



# Lopez Island Senior Signal

Woodmen Hall

October, 2016

## A Note From Senior Services

There's a crispness to the air most mornings now. Harvesting apples has probably come early this year, since the season started early to begin with. Maybe you make applesauce or you dry some apples for use later or make apple cider. Fall is a great time to preserve some of the later fruits and veggies that come from our gardens. It's also the time for making pumpkin pies and pumpkin soup and more.

About now, life is also settling into our more routine and less hectic cycle with fewer cars on the roads and the advent of the rainy season. The clouds and rain do cut down on the visitors in general. Pros and cons to that one.

Looking up the Month of October, I found soooo many "days", "weeks", and "months." Of interest to me, as an animal person, were National Animal Safety and Protection Month and Adopt a Dog Month as well as Cat Day on 10/29 (I have 4 pet cats + one feral cat as well as a dog). The other day that piqued my interest was National Chocolate Day!!! On 10/28. Hmmmmm.....

Mary Ann Riggs  
Senior Services Specialist

## Cabbage—Loved But Often Misunderstood

By Carol Simmer, RDN/ Meals on Wheels and more

Cabbage has been cultivated for many centuries, but its exact origin is hard to trace. Cabbage is classified as a "brassica," also known as a cruciferous vegetable. Other brassicas include broccoli, Brussels sprouts, and cauliflower. Roman senators wrote about cabbage with both disdain and praise. Some thought it unfit for the senatorial table and others praised it as a vegetable, cooked or raw. Senator Cato advised eating cabbage soaked in vinegar before an evening of heavy drinking. The remedy for a hangover was more cabbage!

The Greeks and Romans used cabbage for medicinal purposes. The Greeks used it for relief from headaches, gout and mushroom poisoning. Caesar's armies carried cabbage with them, using it for food, and also to bind wounds to reduce infection. Modern medicine has shown cabbage to have antibacterial and antioxidant properties to reduce inflammation.

We use cabbage in many ways, cabbage slaw, sauerkraut, and soups. Cabbage leaves can be used for sandwich wraps. Asian favorites such as chow mien and chop suey have good amounts of cabbage. Did you know corned beef and cabbage originated in New York City? Impoverished Irish immigrants substituted salted beef for pork in Irish stews and used cabbage instead of potatoes to save money—hence corned beef and cabbage! This month the senior center menu will have an Irish potato/cabbage recipe, Colcannon. (cont'd page 6)



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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.

**Please consider including Lopez Senior Center in your will or estate planning.**

### **Senior Services Staff**

Wendy Stephens, Senior Services Manager  
Mary Ann Riggs, Senior Service Specialist  
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 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 at noon Wednesdays and Fridays.

**Suggested donations** - \$5.00 for seniors, \$6.00 for those under 60. Home delivered meals to homebound seniors on lunch days.

**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

### **Foot Clinic**

At the present time there is no one to provide Foot Clinic. We are searching for someone to provide this service. Please call the office and inquire about the status of that search. 468-2421

### **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.

### **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.

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**Seeking RN for Foot Clinic on Lopez each Month. Please call Mary Ann at 468-2421.**

**Humor**

Used Car Lover

When your old car meets my old car in any kind of weather,  
Your old car will smile at mine and we'll break down together.

Submitted by Beverly Zapalac


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**GAME DAY**

If you are interested in playing some table games with others, please call the office at 468-2421 for specifics on the day and time of the next group meeting. Scrabble, Uno, and other games played.

**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.**

**October 2016 LUNCH**

<p><u>Wednesday 10/5</u> Florentine Fish Potatoes Au Gratin Steamed Broccoli Salad Sliced Apples</p>	<p><u>Friday 10/7</u> OCTOBERFEST German Sausage Sauerkraut German Potatoes Salad Cake</p>	<p><b>The Lopez Operations Committee Corner</b></p> <p>It takes a great deal of volunteer time to keep Woodmen Hall/ Lopez Senior Center viable and operational.</p> <p>Volunteers drive vans for Meals on Wheels and More! They assist with transportation to medical appointments on and off island for seniors and disabled individuals. Volunteers set the tables on lunch days and help Kelli in the kitchen as well. Kelli goes above and beyond her job duties in contributing her time and effort in support of Lopez Senior Services. Volunteers fuel the efforts of Friends of Woodmen Hall in making much needed improvements to the building and property. There also are those who have donated their time and energy on an intermittent basis as well.</p> <p>Everyone of these people is indispensable in the daily functioning of our programs. Without this support, we would not exist. Next time you see someone volunteering their time in some capacity, say a "Thank You" — it would be appreciated.</p> <p style="text-align: right;">Paul Berg, Chairperson Lopez Operations Committee</p>
<p><u>Wednesday 10/12</u> Stuffed Peppers Tricolor Potatoes Baby Carrots Spinach Salad Fruit</p>	<p><u>Friday 10/14</u> Baked Cod Wild Rice Pilaf Whole Green Beans Salad Coconut Fruit Salad</p>	
<p><u>Wednesday 10/19</u> Turkey Meat Loaf Potatoes/ Gravy Green Beans Salad</p>	<p><u>Friday 10/21</u> <u>Chef's Choice</u> Shrimp or Chef Salad Eggs Oatmeal Bread Fresh Fruit</p>	
<p><u>Wednesday 10/26</u> Mediterranean Chicken Couscous Sauteed Squash Tomato/ Feta Salad Melon</p>	<p><u>Friday 10/28</u> Beef Strpgampff w/ Rotelle Pasta Peas Salad Sliced Peaches</p>	
<p><b><u>Lunch menu subject to change due to unforeseen circumstances</u></b></p>		

# October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <b>BINGO</b> 7 PM
2	3 Exercise 7:45A Creaky Yoga at Grace Church 10:45  Line Dancing 5:30PM	4  Pinochle 7:00PM	5 Exercise 7:45AM  Tai Chi at the Community Center 9 AM 12:00 Lunch	6 Garden Club 9:30 Creaky Yoga At Grace Church 10:45	7 Exercise 7:45AM  12:00 Lunch	8
9	10 Exercise 7:45A Creaky Yoga At Grace Church 10:45  Line Dancing 5:30 PM	11  Pinochle 7:00PM	12 Exercise 7:45M  Tai Chi at the Community Center 9 AM  12:00 Lunch	13 Creaky Yoga At Grace Church 10:45  Line Dancing 1:30	14 Exercise 7:45AM  12:00 Lunch  Birthday Club	15
16	17 Exercise 7:45A Creaky Yoga At Grace Church 10:45  Line Dancing 5:30 PM	18  Pinochle 7:00 PM	19 Exercise 7:45AM  Tai Chi at the Community Center 9AM  12:00 Lunch	20 Creaky Yoga At Grace Chrch 10:45  Line Dancing 1:30	21 Exercise 7:45AM  12:00 Lunch	22
23	24 Exercise 7:45A Creaky Yoga At Grace Church 10:45 Line Dancing 5:30 PM	25  Pinochle 7:00 PM	26 Exercise 7:45AM  Tai Chi at the Community Center 9AM  12:00 Lunch	27 Creaky Yoga At Grace Chrch 10:45  Line Dancing 1:30	28 Exercise 7:45AM  12:00 Lunch	29  <b>BINGO</b> 7 PM
30	31 Exercise 7:45A Creaky Yoga 10:45 Line Dan 530P					

**Don't be a Skeptic — Social Security is Here to Stay**

By Kirk Larson/ Social Security Public Affairs Specialist

It's healthy to be skeptical in a world of uncertainties. Major news networks broadcast conflicting facts that require a bit of research to verify. There's even a day in October dedicated to skeptics. So, this is the perfect time to tell all the skeptics that there's no reason to think Social Security won't be here for you well into the future.

Recently, the Social Security Board of Trustees released its 76th annual report to Congress presenting the financial status of the Social Security trust funds for the short term and over the next 75 years. We're pleased that legislation signed into law by President Obama last November averted a near-term shortfall in the Disability Insurance (DI) trust fund that was detailed in a previous report.

With that small, temporary reallocation of the Social Security contribution rate, the DI fund will now be able to pay full benefits until 2023, and the retirement fund will be adequate into 2035. It is important that members of Congress act well before 2023 in order to strengthen the finances of the program. As a whole, Social Security is fully funded until 2034, and after that it is about three-quarters financed.

Many people wonder if Social Security will be there for them. Here's a fact that will relieve any skepticism you might have: the increased cost of providing Social Security benefits for Baby Boomers is less than the nation's increase in spending was for public education when the baby boomers were children.

Put your skepticism aside and rest assured that Social Security is with you today and will be with you tomorrow. You can read the entire report at [www.socialsecurity.gov/OACT/TR/2016](http://www.socialsecurity.gov/OACT/TR/2016)

**Volunteers needed for lunchtime check in and Table setting — Call Mary Ann at 468-2421.**

**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.

**Tips for Winterizing Homes**

- 1) **Deal with dead tree limbs** — They can damage homes and cars
- 2) **Be proactive about plumbing** — Make sure pipes are not vulnerable to the cycles of freezing and thawing. Prevent burst pipes. Shut off water sprinklers and drain. If you have a window air conditioning unit, store it for the winter or cover it to prevent air leaks.
- 3) **Seal leaks and save money** — Check roof for loose or missing shingles. Be watchful of areas around windows, doors, and the foundation.
- 4) **Check out your chimney** — Make sure it is clean and has no critters living in it. Ask a chimney sweep to inspect the chimney.
- 5) **Invest in a home energy audit** — Audits help you make your home more comfortable and energy efficient. Contact your local utility company.
- 6) **Research rebates and tax credits** — Check with your state energy office or local utility. You may be eligible for something based on purchases.
- 7) **Breathe easy all winter long** — Just as a home that has too many air leaks is a problem, a house that is too tight can lead to air problems, especially if you use gas appliances. A houses needs to have a balance, with venting to the outside.
- 8) **Conduct a radon test** — These can be done with a kit but if level is in excess, a specialist would need to help with reducing the level in the air.
- 9) **Curb the CO** — Make sure the carbon monoxide detector is working.
- 10) **Mind the mold** — Mold can affect allergies and other lung conditions.

Adapted from WebMD's online article "Winterize Your Home: 10 Tips"

### 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 fall 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 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 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.

### Cabbage ... Continued from Page 1

Irish Halloween tradition tells of rings and thimbles and sometimes small coins hidden in the fluffy potatoes. Cabbage is a very versatile and healthy food, containing many phytonutrients, including fiber, folate, calcium, potassium and vitamins A, C, and K. These nutrients may reduce your risk of certain cancers (esp. colon cancer) and help your immune system fight infection.

However, Cabbage's complex carbohydrate is sometimes difficult to digest in large quantities. Smelly gas may be produced because of the sulfur content of cabbage. This flatulence may cause some people to exclude cabbage in their diets. Try these tips to help reduce the problem:

- Chop into small pieces (esp. if raw) and chew well before swallowing.
- Soak cabbage in water and/or acidic liquid like vinegar or tomato juice for 15-30 minutes. Drain and rinse.
- During cooking add digestive-aiding spices such as fennel, ginger or caraway
- And **most importantly**, do not eat a large quantity of cabbage **at one time**, especially if you have not eaten it for awhile. If you eat cabbage frequently, your digestive tract will have more good bacteria available to handle it easier.

Comments or questions? Email: [csimmer@wcco.org](mailto:csimmer@wcco.org)

### Karin's Korner

To be arranged.

Please call 468-2421 for information.

### Angie's Activities

Monday Evenings 5:30-6:30 PM

And Thursdays 1:30 PM

Line Dancing

Tuesday Evenings: Pinochle at 7 PM

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### Bingo October 1st and

October 29th

7:00 PM

## 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 \$6.00 for those under 60. **No one 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 \$25.00 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

**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

**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 2016/2017 (July 1, 2016 thru June 30, 2017).

\$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

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: maryanr@sanjuan.co  
Issue: October 2016

P O Box 154  
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY