



# Lopez Island Senior Signal

Woodmen Hall

December, 2016

## A Note From Senior

It's now the holiday season with all the songs, decorations, parties, and gift giving that comes with it. Staying emotionally level during these days is probably the most important task we have to deal with.

Here on Lopez, the weather has turned to wet and grey and the darkest day is yet to come on the 21st. For some people these environmental factors prove to be distressing, as they provoke depression. Even the time change in November can affect us.

One of the challenges we have during this season is to not set unrealistic expectations, either of ourselves or of others in our lives. This is supposed to be the "happiest time of the year." Please give yourselves a break around this time of the year. Let perfection go away and know that everyone else is doing the best they can, as are you.

*Mary Ann Riggs*  
*Senior Services Specialist*

## New!

Our Senior Signal newsletter is now online at the website for Woodmen Hall, woodmenhall.org. Current and past issues are available starting with August 2016. Whether you are near or far, you can catch up on the events and information listed monthly.

Also of interest in the website are two sections, one on historical information about Woodmen Hall and information submitted by Friends of Woodmen Hall.

When you have a moment, check it out.

*Mary Ann Riggs*  
*Senior Services Specialist*

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## Christmas Cookie Sale

Woodmen Hall  
December 17th  
10:00AM—2:00PM

Come prepared to be amazed with the variety of goodies offered!  
Priced by the pound

**Thrift Shop  
Annual Christmas  
Sale  
And  
Silent Auction**  
Saturday  
December 3rd  
9:00AM—1:00PM  
Multipurpose Room  
Lopez School

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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  
Delphina Liles, Aging and Family Case Coordinator

### **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](mailto: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. Time of delivery is after 1200 noon and depends upon the number of deliveries to be made 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 in**

#### **Anacortes**

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.

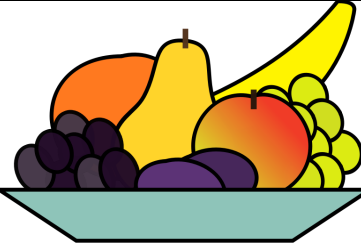
**NOTE: Foot Clinic is managed by individuals providing the service and not affiliated with the Senior Center programs.**

### Yams/Sweet Potatoes

In an article by Carol Simmer, RDN, she discusses yams and sweet potatoes which actually come from different plant families. Sweet potatoes are from the Morning Glory plant family while Yams are from the nyami plant family. Both are different from white potatoes. The sweet potato “grows in more developing countries than any other root crop and produces more pounds of food per acre than any other cultivated plant.” “They can be enjoyed baked, candied, boiled and fried and in soups, stew, and casseroles and are a healthy alternative to other carbohydrates in the diet.” Sweet potatoes are considered to be a “complex” carbohydrate, and as such, are digested more slowly making it a good choice for someone with diabetes. It’s a tasty and great addition to holiday fare and throughout the entire year. For full article, request at the office.

**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.**

### December 2016 LUNCH

	<p style="text-align: center;"><u>Friday 12/2</u> Pulled Pork W/ BBQ Brown Rice Cabbage Kale Slaw Hawaiian Roll Tropical Fruit</p>	<p><b>The Lopez Operations Committee Corner</b></p> <p>Since the inception of the Senior Center, it has been the goal to set up an endowment fund. The income that has been received thus far has been directed to the operations of Woodmen Hall and programs for seniors.</p> <p>An anonymous donor has made the commitment to seed the money for a start up for an endowment fund.</p> <p>The goal of such a fund is to have funds available for emergency situations such as septic failure, roofing repair, water system repair, major kitchen issues, and more, all of which would be difficulty to address form our ordinary operations funds.</p> <p>An endowment fund would also allow each of us the opportunity to consider an estate planning option.</p> <p>Some of the steps that need to be accomplished to set up this fund include:</p> <ul style="list-style-type: none"> <li>Management team selection</li> <li>Identifying fund objectives</li> <li>Identifying usage guidelines</li> <li>Choosing Investment guidelines/goals</li> <li>Selecting a fund manager</li> <li>Identifying liquidity requirements.</li> </ul> <p>These are some of the thoughts and ideas currently being considered.</p> <p style="text-align: right;">Paul Berg, Chairperson Lopez Operations Committee</p>
<p style="text-align: center;"><u>Wednesday 12/7</u> Baked Fish Roasted Yams Green Beans Garden Salad Fruit</p>	<p style="text-align: center;"><u>Friday 12/9</u> French Dip w/ Au Jus Roasted Potatoes Garden Salad Apple Cake</p>	
<p style="text-align: center;"><u>Wednesday 12/14</u> Cook’s Choice Chicken Tortilla Casse- role Red Beans and Rice Garden Salad Satsumas</p>	<p style="text-align: center;"><u>Friday 12/16</u> Chinese BBQ Pork/ Tofu Rice Veggie Egg Roll Mandarin Oranges Fortune Cookie</p>	
<p style="text-align: center;"><u>Wednesday 12/21</u> Roast Beef Mashed Potatoes/Gravy Baby Carrots Wheat Roll Apple Pie</p>	<p style="text-align: center;"><u>Friday 12/23</u>  <b>No Lunch</b> (Office Open)</p>	
<p style="text-align: center;"><u>Wednesday 12/28</u> Pork Loin w/ Chutney Roasted Root Veggies Garden Salad Crisp</p>	<p style="text-align: center;"><u>Friday 12/30</u> Broccoli Bacon Quiche Roasted Reds Garden Salad Fresh Fruit</p>	

# December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Bingo this Month				1 Creaky Yoga at Grace Church 10:45	2 Exercise 745 AM  12:00 Lunch	3  Annual Thrift Store Sale Lopez School
4	5 Creaky Yoga at Grace Church 10:45  Exercise 745AM  Line Dancing 5:30 PM	6  Pinochle 7:00PM	7  Exercise 745AM  Tai Chi at the Community Center 9 AM  12:00 Lunch	8  Garden Club 9:30  Creaky Yoga At Grace Church 10:45	9  Exercise 745AM  12:00 Lunch	10
11	12 Exercise 745 Foot Clinic 9—1  Creaky Yoga At Grace Church 10:45 Line Dancing 5:30 PM	13  Enchanted Quilters 9:30  Pinochle 7:00PM	14 Exercise 745 AM Tai Chi at the Community Center 9 AM 12:00 Lunch Volunteer Appreciation celebration 7—9 PM	15  Creaky Yoga At Grace Church 10:45	16  Exercise 745 AM  12:00 Lunch  Birthday Club 1:30	17  Annual Cookie Sale Woodmen Hall
18	19 Creaky Yoga At Grace Church 10:45  Exercise 745 AM  Line Dancing 5:30 PM	20  Pinochle 7:00 PM	21 Exercise 745 AM  Tai Chi at the Community Center 9AM  12:00 Lunch (Not Holiday Lunch)	22  Creaky Yoga at Grace Church 10:45	23  Exercise 745 AM  <b>No Lunch</b>  (Office Open)	24
25	26  <b>Closed For Holiday</b>	27  Pinochle 7:00 PM	28 Exercise 745 AM  Tai Chi at the Community Center 9AM  12:00 Lunch	29  Creaky Yoga at Grace Church 10:45	30  Exercise 745 AM  12:00 Lunch	31

**Tales of Kale**

**by Carol Simmer, RDN, Meals on Wheels and More!**

**Kale** is not only a trendy health food, but it's this month's featured **Harvest of the Month**. You will try it on the senior center menu prepared in several ways. Perhaps you will use kale at home more often! Kale has been eaten in Europe since Roman times but was not brought to North America until Russian traders introduced kale into Canada in the 19th Century. After WWII, the UK initiated the Dig For Victory campaign. The cultivation of kale was encouraged because kale was easy to grow. Its high nutrient content was thought important to supplement the nutrients missing in diets such as vitamins A, K, and C after years of food rationing.

Did you know?

Kale tastes sweeter and more flavorful after being exposed to a frost,; Kale "chips" are a great potato chip substitute; you can grow Kale in a container or in the garden — I am using kale in my front door holiday decoration (and I can eat it later!); kale leaves are curly or flat and a variety of green colors; kale is a cousin of broccoli, cauliflower, and collards; one cup of kale has 33 calories, 3 grams of protein, and 2.5 grams of fiber — suitable for any eating pattern!; Kale gets its deep dark green from the nutrients lutein and zeaxanthin, know to aid in protection against macular degeneration and cataracts.

Tips and Cooking Kale:

Saute: Wash and shake off as much water as possible. Pull leaves off the tough center rib (not necessary if baby kale). Add olive oil and chopped garlic to hot pan and saute slightly. Add kale to pan and gently turn it until wilted down about 1/2. Sprinkle a bit of salt during this process. Serve immediately. (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.

**Medicare/Insurance Changes**

It's that time of year when we are all looking at our insurance coverage, whether Part C or D or other. By now the changes in coverage have been sent out to the SHIBA volunteers and they will be available to help seniors negotiate the intricacies of the insurance world. There are deadline dates associated.

On Lopez, our SHIBA volunteer is Mac Langford. He can be reached at 468-4015. Please call him to arrange an individual time to speak and/or meet to discuss your specific concerns and needs around insurance matters.

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**Lopez Union Cemetery  
Annual Wreath Sale**

**11/25—12/3**

**Pre-order 468-3032 after 11/9**



### **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 fall ferry schedule, San Juan Island Senior Services would like to include Lopez Seniors on 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.

### **Tales of Kale (Continued from page 5)**

**Salads:** Raw kale can stand up to heavier dressings such as Caesar or mustard. It will not wilt as fast as spinach or tender leafed lettuces. Strong flavors such as peanuts, soy sauce, roasted nuts, chili flakes or citrus juice concentrates are good additions to a kale salad dressing. Kale is more tender if chopped r sliced and mixed with a salad dressing thoroughly and let set a few minutes. The acidity of the dressing helps tenderize the kale.

**Baking:** For chips, curly kale is best. Dry kale leaves thoroughly that have been pulled from the ribs.

Sprinkle with olive oil and toss with hands to coat. Spread out on baking sheet. Sprinkle lightly with salt. Place in 275 degree oven for 20-25 minutes until crisp.

**Smoothies:** Chop finely before adding to a fruit smoothie (no tough rib!).

Comments or questions?  
Contact [csimmer@wcco.org](mailto:csimmer@wcco.org)

### **Karin's Korner**

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

### **Angie's Activities**

Monday Evenings 5:30-6:30 PM: Line Dancing  
Tuesday Evenings: Pinochle at 7 PM

### **Game Day**

If you are interested in playing some table games with others, please call 468-2421 for day and time for meeting. Scrabble, Uno, and other games played.

**No Bingo in December  
See you in January!**

## 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 one of our drivers. 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. Recreational trips are episodic and cost \$25.00 per person payable before the day of the trip. 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 360-468-4117

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

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

**Ten Ways To Avoid Holiday Weight Gain**  
**By Susan G. Rabin, MA adapted from WebMD online article**

According to the National Institute of Health, most Americans never lose the weight gained during the winter holidays. The pounds add up as the years accumulate. These tips were compiled to help reduce overindulging.

- 1) Never Arrive Hungry—Don't go to a party when hungry. Eat a nutritious snack before going.
- 2) Divert Your Attention—Focus on something other than food. Enjoy talking with your friends.
- 3) Pace Yourself—Chew more slowly and you will eat less food.
- 4) Count Your Canapes—It's easy to lose count of how many you have eaten. Keep track by stashing the toothpicks in a pocket. Set a limit and stick to it.
- 5) Outsmart the Buffet—Use the smallest plate available and don't stack food. Go for fresh fruits and vegetables and shrimp cocktails. Watch out for those sauces and dips.
- 6) Limit Alcohol—It's not just the calories. It's about control. When you are drinking you have less control over what you are eating.
- 7) Be Choosy About Sweets—Be very selective. Take small portions and only what looks very good to you. For someone it might be, "if I'm having calories, it has to be chocolate," One idea is to sample several desserts, taking one bite and stopping. Take small portions onto your plate instead of piling several on your plate and "trying" to take just one bite.
- 8) Bring Your Own Treats—Take a low-calorie treat with you. It could be fruit, it doesn't have to be the typical holiday fare.
- 9) Limit Tastes While Cooking—Crack down on all those "tastes" when cooking. Limit yourself to two small bites of each item pre- and post- seasoning. Remember you can stick your spoon in and get a taste without taking a scoopful.
- 10) Walk It Off—Make a new holiday tradition of having the family take a walk after the meal or party. Get off the couch. Move about.

Hopefully your holiday gatherings will be fun and a time of connecting with people that you care about, friends or family. Let food be the background rather than the highlight.

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  
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Issue: December 2016

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SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY