

Island Senior Resources - February 2022 eNews

NEWS, ANNOUNCEMENTS, UPDATES

A monthly eNews to keep you informed

Dear Neighbors,

This month I would like to highlight several articles I have provided links to for you to read. These articles will help you better understand our services in Oak Harbor and what is happening at our center in Bayview.

1. [Read about our new home in Oak Harbor](#)
2. [Learn about the focus and activities at our Bayview location](#)

Did you know ISR has been here for 50 years? [Click here to read an article](#) written by our Executive Director, Cheryn Weiser about our past 50 years of service.

To all our volunteers, community friends, and donors, thank you for your support. You all belong to our “community of care.”

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



Island Senior Resources is an independent nonprofit 501(c)(3) that has been serving Island County since 1972. It is not an agency of local, state, or federal government. Island Senior Resources is the trade name for Senior Services of Island County. We are only partially funded by government sources.

We are here for you!

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

50 Years of Service to Whidbey and Camano Islands

by Cheryn Weiser, ISR Executive Director

2022 marks Island Senior Resources' 50 years of service to Whidbey and Camano Islands. Over these 50 years, Island Senior Resources has adapted and changed to meet the needs of seniors, adults with disabilities, and caregivers. As ISR plans for another 50 years of service, we are intent upon:

- Striving for excellence in the services that we provide to our Island communities
- Continuous quality improvement with effectiveness and efficiency as hallmarks of our business model
- Engaging and listening to our islanders, donors, and clients to learn and lean into ways in which we can better serve our communities
- Working with community-based organizations and funding sources to help assure well-coordinated services and optimize opportunities for increased collaboration.

This year, we have consolidated office spaces with hubs for services in Bayview, Oak Harbor, and Camano. [\[Read More\]](#)

ANNOUNCEMENTS

Upcoming closures

Island Senior Resources will be closed on Monday Feb 21 in recognition of President's Day.

[View the 2022 Holiday Schedule](#)

Vaccine access

For current vaccine access information contact Island County Public Health's recorded information line at 360-678-5111 ext. 6000 or reach their call center at 360-678-2301 M-F 8 am - 4:30 p.m.

Latest COVID & Vaccine information

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

Island Transit Needs to Hear From You!

Island Transit is looking at service improvement options and wants your input on prioritizing services that will benefit you and the community the most. Please take their survey. [Click here:](#)

<https://arcg.is/1TXajC>



The New Face of Island Senior Resources Bayview

The Island Senior Resources building in Bayview is closed to the public, but **inside it is a flurry of activity!** All our essential services are still being provided to all of Island County since COVID began: Meals on Wheels, Aging & Disability Resources, Family Caregiver Support, Medical Transportation, Medicaid In-Home Care & Case Management, Support Groups, SHIBA Medicare Assistance (Statewide Health Insurance Benefits Advisors), Medical Lending Library, and Social Security classes. In addition, some services are provided via Zoom (support groups, SHIBA, and social security classes), which allows access to many more people who could not attend in person.

In 2017, we shifted our focus from being an activity center to being a resource center serving seniors, adults with disabilities, and those who care for them. No other organization on the island provides the depth and range of essential services we do. [\[Read more\]](#)

Island Senior Resources Has a New Home in Oak Harbor

Island Senior Resources has a new home for north island services! **We have a new facility located at 917 E. Whidbey Ave. in Oak Harbor.** [\[Read more\]](#)

We are hiring! View our openings.

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](#)

Would you like to volunteer? We need you.

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. We have many volunteer opportunities available. For information about how you can help, please contact Mel Watson at 360-321-1600 or visit www.senior-resources.org/volunteering

[Learn more about Volunteering](#)



Meals on Wheels
[Learn more about our Nutrition programs](#)

Oak Harbor: Our location serving North Whidbey.

