



NEWS, ANNOUNCEMENTS, UPDATES

A monthly eNews to keep you informed

Dear Neighbors,

In addition to resources, this month's eNews includes four special articles.

1. **"Go Purple"**. June is Alzheimer's and Brain Awareness Month. Read how you can better understand dementia and join us in **"Going Purple"** to show support for research and education for dementia caregivers, patients, and the public worldwide. [Learn more.](#)
2. "Opening the Door to Online". Learn about issues some older adults have with technology and places you can learn tips and tricks to make it easier. [Learn more.](#)
3. "How to Prevent Medicare Fraud" provides tips to help keep you safe. [Learn more.](#)
4. "Brio". Brio, defined as "enthusiastic vigor," is one factor in making your tomorrow a little bit brighter and you a bit less fragile. Find out how you can find your Brio. [Learn more.](#)

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. [Get Started](#).

[Learn about our Programs & Services](#)

[Access our Program & Services](#)

ANNOUNCEMENTS

Go Purple!

By Robin Bush ISR Communications

June is Alzheimer's and Brain Awareness Month, and we join in "going purple" to show support for research, support, and education for caregivers, patients, and the public worldwide.

Dementia is a broad term for a group of symptoms centered around difficulties with problem-solving, thinking skills, language, and memory. Changes in the brain cause various types of dementia, including Alzheimer's disease.

Many physical conditions can cause cognitive changes, so it is essential to see your doctor for a complete evaluation if you begin to notice changes.

[Continue Reading](#)

Opening the Door to Online

By Robin Bush ISR Communications

Many of us are finding navigating everyday living is increasingly dependent on our ability to use the internet. What if you have never learned much about computers and trying the internet feels overwhelming?

Closing the digital literacy gap is life-changing. It assures connection to doctors, family, and friends and access to essential services, support groups, and learning and engagement opportunities. Social technologies like video calls are no longer a matter of convenience. Being connected is critical to your health, happiness, and well-being.

[Continue Reading](#)

Brio

By Robin Bush ISR Communications

Brio, defined as "enthusiastic vigor," may be one factor in making your tomorrow just a little bit brighter and you a bit less fragile. So how do you find your Brio? You make it for yourself -- by lifting weights. "Oh No," you say, "I can't do that," or "I can't get to a gym," or "That's for young people," or a host of other reasons not to. Almost anyone can lift a little weight and gain strength that builds vigor and bone strength at home for free.

You don't need to buy weights; you can start with just your body weight. Then move to using everyday household items to lift with your arms or place on your legs or belly to increase resistance. One of the best is a gallon bottle. Filled with water, it weighs 8.35 pounds, but you can start slowly by adding a cup or two of water and adding more liquid as you gain strength. Slow, steady, daily

lifting is key to building the strength that will make it possible for you to do many things you dream of doing.

[Continue Reading](#)

You can help to prevent Medicare fraud

WA State Office of the Insurance Commissioner

Fraud costs Medicare an estimated \$60 billion each year and ultimately raises the cost of healthcare for everyone. The Senior Medicare Patrol (SMP) is bringing awareness to this issue during National Medicare Fraud Prevention Week, June 5th – 12th.

SMPs around the country empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services, U.S. Administration for Community Living.

[Continue Reading](#)

Why did I open the Frig?

Robin Bush, ISR Communications

Do you walk into a room and wonder why you were there, or open the refrigerator to get something and have no idea what you were searching for? Have you forgotten what you had for dinner last night? Those answers may elude you today, yet it seems like just yesterday you could recite complete poems from grammar school or ace trivia games in college. While we may wonder where this is headed, there are a few things we can do to help ourselves through natural age-related memory loss.

[Continue Reading](#)

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 starting at 4 pm 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

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.

Our location serving North Whidbey

Our Oak Harbor office is located at 917 E Whidbey Ave, Oak Harbor. We are in a modular home nestled next to *The Center in Oak Harbor*. **View open hours and additional information.** *Our Oak Harbor office is not taking walk-ins at this time, in an abundance of caution related to COVID.*

Learn More

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

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!

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. Current job openings are:

1. **Aging & Disability Resources Specialist.** Full-time position assisting older adults, adults with disabilities, adults with functional impairments, and those who care for them to identify, understand, and effectively access available resources to help individuals maintain independence in their own homes and communities for as long as possible, postponing, reducing, or eliminating the need for institutional care. Specialists provide outreach, information, and assistance on services, products, opportunities, and resources that support the needs and goals of clients.
2. **Aging & Disability Resources Case Manager.** Full-time position providing 1:1 support to functionally and/or cognitively impaired adults. Case managers assess, plan, coordinate, and monitor services provided to clients. The services are designed to prevent unnecessary institutionalization and decrease barriers that may prevent someone from remaining in their present place of residence or moving to a less restrictive environment.
3. **Lead Cook / Food Service Manager in Camano.** Full time. Responsible for Food Service Management of the Camano Kitchen Meals Services, includes planning, purchasing, preparations, and daily distribution of 100

hot meals/day utilized by the Senior Services of Island County Home Delivered and Congregate Meal Program for Camano Meal Site. Supervises Camano Central Kitchen employees and volunteers. Responsible for daily and monthly reporting, cash handling, and banking. Responsible for Meals on Wheels daily operation/coordination, distribution, and reporting.

4. **Intake Specialist.** Full-time position. The ideal candidate will provide compassionate service while being flexible to the fast-paced needs of the position. As the entry point of the organization, the Intake Specialist is expected to provide exceptional customer service and support to clients, staff, volunteers, donors, and community partners. The core functions of the Intake Specialist will be client service and activity coordination.

[View all job descriptions. Submit your application.](#)



[Senior Farmer's Market Produce Vouchers are here!](#)

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

[Learn More](#)

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**

Medical Transportation Drivers needed! Mileage reimbursed.

If you like to drive, and own a car, and enjoy meeting new people then this is the volunteer program for you. Through volunteering, you will establish new friends,



VOLUNTEER MEDICAL TRANSPORTATION DRIVERS NEEDED



BECOME A VOLUNTEER

Your neighbors need you!

Provide rides for seniors to medical appointments.
Priority boarding on ferries. Mileage reimbursed.
Call 360-914-3212

learn more about the beautiful island and enjoy giving back.

**Learn more about
Volunteering**

UPDATES & ADDITIONAL PROGRAM, SERVICES, AND ACTIVITY INFORMATION

Trudy Technology



Dear Trudy Technology

Our tech expert Trudy is on vacation until sometime next fall, but great tech questions are asked and answered by and for seniors at [Senior Planet.org](http://SeniorPlanet.org). Click on Technology Archives and see their "Ask the Techspert" postings. All are archived, so you can read them over and over, or call them for assistance 888-713-3495 M-F.

[View our 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

- 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](#)

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**. 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**. 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**. 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.

[Visit our website for current dates and time for these Support Groups](#)

[Learn More](#)

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

[View Senior Thrift store 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](#)
- [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)