

# Island Senior Resources

July eNews

Providing updates on events & happenings at Island Senior Resources



Dear Neighbor,

The newest edition of our Spring/Summer Journal was mailed two weeks ago. If you did not receive it, **it is available online here**. If you know of someone who would enjoy it, please pass it along.



Click to read the new Journal

You can sign up to receive future issues [here](#). Please let us know what you think of our Journal and the ways it connects you with ISR and the community we share at [feedback@islandseniorservices.org](mailto:feedback@islandseniorservices.org).

If you found the Journal article, “The Wood-Wide Web” interesting and want to learn more about forest communities, a new book has just been released by Dr. Simard, “Finding the Mother Tree: Discovering Wisdom in the Forest.” Whether you agree or not with Dr. Simard’s findings and conclusions, it is an interesting opportunity to consider what we may have to learn from forests about supporting each other.

Thank you for sharing your thoughts with us.

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 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 \$140,000 challenge is met or until the **end of July**.

There are many ways to give:

1. Online. For safe and secure giving visit <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)

[Learn more about what we do - view our Program Report](#)

*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.*

## Activities, News, and More

### Getting Ready for Medicare

If you are going on Medicare and/or are wanting to know more about Medicare, attend an 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
- Options for additional insurance(s)
- Medicare parts A and B
- The differences between “Medigap” (supplemental) insurance and Advantage plans
- Benefits and rates
- Information on financial assistance for qualifying low-income individuals
- Prescription drug plans. If you want help with your drug plan, we will tell you how to get it.

Dates and times:

- July 13 at 1 pm
- August 3 at 1 pm
- Sept 7 at 1 pm
- October 5 at 1pm
- November 2 at 1pm

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 or Zoom; 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:

- 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).

## 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:

- 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).



### Trudy Technology

*Introducing Trudy Technology, our resident technology expert. She will be answering your tech-related questions every month.*

#### Dear Trudy Technology

**My children pitched in and bought me a computer for my 70th birthday. They set it up for me and showed me the basics and how to use it to video call my grandkids, which I love, but I don't know what else to do with the thing. It takes up a lot of space and I'm embarrassed to ask my kids what to do with it. Can you give me any suggestions?**  
**Sincerely,**

#### Overwhelmed in Oak Harbor

Dear Overwhelmed,

Congratulations on your new computer! What a thoughtful gift to receive. Once you know computer basics, the possibilities are endless! The next step is

[...read more..]

# 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



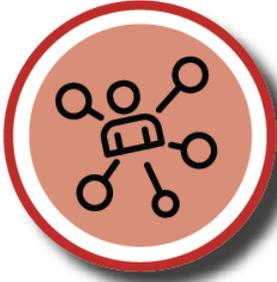
Did you know that Island Senior Resources has a large Medical Equipment Lending Library? We have medical equipment and assistive devices (wheelchairs, walkers, canes, etc.). We also have a large range of hygiene products and personal care items including disposable underwear, pads, wipes, bed pads, no water shampoo, body wash, and more.

There are no requirements or pre-requisites; items are available to anyone in need. Everything is by donation and availability is based on what is on hand.

- Drop-in on Mondays, Wednesdays, and Fridays from 1-4pm or call ahead at 360-321-1600.
- We are located at **14594 SR 525 Langley, WA** (follow the signs to the entrance at the back of the building).

Learn  
more

# 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

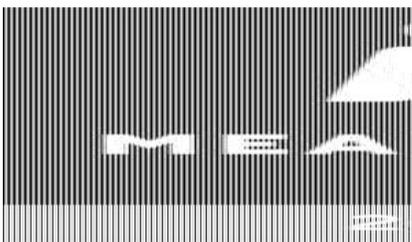
- 1st and 3rd Wednesday of the month 1 pm - 2 pm
- This online Zoom group is for people experiencing grief and loss. This is a safe place to discuss challenges, share experiences and move towards a place of healing.

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.

[Learn more...](#)

## Volunteers Drivers

We need drivers 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 Pat Weekley or Carol Colar at 360-914-3212.

## Senior Thrift - Volunteers Needed

Senior Thrift needs 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.

For more information contact Mel Watson at 360-321-1600.

To begin the application and background check visit [www.senior-resources.org/volunteering](http://www.senior-resources.org/volunteering)

Learn  
more

# Senior Thrift



Senior Thrift is hiring! Click here to learn more.

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:

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

Senior Thrift accepts donations:

- Thursday - Saturday 10 am to 3 pm

Phone:

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

[View Current Sales](#)

# Welcome!

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.

YOU ARE WELCOME HERE.



YOU ARE SAFE HERE.

YOUR NEEDS ARE  
IMPORTANT.

## 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

Join our mailing list to receive our twice-annual Journal, annual impact report, and development updates



Read the eNews, Island Times, and our publication The Journal

Join an activity. View our Events & Activities calendar

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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!

## **Contact Us**

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

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

**Senior Thrift**  
5518 Woodard Avenue  
Freeland, WA 98249  
Phone 360-321-1600, 360-678-3373 (press 6)