

# Island Senior Resources - September 2023 eNews

Serving Whidbey and Camano islands



Greetings Neighbors!

This month, our Healthy Aging series continues with Part Nine: Social Connection, about how connection is the key to health and happiness. [Click here](#) to read it on our blog. You can see all the articles in the series in our new website section: [Healthy Aging](#).

Have you [visited our blog recently](#)? There is a blog post exploring the idea of shared housing as one solution to economic and social challenges for older adults that is also good for the environment! There's a post on the warning signs of mental health issues in older adults, another on the importance of saying yes to new opportunities, and one on the importance of investing effort into your connections. [View our blog articles](#).

We love hearing from you. We've added a comments section to our blog posts so you can let us know your thoughts, raise questions, or add information to each blog post.

We have a new series of Death Cafes this month. We encourage you to join us for the conversation. [To learn more, click here](#).

**EXCITING NEWS!** Senior Thrift is now open an additional day: Tuesday! Come shop Tuesday – Saturday 10-4. [Click here](#) to view sales going on at Senior Thrift.

Join us for a meal on more days and **more locations!** Learn more at the [nutrition section of our website](#).

**Another update!** Our [website calendar](#) now includes community events related to older adults where our Aging & Disabilities Specialists will be on hand to answer questions.

Visit our [Facebook](#) and [Instagram](#) pages regularly to find many great articles and videos to inspire you, and follow our [YouTube](#) channel.

Thank you for being one of our eNews readers and sharing it with others.

Robin Bush  
ISR Communications  
email: [robin@islandseniorservices.org](mailto:robin@islandseniorservices.org)  
phone 360-321-1600

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**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](mailto:reception@islandseniorservices.org)
- Ask for assistance using our [online request feature](#)

**Request Help**

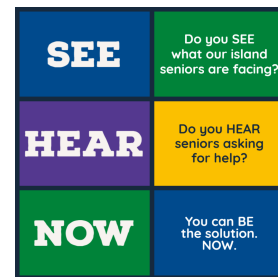
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Island Senior Resources is an independent nonprofit 501(c)(3) that has been serving Island County since 1972. Island Senior Resources is the trade name for Senior Services of Island County.

## ANNOUNCEMENTS

### 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.



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](mailto:kathryn@islandseniorservices.org)

For more information about ISR, contact Michele Cato, Executive Director, at 703-999-3091 or email [michele@islandseniorservices.org](mailto:michele@islandseniorservices.org)

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### 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](#)



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**We honor and celebrate Labor Day.**  
**Our offices will be closed on Monday, September 4**

**NO WORK IS INSIGNIFICANT. ALL LABOR  
THAT UPLIFTS HUMANITY HAS DIGNITY  
AND IMPORTANCE AND SHOULD BE UNDER  
TAKEN WITH PAIN STAKING EXCELLENCE.**

Martin Luther King Jr.



## **ARTICLES, ACTIVITIES & ADDITIONAL INFORMATION**

**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 Nine Healthy Aging: Social Connection**
  - \* **Saying Yes**
- \* **Leadership Corner: Connection Requires Effort**
  - \* **Should I Share My Home?**
- \* **Sno Isle Library - Let the Library Come to You**
  - \* **Warning Signs of Mental Health Issues in Older Adults**

[senior-resources.org/resources](http://senior-resources.org/resources)

**Shop at Haggen in Oak Harbor and help ISR**



Donations made at Haggen in Oak Harbor  
Sept 6-Oct 31 help support Island Senior Resources'  
Meals on Wheel Program

**WALKING EACH OTHER HOME  
AN EVENING CELEBRATING OUR ELDERHOOD  
Venue - WICA**

[Get tickets now](#) at Whidbey Island Center for the Arts for an evening of celebrating elderhood filled with music, poetry, and theater. Tickets support Island Senior Resources, South Whidbey @ Home, and Healing Circles.





# Walking Each Other Home

A showcase to benefit Island Senior Resources,  
South Whidbey at Home, and Healing Circles

Featuring island artists including Judith Adams, Allan Ament,  
Jim Carroll, Julie Glover, Diana Lindsay, Stephen Merritt, Eric Mulholland,  
Vicki Robin, WE3, Open Circle Singers, and the Rural Characters.

An exploration of the joys, sorrows, humor, and learning  
we experience during our passage through elderhood.

WHIDBEY ISLAND CENTER FOR THE ARTS  
565 CAMANO AVENUE, LANGLEY

November 2nd & 3rd 6:45pm sing-along 7pm curtain

produced by Stephen Merritt and Julie Glover

artwork by Deborah Koff-Chapin

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## 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](mailto:charles@islandseniorservices.org).

[Donate](#)

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## 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:

- Thursday, September 14 at 1:30 p.m. Online session via 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](mailto:reception@islandseniorservices.org).

### [Help with Insurance](#)

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## **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 pm online.
- 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 located at 14594 Rt 525, Langleys

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](mailto:reception@islandseniorservices.org).
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## **ISR Presents Death Cafe**



Island Senior Resources

# Presents **DEATH CAFE**

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

**Tea & Cake**



**Death**



**WEDNESDAY  
SEPT 6TH**

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

Freeland  
Library 5495  
S Harbor Ave.  
Freeland

**WEDNESDAY  
SEPT 13TH**

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

The Camano  
Center  
606 Arrowhead  
Rd.  
Camano Island

**TUESDAY  
SEPT 19TH**

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

Oak Harbor  
Library  
1000 SE  
Regatta Dr.  
Oak Harbor

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

An informal group discussion, talking about any and all aspects of death or end of life. Your experiences and your thoughts. Hosted & presented by Island Senior Resources.

## On Medicaid? Recertification is Occurring

Medicaid is medical insurance for folks who qualify based on a low income. Income can change for a variety of reasons, so the government requires that income be reviewed on an annual basis.



During the Public Health Emergency (Covid), the government waived the annual recertification requirement for individuals on Medicaid to determine if their coverage should continue. Now, the state is contacting well over one million people on Medicaid in monthly batches to ask them to recertify their eligibility. Failure to recertify will mean that Medicaid insurance will end, and alternative medical coverage must be found. If you are on Medicaid, you should receive a letter telling you when your recertification is due.

**ISR's Aging and Disability Resources Department can assist with the recertification process.** ISR's SHIBA volunteers can help you find an alternative medical plan if you are eligible for Medicare. Call ISR at 360-321-1600 Ext 0 if you need assistance or would like more information.

## 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

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## View our Online Calendar

[Explore activities, classes and more](#)



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

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

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## 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.

**Island Senior Resources**

# 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

**Island Senior Resources**

## VOLUNTEER

MEDICAL TRANSPORTATION  
DRIVERS NEEDED

**DRIVE WITH US**

## 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](#)

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## 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](#)

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## 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**

**Parkinson's Support Group**

Tuesdays  
10 a.m. via  
Zoom

Island Senior Resources

**Caregiver Support Group**

Wednesdays  
10 a.m.  
ISR Bayview,  
ISR Oak Harbor,  
& Zoom

*You are not alone*

**(360) 321-1600**  
Serving Whidbey & Camano Island  
senior-resources.org

Need Help?

## 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

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## 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](mailto: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 a meal

### **Mondays 11:45 - 12:30**

**The Center in Oak Harbor**  
51 SE Jerome St. Oak Harbor

**Camano Center**  
606 Arrowhead Rd. Camano Island

### **Wednesdays 11:45 - 12:30**

**Island Senior Resources - Bayview**  
 14594 SR 525 Langley

**Camano Center**  
606 Arrowhead Rd, Camano Island

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

### **Thursdays 5:00 - 5:45**

**Brookhaven**  
150 4th St. Langley

### **Fridays 11:45 - 12:30**

**The Center in Oak Harbor**  
51 SE Jerome St. Oak Harbor

**Camano Center**  
606 Arrowhead Rd. Camano Island

Donations accepted to help cover the costs of a meal

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## 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.

## STAY CONNECTED

[eNews Sign-up](#)

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

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

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