

# Island Senior Resources

November eNews

Providing updates on events & happenings at Island Senior Resources



**Happy Fall!**

It's **Medicare open enrollment time**. This eNews has information about how we can help you through the process. Also, you will find information about our Chronic Disease Self-Management class, sales at Senior Thrift, our Meals on Wheels menu, support groups, and ways you can help ISR meet our financial goals by the end of the year. We are a private non-profit, only partially supported by government funding. Sustaining the essential services we provide to the community depends on the generosity of people like you.

**Keep reading for a special announcement from June Nailon, President, ISR Board of Directors.**

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

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**Dear Neighbor,**

Because of your valued role in our community, Island Senior Resources wants you to know that Cheryn Weiser, Executive Director of Island Senior Resources, will be moving on to her next opportunity in spring of 2022. Cheryn will continue her dynamic leadership role for ISR until and through this transition.

ISR has a 50-year proven track record of navigating through change and is in a strong position to welcome new leadership. The ISR board of directors has carefully planned the transition and is leading the organization through the **search process for the new Executive Director.**

We are asking if you would help us by sharing the above information, and the **[link to the job description](#)**, within your network to help us locate the best person for this visionary leadership position.

Thank you,  
June Nailon  
President - ISR Board of Directors

# We are 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.

**For information about vaccine access in Island County, [click here.](#)**

## Island Senior Resources Second Annual Giving Campaign

Please make a gift or pledge today to support our work with aging seniors, adults with disabilities caregivers on Whidbey and Camano Islands.

There are three easy ways to give:

1. Online: For safe and secure giving visit: [www.senior-resources.org/donate](http://www.senior-resources.org/donate)
2. Pledge Card: 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. This gives you until December 31st to pay this pledge and yet it helps us to plan. Once you pledge or give, we stop asking!
3. Mail a check: Please 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.*

# We are hiring!

Island Senior Resources is a unique nonprofit, providing a "one-stop shop" for seniors, adults with disabilities, and those who care for them across Island County to access the programs, services, and support that they need to thrive. Join our team of passionate individuals today! View our [open positions](#).

[Current Job Openings](#)

# We Need You! Volunteer Now



## 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.](#)

**Earn money while helping people!** Drivers who volunteer with Island Senior Resources to **transport patients to and from medical appointments** are reimbursed for their mileage. For more information about becoming a volunteer driver and how you can help, contact: Pat Weekley, or Carol Colar, Island Senior Resources Medical Transportation & Volunteer Services, Co-Directors at 360-914-3212.

**Meals on Wheels Drivers needed.** Working Mondays, Wednesdays, or Fridays for two-three hours, you can make a significant difference in people's lives. Currently we need back-up/relief drivers for all areas of the county. Oak Harbor needs drivers to help with long routes and we need a driver for Wednesday's on Camano. Drivers receive \$.58 cents per mile reimbursement, and a free meal on the day they work. To sign up please call 360-321-1600 or 360-678-3373.

**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  
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## Activities, News, and More

### Medicare's Open Enrollment is Coming

Medicare open enrollment started October 15. Appointments to meet with SHIBA\* volunteers to review your drug and/or advantage plan are now available at Island Senior Resources. Appointments are available weekdays through December 7th. In addition, there are various online classes (see descriptions below) that cover the Medicare changes for 2022. Please call Island Senior Resources at 360-621-1600 ext. 0 or 360-678-3373 for an

appointment or to attend a class.

\*SHIBA stands for Statewide Health Insurance Benefit Advisors, a program of the Insurance Commissioner's Office.



## 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 (sessions are online):

- November 2 at 1pm
- December 10 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 2022

Medicare’s open enrollment runs Oct. 15 - Dec. 7. This online workshop will concentrate on the changes for 2022 that affect us on Whidbey Island. It is important to have the latest information regarding Medicare Part D drug plans and/or Medicare Advantage plans for 2022. Since costs and benefits often change each year, it is vital that everyone is in the plan that best meets their needs at the least cost.

Register in advance for the online session you want to attend.

- Nov 13 at 10:30 am
- Nov 30 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).

# Using Medicare's Planfinder

This online class focuses on how to use Medicare's Planfinder so you can find the best drug plan and/or Medicare Advantage plan that meets your needs. We will cover how to find much of the 'hidden' information as well as information about the supplement plans. We will also share how to find the information you are looking for.

Register in advance for the online session you want to attend.

- Nov 17 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 or Zoom; call 360-321-1600 or 360-678-3373 ext 0.

[Learn more](#)

## The Importance of Checking your Medicare Plan

Open enrollment is currently happening for Medicare enrollees with a drug plan and/or an advantage plan. You can make changes now through December 7th. It is important to check that the plan(s) you have are the best ones for you.

### Why check plans?

Every year the SHIBA volunteers (Statewide Health Insurance Benefits Advisors) at ISR find some clients who are spending more than needed for their advantage plan or drug plan.

Here are some examples:

1. Robert takes two generic drugs that are normally inexpensive. Several years ago, he enrolled in the least expensive plan and had a co-pay of \$4 every 90 days. Each year since enrollment, the plan premium increased, and the co-pays went up. This year, the premium went up significantly. Last fall, he neglected to review the plan's costs and, in January 2021, learned the new premium went up a whopping \$62! And then it was too late to change plans, and he was locked in until the next open enrollment in the fall.

[\[click to read more...\]](#)



## Free Virtual Living Well with Chronic Conditions Workshop

Learn how to self-manage, cope better, and gain self-confidence in your ability to manage any ongoing health problem. This evidence-based workshop was developed by Stanford University. It is designed to help individuals who have an ongoing condition (such as diabetes, lung and/or heart disease, chronic pain, arthritis, depression, high blood pressure, and more) improve their quality of life.

Participants learn to:

- reduce stress and frustration
- manage symptoms
- set weekly goals
- problem-solve effectively
- improve communication
- relax
- handle difficult emotions
- eat well
- exercise safely

Past participants report feeling an increase in their confidence and motivation needed to manage the challenges of living with a chronic health condition. Family members, friends and caregivers can also participate.

We will have workbooks to accompany the class that each participant will be able to use during the workshop. Each session has activities with group discussions and visual charts will be used as well. You will also receive the book “Living a Healthy Life with Chronic Conditions” to use during the workshop. At the end of the workshop you can choose to purchase the book.

The free workshop is 6 weeks long and each class is 2 ½ hours long with breaks.

Date:

- Sessions occurs Nov 8 - Dec 13, every Monday from 1 pm - 3:30 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).



**Dear Trudy Technology,**

It seems like every time I turn on the news, there's another story about a senior falling victim to a scam. It's making me scared to even check my email. What can I do to stay safe online and avoid these types of scams?

Sincerely,

Concerned on Camano

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Dear Concerned,

AT&T has written an entire guide with excellent advice for seniors (and others!) on avoiding internet scams. It will help you learn about common online scams that target seniors, common signs that something is a fraudulent, and what to do if you encounter something suspicious. The full guide is available here: <https://www.attinternetservice.com/resources/senior-citizens-guide/>

Here are some of the general rules they provide for avoiding online scams:

- Don't send money or give out personal information in response to an unexpected online request. [\[click to read more...\]](#)

## 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



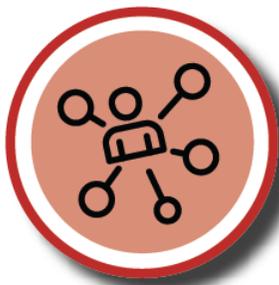
Did you know that Island Senior Resources has a large Medical Equipment Lending Library? We have medical equipment and assistive devices (wheelchairs, walkers, canes, etc.). We also have a large range of hygiene products and personal care items including disposable underwear, pads, wipes, bed pads, no 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 – noon
- 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 except public holidays, 10 am – 11 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

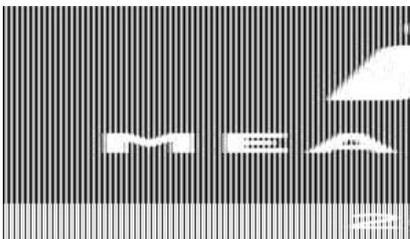
- Wednesdays except public holidays, 10 am – 11 am
- This online Zoom group is for people who are caring for someone who has a diagnosis of Alzheimer's, other dementias, or any other challenging condition to share experiences, knowledge and support. Friendships are formed and connections are made to help those who are caring for someone diagnosed with this challenging condition.

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](#)

## Senior Thrift



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:

- Wednesday - Saturday from 10 am - 4 pm
- Closed Sunday, Monday, Tuesday

Senior Thrift accepts donations:

- Thursday - Saturday from 10 am - 3 pm (or until capacity is reached)

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.

## 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 to receive our](#)

Join our mailing  
list

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 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**

[Request Assistance](#)

**Senior Thrift**  
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