

# Island Senior Resources

## February eNews

Providing updates on events & happenings at Island Senior Resources



Dear neighbors,

We welcome February with slightly longer days and daffodils poking up. We can still get snow though, so please be prepared!

At all times, you need to have an “I’m ready” kit with lots of drinking water (1 gallon per person per day), non-perishable food for a week, a battery-powered radio, and ways to stay warm (my favorites are a hot water bottle on my lap and a lap blanket). Have a few battery banks fully charged to charge your cell phone, and flashlights and batteries. Have enough medicine and pharmaceutical supplies (for at least a week). Don’t forget pet food, manual can opener, first aid kit, and toilet paper too. This list is just the bare minimum of essential items you need. There are many other important items to consider to be fully prepared for any emergency (check out <https://www.ready.gov/kit> for a full list).



Stay safe, be ready, and soon it will be spring!

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

## Island Senior Resources Launches Second Annual Giving Campaign



Please make a gift or pledge today to support our work through our Second Annual Giving Campaign. Your gift will be matched, dollar-for-dollar, by generous and concerned donors until the \$125,000 challenge is met or until the end of June.

There are two ways to give:

1. For online safe and secure giving go to <https://senior->

[resources.org/donate/](http://resources.org/donate/)

2. To print, fill out, and mail a pledge card, and pay the pledge later please:

- [view the pledge card by clicking here](#), then print the pledge card, fill in the appropriate information and mail the completed card to the address provided on the pledge card

If you have questions, please call or text Charles LaFond, Development Director at 360-210-3011 or email Charles at [charles@islandseniorservices.org](mailto:charles@islandseniorservices.org)

[Download the Pledge Card](#)

## 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.

## 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:  
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:

Thursdays, March 18 - April 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](mailto: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/](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. 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



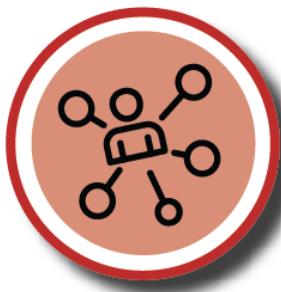
## Information from PSE

**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.

[Learn more about PSE payment options](#)

[Video: PSE helping ISR Meals on Wheels Program](#)

# Virtual Support Groups



## Support Groups Online

Would you like to talk with others having similar experiences? Everyone is welcome to attend these free online activities.

Our professionally facilitated, free Support Groups meet regularly via Zoom.

### **Time Together @ Home Zoom Support Group**

Facilitated by Time Together director Mel Watson. The program is designed to engage participants with discussions, group puzzles, and games in a friendly and supportive environment. This program is great for those who are isolated and have developmental disabilities or those with cognitive challenges who enjoy being with people and making friends.

- Mondays 11 am – 12:30 pm
- Contact Island Senior Resource's Mel Watson at [mel@islandseniorservices.org](mailto:mel@islandseniorservices.org) to receive information about joining

### **Parkinson's Support Group**

Facilitated by Mel Watson. This online Zoom group is for people living with Parkinson's and their family caregivers to share experiences, knowledge, and support. Friendships are formed and connections are made to help those living with this challenging condition.

- Tuesdays 10 am – 11:30 am
- Contact Island Senior Resource's Mel Watson at [mel@islandseniorservices.org](mailto:mel@islandseniorservices.org) to receive information about joining

### **Alzheimer's and Dementia Caregivers Support Group**

Facilitated by Mel Watson. 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. Friendships are formed and connections are made to help those who are caring for someone diagnosed with this challenging condition.

- Wednesdays 10 am – 11:30 am
- Contact Island Senior Resource's Mel Watson at [mel@islandseniorservices.org](mailto:mel@islandseniorservices.org) to receive information about joining

### **Yoga for those living with Parkinson's, their caregivers and others with cognitive or movement challenges**

Facilitated by Renee Levier <https://leverrier.com/> and hosted by Mel Watson. This group is for people who want to improve their physical and mental well-being through yoga. Renee says, "If you can breathe you can do yoga." This is a place to come together and practice techniques to improve movement and balance. Everyone welcome!

- Thursdays 2:30 pm – 3:30 pm.
- At the Support Group start time, join by launching this Zoom session <https://us02web.zoom.us/j/393691440>

## **Care Receiver Support Group**

Facilitated by Mel Watson. 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. This is a safe place to discuss challenges and share experiences.

- Alternating Thursdays 11 am – 12:30 pm
- Contact Island Senior Resource's Mel Watson at [mel@islandseniorservices.org](mailto:mel@islandseniorservices.org) to receive information about joining

## **NEW GRIEF & LOSS Support Group**

Facilitated by Aging & Disability Resource Specialist, Cindy Miller. This online Zoom Support Group is a safe place to share experiences, emotions, memories, and obtain support from others grieving a loss.

