



NEWS, ANNOUNCEMENTS, UPDATES

A monthly eNews to keep you informed

Dear Neighbors,

May is Older Americans month, established in 1963 by President Kennedy (originally named Senior Citizens Month). Don't miss the story below about ways you too can contribute to a rich community that celebrates and engages older Americans.

Robin Bush
ISR Communications
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

A New Opportunity

By Robin Bush ISR Communications

There's a brand new site on the internet where seniors and caregivers can interact, share, learn, and ask questions. It's called [Senior Planet Community](#). Senior Planet Community is the social media platform offered by Senior Planet and AARP and is designed specifically for older adult users. I checked it out and what I found was intriguing. Some of us may steer clear of social media, others are avid users, but this one is a place to engage with others who share your interests and also happen to be seniors. There is something special about connecting with a peer group that can relate to your challenges and suggest achievable solutions.

[Continue Reading](#)

Older Americans Honored This Month

By Robin Bush ISR Communications

May is Older Americans Month, established in 1963 under President John F. Kennedy (initially named Senior Citizens Month), as a way for our entire nation to pay tribute to older persons in our communities.

Older Americans play vital positive roles in our communities — as family members, friends, volunteers, civic leaders, workforce members, mentors, and more, offering strength, wisdom, and experience from a wide range of backgrounds.

[Continue Reading](#)



GiveBIG 2022. Early giving is open.

For 48 hours on May 3-4, join others and GiveBIG to Island Senior Resources and help make a difference in providing essential resources for seniors and adults with disabilities, their families, and caregivers, throughout Island County. You are welcome to [give now](#).

[Ways to GiveBIG](#)

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 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.

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!

New opening - Senior Thrift Store Manager. The Store Manager is responsible for the operational management of Island Senior Resources' **Senior Thrift retail store** including staff and volunteer supervision, customer care, financial oversight and cash handling procedures, attaining sales goals and revenues, setting standards for loss prevention, team building, donation processing, promotion and marketing, and visual merchandising. The manager also maintains the 14,000 square-foot building.

[**View our open positions**](#)

Would you like to volunteer?

Volunteering is highly satisfying, good for your health, connects you to others, and makes a huge difference in someone's life. 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)

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

[**Learn more about
Volunteering**](#)

If you have a passion for helping others...

Volunteer!

SHIBA needs you!

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

Call your local SHIBA office to get started!

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



How You Can Help 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.

In this, our Golden Jubilee Year, generous donors are providing dollar-for-dollar matching funds to celebrate our 50th Anniversary. Every dollar you give, or pledge redeems a second dollar. Please give or pledge today while your gift is doubled!

There are three easy ways to give:

1. **Online:** Visit: <https://senior-resources.org/donate/>
2. **Pledge Card:** Use this pledge card and mail it to us: [View the pledge card by clicking here](#)
3. **Mail a check to** Island Senior Resources, P.O. Box 939, Freeland, WA 98249

When you give or volunteer, you will be invited to attend our 50th Anniversary Golden Jubilee Barbecue on July 31st (4:30-5:30) at Greenbank Farm. Please mark your calendar today!

Don't hesitate to contact Charles LaFond, Development Director, if you have questions at 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 am embarrassed to write this, but I recently fell for an internet scam. I thought I had found the deal of the century when I purchased a brand new pair of sneakers for my nephew's birthday. He had been asking for them for months and I thought I had just gotten lucky. When he opened the box in front of all his friends, they were all stunned into silence. I was so pleased with myself. But then, they all burst out laughing and my nephew's face flushed with shame. One of his friends announced loudly that you could tell they weren't the real thing a mile away. I got up to look, and the sneakers in the box looked nothing like the photo of the sneakers I thought I purchased. My nephew said it's okay and he understands, but I can't help feeling like I ruined his birthday. I never want this to happen again. Is there a way to prevent buying knock-off items online that masquerade as the real thing?

**Sincerely,
Embarrassed on the Island**

Dear Embarrassed,
Don't feel ashamed! Smart people fall for scams all the time. But here are five tips you can use the next time you are online shopping to help you out next time! [Continue Reading...](#)

[Find all Trudy Technology articles](#)

Getting Ready for Medicare

Going on Medicare? Want to know more?
Attend a free online "Getting Ready for Medicare" seminar offered by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers. Questions answered following the event.



Seminar covers:

- "Basic" Medicare benefits, options for additional insurance(s)
- Medicare parts A and B
- The differences between "Medigap" (supplemental) insurance and Advantage plans
- Financial assistance for qualifying low-income individuals

- Prescription drug plans

All sessions are at 1pm

- May 3, June 1, July 5, August 3, September 6

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

All sessions are at 1pm

- July 20, September 21

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

Island Senior Resources has free medical equipment lending libraries for medical equipment, assistive devices (wheelchairs, walkers, canes, etc.), and hygiene products/personal care items including disposable underwear, pads, wipes, bed pads, no water shampoo, body wash, and more.



Locations

- South Whidbey (Bayview). Donations/pick-ups Monday, Wednesday, Friday 1– 4 p.m. at Island Senior Resources (Bayview), **14594 SR 525, Langley**. Follow the signs and arrows to the Evergreen Room entrance. Please make sure donations are fully functional and clean.
- North Whidbey (Oak Harbor). Donations/pick-ups Monday, Tuesday, Thursday 1– 4 p.m. at Island Senior Resources (Oak Harbor), **917 E Whidbey Ave, Oak Harbor**, next to the Center in Oak Harbor. Please make sure donations are fully functional and clean.
- Camano Island. Donations/pick-ups at the **Camano Center**, call 360-387-0222 8 - 5 p.m. weekdays. 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. Designed to engage participants with discussions, group puzzles, and games in a supportive environment. Great for those who are isolated, have developmental disabilities, or cognitive challenges who enjoy being with people and making friends.

Parkinson's Support Group

Tuesdays except public holidays, 10 am – 11 am. For people living with Parkinson's and their caregivers to share experiences. Friendly connections are made that help with this challenging condition.

Alzheimer's and Dementia Caregivers Support Group

Wednesdays except public holidays, 10 – 11 a.m. For people caring for someone with Alzheimer's or other dementias to share experiences, knowledge, and support. Friendly connections are made that help those caring for someone with this challenging condition.

[Learn more about Support Groups](#)

Resources for LGBTQIA+ Older Adults

We have a list of great resources for LGBTQIA+ older adults on the virtual community page of our website at <https://senior-resources.org/virtual-community/>.

Join in for films, discussions, events, fitness classes, tech classes and more that support LGBTQIA+ experiences.

[Visit our Virtual Community](#)

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
- CamBay 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 Farmer's Market Produce Vouchers

Available in June!

Eligible low-income seniors will receive \$40 worth of vouchers to purchase fresh fruits and vegetables at authorized farmers markets.

To be eligible you must be an Island County resident, and age 60+ (non-Native Americans), 55+ (Native Americans), and have income that does not exceed \$2,096/ month for 1 person or \$2,823/month for 2 people. Larger households, add \$700 per person. Participating authorized farmers markets and farm stores will be posted on our website when available and will be included with the vouchers.

For more information call (360) 321-1600 or 360-678-3373 ext. 0.

Keys to Healthy and Happy Aging (According to Betty White)

Many of us have seen or heard about the upbeat energy and life-affirming vigor

of Betty White. In a recent article on the [Growing Bolder website](#) her secrets for healthy and happy aging were shared:

- The ability to adapt
- A passion for making a difference
- An optimistic spirit with a sense of humor
- A desire to keep working
- Fearless curiosity

When you are finished reading this eNews go to this [website](#) to read Betty's inspirational story.

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 as well as when donations are accepted-
visit our website to find the most current dates and time.](#)

[View Current Hours and
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](#)
- [Join our mailing list](#)

[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

[Our locations](#)
[Request Assistance Online](#)

[Access our Program & Services](#)

Senior Thrift

5518 Woodard Avenue
Freeland, WA 98249

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