

# Island Senior Resources

May eNews

Providing updates on events & happenings at Island Senior Resources



Dear Neighbor,

If you are a new reader, welcome! Island Senior Resources is here to help you, your family, friends, and community. Each month you'll receive our eNews with updates about our events, engagement opportunities, Meals on Wheels information, ways to volunteer, sales at Senior Thrift, how to donate to support these essential services, and more!

If you are already a follower of our eNews or social media, welcome back! We are grateful for your support and for the efforts you make to share our information with others who may need it. By understanding the essential resources we offer to our community, you become a vital voice in reaching those we serve: seniors, adults with disabilities, and those who care for them.

Please read on and watch for our eNews each month.

Thank you!  
Robin Bush  
Community Education Director  
Email: [robin@islandseniorseervices.org](mailto:robin@islandseniorseervices.org)  
Phone: 360-331-5709

## Island Senior Resources is here for you

Although our facilities remain closed to the public we are here for you.

- [Learn about our Programs & Services](#)

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.
- [You can request assistance online using our website.](#) Answer [a few questions](#) so our team can help you.

Island Senior Resources

Give Big



GiveBig is a Washington State initiative on May 4 and 5, to encourage giving to beloved local non-profits. To support Island Senior Resources, please go directly to <https://senior-resources.org/donate/> to make a one-time or Evergreen (monthly) gift today. Every dollar given will be matched with \$140,000 in challenge dollars. We have matched \$100,000 so far! Please give today to become part of the work to redeem the final \$40,000 in challenges made by concerned citizens of Island County.

There are many ways to give:

1. For online 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. To donate by mail send your donation to the following address: Island Senior Resources, P.O. Box 939, Freeland, WA 98249

If you have questions, 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.*



Our  
Program  
Report



## Activities, News, and More



### Getting Ready for Medicare

If you are going on Medicare and/or are wanting to know more about Medicare, attend the online “Getting Ready for Medicare” seminar offered by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers. Counselors will answer questions following the event.

Information will be provided about:

- “Basic” Medicare benefits
- Changes for 2021
- 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.

Dates and times:

- May 4 at 1 pm
- June 1 at 1 pm

This online event is free. Pre-registration is required.

- To register go to the [calendar](#) and click on the event (look for the event name in the calendar). Follow the registration information provided in the event description.
- For more information or for help registering call 360-321-1600 or 360-678-3373 ext 0. You can also email [reception@islandseniorservices.org](mailto:reception@islandseniorservices.org).

## Medicare - Individual Consultations

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 \(SHIBA\)](#)



Fighting the pandemic has been hard. [Read our news and articles](#) on vaccines and COVID.

Need assistance getting vaccinated? [Click here.](#)

## 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

Dates and times:

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

This online event is free. Pre-registration is required.

- To register go to the [calendar](#) and click on the event (look for the event name in the calendar). Follow the registration information provided in the event description.
- For more information or for help registering call 360-321-1600 or 360-678-3373 ext 0. You can also email [reception@islandseniorservices.org](mailto:reception@islandseniorservices.org).

## 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 pm to 2 pm

This online event is free. Pre-registration is required.

- To register go to the [calendar](#) and click on the event (look for the event name in the calendar). Follow the registration information provided in the event description.
- For more information or for help registering call 360-321-1600 or 360-678-3373 ext 0. You can also email [reception@islandseniorservices.org](mailto:reception@islandseniorservices.org).

## Free Powerful Tools for Caregivers Class on Zoom

This 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
- Class occurs once a week over a six week time period.

Dates and times:

- Thursdays June 3 - July 8 from 2 pm to 4 pm
- Fridays Sept 17 – Oct 22 from 10 am to noon

This online event is free. Pre-registration is required.

- To register go to the [calendar](#) and click on the event (look for the event name in the calendar). Follow the registration information provided in the event description.
- For more information or for help registering call 360-321-1600 or 360-678-3373 ext 0. You can also email [reception@islandseniorservices.org](mailto:reception@islandseniorservices.org).

Watch out for scams!

Read a [recent article](#) about scams and what to look out for.

## 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 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.

If you are a provider wanting to offer your services to our community, [click here to find the application for providers.](#)

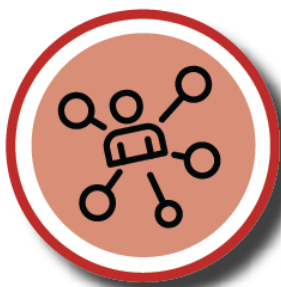
Learn  
More

## Medical Equipment Lending Library



Need a walker, wheelchair, or other assistive devices? Maybe you have some to donate? [Learn more about our Medical Equipment Lending Library.](#)

## 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.

### **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](#)

## **Nutrition**



### **Meals on Wheels**

Hot and frozen meals can be delivered to your doorstep by Meals on Wheels on Mondays, Wednesdays, and Fridays. Ensure and Glucerna can also be delivered. For details call 360-321-1600 or 360-678-3373 or email [meals@islandseniorservices.org](mailto:meals@islandseniorservices.org).

### **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 Food Menu](#)

## Farmer's Market Produce Vouchers Are Here!

The Senior Farmer's Market Nutrition Program (SFMNP) is a "win-win" program, which benefits low-income seniors and our local farmers! Local farmers sell more produce and seniors, who otherwise could not afford it, are able to purchase fresh organic fruits and vegetables, which are excellent supplements to a healthy diet. [Learn more...](#)

# Volunteer



## 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.

## 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 Needs Volunteers

We currently need volunteers for:

- Providing customer service and cashiering
- Sorting & pricing donated items

Help ISR to serve seniors, adults with disabilities, and caregivers. Meet new people and make friends. Volunteers get 25% off all purchases at Senior Thrift. To begin the application and background check visit [www.senior-resources.org/volunteering](http://www.senior-resources.org/volunteering)

[Learn More About Volunteering](#)

# Senior Thrift

## NEW EXPANDED DONATION HOURS

Thursday-Saturday 10 am - 3 pm

Sundays 11 am - 3 pm



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.



5518 Woodard Avenue

Freeland, WA 98249

(off SR 525 just north of Main Street in Freeland)

[View Map](#)

Senior Thrift shopping 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:

- Thursday - Saturday 10 am to 3 pm
- Sundays 11 am to 3 pm

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

[View Current Sales](#)



# Welcome!

YOU ARE WELCOME HERE.



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.

## News from Goosefoot Planning for Bayview's Future

This month Island Senior resources is helping to distribute the following information from [Goosefoot](#).



### Planning for Bayview's Future

#### Housing Needs on South Whidbey Island

Facing housing challenges? Know someone who is? Goosefoot Community Fund and fellow land owners in Bayview are looking at the feasibility of placing workforce housing in the area. Your survey answer will help our team develop a plan to fit your needs. All survey answers are strictly confidential, with complete anonymity. [Click here](#) to take the survey.

Looking for housing? Take the Goosefoot housing needs survey

#### Learn More About Our Plans

- Learn more our plans by visiting [our website](#) at <https://goosefoot.org/planning>
- Attend the Community Meeting Tuesday, May 4, at 5:30 pm. The committee that's steering this ambitious affordable housing project on

South Whidbey will be explaining the proposal and gathering public input during an online meeting. To attend this online event you must **pre-register** to receive a Zoom link for the meeting.

Community Meeting / May 4, 5:30 / Sign up here

## The Center In Oak Harbor



### The Center in Oak Harbor

Phone: (360) 279-4580  
51 SE Jerome Street  
Oak Harbor, WA 98277

[Click here to visit The Center in Oak Harbor's website](#) to find their newsletters, class descriptions and additional information they have posted.

Island Senior Resources [offers many programs and services](#) that operate out of The Center in Oak Harbor. [Learn more.](#)

## Island Times

The Island Times newspaper provides information, resources, programs and “happenings” for seniors and adults with disabilities throughout Whidbey Island. [View an online version of the Island Times](#)

## Stay Connected

Join our mailing list

Sign up for our mailing list to receive our twice-annual Journal, annual impact report, and development updates



Join an activity. [View our Events & Activities calendar](#)



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

Visit 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 to keep up on news, events and activities at Island Senior  
Resources. Thanks for your interest!

## **Contact Us**

**Island Senior Resources**  
P.O. Box 939  
Freeland, WA 98249

Phone 360-321-1600, 360-678-3373  
**Request Assistance Online**

**Senior Thrift**  
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