



# Lopez Island Senior Signal

Woodmen Hall

October 2017

## A Note From Senior Services

Our seasons are changing. It's getting cooler and most probably cloudier/more rainy. After this super dry summer, the rain and cloud cover are most welcome. The trees and shrubs are in dire need of a good soaking rainy season this year.

The pace on the island is slowing down, the number of vehicles disembarking from the ferry is more moderate, and the lines in the grocery store will be less dense. It's a time of shifting to the busyness of children's school activities and pre-holiday thoughts rather than the more frenetic activities of summertime.

It's also a time for baking some wonderful pies and cobblers from the summer's bounty. There are so many orchards on this island that produce multiple kinds of apples and pears. Baking and preserving them is a Fall activity.

My husband both cans and makes apple pies. I always look forward to his apple pie adventures in the kitchen. The smell is wonderful and the taste is the same. My efforts have never approach his success in either endeavor!

*Mary Ann Riggs*  
Senior Services Specialist

## Lopez Island Family Resource Center

The Lopez Island Family Resource Center has for a long time been supportive of a number of groups of people on the island. For Seniors, there are four primary activities that support seniors: 1) household supports, 2) case management, 3) food programs, and 4) mental health supports.

**HOUSEHOLD SUPPORTS:** Staff assist senior clients by helping them complete and submit applications for rental, utility, and transportation assistance. Once approved by transportation programs, staff provide seniors with ferry tickets typically for medical appointments off island.

**CASE MANAGEMENT:** Staff help seniors connect with medical care and other important support services they need. This includes developing goal plans to help them achieve what is important to them.

**FOOD PROGRAMS:** Staff help seniors apply for and receive Basis Food Benefits. They also coordinate a fresh food bank which is open 24-7. Additionally, a Thanksgiving program provides seniors with a turkey, vegetables and pie.

**MENTAL HEALTH SUPPORTS:** Staff coordinate the Community Wellness Program which is funded by San Juan County and provides crisis mental health visits. This includes enrollment paperwork, connecting seniors with a therapist, and ongoing follow-up and referrals.

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If you think you will have more fruit or vegetables from your gardens than you can use, call Dixie Budke at Family Resource Center and let her know. It can be used by others on the island. 468-4117

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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](mailto:maryannr@sanjuanco.com) by the 5th of each month for the following month's issue. Newsletter can be viewed at [woodmenhall.org](http://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](mailto: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**

### Month on October

The month of October celebrates a number of things from Long Term Planning month to National Toilet Tank Repair Month and many others in between. Some of the more well known are Breast Cancer Awareness Month and, no surprise, National Apple Month. It also is National Domestic Violence Awareness month. One of my favorites is Squirrel Awareness Month. So look out for your scurrying, furry friends this month. If you see your dental hygienist this month, thank her—it's National Dental Hygienist Month. I like that October is Eat Better, Eat Together Month. Nice goal for us all.

**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 2017 LUNCH

<u>Wednesday 10/3</u>	<u>Friday 10/6</u>	<p><b>The Lopez Operations Committee Corner</b></p> <p>There have been a couple of items of good news for us Seniors this month. The latest edition of the AARP Bulletin printed an article derived from several data sources that Washington State has been rated with the best health care for adults in the nation. Couple that with the fact that our own legislature has recognized the need for more home delivered meals (Meals on Wheels and More!) and provided a 2% increase in the 2018 budget for this item. Now 2% does not sound like much, but when the legislature has not provided any increase in money before this time, this is good news.</p> <p>A couple of rainy days have started us thinking about getting ready for Winter. At Woodmen Hall, we have had our water tested, our septic inspected and several other items checked out for winter use. We wish to remind Seniors that there are similar things that should be done at home. Make sure your wood stoves are clean and operating correctly and that you have sufficient wood. This applies to any other items that need checking or repair before any bad weather sets in.</p> <p>Remember, also, that we serve hot meals twice a week at Woodmen Hall. So invite any of your friends to join us for the good hot food and some socializing..</p> <p style="text-align: right;">Carl Bender, Chairman</p>
<u>Wednesday 10/10</u>	<u>Friday 10/13</u>	
<u>Wednesday 10/17</u>	<u>Friday 10/20</u>	
<u>Wednesday 10/24</u>	<u>Friday 10/27</u>	
	<p><b>Lunch menu Subject To Change Due To Unforeseen Circumstances</b></p>	

# October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Pinochle 7:00 PM	4 Tai Chi at the Community Center 9AM 12:00 Lunch	5 Creaky Yoga At Grace Church 10:45	6 12:00 Lunch	7 Pancake Breakfast
8	9 Creaky Yoga At Grace Church 10:45	10 Pinochle 7:00PM	11 Tai Chi at the Community Center 9AM 12:00 Lunch	12 Creaky Yoga At Grace Church 10:45	13 12:00 Lunch	14
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22	23 Creaky Yoga At Grace Church 10:45	24 Pinochle 7:00 PM	25 Tai Chi at the Community Center 9AM 12:00 Lunch	26 Creaky Yoga At Grace Church 10:45	27 12:00 Lunch	28 Bingo Doors Open at 600PM
29 Friends of Woodmen Hall Yard Sale 10 AM and Auction 1 PM	30 Creaky Yoga At Grace Church 10:45	31 Pinochle 7:00 PM				

### Winterizing adapted from [popularmechanics.com](http://popularmechanics.com)

Some points to consider as Fall and Winter are fast approaching on making changes around your home or apartment.

- Change furnace filters—dirty filters restrict air flow and increase energy demand
- Run fans in reverse—reverse option brings warm air back down and can reduce heating costs
- Turn down water heater to 120 degrees to reduce heating costs
- Use draft snakes in front of doors to cut down on drafts
- Install storm doors and windows
- Install plastic window sheeting kits to cut down on drafts
- Give your heating system a tune up—maintain clean, lubricated, and properly adjusted equipment to save money
- Mind the thermostat—turn down the heat when you leave
- Dress warmer inside the residence
- Use caulking and weather stripping around chimneys, where pipes and wires exit, and along the foundation
- Insulate the pipes
- Seal the ducts
- Take advantage of tax credits
- Have an energy audit done on your residence
- Upgrade to an efficient heating system

### 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.

### Lopez Island Family Resource Center (cont)

Additionally, LIFRC has many **Volunteer Opportunities** for seniors such as being a mentor to youth, tutoring students at school, helping with fundraising activities, and many other programs. LIFRC offers a wide range of classes for learning enrichment that seniors can participate in. A computer lab in the LIFRC office is available for seniors to use and access the internet.

Please stop by the LIFRC offices at 160 Village Road, on the 2nd floor of the Children's Center building or call us at 360-468-4117 to make an appointment.



**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 for  
Breakfast  
October 7**

**830 AM - 11AM**

**Woodmen Hall**

**\$10 per person  
\$25 per family**

**Karin's Korner**

Chair Yoga  
after lunch 1st and 3rd Wednesdays

Call for other specifics 468-2421

**Angie's Activities**

Tuesday Evenings: Pinochle at 7 PM



**Bingo!**

**September 28th  
Doors open at 6PM**

**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 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.

## 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

## Honey! How Sweet It Is!

By Carol Simmer, RDN Meals on Wheels & More!

My father was a beekeeper, who learned the skill from his mother. Sugar use was rare in my house and my mother, a great cook, knew how to substitute honey for sugar in all types of recipes. Occasionally stored honey would crystallize in very fine crystals and you could spread it like jam...my favorite!

Honey enhances the flavor of foods and adds moisture. That is great unless you want "crispy" cookies. To substitute honey for sugar in recipes, you must reduce other liquids in the recipe by 20%. Since honey is sweeter than sugar, substitute 1/2 to 1/4 cup honey for one cup of sugar.

Honey lasts for years because of the anti-microbial substances produced by the honeybee (flavonoids, phenolic acids, and hydrogen peroxide). This characteristic makes foods made with honey stay fresher, longer. Jars of edible honey have been unearthed in Egypt after 33 centuries!

Raw, unfiltered honey has some pollen, wax, and propolis remaining. Propolis is a glue-like substance the bees use to seal the honeycomb and it possesses anti-microbial, anti-oxidant, and anti-ulcer properties.

It takes nectar from 2 million flowers to make one pound of honey. I guess that is why bees are so "busy." Bees produce three times as much honey as they need to support their colony. Beekeepers can steal the extra to our advantage, but I remember my Dad "feeding" the bees during severe winters. Sadly, we read reports of decreased bee populations around the country. The reason is being researched, but the answer is still unknown. Scientists know that the survival of the honey bee is crucial to agriculture and to us!

Unlike sugar, honey is NOT an "empty calorie" food. It contains B complex vitamins, vitamin, and several minerals. One tablespoon of honey contains 64 calories and 17 gm of carbohydrate. Like other sugars, if consumed in excess, it can contribute to weight gain and higher blood sugars.

Honey is one healthy sweet at farmer's markets that can be purchased with Senior Farmer's Market Vouchers. Take advantage of this treat when you can.

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

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: [maryannr@sanjuanco.com](mailto:maryannr@sanjuanco.com)  
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SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY