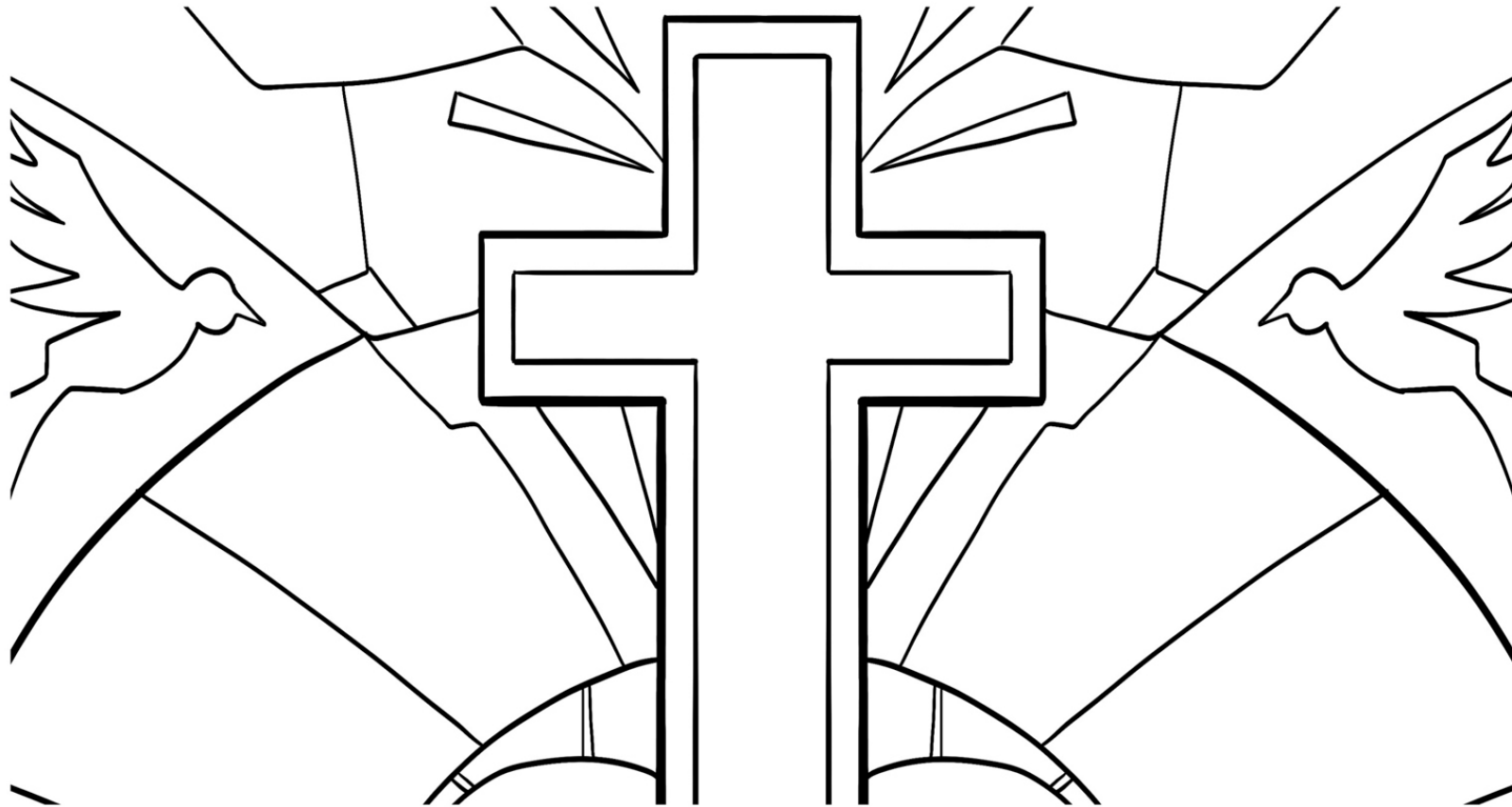
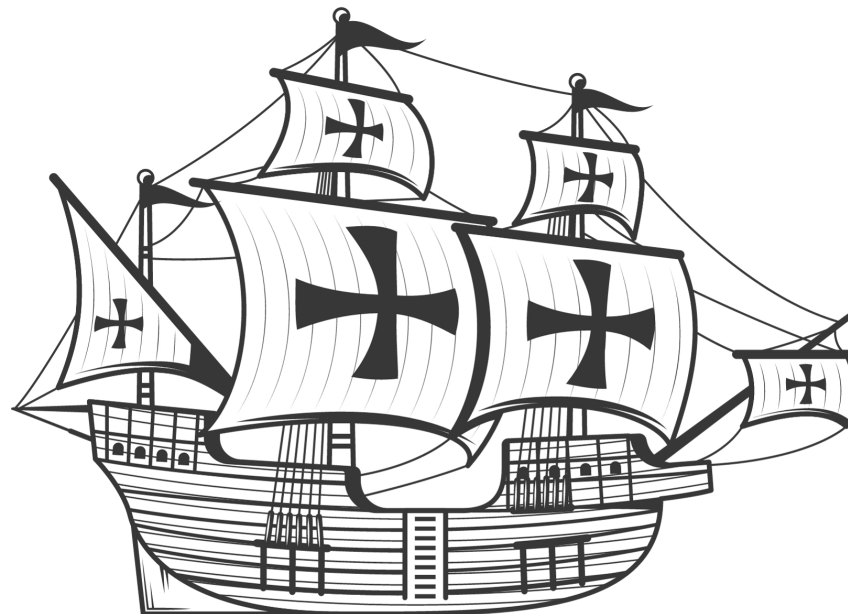


