



Lopez Island Senior Signal

Woodmen Hall

December 2017

A Note From Senior Services

I want to thank everyone for their patience and understanding through the past three months when I was enrolled in Cardiac Rehabilitation in Anacortes. My availability was limited during that time. I apologize if there is something that I missed or was late accomplishing.

I have come to a difficult decision. I am retiring due to my medical concerns effective the end of December. I know that efforts are already being made to ensure that someone who is the best fit will be hired to fill the position when I leave.

I have thoroughly enjoyed my time working here and, I will continue to come to lunches and to volunteer in several capacities with Senior Services.

My hope is that you all will have Happy Holidays this year and that you will find blessings in your relationships with friends and family members. And, as for me, I will try to eat moderately of all the goodies that will definitely tempt me terribly!

Mary Ann Riggs
Senior Services Specialist



Christmas Cookie Sale **Woodmen Hall** **Saturday, December 16th** **10—2**

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

Priced by the pound.

Thrift Shop **Christmas** **Sale**

Saturday Dec 2
9AM to 1PM

Lopez School Multi-
purpose Room
Come and shop!!

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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
Delphina Liles, Aging and Family Case Coordinator
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
Paul Berg—Member at Large

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 by the 5th of each month for the following month's issue. Newsletter can be viewed at woodmenhall.org under

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 360.468.2421.

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 360.468-4446

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 360.468-3092 and leave a message. The voice mail is checked daily. You may also email whallrentals@gmail.com

Note: FOOT CLINIC is managed by individuals providing the service and not affiliated with the Senior Center programs. Contact Khoursian 360.468.4656

Coping with Grief During the Holiday Season

From article by Amy Gover for AARP online

Headlines of article: Only do what feels right — don't feel obligated to do things that don't feel doable. Accept your feelings — whatever they might be. Call on your family and friends — talk with loved ones about your feelings. Focus on the kids — on their needs. Plan ahead — plan comforting activities in the weeks ahead of the holiday. Scale back — such as opting for minimal decorations, not sending greeting cards. Acknowledge those who have passed on — participate in a holiday ritual in the person's memory. Do something different. — acknowledge that things have changed and plan new activities. Skip it — simply opt out of the activities if it feels too much to do.

**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 2017 LUNCH

Lunch Menu Subject to Change Due to Unforeseen Circumstances	<u>Friday 12/1</u> Pub-Style Fish & Chips Dill Carrots Kale Coleslaw Pudding	<p>The Lopez Operations Committee Corner</p> <p>December is the time to reflect on the events and the people who made those events happen at Woodmen Hall Senior Center in 2017. We thank the Friends of Woodmen Hall for the completed ramp and rear entrance, a graded and gravelled parking lot and the wiring upgrades on the building. In addition, the Friends brought us the Mystery theater dinner, the autumn auction and support for the visit by Garfield Band. The Quilters, Garden club and the Birthday clubs made sizeable contributions to the operation of Woodmen Hall. There are the others who made contributions: the volunteers who set tables and greet people at lunches, the drivers who pick up Seniors for lunch and drive them to doctor appointments, and thanks to Theresa for providing us with an orderly events schedule and Jessie for cleaning the hall. Thanks to Paul Berg for the Saturday night Bingo games, Angie for Tuesday night pinochle games and Roberta for the pancake brunches. Finally a big thanks to Karin Gandini for setting up the Cookie Sale, the St. Patrick's Day Dinner and all of the after lunch music, talks and slide show. Thanks also to Mary Ann Riggs, our Senior Specialist for bringing all these events and people together.</p> <p style="text-align: right;">Carl Bender, Chairman Lopez Operations Committee</p>
<u>Wednesday 12/6</u> Reuben Style Chicken Scalloped Potatoes Steamed Veggies Kale Citrus Salad Fresh Fruit	<u>Friday 12/8</u> Beef Soft Tacos Spanish Rice Pinto Beans Garden Salad Pineapple Chunks	
<u>Wednesday 12/13</u> Swiss Steak Mashed Potatoes&Gravy Capri Veggies Garden Salad Applesauce	<u>Friday 12/15</u> Roasted Pork Loin w/ Apple Chutney Rice Pilaf Green Beans Ambrosia	
<u>Wednesday 12/20</u> Roast Beef Mashed Potatoes Wild Mushroom Gravy Roasted Veggies Apple Cake	<u>Friday 12/22</u> CLOSED	
<u>Wednesday 12/27</u> Potato Leek Soup Grilled Cheese on Wheat Mixed Green Salad Fresh Apple Slices	<u>Friday 12/29</u> Turkey and Cranberry Mashed Potatoes Nantucket Veggies Fruited Jell-O	

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 12:00 LUNCH	2 Thrift Shop Christmas- Sale
3	Creaky Yoga At Grace Church 10:45	Pinochle 7:00PM	Tai Chi at the Community Center 9AM 12:00 LUNCH	Creaky Yoga At Grace Church 10:45	12:00 LUNCH	9
10	Creaky Yoga At Grace Church 10:45	Enchanted Quilters 9:30 Pinochle 7:00PM	Tai Chi at the Community Center 9 AM 12:00 LUNCH	Creaky Yoga At Grace Church 10:45 Garden Club 930 AM	12:00 LUNCH	16
17	Creaky Yoga At Grace Church 10:45	Pinochle 7:00 PM	Tai Chi at the Community Center 9AM 12:00 LUNCH	Creaky Yoga At Grace Church 10:45	CLOSED	23
24 <hr/> 31	Creaky Yoga At Grace Church 10:45	Pinochle 7:00 PM	Tai Chi at the Community Center 9AM 12:00 LUNCH	Creaky Yoga At Grace Church 10:45	29 12:00 LUNCH	30

Retiring ABROAD? What You Need to Know about Getting Benefits Outside the US

By Kirk Larson Social Security Washington Public Affairs Specialist

Retiring outside of the US can be an exciting way to spend your golden years. Perhaps retirement in Poland or Peru is in your plans. In many cases, it's possible to receive your Social Security retirement benefits while living abroad. Our website can help you navigate your benefit eligibility while living overseas. Many people who travel or live outside the country receive some kind of Social Security benefit, including retired and disabled worker, as well as spouses, widows, widowers, and children.

If you've worked in both the US and another country, it may be possible for your credits to combine for a larger benefit. Currently there are 25 countries with such international agreements with the US. To find out if you have qualifying work in a country with such an agreement, visit www.socialsecurity.gov/international.

If you're a US citizen, you may receive your Social Security payments outside the US as long as you are eligible. When we say you are "outside the US", we mean you're not in one of the 50 states, the District of Columbia, Puerto Rico, the US Virgin Islands, Guam, the Northern Mariana Islands, or American Samoa. Once you've been outside the US for at least 30 days in a row, we consider you to be outside the country. If you receive Supplemental Security Income (SSI), you cannot receive benefits if you're outside of the US for a month or more.

If you're traveling outside the US for an extended amount of time, it's important that you tell Social Security the date you plan to leave and the date you plan to come back, no matter how long you expect your travel to last.

Parkinson's Support Group

When: Forth 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.

You can use this online tool to find out if you can continue to receive your Social Security benefits if you are outside the US or are planning to go outside the US at www.socialsecurity.gov/international/payments_outside_US.html. This tool will help you find out if your retirement, disability, or survivor's payments will continue as long as you are eligible, stop after six consecutive calendar months, or if certain Country-specific restrictions apply.

When you live outside the US, we send you a questionnaire periodically. Your answers will help us figure out if you are still eligible for benefits. Return the questionnaire to the office that sent it as soon as possible. If you don't your payments will stop. In addition to responding to the questionnaire, notify us promptly about changes that could affect your payments. You can also read the publication titled Your Payments While You Are Outside the United States at www.socialsecurity.gov/pubs

Securing today and tomorrow is our priority, no matter where you might be living. Social Security is with you throughout life's journey, even if that journey takes you outside the United States. You can always access our wide range of safe and secure online resources at www.socialsecurity.gov.



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 2:30 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 (360.468-2421) 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 (360.298-4434). 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 ferries for Lopez are the 4:30pm and 6:00pm. 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 Gail or Pat at the San Juan Island Senior Services Office 360.378-2677. You'll also need to call this number to make a reservation if you choose to be included.



Happy Holidays!!!

Karin's Korner

Call for specifics 360.468-2421

Angie's Activities

Tuesday Evenings: Pinochle at 7 PM



No Bingo in November or December. Look for return of Bingo after 1/1/18

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

Medicaid Transformation Project

Senior Services of San Juan County is part of a new statewide program called The Medicaid Transformation Demonstration Project. It essentially adds new abilities for Senior Services to serve senior clients through Medicaid who have not qualified before, or who may not have been able to access the unique services they need.

The focus of the MTD program is on helping keep seniors in their homes as they age by supporting care givers and care receivers with supports and equipment. The kinds of services we are able to help people in San Juan County with are Personal Emergency Response Systems (Lifeline and Safety Line purchase and monthly costs), counseling and training for caregivers, incontinence supplies medical equipment and small home modifications and repairs. We hope to add some home help services to the list in the future (like house-cleaning, errand running or paid home health care) but right now we don't have contracts with those providers.

One important requirement for the program is that care receiver must be 55 years of age or over and have physical needs that they cannot complete without assistance. The areas of assistance that are a requirement for the program are a least one of the following: help bathing, turning/getting out of bed, traveling across the room, eating self-managing medications, toileting or transferring from bed, chair, wheelchair or to a standing position. They also qualify if they have dementia that significantly impairs their functioning or if they need assistance daily that requires the oversight of a nurse (for example: wound care, catheter, injections, application of dressing).

There are two separate programs within the MTD project: The Medicaid Alternative Care Program (MAC) and Tailored Supports for Older Adults (TSOA). The first is only for care receivers that have an unpaid caregiver, the second for either those with a caregiver or an individual living alone. They each have different financial eligibility but the wonderful thing about these new programs is that they have raised the amount of income clients can have to qualify for services and there is no estate recovery. The income levels can be looked at for the care receiver only in the program (instead of as a couple) and there is a high level of resources allowed to still be able to receive services. Please contact the Senior Services office if you think either of these programs might benefit you or your family and to get an eligibility review.

FOR LOPEZ, CALL 360 468 2421.

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: December 2017

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY