



## NEWS, ANNOUNCEMENTS, UPDATES

### A monthly eNews to keep you informed

Greetings Neighbors! Don't miss the important update that follows from Cheryn Weiser our Executive Director.

Based on a recent community survey, we realize that not everyone is aware of the many ways to stay in touch with all we are doing for seniors, adults with disabilities, and those who care for them throughout Island County.

**eNews:** News and events; released the last Wednesday of the month via email. Please share it!

**Island Times:** Our free print newspaper with the Center in Oak Harbor with stories, Meals on Wheels menu, online classes and support groups, published and distributed by Whidbey Weekley inside their edition the last Thursday of each month. Island Times can also be found all month in locations throughout Whidbey and on our website at [www.senior-resources.org](http://www.senior-resources.org). It's not just for Whidbey; much of the information applies county-wide!

**Our website [www.senior-resources.org](http://www.senior-resources.org):** Current information about our programs, services, events, Senior Thrift sales, food menu, and assistance.

Facebook and Instagram: [www.facebook.com/islandseniors](https://www.facebook.com/islandseniors) and [www.instagram.com/islandseniors/](https://www.instagram.com/islandseniors/) informational posts and links to help you live your best life.

**Annual Impact Report:** Covers the positive impact we have on our Island County communities, and thanks our donors for their support.

**Zoom Open house:** Later this spring, join us online to hear our staff explain how we help and answer questions.

**The Journal:** Our semi-annual magazine is on hiatus this year. We will bring you stories of courage, care, and kindness to support and inspire you, through our other publications.

If you have questions or need assistance, please reach out to us!

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

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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.

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## 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](#)

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## ANNOUNCEMENTS

### Nearly 28 Years Ago

By Cheryn Weiser, Executive Director, Island Senior Resources

Nearly 28 years ago, my family and I arrived on Whidbey to settle into a little pastured farm in Freeland, surrounded by frog-graced ponds and forest. Two extended family members had already moved to Whidbey the year before and another couple planned on settling here a few years later. My 84-year-old mother came with us to live in the house next door.

With caregiving as a cornerstone of my adult life, in 2010, I was drawn to the position of Executive Director of Island Senior Services, then known as Senior Services of Island County. It's been my privilege to serve in this position for nearly 12 years. We've seen many changes over my tenure. Managing change and moving toward an ever more sustainable organization have been constants as our board, staff, volunteers, donors, and key stakeholders have invested time and treasure in an organization that serves not only seniors and adults with disabilities across Whidbey and Camano Islands but also every person that cares about them whether they be a next-door neighbor or a family member living in Maine.

When the pandemic came, we all rose to the moment, transforming how we delivered our services to assure that access to our programs increased rather than decreased. **Our last two years stats are:**

- Aging and Disability Resources: 17,202 contacts with seniors, caregivers, adults with disabilities, and those who care about them
- Meals on Wheels: 164,156 home-delivered meals for a total of 65,404 miles
- Medical Transportation: 4,061 trips to medical appointments on island and covering from Bellingham to Seattle, for a total of 293,721 miles
- Support Groups: 313 support groups providing social connection
- Medicaid Community Case Management: 255 clients in 2020 and 283 in 2021
- Outreach Website: 169,356 views, up 47% in two years
- Outreach Website: 53,876 new users, up 43% in two years
- Volunteers: 460 in 2020/500 in 2021

**I am excited to introduce Michele Cato, who will take the helm of ISR on February 28.** Michele brings a rich and varied background in nonprofit leadership to the position. Her deep commitment to community and her understanding of the complexities of social services will make her an excellent leader for ISR.....[\[Read more\]](#)



## **A New Era Begins at Island Senior Resources**

By Robin Bush, Community Education Specialist, Island Senior Resources

A new **Executive Director, Michele Cato**, takes over the helm at Island Senior Resources on March 1, as Cheryn Weiser, Executive Director, closes her 12-years in service of the organization and our Island County communities. As Island Senior Resources completes its first 50 years of service, Michele will continue strengthening ISR's county-wide programs and resources to support seniors, adults with disabilities, and those who care for them.

Cheryn's leadership at Island Senior Resources has cultivated close collaborations with community members and organizations, strengthened internal leadership, and built the organization into the effective and efficient nonprofit it is today. She successfully managed through significant moments in the organization's history. She was a voice for the organization's essential services and the need for community financial support to supplement limited funding from government sources. She leaves the organization on solid ground for a sustainable future. Cheryn will be reinvesting her talent in ways that support community life after taking well-deserved time to connect with family and friends and enjoy her garden.

Michele lights the way forward for 2022 and beyond. She brings a diverse background in nonprofit management and improving access to services that promote health and well-being for vulnerable populations. "Michele's deep commitment to community and her understanding of the complexities of social service will make her an excellent leader for ISR," says Cheryn.... [\[Read More\]](#)

**Introducing Katheryn Howell, Director of**



## Community Programs at Island Senior Resources

Welcome Kathryn! Kathryn is filling a new role at ISR to lead our programs and services for seniors, adults with disabilities, and those who care for them in Island County. She will also become a voice for ISR with the community and our partners to raise community awareness and improve access to services.

As ISR faces forward from our past 50 years of services, we are focusing on sustainability, further integration of our programs, strengthening existing partnerships, and building new collaborations in service of our mission. Kathryn is here to help navigate us along that path.

Kathryn is a leader with a deep history in establishing best practices that will advance the capabilities of ISR programs and services. She believes, "Sometimes, people just need one more person that cares about them to make a difference." She has successfully directed programs and led teams for both nonprofit and for-profit businesses, serving The Puget Sound community for over 20 years. She is the perfect fit for serving our community with a background in human services, community-based program development, and improving client experiences with healthcare delivery. She's laser-focused on who and what matters. We are all in good hands with Kathryn by our side.

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### **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.*

### **New! Oak Harbor Medical Equipment Lending Library opens March 1**

The Oak Harbor Medical Equipment Lending Library is open for donations and pick-ups every Monday, Tuesday and Thursday from 1 pm – 4 pm. It is located at Island Senior Resources (Oak Harbor), 917 E Whidbey Ave, Oak Harbor. We are in a modular home nestled next to the Center in Oak Harbor.

Did you know? 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*.

[Learn about our services provided in Oak Harbor](#)

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### **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.

[Read our news and articles on vaccines and COVID](#)

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### **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.

## 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](http://www.senior-resources.org/volunteering)



### **I volunteer to drive for ISR because**

Randall Weers, Volunteer Medical Transportation Driver

“I volunteer because I recognize that there is a ferry-load of people on this island, including myself, who’ve had resources such as lifetime partners (spouses) and family that have been available to help them meet their medical needs, specifically getting them to medical appointments. But for whatever reason, whether because their partners or family aren’t capable or available to drive them to their appointment, they need help.

I volunteer because I believe that the least concern a person should have about taking care of their medical needs is to have to figure out how to get to a medical appointment.

I also volunteer because I recognize that at some point in my future, I may find that I need of this type of service for myself and I hope that by volunteering now, I’m assuring that this service continues to be available for anyone who needs it.

Do you know, with absolute certainty, you will have someone who will be available to transport you to your medical appointment? I think this program is important because it fulfills that need. That is why I volunteer.”

**To inquire about becoming a driver please call Carol Colar or Pat Weekley, ISR Volunteer Medical Transportation Managers at 360-914-3212.**

[Learn more about Volunteering](#)

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## **FUNDING PARTNERS**

### **Become a funding partner**

When the pandemic came, we all rose to the moment, transforming how we delivered our services to assure that access to our programs increased rather than decreased. Our last two years stats are:

- Aging and Disability Resources: 17,202 contacts with seniors, caregivers, adults with disabilities, and those who care about them
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Island Senior Resources is an independent nonprofit 501(c)(3) that has been serving Island County since 1972. We are not an agency of local, state, or federal government. We are only partially funded by government sources

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

Generous donors are providing dollar-for-dollar matching funds to celebrate our 50th Anniversary, so your donation goes twice as far!

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 by email at [charles@islandseniorservices.org](mailto:charles@islandseniorservices.org)

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

## UPDATES & ADDITIONAL PROGRAM, SERVICES, AND ACTIVITY INFORMATION

### Trudy Technology



*Dear Trudy Technology*

Dear Trudy Technology,

I have a really hard time remembering my passwords so I try to keep them as simple as possible, but my son-in-law keeps telling me I'm just asking to have my identity stolen and has finally convinced me I need to do something about it. Can you help me understand what makes a "good" password?

Sincerely,

*Forgetful in Freeland*

Dear *Forgetful*,

This is an oh-so-common occurrence in the world that we live in today where we need passwords for everything! It's nice to know your information is secure, but if you're constantly forgetting your passwords, it makes life very difficult!

[\[Continue reading\]](#)

[Click here to view all Trudy Technology articles](#)

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## 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

- 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](mailto:reception@islandseniorservices.org).

## Medicare Advantage Open Enrollment for 2022

The Medicare Advantage open enrollment period starts on January 1 and continues through March 31. Attend this free online event. Information provided:

- Reasons you may want to change to a different plan
- Q&A
- [Click here to learn more about this event](#)

Dates and time (session is online and free).

- March 10 at 2pm

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).
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## 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](mailto:reception@islandseniorservices.org).



## Make Time for Puzzles!

**Robin Bush, ISR Community Education Specialist**

Seniors benefit from puzzles in various ways beyond stimulating the mind to find the way the pieces fit together.

Puzzles build fine motor skills and keep fingers flexible and strong. In addition, they provide a sense of accomplishment and success with each piece that fits in place and great satisfaction when the puzzle is done. In short, puzzles are good for our bodies and our minds.

Puzzles can be done alone or with another person. It's an activity that can be done while conversing with a friend. It can also be a good activity for grandparents and grandchildren to do together.

You don't have to be able to do 500-piece puzzles. There are puzzles for every level of difficulty. Johns Hopkins University has used puzzles from Mindstart ([www.mind-start.com](http://www.mind-start.com)) in their research on people with dementia. These have just 12, 24, or 63 pieces with various engaging images. These can also be very helpful to those with Parkinson's, for someone in stroke recovery, or who has other conditions that make it challenging to deal with small puzzle pieces.

Are you looking for a puzzle to get started? Various puzzles can be found at [thrift stores](#), online, or a friend might have one you can borrow. If you or someone you know would benefit from the enjoyment that puzzles can bring, don't wait; there's one out there for you that is just the right fit.



**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/](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.](#)

[View the PIP list](#)

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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.



### Locations

- **Serving South Whidbey in Bayview.** The ISR Bayview Medical Equipment Lending Library is open for donations and pick-ups Monday, Wednesday and Friday from 1 pm – 4 pm. It is located at [Island Senior Resources \(Bayview\), 14594 SR 525, Langley](#). Follow the signs and arrows to the Evergreen Room door entrance. Donating equipment? Please make sure any donations are fully functioning and clean.
- **Serving North Whidbey in Oak Harbor.** The ISR Oak Harbor Medical Equipment Lending Library is open for donations and pick-ups Monday, Tuesday and Thursday from 1 pm – 4 pm. It is located at [Island Senior Resources \(Oak Harbor\), 917 E Whidbey Ave, Oak Harbor](#), in a modular home nestled next to the Center in Oak Harbor. Donating equipment? Please make sure any donations are fully functioning and clean.
- **Serving Camano Island.** Medical equipment can also be donated or borrowed at the [Camano Center](#) by calling 360-387-0222 8 am to 5 pm weekdays. Donating equipment? Please make sure any donations are fully functioning and clean.

[Learn more about the Medical Lending library](#)

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## Support Groups

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

Call 360-321-1600, 360-678-3373, email [reception@islandseniorservices.org](mailto: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](#)

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## **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](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 our Food Menu](#)

[Learn more about our Nutrition Programs](#)

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## **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. A free newspaper with the Center in Oak Harbor with stories, Meals on Wheels menu, online classes and support groups, published and distributed by Whidbey Weekley inside their edition the last Thursday of each month.

[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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You are receiving this email because you requested it or opted in at our website: [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  
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Freeland, WA 98249**

**Phone 360-321-1600, 360-678-3373**

**Our locations  
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Freeland, WA 98249  
Phone 360-321-1600, 360-678-3373 (press 6)**