**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

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**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 Wrights’ 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!

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**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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**What’s Inside**

- Administrative Info. 2
- Full Menu 3
- Event Calendar 4
- Karin & Angie’s Info 6
- Trips 6
- Services/References 7
- Membership 8
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

<table>
<thead>
<tr>
<th>Wednesday 8/3</th>
<th>Friday 8/5</th>
<th>The Lopez Operations Committee Corner</th>
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</thead>
<tbody>
<tr>
<td>Turkey Pot Roast</td>
<td>Pub Style Fish &amp; Chips</td>
<td>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.</td>
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<tr>
<td>Mashed Potatoes/gravy</td>
<td>Baby carrots</td>
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<tr>
<td>Green Beans</td>
<td>Coleslaw</td>
<td>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.</td>
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<tr>
<td>Garden Salad</td>
<td>Fresh Melon</td>
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<tr>
<td>Raspberry Sherbet</td>
<td></td>
<td>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.</td>
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<tr>
<td>Wednesday 8/10</td>
<td>Friday 8/12</td>
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<tr>
<td>French Dip w/ Au Jus</td>
<td>Chicken Enchiladas</td>
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<tr>
<td>Roasted Potatoes</td>
<td>Spanish Rice</td>
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<tr>
<td>Garden Salad</td>
<td>Pinto Beans</td>
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<tr>
<td>Sherbet</td>
<td>Garden Salad</td>
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<tr>
<td>Wednesday 8/17</td>
<td>Sherbet</td>
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<tr>
<td>Cooks Choice</td>
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<tr>
<td>Breakfast for Lunch</td>
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<td>Waffle w/ Berry Sauce</td>
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<td>Cheese Omlette</td>
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<td>Sausage Link/ OJ</td>
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<tr>
<td>Wednesday 8/24</td>
<td>Friday 8/19</td>
<td>Hope your summer is going well!</td>
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<tr>
<td>Pulled Pork w/ BBQ Sauce</td>
<td>Chicken Breast Strips w/ w/ Dip</td>
<td>Paul Berg, Chairperson</td>
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<tr>
<td>Brown Rice</td>
<td>Capri Veggies</td>
<td>Lopez Operations Committee</td>
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<tr>
<td>Cabbage Kale slaw</td>
<td>Potato Wedges</td>
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<tr>
<td>Garden Salad</td>
<td>Grapes</td>
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<tr>
<td>Tropical Fruit</td>
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<td>Wednesday 8/31</td>
<td>Friday 8/26</td>
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<tr>
<td>Spaghetti w/ Meat Sauce</td>
<td>Shrimp Salad</td>
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<tr>
<td>Italian Veggie</td>
<td>Oatmeal Bread</td>
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<tr>
<td>Garden Salad</td>
<td>Orange Wedges</td>
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<tr>
<td>Banana Pudding</td>
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<td>Sunday</td>
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<td>1 Creaky Yoga at Grace Church 10:45  Exercise 8AM Line Dancing 5:30 PM</td>
<td>2 Pinochle 7:00PM</td>
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<td>Pinochle 7:00 PM</td>
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Tomato or Tomahto?
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 in 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 body's 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. To-
matoes 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 ly-
copene. 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, an-
other family of phytochemical. So don't peel your to-
mato 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 Parkin-
son's, their families and friends, and other inter-
ested persons.

Senior Center Exercise Classes
For many years, Woodmen Hall and Lopez Sen-
ior Services have made available FREE early
morning exercise classes on Mondays, Wednes-
days 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 partici-
pated 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 com-
pletely 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 at-
tend this fun way
to get fit with some
really nice folks.

For information or
if you have ques-
tions, 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.

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 __________________________ 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