



Lopez Island Senior Signal

Woodmen Hall

July, 2017

A Note From Senior Services

This month we celebrate Independence Day on the 4th of July. On Lopez we have our own traditions which include a hometown parade with all the interest and humor that can abound in our diverse community, not to mention a phenomenal fireworks display.

I never tire of seeing what people will come up with for any theme that has been chosen on any given year. I have to say, one of my favorites was a few years back when a side paneled truck/ float came by with people sporting swimming caps and doing a synchronized movement display. I hooted when up came the manikin legs to accompany the arm movements in impossible and torturous looking angles. I do love it when any group does some thing synchronized, like lawnmowers and the like.

My other favorite is seeing the tractors that are here on Lopez, ridden by their farmer or others who now care for some of the vintage vehicles that are on display.

Needless to say I will be around for the parade and the crowd that attends.

*Mary Ann Riggs
Senior Services Specialist*

Friends of Woodmen Hall Auction

Every year, we look forward on the island to the auction held by the Friends of Woodmen Hall (FOWH). It may be the opportunity to divest ourselves of stuff or it may be the time to look for a new/old treasure. Whichever the reason might be, it is an event, accompanied by food for sale-.

This year it will be held August 27th with the yard sale held first at 10 AM and the auction in the afternoon at 1 PM.

Contact Connie Kyser at 468-3275 for contributions for both the yard sale and the auction.

**Remember to
renew your
membership to
Lopez Island
Senior Services**

**7/1/2017—
6/30/2018**

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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

Kelli Nopson, Cook

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 (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 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


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

Where we all come from

Whether or not we are a relatively recent transplant to Lopez or we were born here, probably few of us or our families were native to this rocky island. Unless we are from the native tribe who first resided here, we are all transplants. Many of us have moved up from California or Oregon. Some of us have made it across either from the center of the country or from the East Coast. There are a number of people who are from various other countries. Though born in Seattle, I was raised in Georgia in a very Southeastern way of life with grits and collard greens and red-eye gravy and ham. Though I am not sorry for the way I was raised, I am in love with where I now live, in the towering evergreen country surrounded by the Sound. I am also grateful to be surrounded on Lopez by a diverse group of people who bring such colorful and interesting ideas to the table. *Mary Ann Riggs*

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.

JULY 2017 LUNCH

<p><u>Wednesday 7/5</u> BBQ Chicken Roasted Sweet Potatoes Green Beans Broccoli/Bacon Salad Strawberry Shortcake</p>	<p><u>Friday 7/7</u> Vegetarian Lasagna Italian Veggies Caesar Salad Fresh Fruit</p>	<p>The Lopez Operations Committee Corner</p> <p>I have been fortunate to have worked with great people... as volunteers, on the Senior Services Council, and members of the community supporting Woodmen Hall since 2004.</p> <p>What makes the Senior Center successful is those of you who support the Senior Center through your membership, donations, volunteer help and your appreciation for what Woodmen Hall means for this community.</p> <p>Through much deliberation and soul searching I have decided the Senior Services Operations Committee chairmanship needs a fresh voice, new ideas, and renewed enthusiasm.</p> <p>The memory of each of you and those I have been fortunate to have worked with will always be etched in my mind.</p> <p>I and the Senior Services Council pass this responsibility to Carl Bender who has been involved with Woodmen Hall and you, the seniors, for many years. With this changeover, the tradition will be passed on to “great” hands.</p> <p>This is not Goodbye, but a new beginning..</p> <p style="text-align: right;">Paul Berg, Chairperson Lopez Operations Committee</p>
<p><u>Wednesday 7/12</u> Baked Cod Wild Rice Pilaf Cooks Choice Veggies Coleslaw Coconut and Fruit Salad</p>	<p><u>Friday 7/14</u> Chicken Cobb Salad Oatmeal Bread Fresh Fruit</p>	
<p><u>Wednesday 7/19</u> Tuna Sandwich on W/W Bread Broccoli Soup Garden Salad Fresh Fruit</p>	<p><u>Friday 7/21</u> Roast Beef w/ Mashed Potatoes Roasted Veggies Roll Apple Cake</p>	
<p><u>Wednesday 7/26</u> German Sausage w/ Sauerkraut Roasted Potatoes Salad Fruit & Yogurt Parfait</p>	<p><u>Friday 7/28</u> Beef Enchiladas w/ Spanish Rice And Pinto Beans Garden Salad Pineapple</p>	
<p>Menu subject to change due to unforeseen circumstances</p>		

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Creaky Yoga At Grace Church 10:45	4 Fourth of July Parade in Village	5 Tai Chi at the Community Center 9AM 12:00 Lunch	6 Creaky Yoga At Grace Church 10:45	7 12:00 Lunch	8
9	10 Creaky Yoga At Grace Church 10:45	11 Pinochle 7:00PM	12 Tai Chi at the Community Center 9 AM 12:00 Lunch	13 Creaky Yoga At Grace Church 10:45	14 12:00 Lunch	15
16	17 Creaky Yoga At Grace Church 10:45	18 Pinochle 7:00 PM	19 Tai Chi at the Community Center 9AM 12:00 Lunch	20 Creaky Yoga At Grace Church 10:45	21 12:00 Lunch	22 BINGO 7PM
23	24 Creaky Yoga At Grace Church 10:45	25 Pinochle 7:00 PM	26 Tai Chi at the Community Center 9AM 12:00 Lunch	27 Creaky Yoga At Grace Church 10:45	28 12:00 Lunch	29
30	31 Creaky Yoga at Grace Church 10:45					

Protect Your Social Security Number and Protect Yourself from Identity Theft

by Kirk Larson, Social Security Washington
Public Affairs Specialist

If you watch the news, listen to the radio or read a newspaper, magazine or the Internet, then you probably are aware that identity theft is one of the fastest growing crimes in America. While recovering from an act of identity theft can be difficult, there are steps you can take to help protect yourself from identity thieves.

Identity theft often starts with a Social Security number, or SSN. Once a thief has a valid number, he or she can open or reactivate credit card accounts in your name, apply for federal or state benefits or make changes in your financial accounts. That nine-digit SSN is a valuable first step in assuming someone's identity. Moreover, this is why protecting your Social Security number, or SSN, is the first step in preventing identity theft.

When doing business with Social Security always go to www.socialsecurity.gov. If you get an email asking for your SSN, do not reply. The Social Security Administration (SSA) will never ask you to provide your number by email. If you have a mySocial Security account, SSA will occasionally send you information but we will never ask you to provide information. Beware of links taking you to the Social Security webpages. It may seem faster but it could be a trap. The best way to stay safe is to go directly to www.ssa.gov.

Safeguard your SSN. You should treat your Social Security number as confidential information and avoid giving it out unnecessarily. Keep your Social Security card in a safe place with your other important personal papers. Do not carry it with you unless you need to show it to an employer or provider. The fewer people with access to your number, the safer you are.

Shred unneeded documents. Don't just throw away paperwork that includes your name, Social Security number or other personal information on it—shred it. When you get junk mail, shred it before you toss it. If you don't have a shredder, try ripping your paperwork several times and placing half of each document in

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.

different trash bags. If you fail to shred it, it could become free credit for someone else.

Monitor your credit records. Each of the major credit reporting services are now required by law to provide you with a free credit report each year upon request. This is a convenient way to see if anyone other than yourself or other authorized persons are using your credit. You can contact Equifax, Experian and Transunion and ask for your free reports. Just go to the website set up by the three credit agencies, www.annualcreditreport.com/cra/index.jsp, to request a free credit report.

Social Security also wants you to know that we work hard to protect your number from misuse. For example, we require and carefully inspect proof of identity from people who apply to replace lost or stolen Social Security cards, or who requests corrected cards. One reason we do this is to prevent people from fraudulently obtaining Social Security numbers to establish false identities. We maintain the privacy of Social Security records unless a law requires us to disclose information to another government agency or other government health or welfare program business.

For more information on identity theft and safeguarding your Social Security number, visit our online leaflet *Identity Theft and Your Social Security Number* at www.socialsecurity.gov/pubs/10064.html. Alternatively, you can call 1-800-772-1213 (TTY 1-800-325-0778) and ask for the leaflet entitled Identity Theft and Your Social Security Number.

If you think that you have been a victim of identity theft, you should contact the Federal Trade Commission (FTC) at www.consumer.gov/idtheft or call 1-877-IDTHEFT (1-877-438-4338; TTY—202-326-2502). The Federal Trade Commission is the federal clearinghouse for identity theft complaints.

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.

Social Security Delivers the Most Popular Baby Names for 2016

By Kirk Larsen

Top 10 Names for 2016

Boys

Noah
Liam
William
Mason
James
Benjamin
Jacob
Michael
Elijah
Ethan

Girls

Emma
Olivia
Ava
Sophia
Isabella
Mia
Charlotte
Abigail
Emily
Harper

Top 5 Names for Washington state in 2016

Boys

Liam
Benjamin
Oliver
James
Noah

Girls

Emma
Olivia
Sophia
Evelyn
Ava

Karin's Korner

Chair Yoga
after lunch 1st and 3rd Wednesdays

Call for other specifics 4682421

Angie's Activities

Tuesday Evenings: Pinochle at 7 PM

Bingo July at 7PM

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. **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 \$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

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 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 _____

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

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

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

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

Address Correction
Requested