PERSONAL COGNITIVE

November 2023



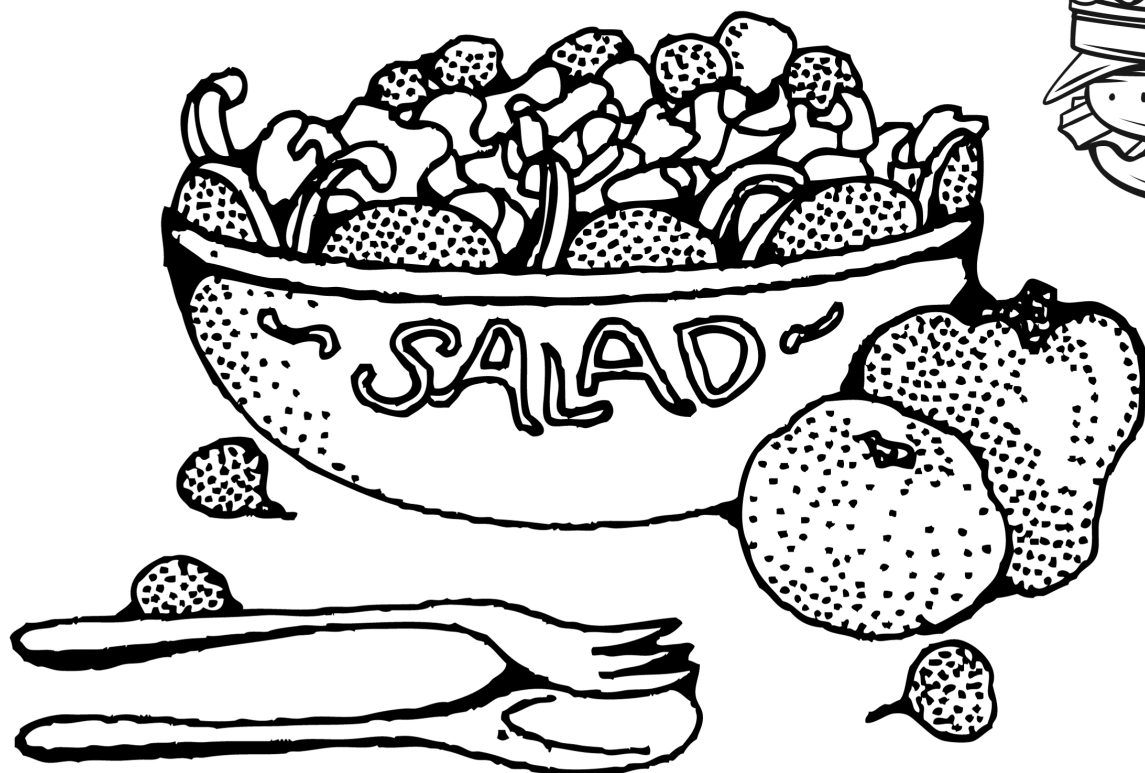
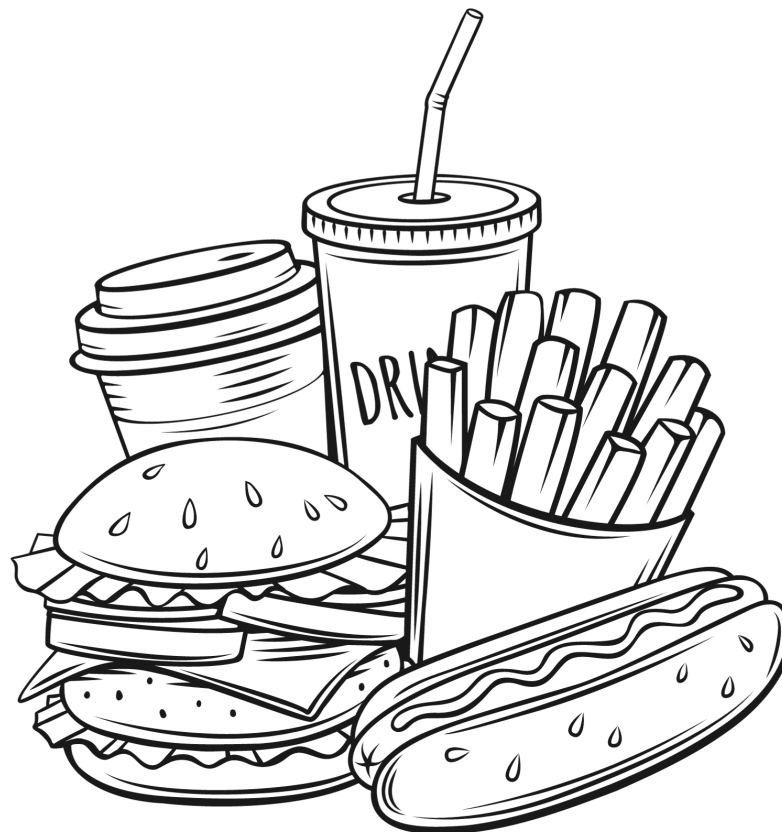


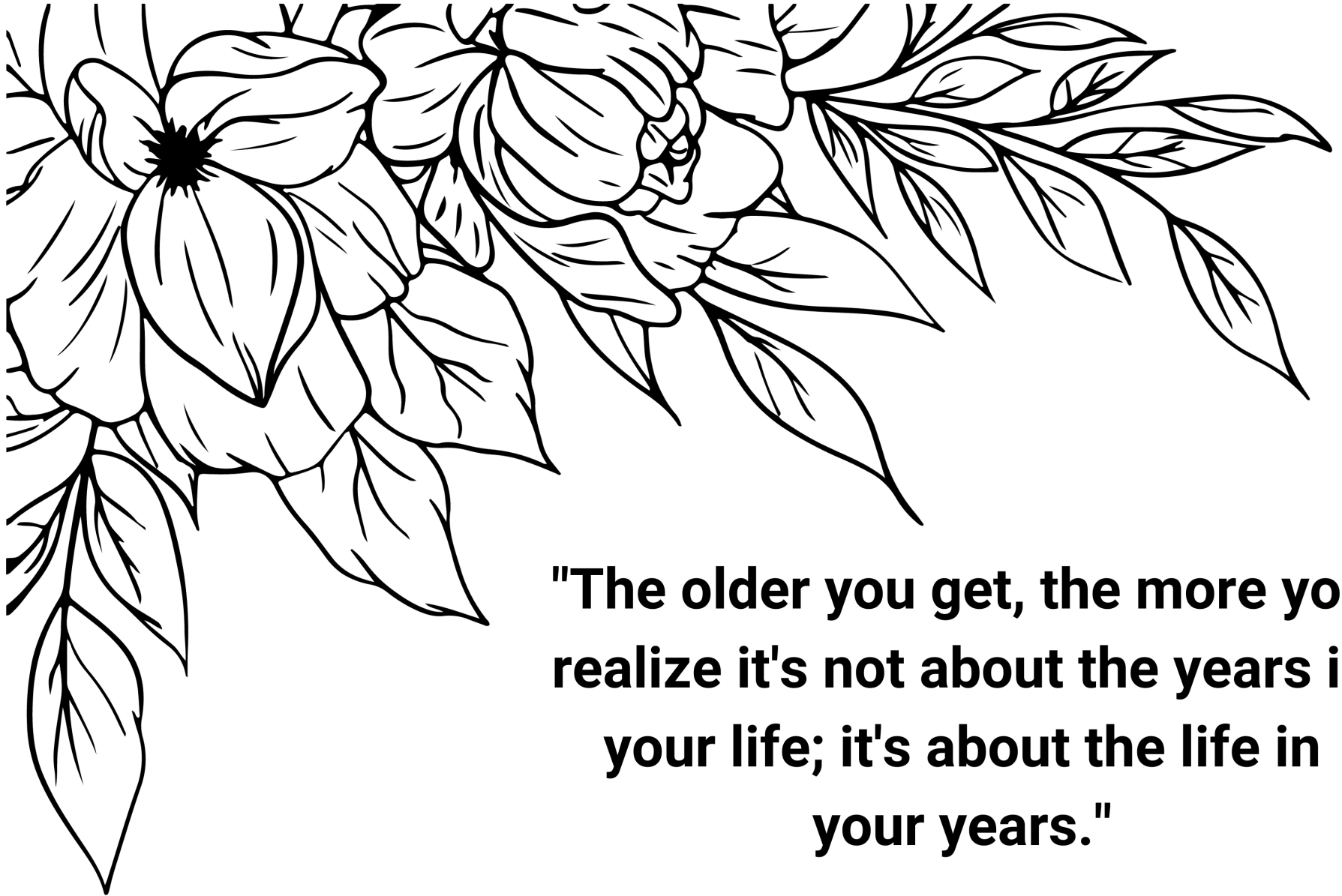
**What are some facts you know about
the past that others may not know?**

Do you have any tips for staying active as we age?



