For many years, Island Senior Resources has often been mis-perceived as a south Whidbey organization when in fact, the organization has served all of Island County for 47 years, serving Oak Harbor, in partnership with the city of Oak Harbor and The Center in Oak Harbor. Island Times is a product of our collaboration.

Our offices are based in The Center in Oak Harbor building, however, the building is currently open on a limited access basis. We are here to help you via email or phone no matter where you live on the island. Reach out to us at 360-321-1600 or 360-678-3373, contact us via our help request online at www.islandseniorresources.org, or email reception@islandseniorresources.org. You may reach out to us with a question, only to discover many other resources we have can help you through short or long-term challenges or prepare you to live your best life, long into the future.

The Center in Oak Harbor exists to empower older adults in our community for personal independence, healthy aging, social connection, and life-long learning. In-person programming serves a vital role in achieving these positive outcomes.

While the COVID-19 pandemic has closed The Center for in-person programming for the last year, Island County is now in phase three of the governors’ Healthy Washington Roadmap to Recovery Plan, over 50 percent of Island County’s eligible population has received at least one dose of the vaccine, and 35 percent of the population is fully vaccinated. The majority of The Center’s members are older adults who first qualified for, and received, the vaccination and make up the majority of those who have received the vaccination.

Did you know ISR manages Meals on Wheels for all of Whidbey Island? We prepared and served 84,027 meals in Island County last year, safely, during COVID with 35 percent of those meals served in Oak Harbor. Our community meal site at the Center in Oak Harbor is currently closed as we follow Island County Public Health COVID safety guidelines.

Did you know ISR provides transportation to and from medical appointments for anyone on Whidbey Island, traveling to appointments as far north as Bellingham or as far south as Seattle? Sixty to seventy percent of requests come from Oak Harbor residents. Last year our volunteer drivers drove 117,728 miles and made 1,746 trips. We need volunteers in Oak Harbor to become drivers (mileage and ferry costs are reimbursed). Please reach out to us if you can help! We need you and your neighbors need you to help get them to the care they need.

Did you know ISR has Aging & Disability staff ready to help by phone and email to answer questions about all aspects of aging or disability support? In March 2021 ADR staff responded to 721 calls or emails. We have classes in Powerful Tools for Caregivers, End of Life, and more. We also offer support groups for Alzheimer’s and Dementia guidelines.

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The Center at 360-279-4580 or online register for their program by calling the state mandates a return to Phase 2, we will halt in-person programs. If the program or group activity you are interested in is not on the list to return now, please have patience and know we are doing all we can to bring back programing as we are able. We are not ready to offer our travel program at this time but look forward to in the future.

PARTICIPATION PROCESS Participation in all programs will require membership at The Center and prior reservations. Individuals can register for their program by calling The Center at 360-279-4580 or online at oakharbor.org/sr-svcs.

The Center Returns To In-Person Programming

By Liz Lange
Administration of Senior Services, City of Oak Harbor

The Center in Oak Harbor is now in phase three of the governors’ Healthy Washington Roadmap to Recovery Plan, over 50 percent of Island County’s eligible population has received at least one dose of the vaccine, and 35 percent of the population is fully vaccinated. The majority of The Center’s members are older adults who first qualified for, and received, the vaccination and make up the majority of those who have received the vaccination.

Based on the above information, we are excited to share we have received approval to allow limited in-person programming beginning Monday, June 1, 2021. All current CDC, state, and local COVID-19 guidelines will be adhered to including, but not limited to, social distancing, masking, occupancy limits, and contact tracing methods. The ability to participate virtually will still be an option for programs currently being offered virtually.

While not all programs are returning at this time, we will continue to add programs as the CDC, state and local guidelines allow. The programs that are returning are based on ones we can safely hold following current guidelines allowing for proper social distancing and group and capacity sizes determined by our room sizes as well as availability of our program instructors. It will take time for us to rebuild our programs to the capacity they were before the shutdown, please know Carly and I are dedicated to doing so. These programs have been chosen as they are considered low risk and are included in allowed activities under current guidelines, and we have confirmation from program leads they are available to return. Each program will be capped at 10 participants, apart from billiards which will be capped at 6 due to the size of room. No evening or weekend programs are currently available.

The Whidbey Island Rock and Gem Club (lapidary) will follow the same guidelines and operate in their own, separate building.

Other programs will be added as program leads are identified and space is available, following these guidelines. As phases and guidelines change, we will adjust to meet them. This also means if the state mandates a return to Phase 2, we will halt in-person programs. If the program or group activity you are interested in is not on the list to return now, please have patience and know we are doing all we can to bring back programing as we are able. We are not ready to offer our travel program at this time but look forward to in the future.

Looking for Island Times the LAST Thursday of each month

OPEN

continued on page 3

A group of our volunteers outside The Center in 2019

DO YOU NEED BUSINESS CARDS? YEP WE CAN DO THAT!

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The one thing about grief is it’s unpredictable and most people benefit from some kind of support

Island Senior Resources has a new grief support group that meets the first and third Wednesday of each month.

see page 8 for more information

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We Get By With A Little Help From Our Friends

By Carly Larson
Program Coordinator, City of Oak Harbor Senior Services

Why is it that sometimes it is just so hard to ask for help? What makes saying such a simple, short, four lettered word like “help” so hard to roll of the tongue? Life experience has shown me that it is often stubbornness, lack of control, embarrassment, and even fear. Personally, stubbornness and feeling a lack of self-reliance prevents me from asking for help even when I need it the most. Even when I was a child, I despised the word help and I wanted to do everything independently. I was barely at walking age, but I was determined I could put on my own shoes and tie them without an ounce of help. The reality was, however, that my dexterity was not capable of such a task. At that moment, only a short 18 months into my life, my mom knew the next many years were going to be a challenge for both them as my parents, and me. When we do not advocate for ourselves, which often includes asking others for help, our lives become much more difficult. Although I do not like to ask for help, I have a strong desire to help those around me. I love serving my community in various ways. I always enjoy helping family members when they need an extra hand, I find satisfaction when I can help a friend by giving them a ride or make them a meal. One of my favorite things to do in my free time is to make sack lunches and hand them out to the homeless. I feel so happy and purposeful when I can help, but what do I not understand is why I feel so defeated when I let others help me why? Is it that as humans we are so ingrained to serve others, yet we have such a difficult time asking for help? Remembering how good I feel when someone allows me the opportunity to serve them allows me to give others the chance to serve me. I believe that by first identifying the reasons that we are reluctant to ask for help, as I briefly mentioned before, we can become aware and work through it. So, what is it for you? Pride, a fear of feeling defeated, a lack of control, embarrassment, being perceived as “needy”, fear of refusal, or just not knowing what to ask for?

Did any of these resonate with you? I am sure each one of us could answer yes to at least a few of these barriers of seeking assistance. Once you identify that these feelings are causing you to be reluctant to ask for help, try this.

Make a list of what your needs are. Maybe it is transportation to an appointment, mopping the floors every few weeks, or preparing nutritious meals.

Learn what resources are available. Asking for assistance is easier when you know there are programs and people whose purpose is to help you with your specific needs. This is their job, and they are happy to do it.

Accept the extra hand when offered. If someone is offering to help with something you need, just say yes. They want to do it, so allow them the opportunity to feel good by serving someone they love.

Speak up. Sometimes it is the simplest thing that is the hardest to do, but we just have to take a deep breath and do it. Learn it is okay to ask for help. Its okay to tell your doctor you still have symptoms, to ask your neighbor to pick you up some groceries while they are out, to call us at The Center and let us connect you to people who can help you be healthy, happy, and live your best life.

There are many agencies and people on Island who are just waiting to serve you! Identify a need and call them today to get the help you need and deserve. Remember, as Ringo Starr reminds us, I believe that by first identifying the reasons that we are reluctant to ask for help, as I briefly mentioned before, we can become aware and work through it. So, what is it for you? Pride, a fear of feeling defeated, a lack of control, embarrassment, being perceived as “needy”, fear of refusal, or just not knowing what to ask for?

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**CLASSES and EVENTS at The Center in Oak Harbor**

**ENHANCEFITNESS & YOGA CLASS NOW IN-PERSON & VIRTUALLY**

**EnhanceFitness**  
**Mondays, Wednesdays and Fridays**  
9:45 - 10:45 a.m.

**Yoga**  
**Tuesdays and Thursdays**  
8:30 - 9:30 a.m.

The choice is yours – EnhanceFitness and Yoga classes will continue to be available on the virtual platform as well as in-person beginning June 1. The cost is $25 month for members and $30 for non-members or the drop-in rate is for $5 members/$7 for non-members per class. Silver Fit and some Kaiser and UnitedHealth Care insurance plans will reimburse the cost, see the below table for which classes are covered. To sign up for either EnhanceFitness or Yoga, please call us at 360-279-4580.

**FREE BOOK TABLE**

Our summer book table schedule will now be Monday – Friday, 9 a.m. – 4 p.m. To abide by government guidelines, we will now be Monday – Friday, 9 a.m. – 4 p.m. Our summer book table schedule will continue to be accessible outside. Please feel free to take as many as you would like, and feel free to leave a few when you are finished with them.

**PERSONAL TRAINING**  
To continue to be a part of this community and once again open our doors.

**OPENING SCHEDULE (SUBJECT TO CHANGE)**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 - Billiards</td>
<td>8:30 - Yoga</td>
<td>8:30 - Billiards</td>
<td>8:30 - Yoga</td>
<td></td>
</tr>
<tr>
<td>9:45 - EnhanceFitness</td>
<td>9:45 - Quilting</td>
<td>9:45 - EnhanceFitness</td>
<td>9:45 - Quilting</td>
<td></td>
</tr>
<tr>
<td>Noon - Ping Pong</td>
<td>Noon - Knitting</td>
<td>Noon - Ping Pong</td>
<td>9:30 - Yoga</td>
<td></td>
</tr>
<tr>
<td>1 - Art</td>
<td>1 - Knitting</td>
<td></td>
<td>9 - Quilting</td>
<td></td>
</tr>
<tr>
<td>3 - Clogging</td>
<td></td>
<td></td>
<td>9:45 - EnhanceFitness</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Noon - Produce pickup</td>
<td></td>
</tr>
</tbody>
</table>

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**VOLUNTEERS continued from page 1**

**Volunteer Opportunities**

- **Community Walks**
  - Meet at The Center at 7:45 a.m. to walk 2 miles on Monday and Wednesday
  - Meet at The Center at 8 a.m. to walk 3 miles on Thursday

- **Coffee for a Cause**
  - Meet at The Center at 9 a.m. on Tuesday

- **Walking the Dog**
  - Meet at The Center at 9:30 a.m. on Friday

- **Heritage Circle**
  - Meet at The Center at 10 a.m. on Monday

- **Shirt Sale**
  - Meet at The Center at 11 a.m. on Thursday

- **Lunch Program**
  - Meet at The Center at 12 p.m. on Friday

**Additional Opportunities**

- **Yoga**
  - Meet at The Center at 9:30 a.m. on Monday

- **Fitness**
  - Meet at The Center at 9:30 a.m. on Wednesday

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Sno-Isle Libraries} brings Authors to Readers

Sno-Isle Libraries is gathering favorite authors from the Pacific Northwest and around the world to meet its customers online.

“Open Book” is Sno-Isle Libraries new online author series, with monthly events through 2021, Sno-Isle Libraries Program Coordinator Anne Murphy said. Each month, Open Book alternates between an adult author and a youth or teen author whose events are suitable for families.