- Held the first and third Wednesday of the month beginning March 3, 1:00 pm - 2:00 pm
- To register please contact Island Senior Resources at 360-321-1600 ext 0 or email [reception@islandseniorservices.org](mailto:reception@islandseniorservices.org)

[Learn  
More](#)

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## **Hosted by Island County Human Services**



### **Connecting in Difficult Times**

A place where individuals can feel comfortable about sharing any struggles they are experiencing in response to the COVID-19 safety recommendations.

- Thursdays 11 am – noon
- If interested in attending call 360-678-8293

## **Nutrition**



## **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.

## 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 1:30 pm. 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.](#)

## 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.



# 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.

## The Center in Oak Harbor

### Free Aging Mastery Program

#### Take the Steps Today Toward Positive Aging

The Center In Oak Harbor is proud to partner with the National Council on Aging to offer you the Aging Mastery Starter Kit. The Starter Kit will inspire you to take steps toward positive again 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. Each week will have a RingCentral (powered by Zoom) meeting with the group and a guest speaker to discuss the chapter and apply what The Center in Oak Harbor has learned. You can join the meeting by either calling in or using a device to connect to the video chat. This is a great time to make new connections, engage in lifelong learning, and start to master aging well.



#### 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 Program Coordinator Carly Larson at 360-279-4583 or [clarson@oakharbor.org](mailto: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.*



## The Center in Oak Harbor Brunch boxes are back

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

The second Thursday of 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. 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.



## The Center in Oak Harbor 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.

## The Center in Oak Harbor Single Mingle

This year's Single Mingle is going virtual! If you are single and looking to spark up some new conversations, this is for you. This will be a great opportunity to meet new people in a very comfortable setting, without leaving your home. Singles from Whidbey Island, Anacortes and surrounding areas are being invited to join. Center staff will have conversation starters and will facilitate the event by virtually placing participants into "breakout groups" and then rotating participants throughout the event.

- Must pre-register by Thursday, February 11th. Please contact staff at 360-279-4580.

If you would like to participate and are new to using a virtual platform like Zoom or RingCentral, The Center in Oak Harbor would be happy to schedule a time to introduce you to the platform prior to the event. Please contact staff at 360-

279-4580 to schedule an intro to Ring Central. If your computer does not have a camera or microphone, please call to check one out for the event.

**Date:** Friday, February 12

**Time:** 3:00 PM

**Cost:** \$5 for The Center in Oak Harbor Members | \$10 for Non-Members

## The Center in Oak Harbor St Patrick's Day Lunch

Wear **some green** and celebrate like this Irish this St. Patrick's Day as The Center in Oak Harbor serves up a to-go classic lunch including corned beef, cabbage, potatoes, and Irish soda bread.

- Please sign up by Friday, March 5<sup>th</sup> to reserve your spot as there is limited quantity available. Please contact staff at 360-279-4580.

**Date:** Wednesday, March 17

**Time:** 10:30 AM - 12:00 PM

**Cost:** \$15 for The Center in Oak Harbor Members | \$20 for non-members

**Event Sponsor: Village Concepts of Oak Harbor: Harbor Tower Village**

The Center would like to extend a thank you to [Harbor Tower Village](#) for sponsoring the St. Patrick's Day Lunch. Harbor Tower Village is a retirement community located on Whidbey Avenue that offers beautiful common areas, apartment style rooms, and opportunities for community involvement, learning events, and cultural outings. Learn more by [visiting their website](#).

## The Center in Oak Harbor Announcement

# Renew Active

by  UnitedHealthcare®

The Center is excited to announce that in partnership with UnitedHealthcare the Center is now a Renew Active site which means that with most UnitedHealthcare Medicare plans you can participate in our group exercise classes including EnhanceFitness and Yoga at no cost. If you think you are eligible please contact Carly Larson at [clarson@oakharbor.org](mailto:clarson@oakharbor.org) or 360.279.4583 for more information.

## The Center in Oak Harbor 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 The Center in Oak Harbor members and \$30 for non-members. The Center in Oak Harbor is 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.
- The Center in Oak Harbor is 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. The Center is 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 The Center in Oak Harbor at 360-279-4580. Payment over the phone, by mail, or arrange a drop-off time. Once you have enrolled in the class and signed the waiver, The Center in Oak Harbor 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](#) for all the happenings at Island Senior Resources



Visit [Facebook.com/seniorthrift](#) for all the Senior Thrift sales news and events



Visit us on [Instagram](#)

## Popular Links

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[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!

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