

Island Senior Resources - August 2023 eNews

Serving Whidbey and Camano islands



Greetings Neighbors!

We celebrate the mid-point of summer as farmer's markets overflow with healthful foods, sunshine warms coastal beaches, and it seems nearly everyone is outside enjoying the islands. This month's theme "Healthy Aging Part Eight: Physical Wellness" focuses on the positive influence of nature on our health. [Click here](#) to read about this on our blog.

Our café programs are expanding as we add to our Death Café conversations with new Pride Cafés. View our online calendar ([click here](#)) for dates and locations and [click here to read an article on our blog about the importance of Café conversations](#).

We still have a few Senior Farmer's Market Debit Cards 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, and follow us on our [YouTube](#) channel.

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](#)

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. Join our Board

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.

We seek individuals from across generations and those with diverse life-experience from all regions of the county. We welcome representatives from every community and are particularly interested in those who can represent the north Whidbey and Camano communities to help us hear the voices of all those in need. Having past nonprofit experience is preferred but not required.

For more information about our board, contact Kathryn Beaumont, ISR Board Vice-President, at 360-321-1600 or email kathryn@islandseniorservices.org

For more information about ISR, contact Michele Cato, Executive Director, at 703-999-3091 or email michele@islandseniorservices.org

Our Staff and Board

Do you need to find the name of someone you've talked with before at ISR? Or maybe you'd like to see pictures and names of our staff who are here to help you.

[Our Staff](#)
[Our Board Members](#)



Lots of new articles this month!

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

Learn something new Be inspired



READ THE NEWEST ON OUR BLOG

- * Part Eight Healthy Aging: Physical Wellness
 - * Let Nature Bring You Home
- * Leadership Corner: The Cafe Model
 - * Time for a Belly Laugh
- * Sno Isle Library - Find a New Passion
at the Library

senior-resources.org/resources

Why we should all be Rolling On The Floor

Laughter has immense benefits for our mental health and our physical health.
Time to take it seriously... or not!

Short-term benefits

- * Stress relief
- * Stimulating your organs : heart, lungs, muscles, and releases endorphins
- * Stimulate blood circulation and relax tension

Long-term benefits

- * Better mood
- * Strengthens your immune system
- * Connecting with others
- * Live longer: a study in Norway found that people with a sense of humour outlived those without!

Added bonus

A study by Vanderbilt University Medical Centre found that laughing for 10/15 minutes daily would help burn up to 40 calories!



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](#)

What do you think, when you think of Aging?

Watch this short video by ISR's Mel Watson on this timely topic.



Have you seen the collection of ISR published videos on our YouTube page? If not, [click here](#).



Getting Ready for Medicare. Help with Insurance.

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, August 23 at 11 a.m. online using Zoom
- Tuesday, September 19 at 2 p.m. at The Center in Oak Harbor, 51 SE Jerome St, Oak Harbor
- Tuesday, September 26 at 2 p.m. at ISR Bayview 14594 Rt 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.

[Need Help with Insurance? Click Here.](#)

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.
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ISR Presents Pride Cafe for Older Adults

Island Senior
Resources

Presents

PRIDE CAFE OLDER ADULTS

LET'S TALK ABOUT BEING 2SLGBTQIA+ OLDER ADULTS,
DRINK TEA, AND EAT CAKE



TUESDAY, AUG 15TH

1 P.M. - 2:30 P.M.

Camano Island Library
848 N Sunrise Blvd,
Camano Island, WA

THURSDAY, AUG 17TH

1 P.M. - 2:30 P.M.

Freeland Library
5495 S Harbor Ave,
Freeland, WA

FRIDAY, AUG 18TH

1 P.M. - 2:30 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/>



Falls Prevention Workshop

Wednesday, August 23 12:30 p.m
ISR Bayview 14594 SR 525 Langley

**Join Island County Public Health
and Island Senior Resources for a
class in Tai Ji Quan: moving for
better balance, and a talk about
the risk of senior falls**



360-321-1600

The Activity Hub

Looking for something fun to do? Check out our online guide to non-profit resources offering activities for older adults. There is so much to do in Island County from gardening to theater, classes to hikes, lectures to recreation, and more! Check back regularly as we continue to add to this list.

Go to Activity
Hub

View our Online Calendar

[Explore activities, classes and more](#)



Camano Center - [information on their programs and services](#)

The Center in Oak Harbor - [their program schedule](#)

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](#)



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



VOLUNTEERS NEEDED



For Dining Room:
Mondays and Fridays 11 a.m. - 1 p.m.
At the Center in Oak Harbor
51 SE Jerome St. Oak Harbor
Call 360-321-1600

[Learn
More](#)

Private In-Home Providers Directory

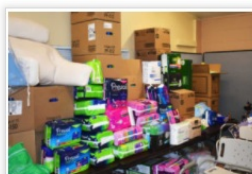
Are you looking for help? Not sure who to hire for odd jobs around the house? Or maybe you are in search of a caregiver who is the right fit for your family member and will provide you with some much-needed respite time. Our Private In-home Provider (PIP) directory might have just the person you need.



[View PIP
directory](#)

Medical Equipment Lending Library

Island Senior Resources has free 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.



[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



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

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)

[View Map](#)

Phone: [360-321-1600](tel: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

Freeland, WA 98249

Phone 360-321-1600

Island Senior Resources (formerly known as Senior Services of Island County) | 14594 SR 525,
Langley, WA 98260

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