“The touch of human hands
Not vain, unthinking words,
Not that cold charity
Which shuns our misery;
We seek a loyal friend
Who understands,
And the warmth, the pulsing
Warmth of human hands.”

— Thomas Curtis Clark

Senior Services provides programs and services to enhance the quality of life of seniors and disabled residents of Island County.

Our Mission
To improve the quality of life for participants and provide respite to caregivers in meeting the physical and emotional demands of providing twenty-four care to their loved ones.

Donations
Your tax-deductible donations are always welcome and appreciated and will provide client scholarships, greater activities, necessary equipment and education.

Contributions for Time Together Adult Day Services may be mailed to:
SSIC – South Whidbey Office
14594 SR 525, Langley, WA 98260

360-321-1600
or (360) 678-3373
Fax: 360-321-9369
E-mail: timetogether@islandseniorservices.org

Our Values Statement
In everything we do, we will conduct ourselves with compassion, caring and determination to support and/or improve the well being and quality of life for those we serve.

Improving the quality of life for elders and their caregivers

www.timetogether@islandseniorservices.org
(360)-321-1600
At Time Together...
Participants enjoy social and recreational activities designed for especially for them within a small group setting.

Respite...
Time Together provides respite to families and caregivers of adults who need 24-hour care. These include individuals with dementia, stroke, Alzheimer’s, heart disease, Parkinson’s, developmental disabilities, and many other chronic, frail, or debilitating conditions.

Time Together also serves frail and/or isolated seniors, providing much needed socialization.

The program director, manager, activity coordinator, program assistants and volunteers work together to provide a wide range of activities including:

- Social interaction
- Daily topics of discussion
- Music, therapeutic and entertaining
- Gentle exercise
- Memory enhancement / cognitive games / puzzles/exercises
- Nutritious Lunch/snack
- Creative and fun projects
- Gardening
- Outings
- Interaction with children and animals
- Dancing

Participants must enroll in the program and have an initial interview. This can be set up by calling 321-1600.

The cost of the program is affordable, and is considerably less than an hourly rate for caregivers.

COPES and State Respite coverage is available to eligible participants. Please call us for more information.

We work closely with Senior Information and Assistance, an agency that helps people locate and access resources available to them in Island County. We encourage seniors to use this valuable agency at no cost. Please call these numbers in your area for more information.

Oak Harbor Senior Center
360-6775-0331

Coupeville Office
360-678-4886

Bayview-South Whidbey Senior Center
306-321-1600
360-678-3373 (from north end)

Hours of service...
Time Together is currently offered Monday, Tuesday, Wednesday and Friday from 10 to 2 p.m. at the Bayview-South Whidbey Senior Center off State Highway Route 525.

Transportation...
Island Transit provides door to center transportation for those participants who qualify. They may be contacted at 321-6688.

Time Together Strives...
- To promote the health and well being of our clients
- To provide relief to caregivers
- To affirm the worth of each individual and support healthy self-esteem
- To provide a nurturing and safe environment
- To provide opportunities for socialization and friendship
- To prevent or delay the need for a more restrictive environment
- To provide structured activities that respect individual differences
- To support the verbal and functional ability of participants
- To prevent medical and physical complications caused by inactivity

Contact Us...
Time Together Adult Day Services is a program of Senior Services of Island County. We may be contacted by calling:

(360) 321-1600
or (360) 678-3373

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Fax: 360-321-9369
E-mail: timetogether@islandseniorservices.org