



Lopez Island Senior Signal

Woodmen Hall

August, 2016

A Note From Senior Services

Summer is definitely here. By now, we've all experienced longer lines at the grocery store and certainly at the ferry landings. Some of us have had a number of summer visitors come and stay for a bit of time.

Occasionally, it's fun to share our island home with others and at other times it's stressful. Whichever the experience, we seem to pass through the time and reach post-Labor day more or less intact.

I try to not go off island any more than necessary in the summer just because of the reservation system and the huge lines in Anacortes at ferry landing. Medical appointments are the exception. And of course I do all the other errands while I am there!

*Mary Ann Riggs
Senior Services Specialist*

AUGUST

August has an interesting and varied history associated with it.

August is National Inventor's Month during which we honor those who have developed the ideas that have given us the telephone, electricity, the zipper, snaps, sewing machines, engines, and so very many more conveniences and medical equipment utilized to support us in our daily lives.

August 2, 1790 was the first United States Census. August 6, 1881 is Dr. Alexander Fleming's birthday; he discovered penicillin and is credited with saving hundreds of thousands of lives. August 10, 1821, Missouri was admitted to the union, making it the 24th state. On August 10, 1846, the Smithsonian Institution Act was signed into law and today the Smithsonian is the world's largest museum complex.

August 14, 1945, Japan surrendered unconditionally to the Allies. The Transcontinental Railway was completed on August 15, 1870. The Panama Canal opened for traffic on August 15, 1914. On August 18, 1920, the 19th Amendment was ratified and women gained the right to vote. Aviation Day is August 19th, celebrating Orville Wright's birthday, August 19, 1939. Hawaii became a state on August 21, 1959. August 28, 1963, Dr. Martin Luther King delivered his famous "I have a dream" speech in Washington DC. And so much more!

REMEMBER

Don't leave your pets in a closed up car during the summer months. Cars heat up more quickly than you would expect. Keep your pets safe.

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Lopez Island Senior Center

Lopez Island Senior Center
4102 Fishermen Bay Rd (PO Box 154)
Lopez Island, WA 98261
Phone: 360-468-2421
Fax: 360-468-3021
Hours: Tuesday – Friday 8:00 a.m.-4:00 p.m.
Email: maryannr@sanjuanco.com

Nonprofit Status

The Lopez island Senior Services Operations Committee operates as a 501(c)3 so donations are deductible within the limits of the law.

Senior Services Staff

Wendy Stephens, Senior Services Manager
Mary Ann Riggs, Senior Service Specialist
Kelli Nopson, Cook

Operations Committee

Paul Berg, Chairman
Joe Thornton- Vice Chairman, Operations
Carol Jones, Treasurer
Carl Bender - Water/NWRC
Barbara Andrews, member at large
Holly Lovejoy-Secretary
Karin Gandini - Senior Events and activities
Gerry Schwankl- member at large
Connie Kyser - Friends of Woodmen Hall

Operations Committee Meeting

Lopez Island Senior Services Advisory Committee meets the first Tuesday of each month at 10:00 at Woodmen Hall. These meetings are open to the public. Consider attending one or more to find out what is happening with Senior Services. Bring your ideas, suggestions and concerns. You are more than welcome!

Newsletter

The Senior Signal is published by Lopez Island Senior Services and distributed free at the Senior Center and by mail. Mail submissions to PO Box 154 or email to maryannr@sanjuanco.com by the 5th of each month for the following months issue.

Respite Care

A reminder to those of you who are unpaid caregivers of a friend or family member. Respite care is available for up to 13 days a month at Hamlet House in Lopez Village, or at Life Care Center in Friday Harbor. The rate paid is based on the monthly income of the person receiving care. It is a sliding scale, and Northwest Regional Council pays the difference from the Respite grant they receive from the State of Washington. This program allows the caregiver to have a break from care giving, which is necessary for them to remain in good emotional and physical health. If this sounds like something you would benefit from please call Senior Services at 468-2421.

Meal Service—Lunch

Lunch at noon Wednesdays and Fridays.
Suggested donations - \$5.00 for seniors, \$6.00 for those under 60. Home delivered meals to homebound seniors on lunch days.

Durable Medical Equipment Lopez Island Hospice & Home Support provides walkers, wheelchairs and other durable medical equipment free of charge. Contact the office, 178 Weeks Road, between 10am-12noon and 1-3pm Monday through Thursday 468-4446

Foot Clinic

Senior Services provides space for the Foot Clinic the second Monday of each month. The clinic runs from 9-12. Please make an appointment with Rose Torrez at 468-2205; please bring a towel, and \$15.00. If you are unable to make your appointment please call Rose so that she can offer the time to someone else. There is often a waiting list.

Free Taxi to Island Hospital and Clinics

Island Hospital has contracted with Mert's Taxi (360) 299-0609 in Anacortes to transport people (round trip) from the ferry in Anacortes to Island Hospital and /or one of their clinics. Call Mert's the day before your appointment and you will be met at the ferry. Be sure to check with your clinic and make sure they subscribe to this service.

Renting Woodmen Hall

If you are interested in renting Woodmen Hall please call the building rental phone number 468-3092 and leave a message. The voice mail is checked daily.

The most healthy and tasty way to cook corn on the cob


Put corn with the husks on in the microwave for 3 minutes per ear. Do not boil; this causes most of the nutrients to go into the water. After removing corn from the microwave, let the ears sit 5 minutes with the husks on. Next, remove the husks and the silks. The flavor will amaze you. Information is from "Eating on the Wild Side" by Jo Robinson.

GAME DAY

If you are interested in playing some table games with others, please call the office at 468-2421 for specifics on the day and time of the next group meeting. Scrabble, Uno, and other games played.

**To order lunch take outs or for home delivered meals—please call 468-2264 (Kitchen).
Please call before 10:00a.m. to place your order with Kelli.**

AUGUST 2016 LUNCH

<p><u>Wednesday 8/3</u> Turkey Pot Roast Mashed Potatoes/gravy Green Beans Garden Salad Raspberry Sherbet</p>	<p><u>Friday 8/5</u> Pub Style Fish & Chips Baby carrots Coleslaw Fresh Melon</p>	<p>The Lopez Operations Committee Corner</p> <p>Our Event Coordinator, Angie Clothier, has terminated her contract with the Senior Services Council. Her last day is August 1st. Thank you Angie for your years of service.</p> <p>At this time, we are seeking Angie's replacement and could use your help! The position is a paid part-time position. The person we are looking for is someone with a creative mind and a self starter. This person will report to the Lopez Island Senior Services Operations Council. A handout describing the job and its relationship to the Council is available for review. All candidates will be interviewed by the Council and selection made from the results. If, you know of anyone who may be interested, please notify a Council member or have the interested party make contact.</p> <p>Bingo on July 2nd turned out to be a very successful event with 77 people showing up, which may well be a record. With that many "shows," the payoff was \$35 per winner. Payoff is based on the total number of participants — the more participants, the higher the payout.</p> <p>Hope your summer is going well! Paul Berg, Chairperson Lopez Operations Committee</p>
<p><u>Wednesday 8/10</u> French Dip w/ Au Jus Roasted Potatoes Garden Salad Sherbet</p>	<p><u>Friday 8/12</u> Chicken Enchiladas Spanish Rice Pinto Beans Garden Salad Fresh Pineapple</p>	
<p><u>Wednesday 8/17</u> Cooks Choice Breakfast for Lunch Waffle w/ Berry Sauce Cheese Omlette Sausage Link/ OJ</p>	<p><u>Friday 8/19</u> Chicken Breast Strips w/ w/ Dip Capri Veggies Potato Wedges Grapes</p>	
<p><u>Wednesday 8/24</u> Pulled Pork w/ BBQ Sauce Brown Rice Cabbage Kale slaw Garden Salad Tropical Fruit</p>	<p><u>Friday 8/26</u> Shrimp Salad Oatmeal Bread Orange Wedges</p>	
<p><u>Wednesday 8/31</u> Spaghetti w/ Meat Sauce Italian Veggie Garden Salad Banana Pudding</p>		

August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Creaky Yoga at Grace Church 10:45</p> <p>Exercise 8AM Line Dancing 5:30 PM</p>	<p>2 Pinochle 7:00PM</p>	<p>3 Exercise 8 AM</p> <p>Tai Chi at the Community Center 9 AM</p> <p>12:00 Lunch</p>	<p>4 Creaky Yoga at Grace Church 10:45</p> <p>Line Dancing 1:30</p>	<p>5 Exercise 8 AM</p> <p>12:00 Lunch</p>	<p>6</p>
7	<p>8 Creaky Yoga at Grace Church 10:45</p> <p>Exercise 8AM</p> <p>Line Dasncing 5:30 PM</p>	<p>9 Pinochle 7:00PM</p>	<p>10 Exercise 8AM</p> <p>Tao Chi at the Community Center 9 AM</p> <p>12:00 Lunch</p>	<p>11 Garden Club 9:30</p> <p>Creaky Yoga At Grace Church 10:45</p> <p>Line Dancing 1:30</p>	<p>12 Exercise 8AM</p> <p>12:00 Lunch</p>	13
14	<p>15 Creaky Yoga At Grace Church 10:45</p> <p>Exercise 8 AM</p> <p>Line Dancing 5:30 PM</p>	<p>16 Pinochle 7:00PM</p>	<p>17 Exercise 8 AM</p> <p>Tai Chi at the Community Center 9 AM</p> <p>12:00 Lunch</p>	<p>18 Creaky Yoga At Grace Church 10:45</p> <p>Line Dancing 1:30</p>	<p>19 Exercise 8 AM</p> <p>12:00 Lunch</p> <p>Birthday Club 1:30</p>	20
21	<p>22 Creaky Yoga At Grace Church 10:45</p> <p>Exercise 8 AM</p> <p>Line Dancing 5:30 PM</p>	<p>23 Pinochle 7:00 PM</p>	<p>24 Exercise 8 AM</p> <p>Tai Chi at the Community Center 9AM</p> <p>12:00 Lunch</p>	<p>25 Creaky Yoga At Grace Chruhc 10:45</p> <p>Line Dancing 1:30</p>	<p>26 Exercise 8 AM</p> <p>12:00 Lunch</p>	27
28	<p>29 Creaky Yoga At Grace Church 10:45</p> <p>Exercise 8 AM Line Dancing 5:30 PM</p>	<p>30 Pinochle 7:00 PM</p>	<p>31 Exercise 8 AM</p> <p>Tai Chi at the Community Center 9AM</p> <p>12:00 Lunch</p>			

Tomato or Tomahito?

By Carol Simmer, RDN
Meals and Wheels and More!

Did you know?

Tomatoes were originally thought to be poisonous! Tomatoes have their origins traced to the Aztecs around 700AD Spanish explorers brought them to Europe and eventually the Colonist introduced them to North America,

Both Pizza and tomato sauce were invented in Naples, Italy, in the 1880's.

Americans eat more tomatoes each year than any other country — 12 million tons!

Tomato ketchup was popular int the US long before tomatoes were commonly eaten raw.

Tomatoes are the fruit of a plant as are cucumbers and peppers, etc, but more commonly known as vegetables.

Eating tomatoes along with healthy fats such as avocado or olive oils increases the bodies' absorption of Vit A from 2 to 15 times!

The poisonous myth about the tomato came about because of lead poisoning. The "rich" at that time used pewter flatware (high lead content). The acidic nature of the tomato caused lead to leach into tomato based foods eaten with the flatware. Poor people, who ate from plates made of wood, did not have that problem. This is mainly why tomatoes were eaten only by the poor!

By eating tomatoes we benefit from the beauty, taste and nutrition of the fruit! Tomatoes, eaten raw or cooked offer taste and texture to many recipes. Tomatoes are **low** in calories, carbohydrate and fat, and **high** in vitamins C and K, potassium, folate, lycopene, and beta carotene (Vit A). Tomato research has shown health benefits in reducing risk from heart disease, stroke, and some cancers.

Cooking tomatoes increase the benefits from lycopene. Lycopene has the highest antioxidant activity of all the carotenoids (pre Vit A compounds) and is especially good for the eyes. The skin of the tomato has increased concentration of flavonols, another family of phytochemical. So don't peel your tomato unless you have to! (continued on Page 6)

Parkinson's Support Group

When: Fourth Monday
Where: Gathering Place at the Hamlet
Time 1:00 PM

The group is open to all — those with Parkinson's, their families and friends, and other interested persons.

Senior Center Exercise Classes

For many years, Woodmen Hall and Lopez Senior Services have made available FREE early morning exercise classes on Mondays, Wednesdays and Fridays. Combined weight training and aerobics are held on Mondays and Fridays and low impact strength training and flexibility are held on Wednesdays.

Over the years a number of people have participated in the classes. At present, participation has declined due in part to the multiple choices for exercise and fitness on Lopez i.e. yoga, Lopez Fit, and Tai Chi. We are hoping to change that direction.

Current participants state "we believe so completely in the benefits (of these classes) that we are keen to encourage others in the community to participate in this opportunity."

My hope is that this is a chance to increase general fitness by spurring people on to attend this fun way get fit with some really nice folks.



For information or you have questions, please call Mary Ann at 468-2421.

Note: Senior Services Hours have changed. New Hours are normally Tuesday—Friday 9AM—330PM.

Trips

Off-island medical trips are available on Tuesdays and Thursdays if a driver is available.

To schedule off-island medical trips, we ask that you pay attention to the current ferry schedule and schedule appointments between 9:00 to 10:30am in order to make the 12:35pm ferry from Anacortes back to Lopez. Afternoon appointments need to be made from 12 noon to 3 pm to make the 4:30pm ferry from Anacortes to Lopez.. We are making reservations for these trips so it is very important for you to know approximately how long your appointments will take.



Suggested donation \$25 for all destinations.

These trips will be in the Anacortes and Mt Vernon –Burlington area. Please call Senior Services (468-2421) at least one week in advance so that we may schedule a driver. Bellingham or Seattle is possible if we can find a driver.

If you are planning an appointment at Peace Island Hospital/Medical Clinic in Friday Harbor, they will pay for taxi service with The Round Towner Taxi (298-4434). This service allows patrons to walk on the ferry at Lopez and then take the taxi to Peace Island Hospital/ Medical Clinic.

Come Join Us! After checking out the new spring ferry schedule, San Juan Island Senior Services would like to include Lopez Seniors on our Senior Trips. Lopez Seniors could walk on the 7:30am. They would have to wait until Friday Harbor arrives at 9:10am. Then on the way back, the ferry stops at Lopez 5:20pm and 6:50pm. These trips are \$25.00 per passenger and we have a total of 12 seats. If you have any input or need more information, please call Bonnie or Pat at the San Juan Island Senior Services Office 378-2677. You'll also need to call this number to make a reservation if you choose to be included.

Tomato or Tomahto? (Continued from Page 5)

Ever wonder why a home grown tomato tastes so much better than any tomato at the store? The answer is the home grown tomato is allowed to fully ripen outside on the vine so that the green chlorophylls are converted naturally to carotenoids (red color). This naturally improves flavor over the picked green tomatoes that are artificially ripened by ethylene gas in storage. Buy locally when you can from someone who lets their tomatoes ripen naturally!

Comments or questions?
Email csimmer@wcco.org
Happy tomato season!

Karin's Korner

To be arranged. Please call 468-2421 for information.

Angie's Activities

Monday Evenings 5:30-6:30 PM
And Thursdays 1:30 PM
Line Dancing

Tuesday Evenings: Pinochle at 7 PM

BINGO!!!

7PM

LUMBERJACK BREAKFAST

8AM

Services We Provide

Lunch

Served twice a week at each Senior Center. **Lopez Island has lunches on Wednesday and Friday at Noon.** Orcas Island 3x weekly on Monday, Wednesday and Friday, and San Juan on Monday and Thursday. Shaw Island has lunch on the last Wednesday of each month. Hot and frozen Home Delivered Meals are delivered to the homebound each Wednesday and Friday. Each meal costs \$7.50 to prepare. Please donate what you can: suggested donation is \$5.00 for those over 60 and \$6.00 for those under 60. **No one will be denied lunch for inability to pay.**

Lopez: 468-2264

San Juan: 378-2677

Orcas: 376-2677



Transport to Lunch: On lunch days for San Juan, Orcas and Lopez, there are vans available to provide transportation. Suggested donation—\$2.00

Home Delivered Meals: Lunches are available for the homebound and can be delivered twice weekly. **Call the Senior Services Office before 10AM** to arrange: **360-468-2421**. If no answer, call again. Kelli might have her gloved hands covered with food. **Suggested donation is \$5.00 per meal.**

Lopez Island Hospice and Home Support referrals. Trained volunteers to help support members of the Lopez Island community that are dealing with temporary, chronic or terminal illness. Also a resource for medical equipment. Call Senior Services 468-2421 or Lopez Island Hospice and Home Support 468-4446.

Information & Assists: This program will help you find needed information about services, community resources and issues of concern to older adults.

Case Management: Referrals to Medicaid, Island Hospital Home Health and Lopez Island Hospice and Home Support case management are available to assess and offer options for those in need.

Respite: Please call the Senior Services Office at 360-468-2421 for more information. Up to 13 days a month subsidized time off for family care givers.

Senior Trips: Off-island medical appointments on Tuesday, and Thursdays. Suggested donation \$25.00 for all destinations Please call a week in advance if possible so we can schedule our driver. Please schedule your appointments as early in the day as possible so we can make reservations to return to Lopez on the 12:35p or the 4:30p ferry. Thank you!

HELP IS JUST A CALL AWAY

Dental Assistance: 25% Reduction in dental costs through participating local dentists. Call the office for more information.

Life-line—Emergency Monitoring Service: Telephone monitoring gets you help within three minutes when you need it. **1-800-543-3546**

Lopez Island Hospice and Home Support - 468-4446 In home support by trained volunteers.

SHIBA: Medicare and health insurance questions. Call Mac Langford at 468-4015

DSHS: Low income assistance 378-6504

Weatherization and Basic Food Program Assistance: Family Resource Center 468-4117

Social Security: 1-800-772-1213

Medicare: 1-800-633-4227

Veteran's Administration: 1-800-827-1000

Caregivers Support Group— The first and third Thursday at 1:00 at Hospice and Home Support office-468-4446

Loss Support Group— Call Hospice and Home Support Office 468- 4446 for meeting time.

Hamlet House - Adult Family Home in Lopez Village 468-3800

Suicide Hotline for Veterans - 1-800-273-8255

Community Wellness Program - Offers mental health service to seniors Family Resource Center

LHEAP Program - energy assistance program 468-4117 Family Resource Center

Life Care Center - 660 Spring Street (PO Box 489) Friday Harbor 378-2117

Join Us - Renew Your Membership - Make A Contribution

Yes, I/ we want to join/renew membership in Senior Services of San Juan County (Lopez Island) for 2016/2017 (July 1, 2016 thru June 30, 2017).

() \$20 Individual Membership () \$30 Couple Membership

I/we wish to make an additional contribution to support Senior Services on Lopez Island:

() to Lopez Island Senior Center \$ _____

() to Special Needs Fund \$ _____ () to Senior Transportation \$ _____

Check payable to San Juan Senior Services for membership plus any donation.

Gifts are fully tax deductible 501(c)3.

Last Name _____ First Name _____ Birthday * _____

Spouse _____ Birthday * _____

Street address _____

City _____ State _____ Zip _____

Mailing address (if different) _____ Phone _____

* *Optional for grant funding.*

*******FOR OFFICE USE ONLY*******

() Individual - \$20 () Couple - \$30 () Additional Donation _____

Date Received _____ () Cash (receipt#) _____ () Check # _____

() New Member () Renewal

First Member # _____ Spouse/Partner Member # _____

Mail to: Lopez Island Senior Services, PO Box 154, Lopez Island, WA 98261

Issue: August 2016
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P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

Bulk Rate
Non-Profit
U.S. Postage
PAID
Permit #15
Lopez Island, WA
98261

Or Current Resident