

Island Senior Resources

July 2020 - June 2021

ANNUAL IMPACT REPORT

A portion of the cost of printing and mailing this report was covered by gifts from concerned donors.





Our Mission

To provide resources that enhance the emotional, social, and physical well-being of seniors, adults with disabilities, and those who care for them.

Our Vision

Island Senior Resources envisions strong communities where seniors, adults with disabilities, and those who care for them are valued, heard and seen, cared for and about, afforded respect, treated with dignity, and supported to live their best life.

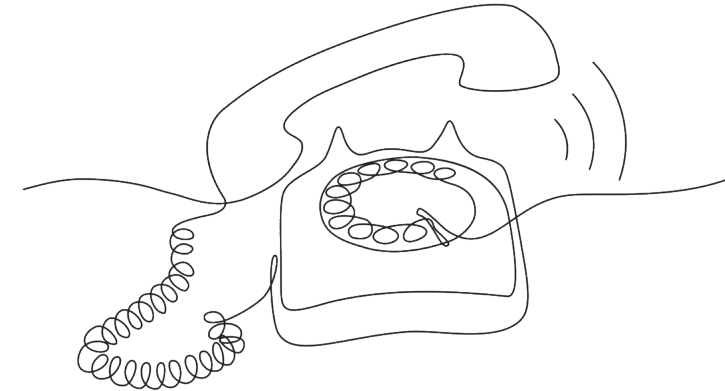
Our "Why"

- Since 1950, the proportion of persons aged 65 years or older in the United States has more than doubled, from **8%** to **16.5%**.¹ Due to the baby boomer bubble, by 2030 an estimated **20%** of Americans will be aged 65 years or older.²
- The younger generations of an extended family no longer remain at home, or even near home, to care for elder members, adults with disabilities, or to support primary family caregivers.
- We are not living longer, rather we are aging longer. Island Senior Resources is here to help.

Our Work

- Successful aging requires three core components: functioning (mental and physical), health, and social inclusion. Island Senior Resources tends to these components for 10,000 clients in Island County—many, unknown to you, are your neighbors and friends. And one day, you may need this help.
- At Island Senior Resources, any door opens every door. One phone call may provide:
 - seven meals delivered each week
 - front door check-ins
 - support groups
 - Medicare advising
 - resources for aging and disability
 - in-home Medicaid case management
 - medical equipment
 - transportation to and from medical appointments

During July 2020-June 2021, donors funded...

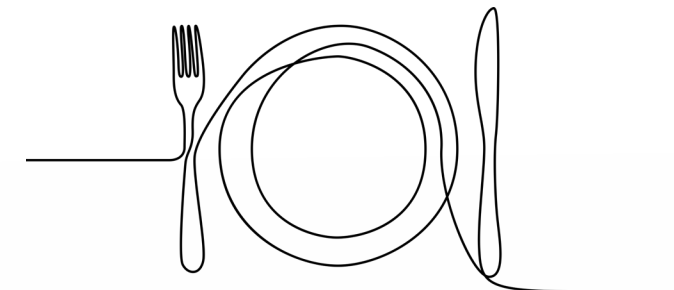


8,398 phone calls providing Aging & Disability Resources for **2,079** clients

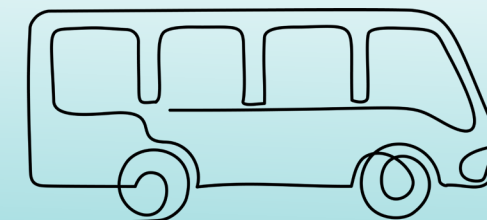
1,000+ pieces of medical equipment provided at no charge, for individuals to use as long as they need, through our Medical Equipment Lending Library



182 online support groups, **39%** more than the previous 12 months, and a **42%** increase in attendance



79,960 meals that were delivered to seniors in need, **35.4%** more than the previous 12 months



186,271 miles of transportation to and from medical appointments and meal delivery by volunteers

Meet Laura

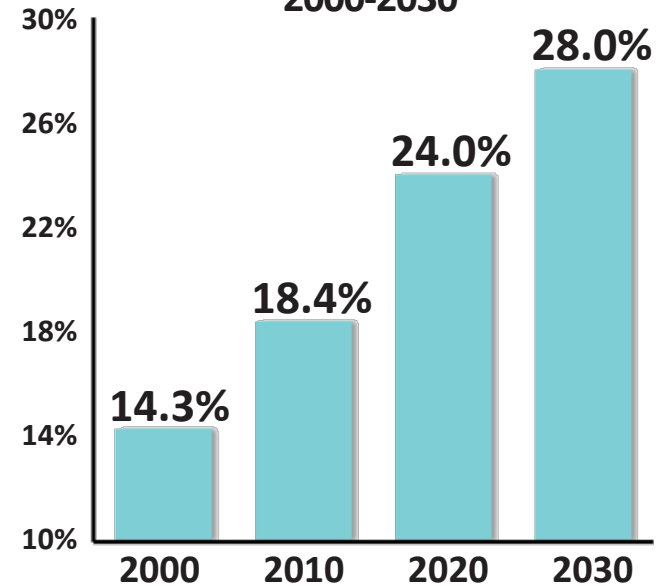
Laura is 73 and now lives alone. She depleted her savings caring for her husband through his long illness. Social Security does not cover her rent and basic expenses, so she sold her car and skips meals. Without a car, she has great difficulty getting to the grocery store or medical appointments, and is isolated from her friends and church community. A neighbor suggested she call Island Senior Resources and inquire about help, which she did.

