

Island Senior Resources - May 2023 eNews

Serving Whidbey and Camano islands



Greetings Neighbors,

GiveBIG is Tuesday and Wednesday May 2 and 3. This is a time when our community can support the work of our vital nonprofits. Your support and the dedication of our volunteers and staff makes our work possible. To donate to Island Senior Resources [please click here](#).



New days have been added to our meal sites in Oak Harbor and Camano. As of Monday May 1, we will be adding Monday meals at Camano Center and Friday meals at the Center in Oak Harbor. See the full list of days and locations [here](#).

Did you know ISR's Lunch-n-Learn program is back in Coupeville? [Learn more](#).

[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](#)).

Some seniors throughout Island County may not be aware of all the services ISR provides. If you know of a senior, or a caregiver who might be helped by ISR please call us or [visit our website's online help request page](#) to refer a friend. You can also help them to [sign up for our eNews](#). Let's work together to be sure everyone is supported to live their best life.

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

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

The Secret Sauce – a short film explaining why we must care for aging seniors. [Click to View](#)

If you would like to talk further about ISR, please contact ISR's Charles LaFond at charles@islandseniorservices.org.



Senior Farmer's Market Produce Debit Cards are Coming!

The Senior Farmer's Market Nutrition Program (SFMNP) is a "Win-Win" program, which benefits both low-income seniors and our local farmers! Local farmers sell more produce and seniors who otherwise could not afford it are able to purchase organic, fresh fruits and vegetables as an excellent supplement to a healthy diet. Eligible low-income seniors will receive a debit card worth \$80 to purchase fresh fruits and vegetables at authorized farmers markets.

Who Is eligible? (Must meet all three criteria):

1. Island County resident
2. Age: 60+ for non-Native Americans, 55+ for Native Americans
3. Income: up to \$2,248/ month for 1 person, up to \$3,040/month for 2 people, for larger households, add \$792 per person.

Applications will be accepted as of May 8. You can either go to our website <https://senior-resources.org/nutrition-overview/> to apply online, or download and mail the application to us, or call (360) 321-1600 ext. "0" to get more details about how to pick up an application. Debit Cards and funds are limited so please call soon.

We will be mailing out your debit card once we have all the necessary information. Debit cards are good through October, depending on the Farmer's Market seasonal time frame. A list of participating authorized farmers markets and farm stores will be posted on our website when available and a list will be included with the mailed debit cards.

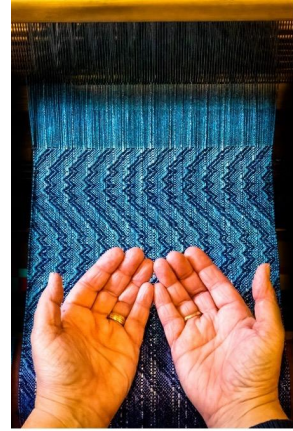
Get that GIVING feeling.

Your donations help us weave together services for Island County seniors, adults with disabilities,

and caregivers.

GiveBIG Washington is a statewide fundraising campaign where individuals and organizations come together across Washington to invest in our communities. When we give, we take a proactive step toward creating the society we want to live in.

Every spring, the excitement for GiveBIG builds through word-of-mouth, social media, and an extensive multimedia promotional campaign.



GiveBIG Washington 2023 is a 48-hour online giving event on May 2-3! Please go to our GiveBIG Donate page at [Island Senior Resources | Washington Gives](#) or click the GiveBIG image below:



Pancake Breakfast

Saturday, May 13

9-11 a.m.

**Pancakes,
sausage links,
fresh fruit,
scrambled eggs,
and door prizes!**



14594 SR 525

Langley

**Benefitting Meals on Wheels
Donations gladly accepted**



SENIOR THRIFT SIDEWALK SALE + FUNDRAISER



SATURDAY, MAY 27TH, 2023 10-3

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

5518 Woodard Ave
Freeland, Washington 98449



ARTICLES, ACTIVITIES & ADDITIONAL INFORMATION

Lots of new articles this month!

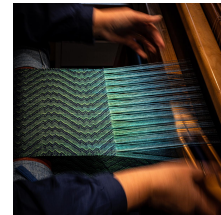
[Visit the blog now](#) and select the article you want to read.

- **Part Five Healthy Aging: Defeating Ageism** – How ageism in language, the job market, healthcare, and the media impacts mental and physical health, and how you can help defeat ageism.
- **Aging Unbound** by Katheryn Howell – May is Older Americans Month. Learn how you can participate, enjoy the rewards of growing older, and engage with our community.
- **Social Media Safety** – learn about a new guide for seniors and caretakers on social media fraud and how to avoid these scams.
- **Tips for Seniors: Marvelous Microwave Cookware** by Glenda Cantrell – Cookware that makes microwave cooking safer and easier.
- **Sno-Isle Library: Dig into the Growing Season**

[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](#).

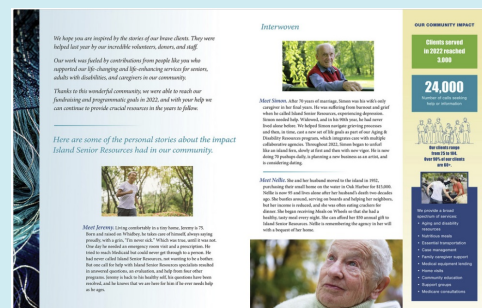
Questions? Contact Charles LaFond, Development Director, phone 360-210-3011 or charles@islandseniorservices.org.

[Donate](#)

2022 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:

- 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
- Thursday, July 13 at 2 p.m. in-person at Island Senior Resources, Bayview, 14594 SR 525, Langley

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, May 11 at 2 p.m.
- 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

- May 3: No BINGO this week. Back next month.
- May 10: Hospice: Whidbey Health Hospice Care. Introduction to Hospice and its many services. Learn how it can optimize the quality of your life and in many cases even extend it.
- May 17: Love and Care for Your Canine Companions. Dr. Kidder, Central Whidbey veterinarian, will answer questions about caring for and loving pets.
- May 24: Pacific Rim Institute: Informing People and Communities to Live Sustainably. Robert Pellent will discuss how to reintroduce native plants into your yard and garden.
- May 31: Bluegrass & Folk Music by The Fiddle Chix. An all-female string ensemble guaranteed to get your toes tapping!



**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

May 3 No BINGO this week. Back next month.

May 10 Hospice: Whidbey Health Hospice Care

May 17 Love and Care for Your Canine Companions

May 24 Pacific Rim Institute: Informing People and Communities to Live Sustainably

May 31 Bluegrass & Folk Music by the Fiddle Chix

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



Presents

DEATH CAFE

LET'S TALK ABOUT DEATH. DRINK TEA, AND EAT CAKE

Tea & Cake



&



Death



**TUESDAY
MAY 2ND
6 P.M. - 8 P.M.**

Island Senior Resources Bayview
14594 SR 525, Langley

**TUESDAY
MAY 9TH
6 P.M. - 7:30 P.M.**

Oak Harbor Library
1000 SE Regatta Dr
Oak Harbor

(360) 321-1600 www.senior-resources.org
<https://www.facebook.com/islandseniors> <https://www.instagram.com/islandseniors/>



Social Media Safety

Did you know seniors lost over \$1.6 billion due to online fraud in 2021, the most of any age group? There is a new, in-depth guide for both seniors and caretakers that identifies common forms of social media fraud that target seniors, how to avoid these scams, and what to do if you think you may be getting

scammed. Visit www.allaboutcookies.org/social-media-safety-for-seniors. It also includes information on password safety, security settings, personal information sharing, and source/fact-checking.

Allaboutcookies.org is an informational website that helps consumers stay safe online.

View our Online Calendar

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



Camano Center Programs

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



CamanoCenter
Get connected.

Program of interest by Momentia

[Learn more about Momentia](#)



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.](#)



VOLUNTEERS NEEDED!

For Dining Room:
Wednesdays 11 a.m. - 1 p.m.
For Meals on Wheels Kitchen:
Mon/Wed/Fri 8 a.m. - noon
ISR Bayview 14594 SR 525 Langley
Call 360-321-1600



VOLUNTEER MEDICAL TRANSPORTATION DRIVERS NEEDED



BECOME A VOLUNTEER

Your neighbors need you!

Provide rides for seniors to medical appointments.
Driver mileage reimbursed.
Call 360-321-1600

[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](#)

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. [Learn more.](#)



- Liquid Nutritional Supplements, available by the case. [Learn more.](#)

Learn
More



Join us for lunch 11:45 - 12:30

Mondays
The Center in Oak Harbor
51 SE Jerome St. Oak Harbor
Camano Center starting May 1
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

Fridays starting May 5
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)



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More](#)

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Island Senior Resources



Senior Thrift



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Senior Thrift

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