



Lopez Island Senior Signal

Woodmen Hall

September, 2016

A Note From Senior Services

I'm actually in awe at some of the National Days in September. We all know the Holiday, Labor Day, and we know what that signifies for us as islanders — the end of the summer surge. A number of us, though not all, look forward to the transition with relief.

The other Days noted in September run the gamut from National Lazy Mom's Day 9/2 to National Wildlife Day 9/4. There is even a (I was shocked) National Tailgating Day!

There's the National Read A Book Day 9/6, National TV dinner Day 9/10, and National Ants on a Log Day. There's the National Make your Bed Day — guess you don't have to make it the rest of the year?

On a more serious note, there are the sober days like National V-J Day 9/2, National Grandparents Day 9/11, National POW/MIA Day 9/16, The Car Free Day 9/22, and National Gold Star Mothers Day on the last Sunday of September.

Whatever date you pick, there are at least 2—6 "Days" associated with it in September. I find it quite an interesting phenomenon to share.

Mary Ann Riggs

Senior Services Specialist

Will and Estate Planning

A call was recently received about how to leave money to the Lopez Island Senior Center in planning for their will. An attorney, a specialist in wills and trusts wrote for their trust **'I leave \$(x amount) to Senior Services of San Juan County EIN #91-11057199, Lopez Island WA for the exclusive use by the Lopez Island Senior Center.'** It is important that you put **'for the exclusive use of the Lopez Island Senior Center'** because there are two other senior centers, one on Orcas and one on San Juan Island that use the same EIN number.

Money that is received in donations and any inheritances is used to maintain the building and to keep the doors open for our programs. This includes maintenance and repairs, utilities, contributions to the meal program, subsidizing the transportation program for Meals on Wheels and More as well as medical trips for seniors and disabled individuals.

The general programs provided by Senior Services include Information and Assistance, Case Coordination, Family Care-giver Support, Nutrition Program, and Transportation.

Please consider us in your will and estate planning.

If you have any questions, please contact one of the Operations Committee members listed on Page 2.



What's Inside

Administrative Info.	2
Full Menu	3
Event Calendar	4
Karin & Angie's Info	6
Trips	6
Services/References	7
<u>Membership</u>	8

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 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

Senior Services provides space for the Foot Clinic the second Monday of each month. The clinic runs from 9-12. Please make an appointment with Rose Torrez at 468-2205; please bring a towel, and \$15.00. If you are unable to make your appointment please call Rose so that she can offer the time to someone else. There is often a waiting list.

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.

Humor

Q: How many psychiatrists does it take to change a lightbulb?
 A: Only one, but the lightbulb has to WANT to change.
 From CleanJoke.com

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.**

September 2016 LUNCH

<p>Lunch Menu subject to change due to unforeseen circumstances</p>	<p><u>Friday 9/2</u> Baked Fish Roasted Yams Breen Beans Garden Salad Fruit</p>	<p>The Lopez Operations Committee Corner</p> <p>Angie Clothier has submitted her resignation to the Senor Council regarding her position as Special Events Coordinator. First, we want to thank Angie for the exceptional performance of her assigned duties and going above and beyond expectations. Angie will be missed and we wish her well.</p> <p>Secondly, The Operations Committee is in the process of seeking applicants for this position. The Events Coordinator is a part-time paid contract position, requiring a signed contract between the Coordinator and the Committee members. Information is available from any of the board members regarding the details of the position.</p> <p>We are asking for any assistance in locating persons who might be interested in this job. If you know of someone, please refer them to one of the members of the Operations Committee listed on Page 2 of this newsletter.</p> <p>Our usual plan is to continue having Bingo on the last Saturday of the month. We have had a good turn out and received great comments about the return of this activity to the community.</p> <p style="text-align: right;">Paul Berg, Chairperson Lopez Operations Committee</p>
<p><u>Wednesday 9/7</u> Country Fried Steak Mashed Potatoes Country Gravy Peas /Carrots Melon</p>	<p><u>Friday 9/9</u> Taco Salad Corn Bread Fresh Fruit</p>	
<p><u>Wednesday 9/14</u> Grilled Pork Chops Potatoes and Gravy Steamed Carrots Garden Salad Applesauce</p>	<p><u>Friday 9/16</u> Chicken and Dumplings Mixed Veggies Garden Salad</p>	
<p><u>Wednesday 9/21</u> Tuna Casserole Steamed Broccoli Garden Salad Fruit Cookie</p>	<p><u>Friday 9/23</u> Teriyaki Pork Loin Fried Rice Steamed Veggie Asian Sesame slaw Mandarin Oranges</p>	
<p><u>Wednesday 9/28</u> Baked Potato with Vegetarian Chili Cheese & Green Onions Garden Salad/Fruit</p>	<p><u>Friday 9/30</u> Roast Beef/ horseradish Mashed Potatoes / gravy Carrots/parsnips Fruit/ Birthday Cake</p>	

September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Bingo this Month — Will Resume on October 1st	Line Dancing resumes 9/12			1 Creaky Yoga at Grace Church 10:45	2 Exercise 8 AM 12:00 Lunch	3
4	5 Creaky Yoga at Grace Church 10:45 Exercise 8AM	6 Pinochle 7:00PM	7 Exercise 8AM Tao Chi at the Community Center 9 AM 12:00 Lunch	8 Garden Club 9:30 Creaky Yoga At Grace Church 10:45	9 Exercise 8AM 12:00 Lunch	10
11	12 Creaky Yoga At Grace Church 10:45 Exercise 8 AM Line Dancing 5:30 PM	13 Pinochle 7:00PM	14 Exercise 8 AM Tai Chi at the Community Center 9 AM 12:00 Lunch	15 Creaky Yoga At Grace Church 10:45 Line Dancing 1:30	16 Exercise 8 AM 12:00 Lunch Birthday Club 1:30	17
18	19 Creaky Yoga At Grace Church 10:45 Exercise 8 AM Line Dancing 5:30 PM	20 Pinochle 7:00 PM	21 Exercise 8 AM Tai Chi at the Community Center 9AM 12:00 Lunch	22 Creaky Yoga At Grace Church 10:45 Line Dancing 1:30	23 Exercise 8 AM 12:00 Lunch	24
25	26 Creaky Yoga At Grace Church 10:45 Exercise 8 AM Line Dancing 5:30 PM	27 Pinochle 7:00 PM	28 Exercise 8 AM Tai Chi at the Community Center 9AM 12:00 Lunch	29 Creaky Yoga At Grace Church 10:45 Line Dancing 1:30	30 Exercise 8 AM 12:00 Lunch	

What Veggie Comes in Purple, Yellow, White, Red, and Orange?

By Carol Simmer, RDN/ Meals on Wheels and More!

This vegetable can be eaten raw or cooked, steamed, pureed, baked, and boiled. A soup and a cake are named for it. Its botanical cousins include parsley, anise, celery, parsnips, caraway, cumin and dill. You guessed it, one of the most popular veggies in the world, is the CARROT!

The name carrot comes from the Greek word "karoton." They phytonutrient, beta-carotene, was named for the carrot because of its high content of this nutrient. Beta-carotene is needed to make Vitamin A. Carrots belong to the umbelliferrcae family of plants since their leafy green form a umbrella at the top of the roots.

The nutrients in carrots have been shown to slow down the production of cancer cells in the colon. And their high content of digestible fiber makes them very healthy for the entire digestive tract. Research is ongoing for beta-carotene and vitamin A's benefit for cardiovascular diseases and in vision conditions such as glaucoma!

China produces more carrots than any country of the world, with Russia and the US second and third. I love to grow carrots in my garden because of their sweet fresh taste when newly pulled. They will keep in the ground for many weeks of the winter if the ground is not frozen too hard, too long. Store carrots in a cool place and wrapped to keep them from dehydrating. One storage tip is to keep carrots away from foods that give off ethylene gas such as apples, pears, and potatoes as they may become bitter. Another tip is to cut off the green tops of the carrot as they pull moisture from the carrot. Also, a dark stem of the carrot indicates a sign of age!

Carrots are the Harvest of the Month of September. Look at the different ways carrots are prepared on this month's hot lunch menu. What is your favorite way to prepare carrots? A comment sheet will be available at the lunch sign-in area for you to write down your favorite way to prepare carrots. Maybe your idea will show up on the lunch menu in the coming months!

Comments or questions?

Email Carol at csimmer@wcco.org

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.

Spotlight on Lopez Island Hospice & Home Support

We are so very fortunate to have in our community **Lopez Island Hospice and Home Support**, a group of people whose mission is to help people to cope with illness, injury, and loss. LIHHS provides a wide range of personalized and confidential services and products at no cost.

They serve "anyone living with a disability or a short-term, long-term, or life-limiting illness and anyone who needs help to live at home as they age or approach the end of life." If they are unable to provide needed services, they will refer to another resource either on Lopez or elsewhere.

An assessment is performed by a social work professional who creates a care plan designed just for the client. That professional will provide to the client and the family assistance with coping strategies around the specific illness or condition. Trained volunteers may be provided who understand the difficulties faced by the client and the family. The social work professional will work with the client, family and volunteer.

Volunteers can perform light household chores, serve as a companion, and provide respite for caregivers. Some will run errands, drive you to on-island appointments, pick up grocery items, or other island businesses.

Volunteers undergo intensive and ongoing training to prepare them to understand clients' changing needs and relationships and to respond in compassionate ways during difficult times.

For more information, please call 468-4446.

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.

Do You Need Your Hearing Tested

Do you:

- 1.have difficulty hearing over the phone?
- 2.have difficulty following conversations when 2+ people are talking at the same time?
- 3.have to strain to understand conversations?
- 4.have trouble hearing in noisy environments?
- 5.have trouble understanding women and children?
- 6.Do people complain about the volume of your TV?
- 7.Do you ask people to repeat themselves?
- 8.Do a lot of people you speak with seem to mumble?
- 9.Do you misunderstand others and respond inappropriately?
- 10.Do people get annoyed because you misunderstand them?

Yes to 3+ questions suggests you may want to schedule a hearing evaluation with a hearing healthcare professional.

Information above from hearinghealthfoundation.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

**Bingo resumes on October 1st
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

Phone: 360-468-2421
 FAX: 360-468-3021
 Location: 4102 Fisherman Bay Road
 Email: maryannr@sanjuanco.com
 Issue: September 2016

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

Or Current Resident