



# Lopez Island Senior Signal

Woodmen Hall

August 2017

## ***A Note From Senior Services***

Summer is definitely present now. The bustle of the prime vacation months is upon us. Hopefully you are having some fun with friends and family during this season.

For gardeners, whether of flowers or food, you must be watching as colors abound and fruit is growing toward eventual harvest.

There is a move on the island to help gardeners locate people who can use surplus from the crops they grow. In the past, we have had generous donations that can be taken home by lunch attendees. In recent communication with the Whatcom nutrition program that provides oversight to meals, we can utilize donations as part of the lunch program. This is being coordinated by the Family Resource Center. Much thanks to their efforts in this direction.

*Mary Ann Riggs*  
*Senior Services Specialist*

## **Chronic Disease Self Management Class**

These classes were developed by Stanford University and are specifically designed to help people who either live with a chronic condition/disease or are caregivers of persons with chronic conditions/diseases. This is an evidence based program and the facilitators have been certified through Stanford.

These classes are FREE and are offered through partnership with Northwest Regional Council. The program provides an opportunity for participants to learn how to manage their symptoms, set realistic goals, work with doctors, and much more. The program focuses on problems that are common to individuals dealing with any chronic condition. Research studies show that participants have significant, measureable improvements in their health and quality of life.

Beginning on October 10th through November 14th on Tuesdays from 10:30 until 12:45, a series of 6 FREE 2 1/4 hour classes will be held on Lopez presenting the Chronic Disease Self-Management Program.

If you have questions or are interested in being placed on the list of attendees, please call Mary Ann at 468-2421. If you reach voicemail, please leave your name and contact information, phone number or email address. You will be contacted as soon as possible.

If you think you will have more fruit or vegetables from your gardens than you can use, call Dixie Budke at Family Resource Center and let her know. It can be used by others on the island. 468-4117

### **What's Inside**

<b>Administrative Info.</b>	<b>2</b>
<b>Full Menu</b>	<b>3</b>
<b>Event Calendar</b>	<b>4</b>
<b>Karin &amp; Angie's Info</b>	<b>6</b>
<b>Trips</b>	<b>6</b>
<b>Services/References</b>	<b>7</b>
<b><u>Membership</u></b>	<b>8</b>

### **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  
Delphina Liles, Aging and Family Case Coordinator

Kelli Nopson, Cook

### **Operations Committee**

Carl Bender 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 (unless changed due to holiday) 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](mailto:maryannr@sanjuanco.com) by the 5th of each month for the following month's issue. Newsletter can be viewed at [woodmenhall.org](http://woodmenhall.org) under Senior Services on the HOME page.

### **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 and on the mainland. 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, \$7.00 for those under 60. Home delivered meals to homebound seniors on lunch days. Delivery time depends on the number of persons on the route that day.

**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

### **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.

**See Page 4 for information on transportation to Peace Health Hospital in Friday Harbor.**

### **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. You may also email [whallrentals@gmail.com](mailto:whallrentals@gmail.com)

**Note: FOOT CLINIC is managed by individuals providing the service and not affiliated with the Senior Center programs. Contact person: Khoursian468.4656**

**Facts About Falling**

Approximately 30% of people aged 65 and older fall each year. Twenty four percent of falls result in serious injury. Falls are the number one cause of accidental death in older adults. Fractures are the most common serious injury resulting from falls. The risk of falls increases with age due to changes in how your body functions. Fear of falling can also increase your risk of a fall.

**You Have Control!**

There are steps you can take to decrease your risk of falling. If you are afraid of falling, you may unknowingly reduce your amount of daily activity — but staying active will help decrease your risk of falls. Find activities that you feel safe participating in to stay involved. Join an exercise club that has certified trainers to direct you in SAFE exercises. Find community activities with others your age.

**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 2017 LUNCH**

<p><u>Wednesday 8/2</u> Tuna Casserole Steamed Broccoli Garden Salad Apple Cake</p>	<p><u>Friday 8/4</u> Pub Style Fish &amp; Chips Dill Carrots Tomato Pasta Salad Fresh Fruit</p>	<p><b>The Lopez Operations Committee Corner</b></p> <p>We were saddened by Paul Berg’s resignation, yet understood his reason for leaving the Senior Center Operations Committee. Paul has led the Senior Services Operations Committee since 2004 and has provided both the leadership and stability needed for the rebuilding of Woodmen Hall and the continuation of the Meals On Wheels and More! program. He examined the work required to rebuild Woodmen Hall, broke the work into phases, and then developed plans for each phase, doing much of the actual work himself. He worked to pull in both volunteer labor and monetary support in obtaining the Lopez Seniors a place of their own.</p> <p>Under his leadership the Senior Center Operations Committee has been able to keep the Meals On Wheels and More! program moving along, provided for after lunch events, and provided a meeting place for both public and private events.</p> <p>Although we are saddened by Paul’s resignation, keep in mind that we have not lost knowledge or history of Woodmen Hall and the Lopez Senior Center programs. Paul still lives on Lopez and is available for both historical and physical information about the Lopez Senior Center. Thank you, Paul, for your leadership and hard work for the seniors of Lopez Island.</p> <p style="text-align: right;">Carl Bender, Chairman Lopez Operations Committee</p>
<p><u>Wednesday 8/9</u> Broccoli Bacon Quiche Tomato Pasta Salad Fresh Fruit Cookie <b>Senior Day in the Park</b></p>	<p><u>Friday 8/11</u>  Shrimp Salad Oatmeal Bread Fresh Fruit</p>	
<p><u>Wednesday 8/16</u> Turkey Pot Roast Mashed Potatoes/gravy Brussels Sprouts Garden Salad Fruit</p>	<p><u>Friday 8/18</u> Chicken Breast Strips &amp; Honey Mustard Broccoli Florets Baked Beans Fruit &amp; Yogurt</p>	
<p><u>Wednesday 8/13</u> French Dip Au Jus Roasted Potatoes Kale Salad Sherbet</p>	<p><u>Friday 8/25</u>  Taco Salad Cornbread Fruit</p>	
<p><u>Wednesday 8/30</u>  <b>Cook’s Choice</b></p>	<p><b>Lunch menu Subject To Change Due To Unforeseen Circumstances</b></p>	

# August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Pinochle 7:00 PM	2 Tai Chi at the Community Center 9AM 12:00 Lunch	3 Creaky Yoga At Grace Church 10:45	4 12:00 Lunch	5
6	7 Creaky Yoga At Grace Church 10:45	8 Pinochle 7:00PM	9 Tai Chi at the Community Center 9AM 12:00 Lunch	10 Creaky Yoga At Grace Church 10:45	11 12:00 Lunch	8
13	14 Creaky Yoga At Grace Church 10:45	15 Pinochle 7:00PM	16 Tai Chi at the Community Center 9 AM 12:00 Lunch	17 Creaky Yoga At Grace Church 10:45	18 12:00 Lunch	19
20	21 Creaky Yoga At Grace Church 10:45	22 Pinochle 7:00 PM	23 Tai Chi at the Community Center 9AM 12:00 Lunch	24 Creaky Yoga At Grace Church 10:45	25 12:00 Lunch	26
27 Friends of Woodmen Hall Yard Sale 10 AM and Auction 1 PM	28 Creaky Yoga At Grace Church 10:45	29 Pinochle 7:00 PM	30 Tai Chi at the Community Center 9AM 12:00 Lunch	31 Creaky Yoga At Grace Church 10:45		<b>No Bingo this month</b>

**Allergy Seasons and Food by Carol Simmer RDN  
Meals on Wheel and More!**

Do you have seasonal allergies? Do you ever have an itchy, scratchy throat or sudden swelling of the lips or mouth that doesn't last too long, but you cannot connect it with your regular allergy symptoms? It may be a condition called **Oral Allergy Syndrome or OAS**. OAS occurs when the immune system confuses pollen protein with certain raw fruit, vegetable, and nut proteins. This triggers a "cross-reaction" releasing a large amount of histamine, making seasonal allergy symptoms worse and other rare symptoms such as itchy mouth, scratchy throat, and swelling of the lips, mouth more frequent. One or all of these symptoms can occur. They usually go away fairly quickly when the offending food is gone. Rarely are the symptoms severe. OAS is considered a mild form of food allergy and can occur at any time of the year.

Spring, summer and fall produce different allergy triggers. The months of March, April, and May produce the most tree pollen. May, June, July, and September produce the most grass pollen, and July, August, September, and October the most weed pollen.

**Tree pollen** sufferers (especially Birch) may have symptoms from raw apples, pears, almonds, hazelnuts, carrots, celery, kiwi, cherries, peaches and plums. Some people find only certain varieties of apples bother them.

**Grass allergy** sufferers may have reaction to raw peaches, celery, tomatoes, melons, and oranges.

**Weed pollen** sufferers may have increased symptoms to banana, cucumber, melons, and zucchini.

If you connect a symptom to a specific food, don't eliminate the food entirely during your allergy season without trying these tips: heat the food by cooking, baking, microwaving, or canning. Heating the foods will break down some of the offending proteins. Other ways to manage symptoms may be to take oral antihistamines or "allergy shots" during the season.

**Always** talk to your physician or allergist about OAS symptoms.

NOTE: Mouth or throat itching from peanut, soy,

**Parkinson's Support Group**

**When: Last 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.

**NOTE:** Mouth or throat itching from peanut, soybean, almonds, and hazelnuts may also be a initial cause of a more serious food allergy with the potential for anaphylaxis. See your physician if this is a new symptom after eating nuts!

Seasonal allergy sufferers may also feel better by avoiding spicy food containing chili peppers or chili powder which can cause nasal swelling and stuffiness.

Be mindful when you have an allergy attack. Perhaps a food is one of the triggers! Questions and comments? Email [csimmer@wcco.org](mailto:csimmer@wcco.org)

\*\*\*\*\*



**Maximize your vision to decrease risk of falls**

- Wear Your glasses!
- Use a hat and sunglasses in bright light to minimize glare.
- Be extra careful when walking at dusk or in lower light conditions.
- Turn on the lights when getting up at night and / or get night lights for the darker parts of the house.
- See an eye doctor for annual eye exams.

**Note:** If your are experiencing falls, consult your medical practitioner to determine the cause of the falls.

**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 \$30 for all off island 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 Tax (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 Summer 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.

**Friends of Woodmen Hall  
Yard Sale and Auction**

**August 27th**

**Yard Sale 10 AM**

**Auction 1 PM**

Contact Connie Kyser at 468-3275 for contributions to either the yard sale or the auction.

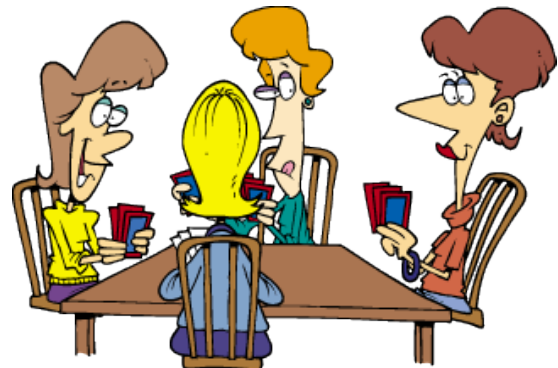
**Karin's Korner**

Chair Yoga  
after lunch 1st and 3rd Wednesdays

Call for other specifics 468-2421

**Angie's Activities**

Tuesday Evenings: Pinochle at 7 PM



**NO BINGO in August**

## 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 \$7.00 for those under 60. **No eligible person 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.

**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 \$30.00 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

**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

**San Juan County Veteran's Assistance Program:** 468-2421

**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 2017/2018 (July 1, 2017 thru June 30, 2018).

( ) \$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 Lopez Island Senior Center 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

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

Or Current Resident

Phone: 360-468-2421  
FAX: 360-468-3021  
Location: 4102 Fisherman Bay Road  
Email: maryannr@sanjuanco.com  
Issue: August 2017

P O Box 154  
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY