

# WELLNESS PROGRAM GUIDE

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**December 2023**

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# Wellness Program Guide

## DECEMBER 2023

### WELCOME!

**T**he Wellness Program Guide for Caregivers accompanies all our monthly publications, providing ideas for dynamic conversations and activities between you and your senior. Each activity is specifically designed to cater for all skill levels, and all are easily done in your home environment. Our questions will spark creativity and enhance emotional connectivity, while our simple exercises will add movement and variety to your daily routine.

This year, Ways 2 Wellness is hand-creating content on three travel themes. Each month's puzzles and 15 illustrations are based on traveling along trails, around the globe, and through time.

The first theme is trail travel, where we imagine visiting famous American Trails, such as the Pacific Crest or the Appalachian Trail. During these trips, we explore relevant outdoor topics like movement, exercise, natural landscapes and the flora and fauna found along the trail.

Next, we will travel to a unique global destination such as Australia or Kenya. On this trip, we will explore the sights, sounds, culture, and cuisine of a destination. You may have traveled to one of these destinations previously. But even if you haven't visited before, you will have fun learning and exploring some of the world's greatest locations!

Finally, we travel back in time to reminisce on the greatest decades in American history. These puzzles and activities dive into the decade's artistic styles, music and fashion, and the era's mentality.

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## Your Ways 2 Wellness Playlists

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### PACIFIC CREST TRAIL PLAYLIST



### 1980S PLAYLIST



### SCOTLAND PLAYLIST



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## How to Scan QR Codes

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1. Open the camera app on your smartphone.



2. Point the camera at the black box QR code.



3. Tap the pop-up banner that appears on your screen.



4. Follow the link to access our online resources!

# Ways 2 Wellness Publication Guide

## DECEMBER 2023

### GET STARTED

#### WELLNESS PROGRAM GUIDE

Creative ideas to engage your senior in physical and mental activities.

#### PUZZLE EXPERIENCE

Thematic publications for staying sharp.



#### TRAILS

We are trekking along some dangerous ground this month. Take care as we approach the mighty Mt St Helens! For supper, we hope to catch some fresh salmon before stretching our legs ready for the next day.

#### TIME

The 1980s was jam-packed with exciting space explorations, great basketball, inspiring Gospel music and reflective literature. We reminisce on all these topics this December.

#### GLOBE

"You take the high road and I'll take the low road", but this month we all arrive in Scotland together. Come and see the sights, eat the food and listen to the stirring bagpipes.

#### COLORFUL FUN

Thematic publications for dementia care.

#### TRAILS

Have you ever fished for fresh salmon? Do you remember the great Mt St Helens eruption? Come with us as we explore volcanoes and rivers - make sure you warm up those legs first!

#### TIME

The 1980s was a pretty exciting time for space exploration and amazing basketball games. Can you remember any of the great literary pieces of this time? How about singing along to some of this decade's great Gospel music?

#### GLOBE

We love the sound of bagpipes, so this month we are visiting Scotland. We will take a close look at the cute little puffins and dive into the history of the Isle of Man. Come with us as we tour through Edinburgh and sample Scottish cuisine.

### NEW IN 2023

Printable activity packets with one puzzle type.

#### COGNITIVE CROSSWORDS

Use your knowledge and experiences to solve these puzzles.

#### WORD WIZARD

Can you make sense of these jumbled letters?

#### SUDOKU NINJA

Every number has its place. Can you figure out where they go?

#### AMAZING MINDS

Enter the maze if you dare. Can you find your way out?

#### STIMULATING SEARCH

Challenge yourself to find all the words hidden in these puzzles.

#### SIMPLY SEARCH

Find the words hidden in these simple word searches.

#### MAZINGLY EASY

Try not to get lost in these simple maze puzzles.

#### ARTISTIC ACTIVITIES

Relax by spending time doing these coloring activities.

#### MIGHTY MANDALAS

Get creative and color these beautiful mandala images.

#### PERSONAL COGNITIVE

Take some time to reflect on the past, present and future.

## 15 MAGICAL MOMENTS

- Prepare a snack of cheese and crackers
  - Water plants
  - Put silverware away
  - Sit on a bench or a swing
  - Celebrate family holiday traditions
  - Look at family photo albums
  - Color an image
  - Paint rocks or clay pots
  - Call a friend
  - Donate old clothes
  - Play with building blocks
  - Talk about your childhood friends
  - Do something outside
  - Make a family tree poster board
  - Listen to favorite holiday music
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## MEMORY JOGGERS



A fun, mentally stimulating game from our friends at **MemoryCafeDirectory.com**

It's simple. Read the first part; encourage players to finish the phrase!

- When it rains, it... **pours**
- Stand your... **ground**
- Heart of a... **lion**
- Tricks of the... **trade**
- X marks the... **spot**
- I think I'll call it a... **day**
- When life gives you lemons, make... **lemonade**
- As dead as a... **doornail**
- Get ahead of the... **curve**
- Talk until you're blue in the... **face**



## **MOVEMENT TIPS**

- We need to make an extra effort in winter to get enough Vitamin D. When feasible, go outdoors for a short walk to get some sunshine, which supports Vitamin D absorption.
  - Holidays often distract us from our regular fitness or movement regimens. Take this moment to stand up and sit back down ten times from where you are seated.
  - Will you be with family and friends this holiday season? What can you all do together that promotes movement or exercise? Ask them and decide on doing something all together.
  - If comfortable with walking independently, challenge yourself to walk at least 20–30 minutes 4–5 days each week this month. Staying active will be good to counterbalance the added treats and stress that can accompany the holidays.
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## **NUTRITION TIPS**

- Peppermint is a popular addition to winter desserts. Peppermint has been found to improve digestion, freshen breath, and even enhance concentration.
  - When consumed in moderation, chocolate, especially dark chocolate, can help protect cells from inflammation due to the antioxidants it contains.
  - Pecans are often found in holiday desserts. Pecans are a great source of calcium, magnesium, and potassium, all of which have been found to help lower blood pressure.
  - Whether you indulge in cocktails this holiday season, be sure to drink a glass of water for each one consumed. The extra hydration will help combat the diuretic effect of a cocktail.
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## **MINDFULNESS TIPS**

- The holidays can be a stressful time of year with many commitments. Take a moment each day for you. Take five minutes to focus on your breathing, have a cup of tea, and even enjoy some holiday music.
- Pause right now to take five slow, deep breaths in and out through the nose.
- Turn on a favorite holiday song. While it is playing, write down in a notebook or on a scrap piece of paper all the things you are grateful for in this moment.
- The cooler temperatures can make our skin feel dry. Take a few minutes and apply lotion to your hands and feet. Slowly rub it in and enjoy some self-massage.

# Musical Moments

## SING TOGETHER!

Sing Together! We invite you to put on some music and sing along. Here is the song list for this month. The QR code on each page links to the playlist.

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We created Spotify playlists to accompany this month's topics. Filled with wonderful music from the 40s-90s, we want your community to enjoy music as they puzzle and work on art projects together. Scan the QR code below to access this month's playlist.



Love Said Not So - Bebe & Dede Winans  
O Happy Day - The Tennessee Gospel Society  
Take Me Back - Andrae Crouch  
Take My Hand, Precious Lord - Mahalia Jackson  
Try Love - Kirk Franklin  
Amen - Harry Belafonte  
Messiah, HWV 56: Amen - The Sixteen  
Amazing Grace - Celtic Thunder  
Go Tell It on the Mountain - Dolly Parton Rock  
of Ages - Amy Grant, Vince Gill  
How Great Thou Art - Petatonix, Jennifer Hudson  
Why We Sing - Kirk Franklin  
Scotland the Brave - The Drums & Pipes  
Loch Lomond - The King's Singers  
Caledonia - Dougie MacLean

Auld Lang Syne - Queen's Own Highlanders  
Amazing Grace - The Royal Scots Dragoon  
Guards Hùg Air A' Ghonaid Mhòir - Julie Fowlis  
The Ramblin' Rover - Siobhan Miller  
Here We Come A-Wassailing - Bonnie Rideout  
Yeoman's Carol - Bonnie Rideout  
Seattle - Perry Como  
Mountains of My Mind - Chris Stapleton  
Wayfaring Stranger - Rhiannon Giddens  
Rainier - Mighty Oaks  
Coyote Dance - Robbie Robertson  
Shamanic Dream - Music Body & Spirit  
Native American Flute - Music Body & Spirit  
Thrice All American - Neko Case  
Sunny in Seattle - Blake Shelton

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## GUESS THE THEME

Another way to enjoy these curated playlists is to play a musical game! Put the playlists on shuffle and match each song to the content category. We love this game because it will get your brain to listen to the lyrics, think about the overall message, and connect the song to a monthly theme!

# Trail Travel

## PACIFIC CREST TRAIL - NORTH

### TOPICS: Leg Movement Exercises, Volcanoes, Mount St. Helens, Salmon Fishing

The northern section of the Pacific Crest Trail (PCT) in Washington State offers some of the most stunning scenery on the trail, and some unique leg movement exercises for hikers. The trail is known for its challenging terrain, including steep ascents and descents, which can help build strength and endurance in the legs. Hikers in this section will encounter several active volcanoes, including Mount Baker and Mount Rainier, which provide a breathtaking backdrop to the trail. Additionally, the trail passes near Mount St. Helens, which famously erupted in 1980 and left a lasting impact on the landscape. Salmon fishing is a popular activity in Washington, and hikers can take advantage of the many opportunities to fish for salmon along the trail.

### ORGANIZE IT!

Organizing activities for seniors can be a great way to stay engaged and active while providing a sense of accomplishment. Look around for a spot of clutter and take an hour or two to help your senior organize it to the best of their ability. It's essential to be patient with your senior, offer assistance, and create an environment where the decisions about what to keep, donate, or discard are not stressful. The goal is to simplify your living space and create a more comfortable and organized home.

Some of our favorite areas and things to organize are:

- Sock drawer
- Linen closet
- Cooking utensils and bakeware
- Holiday decorations
- Old cards, mail, and bills
- Medications
- Out-of-season clothing

*Take time this week to organize one or two small areas.*

### ALTERNATIVE ACTIVITY

#### Piles of Paper

As we approach the end of the calendar year, sorting through documents and setting aside those you need to store in a safe place is important. Take an afternoon to go through this year's mail, documents, receipts, medical papers, bills, and cards and organize them. Go through your documents one by one. Decide which ones to keep, which to shred or dispose of, and which to file. When you get rid of things you don't need, it gives you more space, both physically and mentally. Plus, you might find some cool mementos that you forgot about. Cleaning up old papers can make things neater, help you find what you need, and give you more room to breathe.



*Colorful Fun! coloring page - Leg Movement Exercises*

### SPOTIFY PLAYLIST





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### DO YOU REMEMBER?

Before the eruption, Mount St. Helens had been dormant for over a century. However, it became increasingly active in the months leading up to the eruption, with small earthquakes and volcanic tremors. The eruption of Mount St. Helens in 1980 was one of the most significant volcanic events in the history of the United States.

Do you have any memories or stories from the day that Mount St. Helens exploded?

Where were you when it happened?

Do you know anyone who lived near the mountain and experienced it?



### ALTERNATIVE ACTIVITY

#### What's your recipe?

Salmon is a versatile and delicious fish that can be prepared in various ways. What are your favorite ways to enjoy salmon? Do you like it smoked? Pan seared? In sushi? Think about the many ways you can enjoy this food and write them down. If you don't like fish, why not?

Best ways to prepare salmon:

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A side dish to serve with salmon:

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Time of day to eat salmon:

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Best vegetables to pair with salmon:

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# Time Travel

## 1980s

### TOPICS: Literature, Gospel Music, Basketball, Space & Exploration

The 1980s saw the emergence of many literary movements and trends, including postmodernism and multiculturalism. American authors such as Toni Morrison and Alice Walker gained widespread recognition for their powerful works during this time. Gospel music also experienced a resurgence in popularity in the 1980s, with artists like Whitney Houston and Kirk Franklin reaching new audiences. The 1980s were also a significant decade for basketball, with the rise of Michael Jordan and the dominance of the Los Angeles Lakers and the Boston Celtics. Finally, space exploration remained a popular topic, with the launch of the Space Shuttle and the development of new technologies that allowed for more detailed exploration of our solar system.

### INDOOR BASKETBALL

How about a fun and low-impact basketball-inspired activity you can play alone or with a friend? Create a mini basketball shooting game using a soft ball or rolled pair of socks, a laundry basket, or a nonbreakable bowl. Set up the "hoop" at a reasonable height and take turns trying to make shots from different distances. You can even assign different point values to shots based on difficulty. It's a light-hearted way to enjoy physical activity and share laughs. Plus, it's easily adaptable to different skill levels, making it a perfect activity for spending quality time together or solo.



Colorful Fun! coloring page - Basketball

### ALTERNATIVE ACTIVITY

#### Basketball Stars

#### Match the Player to the Team

These eight players were iconic figures in the NBA during the 1980s, contributing to the league's popularity and shaping the era's basketball landscape. Do your best to match the player with the team!

**Boston Celtics**  
(used twice)

**Detroit Pistons**

**Los Angeles Lakers**  
(used twice)

**Chicago Bulls**

**Houston Rockets**

**Philadelphia 76ers**

Magic Johnson: \_\_\_\_\_

Larry Bird: \_\_\_\_\_

Kareem Abdul-Jabbar: \_\_\_\_\_

Michael Jordan: \_\_\_\_\_

Isiah Thomas: \_\_\_\_\_

Hakeem Olajuwon: \_\_\_\_\_

Moses Malone: \_\_\_\_\_

Kevin McHale: \_\_\_\_\_

Answers: Magic Johnson: Los Angeles Lakers, Larry Bird: Boston Celtics, Kareem Abdul-Jabbar: Los Angeles Lakers, Michael Jordan: Chicago Bulls, Isiah Thomas: Detroit Pistons, Hakeem Olajuwon: Houston Rockets, Moses Malone: Philadelphia 76ers, Kevin McHale: Boston Celtics

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### SPACE EXPLORATION

The 1980s marked a significant era in space exploration, with the Space Shuttle program taking center stage. NASA's Space Shuttle fleet, including iconic shuttles like the Challenger and the Columbia, conducted numerous missions, deployed satellites, carried out scientific research, and contributed to the construction of the International Space Station. The era witnessed groundbreaking moments, such as the first female astronaut, Sally Ride, entering space in 1983. However, the decade also faced tragedy with the Challenger disaster in 1986.

As the 1980s unfolded, space exploration continued to captivate the world's imagination, leaving us to ponder: In pursuing the cosmos, what lessons have we learned, and how does our exploration of the unknown shape our understanding of ourselves on Earth?

Throughout your life, how has your understanding of the world changed?

SPOTIFY PLAYLIST



### ALTERNATIVE ACTIVITY

#### Pondering Vastness

Looking back at the 1980s space exploration endeavors, how has our perspective on the vastness of the universe and our place in it evolved, and what questions does this era's exploration raise about the potential for life beyond our planet?

Do you think that in the future, life beyond Earth will be discovered?

### THE 1980s AT A GLANCE

1980	Ronald Reagan is elected president
1981	NASA launches the first Space Shuttle
1982	Michael Jackson releases Thriller, the best-selling album of all time
1983	The New York Islanders win their fourth consecutive NHL Stanley Cup
1984	Apple introduces the Macintosh, the first commercial personal computer
1985	Live Aid benefit concert raises millions for famine relief in Ethiopia
1986	Australia gains full independence from the United Kingdom
1987	The Simpsons cartoon first appears as a series of shorts on The Tracey Ullman Show
1988	South Korea hosts the Summer Olympics
1989	Nelson Mandela is released from prison in South Africa after 27 years



# Global Travel

## SCOTLAND

### TOPICS: Edinburgh, Isle of Man, Puffins & Wildlife, Bagpipes & Scottish Instruments

Scotland is a beautiful country with a rich history and culture, and its capital city of Edinburgh is a popular destination for visitors. Edinburgh is home to many historic landmarks, including Edinburgh Castle, which sits atop a hill overlooking the city. The city is also known for its annual Fringe Festival, which celebrates the arts and draws performers and visitors from around the world. The Isle of Man is a nearby island, also part of the British Isles, offering visitors stunning natural beauty and unique cultural experiences. Puffins and other wildlife can be spotted along Scotland's coastlines, and visitors can take guided tours to see these creatures up close. Scotland is also famous for its traditional music, including bagpipes and other instruments like the fiddle and the accordion, which are played in pubs and at festivals throughout the country.

## HISTORY LESSON

In the early medieval period, both the Isle of Man and parts of Scotland were under Norse (Viking) influence. The Kingdom of the Isles, which included parts of western Scotland and the Isle of Man, was established by Norse settlers. By the late 13th century, the Isle of Man came under Scottish rule when Alexander III of Scotland gained control of the island. This was part of a larger dowry settlement with Norway. Over the centuries, various Scottish nobles held the title of "Lord of Mann," signifying their feudal lordship over the Isle of Man. In the late 18th century, the Isle of Man's political and legal structure underwent changes. The British Crown purchased the feudal rights from the Duke of Atholl, ending the Lordship of Mann and establishing direct Crown dependency under the British monarch.

There are cultural ties between the Isle of Man and Scotland, particularly in terms of shared Gaelic and Norse influences. Both regions have a rich history of Celtic and Norse traditions that have influenced their language, folklore, and customs. Do you know any of these traditions? If you wanted to learn more about this area and its history, where would you start? Who would you ask and what areas are of interest to you?

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## ALTERNATIVE ACTIVITY

### Charming Seabirds

*Fill in the blanks*

Puffins are charming seabirds with a distinctive appearance. They are characterized by their colorful, triangular beaks, vibrant \_\_\_\_\_ feet, and striking black and \_\_\_\_\_ plumage. These birds have evolved specific physical adaptations for life at sea, such as their ability to dive underwater in search of \_\_\_\_\_, their primary food source. Puffins are primarily found in the northern hemisphere, inhabiting \_\_\_\_\_ regions of the North Atlantic and the Arctic. They often nest in large colonies on cliffs and \_\_\_\_\_ islands, creating burrows or using crevices for their nests. They lay a single \_\_\_\_\_ which they take turns incubating. Puffins are known for their distinctive method of holding and carrying multiple fish in their \_\_\_\_\_, known as a "beakful," to feed their chicks. Puffins have captured the hearts and imaginations of many. They are often celebrated in \_\_\_\_\_ and are a popular subject in art, literature, and \_\_\_\_\_, particularly in regions where they are found in abundance.

### SPOTIFY PLAYLIST



Answers: orange, white, fish, coastal, rocky, egg, beak, folklore, tourism



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## PICK YOUR ITINERARY

Read through the suggested three-day itinerary for exploring some of the best things to do in Edinburgh, and circle one option from each day that would interest you if you were to visit Edinburgh. If you have been to Edinburgh before, perhaps you have other ideas to add to this list. If so, write them down.

### Day 1: Old Town Exploration

**Edinburgh Castle:** Begin your day at this iconic landmark. Explore the historic fortress, marvel at the Crown Jewels, and enjoy panoramic views of the city.

**Royal Mile:** Wander down the Royal Mile, the historic heart of Edinburgh, and visit landmarks like St. Giles' Cathedral, the Real Mary King's Close, and The Scotch Whisky Experience.

**Holyrood Palace:** Head to the bottom of the Royal Mile and visit the official residence of the monarch in Scotland. Explore the palace and the beautiful gardens of Holyrood Park.

**Arthur's Seat:** Climb this extinct volcano in Holyrood Park for incredible views of the city. The hike offers stunning panoramas.

### Day 2: New Town and Beyond

**Princes Street:** Explore the shopping and dining hub of New Town. Visit the Princes Street Gardens and take in the scenic views of the Castle.

**National Museum of Scotland:** Immerse yourself in Scotland's history and culture. The museum showcases diverse exhibits, including natural history, science, and Scottish heritage.

**Calton Hill:** Climb this hill for an unforgettable view of the city and its iconic monuments, including the National Monument and Nelson's Monument.

**Scottish National Gallery:** Discover an impressive collection of art, including works by renowned artists like Rembrandt and Van Gogh.

### Day 3: Culinary and Cultural Experience

**Food Tasting:** Engage in a culinary tour, sampling traditional Scottish cuisine.

**The Writers' Museum:** Delve into Edinburgh's literary history by visiting the Writers' Museum, celebrating the lives and works of Scotland's literary greats.

**Theatrical Delights:** Enjoy a performance at the Edinburgh Playhouse or catch a show at one of Edinburgh's many other theaters.

**Nightlife in the Old Town:** Round off your day by experiencing the vibrant nightlife in the Old Town. Visit a traditional pub or enjoy live music in one of the many atmospheric venues.

## ALTERNATIVE ACTIVITY

### The Journey

What ignites your passion for travel? Is it the allure of discovering new cultures and traditions, or perhaps the excitement of exploring diverse landscapes and natural wonders? Do you find yourself drawn to the adventure of trying new cuisines and immersing yourself in local experiences, or is it the interactions with people and the stories they share that captivate you most? Write down what aspects of travel captivate your imagination and spark your sense of curiosity. Think about your answers and then ask a friend: what makes the journey as enriching as the destination?



Serving Whidbey and Camano islands

## **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.

#### **Nutrition Programs**

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

#### **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.

#### **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.

#### **Statewide Health Insurance Benefits Advisors (SHIBA)**

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

#### **Support Groups**

Join in conversation with others facing similar challenges.

**Call Us!**  
**(360) 321-1600**



**Serving Whidbey and Camano islands**

## **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](http://www.senior-resources.org)

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