Island Senior Resources connected her to our Medical Transportation Services and other transit services that offer easy access to the grocery, pharmacy, and church. We arranged for Meals on Wheels to bring her seven nutritious meals each week, and we helped her find less expensive Medicare coverage, which will save her \$2,000 each year. This help means Laura can afford to stay in her home, eat well, access transportation, and she no longer feels alone. One call made all the difference.

Island Senior Resources helps people be well cared for and age in their homes safely.

"Suddenly I felt fragile and confused, but one call to Island Senior Resources answered question after question until I felt safe, able to age in my home, and navigate the resources I needed to do so. One call opened many doors for me."

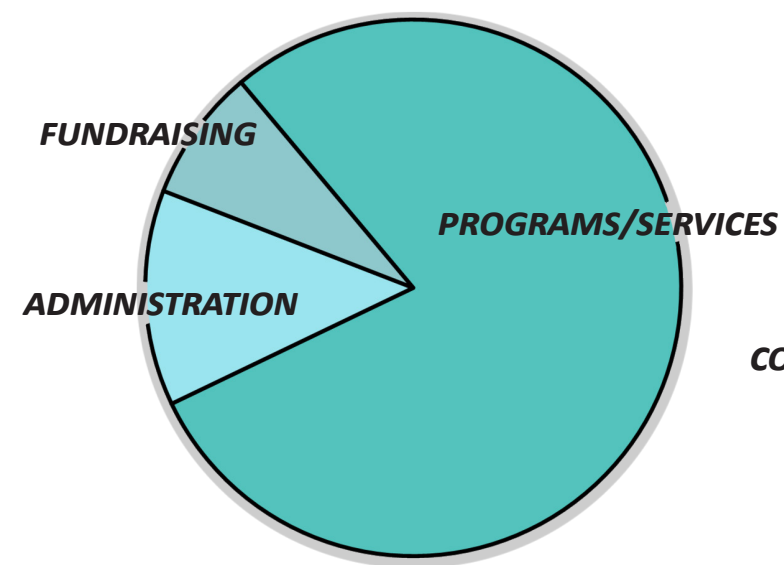
PERCENT OF ISLAND COUNTY POPULATION 65+ 2000-2030³



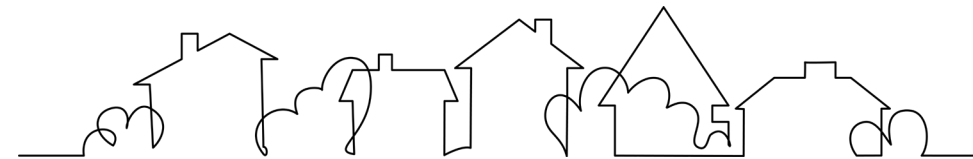
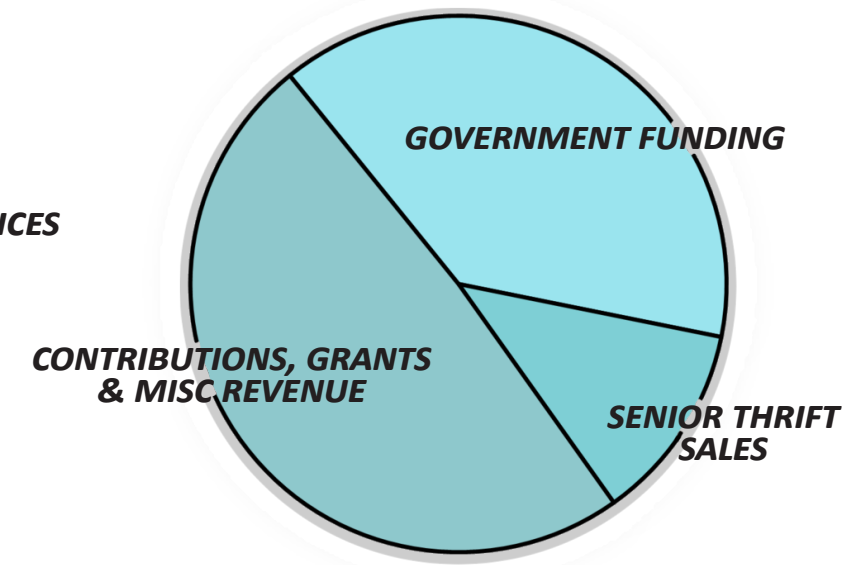
In the U.S., approximately **25%** of community-dwelling older adults are considered to be socially isolated, and **43%** of them report feeling lonely.⁴



EXPENSES JULY 2020-JUNE 2021



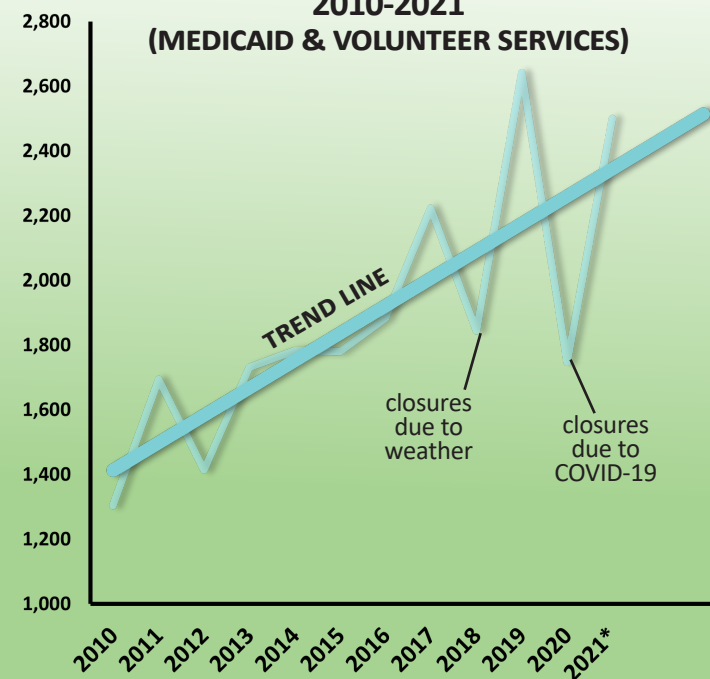
REVENUE JULY 2020-JUNE 2021



76% of Americans age 50+ would like to remain in their current residence as long as possible; however, nearly half will not be able to do so.⁵

"My son was able to get me what I needed. I did not want to go to a nursing home, nor could I afford one. Now, with help from Island Senior Resources, I am getting the benefits I need and can live and age among my neighbors who fill my life with laughter."

MEDICAL TRANSPORTATION TRIPS 2010-2021 (MEDICAID & VOLUNTEER SERVICES)



*projected based on January-June data

Meet Tyrone

Tyrone spent months calling various state agencies to seek care for his mother. She needed a caregiver and transportation to her doctor. She didn't eat well because she had difficulty standing to cook. He spent hours on the telephone to government agencies, being placed on hold or transferred five or six times in one call. He would fill out one set of paperwork, only to find out that a separate set of forms was needed for a different office. Tyrone lived off-island and had a full-time job as a truck driver. He could only make calls when he was on break. One day, when in the grocery store, he picked up a copy of Island Times. That day changed his life. He read that with just one telephone call to Island Senior Resources, our staff would evaluate the resources he needed and walk him through the process of applying for benefits. He called immediately. Tyrone didn't know that Medicare didn't cover in-home care, but found out that because of his mother's limited finances, she might be eligible for government Medicaid benefits. Now his mother receives the care and benefits she needs, and he no longer worries about what to do.

Opening one door at Island Senior Resources opens them all. We provide coordinated care now and into the future as needs change throughout the aging process.





Meet Olive

Olive was referred to Island Senior Resources by our community partner, Puget Sound Energy, because her electric bills were past due. Unfortunately, her phone wasn't working, so we did a home visit. Olive initially seemed articulate and well-informed when we met, but we observed telltale signs of dementia in her living conditions. Unwashed laundry was everywhere, Olive was living on soda and potato chips, her cat was underfed, and Olive, indeed everything, was covered in fleas.

Island Senior Resources brought the full force of our Aging & Disability Resources to help Olive. We got her approved for a caregiver, got the home cleaned, started Meals on Wheels, and she now gets to medical appointments using our Medical Transportation Services. We arranged for her phone and electricity to be restored through financial support from the Opportunity Council and Lifeline and arranged with a neighbor to help care for her cat. Olive attends the Time Together @ Home Zoom Support Group, and has made many new friends. Olive is living a much better life, and we will continue to help her age safely in her own home, adapting our services as her needs change.

"Olive is much loved in our neighborhood. We could see that she was suffering from dementia, but did not know what to do. Island Senior Resources knew what to do."



It is estimated that **90%** of adults over age 65 experience one or more chronic conditions, requiring specific treatments and medical care.⁶

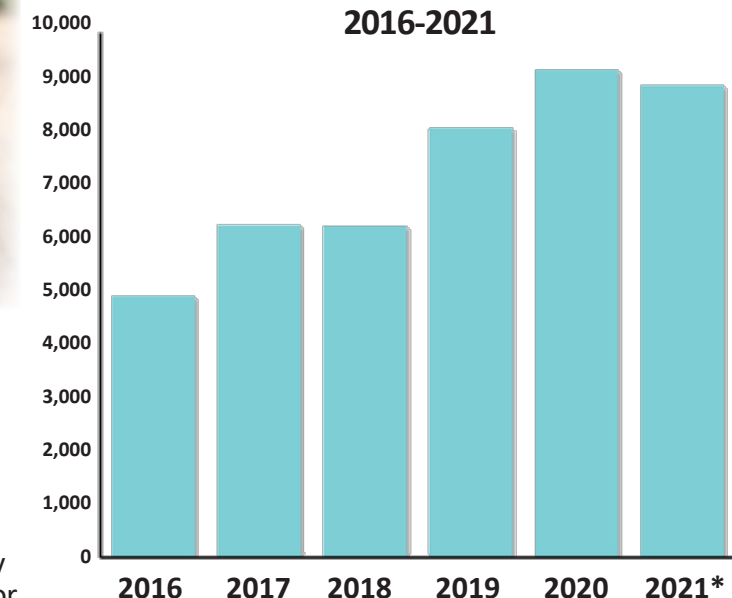


Meet Ben

Ben had muscular dystrophy. Throughout his childhood and right up into his late twenties, he laughed constantly and thoroughly enjoyed the medical scooter Island Senior Resources found for him. As his condition progressed, his parents needed ongoing coaching and resources to best care for their son. Island Senior Resources had helped them for years with assistance after hospital visits, obtained a medical alert necklace for Ben, and provided him with a body brace from our Medical Lending Library in the last years of his young life. When Ben's parents needed a day off from caregiving, Island Senior Resources provided a list of skilled caregivers. Our online caregiver support groups gave Ben's parents a community of advice and support. With Island Senior Resources' help, Ben never needed to move into assisted living. Now Ben's mother and father are volunteer drivers for our Meals on Wheels program and occasionally offer their services as caregivers to other families dealing with muscular dystrophy.

TOTAL AGING & DISABILITY RESOURCES CALLS

2016-2021



*projected based on January-June data

70% of unpaid caregivers reported adverse mental health symptoms during the COVID-19 pandemic, compared with approximately **one-third** of non-caregivers.⁷

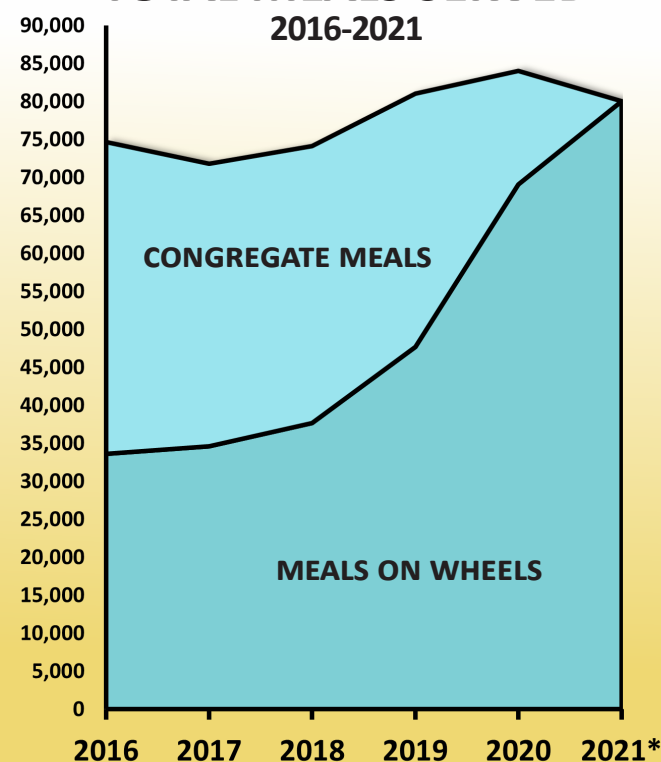


"With Island Senior Resources' support we were able to navigate the complex systems needed to care for our son in our home. His laughter lit up our lives every day. Our care for him made his difficult life easier to manage."



TOTAL MEALS SERVED

2016-2021



*projected based on January-June data

"When they drew back the curtain I saw the beautiful flower garden and the two apple trees that my Hank and I had planted in the 1950s. I am aging surrounded by loving care. I awaken every day looking forward to the day."

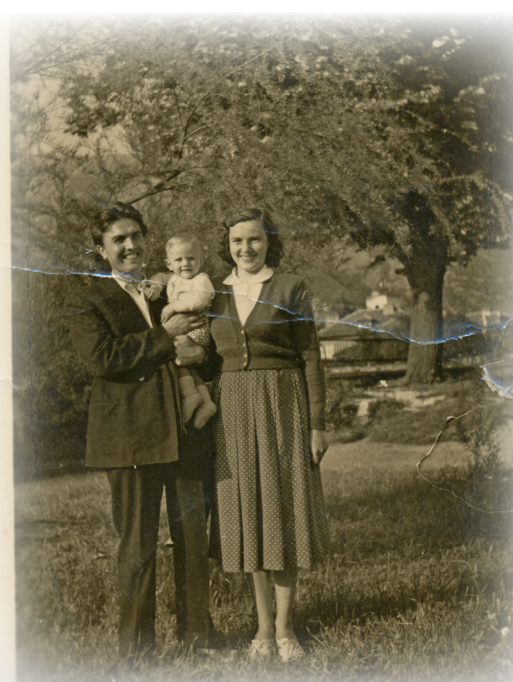


A CDC study found that social isolation significantly increased a person's risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.⁸



Meet Barbara

Barbara's grandson called Island Senior Resources after visiting her. He noticed she was finding it harder and harder to care for herself in her home. Our staff reviewed Barbara's needs and her income; we found that she was eligible for a state-funded assistance program, and we helped her get approved. Her grandson and his partner were trained as caregivers and were able to move in to care for Barbara. With their help, Barbara was living a safe life, at home, in her late 90s. Like Barbara, her grandson enjoyed a great love of gardening and so, based on old photos he had found, returned her gardens to the beauty they had been back when Barbara and her husband had moved in 70 years ago, as newlyweds. He kept the project a secret until one day, he helped Barbara to the window, drew back the curtains, and revealed a fully restored garden. Without the funding arranged for by Island Senior Resources, he would never have been able to live with her, and she would not have had the joy and safety of his company, or the view of the beautifully restored garden she had loved all her life.



Thank you to all of our funding partners!

We are a donor-funded nonprofit. We are grateful for every dollar and every hour of time donated by people like you. Each gift of time, money, or mission endorsement, regardless of size, is a beautiful act of our donors. We are an island community. We help each other.

We thank each other. Our tremendous effort this year is funded by you. Thank you.

If you are not yet a donor, might you become one today?

Each category of giving has been named, with care, for a tree that is native to Island County.



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\$366-499

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Cedar

\$1,000-2,499

‡ Deceased
§ Evergreen Donor

Oak

\$2,500-4,999

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\$5,000-9,999

Anonymous (1)
Coupeville Lions Club
Group Health Foundation
Heritage Bank
Marie McElligott §
St. Augustine's in-the-Woods
Episcopal Church
Swinomish Indian
Tribal Community
Debora Valis and
Steve Shapiro
Whidbey Community
Foundation

Pine

\$10,000-24,999

Bank of America Foundation
Annette Barca
Goosefoot Community Fund
Janet Hall and Nicole Luce
Harvest Foundation
Puget Sound Energy
Foundation
Helen Richards
Marcia Sill
Byron Skubi
Stillaguamish Tribe of
Indians

Spruce

\$25,000-49,999

Anonymous (1)

Fir

\$50,000+

Anonymous (1)
Nancy Nordhoff and
Lynn Hays

Gifts in Honor

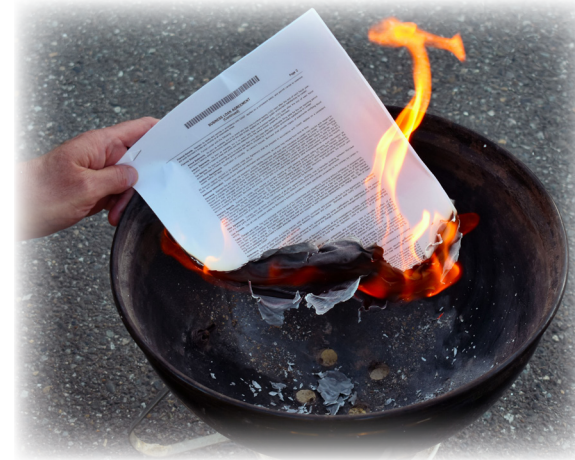
Anonymous for Phil Tannura
Suzanne Beaumont for
Kathryn Beaumont
Stephen Eldridge for
Bonnie Eldridge
Susan and Greg Gilles for
Harriet O'Neal
Sharron Gray for
Michael Gray
Judy and Jerry Kaplan for
Sally Kaplan
Judith and Olin Keller for
Cynthia Miller
Kathryn Langston for
Kathryn Beaumont
Janet Lee for
Marge Blackford
Suzette and Gilbert Montano
for the great staff at ISR
Rudy Rudolph for Marilyn
Shannon and Ken Wolfe for
Bernice McDonnell

Gifts in Memory

Anonymous for John Gibson
Corrine Bayley for
Ed Severinghouse
Arlene and Vince Blauser and
Robert Johnson
for Diane Johnson
Joyanne Bloom
for Ed Dippold
John S. Bozin
for John S. Bozin
Kenneth Dvorak and
Cecelia Frawley
for Ruth Royal
Joan B. Focht
for Judy Martin
Scott Furman
for Marilyn Furman
Stephanie Garlichs and
Jeff Ried
for Elizabeth Garlichs
Patrick Johnson for Liz Axford
Alexandra Kaufman
for Mary Carter
NWCA Whidbey Island No. 150
for Joyce Vance
Gene Parmelee
for Sue Parmelee
Judith and William Schanilec
for Joseph Warner McKinley
Joyce Swanson for Mom,
Edythe M. Swanson
Inge Zimmermann
for my husband

Gifts in Kind

Anonymous
Arlene and Vince Blauser and
Robert Johnson
Nancy and
John Bolin-Romanski
Don Bollinger
John S. Bozin
Janette and Gary Dunn
Nora and Art Durand
Robert Gonzalez
Goose Community Grocer
Breanna Hartlett
Deborah and Jim Heg
Louise Holloway-Stanley
Gwen Horchover
John Jacobs
Dorothy Kulwin
Kip McKenzie
Abby Meyer
Cherie Moon
Laura Nance
Sandra and
Steven Oldemeyer
Tina Roberts
Brandon Rose
Diane and Steven Runo
St. Augustine's in-the-Woods
Episcopal Church
Nora Starr
Donna Taylor
Susan Vanderwood
Ellen and John Welsch
Whidbey Telecom
Katelyn and Joseph Williams



Transitional Investment

Nancy Nordhoff and Lynn Hays launched the 2021 Annual Giving Campaign with a \$50,000 challenge gift, and then further invested in Island Senior Resources with a special gift of almost \$1 million to pay off the entire loan on our Freeland building, currently housing Senior Thrift. Nancy, Lynn, and other close friends burned the mortgage one sunny afternoon in June. What an end to an amazing 12 months of generosity!

Thank you to our volunteers!

Life's richness comes from our decisions to share ourselves such that we help, support, and companion others. We value your gifts of time.



Volunteers

Linda Alexander
Connie Allen
June Allen
Robert Allen
Sandra Allen
John Allison
Madeline Andrews
Charlene Arnold
Wendy Ashford
Wayne Bacus
Anita Badri
Lorna Baker-Houseworth
Christina Baldwin §
Annette Barca
Jim Barden
Gary Barrett
Brad Barthell
Christine Bateham
Natalie Baublitz
Kathryn Beaumont §
Dennis Benning
Elaine Benning
John Benthin
Barbara Bentley
Marty Benum
Susan Berner
Linda Berry
Walt Blackford
Bill Blair
Evelyn Blair
Gary Bluhm
Janis Bluhm
Nancy Bolin-Romanski
Jan Boonstra
Robert Born
Myrna Bradley

Randy Bradley
Bethine Brenny
Lori Bride
Fred Bronson
Constance Brotherton
Bill Brown
Undine Buhler
Dennis Bullock
Dianne Burrill
Janet Burton
John Bush
Tamara Butler
LeAnne Byrum
Betty Cameron
Nancy Carey
Shawnie Carey
Pat Carlisto
Tikina Carpenter
Colleen Case
Sarah Cash ‡
Pamela Cassidy
Felipe Catabay
Kelly Cavanaugh
Donna Chan
Robin Charwood
Lori Christian §
Denise Clark
Lee Clemetson
Sandra Clemetson
Steven Clines
Susan Clines
Audrey Clyde
Rick Codiga
Lynda Comerford
Terry Comerford
Stuart Conway
Ganette Copeland
Daniel Corrigan

Katie Corsae
Aileen Covert
Christine Cunningham
Kathryn Deberko
Ladine DeGregory
Sally DeJong
Michael DeYoung
Beth Dietrich
Adela Droie
Barbara Dumit
Adele Duncan
Glenn Duncan
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Gary Dunn
Bridget Eastman
Brenda Edwards
Diane Eelkema
Karen Ekberg
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Mary Emmett
Mike Etzell
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Sally Foster
Steve Foster
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Bob Frizelle
Alfred Galvez
Karen Galvez
Jill Garcia
Nelson Garcia
Stephanie Garlichs
Sophia Garvey
Janice Gibson

Wendy Gilbert
Erlinda Gillett
Raymond Gillett
Rae Goff
Flora Goldthwaite
Leilani Gonzalez
Corinne Goodban
Jan Graham
Bess Granby
Clayton Granby
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John Bernard
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Cathy Haworth
Patricia Heavey
Ron Hensell
Ruth Hensell
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Anthony Hernandez
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Elizabeth Hilton
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David Hisey
Heidi Hoelting
Judie Hoiseth

Janet Holland
Mary Hubbard
Jamie Huden
Steve Hudziak
Maureen Hummel
Billy Jennings
Bruce Johnson
Jill Johnson §
Kristina Johnson
Tia Johnson
Deborah Jones
Ed Jones
Julie Joselyn
Ute Josephsen
Lisa Judd
Christina Kahn
Stephen Kahn
Judy Kaplan
Janet Karamanyan
Betty Kendall
Fran Kendall
Patrick Kennicott
Judith Kenning
Ron Kerrigan
Lori Kitzmann
Danielle Klein
Patsy Kolesar-Hynson
Eugene Koorn
Sharon Koorn
Kelly Kraus
Susan Kreps
Tom Krug
Julie Lamoureux
Karen Larsen-Gordon
Patrick Lavin
Kathleen Law
Renee Le Verrier
Shirley LeBlanc



The Good Ancestors Society

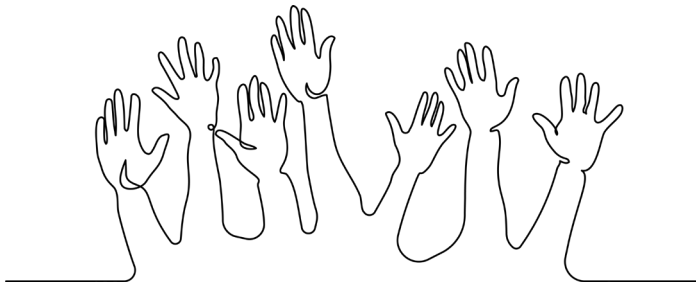
is a list of donors over all-time who arranged for, or plan one day to arrange for, a planned or legacy gift—remembering our work in their will or verbal executor's directions. In July, the executor of an estate made a gift of \$100,000 to Island Senior Resources because she was quite sure that her deceased friend would have wanted the gift to be used to help seniors aging in place. Many good decisions of our ancestors have made our lives better with their gifts of wisdom and bequests to institutions we love from social services to hospitals to universities. Our gifts, made in our wills today, will make us good ancestors to the future clients of Island Senior Resources in its next century of good work—perhaps people who today are your children, grandchildren, and great-grandchildren.

Annette Barca
Kathryn Beaumont and
Jeffrey Rogers §
Boyd H. Benson ‡
Vickie Hagley §

William Jackson ‡
Jeanie Kieswetter §
Jean Marie Sandal Knapp ‡
Charles LaFond §
Ellen Sinex Marott ‡

Claudia McMahon and
Bruce Westermo
Louise Mueller
Christine Schacker
Maureen Smith ‡





350 volunteers gave **20,942** hours of their time from July 2020-June 2021. The current estimated national value of each volunteer hour is \$28.54, meaning those hours are valued at **\$597,680.**⁹

Volunteers

Mollie Leengran
Michael Lenord
Sharon Lenord
Rosie Liebe
Pete Little
Kathleen Lorden
Linda Lowery
Mary Lukinich
Tina Lum
Joe Lumsden
Emily MacCormick
Joanne Mackintosh
Jean Maesner
Susan Maloch
Ellie Maloney
Judy Marti
Rasa Matas
Keith Mathews
Jean Mathisen
Nancy Mayes
Thomas McCullough
Marie McElligott &
Uthorn Mcleod
Jean Measner
LaDonna Mees Suttles
Jennifer Meffert
Carrie Merkley
Ben Metz
Noelle Metz
Stephanie Metz
Willow Mietus
Lynne Monroe
Michael Monroe

Jeff Morgan
Lisa Morgenroth
Jennifer Haase Morris &
Tonya Morris
Tina Mosqueda
George Muller
Virginia Munn
Frank Murphy
Lynn Murphy
Susan Myers
June Nailon &
Marilyn Nataupsky
Thomas Neal
Debbie Neely
Alyce Nelson
Julie Newman
Ruth Newton
Josie Nielsen
Rick Nishi
Sandra Nonhof
Sheryl Norris
Terry O’Brien
Anne Oconnell
Jaime Olmos
Bobbie Olszta
Russ Pabarcus
Gary Parker
Mikel Peabody
Susan Perry
Sally Peters
Valerie Peterson
Athena Peterson-
Phelps
Isis Phoenix
Mary Pierzchala

Elaine Poage
Ron Poage
Jason Pryde &
Kathy Pryde &
Janie Pulsifer
Miriam Raabe
Angie Ramsey
Blanca Reyes
Claire Rich
Helen Richards
Paula Richards
Donald Richardson
Robert Rinehart
Willa Roberts
William Roberts
Lisa Rodriguez
John Roomes
Lisa Root &
Beverly Rose
Joanne Rouse
Colleen Runnells
Donald Runnells
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Carol O. Ryan
Terry Ryan
Mary Sandborn
Mary Saylor
Margaret Scehovic
Christine Schacker
Julie Schlender
Judy Schwindt
Jo Ann Scott
Michael Scott
Kathi Seasons
Barbara Seely

Jon Self
Donna Selig
Ron Selig
Randy Serroels
Marilyn Sheppard
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Clinton Spear
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Sarah Stone
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Bill Swearengin
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Sylvan Taylor
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Georgia Thompson
Storme Thompson
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Keith Tonne