Sno-Isle Libraries created a team in November 2020 to start working on Open Book with a simple mission: “Let’s do an author’s series in 2021 and think big.” From that broad outline, Murphy and her teammates envisioned a monthly, online event with authors from a wide range of genres. The team tries to have one adult author and one youth or teen author do Open Book each month.

For guidance, team members looked at the successes of online author events Sno-Isle Libraries had in 2020 with Seattle crime mystery novelist J.A. Jance in September and famous Seattle Public Libraries librarian Nancy Pearl in November. The team built on those events to develop Open Book.

The Open Book team quickly started nominating a diverse group of their favorite authors for consideration. The list grew to 102 author nominees. While many live and work in the Puget Sound region, other authors have joined Open Book from as far away as Texas, Tennessee, and New York City. Some are established best-sellers. Some are up-and-coming authors.

In June, Open Book has scheduled Garth Stein and Matthew Southworth. Stein is a Seattle novelist, playwright, and filmmaker best known for “The Art of Racing in the Rain,” his 2008 bestselling novel that became a major motion picture in 2019. Southworth is an illustrator who lives in Everett whose “Stumptown” comic has been developed into an ABC TV series. They’re collaborating on “The Clovers,” a graphic novel trilogy aimed at older teens and adults.

For younger readers, Open Book will talk with Donna Higuera, author of “Lupe Wong Won’t Dance” for middle-grade readers. In 2020, the book won the Sid Fleischman Award and the Pacific Northwest Booksellers Award. The American Library Association gave it the Pura Belpre Honor Award and named it to its Best Books for Youth list.

Open Book author visits started in January with Terry Brooks, the prolific Seattle science-fiction and fantasy writer behind “The Sword of Sharnan” trilogy, and children’s author Aron Nels Steinke who writes and illustrates the award-winning children’s book series “Mr. Wolf’s Class.” Subsequent events featured bestselling British crime mystery novelist Ann Cleeves and Port Townsend children’s author Patrick Jennings. In February, alternate history author Mary Robinette Kowal and young adult author Julie Murphy in March; travel author Anu Taranath, bestselling novelist Imbolo Mbue, and children’s author Kazu Kibuishi in April; and children’s author Christina Soontornvat in May.

The Open Book team continues to contact prospective guest authors and confirm arrangements for additional dates through the rest of 2021. Discover recommended reading, register for upcoming events, and read author previews as they become available at sno-isle.org/openbook.

Phishing

Phishing is a type of scam where a scammer sends an email, text message, or pop-up ad that appears legitimate on the surface but is not. Phishing tries to get you to provide your private information. Phishing is a worldwide issue. Last year, the Seattle Times reported Microsoft customers were targeted in a phishing campaign that spanned over 60 countries and hit millions of users. Phishing scams don’t just target Microsoft customers; they use all platforms. Here are some steps you can take to protect yourself:

• Beware of who sends you emails. If you think an email might be suspicious, hover over the “from” email address. Sometimes this will reveal the actual domain of the sender. If it is a suspicious email address, delete the email. Unfortunately, technology has evolved where this can now be hidden. If it is the case, then what?

• Delete emails and text messages that ask you to confirm or provide personal information (credit card and bank accounts, social security number, and/or passwords).

• If you’re not sure whether the email is legitimate, find the official contact information of the company, agency, or organization and contact them directly, rather than responding to the email. Legitimate companies don’t ask for sensitive information over email because standard email is not secure.

• Don’t be fooled by logos or appearances.

• Delete any texts asking for your personal information and follow the same procedure; contact the organization or business directly.

• Don’t act out of fear or mindlessly follow instructions. Scammers send phishing attempts disguised to look like they are from the government or a boss so that people will follow the instructions. A lot of phishing attempts will try to scare you into action. (“Your email account will be locked unless we verify your information!”) Take time to assess whether it’s legitimate and do not respond directly.

• Be extra cautious when opening links. Make sure they are from a legitimate source.

• Use trusted security software. Ask Microsoft, Apple, or a technology store to find one that works for you.

Technology is a powerful tool we all use, but you need to be vigilant about protecting your private information.
**ONLINE POWERFUL TOOLS FOR CAREGIVERS CLASS**

6 weeks, via Zoom

**Thursdays, Sept. 17 – Oct. 22 • 10 a.m. - noon**

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.

Pre-registration required. Go to www.senior-resources.org/calendar and click on March 18 to register. More information contact Finn Lambourn reception@islandseniorservices.org or call 360-321-1600 or 360-678-3373, Ext 0. Books for the class can be purchased online at www.powerfultoolsforcaregivers.org/product-category/caregiver-helpbook/ or borrowed for the duration of the class from Island Senior Resources (Bayview) or the Camano Center. Please call for more information.

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**Learn the Basics of Social Security**

- 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

This Island Senior Resources workshop will be presented via Zoom by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. Pre-registration required. For more information call 360-321-1600

**July 20, 1:30 p.m. • Sept. 21, 1:30 p.m.**

To pre-register, go to www.senior-resources.org/calendar and click on the date of the event. For more information call 360-321-1600 or 360-678-3373.

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**JUNE**

'6 Suggested donation for meals

**WEEK 1**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>2</td>
<td>Curried Chicken Salad on Greens</td>
</tr>
<tr>
<td>Fri</td>
<td>4</td>
<td>Roast Beef and Cheddar Wrap</td>
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</tbody>
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**WEEK 2**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Meal Description</th>
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</thead>
<tbody>
<tr>
<td>Mon</td>
<td>7</td>
<td>Maple Dijon Ham &amp; Cheese on Roll</td>
</tr>
<tr>
<td>Wed</td>
<td>9</td>
<td>Spinach Salad w/Pork &amp; Nectarine</td>
</tr>
<tr>
<td>Fri</td>
<td>11</td>
<td>Crispy Chicken Tenders and Rice</td>
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</tbody>
</table>

**WEEK 3**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>14</td>
<td>Pulled Pork Slider</td>
</tr>
<tr>
<td>Wed</td>
<td>16</td>
<td>Chicken, Apple, Pear Salad</td>
</tr>
<tr>
<td>Fri</td>
<td>18</td>
<td>Frito Pie w/Ground Beef &amp; Veggies</td>
</tr>
</tbody>
</table>

**WEEK 4**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>21</td>
<td>Chicken Ranch Wrap &amp; Caesar Salad</td>
</tr>
<tr>
<td>Wed</td>
<td>23</td>
<td>Salad Trio &amp; Salami Pasta</td>
</tr>
<tr>
<td>Fri</td>
<td>25</td>
<td>Beef Stew w/Veggies</td>
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**WEEK 5**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Meal Description</th>
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</thead>
<tbody>
<tr>
<td>Mon</td>
<td>28</td>
<td>Cheeseburger Slider w/Fixings</td>
</tr>
<tr>
<td>Wed</td>
<td>30</td>
<td>Greek Chicken Salad</td>
</tr>
</tbody>
</table>

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**Get Ready For Medicare!**

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.

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).

**Individual Consultations:** For more in-depth information, advisors are available for individual consultations by phone or zoom; call 360-321-1600 or 360-678-3373 ext 0.

To obtain a Zoom link for any class, go to www.senior-resources.org/shiba and can click on the link for each date/time. Pre-registration is required.

**GETTING READY FOR MEDICARE:**

- **Tuesday June 1, 1 p.m.**
- **Tuesday Aug. 3, 1 p.m.**
- **Tuesday Oct. 5, 1 p.m.**
- **Tuesday Nov. 2, 1 p.m.**

**The Statewide Health Insurance Benefits Advisors (SHIBA) offer unbiased, confidential advising for Medicare benefits and insurance options.**

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Do you have a loved one with Dementia or Alzheimer’s and need help? I WILL HELP YOU!

Call
Teri Mendiola
360-279-0933

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Please contact Island Senior Resources 360-321-1600 or 360-678-3373

FROM THE EXECUTIVE DIRECTOR

ISR Online Open House
By Cheryn Weiser, Executive Director, Island Senior Resources

Join us for the first ISR Online Open House! June 4, 1:00-2:30 pm on Zoom. The Zoom link is available on the ISR website at www.senior-resources.org/open-house and will be posted on the ISR Facebook at https://www.facebook.com/islandseniors/.

The ISR Online House format will be a virtual tour of ISR Programs and Services, providing a glimpse at how our centralized Intake Specialist works with island residents to assess their most urgent needs and route them to the resources under the ISR tent.

Staff and volunteers connected with each of ISR’s programs and services will provide an overview of the service and eligibility. There will be plenty of time for questions following the tour. Collaborating organizations and interested members of our Island County communities are welcome to attend. We encourage participation from both Whidbey and Camano Islands.

At the beginning of the pandemic, ISR transformed its services to easy online and phone access. ISR has seen a dramatic increase in the demand for services during the pandemic. We continue to respond to the evolving circumstances associated with the pandemic, such as helping housebound seniors get vaccinated.

Island Senior Resources is the primary provider of services that began in 1973 with the start of the Older Americans Act. ISR provides programs such as Meals on Wheels and Information and Assistance, now known as Aging and Disability Resources, and medical transportation. ISR serves all of Island County supported by over 300 volunteers and 60 employees. ISR is a private nonprofit directed by a community-based Board of Directors.

You are invited to join us for the Island Senior Resources Online Open House June 4. See you there!

Support & Guidance in your time of sorrow

We provide complete funerals, cremations and memorial services, helping you handle all the details of your loved one’s final arrangements with the utmost care and dignity.

Cascadia Eye is safely vaccinated, our clinic is rigorously clean, and we are excited for you to come back.

Call or schedule online now before appointments book out!

IT’S THE PERFECT TIME TO SCHEDULE YOUR EYE EXAM OR CATARACT SURGERY!

Member of most insurance & vision-only plans.

www.cascadiaeye.com | 360-678-2020
109 NE Birch St., Coupeville

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2021 Senior 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.

Each eligible senior will receive $40 worth of vouchers to purchase fresh fruits and vegetables at participating farmers markets or farm stands. Eligible participants also have the option to pick up produce at The Center in Oak Harbor instead of receiving vouchers.

WHO IS ELIGIBLE?

- Age 60+ for non-Native Americans
- Age 55+ for Native Americans
- Participant’s income cannot exceed:
  ➢ $1,986/month for 1 person
  ➢ $2,686/month for 2 people
  ➢ For larger households, add $700 per person

Oak Harbor residents, please note: The Oak Harbor Farmer’s Market has closed permanently. Eligible seniors can still get up to $40 worth of produce, available for pick up at The Center in Oak Harbor on Fridays from 12–2pm, June through August (or until funding for the program runs out). The produce will be purchased from Whidbey Island Grown Cooperative. Their mission is to support a viable agricultural economy, to increase the production and sales of agricultural products on Whidbey Island, and to build a resilient, healthy, and sustainable community.

Vouchers and eligibility letters will be mailed to you. Vouchers are good through October, depending on the Farmer’s Market season. If you choose to pick up produce at The Center in Oak Harbor, you will receive a letter confirming your eligibility and pick up authorization.

A list of participating farmers markets and farm stores will be posted on the Island Senior Resources’ website when available and will be included with vouchers.

To apply, call 360-321-1600, ext. 0. You will be asked to provide required information including your mailing address. Vouchers and funds are limited so please call soon.