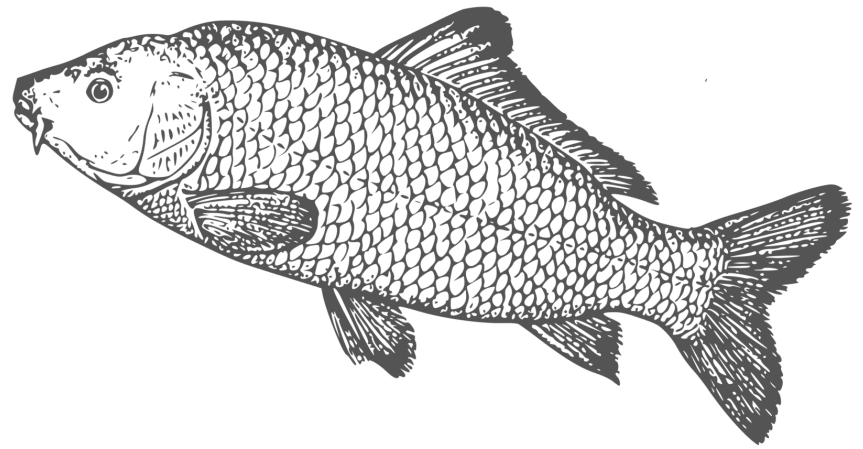
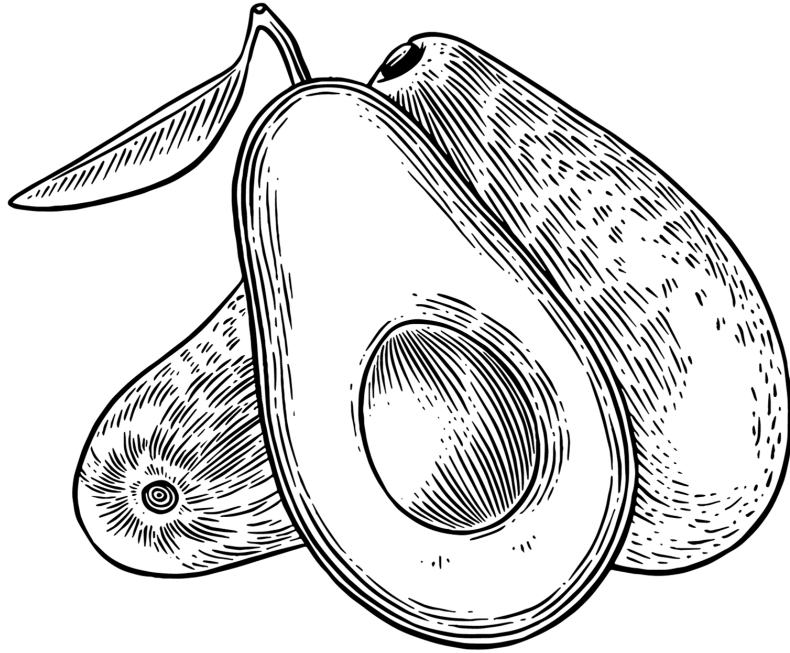
**What is your favorite
food and why?**

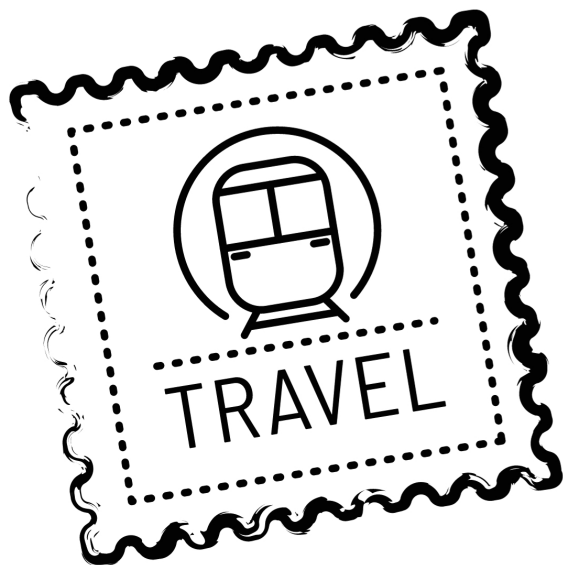




"The older you get, the more you realize it's not about the years in your life; it's about the life in your years."

**What are some foods that are
high in fat but low in sugar?**



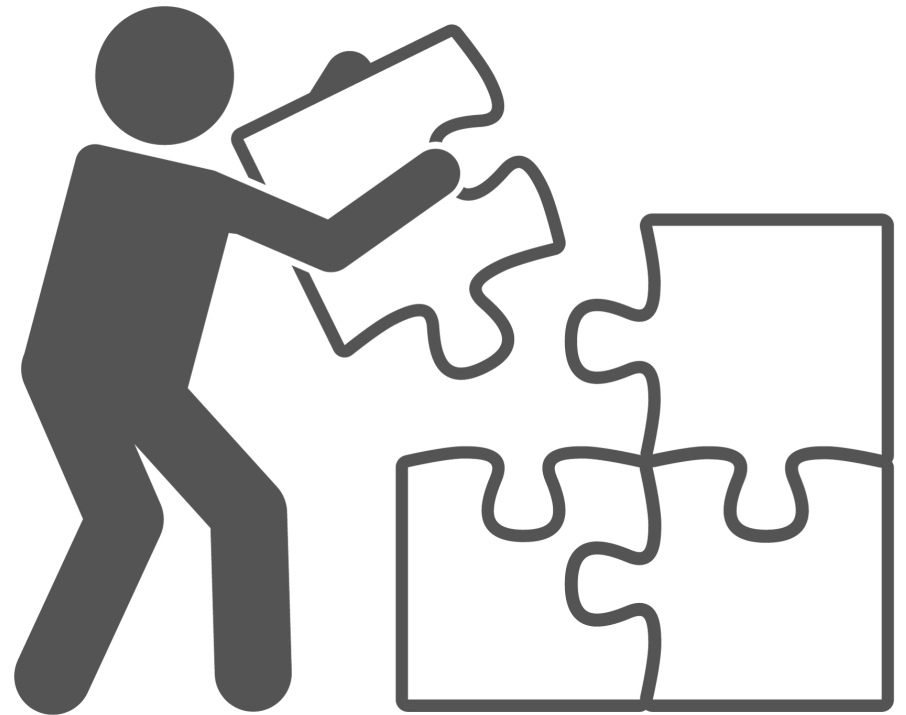


"Adventure knows no age. Your journey has just begun, and the world is still your oyster."

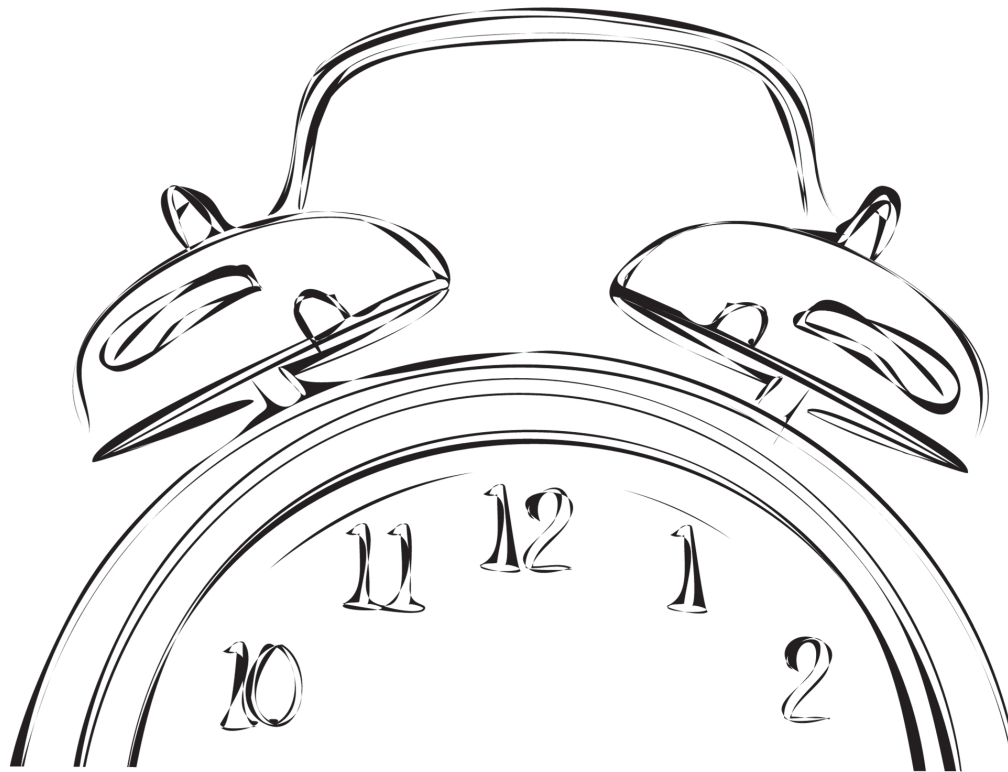


**Do you think that building
a sense of community is
difficult for seniors?**

**What things would you
recommend that we can
do to build a better sense
of community?**

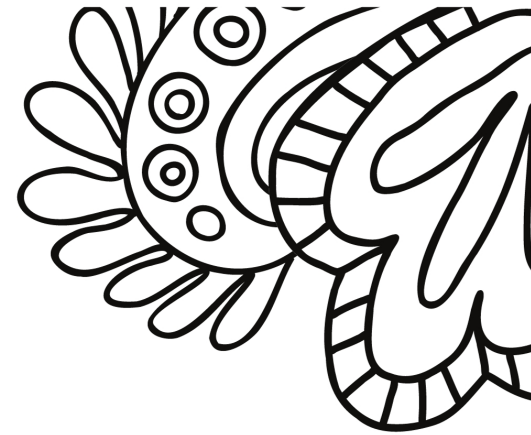


Practice Patience:
Take your time when tackling complex problems. Rushing through the process can lead to errors and missed opportunities for innovative solutions.

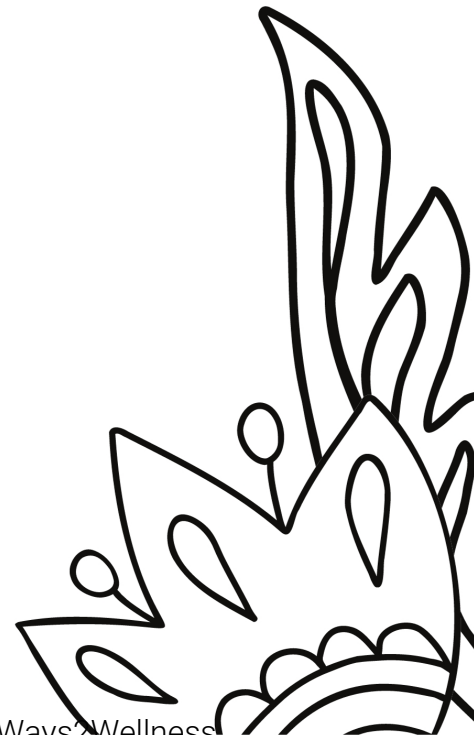


What advice would you give to younger generations about living a fulfilling life?

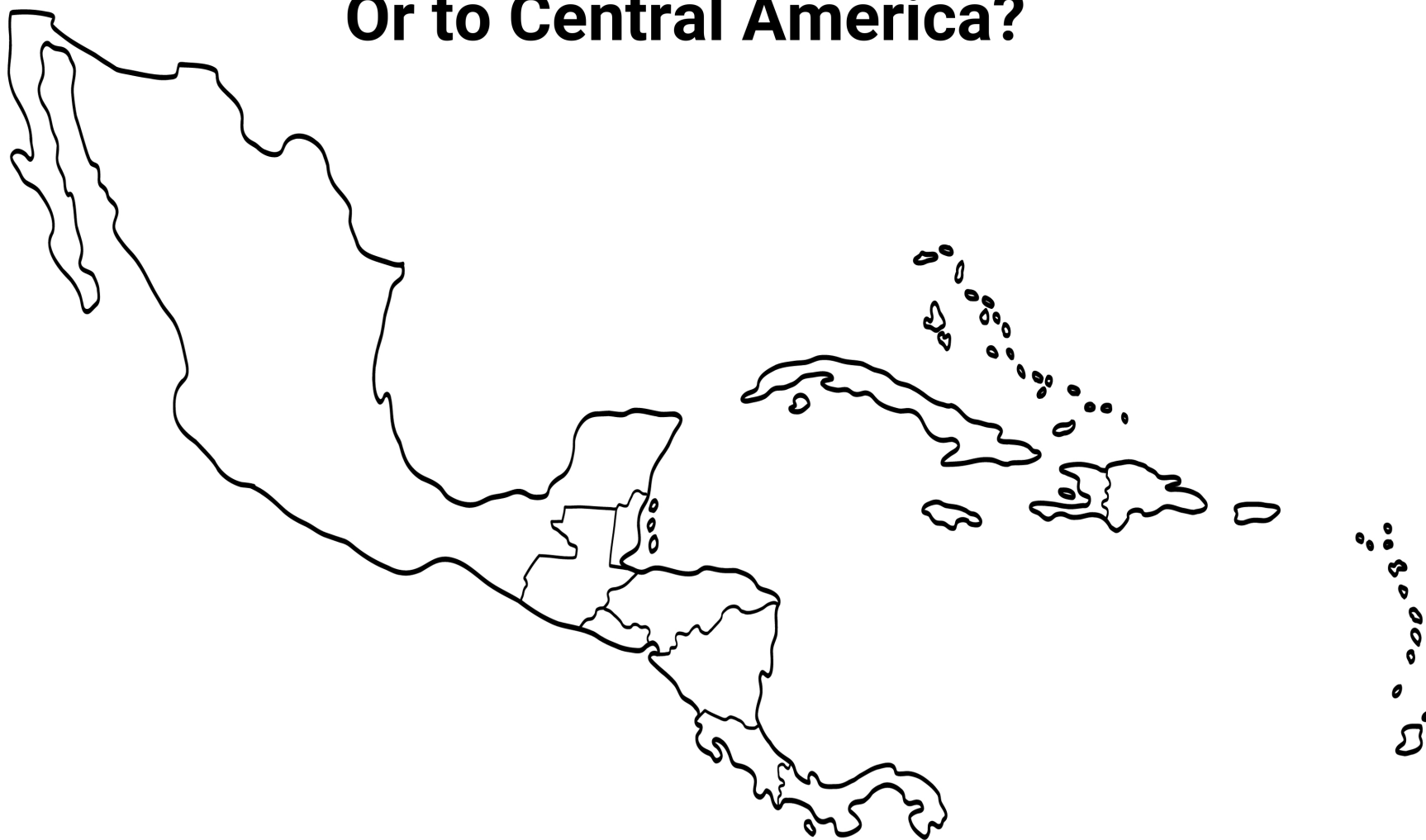




**What do you remember
about the 1970's?**



**Have you ever been to Belize?
Or to Central America?**



Can you find Belize on this map?



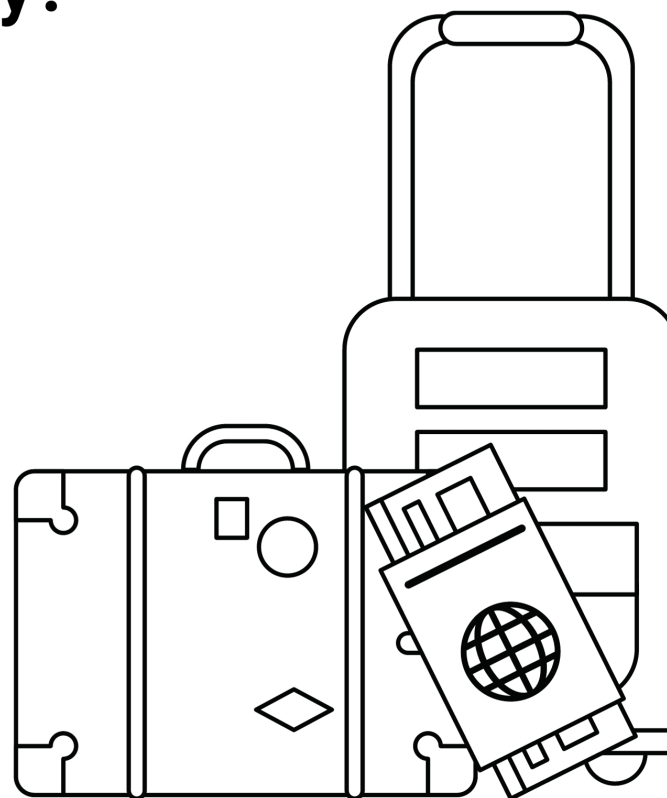
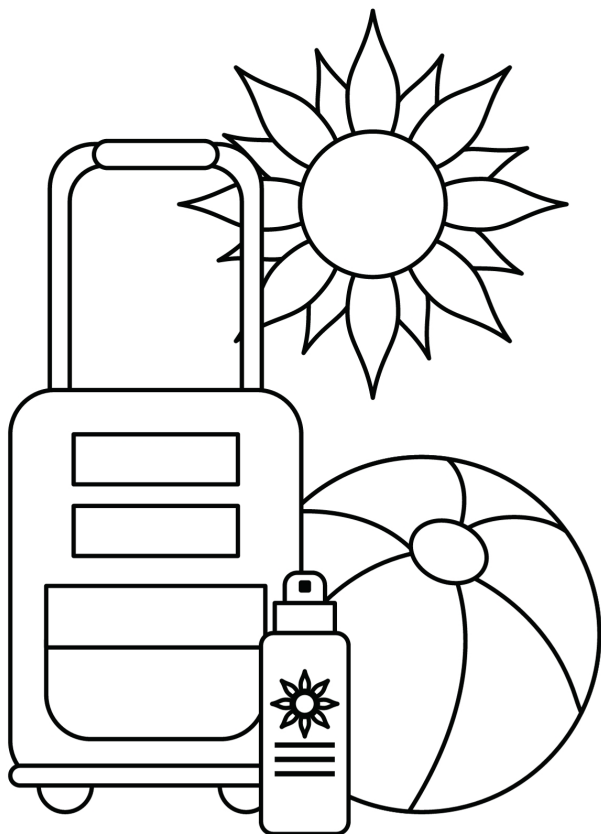
**Talk about
memorable
family trips
and vacations.
Can you share
any stories
about
destinations,
adventures,
and time spent
with loved
ones?**



**How do you envision your future as you
continue to age?**

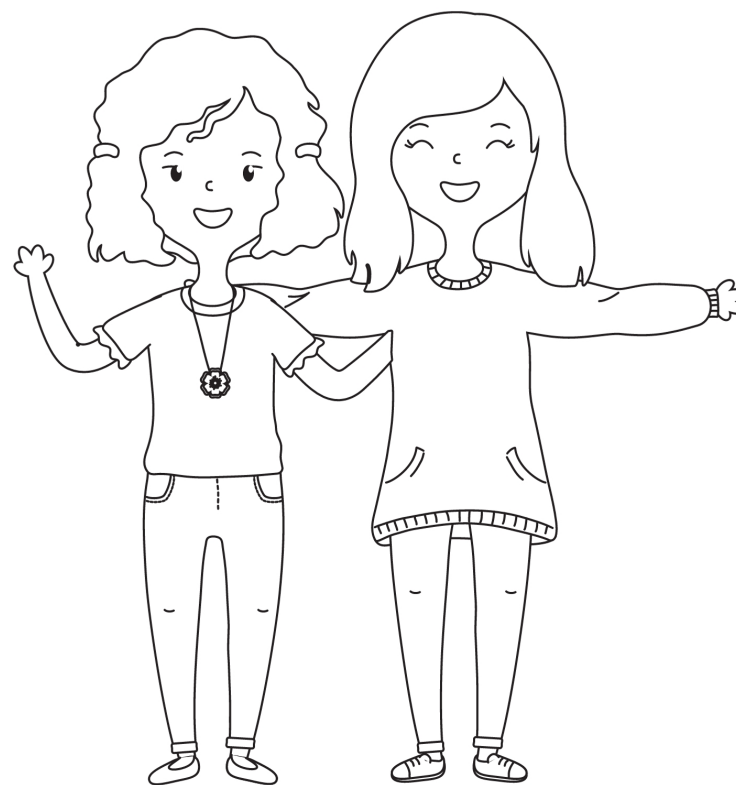
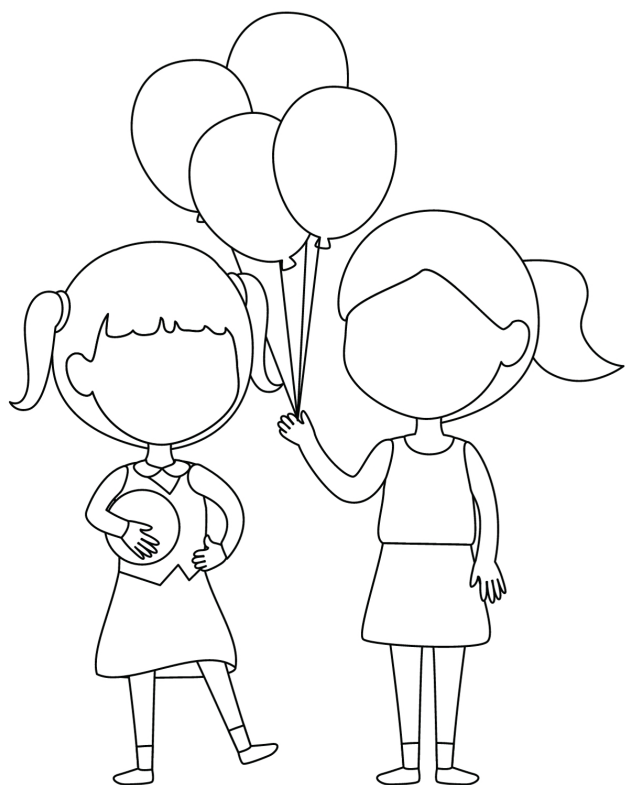
**"Traveling: it leaves you speechless,
then turns you into a storyteller."**

**Can you think of a trip that made you feel
this way?**



Can you share an anecdote about a close friend?

How and when did you meet?





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Programs and Services

Aging & Disability Resources (ADR)

These programs provide assistance to help clients identify, understand, and access the services they need to live their best life.

Medicaid In-Home Care and Case Management

Promoting choice, flexibility, and community-based services instead of facility care for those who receive Medicaid and need in-home care services to live safely at home.

Statewide Health Insurance Benefits Advisors (SHIBA)

Trained volunteers provide objective information about Medicare through in-person and online classes as well as individual consultations.

Nutrition Programs

Meals on Wheels, Frozen Take-Out Meals, Community Meals, and Liquid Nutritional Supplements for Island County Residents, age 60 and over.

Medical Equipment Lending Library

Need a walker, wheelchair, or other assistive devices? Or, do you have some to donate?

Private In-Home Providers (PIP)

Our Private In-home Provider (PIP) directory might have the person you need. Each provider on the list has passed a background check, and community members are able to give feedback on their experience.

Support Groups

Join in conversation with others facing similar challenges.



About Us

We provide essential resources for seniors and adults with disabilities, their families, and caregivers, throughout Island County. We are the only private nonprofit in northwest Washington that provides the array of resources we do.

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.

Island Senior Resources relies on community financial support. Only 33% of our funding comes from government grants. You can sustain our work by donating on our website or by mail at P.O.

Box 939 Freeland, WA 98249

We are here for you

Contact us by phone , email, or request assistance on our website.

(360) 321-1600

www.senior-resources.org

reception@islandseniorservices.org.