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Dan Weber
Randy Weers
Jeanne Wells
Barbara Whitaker
Annette White
Wanda White
Alan Whitman &
Elizabeth Whitman
Ronald Whitman
Darrell Whittaker
Joan Whittaker
Tyler Wiersteiner
Laura Wildeman
Dorothy Willet
Shirley Joy Williams
Claire Williamson
Aidin Wilson
Cael Wilson
Katie Wilson
Joan Wolfman
Joan Wortman
Ann Wright
John Wright
Nancy Wyckoff
Yuliya Yurchenko
Mark Zarifis
Kathleen Zunino
Trisha Zwolinski

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Whidbey Lead Cook & Food Service Manager

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Case Manager

Amber Saulat
Case Manager

Kaycee Stewart
Case Manager

Gail Carlson
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Aging & Disability Resources Intake Specialist

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Assistant Manager

Steve Lyons
Assistant Manager

Dena Perry
Assistant Manager

Alicia Peterson
Assistant Manager

Cindy Bellinger
Clerk

Clark Hall
Clerk

Raynor Johnson
Maintenance

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Co-Director

Carol Colar
Co-Director

Tiffany Buck
Lead Assistant Cook

Frank Goodrich
Assistant Cook

Susie Julius
Assistant Cook

Ken Kielling
Assistant Cook

Marcia Wohlfert
Assistant Cook

Jack Mathisen
Bayview Dishwasher

Mark MacNaughton
Nutrition Relief

Bethine Brenny
Relief Cook

Peggy Koska
Relief Cook

Tim Furey
Meals on Wheels Van Driver, ISR Courier

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Barbara Dumit
Mike Etzell
Stephanie Garlich
Jan Graham
Elizabeth Guss
Bill Hensler
Jennifer Haase Morris &
June Nailon \$, ex officio
Helen Richards
Suzanne Turner

‡ Deceased
\$ Evergreen Donor

¹(2019). *Share of old age population (65 years and older) in the total U.S. population from 1950 to 2050*. Statista. <https://www.statista.com/statistics/457822/share-of-old-age-population-in-the-total-us-population/>
²Olshansky, S. J., Goldman, D.P., Zheng, Y., Rowe, J.W. (2009, December). *Aging in America in the twenty-first century: Demographic forecasts from the MacArthur Foundation Research network on an aging society*. The Milbank quarterly. <https://pubmed.ncbi.nlm.nih.gov/20021588/>.
³Washington state 65+ population by county, 2000-2030. <http://www.agingkingcounty.org/wp-content/uploads/sites/185/2016/09/WAagewave2000-2030.pdf>.
⁴Wu, B. (2020, June). *Social isolation and loneliness among older adults in the context of COVID-19: a global challenge*. Global health research and policy. <https://doi.org/10.1186/s41256-020-00154-3>
⁵Binette, J. & Vasold, K. (2019, July). *2018 home and community preferences: a national survey of adults ages 18-plus*. AARP. <https://www.aarp.org/research/topics/community/info-2018/2018-home-community-preference.html>
⁶(2021). *Demographics changes and aging population*. Rural health information hub. <https://www.ruralhealthinfo.org/toolkits/aging/1/demographics>
⁷Czeisler, M.E., Rohan, E.A., Mellillo, S. et al. (2021, June). *Mental health among parents of children aged <18 years and unpaid caregivers of adults during the COVID-19 pandemic*. Centers for disease control and prevention. <http://dx.doi.org/10.15585/mmwr.mm7024a3>
⁸(2021, April). *Loneliness and social isolation linked to seniors health conditions*. Centers for disease control and prevention. <https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>
⁹(2021, April). *Independent sector releases new value of volunteer time of \$28.54 per hour*. Independent sector. <https://independentsector.org/news-post/independent-sector-releases-new-value-of-volunteer-time-of-28-54-per-hour/>

If we made a mistake, please forgive us and let us know. Each gift has a kind person behind it. We are grateful for each gift. If any name is listed incorrectly, please call Charles LaFond, Development Director at 360-210-3011 anytime, and the correction will be made to future lists. Thank you for your patience as we improve our donor information.



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*Every penny counts. We aim to maximize each gift.
By not addressing every mailing, we spent less money and reached more people.
Thank you for understanding.*



2020-2021 IMPACT CELEBRATIONS

You, and people like you, have funded our work these past 12 months! Please join us via Zoom for about 45 minutes on one of these dates to learn more about our impact. Meetings will be similar, so join your regional focus of choice, or simply the most convenient date.

Camano Island Focus – 4 p.m. Tuesday, September 28th
Coupeville Area Focus – 4 p.m. Thursday, September 30th
South Whidbey Focus – 4 p.m. Tuesday, October 5th
Oak Harbor Focus – 4 p.m. Thursday, October 7th

Please register online for your meeting of choice by going to:

www.senior-resources.org/impact

We have thrilling news to share and value your input.