Healthy Greens

**ARUGULA**

Arugula is a delicious, healthy green, in-season in June. It works well in many dishes. Use arugula as a base for a variety of salads, adding fruits like pears or strawberries; add it to omelets, soups, sandwiches, or even pasta. The possibilities are endless!

**SELECTING:** Look for bright green leaves that are delicately crisp, and stems that are neither withered nor slimy.

**NUTRITION:** Low fat, cholesterol free, very low sodium, good source of folate and calcium, high in vitamins A and C.

**STORAGE:** Wrap arugula loosely in damp paper towels and place in a plastic bag, store for up to 3 days in the refrigerator.

North Sound Washington Listens

New Support Line

How have you been affected by COVID-19?

North Sound Washington Listens is a program that aims to support the emotional needs of state residents in the North Sound region during the pandemic. Staff provide non-clinical, psycho-education-based support to anybody in Washington with elevated stress due to the pandemic.

We Provide

- Information
- Education
- Emotional support
- Links to resources

We are . . .

- Confidential
- Anonymous
- Free

Are you interested in talking with someone?

We are available throughout the outbreak to meet virtually. Referrals will come through Washington’s Information & Referral line.

Contact information:

- Call 1-833-681-0211 for support line.
- Call 360-820-7430 for program information.
- www.telecarecorp.com/north-sound-wa-listens

Island Transit Customer Service is available to help plan your trip.

**Service:** Monday - Saturday

**Whidbey Island** (360) 678-7771

**Camano Island** (360) 387-7433

Shopping | Medical Appointments | Church

Yes! Language assistance available.

www.IslandTransit.org  
(360) 678-7771

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Coupeville’s Premier Audiology Clinic
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Dr. Kristine Jarrell specializes in helping people cope with hearing loss by providing affordable, customized hearing solutions. Schedule your consultation and hearing assessment.
360-678-1423

20 N.W. Birch Street, Coupeville
coupevillehearing.com

OAK HARBOR continued from page 1
Caregivers, Parkinson’s, Grief Support, and an online program for adults with disabilities. Support groups are easy to access online or by phone, from anywhere.

Did you know we have a virtual community growing online on our website www.islandseniorservices.org/virtual-community/? This is where you can find our calendar of online events, join support groups, and find links to additional interactive events for seniors and adults with disabilities where you can socialize and build your community of support even more. Come join in and make friends.

Did you know help is available for assistance with Medicare and Social Security issues? We have a team of highly trained volunteers ready to help you in regularly scheduled Zoom classes or one-on-one consultations.

Did you know we promote classes and events at The Center in Oak Harbor in our monthly enewsletters? To sign up to receive it, go to our website home page www.islandseniorservices.org.

We are here to help you! If you, a friend, or a loved one has a question or needs assistance, please reach out to us. Call us at 360-321-1600 or 360-678-3373; our intake specialist will help direct you to the best services to meet your needs.

Our services are free, supported by donations from participants who are able and by the generosity of our community. If you can support these essential services, please visit: www.island-seniors/donate/. If you can, please help ensure the sustainability of services by SR to ALL of Island County for the next 50+ years. You are our partner whether you need our services today or in the future.

Thank you to all our island residents, whether you live in north, central, or south Whidbey, for your support of all we do together in the community.

Support Groups Meet Online

Please call 360-321-1600 or email reception@islandseniorservices.org for information on attending ISR support groups.

TIME TOGETHER @ HOME ZOOM SUPPORT GROUP

Mondays except public holidays, 11 a.m. – 12:30 p.m.
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 – 11:30 a.m.
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 who are caring for someone diagnosed with this challenging condition.

ALZHEIMER’S AND DEMENTIA CAREGIVERS SUPPORT GROUP

Wednesdays, 10 – 11:30 a.m.
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 p.m.
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.

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Locally Owned & Operated

Community Support Groups

Island Senior Resources (360) 321-1600, (360) 678-3373 • www.islandseniorservices.org

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