

Island Senior Resources - January 2023 eNews



NEWS, ANNOUNCEMENTS, ACTIVITIES

A monthly eNews to keep you informed

Greetings Neighbors,

We wish you all a very Happy New Year filled with health, happiness, and community. This month we begin our year-long series on celebrating healthy aging with what we have titled: "Moving Forward Together." These articles will be on our website blog under News and Resources at: <https://senior-resources.org/resources/>. Our goal is to help you be happier and healthier.

Don't miss our articles this month:

- Moving Forward Together 2023: [Healthy Aging - Part One : Change](#)
- [Reset Points](#) on sustaining yourself during health challenges and maintaining perspective and purpose.
- [Conversations](#) on how to engage older persons in your life so you hear their stories and they feel valued.
- Ready to think about a new way to be involved in our community this year? If you missed it last month, please read the article by our board Vice President, Kathryn Beaumont: [Why Not Me? Join our Board.](#)

Happy New Year to all from our board, staff, and volunteers,

Robin Bush

ISR Communications

email: robin@islandseniorservices.org

phone 360-321-1600 | 360-678-3373 | 360-387-6201

Contact Us for Assistance

Island Senior Resources offers an array of programs and services to help you. Descriptions of our programs and services can be found [here \(click to view\)](#).

Ways to contact us:

- By phone. Resource Specialists are available to help by phone. Our hours are Monday - Friday hours 9 am – 4 pm. Dial 360-321-1600, 360-678-3373, or 360-387-6201 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. [Our locations](#).

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



WE WILL BE CLOSED DECEMBER 28TH – 31ST (FOR REMODEL)

Donations will be open 10-3 or until filled.

Regular store hours will
resume Wednesday, January 4.

Shopping at Senior Thrift is not available December 28th - 31st due to a store closure (for remodel). Donations at the store are still accepted on these days.



With Special Thanks

We are connecting social services across our community by moving forward together. With gratitude to our 2022 Nonprofit Implementing Partners including:

CADA

Camano Center

Coupeville United Methodist Church

Friends of Friends

Good Cheer and other area food banks

Goosefoot Community Fund
LIHI at CamBey Apartments
Lions clubs
Northwest Regional Council
Opportunity Council
Rotary clubs
Small Miracles
The Center in Oak Harbor
WhidbeyHealth

We are deeply grateful to the businesses and organizations that have financially supported our vital work in 2022. Please join us in saying thank you.

Albertsons/Haggen
Amazon Smile
Assembly of God Church
Bank of America
Boeing
Camano Island Dental Center
Cummings Legacy Fund
Faley Family Charitable Foundation
FOE Aerie #3418
Freeland Cafe
Glassybaby Foundation
Harvest Foundation
Heritage Bank
Island County
Law Office of Debra A. Newby
Lucky Seven
Maxwelton Community Club
Music for the Eyes
Norcliffe Foundation
Northsound Physical Therapy - Stanwood
Office of the Washington Secretary of State
Prairie Center Market
Puget Sound Energy Foundation
Rob Schouten Gallery
Rose-Marie Designs
St. Augustine's in-the-Woods Episcopal Church
St. Cecilia Church
Stillaguamish Tribe of Indians
The Star Store
Trinity Lutheran Church
TinyBlue Foundation
Tulalip Tribes Charitable Contributions
Unity of Whidbey
Verbena Mental Health
Whidbey Community Foundation
Whidbey Island Maritime Heritage Foundation
Whidbey Telecom Employee Philanthropy Committee
Women of St. Hubert

Special thanks also to our government and private sector partners, donors, volunteers, and collaborators.



Moving Forward Together – 2023

by Robin Bush, ISR Communications

Healthy Aging – Part One: Change

In 2022, we focused on three guiding words to living well as we age, “Courage, Care, and Kindness.” This year, we will continue to offer inspiration and resources to help you live your best life, connect with those around you, and celebrate healthy aging by “Moving Forward Together.” It’s a way we can all live a better life. These three words guide us to remember the importance of moving through both the good and the unexpected with others by our side.

One of the aspects of healthy aging is our relationship with change. As we age, the number of life changes adds up. We may have had multiple career changes, children or grandchildren who arrived or left home, partners may have changed, some loved ones are gone, and we may be facing questions about our independence. The key to adapting to change at any age is finding balance by seeking positive factors that equal or exceed the challenges. That’s healthy aging.

**Continue
Reading**

Conversations

by Robin Bush, ISR Communications

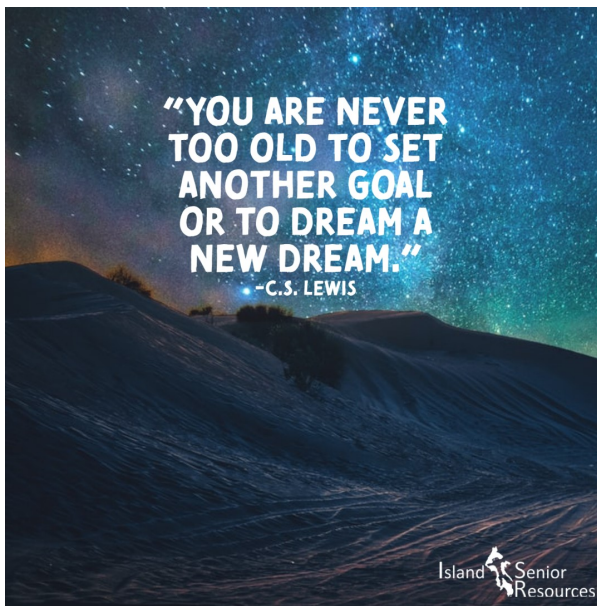
Conversations engage us in the life of another person. By conversation, we mean talking, not

texting, tweeting, or instant messaging. One thing we discover is talking with someone older often takes being creative to find topics that will draw them into a conversation.



When my grandmother moved in to live with us when I was a teenager, she'd sit in the rocking chair in the living room and blankly stare across the room. I'd come into the room and say hello, and she'd brighten up on seeing me, but then it was hard for me to know what to say next. Questions like "How are you?" went nowhere. "Fine" was all she'd say. I didn't know how to reach wherever she had withdrawn to. If only I had known how important it was to ask questions that she'd enjoy talking about. I would have learned so much, and she would have felt good knowing I wanted to listen to her. Those would have been conversations worth having.

[Continue Reading](#)



Resets for the New Year

by Robin Bush,
ISR Communications

"Don't let a health setback become a new health set-point." – Kay Van Norman

Throughout our lives, there are times when an illness or injury impacts our daily life – remember that time you fell off a horse at age 7, tore your ACL skiing at 22, got pneumonia at 33, lost a parent, or got back spasms reaching for the phone three years ago at age 72?

Events can be critical turning points, and the direction you choose can impact your mental and physical health for years to come.

[Continue Reading](#)

Nurture Your Hobbies with Sno-Isle Libraries



January is National Hobby Month. The fresh-start excitement of a new year is a great time to adopt a new hobby or nurture an existing passion. Join other local enthusiasts for companionable creating and conversation at Sno-Isle Libraries.

[Continue](#)

How You Can Help

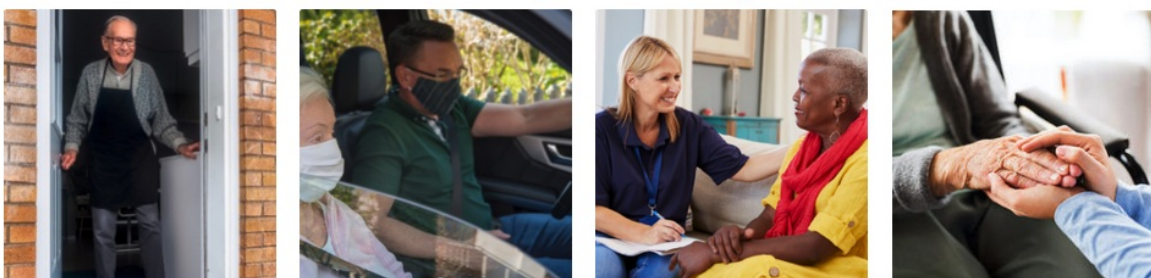
Become a funding partner

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

Learn more about the impact of gifts to ISR: [View our Impact Report](#).

Questions? Contact Charles LaFond, Development Director, phone 360-210-3011 or email charles@islandseniorservices.org.



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.

[Donate](#)

Getting Ready for Medicare

Going on Medicare? Want to know more? Attend a free “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

Dates:

- Wednesday, January 18 at 2 p.m. via Zoom
- Tuesday, February 7 at 2 p.m. (hybrid Zoom and in-person at The Center in Oak Harbor, 51 SE Jerome St. Oak Harbor)

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

Agenda:

- How and when to apply for social security 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

This Island Senior Resources workshop will be presented via Zoom by Annette Barca who has been conducting pre-retirement seminars for 15 years.

When:

- January 25 at 2 p.m.
- March 15 at 2 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.

MEET-UPS

Use the social media site MEET-UP for in-person and virtual activities for those 18 and over. Visit the ISR meet-up section [here](#). Never used MEET-UP before? [Learn more about MEET-UPS](#).



Oak Harbor Office

ISR's 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*.

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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.

Camano Center Programs

Information on The Camano Center's programs and services can be found at: <https://camanocenter.org/programs-services/>



ISR CALENDAR

[Explore activities, classes and more.](#)



FACEBOOK

[The ISR Facebook page](#) is fun and informative.

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.



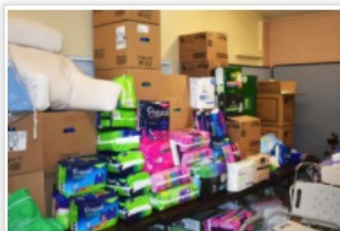
Private In-Home Providers Directory

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. Our [Private In-home Provider \(PIP\) directory](#) might have just the person you need.



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
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Support Groups

Everyone is welcome to attend these free activities. Our professionally facilitated Support Groups meet regularly via Zoom and 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.
- [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
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Nutrition Programs

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, 360-678-3373, 360-387-6201 or email meals@islandseniorservices.org.

[Pick-up a meal yourself](#). We provide 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. 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:

- Community Meals at Leo's Place located at [Island Senior Resources \(Bayview\)](#) and at [The Camano Center](#). Lunch is served 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.

[Learn More. View 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, 360-387-6201 (press 6)



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

[View Senior Thrift Store Hours and Sales](#)

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Contact Us

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P.O. Box 939
Freeland, WA 98249

Phone 360-321-1600, 360-678-3373, 360-387-6201

[Find our locations](#)

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Access our Program & Services

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