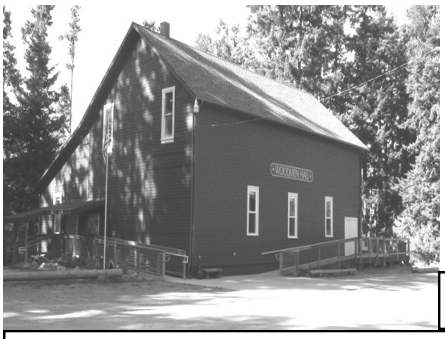

Lopez Island Senior Signal

Woodmen Hall

March 2017

A Note From Senior

By the end of this month, the flowers that herald Spring will be showing themselves in all kinds of places — the forsythia, daffodils, early irises and more flowers than I can put names to here on Lopez will open up in yards and gardens. They are the forerunners of the colorful display that Spring and Summer bring here.

Each day will grow longer by mere minutes. The accumulation of all those minutes will be welcome. For that I am exceedingly grateful. There is a relief that goes with the lengthening of days at this time of the year. Having more light helps moods to lift.

We've had enough darkness and down time, and now its time to start regenerating. Hopefully, the snow and cold weather are done with by now but probably not the wind!

Also, the increased amount of light and warmer temperatures will help make some movement toward working in our gardens and cleaning up after the winter winds.

May you find yourselves energized by these changes.

Mary Ann Riggs
Senior Services Specialist

March is National Social Worker Month

Social workers are found in numerous jobs providing varied services. Some Social workers are employed in Senior Centers or other service organizations. Some work within the medical arena as Discharge Planners or in other supportive roles. Others choose to go into the field of mental health or family counseling or into schools. Still others work in the area of advocacy. Regardless of the setting, social workers provide support and guidance to a number of people.

The National Association of Social Workers states that Social Workers "stand up by comforting people who are experiencing devastating illnesses and mental health crises, ensuring they get the best care while on the road to recovery. They stand up and support our brave military personnel, veterans and their families. They work in communities and with national, state and local government to provide services and pass legislation to stand with and help the most vulnerable."

You will also find Social Workers providing volunteer support to people who have experienced catastrophic events such as hurricanes or earthquakes via the Red Cross; they work long hours for at least 2 weeks with little time off. For most Social Workers, their profession is more than a job, it is a calling.

If you know a Social Worker or have one in your family, thank them for their work.

March… In like a lion,
Out like a lamb.

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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* by the 5th of each month for the following months issue.
Newsletter can be viewed at woodmenthall.org under Senior Services on the HOME page.

Hall Rentals

Phone468-3092/Email whallrentals@gmail.com

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**. (Refer to Islands Weekly advertisement)

Saint Patrick's Day

Saint Patrick's Day is named after Saint Patrick who was a Romano-British missionary and bishop to Ireland. The day was officially made a Christian Feast Day in early 17th century by the Catholic Church, the Anglican Communion, the Eastern Orthodox Church and the Lutheran Church. It was originally a religious holiday commemorating the arrival of Christianity to Ireland. It has become more commercialized as the years have passed and is usually celebrated by public parades and festivals and is associated with the wearing of green and the displaying of shamrocks. In that tradition, you are invited to the **Saint Patrick's Day Dinner at Woodmen Hall March 17th at PM. 12$ single/$20 couple/$6 under 10 years/ 430PM and 6PM**

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.

MARCH 2017 LUNCH

Wednesday 3/1 Baked Cod Green Beans Garden Salad Fruit	Friday 3/3 Cheeseburger Tater tots Garden Salad Raspberry Sherbet
Wednesday 3/8 Stuffed Cabbage Rolls Tri-color Potatoes Baby Carrots Spinach Salad Peaches	Friday 3/10 Shrimp Salad Oatmeal Bread Orange Wedges
Wednesday 2/15 Spaghetti w/ Meat Sauce Italian Veggies Caesar Salad Banana Pudding	Friday 3/17 Chef's Choice Sandwich Salad Fruit and Cookie
Wednesday 3/22 Parmesan Chicken Wild Rice Pilaf Caribbean Veggies Citrus Kale Slaw Fruit	Friday 3/24 White Chicken Chili Cornbread Garden Salad Chocolate Chip Cookie
Wednesday 3/29 Country Fried Steak Mashed Potatoes Country Gravy Peas and Carrots Sorbet	Friday 3/31 Florentine Fish Scalloped Potatoes Broccoli & Cauliflower Coleslaw Melon

The Lopez Operations Committee Corner

Thought we would give an approximate Expense/ Income categories for our Senior Services mal program, Countywide.

Expense

Food Cost	$2.95/ meal
Cooks wages	$1.88/ mea;
SJ Coordinator	
Utilities	
Central Project Allocation	
Administration Cost	
Approximate Cost per Meal	$7.53

Income

Federal Funding	
Participant Meal Donations	
United Way Site Fundraising	
San Juan County	
Approximate Income per Meal	$7.56

As you can see it takes creative management to keep this program viable. (Figures above reflect 2015 budget year.)

Your donations go in part to help fund the Congregate and Meals on Wheels and More! programs.

Paul Berg, Chairperson
Lopez Operations Committee

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lunch menu subject to change due to unforeseen circumstances		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	7 10AM Advisory Board Pinochle 7:00PM	8 Tai Chi at the Community Center 9 AM 12:00 Lunch	9 Garden Club 9:30—12 Creaky Yoga At Grace Church 10:45	10 12:00 Lunch	11
12 Daylight Savings Time Begins	13 Creaky Yoga At Grace Church 10:45	14 Enchanted Quilters 9:30—12 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 St Patrick's Day Dinner	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 Bingo
26	27 Creaky Yoga At Grace Church 10:45 AM	28 Pinochle 7:00 PM	29 12:00 Lunch	30 Creaky Yoga at Grace Church 10:45	31 12:00 Lunch	
			12:00 Lunchg			

10 Tips to help you eat more vegetables

From the US department of Agriculture website

1. Discover fast ways to cook — Cook fresh or frozen vegetables in the microwave for a quick and easy dish to add to any meal. Steam green beans, carrots, broccoli in a small amount of water in the microwave for a quick side dish.

2. Be ahead of the game — Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can use them on a salad, with hummus dip or in a veggie wrap.

3. Choose vegetables rich in color — Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes or collard greens. They not only taste great but also are good for you, too.

4. Check the freezer aisle — Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, green beans, or spinach to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter or cream.

5. Stock up on veggies — Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”

6. Make your garden salad glow with color — Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, carrots, or watercress. Your salad will not only look good but taste good, too.

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.

Defensive Drivers Courses

It is worth a call to your auto insurance provider to determine if taking an online driver’s course providing a certificate of completion can reduce your premiums. AAA and AARP have courses online. Calling your provider can insure that the course you choose to take is acceptable in your state of residence.

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7. Sip on some vegetable soup — Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8. While you’re out — If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9. Savor the flavor or seasonal vegetables — Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer’s market.

10. Try something new — Choose a new vegetable you’ve never tried before. Find recipes online at www.WhatsCooking.fns.usda.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 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 you 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 my 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.

Saint Patrick's Day Dinner
March 17th PM
Woodmen Hall

$12 Single/ $20 Couple/ $6 under 10 years
430PM and 600PM Seatings

Bingo is set for
March 25th at 7 PM
Come and enjoy the fun!

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 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. Call 468-2421.

Case Coordination: Referrals to Medicaid, Island Hospital Home Health and Lopez Island Hospice and Home Support case coordination are available to assess and offer options for those in need. Call 468-2421.

Respite: Please call the Senior Services Office at 360-468-2421 for more information. Up to 13 days a month possibly 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 two weeks in advance if possible so we can schedule one of our drivers. Availability dependent upon volunteer drivers. Please schedule your appointments as early in the day as possible so we can make reservations to return to Lopez on the 1020a, 305p or the 520p ferry. Schedule changes April 1st.
Recreational trips are episodic and cost $25.00/ person. payable before the day of the trip.
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 and some medical equipment.
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

RECEIVING HOUSING BENEFITS? A TRIP TO SOCIAL SECRUITY MAY NOT BE NECESSARY

By Kirk Larsen—Social Security Washington Public Affairs Specialist

Social Security is constantly evolving to make your life easier. If you are currently receiving benefits from the US Department of Housing and Urban Development (HUD), and are reapplying for benefits, or are assisting someone with their application, a trip to the Social Security office is probably not necessary even if verification of Social Security benefits is needed.

Because of a data exchange established between Social Secur8ity and HUD, most people do not need to contact Social Security for a benefit verification letter. HUD administrators processing a Recertification Application for Housing Assistance can use their Enterprise Income Verification (EIV) System to verify Social Security and Supplemental Security Income benefits.

Public housing agencies, private owner, and management agents administering HUD rental assistance programs may get registration information about EIV by logging onto the following websites: go.usa.gov/x97mH or go.usa.gov/x97m6

If you are a new applicant for housing assistance, you can provide your HUD administrator with your Social Security award letter, Cost of Living Adjustment (COLA) notice, SSA-1099, or other SSA benefit document you should have received at the beginning of the calendar year or when you began receiving benefits, whichever is later. We created these data exchange agreements to help you get the support you need at the fist point of contact, even if that's not with Social Security. If you do need to provide proof of Social Security benefits yourself we have another way to save you a trip to Social Security. You can get an instant benefit verification letter with a personal my Social Security account at www.socialsecurity.gov/myaccount

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

P O Box 154
Lopez Island, WA 98261

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

Issue: March 2017

Or Current Resident

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