

Island Senior Resources - July 2023 eNews

Serving Whidbey and Camano islands



Greetings Neighbors,

Happy summer! Summer is a time to soak in the abundance of nature, and let long sunny days fill our "emotional storage banks."

This month's theme is "Healthy Aging Part Seven: Mental Wellness" and the power of optimism. [Click here to visit the blog](#) and read this article and others including the positive power of interaction with youth, creating special remembrance memorials, and how mental health affects your risk of falling.

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](#).

Island Senior Resources is seeking new board members. Call us at 360-321-1600 to arrange a discussion and learn more about how you could join in building a strong community.

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

Thank you!

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.



Farmer's Market Debit Card

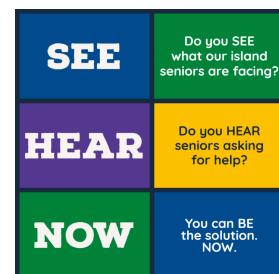
The Senior Farmers Market Nutrition Program (SFMNP) provides an \$80 benefit card (one-time distribution) to be used for the purchase of fresh fruits and vegetables at participating farmers' markets and roadside stands. Funding for this program comes from the United States Department of Agriculture (USDA)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

Meet 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. [Visit the new "Meet Our staff" page on our website.](#) We all send you a big hello!

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

ARTICLES, ACTIVITIES & ADDITIONAL INFORMATION

Lots of new articles this month!

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

- **Part Seven Healthy Aging: Mental Wellness** - the power optimism has to improve and maintain mental health, and how you can put it to use.
- **Mental Health Affects Your Risk of Falling** by Katherine Howell – the many factors that affect falling and what you can do to reduce your risk.
- **The Power of Youth** – how interaction with youth has a powerful positive effect on our mental wellness and happiness.
- **See Hear Now** – ISR is looking for board members. You can be part of creating a positive future for older adults in Island County.
- **Paper Flowers Memorial by Danielle Klein**- a special way to remember those we have lost.
- **Sno Isle Library** - How to Use the Library to Connect with Nature.
- **Tips for Seniors: Making Medicare Sign-Up Easy** by Glenda Cantrell – Once you have guidance from ISR's SHIBA advisors, learn what the next step is to getting signed up for the plan you need

[Visit the ISR Blog](#)

Learn something new Be inspired



READ THE NEWEST ON OUR BLOG

- * Part Seven Healthy Aging: Mental Wellness
 - * Mental Health Affects Your Risk of Falling
 - * The Power of Youth
- * Leadership Corner: Introducing ISR's Newest Board Member
 - * See Hear Now
 - * Paper Flowers Memorial
- * Sno Isle Library - Use the Library to Connect with Nature
 - * Tips for Seniors: Making Medicare Sign-Up Easy

senior-resources.org/resources

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.

[Watch recently published video \(YouTube\)](#)



Our Video Library

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

[Go to ISR Video Library \(YouTube\)](#)

Help us Improve the eNews

Please answer this question

How likely are you to recommend that your friends or family read the eNews?

1 not likely

2 perhaps

3 very likely

Have more to say? Please let us know what you like about the eNews, how you want it changed, or what you want added, by emailing any feedback to feedback@islandseniorservices.org

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:

- 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.
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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.

July 5 BINGO

July 12 WHIDBEYHEALTH EMS

Robert May, Lead Paramedic for WhidbeyHealth EMS will provide an overview of all services available to Whidbey Islanders and how to access underutilized resources that will keep you safe.

July 19 FAMILY CAREGIVING RESOURCES

Megan Owens, ISR Aging & Disability Resources Case Manager, will talk about helpful family caregiving resources and answer questions.

July 26 SARATOGA ORCHESTRA MUSICIANS

Orchestra members will delight you with a musical surprise!

(Programs subject to change)

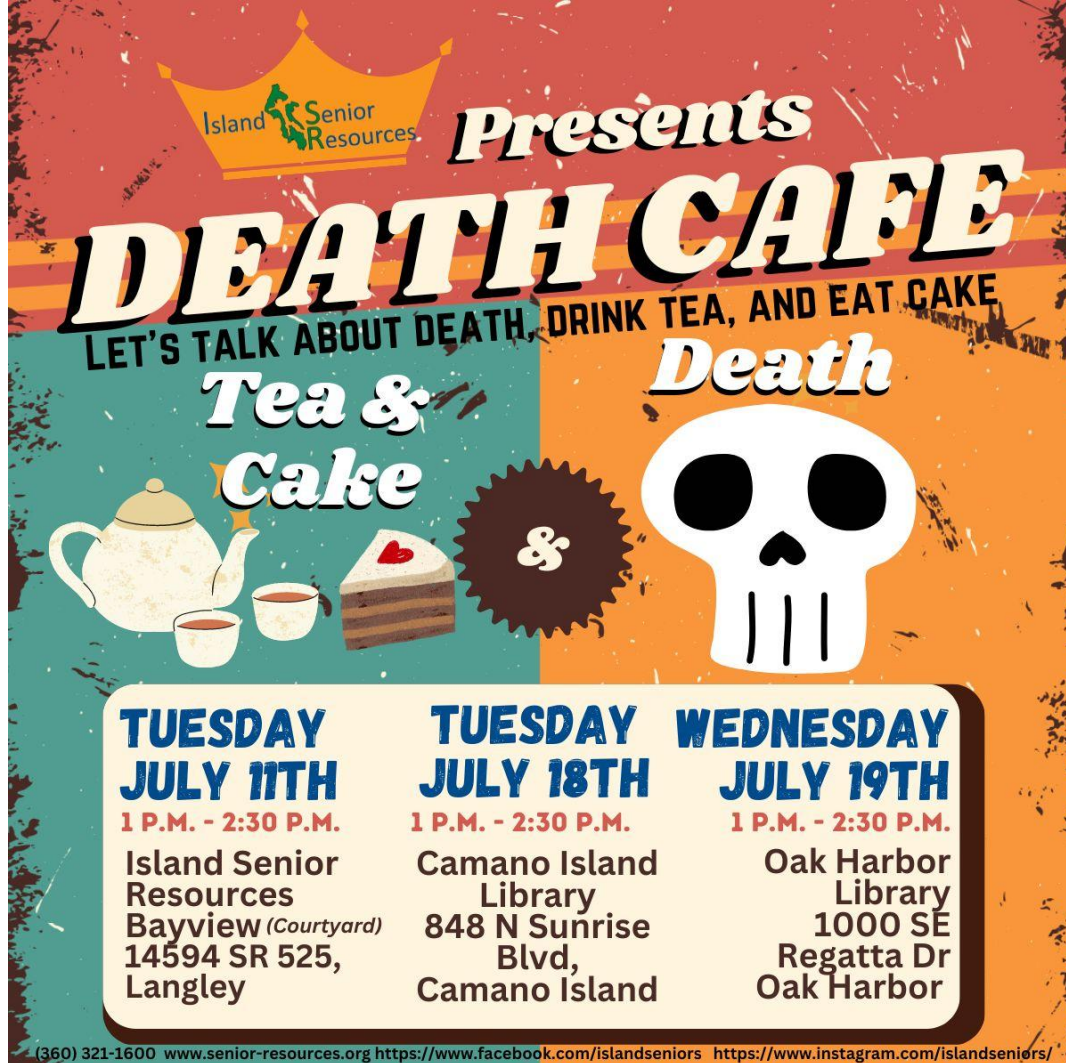
Island Senior Resources: Serving Whidbey and Camano islands

www.senior-resources.org 360-321-1600

Facebook: www.facebook.com/islandseniors

Instagram: www.instagram.com/islandseniors

ISR Presents the Death Cafe



Introducing our new Activity Hub

Looking for something fun to do? Check out our new 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. [Click HERE.](#)

Go to Activity
Hub

View our Online Calendar

[Explore activities, classes and more](#)



Camano Center - information on their programs and services can be found [here.](#)

The Center in Oak Harbor - their program schedule 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

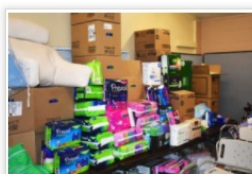
Are you looking for help? Not sure who to hire for odd jobs around the house? Or maybe you are in search of a caregiver who is the right fit for your family member and will provide you with some much-needed respite time. Our [Private In-home Provider \(PIP\) directory](#) might have just the person you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




Join us for lunch 11:45 - 12:30

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



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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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