



NEWS, ANNOUNCEMENTS, UPDATES

A monthly eNews to keep you informed

Island Senior Resources Learns through Transition

by Michele Cato, Executive Director, Island Senior Resources

Island Senior Resources (ISR) reopened our Bayview and Oak Harbor doors to the public on July 5, and we are serving lunches in Bayview and Coupeville on Wednesdays. With our reopening, the questions from the community have been flying fast and furious. Simple questions might have simple answers but complex reasons behind them. “Will Not Your Grandma’s Bingo be starting up again?” (No.) “Time Together?” (No.) “Fun Band?” (No.) “Bridge?” (Yes.) In-person access to our Aging and Disability Resource staff or SHIBA volunteers? (Yes.)

There is no easy explanation for why ‘yes’ or ‘no’ to these or similar questions. ISR’s mission, availability of resources (money, space, and people), and prioritization of the community’s needs drive our decision-making. As we transition out of COVID-19, onboard new staff, assess changing client needs, and respond to new funding/contracting realities, we are experimenting, adjusting, and adapting based on lessons learned.

Many key decisions were made even before the pandemic hit regarding ISR’s central purpose and the status of the Bayview building. Our mission drives us to prioritize and provide **essential services** to the most vulnerable across Island County in nutrition, transportation to medical providers, case management, and access to aging and disability resources. Staffing and funding levels determine the breadth and depth of our service delivery, and we continually seek good staff and supportive donors that share our vision. We are currently evaluating the highest, best use of our physical space (ISR/Bayview and the Senior Thrift in Freeland) and expect to have the results of that study by fall. In the meantime, space at **Bayview** is extremely tight, and we cannot offer the senior center activities many of you have previously enjoyed.

I believe we should envision the future from a position of abundance not scarcity, resilience not status quo. Program priorities must shift according to the ever-changing needs of those we serve and seek to serve. This fall, we will

be hosting a series of small group conversations about the needs of our aging community. If you are interested in participating, please contact me at michele@islandseniorservices.org or P.O. Box 939, Freeland, WA 98249. We want to strengthen our representation across the county – especially in North/Central Whidbey and Camano – and would like to encourage participation by people of all walks of life, education levels, work status, ages, races, ethnicities, religions, gender identification, sexual preferences, and abilities. Please join us. We want to learn from you, your lived experiences, and your ideas about a thriving aging community! May we all age gracefully and healthily together.

Additional Information and Updates

by Robin Bush, ISR Communications

Dear Neighbors,

Three announcements:

1. Our doors have re-opened in **Bayview** for in-person Aging & Disability Resources, weekdays 8:30 a.m. - 4 p.m. Resource assistance will continue to be available by phone at 360-321-1600 or 360-678-3373 or on our website <https://senior-resources.org/request-assistance/>.
2. Lovely people are coming to socialize and eat at the newly re-opened Leo's Place Community Meals at Island Senior Resources in Bayview. Join us every Wednesday for lunch 11:45 a.m. – 12:30 p.m., coffee time 9 a.m. -2 p.m. Come and share in the spirit of community. [Learn more.](#)
3. ISR's Community Meals are opening in Coupeville on Wednesdays beginning August 3, at the Coupeville United Methodist Church (608 N. Main St.) 11:45 a.m. – 12:30 p.m. We are looking toward opening in Oak Harbor this fall.

Enjoy these summer days and remember to use sunblock!

Robin Bush

ISR Communications

Email: robin@islandseniorservices.org | Phone: 360-331-5709

P.S. Join our Facebook community for articles, fun videos, and special announcements! <https://www.facebook.com/islandseniors>

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.
- Online. You can request assistance online using our website Answer a few questions so our team can help you. [Get Started.](#)
- In person. Our doors are open at our **Bayview location** for in-person Aging & Disability Resources, weekdays 8:30 a.m. - 4 p.m.
- [Learn about our Programs & Services](#)

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

ANNOUNCEMENTS

Community Meals Return to Coupeville

ISR's Community Meals at the Coupeville United

Methodist Church (608 N. Main St., Coupeville) are back!

- Wednesdays beginning August 3: lunch 11:45 a.m. – 12:30 p.m.