Island Senior Resource's Oak Harbor office is located at 917 E. Whidbey Ave. in Oak Harbor. *Our Oak Harbor office is not taking walk-ins at this time, in an abundance of caution related to COVID.*

The organization *The Center in Oak Harbor* is not affiliated with Island Senior Resources. If you have questions regarding activities at *The Center in Oak Harbor*, contact them at 360-279-4580. Island Senior Resources does not administer or operate *The Center in Oak Harbor*.

UPDATES

Trudy Technology



Dear Trudy Technology

Trudy Technology will be returning next month. [Click here to read previous Trudy Technology articles.](#)

FUNDING PARTNERS

Become a funding partner

Please make a gift or pledge today to support our work with aging seniors, adults with disabilities, and those who care for them.

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 by email at charles@islandseniorservices.org

[Learn about the different ways to give](#)

ADDITIONAL PROGRAM, SERVICES, & ACTIVITY INFORMATION

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. Seminars are free.



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
- Information on financial assistance for qualifying low-income individuals
- Prescription drug plans.

Dates and times (all sessions are online and free). All sessions are at 1pm

- February 2, March 1, April 6, May 3, June 1, July 5, August 3, September 6

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.

Did you know? Medicare advisors are available for individual consultations by phone or Zoom; call 360-321-1600 or 360-678-3373 ext 0 to learn more.

Learn the Basics of Social Security

This free Island Senior Resources workshop will be presented online using Zoom by Annette Barca who has been conducting pre-retirement seminars for 15 years.

Information will be provided about:

- 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 (all sessions are online and free). All sessions are at 1pm

- March 16, May 18, July 20, September 21

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.



Calendar

Join an activity

Explore the Events & Activities calendar

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. 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.](#)

[View the PIP list](#)

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.



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 about the Medical Lending library](#)

Support Groups

Our professionally facilitated, free Support Groups meet regularly via Zoom. Call 360-321-1600, 360-678-3373, email reception@islandseniorservices.org for information on attending a Support Group or [visit our website.](#)

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

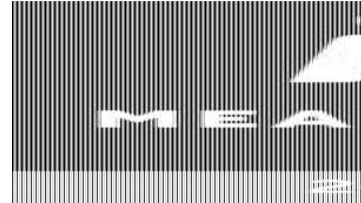
Wednesdays except public holidays, 10 am – 11 am. This online Zoom group is for people who are caring for someone who has a diagnosis of Alzheimer's, other dementias, or any other challenging condition to share experiences, knowledge and support. Friendships are formed and connections are made to help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

[Learn more about Support Groups](#)

Nutrition

Meals on Wheels

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 our Food Menu](#)

[Learn more about our Nutrition Programs](#)

February is American Heart Month

by Myplate.gov

One of the ways we can eat heart healthy is to **reduce our sodium intake** which in turn, can help to reduce hypertension (high blood pressure), a leading risk for heart disease and stroke. Let's start today with these tips:

- **Read food labels.** The Nutrition Facts label shows you how much sodium is in packaged foods. Choose lower sodium foods – especially if you have high blood pressure, diabetes, or kidney disease.
- **Eat fruits and veggies.** Enjoy a variety of fresh and frozen fruits and vegetables – almost all of them are naturally low in sodium. Look for canned vegetables labeled “no added salt.”
- **Look for cue words.** Items that are “pickled,” “brined,” or “cured” tend to be high in sodium. Include these foods in your meals sparingly.
- **Put together meals at home.** Making your own meals gives you more control over the salt you eat. Taste your food before adding salt from the shaker.
- **Go easy on the sauce.** Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you're using. The sodium in these can add up quickly.
- **Spice it up.** Flavor your foods with fresh or dried herbs and spices

instead of salt. Pick spice blends that do not list salt or sodium on the ingredient list.

The benefits of healthy eating add up over time, bite by bite.

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](#)

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

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)

[View Current Sales](#)

Island Times

The Island Times newspaper provides information, resources, programs and “happenings” for seniors and adults with disabilities throughout Whidbey Island.

[View the Island Times](#)

STAY CONNECTED



- [Read the eNews, Island Times, and other publications](#)

- [Find an activity: View Events & Activities calendar](#)
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Contact Us

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