



Lopez Island Senior Signal

Woodmen Hall

November 2017

A Note From Senior Services

This is the time of the year we prepare for the upcoming holidays. This month most of us celebrate Thanksgiving by visiting with family and friends, near or far away.

It's also a time for watching our diet go out the window. Some of us are on diets prescribed for specific medical conditions. We are all tempted to eat what is not on our normal fare for meals and snacks. The goodies are endless this time of year.

The challenge will be to balance, again, what is healthy and what is tradition or fun this time of year. Making sure that we find some form or exercise, such as walking or going to the gym to get on a treadmill or take the Circuit Training Class or go swimming in Anacortes or Friday Harbor is important. The simplest strategy might be walking in the neighborhood or the village.

The other challenge will be portion size. Yikes. Not eating seconds or thirds of even healthier items can help reduce the caloric intake.

I wish everyone safe and happy November holidays!

Mary Ann Riggs
Senior Services Specialist

November is National Family Caregivers Month

Today, over 900,000 Washingtonians are unpaid caregivers for their loved ones, friends, or neighbors. Because caregivers find themselves providing care twenty-four hours a day, the 2017 theme is "Caregiving Around the Clock".

Although caregiving can be rewarding, it is not without its consequences such as stress, poor health, and burnout. Six out of 10 family caregivers juggle everyday life tasks such as preparing the children for school, managing household responsibilities, and working fulltime or part-time. It is estimated that these care givers lose about \$300,000 in salary and benefits over a lifetime.

The National Family Caregiver's Association gives 3 tips for Caregiving: 1) Believe in yourself—try to maintain a positive attitude; 2) Protect your physical and emotional health; 3) Reach out for help—asking for help demonstrates strength and awareness of your own abilities and limitations. With the responsibility of family caregivers in our country growing every year, it is essential to encourage these heroes to take some time for respite so they may continue their mission of providing that loving care that only they can provide.

Please show your love and support to one of the many caregivers by offering to help. By taking small steps to help a caregiver, you are helping to reduce caregiver stress. Offer to pick up a few items at the store, sit with their loved one so they can get away for awhile, make a meal for them. Offer to do
(Continued on Page 6)

Physical Balance Presentation by Lopez Island Hospice and Home Support

Day: 11/4

Where: Grace Church Hall

Time: 1:30 PM

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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 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

Medical Transportation for Seniors

Some questions have arisen around the issue of transportation for medical appointments. The drivers for these appointments are all volunteers. We are not able to handle emergent situations and need 1—2 weeks notice to be able to work with available volunteers around their personal schedules. When you schedule appointments, please be aware of the ferry times for leaving and returning to Lopez. This Fall, appointments between 8:30-10:30 taking the 7:30 over and 12:35 back to Lopez or taking the 9:30 over and the 4:30 back with appointments between 11:00 and 2:00 would be suggested. Please be aware that there will be times when there is no one available to driver the van. Please have a back up plan.

**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.**

November 2017 LUNCH

<p><u>Wednesday 11/1</u> Chinese BBQ Fried Rice Veggie Egg Roll Asian Sesame Coleslaw Mandarin Oranges</p>	<p><u>Friday 11/3</u> Roasted Herb Chicken Baby Red Potatoes Broccoli & Cauliflower Garden Salad Fruit Cocktail</p>	<p>The Lopez Operations Committee Corner</p> <p>Thank you Roberta Vaughn and your hearty band of volunteers for the good pancake buffet that you put together on October 7th. The pancakes, eggs, biscuits and gravy, ham and fruit were enjoyed by many. I heard nothing but good comments during the group conversations by those who stayed around afterwards. Activities such as the pancake buffet, Bingo nights, cookie sales, and the Saint Patrick’s Day dinner keep the Meals on Wheels and More and other senior programs moving along.</p> <p>Remember, as stated in our front page article, that November is caregiver’s month. We wish to thank the many people who give of their time and energy to help others. Remember, a personal thank you is always appreciated. Caregivers are in need everywhere in our four county area, so if you are aware of any one who is interested in being a caregiver, please encourage them to contact the Senior Center for more information.</p> <p>Additionally, there is also a need for drivers to deliver meals and transport for medical appointments, people to set up for lunch, and of course kitchen helpers.</p> <p style="text-align: right;">Carl Bender, Chairman Lopez Operations Committee</p>
<p><u>Wednesday 11/8</u> Sausage Ricotta Lasagna Italian Veggies Caesar Salad Fruit Breadsticks</p>	<p><u>Friday 11/10</u> Closed</p>	
<p><u>Wednesday 11/15</u> Chicken Cordon Bleu Scalloped Potatoes Caribbean Veggies Spinach Salad Peaches</p>	<p><u>Friday 11/17</u> Thanksgiving Lunch Roasted Turkey w/ cranberry Sauce Mashed potatoes/Gravy Seasonal Veggies Pumpkin Pie</p>	
<p><u>Wednesday 11/22</u> Macaroni & Cheese w/ Italian Sausage Broccoli Florets Garden Salad Fruit</p>	<p><u>Friday 11/24</u> Closed</p>	
<p><u>Wednesday 11/29</u> Salmon Filet Wild Rice Pilaf Whole Green Beans Garden Salad Fresh Grapes</p>	<p>Lunch menu Subject To Change Due To Unforeseen Circumstances</p>	

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tai Chi at the 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 Pinochle 7:00PM	8 Tai Chi at the Community Center 9AM 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 Enchanted Quilters 9:30 Pinochle 7:00PM	15 Tai Chi at the Community Center 9 AM 12:00 Lunch	16 Creaky Yoga At Grace Church 10:45	17 12:00 Lunch	18
19	20 Creaky Yoga At Grace Church 10:45	21 Pinochle 7:00 PM	22 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	28 Pinochle 7:00 PM	29 Tai Chi at the Community Center 9AM 12:00 Lunch	30 Creaky Yoga At Grace Church 10:45		

**Physical Balance is Vital —
Presentation 11/4**

Lopez Island Hospice and Home Support’s community education services, “Living Long on Lopez,” will feature a special program on Physical Balance Saturday, November 4, 1:30pm at Grace Hall. All are welcome.

Good physical balance is vital in preventing everyday injuries, in improving and maintaining everyday physical activities, and in supporting mental clarity as well as lessening anxiety. This presentation will offer a panel discussion and demonstrations of practical exercises to improve and maintain balance.

It is widely accepted that “fear of falling” and /or “fear of pain” can be as debilitating as the actual occurrence, and can lead to isolation and even depression. We also now know that balance is a learned skill that can be aided by simple regular exercises to improve body awareness. The “mind-body pathway” contains structural connections that can enhance or negatively influence physical function, overall health, and well being. Recent research has validated the benefits of acupuncture, Tai Chi, yoga, therapeutic massage, chiropractic manipulation, physical therapy, and strength training for increasing strength, flexibility, endurance, and equilibrium.

(Continued on next column)

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.

Here on Lopez Island, we are fortunate to have multiple modalities to enhance physical balance. The following practitioners will talk about aspects of their discipline that focus on improving and maintaining balance, answer questions, and provide suggestions for simple at-home or in-class exercises: Kim Foley 9 (physical therapist); Nikita Palmisani (Yoga); Susie Teague (neurological integration); Terry Marshall (Tai Chi); Heidi Strong (fitness balance training); and Gayle Isbell (chiropractic, neurofeedback, restorative exercises).

Lopez Island Hospice and Home Support’s community education services, “Living Long on Lopez,” was developed to inform our community about a variety of topics related to assisting residents and families who are dealing with injury, illness, or loss. These programs offer opportunities for learning practical information and for obtaining answers to your questions from “people in the know.”

For more information on our “Living Long on Lopez” programs, please contact the Lopez Island Hospice and Home Support office at 360.468.4446 or admin@lihhs.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 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 (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 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 378-2677. You'll also need to call this number to make a reservation if you choose to be included.

Caregiver Month—Continued from P. 1 some chores for them or just visit them so they have a chance to talk.

If you know an unpaid caregiver, please thank them for their service and refer them to the local Area Agency on Aging's Family Caregiver Support Program On our island, call the Lopez Island Senior Center at 360.468.2421 and you will be directed to one of the staff who provide Family Caregiver services.

Senior Services Board

Karin's Korner

Call for specifics 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**

Protecting Your Social Security

At Social Security, protecting your personal information is more important than ever. We continue to evaluate and improve our robust cyber-security program to safeguard your information. The thing is, we can't do it alone. You can help us secure your information by taking one of these steps.

- Open your personal My Social Security account. A My Social Security account is your gateway to many of our online services. Create your account today and take away the risk of someone else trying to create one in your name, even if they obtain your Social Security number.
- If you already have a My Social Security account, but haven't signed in lately, take a moment to Log in to easily take advantage of our second method to identify you each time you log in. This is in addition to our first layer of security, a username and password. You can choose either your cell phone number or your email address as your second identification method. Using two ways to identify you when you sign on will help protect your account from unauthorized use and potential identity theft. If you suspect identity theft, report it to our Office of the Inspector General and visit www.identitytheft.gov.
- If you know your Social Security information has been compromised, and if you don't want to do business with Social Security online, you can use our Block Electronic Access. You can block any automated telephone and electronic access to your Social Security record. No one, including you, will be able to see or change your personal information on the internet or through our automated telephone service. If you block access to your record and then change your mind in the future, you can contact Social Security and ask us to unblock it after you prove your identity. This resource is available to certain victims of identity theft and those who need extra security.

We will continue to do our part to protect what's important to you. And we'll continue to advise you on how to protect yourself.

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

Or Current Resident

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FAX: 360-468-3021
Location: 4102 Fisherman Bay Road
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Issue: November 2017

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SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY