



# Lopez Island Senior Signal

Woodmen Hall

February 2017

## A Note From Senior

Later this month we will see the first flowers of Spring—the crocuses and the small irises that sometimes pop up through the snow, if we have any.

The daffodils start stretching their leaves toward the sun about the same time and, for me, that heralds warmer days around the corner. The spots of color help dispel the grayness of the winter clouds. The forsythia is one of my favorites and calls those early pollinators.

I usually succumb to the narcissus or daffodils in pots at the grocery store during the winter just for that spot of color on my dining room table. They help soothe my impatience about the length of these winter days.

However you deal with the gray and rainy days we generally have in winter, those days do pass and we move into Spring. Keep warm until then.

*Mary Ann Riggs  
Senior Services Specialist*

## Volunteers, We Could Not Do It Without You!

Lopez has a relatively small Senior Services program. We are also a relatively small island in a rural county. A number of the services, in general, that people come to depend on elsewhere do not exist in the same form on Lopez. We do however have a number of volunteer equivalent programs across the island that serve many sections of our population.

For Senior Services, we have drivers for Meals on Wheels and More! (MOW) as well as drivers for off island medical appointments and the occasional recreational jaunt. Other areas our volunteers provide indispensable support in the kitchen either preparing food or cleaning up after lunches, serving on the Senior Council, folding newsletters, sweeping/mopping the facility, providing activities after lunch or in the evenings, Bingo, the special meals that are provided several times a year to obtain income for upkeep and MOW, Friends of Woodmen Hall who assist in so many ways through many hands throughout the years, Spring cleaning, and more.

I personally cannot thank you all enough for all that you do. Sometime in the Spring there will be an Appreciation Party for volunteers. I just did not want to wait to express my thanks for all that you do!

Mary Ann



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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 is at noon Wednesdays and Fridays.  
**Suggested donations** - \$5.00 for seniors. Cost is \$6.00 for those under 60.  
Home delivered meals to homebound seniors on lunch days with time of delivery after 1200 noon and is dependent 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.**

**February**

February is most known for Valentine’s Day when we express our affection and love for others in our lives in both romantic relationships and friendships. It can be fun, sweet, and funny.

February is also American Heart Month when the focus is on Cardiovascular disease which is the leading cause of death in the US. There is information on line about the monthly focus and about events planned in cities around the US.

Additionally, February is African-American or Black or History Month in the US, Canada, and the United Kingdom when important people and events are remembered related to the history of the African diaspora.



**To order lunch take outs or for home delivered meals—please call to 468-2421 or 468-2264 (Kitchen). Please call before 10:00am to place your order.**

**February 2017 LUNCH**

<p><u>Wednesday 2/1</u>                  Tilapia w/ Roasted Red Pepper Coulis                  Rosemary Potatoes                  Broccoli Florets                  Salad/ Melon</p>	<p><u>Friday 2/3</u>                  Cook’s Choice                  Ham and Pineapple                  Garlic Dill Potatoes                  Caribbean Veggies                  Garden Salad/ Pudding</p>	<p><b>The Lopez Operations Committee Corner</b></p> <p>The Senior Services Council of Lopez is exploring a collaboration with the Lopez High School. An initial contact has been made to discuss policies around the development of a Student Community Volunteer Program</p> <p>School Program Advisors appear enthused and supportive of the concept of students helping the Senior Center and the Council is excited about their future involvement and interactions with you, the seniors.</p> <p>Some areas of possible contribution by students are:                  Washing windows                  Washing/interior cleanup of transportation vehicles                  Ground maintenance                  Lunch hour presentations                  And more.</p> <p>The School and the Council feel this is a win-win project</p> <p>If you have any ideas for this project, please contact one of the Council members.</p> <p style="text-align: right;">Paul Berg, Chairperson                  Lopez Operations Committee</p>
<p><u>Wednesday 2/8</u>                  Turkey Meatloaf                  1/2 baked potato                  Brussels Sprouts                  Garden Salad                  Sliced Peaches</p>	<p><u>Friday 2/10</u>                  Taco Salad                  Cornbread                  Fresh Fruit</p>	
<p><u>Wednesday 2/15</u>                  Cajun Shrimp Pasta w/ Peppers and Crawfish                  Nantucket Veggies                  Garden Salad                  Apple Cake</p>	<p><u>Friday 2/17</u>                  Pork Chops w/ Potatoes                  Broccoli and Cauliflower Salad                  Apple Sauce</p>	
<p><u>Wednesday 2/22</u>                  Veggie Lentil Soup                  Croissant Sandwich w/ Turkey and Havarti Salad                  Oatmeal /Raisin Cookie</p>	<p><u>Friday 2/24</u>                  Swedish Style Meatballs over Egg Noodles                  Green Beans                  Beets &amp; Spinach Salad                  Fruit</p>	
	<p><b>Lunch menu subject to change due to unforeseen circumstances</b></p>	

# February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tai Chi at Community Center 9AM  12:00 Lunch	2 Creaky Yoga at Grace Church 10:45	3 12:00 Lunch	4
5	6 Creaky Yoga at Grace Church 10:45	17 Enchanted Quilters 9:30  Pinochle 7:00PM	8 Tai Chi at the Community Center 9 AM  12:00 Lunch	9 Garden Club 9:30  Creaky Yoga At Grace Church 10:45	10 12:00 Lunch	11
12	13 Creaky Yoga At Grace Church 10:45	14 Pinochle 7:00PM  Valentine's Day	15 Tai Chi at the Community Center 9 AM  12:00 Lunch	16 Creaky Yoga At Grace Church 10:45	17 12:00 Lunch  Birthday Club 1:30	18
19	20 Creaky Yoga At Grace Church 10:45	21 Pinochle 7:00 PM	2 2 Tai Chi at the Community Center 9AM  12:00 Lunch	23 Creaky Yoga at Grace Church 10:45	24 12:00 Lunch	25
26	27 Creaky Yoga At Grace Church 10:45 AM	28 Pinochle 7:00 PM				

## It is February! Put Your RED-IN! By Carol Simmer, RDN

February is the month of love. We love to buy candy, red roses, and cards for our sweetheart, family, and friends. We also wear Red (especially those in the Red Hat Club) to show support for heart health. Love yourself this month and every month by putting RED FOODS in your body that support good health! Here is a long list from which to choose:

*Red Apples, cranberries, red pears, strawberries, beets, radicchio, red cabbage, blood oranges, red grapes/red wine, pomegranates, watermelon, red peppers, red onions, rhubarb, cherries, pin/ red grapefruit, raspberries, radishes, red potatoes, tomatoes.*

The red pigments in these foods, lycopene and anthocyanin, contribute excellent nutrition as well as beautiful color to the diet. Both are considered phytonutrients. Phyto (plant) nutrients are antioxidants found in plants. Phytonutrients are not created by the human body, but are produced by plants as their defense against environmental damage from pests, toxins and UV (sun) damage. When we eat plants with phytonutrients our bodies also get the benefits of the plants' antioxidants to fight off similar environmental damages to our cells.

**Lycopene** is in a class of antioxidants known as **carotenoids**. They are *fat-soluble nutrients* which means the fat in a meal helps their absorption. Tomatoes have a high concentration of lycopene and the concentration gets even higher when tomatoes are cooked, such as in tomato sauce or paste. Watermelon, red grapefruit, and red cabbage also contain high concentrations of lycopene. Research continues on the effects of lycopene on the immune system, cancer (especially breast and prostate), eye health, neuropathy, heart and bone health, and Alzheimer's disease.

**Anthocyanins** are *water-soluble* pigments in plants, collectively known as **flavonoids**. 500 different anthocyanins were discovered by the year 2000 and more are being isolated every year.

## Parkinson's Support Group

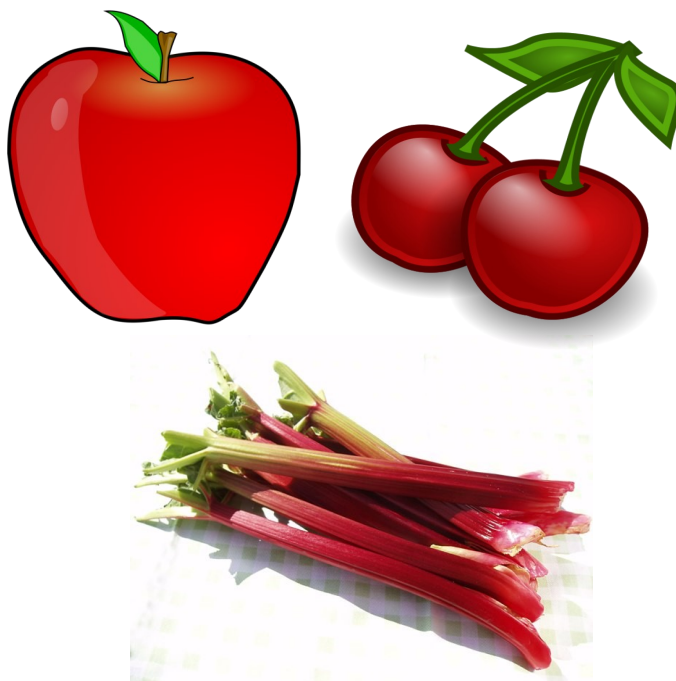
**When: Fourth Monday**  
**Where: Gathering Place at the Hamlet**  
**Time 1:00 PM**

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

The study of Anthocyanins and their effects on the human immune systems, cancer, viruses, allergies, diabetes, the cardiovascular system, and eye health are getting a lot of attention in the scientific community in recent years. All the foods listed above in *italics* contain good amounts of anthocyanins.

Each red fruit and vegetable has its own list of health-promoting phytochemicals along with many vitamins and minerals and plenty of fiber. Several countries around the world feature red foods in their traditions and health practices. In Chinese medicine, red foods are thought to nourish the heart; in Indian Ayurveda, red foods are believed to support the lymphatic flow in the body especially in the fall and winter. Isn't it interesting to know modern science is proving why these ancient beliefs are healthy!

Eat RED for the health of it! Comments or questions?  
Email [csimmer@wcoa.org](mailto:csimmer@wcoa.org)





**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 winter ferry schedule, San Juan Island Senior Services would like to include Lopez Seniors on Senior Trips. Lopez Seniors could walk on the 7:45am. They would have to wait until Friday Harbor arrives at 9:10am. Then on the way back, the ferry **leaves Anacortes for Lopez** at 3:05, 5:20pm and 9:05pm. 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 378-2677. You'll also need to call this number to make a reservation if you choose to be included.

**Inclement Weather and Power**

The Lopez Senior Center may close in the event of inclement weather. If public school is cancelled due to weather condition, the Senior Center activities and meals will most likely be cancelled as well.

Power fluctuations are of particular concern to people relying on medical equipment that require power. OPALCO maintains a list of people in this category and will do their best to notify them of planned power outages. Place your name on that list by calling 376-3500. In the case of unplanned power outages, it is up to individuals to have backup power plans to cover their needs. Please be prepared for what the winter season may bring, including extended power outages.

**Karin's Korner**

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

**Angie's Activities**

No Line Dancing until Spring 2017  
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 the meeting. Scrabble, Uno, and other games played.

**Bingo is set for  
February 25th  
7 PM**

**Come and enjoy the fun!**

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**The Lopez Senior Center may close in the event of inclement weather. If school is cancelled due to inclement weather, the Senior Center activities and meals are most likely cancelled. KGMI in Bellingham carries all school closures and is found at 790 AM.**

## 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. **No one will be denied lunch for inability to pay.**

Cost of a meal for those under 60 is \$6.00.

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

## Home Safety Check List from realsimple.com

An abbreviated list from the online resource:

**Check for frayed wires** — Repair or replace any loose or frayed wires on all electrical devices

**Follow the path of cords** — No cords should run under rugs or across doorways

**Rethink extension cords** — Try not to rely on extension cords

**Check a faulty electrical system** — Feel all outlets and plugs, if any are warm have an electrician check them

**Don't overload the system** — Don't exceed the maximum wattage of lamp bulbs and outlet requirements

**Don't overload any one outlet** — Be certain that you have no more than one high wattage appliance plugged into a single outlet.

**Examine outside vents** — Should be properly sealed and clear of obstruction to prevent carbon monoxide buildup in house

**Pick the right wood** — If you use a fireplace/woodstove, stock up on dry seasoned wood that burns without producing a lot of creosote

**Hire a chimney sweep** — Have flues and chimneys inspected and cleaned by professional annually

**Inspect wood-burning stoves twice monthly** — Make sure the door latch closes properly. The room should have working smoke detector. Never allow a child to use stove unattended.

**Inspect water heaters annually** — Temperature should be set no higher than 120 degrees to prevent buns. Never leave children alone near a water heater, keep combustible/flammable materials away from it

**Install smoke alarms and carbon monoxide detectors generously** — each floor of house, covering all bedroom areas

**Replace batteries annually** — Sooner if alarm chirps

**Clean all detectors** — Vacuum each grille

More is available on the realsimple.com website for home safety checks.

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

P O Box 154  
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY

Or Current Resident

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