

Island Senior Resources - November 2022 eNews



NEWS, ANNOUNCEMENTS, ACTIVITIES A monthly eNews to keep you informed

Greetings Neighbors,

November is a very full month!

We ask you to please consider how you can support our community on **Giving Tuesday** (the Tuesday after Thanksgiving, dedicated to supporting nonprofits). You can read more about it below and on our website. You, and everyone in our community help to make possible the essential services nonprofits provide to Island County.

We honor November as **National Family Caregivers month**. We have included an article here on Family Caregiving, and a personal story on caregiving. These and other great articles can also be found on our website blog at [News & Education - Island Senior Resources \(https://senior-resources.org/resources/\)](https://senior-resources.org/resources/).

We launched a new section of our eNews this month called **Caregivers Corner** as a space to share resources we believe will help if you or someone you know is a caregiver. You will also find these articles on our Facebook page throughout November.

Are you ready to lead toward a better future? Do you have skills in finance, fundraising, law or nonprofits? Please **read the piece below by Kathryn Beaumont, our Board Vice President**, and learn how you might help Island Senior Resources.

If you haven't already, please **follow us on Facebook** at <https://www.facebook.com/islandseniors>. Each week we bring you information, stories, and smiles. We are on Instagram too at Island Senior Resources (@islandseniors). You can click on the icons at the top of our website home page and they will take you right to those location.

We are filled with gratitude that you are part of our lives and our work,

Robin Bush
ISR Communications
email: robin@islandseniorservices.org
phone 360-321-1600 | 360-678-3373 | 360-387-6201
[View all our articles](#)



Join our Facebook community for articles, fun videos, and special announcements! 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. We have in person ADR (Aging & Disability Resources) services available at one of our sites during office hours.
 - [Learn about our Programs & Services](#).
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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.

ANNOUNCEMENTS

Our offices will be closed on Friday, November 11 in honor of Veterans' Day, and on Thursday and Friday November 24 and 25 in honor of the Thanksgiving holiday.

Giving Tuesday: Be the good in your community!

November 29th is Giving Tuesday, a global day of giving! Nestled amongst the chaos of Thanksgiving and Black Friday and Cyber Monday, it is a day to give back to your community, a powerful opportunity to unleash a wave of generosity. Whether you volunteer, donate, or hold a fundraiser, foster kindness this year. Go to <https://senior-resources.org/donate/> to learn more. With you, Giving Tuesday is no ordinary Tuesday. With you, it's a movement.

UPDATES, ARTICLES, ACTIVITIES and ADDITIONAL INFORMATION

Why not me?

Helping my 80-year-old widowed mother locate the help and resources she needed wasn't easy. Without a single place to turn

to, finding information was confusing and frustrating. I thought, someone ought to do something. Then I realized, why not me? I can be that someone. So, I joined the Island Senior Resources Board to help others like my mother and me avoid feeling lost and alone in getting help. What a satisfying journey it has been!

Our board is passionate about ensuring our island communities are emotionally, socially, and physically supportive places for seniors and disabled adults and their caregivers. We provide leadership and strategic planning for the future. We see first-hand how our committed and compassionate staff skillfully connects seniors with meals, medical transportation and equipment, caregiving help, and other resources so they can live comfortably in their homes.

This work transforms and enriches their lives -- and ours as well. [\[Continue Reading\]](#)

**Is
This
You?**



**Our
board
needs
you.**

**Call or email
360-321-1600
kathryn@islandseniorservices.org**

**I'm ready
to lead
toward
a better
future.**

**My
experience
includes
finance,
fundraising,
law, or
nonprofits.**

Join our Board. Learn More.



Family Caregivers: An Unsung Force

by Megan Owens, ISR Aging & Disability Resources Specialist

You may have heard the terms “Graying of America” or “Elder Boom” to describe our country’s aging demographic shift. Or perhaps you’ve read an article about the so-called “Silver Tsunami.” One group of Americans is handling this seismic shift in society in their everyday lives, and they are the informal or family caregivers. It’s estimated that unpaid caregivers each year provide roughly 470 billion dollars worth of services – three times that of Medicaid spending for long-term care services in 2017 (AARP, 2019). Given that November is National Family Caregiver Month, it is time to shine a much-needed spotlight on unpaid caregivers, highlighting their efforts, be it triumphs or challenges, and raising awareness of the growing support needs.

**Continue
Reading**

Questions and Resources for Dementia Caregivers

by Robin Bush, ISR Communications



Many of us find ourselves becoming family caregivers, caring for a loved one with dementia. But do you know where you can find information about dementia and caregiving? Do you know how to assess if you are able and willing to provide care and/or assistance?

Island Senior Resources Family Caregiver Support Program and our Aging & Disability Resources staff are your first step to answering many of your questions. We also have an Alzheimer's and Dementia Caregivers Support Group that meets weekly via Zoom. Reach us through <https://www.senior-resources.org> or call 360-321-1600 or 360-678-3373 for assistance.

For those who wish to deepen your understanding of the disease and the challenges of caregiving, here are some resources that might be helpful: [\[click to read more\]](#)

Continue Reading

Same Family, Different Endings: A Stark Comparison in Aging

by Melissa Overbury-Howland, ISR Staff

I never imagined that two people could have such different aging experiences within the same family.

At 89, my British grandmother lived in the comfort of her home near London. Bought in the 1960s, her house was lovingly tailored: every room held our pictures, a trinket attached to a memory. My grandfather's greenhouse still stood at the bottom of the garden, and my Nanny took great care in laying out her Denby tea set beside some biscuits every time we visited.



Continue Reading

IMPOSTERS EVERYWHERE

by Tony Leahy, Consumer Education and Training Services (CENTS) Executive Director

In an imposter scam, someone pretends to be someone else to get your personal and/or financial information. According to the Federal Trade Commission, this was the number one reported scam category in 2019 and remains at the top of the list today.



ANYBODY CAN PRETEND TO BE ANYBODY

A scammer can pretend to be from a government agency, like the IRS, a business like Bank of America, or a family member or friend. Scammers even pretend to be a love interest on social media and dating websites.

[Continue Reading](#)

Stay Connected to the Library with Books by Mail

Sno-Isle Libraries is celebrating the 75th anniversary of the Library on Wheels program! Library on Wheels engages with the community in many ways—you may have even seen our Bookmobile driving around the region.

Over the decades, Library on Wheels has brought the library to thousands of customers—we have a vision of connecting everyone in the community to a library, and that means providing equitable access for people who may face barriers to library access.

One of our efforts to connect with customers is our Books by Mail service, which delivers library materials to people who are unable to visit a library building due to a long-term disability, COVID concerns, or the temporary closure of the Edmonds Library. Books by Mail also serves senior living and care communities.

[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.

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 98249

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](#)

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Donate

Caregivers Corner

In honor of November being National Family Caregiver's Month, we have added this special section to our eNews, and will include it any month when we have new resources to share for caregivers. Here are links to some helpful articles and videos which you will also find posted on our Facebook page during November at www.facebook.com/islandseniors.

- A helpful look into the economic costs of caregiving: [The Economic Costs of Caregiving \(asaging.org\)](http://The Economic Costs of Caregiving (asaging.org))
- Great support groups from the Caregiver Action Network: Caregiver Support Group and Chat | Caregiver Action Network
- 10 tips for caregivers: [Tips for Caring for Families as their Caregiver \(caregiveraction.org\)](http://Tips for Caring for Families as their Caregiver (caregiveraction.org))
- Tools for family caregivers: Family Caregiver Toolbox | Caregiver Action Network
- A video on talking to doctors with the person you care for: How To Talk To Your Doctor | Caregiver Action Network

Our Oak Harbor 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.

COVID-19 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.

What to do with any old, expired, or unused prescriptions

Please do not throw them in the garbage! If not properly disposed of, medicines will leach into our drinking water, lakes, rivers, streams, and Puget Sound. Here are some handy locations to use:

- South Whidbey: there is a kiosk at Rite-Aid Pharmacy at 1609 E. Main St. Freeland.
- Oak Harbor: there is a kiosk at Rite-Aid at 31645 State Route 20, Oak Harbor.
- Near Camano: there are kiosks at Rite-Aid 26817 Ave. NW Stanwood, or QFC Pharmacy at 27008 92nd Ave. NW Stanwood, or Bartell Drugs at



[Our Facebook page](#) is fun and informative. Follow us and see inspiring videos and read great articles on living your best life curated and checked for authenticity by our Communications team.

You help Island Senior Resources every time you visit our page and click on a link, make a comment, or share a post with your friends. When you engage with us, Facebook will send our posts to more people and that helps us reach more people about how we help seniors, adults with disabilities, and caregivers.

We hope to “see” you on Facebook at www.facebook.com/islandseniors or click on the Facebook icon at the top of any page on our website. Tell us what you think of our posts and what you’d like to see more of.

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. [View all our volunteer opportunities.](#)

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

Session start at 1pm:

- November 2

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.

Medicare 2023

This workshop will concentrate on the changes expected in 2023 with plan details for residents of Whidbey Island. It is important to have the latest information regarding Medicare Part D drug plans and/or Medicare Advantage plans for 2023. Since costs and benefits can change significantly each year, it is critical that everyone is in the plan that best meets their needs at the least cost.

Attend a live "in-person class". Register to attend by calling 360-321-1600 or 360-678-3373. Dates and locations:

- Thursday Nov 3, 1 p.m. at Trinity Lutheran Church, 18341 SR 525, Freeland
- Thursday Nov 17, 2 p.m. at The Center at Oak Harbor, 51 SE Jerome St., Oak Harbor

Online session:

- Saturday Nov 12, 11 a.m.

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.

Using Medicare's Planfinder

This online class focuses on how to use Medicare's Planfinder, the most used tool on Medicare.gov. You will learn tips to find the best drug plan and/or Medicare Advantage plan that meets your needs. We will cover ways to find much of the 'hidden' information and answers to your specific questions.

Online session:

- Wednesday Nov 16, 1 p.m.

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

Online session:

- Wednesday November 16 at 3 p.m.

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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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.](#)

Learn
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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.

[Learn More](#)

Support Groups

Our professionally facilitated, free Support Groups meet regularly.

- **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.

[Learn More](#)

Nutrition

Eating well is key to a robust immune system and maintaining health and well-being. Our programs:

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. You will be provided with a mailing envelope if you choose to make a donation. Pick-up locations:

1. [Island Senior Resources \(Oak Harbor\)](#). Call 360-279-0367
2. [The Camano Center](#). Call 360-320-7833
3. CamBey Apartments in Coupeville. Call 360-914-3220
4. [Island Senior Resources \(Bayview\)](#). Call 360-321-1634

Community Meals

“The meal is excellent, the service is so professional- the companionship is immeasurable...” – community member, Aug 2022.

Meal location and times:

- Leo’s Place Community Meals at [Island Senior Resources \(Bayview\)](#). Serving lunch every Wednesday except for holidays from 11:45 a.m. – 12:30 p.m.
- Community Meals are available in Coupeville. Lunch served at the Coupeville United Methodist Church (608 N. Main St., Coupeville) every Wednesday except for holidays from 11:45 a.m. – 12:30 p.m.
- Community Meals are available in Oak Harbor at the Center in Oak Harbor at 51 SE Jerome St. Serving lunch every Monday except for holidays from 11:45 a.m. – 12:30 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

STAY CONNECTED

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 Weekly inside their edition the last Thursday of each month.

View Island

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Contact Us

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Phone 360-321-1600, 360-678-3373

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Access our Program & Services

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