Enjoy a meal at Bayview Leo's Place

Visit [Island Senior Resources Bayview](#)

- Wednesday: lunch 11:45 a.m. – 12:30 p.m., coffee 9 a.m. - 2 p.m.



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



Shifting the Conversation

by Robin Bush
ISR Communications

According to the Harvard Medical School, there are six ways you can prepare to "age well." Although all are practical advice, there is something else we need to consider: how do we think about and talk about aging?

First, here is the practical advice Harvard offers:

1. Adapt your home – railings, shower bars, etc. Do an annual safety review of your home to ensure you are prepared.
2. Prevent falls – remove trip hazards and loose rugs.
3. Consider what housing options might be available at different stages of your elderhood; research options locally or near family.
4. Talk with family members or friends about how to get help when you need it. Services like Meals on Wheels or Medical Transportation offered by Island Senior Resources can help provide nutritious meals or rides to medical appointments. Who could clean your home? Who do you trust to pay your bills and do your banking?
5. Plan for emergencies. Who would you call if you could? Do you have a personal assistance device? Keep emergency numbers near each phone or on speed dial.

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Vial of L.I.F.E.

(Lifesaving Information For Emergencies)

by Robin Bush

ISR Communications



Are you prepared for possibly having a medical emergency? How would emergency personnel know how best to treat you if you cannot speak or remember the details? The Vial of Life is an easy answer and the best way to notify first responders of your critical medical information in the event of an emergency.

It's easy. First, you fill out a short form with your health and medications information, place it in your refrigerator either in a plastic vial on an inside door shelf or place your information into a zip plastic bag and tape it to the front of your refrigerator. Then place a Vial of Life decal on the outside of your refrigerator and one on your front door at eye level to let emergency responders know where your medical information is located.

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What Did You Say?

Robin Bush

ISR Communications

There are different kinds of hearing loss. Some are sudden, and if you experience this, you should see your doctor. Others are more gradual, and you may not notice the hearing loss until it begins to affect your lifestyle or overall health. Hearing loss can put you in danger of not hearing important warnings from people or sirens and delay or prevent you from responding to dangerous situations. In addition, you may not correctly hear instructions from your doctors or pharmacists, which can lead to misunderstandings around your medications and overall care.

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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. 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! Ways to give:

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

See the impact of your gifts to Island Senior Resources. [Learn More.](#)

Questions? Contact Charles LaFond, Development Director, phone 360-210-3011 or email 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*.

[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:

- Aging & Disability Resources Specialist
- Aging & Disability Resources Case Manager
- Facilities Assistant

For many of these positions we are now paying a sign-on bonus for eligible external candidates after 3 months of successful employment.

[**View Job Descriptions**](#)

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.



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



MEALS ON WHEELS DRIVERS NEEDED



BECOME A VOLUNTEER

Your neighbors need you!

Deliver meals to homebound seniors.
Mileage reimbursed.
Call 360-321-1600 or 360-678-3373
extension 1 then 4



VOLUNTEER Coordinate SHIBA Medicare classes

Offered by SHIBA/OIC through
Island Senior Resources



Call 360-321-1600 or 360-678-3373



**Be a Super Hero
Make a Difference
Learn More Here**

[Learn More](#)

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

- 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

- 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

Explore available activities, classes and more
[View Events & Activities calendar](#)

Private In-Home Providers List (PIP)

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](#).

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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 a.m. - 5 p.m. weekdays. Please make sure any donations are fully functioning and clean.

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Support Groups

Our professionally facilitated, free Support Groups meet regularly via Zoom or in-person.

- **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.
- **Sharing is Caring** – Are you caring for someone with early-stage Alzheimer's or other forms of dementia? Get support from those who have the same concerns and challenges related to caregiving for someone with mild cognitive or memory impairment.

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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.



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.

Community Meals

- Community Meals are opening in Coupeville on Wednesdays beginning August 3, at the Coupeville United Methodist Church (608 N. Main St.) from 11:45 a.m. – 12:30 p.m.
- Enjoy a meal at Bayview Leo's Place. [Visit Island Senior Resources Bayview](#) every Wednesday with lunch 11:45 a.m. – 12:30 p.m. and coffee 9 a.m. - 2 p.m.

Nutrition Programs and Food
Menu

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



[View shopping hours as well as when donations are accepted](#)

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 Island Times

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