

Island Senior Resources - January 2022 eNews

NEWS, ANNOUNCEMENTS, UPDATES

A monthly eNews to keep you informed

Dear Neighbors,

Each new year we look back on what has come to pass in the last 365 days and consider all we would like to happen in the next 365. That's 365 chances to bring kindness to others, 365 opportunities to be grateful for what has come our way, and 365 days to take steps toward something we have always wished to do. Each day, when evening settles in, we can look back and be happy with what we filled our time with and look forward to tomorrow.

Please take a moment to read the cover story of [Island Times for this month](#), called New Beginnings. We hope it will inspire you. Find it here: [Island Times News - Island Senior Resources \(senior-resources.org\)](#)

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



Island Senior Resources is the trade name for Senior Services of Island County. Island Senior Resources is an independent nonprofit 501(c)(3) that has served Island County since 1972. It is not an agency of local, state, or federal government, and receives limited funding from 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.

[Learn about our Programs & Services](#)
[Access our Program & Services](#)

ANNOUNCEMENTS

Upcoming closures

Island Senior Resources will be closed Friday, December 31 and Monday, January 3 in recognition of the holidays.

Island Senior Resources will be closed in honor of Martin Luther King Day on Monday, January 17.

[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.

We need your feedback!

Island Senior Resources is asking for **your response to four questions** about our communications with you. After the questions there is room to share confidential feedback to help us improve. Please complete the survey by the 10th of January.



[Click here to take the survey](#)

If you have additional thoughts to share and would like to have a conversation with our Community Education Specialist, Robin Bush, please email robin@islandseniorservices.org

Recently released: The Fall/Winter Journal

The Journal shines light on issues important to living your best life in our shared community, and will help you feel connected to, and supported by, the resources at Island Senior Resources.

[Get the latest Journal](#)



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!

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](#)

Beginning January 1, 2022, the suggested donation for hot meals will be \$7, and \$6 for frozen meals.

The Center in Oak Harbor and Island Senior Resources

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

For questions regarding programs and services to support seniors, adults with disabilities, and caregivers offered by Island Senior Resources throughout Whidbey and Camano islands, please contact us at 360-321-1600 or 360-678-3373.

[Learn about our Program & Services](#)

UPDATES

Trudy Technology



Dear Trudy Technology

Dear Trudy,

I have been using Facebook for a few months now and I enjoy using it to keep up with my kids, grandkids, and friends. I recently saw a friend do a fundraiser for her birthday using her Facebook page. I thought it was so neat and would love to do something similar for my birthday, which is coming up soon. How do I do this? Is this a secure way for people to make donations to a nonprofit of my choosing? Do you have any other tips?

Sincerely,

Fundraising in Freeland

Dear Fundraising,

What a fantastic question! Facebook fundraisers are a great way to support your favorite nonprofit organization. Facebook doesn't take any fees and it doesn't cost anything for nonprofits to be listed. You can host one at any time but doing a fundraiser for your birthday is the most popular timing, requesting donations for the nonprofit you choose in lieu of gifts from your Facebook friends. [\[Click here to continue reading\]](#)

[Click here to find more Trudy Technology advice](#)

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

- January 4, 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

- January 19, 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.

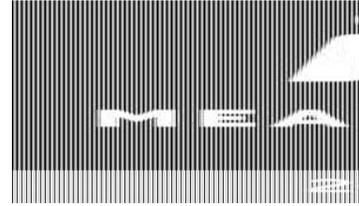
Alzheimer's and Dementia Caregivers Support Group

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.

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](#)

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



- [Find the eNews, Island Times, and our publication The Journal](#)
- [Join an activity](#): View our Events & Activities calendar
- [Join our mailing list](#) to receive our twice-annual Journal, annual impact report, and development updates

[Not displaying correctly? Click to view this email as a web page.](#)

Copyright © 2022 Island Senior Resources. All rights reserved.

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

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

Phone 360-321-1600, 360-678-3373
[Request Assistance Online](#)

[Access our Program & Services](#)

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

