



NEWS, ANNOUNCEMENTS, UPDATES

A monthly eNews to keep you informed

Island Senior Resources Celebrates its 50th Birthday!

by Michele Cato, Executive Director, Island Senior Resources

Founded in July 1972 by a small group of concerned citizens, Island Senior Resources has been serving Island County residents for a half-century. Over the years, ISR has remained a compassionate and caring community endeavor thanks to the incredible support of thousands of local volunteers, donors, partner organizations and agencies, public officials, and ardent advocates of our work. ISR's success in enhancing its clients' emotional, social, and physical well-being directly results from this community's kind and generous support, and we are sincerely grateful.

We celebrate a partial reopening of our pre-COVID resources, including lunches served again at ISR's **Leo's Place in Bayview** on Wednesdays, and doors open to the public for Aging & Disability Resources. Without ignoring the realities of the current spike in COVID-19 and the need to protect our most vulnerable clients, we will be offering more lunches and programs in person at Bayview, Coupeville, Oak Harbor, and Camano as quickly as possible. In the meantime, we have been engaging with local high school students and older seniors to help fill a time capsule to be buried at Senior Thrift in Freeland and then opened in 50 years! We are actively planning our vision for the next 50 years and developing our action plan for 2023 and would welcome your ideas. Feel free to reach out to us by emailing reception@islandseniorservices.org with "ISR LOOKS AHEAD" in the subject line.

We will wrap up July's Jubilee activities by **celebrating with invited volunteers, donors, and partners** with a barbecue, short program, and socializing at Greenbank Farm sponsored by Heritage Bank and many other generous community contributors. As we continue the birthday celebration over the rest of the year, we hope to share our achievements, joy of service, and future vision with you. Please keep reading the Island Times or check our website at www.senior-resources.org for celebration and reopening updates.

Additional Information and Updates

Announcing our re-opening! Our doors will open in **Bayview** for in-person Aging & Disability Resources, weekdays 8:30 a.m. - 4 p.m. beginning on Tuesday, July 5. Resource assistance will continue to be available by phone at 360-321-1600 or 360-678-3373 or our website www.senior-resources.org/request-assistance/

Leo's Place Community Meals **return to Island Senior Resources Bayview** every Wednesday beginning July 6 (lunch 11:45 a.m. – 12:30 p.m. coffee time 9 a.m. -2 p.m.). Come join us and share in the spirit of community.

Along with announcements, included are three special articles:

1. "Healthy Vision – Beyond Eyesight". July is Healthy Vision Month. Healthy vision is about more than eyesight. What can you do today to create a "healthy vision" for your tomorrow? [View article.](#)
2. "I Can do It Myself". Learn about independence vs. interdependence and making a conscious choice to increase your circle of involvement. [View article.](#)
3. "Health Technologies Support Aging in Place" explains some assistive technologies that help others know we are safe when living on our own. [View article.](#)

These and other articles of interest are on [our website](#).

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.

Island Senior Resources will be closed on Monday, July 4 in recognition of Independence Day.

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.](#)
- In person. Our doors will open at our **Bayview location** for in-person Aging & Disability Resources, weekdays 8:30 a.m. - 4 p.m. beginning on Tuesday, July 5.

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

**Senior Thrift. BIG Sale! 25% OFF EVERYTHING
Saturday, July 2nd, 10 a.m. - 4 p.m.**



Senior Thrift
benefitting
Island Senior Resources

5518 Woodard Ave.
Freeland, WA

SALE
SATURDAY JULY 2
25% OFF EVERYTHING
10 a.m. - 4 p.m.

The graphic features a red background with several blue and white fireworks scattered across it. The text is primarily white and blue, with the word 'SALE' in large, bold, white letters.

Leo's Place: Community Meals Are Back!

Visit Island Senior Resources Bayview every Wednesday starting July 6 with lunch 11:45 a.m. – 12:30 p.m. & coffee 9 a.m. - 2 p.m.

great news!



is re-opening on Wednesdays
for lunch and coffee time
starting July 6

Serving lunch 11:45 - 12:30, coffee time 9-2
Island Senior Resources (Bayview)
14594 SR 525 Langley

Healthy Vision -- Beyond Eyesight

By Robin Bush ISR Communications

July is Healthy Vision Month, but our eyes are just part of that story.

We use our eyes to understand where we are in the world, perceive danger or safety, or look into the eyes of someone to sense their emotions. Research shows that eating lots of leafy greens, fruit, and fish can help nourish your eyes. So do getting regular exercise, managing stress, not smoking, wearing sunglasses, and when using electronic devices, look at something 20 feet away for 20 seconds every 20 minutes. Protecting our vision is essential, and any observed change suggests a trip to the doctor is needed.

Sight helps us interact with the world around us, but as we age, our eyesight may diminish; if it does, we can seek new ways to help us perceive the world. We can connect to things we need to see through assistive technologies or the help of those around us.

We also strengthen and sharpen our other senses as our sight lessens. We may not see the rain, but we hear it on the roof. We may not see the food before us, but the aroma and the flavors paint a vivid picture in our mind. We may not see light and shadow, but we feel sunshine on our face.

At the same time, as we sensorily compensate, there is a deeper level on which to consider vision. It's more than what we see with our eyes. **Vision, defined more broadly, includes the ability to think about or plan the future with imagination or wisdom.**

[Continue Reading](#)

Health Technologies Support Aging in Place

By Robin Bush ISR Communications

Aging in place saves lives, provides a better quality of life, and saves money. Advances in technology are making it possible to age in place safely, support health, manage chronic diseases, augment the efforts of caregivers, and help distant family and friends stay connected.

Changing physical and cognitive issues may require adapting new levels of monitoring and support. Doctors, physical therapists, occupational therapists, and ISR's Aging & Disability Resource Specialists can suggest helpful assistive technologies. Here are just a few:

[Continue Reading](#)

I Can Do It Myself

By Robin Bush ISR Communications

There is a time in our lives, especially as children, when we declare, "I can do it myself." Then, years later, as we become more accomplished at our jobs, we strive for increasingly more autonomy and the responsibility that accompanies it. In our early careers, working independently without supervision may be an admirable ability. Still, there is a turning point when our ability to work with others is more beneficial, and we shift our focus toward creating a collaborative work environment.

There is a life lesson there for all of us. Independence is the early phase; interdependence is the lasting phase. So often, we are told the goal as we age is to remain independent and function on our own, but is functioning alone what's best for us? Humans are social beings, and we function best in concert with others, being interdependent, not independent.

[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:

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

- Intake Specialist
- 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](#)



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**



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

Step into Summer
with Sno-Isle Libraries
By Sno-Isle Libraries



Take a break from the summer heat and visit Sno-Isle Libraries to browse the shelves, surf the internet, or join a program. Sno-Isle Libraries offers helpful, interactive programs and events to align with your interests. Library staff are available to provide recommendations for your summer reading or help load your eReader for vacation. Planning a staycation? Come check out a

Discovery Pass from your community library to explore the trails.

Sno-Isle Libraries are committed to creating inspiring spaces which are welcoming, inclusive, and easy to use.

- The Langley Library will be undergoing a remodel in 2023, which will refresh the building and provide accessibility upgrades while preserving and enhancing the historic nature of the building.
- The Future Clinton Library project is also underway, with conversations starting to determine the best path forward for the library.

Upcoming Program Spotlights -

WhidbeyHealth Presents: **Help! My Feet are Changing!**

Thursday, July 14, 2:00 – 3:00 p.m., Oak Harbor Library, 1000 SE Regatta Dr. Join Line Goulet, WhidbeyHealth Diabetes Education Program Coordinator, as she walks us through our changing feet.

Creativity and Older Adults: **It's Never Too Late to Explore Your Creativity**

Saturday, July 16, 10:00 a.m. – 12:00 p.m. Langley Library, 104 2nd St
Registration is required. In this interactive workshop, you will participate in fun creative tasks, explore the benefits of memoir reflection, and learn how to implement creative tools in your everyday life.

To request an interpreter or other accommodations for any library event, email accessibility@sno-isle.org or talk to your local library staff. Providing at least one week's notice prior to the event will help to ensure availability. To explore more events and programs in your community library, visit sno-isle.org/events or contact us at sno-isle.org/contact-us. Our library staff looks forward to seeing you this summer, even if it is just to enjoy the air conditioning!

UPDATES & ADDITIONAL PROGRAM, SERVICES, AND ACTIVITY INFORMATION

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

- 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.
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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

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](#)

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.

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](#)

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Contact Us

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