

Island Senior Resources - June 2023 eNews

Serving Whidbey and Camano islands



Greetings Neighbors,

Summer is here and chasing winter from our memory. Finally, the sun is shining, gardens are blooming, early produce is arriving at farmer's markets, and we can appreciate the abundance around us.

This month, recognizing abundance is a key element in our blog theme, "[Healthy Aging Part Six: Acceptance](#)." Part of acceptance is appreciating all we have and shifting our focus away from what we have lost. Get easy access to our new articles, and all the ones from the past, by visiting the ISR blog ([click to visit the ISR Blog](#)).

ISR's Lunch-n-Learn program continues in Coupeville. [Click here to see what is going on](#). It's a great way to share lunch with others and then turn your attention to learning something new. Join us and bring a friend!

Senior Farmer's Market Debit Cards are available for qualifying seniors. [Learn more and apply here](#).

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

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

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
- Ask for assistance using our [online request feature](#)

[Request Help](#)

ANNOUNCEMENTS

Island Senior Resources would like to extend a special thank you to island Thrift for their generous grant of \$10,000 for integrated community program for seniors. Together we are building a stronger community for everyone.



Enjoy our spring sidewalk sale, live music, food vendors, beer garden, + silent auction benefiting ISR

5518 Woodard Ave
Freeland, Washington 98449



Island Senior Resources would like to thank all our supporters of the Senior Thrift sidewalk sale this weekend, Saturday May 27 10-3.



BAYVIEW GARDEN



MUKILTEO
COFFEE ROASTERS



Farmer's Market Debit Card

The Senior Farmers Market Nutrition Program (SFMNP) provides an \$80 benefit card (one-time distribution) to be used for the purchase of fresh fruits and vegetables at participating farmers' markets and roadside stands. Funding for this program comes from the United States Department of Agriculture (USDA) and Washington State. The Farmer's Market Debit Card is now available.

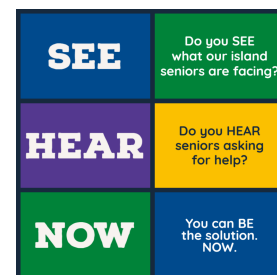
[Click here to apply.](#)



See. Hear. Now.

We all want to make a positive difference through what we do in our lives. Having a purpose helps us live longer with better mental and physical health.

Do you have an interest in the issues of aging? You see seniors on our islands around you. You hear them asking for someone to help. Now you can be part of the solution. Island Senior Resources (ISR) has openings on our board of directors. This could be your opportunity to lend your ideas and voice to how we, as leaders for our community, can help seniors in Island County. [Learn More.](#)



New Veterans Digital Navigator Program

Glenda's Tip of the Month: Washington State Department

of Veterans Affairs has launched the new Digital Navigator Program (DNP) to connect Veterans and their families to earned benefits, healthcare, and services.

The DNP includes assistance with accessing and enrolling in Veteran benefits, program intake forms, digital technical assistance, and other services. [Continue Reading.](#)



ARTICLES, ACTIVITIES & ADDITIONAL INFORMATION

Lots of new articles this month!

[Visit the blog now](#) and select the article you want to read.

- **Part Six Healthy Aging: Acceptance** - Acceptance is about being grateful for what you can do and letting go of what you can't. Understand the courage it takes to accept, adapt, and move forward positively.
- **Not Giving In or Giving Up** - the inspirational story of B.J. Miller MD and his thoughts on how to accept change with grace and gratitude for what we have.
- **Accepting and Transforming Loneliness for Healthy Aging, by Charles LaFond** – Wise words about male aging, friendship, and loneliness, and the transformation that happens in the second half of life.
- **I'm Learning How to Prevent Falling** – A great online falls prevention exercise program by WhidbeyHealth EMS.
- **Tips for Seniors: New Veterans Digital Navigator Program by Glenda Cantrell** – Learn about this new program for qualifying Veterans/families and active duty military.
- **Sno-Isle Library: Find your Summer Reading**
- **Leadership Corner: Treasuring the Moments** by Christine Schacker, ISR Board member, on the richness of today.

[Visit the ISR Blog](#)

How You Can Help

Please make a gift or pledge today to support our work with aging seniors, adults with disabilities, and those who care for them. Every funding partner is a thread in the weave of our tapestry of services to island neighbors.

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

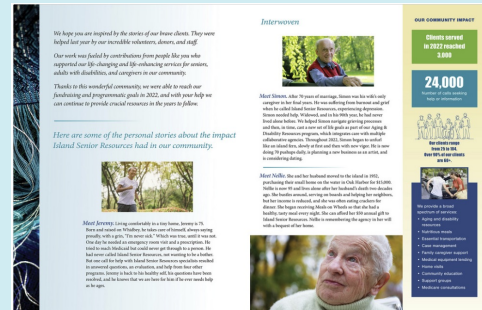
Learn more about the impact of gifts to ISR: [View our Impact Report.](#)

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

ISR Annual Impact Report

Learn more about our impact.

[View our annual Impact Report](#)



Getting Ready for Medicare

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:

- Friday, June 16 at 11 a.m. in-person at The Center in Oak Harbor, 51 SE Jerome St in Oak Harbor
- Thursday, July 13 at 2 p.m. in-person at Island Senior Resources, Bayview, 14594 SR 525, Langley
- Wednesday, August 23 at 11 a.m. online using Zoom

Pre-registration 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 or 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:

- Thursday, September 14 at 1:30 p.m.

Pre-registration 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 or email reception@islandseniorservices.org.

Lunch-n-Learn Coupeville

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

Wednesdays: lunch 11:45 am – 12:30 pm, presentations 12:30pm – 1:30pm

Coupeville United Methodist Church, 608 N. Main St. Coupeville



**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

June 7 BINGO

June 14 WAIF: Whidbey Animals' Improvement Foundation

June 21 MASTER GARDENER PROGRAM

June 28 VIOLIN AND CELLO DUO

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

Senior Striders

Senior Striders meet every Thursday morning (about 9:00), regardless of the weather, to do hour-long hikes on Whidbey Island, usually somewhere between Clinton and Coupeville.

[Learn More](#)



Visit the Activity
Hub

Camano Center Programs

Information on The Camano Center's programs and services can be found [here](#).

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](#).



[Learn More](#)

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 PIP directory](#)

Medical Equipment Lending Library

Island Senior Resources has free [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.



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.



Book a Ride

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 \(here\)](#) or [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 Mondays, Wednesdays, and Fridays. Ensure and Glucerna can also be delivered. For details call 360-321-1600 or meals@islandseniorservices.org.
- Take-out meals, pick up a meal yourself. [Learn more.](#)
- Community Meals. Come join and share in the spirit of community. [Find time and locations](#)
- Liquid Nutritional Supplements, available by the case. [Learn more.](#)

Learn
More

Island Senior Resources

Join us for lunch 11:45 - 12:30

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

Donations accepted to help cover the costs of lunch

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)



**Learn More. View Monthly
Sales.**

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Island Senior Resources



Senior Thrift



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Island Senior Resources

P.O. Box 939

Freeland, WA 98249

Phone 360-321-1600

[Our locations](#) [Contact Us](#) [Request Help](#)

Senior Thrift

All proceeds benefit Island Senior Resources

5518 Woodard Avenue

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