

Island Senior Resources - October 2023 eNews

Serving Whidbey and Camano islands



Greetings Neighbors!

Highlights/events this month

- Enjoy a Pancake Breakfast at our [Bayview location](#) Saturday, October 28, 9-11 a.m.
- ISR has been nominated for Best of Whidbey in Best Non-Profit and Best Thrift store. Please vote for us today. Voting closes on Sept. 30. [Click here to vote now.](#)
- ISR is launching an Innovative Volunteer Model to support older adults, adults with disabilities and family caregivers. Read more about ISR's exciting new Community Care Corp project [here](#).
- Medicare - [Important information](#) on Open Enrollment for Medicare beginning October 15.
- Important information below about recertification for anyone on Medicaid.

Please shop at Haggen (Oak Harbor) in October and help support Meals on Wheels. See our [calendar](#) for dates when our ADR specialists will be there to answer questions. Thank you Haggen, for such generous support.



Read our new blog posts this month

- Our Healthy Aging series continues with [Part Ten: Cognitive Health](#), about how your beliefs about aging today can impact your cognitive

abilities later in life. You can see all the articles in the series in our new [website section, Healthy Aging](#).

- [Calling all local artists for Walker Art](#)
- [An interview with Jan Bahner](#), the new President of ISR's Board of Directors.
- [What is Brain Health?](#)
- Sno Isle Libraries [helps us welcome a "Foodie Fall."](#)

Add your thoughts, raise questions, or add information in the comments section of each blog post.

Inspirations

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
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

Vote for ISR for Best Nonprofit and Senior Thrift for Best Thrift Store

<https://vote.whidbeynewstimes.com>



Please vote for us.

[Vote Now](https://vote.whidbeynewstimes.com)

Calling local artists

Create "Walker Art" for auction to raise
money for Island Senior Resources programs
and help seniors love decorated walkers



For more information:
michele@islandseniorservices.org
or 360-321-1600

Calling Local Artists, Artisans, and Creative Souls!

We have an excess of aluminum walkers in our Medical Equipment Lending Libraries that serve an essential function, but folks consider them unattractive and not as functional as they could be.

We have an idea to change that with your help! "WALKER ART"!

Let's turn walkers into functional pieces of artwork, stage them in public buildings around Island County, and then auction them off to support our programs! [Continue Reading](#)

**Join with us to launch in ISR's new program to build
connection across Whidbey.**

ISR Connects



ISR CONNECTS-C3

Community Care Corps (C3) awards \$150,000 to Island Senior Resources (ISR) to launch an Innovative Volunteer Model to Support Older Adults, Adults with Disabilities, and Family Caregivers.

Community Care Corps (C3) is pleased to announce the funding of 30 innovative local models nationwide, including "ISR CONNECTS-C3, helping family caregivers, older adults, and adults with disabilities, using volunteer nonmedical assistance to maintain independence in their homes. Community Care Corps, funded by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS), is a partnership of three national nonprofit organizations: The Oasis Institute, Caregiver Action Network, and USAging.

ISR CONNECTS-C3 will link participants with trained volunteer teams within communities across Whidbey Island to reduce social isolation and increase access to services. [Learn More...](#)

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

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](#)



ACTIVITIES, ARTICLES & ADDITIONAL INFORMATION

Pancake Breakfast Saturday, October 28 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**



Save the Date:

Remembrances of the Heart



Please join us for the 20th annual *Remembrances of the Heart*,
a memorial celebration for those special people in our lives
who have passed on...yet remain ever present in our hearts.

The burden of grief can be lighter when shared with others.

Saturday, October 7, 2023, at 2 p.m.

Where: Coupeville United Methodist Church, 608 N Main St, Coupeville, WA
Light refreshments will be served following the service.

Sponsored by the Staff of
WhidbeyHealth Medical Center, MAC/Oncology & WhidbeyHealth Clinics,
WhidbeyHealth Palliative Care & Hospice Care, WhidbeyHealth Foundation





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



Coupeville SENIOR HUB Lunch & Learn

AFTER LUNCH PROGRAMS • OCTOBER

Wednesdays 12:30 – 1:30 • Coupeville UMC Fellowship Hall

October 4 – Sweet Bingo

Everyone wins during sweet bingo. No buy-in, this game is free to play and has sweet treats for the prizes.

October 11 – Fall Prevention

Come learn about ways to prevent taking a fall and improve balance with Liz Dickman from Island County Public Health.

October 18 – Living Longer, Living Smarter

Lisa Connolley will help work through the AARP guide on Living Longer, Living Smarter, a resource guide for Long-Term Planning, especially for living at home.

October 25 – Saratoga Orchestra

Saratoga Orchestra is back with new musicians and new music. Bring a friend and come enjoy the music!

LUNCH

11:45 AM – 12:30 PM

\$10 Suggested
Donation

October 4

Chicken Cordon
Bleu

October 11

Ham Slice with
Plum Sauce

October 18

Meatball Sub
Sandwich

October 25

Pork Chops with
Apples

SPONSORS



QUESTIONS: Julie Clark • Coupeville UMC Office Admin
staff@coupevilleumc.com • 360.678.4256
Island Senior Resources
reception@islandseniorservices.org • 360.321.1600

CALL FOR A RIDE: Para Transit
360.678.7771
Coupeville United Methodist Church
608 N Main St • Coupeville, WA

Meals and Programs are subject to change without prior notice.

Attend an information session on Medicare 2024

Medicare Open Enrollment runs Oct. 15 - Dec.

7. Attend one of our free information sessions:

- Learn about Medicare changes expected in 2024 with plan details for residents of Whidbey Island.
- Get the latest information regarding Medicare Part D drug plans and Medicare Advantage plans for next year.

Costs and benefits can change significantly each year, so it is critical that everyone has the plan that best meets their needs at the least cost.



Live “In-person” sessions/classes. Time and locations:

- Wed, Oct 18 5:30 p.m. Coupeville Library, 788 NW Alexander St., Coupeville
- Thurs, Oct 19 1:00 p.m. Trinity Lutheran Church, 18341 SR 525, Freeland
- Wed, Oct 25 10:00 a.m. Freeland Library, 5495 Harbor Ave., Freeland
- Fri, Oct 27 1:00 p.m. The Center at Oak Harbor, 51 SE Jerome St., Oak Harbor
- Wed, Nov 1 1:00 p.m. Island Senior Resources Bayview, 14594 SR 525, Langley

- Wed, Nov 8 12:30 p.m. Coupeville Methodist Church, 608 N. Main St., Coupeville
- Tues, Nov 14 11:00 a.m. The Center at Oak Harbor, 51 SE Jerome St., Oak Harbor
- Sat, Nov 18 10:00 a.m. Freeland Library, 5495 Harbor Ave., Freeland

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 to register by phone call 360-321-1600 ext 0 or email reception@islandseniorservices.org.

[Read our blog post to learn more about Medicare Open Enrollment](#)

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 (Statewide Health Insurance Benefits Advisors) 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.

Lots of new articles this month!

[Visit the blog](#)

Learn something new



READ THE NEWEST ON OUR BLOG

- * Part Ten Healthy Aging: Cognitive Health
- * Leadership Corner: Introducing Jan Bahner, ISR's new Board President
- * Medicare Open Enrollment
- * Sno Isle Library - Be a "Foodie" This Fall
- * What is Brain Health?

senior-resources.org/resources

YOUR GIFT WILL BE DOUBLED THIS FALL!

A donor has made a challenge pledge of \$100,000 in which **every dollar pledged or given this fall will be doubled** by redeeming that same amount from his pledge. You give \$10 and then we redeem \$10 from his pledge! Eight others have joined him with their own challenges raising it to \$150,000! If we match this amount, we will reach our 2023 goal!

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](#)

Healthy Aging. A better conversation about Aging

View our latest film about caring for our island's aging seniors. Join Charles LaFond at his potter's wheel, his kitchen and his outdoor wok as he honors the benefits and challenges of aging on Whidbey and Camano Islands. (Film produced and donated by Chris Douthitt).

[Click to View](#)



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](#)



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.



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



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

[Learn
More](#)

Private In-Home Providers Directory

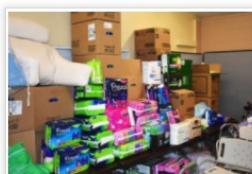
Are you looking for help? Not sure who to hire for odd jobs around the house? Or maybe you are in search of a caregiver who is the right fit for your family member and will provide you with some much-needed respite time. Our Private In-home Provider (PIP) directory might have just the person you need.



[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](#)

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

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 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

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.



Supporting Island Senior Resources

5518 Woodard Ave.
Freeland WA 98249
(360) 321-1600

STORE HOURS

Tuesday - Saturday
10 a.m. - 4 p.m.

Donations Accepted Wednesday - Saturday
10 a.m. - 3 p.m. or until capacity is reached

October Daily Sales

Tuesday

25% off Shoes

Friday

30% off Books

Wednesday

30% off Art and Frames

Saturday

25% off ONE toy

Thursday

25% off ONE item

*Seniors [55+]
Get 10% off
Everything,
Every Day!*



STAY CONNECTED WITH ISR

[eNews Sign-up](#)

Island Senior Resources

Senior Thrift



OTHER ORGANIZATIONS OF INTEREST

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

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

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You are receiving this email because you requested it or opted in to keep up on news at Island Senior Resources. Thanks for your interest!

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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