

Island Senior Resources - March 2023 eNews

Serving Whidbey and Camano islands



NEWS, ANNOUNCEMENTS, ACTIVITIES

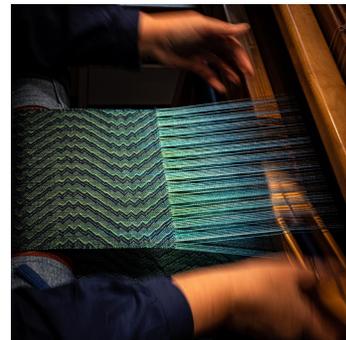
Greetings Neighbors,

This month we continue our series on Healthy Aging with “Part 3: Gratitude” on how gratitude maintains physical health, builds resilience, and transforms lives. [Click here](#). (Part 1: Change and Part 2: Having a Sense of Purpose are available on our website blog found [here](#)). [The blog](#) has other great articles also. Also, this month we have several articles for you:

- [“ISR Viewpoints: I am Grateful”](#) by June Nailon ISR Board President
- [“On Meaning and Purpose of Life”](#) by Charles LaFond, an artist’s view of the purpose of life
- [“Scams to Watch Out For”](#) on the newest scams you don’t want to fall for
- [“Advising My Parents”](#) on how to offer advice to aging parents in a way they will appreciate. This guidance can apply to aging friends, partners, and spouses as well.

Have you read the recent South Whidbey Record article about how a storycloth weaves our community together? [View the South Whidbey Record article](#)

As March rolls in, take time each day to breathe deeply and whenever possible spend time outside to watch the arrival of early spring. As nature renews, renew yourself.



With gratitude for you,

Robin Bush
ISR Communications
email: robin@islandseniorservices.org
phone 360-321-1600

I Am Grateful

by June Nailon, ISR Board President

My eyesight is dimming. My joints ache. I talk about my health and medical issues in regular

conversation with others, which I swore in my younger years never to do. I walk into a room and forget why I'm there. I am now my parents. I am aging. I am a senior person. Unless we are gone early, most of us will find ourselves aging. It's part of life. I'm grateful for aging. I have time to talk and visit with friends. I have time to walk my dog. I can sit and read a book all afternoon if I want. I even have time to volunteer at Island Senior Resources.



Yes, I am grateful. I am full of gratitude for my blessings and for my new island home. As a board member for ISR, I see that life is difficult for many in our Island County community. Wonderful seniors live silent, painful lives without family and or adequate funds. They choose between heat or food, a leaky roof, or medical care, and so it goes. They silently live without anyone knowing of their needs. They are too proud to ask. They don't want to bother anyone. Thank goodness for ISR, which can provide a ride, a warm meal, and assistance with the many issues and resources needed as we age.

I am on my way off the board as I reach the six-year mark, but I have learned much about our aging islanders and appreciate the work done by ISR's employees and volunteers. I am grateful to those donors who give much-needed funds to support the ongoing work of ISR. I have never found a group of people with more compassion for their fellow citizens than those engaged in ISR's business. I am grateful for these last six years of getting to know and be part of this amazing organization. I am grateful I am aging in Island County, where there is an ISR that offers me and others so much support and compassion.

Be sure to visit [ISR's website](#) to see how ISR can help you and see how you can help them support these beautiful seniors on these beautiful islands!

Contact Us. Serving Whidbey and Camano islands

Island Senior Resources offers an array of programs and services:

- Descriptions of programs and services can be found [here](#).

Ways to contact us:

- By phone. Resource Specialists are available to help by phone. Our hours are Monday - Friday hours 8:30 am – 4 pm. Dial 360-321-1600 and select option 0.
- Online. You can request help online using our website [Get Started](#).
- In person. We have in person ADR (Aging & Disability Resources) services available at our sites during office hours. [Our locations](#).

NEED HELP?

GET CONNECTED TO RESOURCES THROUGH ISR'S
ONLINE HELP REQUEST OR BY PHONE

<https://senior-resources.org/request-assistance/>



or call:
360-321-1600
Serving Whidbey & Camano Islands



North Whidbey Office: 917 E Whidbey St, Oak Harbor
South Whidbey Office: 14594 SR 525, Langley
Camano Island: The Center, 606 Arrowhead Road

 www.senior-resources.org

Island Senior Resources is an independent nonprofit 501(c)(3) that has been serving Island County since 1972. Island Senior Resources is the trade name for Senior Services of Island County.

ANNOUNCEMENTS

55+ RESOURCE FAIR

At the Camano Center, March 4, 2023 from 9:30 am - 2:30 pm [Learn More.](#)



55+ RESOURCE FAIR



At the Camano Center
March 4, 2023
9:30 am - 2:30 pm

One convenient place to get information about services, programs, and activities tailored to the 55 and over age group.

Free lunch served from 11:00 - 1:00

Presentations:

10:00-10:30

SAIL (Stay Active & Independent for Life) fall prevention class demo

11:00-12:00

“More than a ‘Senior Moment’”: Considerations on Brain Changes and Aging

12:15-1:15

Caregiver Resource Panel– What is Available & How to Access Services

1:30-2:30

Important Legal Issues Affecting You and Your Family as You Age

ISR Presents Death Cafe

Wednesday, March 8th at 7pm. Meet to talk about death, drink tea, and eat cake.

[Learn More.](#)



ARTICLES, ACTIVITIES & ADDITIONAL INFORMATION

Advise My Parents? How?

by Robin Bush, ISR Communications

My father was a fountain of advice during my early adulthood until he reached his eighties and I was in my fifties. Then, the tables began to turn, and I found I began to be the one offering the advice. It was challenging because parents often don't want advice from their adult children; it goes against the long familiar one-way street of advice from parent to child.



Once adult children are experienced in managing their homes, lives, health, and finances, they often see things they believe will help their parents live better lives, like how to downsize, where money should be held, and how to

improve health. These “children” think, “Why won’t my parents listen to me?”

[Continue Reading](#)

On Meaning and Purpose of Life

by Charles LaFond, ISR Development

On weekends I make pots on a potter’s wheel in a loft studio looking out over this green, lush island. I work my body hard, carrying clay and water up flights of stairs – turning 25 pounds of clay into 25 mugs on a Sunday morning. As I approach 60 this summer, the stairs seem to be getting longer – the clay and water heavier. But like any passion, I must make pots. I have no choice. The words I write in books, the fundraising I do for Island Senior Resources, and the pottery I make for kitchens all soothe me giving my life meaning. When life gets hard, I hold onto meaning with white knuckles.



[Continue Reading](#)

Keys to Healthy Aging Part Three: Gratitude

by Robin Bush, ISR Communications

Do you take time to be grateful for what’s going well in your life? Recognizing the good things helps us navigate challenges and focus on what is rather than what is not. Gratitude is vital to healthy aging. It’s good for your mental and physical health. It reduces isolation, supports generosity, compassion, and forgiveness, is invigorating and uplifting, reduces stress, supports optimism and happiness, strengthens your immune system, lowers blood pressure, improves heart health, reduces anxiety and depression, and improves sleep patterns



[Continue Reading](#)

Scams to Watch Out For

by Robin Bush, ISR Communications

There are several technology scams to watch out for these days.



The first is a phone call scam. You get a call from someone telling you your computer is infected with malware. If you have caller ID, it looks legitimate, as if it is from Microsoft, Dell, or others. **HANG UP IMMEDIATELY!** These companies will never call you about malware threats. It is a scam.

Continue
Reading

Discover new books and new friends

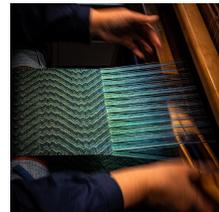


- **Join a Book Group.** Reading may be a solitary activity, but we often enjoy discussing the stories, information, or concepts we have read about with others. Book groups provide a welcoming social setting for friends, neighbors, and community members to connect and share their love of literature.
- **Library book groups: online and in-person.** Sno-Isle Libraries offer book groups focused on a variety of subjects, genres, and interests, like gardening, science fiction, cookbooks, mysteries, nonfiction, and more. Peruse the reading lists for existing book groups at sno-isle.org/book-groups and click on Library Book Club Picks.

Continue
Reading

How You Can Help

Every funding partner is a thread in the weave of our tapestry of services to island neighbors. 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 charles@islandseniorservices.org.

Issues we face

25% of older adults are socially isolated and 43% report feeling lonely.

Island County residents 65+ will have almost doubled from 14% in 2000 to an expected 28% in 2030, increasing the demand on services.

Since the COVID pandemic began, Island Senior Resources' client needs have doubled in almost every program, while funding has not.

It is estimated that 90% of adults 65+ experience one or more chronic conditions requiring specific treatments and medical care.

Solutions we provide

Your gift helps fund **more than 6,000 answered calls** annually for aging and disability information and assistance.

Over 1,000 pieces of medical equipment are provided through our lending library each year.

Almost 80,000 meals are delivered annually to homebound adults or served to the community by compassionate staff and volunteers.

More than 200,000 miles of transportation for medical and essential travel are provided each year both on and off island.

Individualized case management to over 3,000 clients with complex needs is provided annually.

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:

- Wednesday, March 1 at 2 p.m. in-person at Island Senior Resources, Bayview, 14594 SR 525, Langley
- Tuesday, April 18 at 11 a.m. 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 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:

- 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 ext 0. You can also email reception@islandseniorservices.org.

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*.

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.

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/>

Connect With Us

Island Senior Resources



Senior Thrift



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. [Learn more about volunteering.](#)



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.



Find Locations. Learn More

Need a ride?

We provide private rides for medical appointments and essential errands. Our volunteers provide medical transportation from Island County to the following counties – King, Snohomish, Whatcom, and Skagit. We also provide assistance with essential errands (grocery, pharmacy, post office and bank), and yard work. All services are provided based on volunteer availability.



NEED A RIDE?
PRIVATE RIDES FOR MEDICAL APPOINTMENTS AND ESSENTIAL ERRANDS

www.senior-resources.org/medical-transportation/



Medical Transportation & Volunteer Services



or call:
360 -321-1600
Serving Whidbey & Camano Islands





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South Whidbey Office: 14594 SR 525, Langley

Camano Island: The Center, 606 Arrowhead Road

 www.senior-resources.org

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 or email meals@islandseniorservices.org.
- Take-Out Meals. Pick-up a meal yourself. [Learn more \(hours and locations\)](#)
- Community Meals. Come join us and share in the spirit of community. [Learn more \(hours and locations\)](#)
- Liquid Nutritional Supplements. Available by the case. [Learn more](#)

Learn
More

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)



**Senior Thrift Store Hours and
Sales**

Senior Thrift

benefitting
Island Senior Resources
5518 Woodard Ave,
Freeland, WA 98249

360-321-1600 • 360-678-3373

March 2023
HOURS
Wednesday-Saturday
10 a.m.-4 p.m.

Donations accepted
until 3 p.m. or
capacity is reached.

SENIORS (55+)
RECEIVE 10% OFF
EVERYTHING, EVERY
DAY!

Find Your Sparkle Wednesdays
15% OFF ALL GOLD & SILVER



Pot of Gold Thursdays
25% OFF ANY ONE ITEM



Every Day Specials
CD'S
3 FOR \$1
ALL DVDs
2 FOR \$5



Fantastic Fridays
30% OFF ALL BOOKS



Spring in your Step Saturdays

25% OFF ALL SHOES



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

Island Senior Resources



Senior Thrift



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www.senior-resources.org to keep up on news, events, and activities at Island Senior Resources. Thanks for your interest!

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