



# Lopez Island Senior Signal

Woodmen Hall

September 2017

## ***A Note From Senior Services***

I want to welcome **Carl Bender** as the new Chairman of the Operations Committee. He has served on the Board for a number of years and accepted the new position as of August 1. We all look forward to working with him in this new capacity.

On another note, many of you may have heard about my sudden departure via helicopter on 8/12. It was truly not the way I meant to experience my first helicopter ride. It was, however, a first hand experience with how amazing both our Emergency Medical Services and Airlift Northwest function. Peace Health/ St Joseph's Hospital ER and ICU staff were wonderful as was the cardiologist and nurses who worked on me in the Cath Lab. I am back but will be attending Cardiac Rehab in September and October, so my days will be fewer at the office during that time.

I am thankful and grateful for all the thoughts and prayers that have been sent my way. Nice cards, calls, flowers, hugs, and even some chicken soup. During moments like these, it is helpful to have those little expressions of TLC.

*Mary Ann Riggs, Senior Services Specialist*

## **Tribute to Paul Berg**

For many years, Paul Berg has championed the cause of Lopez Island Senior Services. He has been a staunch supporter of the programs and has worked both in the foreground and in the wings to maintain a standard of services to be provided for Lopez Seniors.

He has served on the Lopez Island Senior Services Operations Committee for many years and has seen the many transitions that have occurred to bring us to Woodmen Hall and our current status today. He served as the Chairman for a number of years and a member at large as well. He has helped with overall planning and with those little but necessary tasks such as dealing with the cantankerous dishwasher.

He is now moving on to a new chapter in his life that includes more gardening and time with his family. I'm sure he will find more to fill his time than he expects!.

I just want to thank Paul for his passion for the Senior Center and for the time I have had the opportunity to work with him in his role as chairman and will look forward to his continued presence as a member at large on the Operations Committee.

Thank you Paul Berg.

Mary Ann Riggs

**Chronic Disease Self-Management Program classes** are set to begin in early October. Call Mary Ann at 468-2421 to reserve a space or for further information.

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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

Kelli Nopson, 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

### **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 Senior Services on the HOME page.

### **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**

## Labor Day

Labor Day is celebrated on the first Monday in September. The holiday was first proposed in the 1880's. In 1887, Oregon was the first state to make the holiday official in that state. In 1894, the holiday became a federal holiday with 30 states officially celebrating the day.

Labor Day is considered the unofficial end of summer with many people taking their 2 week vacations to end with that weekend. It is also the time of the year that school and sports typically resume. In fashion, the day is considered to be the last day that it is acceptable to wear white or seersucker fabric in clothing. Celebrations vary from street parades to picnics in the part or other gatherings.

May your Labor Day be pleasant, whatever your plans may be.

**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 2017 LUNCH

<b>Lunch menu subject to change due to unforeseen circumstances</b>	<u>Friday 9/1</u> Spaghetti w/ Meat Sauce Italian Vegetables Garden Salad Sliced Peaches
<u>Wednesday 9/6</u> BLT on W/W Pasta Salad Orange Juice Sliced Apples	<u>Friday 9/8</u> Herbed Pork Cutlet Mashed Potatoes Steamed Gravy Carrots Salad Fruit
<u>Wednesday 9/13</u> Honey Mustard Chicken 1/2 Baked Potato Brussels Sprouts Citrus Kale Salad Applesauce	<u>Friday 9/15</u> Baked Fish Sweet Potato Green Beans Salad Fruit
<u>Wednesday 9/20</u> Chicken Cordon Bleu Scalloped Potatoes Caribbean Veggies Spinach Salad Coconut Fruit Salad	<u>Friday 9/22</u> Chinese Chicken Salad Eggroll Fresh Fruit Fortune Cookie
<u>Wednesday 9/27</u> Cheese Enchiladas Rice & Pinto beans Garden Salad Fresh Grapes	<u>Friday 9/29</u> Chicken Fried Steak W/ country gravy Mashed Potatoes Peas & Carrots Salad Melon

### The Lopez Operations Committee Corner

With all of the talk in the news about health care, I thought a few definitions may be in order. The Older Americans Act established the Meals on Wheels and More! (MOW) and the congregate meal programs. They are not a part of either the Medicare or Medicaid programs. However, some of the MOW budget comes from other agencies (i.e. Department of Agriculture), so cuts in these programs could affect the MOW program.

Medicare is a part of the Social Security program and is solvent for the next few years. Remember that the government deducts money from monthly pay checks to pay for doctor and drug services parts B and D).

Medicaid is a state program administered in Washington by the Department of Health and Social Services (DSHS). It is a share program, meaning that the amount that Washington State puts in is matched by the Federal government. So, if the Federal Government cuts back on its programs under Medicaid, the state has to make up the difference or programs get cut. There is an alphabet soup of programs under Medicaid, so it is important that, should you need information about health problems or health programs, you should consult either the Senior Center, Lopez Island Hospice and Home Support, or the Family Resource Center here on Lopez

Carl Bender  
Lopez Operations Committee

# September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 12:00 Lunch	2
3	4 Creaky Yoga At Grace Church 10:45	5 Pinochle 7:00PM	6 Tai Chi at the Community Center 9AM  12:00 Lunch Chair Yoga after lunch	7 Creaky Yoga At Grace Church 10:45	8 12:00 Lunch	9
10	11 Creaky Yoga At Grace Church 10:45	12 9:30 Enchanted Quilters  Pinochle 7:00PM	13 Tai Chi at the Community Center 9 AM  12:00 Lunch	14 9:30 Garden Club  Creaky Yoga At Grace Church 10:45	15 12:00 Lunch  Birthday Club 1:30	16
17	18 Creaky Yoga At Grace Church 10:45	19 Pinochle 7:00 PM	20 Tai Chi at the Community Center 9AM  12:00 Lunch Chair Yoga after lunch	21 Creaky Yoga At Grace Church 10:45	22 12:00 Lunch	23
24	25 Creaky Yoga At Grace Church 10:45	26 Pinochle 7:00 PM	27 Tai Chi at the Community Center 9AM  12:00 Lunch	28 Creaky Yoga At Grace Church 10:45	29 12:00 Lunch	30 Bingo 6PM

**Q and A with SSA — Some common questions about benefits and programs** by Kirk Larsen Social Security Washington Public Affairs Specialist

What happens if I work and get Social Security retirement benefits?

You can get Social Security retirement benefits and work at the same time. However, if you are younger than full retirement age and make more than the yearly earnings limit, we will reduce your benefit. Starting with the month you reach full retirement age, we will not reduce your benefits no matter how much you earn.

We use the following earnings limits to reduce your benefits: If you are under full retirement age for the entire year, we deduct \$1 in benefits for every \$2 you earn above the annual limit. For 2017 that limit is \$16,920.

In the year you reach full retirement age, we deduct \$1 in benefits for every \$3 you earn above a different limit, but we only count earnings before the month you reach your full retirement age. For 2017 that limit is \$44,880.

Starting with the month you reach full retirement age, you can get your benefits with no limit on your earnings.

When we figure out how much to deduct from your benefits, we count only the wages you make from your job or your net earnings if you're self-employed. We include bonuses, commissions, and vacation pay. We don't count pensions, annuities, investment income, interest, veterans, or other government or military retirement benefits.

If you receive benefits and are under full retirement age and you think your earnings will be different than what you originally told us, let us know right away. You cannot report a change of earnings online. Please call us at 1-800-772-1213 between 7 am and 7 pm, Monday through Friday.

**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.

Can I withdraw my Social Security claim and re-apply later to increase my benefit amount?

Unexpected changes may occur after you apply to start your Social Security retirement benefits. If you change your mind, you may be able to withdraw your Social Security claim and re-apply at a future date. However, you must do this within 12 months of your original retirement. When you're ready to apply for retirement benefits, use our online retirement application, the quickest, easiest, and most convenient way to apply.

What are the eligibility requirements to get Social Security disability benefits?

To qualify for Social Security disability benefits, you must have worked long enough in jobs covered by Social Security (usually 10 years). Then, you must have a medical condition that meets Social Security's definition of disability.

In general, we pay monthly benefits to people who are unable to work for a year or more, or who have a condition expected to end in death. The disability must be so severe the worker cannot work, considering age, education, and experience. Even if you are still working you can file for benefits as long as your monthly earnings are under \$1,170.

If you think you may be eligible to receive disability benefits and would like to apply, you can use our online application. Filing online allow you to start immediately, file at home, and saves time going to a Social Security office.

### **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.**

### **Important Insurance to Consider**

Living on an island that is accessible only by limited ferries, especially if we have any health concerns/issues, we can choose to obtain air transport insurance to cover any emergency that requires our transport to off island medical facilities. We have two insurance carriers that serve our island, Airlift NW –helicopter(\$79/year) and Island Air Transport—fixed wing (\$39/year).

For Airlift NW, call 888.835.1599 to become an Air Care member .

For Island Air Transport, the contact number is 360.378.3199.

A brochure for either can be picked up at the Senior Center or Fire Hall.

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**Needed:** Volunteer drivers for on island and off island medical trips. If you are interested in applying, call Mary Ann

### **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 30th  
September  
6 PM Doors Open**

**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 ferry stops at Lopez 5:20pm and 6:50pm. 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**

**Join Us - Renew Your Membership - Make A Contribution**

Yes, I/ we want to join/renew membership in Lopez Island Senior Services for 2017/2018 (July 1, 2017 thru June 30, 2018).

\$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 Lopez Island Senior Center 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: marjannr@sanjuanco.com  
Issue: September 2017

P O Box 154  
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY