



## NEWS, ANNOUNCEMENTS, ACTIVITIES

### A monthly eNews to keep you informed

Greetings Neighbors,

This month we continue our series on Healthy aging with [Part 2: Having a Sense of Purpose](#) and the importance that makes in living well. (Looking for Part 1? [Part 1: Change](#) is available on our website blog).

Also, this month we have several articles for you:

- [“New Paths”](#) on new ways to engage or re-engage post-COVID.
- [“On Aging and Mortality”](#) with a perspective on the weaving of life by Charles LaFond
- [“MeetUp”](#) a new way for Caregivers and Care-receivers to connect with others.

Note: Our offices will be closed on President’s Day, Monday, Feb 20.

February is a month when love is honored. Remember, if no one told you today that they love you, you matter; you are unique; you are loved; you are beautiful.

Hug someone today.

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

---

## IN CELEBRATION OF FEBRUARY – AND AGING

by Michele Cato, ISR Executive Director

As I was looking for inspiration for this month’s article, I turned to the internet and a list of the official national days of observance we celebrate each February. It turns out there are quite a few! So, I decided to challenge all of us to pick one or more ‘holidays’ and celebrate them with the seniors in your family or neighborhood this month. Get creative in ways to celebrate together!

Here are just a few of the days of observance that are relevant to anyone as they age:

- All Feb: National Cancer Prevention Month, National Heart Month\*, National Hot Breakfast Month\*, National Cherry Month\*, National Black History Month, National Creative Romance Month, National Library Lovers Month, National Bake for Family Fun Month, National Embroidery Month
- Feb 1: National Dark Chocolate Day\*, National Get Up Day, National Freedom (13th Amendment) Day
- Feb 2: National Optimist Day
- Feb 3: National Wear Red Day, National Carrot Cake Day\*
- Feb 4: National Play Outside Day, National Ice Cream for Breakfast Day, National Homemade Soup Day
- Feb 7: National Send a Card to a Friend Day
- Feb 10: National Cream Cheese Brownie Day\*
- Feb 11: National Shut-In Visitation Day, National Make-a-Friend Day
- Feb 14: National Cream-Filled Chocolate Day
- Feb 16: National Do a Grouch a Favor Day
- Feb 17: National Caregiver Day, National Do a Random Act of Kindness Day, National Cabbage Day\*
- Feb 18: National Drink Wine Day
- Feb 19: National Chocolate Mint Day
- Feb 20: National Comfy Day, National Muffin Day, National Love Your Pet Day
- Feb 23: National Banana Bread Day, National Dog Biscuit Day
- Feb 24: National Tortilla Chip Day\*
- Feb 26: National Letter to an Elder Day, National Fairy Tale Day
- Feb 27: National Retro Day
- Feb 28: National Floral Design Day, National Public Sleeping Day

ISR will celebrate with its Meals on Wheels clients by delivering a special menu item to their homes each Wednesday and Friday in February for the special 'holidays' identified by an asterisk above. Everything from cherry cobbler to tortilla soup, from dark chocolate mousse trifle to ham and asparagus quiche, and more!

Enjoy your February with new traditions and new friends!

---

## 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 \(click to view\)](#).

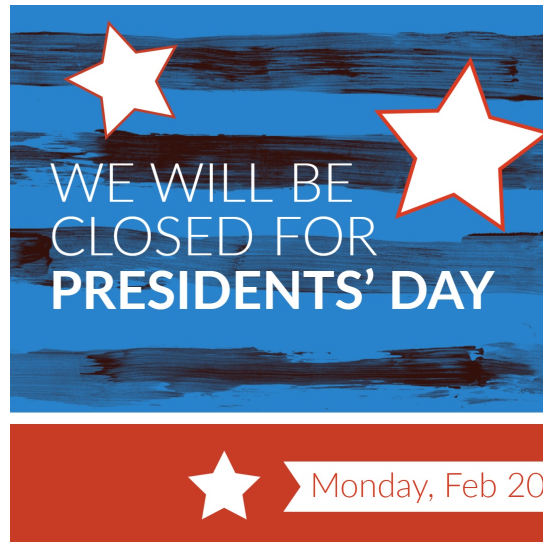
Ways to contact us:

- 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](#).

---

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 President's Day, Monday, Feb 20.**

## ARTICLES, ACTIVITIES & ADDITIONAL INFORMATION

### **Keys to Healthy Aging Part Two: Having A Sense of Purpose**

by Robin Bush, ISR Communications

In our quest to explore the keys to healthy aging, last month, we looked at how our reaction to change can affect our aging process. Now it's time to consider the profound impact having a purpose in your life can have on your health and well-being.

For years, your sense of purpose may have derived from the work you did and how that work benefitted others. However, as you age and circumstances change, those changes create opportunities to apply what you have learned in your years to new ways that continue to fulfill your purpose.

Older Americans are often told to sit back and take a well-deserved "rest." Actually, one of the things that makes the most difference in healthy aging is to get up out of your chair and do something you feel is important. Our purpose can also be described as our "calling" or driving force. It is our guiding light to building a satisfying life. So, ask yourself, what feels important to me? It's not about whether you take on a new hobby; it's about whether mastering that hobby means you can do something valuable with your knowledge, like teaching someone younger a skill that will improve their life. It's about identifying what mark you want to leave on the world that will make it a better place because you were here.



**Continue  
Reading**

# 6 BENEFITS OF HAVING A SENSE OF PURPOSE



**Purpose** in life is having an aim or goal that gives us meaning and makes a positive contribution to others. Our purpose is often birthed from our talents, skills, passions, and values in life. Having a sense of purpose guides our choices, fuels motivation, and gives us a clear path to follow. With our purpose, we inspire and educate others while we enjoy greater life satisfaction.



## 1 **PURPOSE** increases happiness

Scientific studies show that people without purpose in life are more likely to suffer from depression, anxiety, boredom, and loneliness. Living by what we value and what gives us meaning makes us happier.



## 2 **PURPOSE** reduces the risk of heart attack and stroke

Studies show that purpose in life is linked to a lower risk of heart attack and stroke. One study of older adults found a **22% reduced stroke risk**. Another study shows a **27% decrease in heart attack** in individuals who have purpose in life.

## 3 **PURPOSE** helps prevent dementia



Purpose in life impacts the health of the central nervous system. One seven-year study followed more than nine hundred older people at risk for dementia. The results showed that people with purpose had a **50% less chance of developing Alzheimer's** than those with low purpose.

## 4 **PURPOSE** has a positive affect on academics



Research shows that adolescents who have a sense of purpose in life perform better academically than those who do not. Higher purpose students also found more meaning in their academic studies.



## 5 **PURPOSE** is linked to greater job satisfaction

A study of hospital service workers revealed that those who considered themselves just cleaning staff had less job satisfaction than those who considered themselves part of the team that helped heal patients. Thinking this way gave them more meaning in their work.



## 6 **PURPOSE** reduces sleep disturbances

People who have a strong sense of purpose **reduce their odds of sleep disturbances by 16%**. This is partly due to their setting and achieving meaningful goals, lowering stress in life.

“The mystery of human existence lies not in just staying alive, but in finding something to live for.

Fyodor Dostoevsky, *The Brothers Karamazov*

## WAYS TO PRACTICE PURPOSE

### ● DISTINGUISH WHAT GIVES YOU A SENSE OF PURPOSE IN LIFE

What do you value? What brings your life meaning? When do you feel your most authentic self? What are your skills and talents? The answers to these questions provide clues to what your purpose is. If you already know your purpose, think about how you can expand it more in your life.

### ● MAKE YOUR PURPOSE A PRIORITY

If you feel that you know your purpose, it's important to do it as much as possible. It's easy to put what you love to do on the back burner in favor of daily obligations. Start by adding your purpose into your life wherever you can, even if it's only for a short time each day.

### ● GO ON A QUEST

A quest is commonly defined as a journey that someone takes to achieve a goal or complete an important task. Typically it's an adventure, trek, or mission, which can bring purpose to your life. Think about a quest you'd like to go on. Be sure you feel motivated and excited to make the effort for what might be a long haul.

#### Sources:

- Kaplin, M.D., Ph.D., Adam, and Laura Anzaldi. "New Movement in Neuroscience: A Purpose-Driven Life." *Cerebrum*, June 2015, pp. 4, 5, 8, 9.
- Members of the Adolescent Moral Development lab at Claremont Graduate University. John Templeton, 2018, p. 13, *The Psychology of Purpose*.
- Fotuhi, M.D., Ph.D., Majid, and Sara Mehr. "The Science Behind the Powerful Benefits of Having a Purpose." *Practical Neurology*, Sept. 2015, p. 33.



VirtuesforLife.com

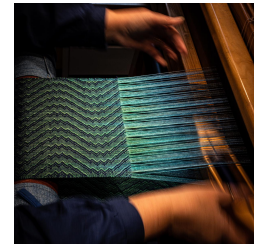
## On Aging and Mortality

by Charles LaFond, ISR Development

Sometimes I wish I were a deer for the sheer wonder of its speed or a beetle, small, hard to see, and with a shell that protects my soft guts from harm. But most days, I wish I were any animal, blissfully unaware that they will weaken and die one day, living as they do in each present moment.

Like most of us, I suppose, I simply pretend that aging is not happening to me, just to others. I accomplish this self-delusion by keeping the lights off in my bathroom when I shower or shave. Also, it helps to spend all my time with people 30 years older than me so that I am relatively youthful in my 59<sup>th</sup> year. And, of course, I only choose fat, ill doctors.

When it does occur to me that I am aging, I quite like to pretend that "everything is just fine."



Continue  
Reading

## New Paths

by Robin Bush  
ISR Communications

Many of us are looking for new ways to engage or re-engage post-COVID. New activities help you expand your social network and maintain your health. We suggest you listen to the podcast "70 Over 70" to hear inspiring voices speak about what being over 70 has meant to them. The common theme is engaging in meaningful activities that energize them mentally and physically. It's time to seek adventure, knowledge, and inspiration.



Explore. Experiencing a different culture is an adventure that will stretch you to



think in new ways and understand new perspectives. Is international travel beyond your physical capability or your financial means? Try day trips and see if you can meet a new friend in each new place. They could become your next travel buddy. And remember, nature is a tonic. Nature shows you examples of resilience, adaptation, and success everywhere you look. Think about what you see and ask yourself, “How can I model that in my life?” If mobility is an issue, you can still “travel from home” through virtual travel online, which will engage your sense of wonder and creativity. National parks like Yellowstone and Yosemite offer online virtual tours, as do the British Museum and the National Gallery of Art.

**Continue  
Reading**

---

## Learning with the Library

We never stop learning, do we? You may already think of the library as a place where you can access endless entertainment in the form of books, movies, magazines, and more. But did you know you can also benefit from a variety of invaluable learning opportunities?



### Advance your abilities with LinkedIn Learning

Looking to bolster your tech skills or pursue a new pastime? As a Sno-Isle library card holder, you have access to several powerful online learning platforms. LinkedIn Learning at <https://www.linkedin.com/learning-login/go/snoislelibraries> offers relevant, up-to-date content taught by industry experts on a wide range of subjects from Microsoft Excel to learning graphic design.

### Book a Librarian for one-on-one help

Whether you need help downloading eBooks, navigating online resources, or basic computer skills, we can help. With our Book-a-Librarian service at <https://www.sno-isle.org/book-a-librarian/>, you receive a personalized virtual or in-person session with a library professional. Learn how to:

- Create an email account
- Browse the library's catalog
- Download eBooks and digital audiobooks
- Search the internet
- Use databases

**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

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](mailto: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

When:

- 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](mailto:reception@islandseniorservices.org).

---

## Medicare 2023 “Reboot”

*A workshop offered by SHIBA (State-wide Health Insurance Benefits Advisors), a program of the Washington Office of the Insurance Commissioner and Island Senior Resources*

**There have been major changes to Medicare in recent months. These may help to reduce your costs and increase your benefits almost immediately.**

### **Medicare Advantage Plans**

Individuals enrolled in Medicare Advantage Plans on January 1st have the option of changing plans during the first quarter of the year. If you have an MA plan that you feel is not working for you, learn about the other plans available to Whidbey Island residents.

### **Insulin Cost Sharing**

Now beneficiaries can pay no more than \$35 for each one-month supply of an insulin medication covered by their Medicare Part D plan. However, the cap only applies when the insulin is covered by the enrollee's plan. Because this change was just announced late last year, the Medicare online search tool, Plan Finder, was not up-to-date during open enrollment. If you are in a plan that does not have the \$35 cap, you can likely switch to a new plan without needing to wait until the next open enrollment period.

### **Vaccine Cost Sharing**

Now, there is \$0 cost sharing and no deductibles for Part D-covered vaccines. This applies to vaccines, including the shingles vaccine, recommended by the Advisory Committee on Immunization Practices (ACIP) for adults.

### **Medicare Savings Programs**

Medicare Savings Programs (MSPs), also known as Medicare Buy-In programs, help to reduce your Medicare costs if you have limited income. There are three main programs, each with different benefits and eligibility requirements. Effective January 1st, individuals with monthly incomes that do not exceed \$1,549 or \$2,080 if a couple, may qualify. There is no longer a restriction based on assets.

### **Medicare Prescription Savings**

Income limits for "Extra Help" with prescription costs are \$1,719 for a single person, \$2,309 for a couple. It is estimated that almost half of all Medicare beneficiaries who qualify for this assistance are not aware of the benefit and do not apply. We can help you to apply. If you qualify you will save money on your prescription costs.

### **Workshop information (time and location):**

Thursday, Feb 16th at 12:30pm, The Center at Oak Harbor.

[View website of The Center of Oak Harbor.](#)

---

## **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:

- 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](mailto:reception@islandseniorservices.org).

---

## ISR introduces MEETUP

Ever since the start of COVID, ISR has recognized everyone's need for connection, and we are working to create new opportunities.



Introducing MEETUP. MEETUP is a long-established social media platform for in-person and virtual activities for those 18 and over. You can meet people, make friends, find support, join a group, or find an event to attend.

To get started:

1. Go to [www.meetup.com](http://www.meetup.com), click on sign up on the top right of the screen.
2. Enter your name and email and make up a password.
3. Check the Over 18 box and the I am not a robot
4. Click on sign up.
5. You will receive a verification email. Click verify when you open the email.

Are you looking for activities on a specific topic? From the [MEETUP home page](#) or the [ISR Meet-up page](#), type in your interest in the top search bar, the location you're curious about, and all the related activities appear.

To see what ISR has happening, you can go directly to ISR's Meetup Community Events page at

<https://www.meetup.com/meetup-group-sfmglmr/>

or our Meetup Caregiver Support page at

<https://www.meetup.com/meetup-group-xfbzpwwx/events/>.

You can create your own MEETUP events too. For example, are you planning an outdoor walk or starting a knitting circle? List it on MEETUP and encourage others to do the same. It's such an easy way to bring connection back into your life.

For more information about any of our MEETUP events, call 360-321-1600, 360-678-3373, or 360-387-6201.

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*.

**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.

---

**TAX TIME**



### Need assistance with taxes?

AARP Foundation Tax-Aide provides free tax preparation in different ways – in-person, low-contact, or contact-free – depending on what service is available in your area. [Click here to learn more.](#)

---



**CamanoCenter**  
Get connected.

## 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 More](#)

## 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  
More](#)

---

## 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](mailto: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

[View Map](#)

(off SR 525 just north of Main Street in Freeland)

Phone: 360-321-1600, 360-678-3373, 360-387-6201 (press 6)



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

## STAY CONNECTED

[Read the eNews and other ISR publications. Join our mailing list.](#)

[Read the Island Times \(access digital versions\)](#)





Senior Thrift



*Not displaying correctly? Click to view this email as a web page.*

*Copyright © 2023 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](http://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, 360-387-6201

**Find our locations**

**Request Assistance Online**

**Access our Program & Services**

### **Senior Thrift**

5518 Woodard Avenue  
Freeland, WA 98249

Phone 360-321-1600, 360-678-3373, 360-387-6201 (press 6)