

# Island Senior Resources - April 2023 eNews

Serving Whidbey and Camano islands



## NEWS, ANNOUNCEMENTS, ACTIVITIES

Greetings Neighbors,

The resources you need are now at your fingertips. Check out our new website Home page, Donate page, and Resources page by visiting <https://senior-resources.org>.

Did you know you can request help or refer a friend to ISR online right from our website? It's easy. Complete a short online form, and we'll contact you with the help you need. To make an online request:

1. Use our general **Help Request form** where you can request help or assistance from any of our programs and services. [Click here.](#)
2. Access the dedicated **Request a Ride form** if you need transportation to a medical appointment. [Click here.](#)

[There are lots of new articles](#) this month! Get easy access to the new articles and all the ones from the past by visiting the ISR blog ([click here to visit the ISR Blog](#)).

ISR's Lunch-n-Learn program is back in Coupeville. [Click here to see what is going on.](#)

Happy spring; enjoy the return of flowers and wildlife. Get up and get out if you can, or open a window and inhale the renewal of nature.

Robin Bush

ISR Communications

email: [robin@islandseniorservices.org](mailto:robin@islandseniorservices.org)

phone 360-321-1600

Visit our [Facebook](#) and [Instagram](#) pages regularly to find many great articles and videos to inspire you to live your best life.

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## Request Assistance for Yourself, a Friend, or Neighbor

Serving Whidbey and Camano islands

Island Senior Resources offers an array of programs and services. Programs and services information can be found [here](#).

You can request assistance for yourself, a friend, or a neighbor. Ways to

request help:

- Call 360-321-1600, Monday – Friday from 8:30 am to 4:00 pm.
- Email us at [reception@islandseniorservices.org](mailto:reception@islandseniorservices.org)
- Ask for assistance using our [online request feature](#)

Request Help

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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

### INTRODUCING ISR'S NEWEST BOARD MEMBER – Sarah Stiteler

by Michele Cato, ISR Executive Director

We could not do our work nor meet the critical needs of our clients without incredible volunteers like Sarah.

Sarah's parents purchased a cabin on Saratoga Passage on Camano in the early 1960s, and Sarah has been visiting ever since. When her folks retired and decided to 'age in place' in their cabin, Sarah began the frequent weekend treks from her job and family in the Seattle area to help them as they aged, ultimately assuming a part-time caregiver role for her mom. In 2018, her partner moved to Camano Island, while Sarah continued her work with the City of Redmond. Unfortunately, Sarah took on heavy caregiver responsibilities when her partner was diagnosed with terminal cancer, leading to Sarah's permanent move to Camano in 2021.



Sarah is a proud grandma of four cats and her amazing 2-year-old grandson. She has an adult daughter and son living in the Seattle area with their spouses. Sarah enjoys reading, walking, kayaking, spending time with family, playing Mahjong with friends, and baking fruit tarts and cookies to share. She also enjoys walks and is no stranger to Whidbey Island, with Deception Pass being a favorite destination.

With a Master's in Urban Planning (BA in Social Welfare) from the University of Washington, Sarah has had a successful career in community development and land-use planning. Having now had time to reassess after retirement, the death of her partner, and helping her sister and brother-in-law move into assisted living, Sarah seeks to "build community by helping the community." She has the capacity, passion, and time now to pay it forward and has chosen to do so by joining ISR's Board of Directors. She believes everyone needs to know about ISR's services and avail themselves of them as they (or their loved ones) age. "Aging and caregiving are part of our lives."

Our rural island culture offers an abundance of caring, compassionate people who find room in their hearts and lives to support the many organizations in need of volunteers across Island County. ISR is grateful for its 250 active volunteers working 15,000 hours annually to provide medical transportation,

deliver Meals on Wheels, process Thrift Store donations, counsel Medicare clients, manage the Medical Equipment Library, and serve as advisors and Board members, all in support of our community. If you would like to volunteer to support seniors and adults with disabilities, please check out our website at <https://senior-resources.org/volunteering/> or call 360-321-1600.

## ARTICLES, ACTIVITIES & ADDITIONAL INFORMATION

**Lots of new articles this month!** [Visit the blog now](#) and select the article you want to read.

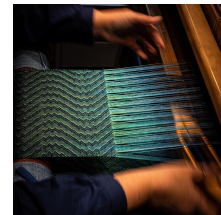
- **Part Four Healthy Aging: Positive Attitude** – how attitude matters for your health and well-being
- **What Choice Do We Have** by Charles LaFond – all of us, together, taking care of each other
- **Be Prepared for a Hospital Stay** by Katheryn Howell – what to have ready in case of hospitalization
- **Tips for Seniors: Medical Alert Devices** by Glenda Cantrell – economical and efficient devices that might save your life
- **Blue Zones** – If you **incorporate the lifestyle habits of the five longevity “Blue Zones” worldwide**, you may increase your life expectancy by 10-12 years, largely without chronic disease
- **Ordinary People Leading Extraordinary Lives** – turning passions into extraordinary achievements
- **Mindfully Becoming an Elder** – how to create conversations that build trust and understanding across generations
- **Sno-Isle Library: Health and Wellness Resources**
- An Introduction of **Sarah Stiteler**, our newest board member

[Visit the ISR Blog](#)

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### 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](mailto: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



**GiveBIG:**  
Kick-off April 18  
culminating in a 48-hour  
online event May 2-3  
[senior-resources.org/donate](https://senior-resources.org/donate)



Island  Senior  
Resources  
Serving Whidbey  
and Camano islands  
360-321-1600

## 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, April 18 at 11 a.m. in-person at The Center in Oak Harbor, 51 SE Jerome St in Oak Harbor
- Tuesday, May 16 at 2 p.m. in-person at Island Senior Resources, Bayview, 14594 SR 525, Langley
- Friday, June 16 at 11 a.m. in-person at The Center in Oak Harbor, 51 SE Jerome St in 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](mailto:reception@islandseniorservices.org).

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## 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:

- Thursday, May 11 at 2 p.m.
- Thursday, September 14 at 1:30 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](mailto:reception@islandseniorservices.org).

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## Lunch-n-Learn is back in Coupeville!

Join us for a delicious lunch and then stay for fun and learning.

Wednesdays, lunch 11:45 am – 12:30pm, presentations 12:30pm – 1:30pm  
Coupeville United Methodist Church  
608 N. Main St. Coupeville

**April 5**

BINGO: Have fun and create new friends

**April 12**

EMERGENCY PREPAREDNESS: "When a Natural Disaster Strikes."



Immediate steps to take after a natural disaster and prepare for an extended period until help arrives. By Bonnie Maclean, Coordinator, neighborhood emergency response team

#### **April 19**

**HOSPITAL STAY:** “Plan for Hospital Stays and Discharge.” Learn what to bring and how to transport home. By Katheryn Howell, ISR Director of Community Programs

#### **April 26**

**ISLAND SENIOR RESOURCES 101:** “Everything You Need to Know About ISR.” Learn about our services and website. By ISR Aging & Disability Resources staff (ADR)



**Wednesdays  
at Coupeville  
United  
Methodist  
Church**  
608 N. Main Street  
Coupeville, WA

**Lunch 11:45-12:30    Presentations 12:30 - 1:30**  
Donations accepted to help cover the costs of lunch

**April 5    BINGO**

**April 12    EMERGENCY PREPAREDNESS: When a  
Natural Disaster Strikes**

**April 19    HOSPITAL STAY: Plan for Hospital Stays and  
Discharge**

**April 26    ISLAND SENIOR RESOURCES 101: Everything  
You Need to Know About ISR**

Island Senior Resources: Serving Whidbey and Camano islands  
www.senior-resources.org    360-321-1600

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## **Oak Harbor Office**

ISR's Oak Harbor office is located at 917 E Whidbey Ave, 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.*

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**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.](#)

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## **Camano Center Programs**



## ISR CALENDAR

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

## 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.](#)



[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.



[View the PIP directory](#)

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.



### More about the Medical Lending Library

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## 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.



Book a  
ride

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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.

### When and where?

To find times and locations for Support Groups visit our [calendar page \(here\)](#). [Contact us](#) for additional information on attending a Support Group.

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](mailto: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



**Join us for lunch 11:45 - 12:30**

<b>Mondays</b>	<b>Wednesdays</b>
<b>The Center in Oak Harbor</b> 51 SE Jerome St. Oak Harbor	<b>Leo's Place</b> at Island Senior Resources - Bayview 14594 SR 525 Langley
	<b>Coupeville United Methodist Church</b> 608 N. Main St. Coupeville
	<b>Camano Center</b> 606 Arrowhead Rd, Camano Island

Donations accepted to help cover the costs of lunch

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## 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 Woodward Avenue**

Freeland, WA 98249

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

Phone: 360-321-1600)



**Senior Thrift Store Hours and  
Sales**

## STAY CONNECTED

[Join our mailing list](#)

Island Senior Resources



Senior Thrift



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[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

**[Find our locations](#)**

**[Request Help](#)**

**Access our Program & Services**

**Senior Thrift**  
5518 Woodard Avenue  
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