



NEWS, ANNOUNCEMENTS, UPDATES

A monthly eNews to keep you informed

Dear Neighbors,

Changes are happening around us in April. Days are longer, trees bud out, and blossoms bring beauty and hints of summer bounty. But, changes also occur inside us. As we get out of our homes and into the sun more often, we tend to be more open to new ideas and make choices that will help us bloom and grow like everything around us.

The renewal of spring is an excellent time to ask yourself what it means to you to age successfully. **On our website we have an article on aging successfully (click here to view)**. For each of us, aging successfully takes courage, care, and kindness toward yourself and others.

What do you think are the secrets to successful aging? Email your list of successful aging secrets to me at robin@islandseniorservices.org. I'll publish a list from readers next month.

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.

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

ANNOUNCEMENTS



From Global to Local A New Island Adventure

By Michele Cato,
Executive Director, Island Senior Resources

It is with great pleasure and respect for Island Senior Resources' accomplishments over the past 50 years that I have assumed a new role as its Executive Director. This is an exciting time to join ISR, and I am looking forward to collaborating with ISR's Board, staff, volunteers, donors, and partners to usher in the next generation of service to Island County's diverse and vulnerable communities. I am fortunate to be following in the foundational footsteps of Cheryn Weiser, ISR's outgoing Executive Director, and am grateful for her current mentorship and inspirational guidance as I learn the ropes and get to know those we serve. In addition, I am privileged to be joining a highly competent and extremely dedicated team and am excited by the prospect of working alongside them to achieve our mission.

[Continue Reading](#)

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.*

Did you know? The Oak Harbor Medical Equipment Lending Library opened 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.

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](#)

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](#)

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?

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

If you have a passion for helping others...

Volunteer!

SHIBA needs you!

Help your friends, neighbors and others navigate Medicare!



Become a SHIBA volunteer and help your friends, neighbors and others navigate Medicare!

Come join our team!

Statewide Health Insurance Benefits Advisors (SHIBA)

We're a free, unbiased service of the Washington state Office of the Insurance Commissioner.

Why get involved?

- Passion for helping people on Whidbey Island
- Meet new friends
- Set your own hours
- Use your computer skills
- You're bilingual
- No Medicare experience needed - we'll train you

We offer volunteer positions for all interests!

- Clerical support
- Counseling
- Data entry
- Outreach
- Public speaking

[Learn more about Volunteering](#)

Call your local SHIBA office to get started!

Island Senior Resources
360-321-1600, ext. 0
360-678-3373, ext. 0



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
- Meals on Wheels: 164,156 home-delivered meals
- Medical Transportation: 4,061 trips to medical appointments

- 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 and 53,876 new users, up 43% in two years
- Volunteers: 460 in 2020 and 500 in 2021

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
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](#)

UPDATES & ADDITIONAL PROGRAM, SERVICES, AND ACTIVITY INFORMATION

Trudy Technology



Dear Trudy Technology

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

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

- 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.

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

- 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.



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](#)

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](#)



Eggs!

Early spring reminds us of Easter, and EGGS! Eggs are nutrient rich and play an important role in a healthy dietary pattern across our lifespan.

Eggs are delicious and versatile, and they contain high-quality protein or a complete protein which helps to build healthy muscles. As we age, protein is important to prevent muscle mass loss,

repair muscle, and helps us to maintain a healthy weight.

Here are some more great benefits of the incredible egg!

- Easy to digest, taste great, and budget wise
- Eggs contain 6 or 7 grams of protein and 70 calories each
- Promotes satiety, reduces hunger
- Choline - Supports brain health
- B12 for older adults - red blood cell production, prevent anemia
- Natural source of vitamin D, supports heart health, boosts mood
- Lutein and zeaxanthin - help protect your eyes from harmful blue light and protect against macular degeneration
- Riboflavin - energy metabolism, healthy skin, eye health
- Selenium - antioxidant, boosts immune system

Enjoy incredible nutritious eggs and make them a part of your healthy diet plan!

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](#)
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