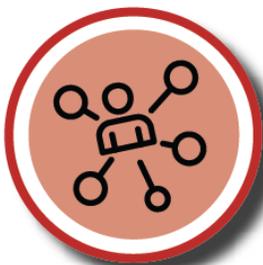
- Improve your home security with outdoor LED light fixtures.
- Brighten your home with indoor LED light fixtures.
- Enhance your garage and work bench with LED shop lights.

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.

Video: PSE helping ISR Meals on Wheels Program

Support Groups, Connection Cafe



Support Groups Online

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

- **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.



Join the Connection Cafe

Connect with others in your community for good conversation Isolation is a major challenge during these difficult times. Why not reach out and chat with others who may be feeling lonely or isolated. Make new friends, share life experiences, enjoy each other’s company.

- [Click here to view our online calendar](#) to find the days and times for the Connection Cafe.
- To get the link or call in phone numbers, view [our online calendar](#) and select the date you are interested in, or call Island Senior Resources at 360-321-1600 or 360-678-3373.

Nutrition

Meals on Wheels

Hot and frozen meals can be delivered to your doorstep by Meals on Wheels: Mondays, Wednesdays,

SENIOR NUTRITION PROGRAM

Meals on Wheels,
Frozen Take-Out Meals, &
Liquid Nutritional Supplements
for Island County Residents Age 60+



Island  Senior Resources

and Fridays. Ensure and Glucerna can also be delivered. For details call Mark MacNaughton at 360-321-1615.

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. Phone number and 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.

[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.](#)

Ways to Give. Want to Donate?

Island Senior Resources provide resources that enhance the emotional, social, and physical well-being of seniors, adults with disabilities, and those who care for them.

You are at the center of our work and your kindness helps us help others. If you would like to make a gift, you can either:

#1 [Donate online](#). Easily gift one-time or setup a monthly gift by donating online at <https://senior-resources.org/donate/>



#2 Mail your donation to the following address:

Island Senior Resources

P.O. Box 939

Freeland, WA

98249

#3 Call us. You can even make a pledge and pay it now or anytime before the end of the year by **calling our Director of Development, Charles LaFond** anytime, 24/7 on his cell phone at 360-210-3011 or contact Charles by email at charles@islandseniorservices.org

Ways to Give. Learn
More

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 visit The Center In Oak Harbor's webpage](#) to find their newsletters, class descriptions and additional information they have posted.

Free Aging Mastery Program

The Center in Oak Harbor is proud to partner with the National Council on Aging to offer the Aging Mastery Program (AMP) virtually. Each week we will have a virtual meeting with the group and a guest speaker to discuss the chapter and apply what we have learned.



Participants receive a starter kit which will inspire you to take steps toward positive aging across six dimensions and help you build your own “playbook” for aging well. Each dimension has specific guideposts, or actions, that you are encouraged to incorporate in your daily life.

You can join the meeting by either calling in or using a device to connect to the video chat. If you do not wish to participate in the weekly meetings you can still receive a starter kit and work through it at your own pace.

Schedule of Virtual Group Discussions:

- March 9 - Welcome & Introduction
- March 16 - Gratitude & Mindfulness
- March 23 - Health & Well-being
- March 30 - Finances & Future Planning
- April 6 - Connections & Community
- April 13 - Creativity & Learning
- April 20 - Legacy & Purpose

If you are interested in joining the free program, please contact Carly Larson at 360-279-4583 or clarson@oakharbor.org to arrange getting your kit and the meeting information.

Please Note: If you would like a starter kit you are not required to attend the group discussions.



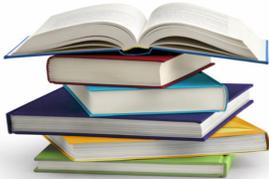
Brunch boxes are back

Due to high demand and many requests, Brunch Boxes are back!

The second Thursday of January, February, and March The Center in Oak Harbor will have Brunch Boxes available and the cost is \$15 per box for Center Members and \$20 for non-members. If you pre-order all 3 boxes before the January box you get a discounted rate of \$40. Pre-order your brunch box by the Friday prior.

Brunch boxes contain an assortment of commercially prepared items handpicked by Liz and Carly. Delivery is available within City of Oak Harbor Limits for a \$5 delivery fee per box. Pick-up time is 9:30 am - 11:00 am.

Call the Center in Oak Harbor at 360-279-4580 to order your brunch boxes.



Free Book Table

Every Tuesday & Thursday from 10:00 am - 2:00 pm there is a table outside the front door of The Center with free books, magazines and puzzles. Please feel free to take as many as you would like, and feel free to leave a few when you are finished with them.

The book table will continue through the winter but may not be out on days of inclement weather.

Virtual Enhance Fitness & Yoga Class

- Virtual Enhance Fitness is offered Monday, Wednesday, & Fridays at 9:45 to 10:45 am. The cost is \$25 month for members and \$30 for non-members. We are now accepting drop in fees at this time for \$5 members / \$7 for non-members. Silver & Fit and some Kaiser insurance plans will reimburse the cost. Please inquire with Carly Larson 360-279-4583 if you believe you have an eligible insurance plan.
- We are continuing to offer virtual Yoga with Maria on Tuesdays and Thursdays 8:30 to 9:30 am. The cost is \$25 month for members and \$30 for non-members. We are now accepting drop in fees at this time for \$5 members / \$7 for non-members.

To sign up for either EnhanceFitness or Yoga, please call us at 360-279-4580. We can take payment over the phone, by mail, or arrange a drop-off time. Once you have enrolled in the class and signed the waiver, we will email you the login information.



Enhance Fitness



Yoga

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](#)

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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

Phone 360-321-1600, 360-678-3373 (press 6)

