

Island Senior Resources

October eNews

Providing updates on events & happenings at Island Senior Resources



Dear Neighbor,

Don't miss the announcement below about our community impact celebrations that are happening next week. Please **register** and join us for 45 minutes to learn what ISR is doing for our community, funded in great part by people like you! We thank you and look forward to celebrating with you.

Register now.

Robin Bush
Community Education Specialist
email: robin@islandseniorservices.org
phone: 360-331-5709

Island Senior Resources Impact Celebrations



You, and people like you, have funded our work these past 12 months! Please join us via Zoom for about 45 minutes on one of the following dates to learn more about our impact. Meetings will be similar, so join your regional focus of choice, or simply the most convenient date.

- South Whidbey focus – 4 pm Tuesday, October 5th
- Oak Harbor focus – 4 pm Thursday, October 7th

Please register online for your meeting of choice by going to:
www.senior-resources.org/impact

We have thrilling news to share, and we value your input.

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.

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
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

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!

We are currently accepting applications for the following positions:

- **Assistant Cook / Meals on Wheels Coordinator - Camano Island**
- **Intake Specialist**
- **ADR Resource Specialist**

[View job descriptions and submit an application](#)

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.](#)

Volunteers Drivers Needed

Earn Some Extra Cash! 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 example, a drive from Oak Harbor to Harborview Medical Center and back = about \$90. (Client pays for ferry)

Island Senior Resources volunteer drivers drove 117,424 miles last year, and in the last few months, we have seen a rapid rise in requests for Medical Transportation as more and more people feel more confident venturing out and making medical appointments. Our volunteer drivers have made 1,005 trips from January - June this year!

What does it mean to our community when we have so many requests? No one wants to ever see the day when people are turned away for rides to critical appointments for services like dialysis or chemo or diagnostic appointments with specialists. Island Senior Resources is committed to meeting the demand, but more volunteer drivers are needed desperately. The majority of requests come from our clients in Oak Harbor, but we do not have enough drivers from the northern part of the island. The volunteer pool must increase across all of Whidbey to meet the growing need for rides.

Volunteer drivers can select which trips they wish to drive that fit their schedule; mileage is reimbursed at \$.464/mile, each trip is given priority boarding on the Clinton and Mukilteo ferries, and when off-island drivers receive a small stipend for a meal/drink. Volunteers receive a 25% discount at Senior Thrift as well.

For more information about becoming a volunteer driver, contact: Pat Weekley, or Carol Colar, Island Senior Resources Medical Transportation & Volunteer Services, Co-Directors at (360) 914-3212.

From some of our drivers:

"I get a chance to meet some interesting, thoughtful, and kind people. Sometimes just a passing phrase or statement from a client means so much. It is so rewarding to be able to share time with these folks and drive them to their appointments. Easy! Keep your eyes on the road." Brad - ISR Medical

"I receive lots of accolades from so many people for doing what I do volunteering. It embarrasses me a bit because all I can think is: am I not just doing the same thing that everyone else is doing to support their community? I try to reconcile my embarrassment by recognizing that I might be helping more of my community because I volunteer with organizations like Island Senior Resource and Good Cheer." Randall

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

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Activities, News, and More

Medicare's Open Enrollment is Coming

Medicare open enrollment starts October 15. Appointments to meet with SHIBA* volunteers to review your drug and/or advantage plan begin October 11 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:

- October 5 at 1pm
- 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.

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.

- Oct 15 at 1 pm
- Oct 27 at 10:30 am
- 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.

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.

- Oct 21 at 10:30 am
- 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.

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](#)



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

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

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.

Dates and times:

Two sessions are available. Pick the session you would like to attend.

- Session 1 occurs Oct 6 - Nov 10, every Wednesday from 1pm - 3:30 pm
- Session 2 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.

Trudy Technology



Dear Trudy Technology,

I've finally gotten the hang of texting, but I keep getting messages with strings of letters that I don't understand. My grandkids are tired of me asking them what they mean, can you help this grandpa get hip to the way kids talk these days?

Sincerely,

Clueless on Camano

Dear Clueless,

IMHO (in my humble opinion), you are not alone in having a hard time keeping up with text abbreviations! TBH (to be honest), I have to look these up myself sometimes LOL (laugh out loud). The best thing to do is type the abbreviation you don't understand into your favorite search engine to find out what it means. BTW (by the way), it's great that you are connecting with your grandkids via text! LMK (let me know) how it goes!

TTYL (talk to you later),

Trudy

Dear Trudy Technology,

How do I make Facebook video calls work? When my nephew visited last,

he helped me set up a Facebook account and he mentioned that we could video chat using it, but didn't show me how. I want to surprise him with a call on his birthday. Can you help?

Sincerely,

Befuddled in Bayview

Dear Befuddled

I can definitely help you out! In an effort to...[\[click to read more\]](#)

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/ 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.](#)

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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,

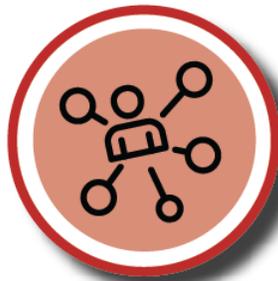
wipes, bed pads, no water shampoo, body wash, and more.

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).

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Support Groups



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

Call 360-321-1600, 360-678-3373 or email 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.

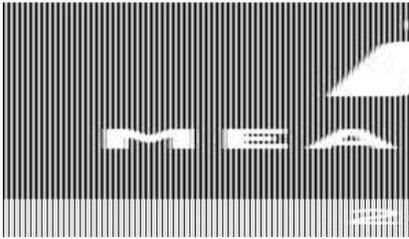
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Nutrition



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.

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](#)



Winter SQUASH

The term "winter squash" refers to pumpkins, but it also includes acorn, buttercup, butternut, Delicata, Hubbard, and spaghetti squash, among many other varieties. It is in season during the fall/early winter.

Winter Squash tends to be sweeter and firmer than summer squash and is usually eaten cooked. It can be baked, boiled, or steamed after being cut in half or in pieces, with the seeds removed.

SELECTING: Choose firm, well-shaped squash that are heavy for their size and have a hard, tough skin. Avoid squash that have sunken or moldy spots.

NUTRITION: Winter squash contain several key nutrients including Vitamin A, which helps with healthy skin, good vision, and resistance to infection, and Vitamin C for healthy gums, skin, and blood. Winter squash varieties are also high in potassium, which can help maintain normal blood pressure, and fiber, which not only keeps you regular, but can also help you control blood sugar.

STORAGE: Store in a cool dry place. Winter squash will keep for several months if stored correctly.

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

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list

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

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

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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

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