

# Island Senior Resources

April eNews

Providing updates on events & happenings at Island Senior Resources



Dear Neighbor,

Many of us are wondering about COVID vaccines, and if, when, where, and how to get one. The information that follows explains how to find out about who is eligible, and how to schedule an appointment if you choose to do so. The information is often changing so the link below is your best source for current information.

Change is in the air as the days get longer and warmer; we all have hopes that springtime will be better for all of us, in so many ways.

Be safe,

Robin Bush  
Community Education Director  
email: [robin@islandseniorservices.org](mailto:robin@islandseniorservices.org)  
phone: 360-331-5709

For information on our services please call 360-321-1600 or 360-678-3373 or email [reception@islandseniorservices.org](mailto:reception@islandseniorservices.org). To contact us through our website, [click this link](#) and then answer the questions so our team can help you.

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## Vaccination Information

Information about vaccine availability and eligibility changes frequently, so we recommend visiting [Washington State's Department of Health COVID-19](#) for the most current information. If you prefer, you can call their COVID-19 Information Hotline by dialing 1-800-525-0127, then press #. Language assistance is available.

From the [Washington State Department of Health COVID-19 website](#) you can access Phase Finder, which will ask you a series of questions to determine your eligibility. You can also access the Vaccine Locator to find an available appointment near you.

## Island County Vaccine Locations

*Please note Island Senior Resources is not distributing vaccines. We are providing the following information as a community service.*



The locations below are performing vaccinations, however vaccine availability and appointment information changes daily. If needed, check these locations often until you are able to book an appointment.

**WhidbeyHealth** - Book your appointment using their online scheduling tool: <https://book.appointment-plus.com/cn2vqgd8/#/>

**Island Drug (Oak Harbor)** - Schedule your appointment one of three ways:

1. Send in an email with your contact information to [covidvaccine@islanddrug.com](mailto:covidvaccine@islanddrug.com)
2. Go to <http://www.islanddrug.com/pages/covidvaccine> click on the COVID 19 banner and follow the instructions
3. Call 360-675-6688, ext. 5 and leave a message with your contact information

**Saar's Supersaver & Marketplace Foods (Oak Harbor)** - Click [here](#) to schedule an appointment.

**Camano Center (Camano Island)** - Camano Island Fire & Rescue is partnering with the Camano Center and Island County to set up a COVID-19 vaccination clinic at the Camano Center. The clinic will open weekly, whenever a vaccine shipment is received from the state. Either:

1. Visit their website at: <https://camanofire.com/resources-public-education/covid-19-vaccines/>
2. Contact the Camano Fire Vaccine Hotline at 360-454-4165

Additional vaccination locations are being made available. To find the most current information on vaccination locations, visit [Washington State's Vaccine Locator](#).

## More Information

- For those of you on Medicare. When you go to your selected location to get vaccinated be sure to bring your original Medicare card to your appointment even if you are on a Medicare Advantage plan. There is no cost to get vaccinated.
- [Washington's COVID-19 Vaccine Phases. Learn more.](#)
- [Read Island County Public Health COVID-19 press releases](#)
- [Watch our for Vaccine scams. Learn more.](#)

## Island Senior Resources 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 many ways to give:

1. For [online](https://senior-resources.org/donate/) safe and secure giving go to <https://senior-resources.org/donate/>
2. Print, fill out, and mail in a pledge card. [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
3. You can donate by mail. Send your donation to the following address:  
Island Senior Resources, P.O. Box 939, Freeland, WA 98249

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)

*Your donation ensures that Island Senior Resources is able to provide resources that enhance the emotional, social, and physical well-being of seniors, adults with disabilities, and those who care for them.*

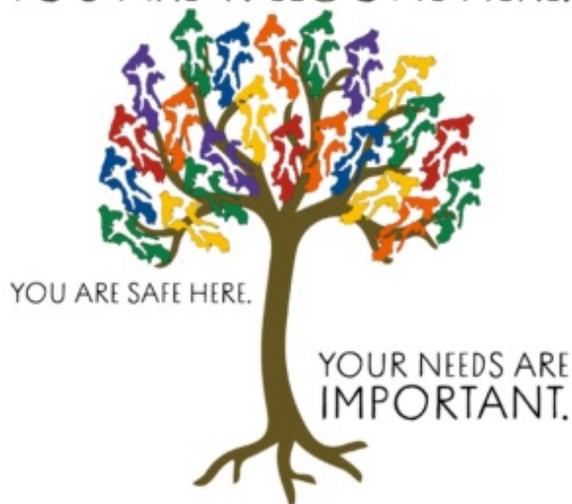
[Read our 2020 Program Report](#)

[View our 2021 Pledge Brochure](#)



## Welcome!

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.

## 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. Our 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.

Learn more about us:

[Visit our website](#)

[View our Programs & Services](#)

[Check out our Virtual Community](#)

[View our latest News and Educational information](#)

[View our Program Report](#)

## Activities, News 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).

### 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.

[Contact our Statewide Health Insurance Benefits Advisors \(SHIBA\)](#)

### 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. Pre-registration is required. For more information call

Dates and times:

- May 18 at 1:00 pm
- July 20 at 1:30 pm
- Sept 21 at 1:30 pm

## End of Life Ready: Advance Directives

This introductory presentation by End of Life Washington will provide an overview of your end-of-life choices and options. We will introduce the End of Life Washington Advance Directives (a combined Durable Power of Attorney for Health Care and Health Care Directive). Filling out Advance Directives for Health Care is important for making your choices and values known in the event you are unable to speak for yourself or make healthcare decisions.

This presentation will provide you with tools and resources to complete your own Advance Directives for Health Care and a better understanding of the importance of these documents.

End of Life Washington is a statewide non-profit organization that supports people preparing for their final days. They advocate for the right to a peaceful death.

Date and time.

- June 8 from 1-2 pm

For more information or to register, please call 360-321-1600 or 360-678-3373 ext. 0. You can also email [reception@islandseniorservices.org](mailto:reception@islandseniorservices.org). This is a free class.



## 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.

Learn  
More

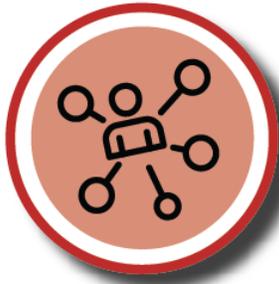
# Medical Equipment Lending Library

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.



## Support Groups

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

Call 360-321-1600, 360-678-3373 or email [reception@islandseniorservices.org](mailto:reception@islandseniorservices.org) for information on attending a Support Group.

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

- Mondays except public holidays, 11 am – 12:30 pm
- 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.

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

- Tuesdays 10 am – 11:30 am
- 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.

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

- Wednesdays 10 am – 11:30 am
- 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.

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

- Thursdays 2:30 pm – 3:30 pm
- Facilitated by Renee Levier <https://leverrier.com/> "Living well with Parkinson's". 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!

### **Grief Support Group**

- 1st and 3rd Wednesday of the month 1 pm - 2 pm
- This online Zoom group is for people experiencing grief and loss. This is a safe place to discuss challenges, share experiences and move towards a place of healing.

Learn  
More

## Stay Connected

[Read the eNews, Island Times, and our publication The Journal. Click here.](#)

[Sign up for our mailing list](#) to receive our twice-annual Journal, annual impact report, and development updates.

Visit our social sites:



[View our Events & Activities Calendar.](#)

## 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](#)

## Volunteer



### Do you want to volunteer?

Volunteering is highly satisfying work that makes a huge difference in the lives of others. Volunteering is good for your health, connects you to others, and helps others.

[Learn More](#)

### 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.



## Senior Thrift



5518 Woodard Avenue  
Freeland, WA 98249  
(off SR 525 just north of Main Street in Freeland)

[View Map](#)

360-321-1600 or 360-678-3373 (press 6)

#### Senior Thrift Hours of Operation

- Open Thursday, Friday, Saturday from 10 am to 4 pm
- Open Sunday 11 am to 4 pm
- Closed Monday, Tuesday, Wednesday

*Senior Thrift accepts donations onsite Sunday 9 am to 11 am only or until our quarantine areas for donations are full for the day.*

Senior Thrift offers 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.

**NEW DONATION HOURS BEGINNING WEDNESDAY, APRIL 1ST**

Thursday-Saturday 10 am - 4 pm

Sundays 11 am - 4 pm

[VIEW CURRENT SALES](#)

**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

- 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

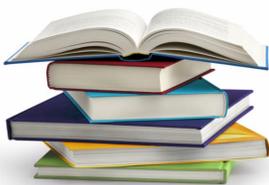


per box for Center Members and \$20 for non-members. Pre-order your brunch box by the Friday prior.

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 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

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](#).

# ISR is Here for You

[Learn about our Virtual Community](#)

[Sign up for our mailing list](#) to receive our twice-annual Journal, annual impact report, and development updates. Join us on our social sites:



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



