



Lopez Island Senior Signal

Woodmen Hall

January 2017

A Note From Senior

We have weathered the holiday season, more or less. Some of us probably had a quiet time and others had one that was more fast-paced. Whichever way it went, there is a slower period after the first of the year.

The weather probably has something to do with staying indoors more. Only the brave or dedicated get out to walk or pursue other outside activities when the temperature is dropping and the sky is dripping.

A percentage of people leave for warmer climes and miss the worst that winter has to offer here. A number of us stay and watch as the environment sleeps through the coldest months, knowing that spring does actually start mid February with the earliest flowers popping up and the arrival of the migrating variety of hummingbirds.

Looking at January/February as the advent of Spring can help us get through these darker days. And remember, each day that passes now means that the every day is getting a little bit longer than it was the day before!

Mary Ann Riggs
Senior Services Specialist

Chronic Disease Self-Management Program

Over the next year, the Chronic Disease Self-Management Program will be offered by Senior Services of San Juan County on all three islands. Last year, it was provided on San Juan and Orcas Islands. This year it will be scheduled on Lopez as well. The class was developed by Stanford University and is specifically designed to help people who live with chronic conditions/diseases and to help caregivers of persons living with chronic conditions. This is an evidence based program and the facilitators have been certified through Stanford.

The classes are FREE and divided into six 2.5 hour sessions, one class per week for six weeks. The classes are offered in partnership with Northwest Regional Council. The program provides an opportunity for participants to learn how to manage their symptoms, set realistic goals, work with doctors, and much more. The program focuses on problems that are common to individuals dealing with any chronic condition. Research studies show that participants have significant, measureable improvements in their health and quality of life.

If you have questions or are interested in being placed on a list to be contacted when dates are set for Lopez, please call Mary Ann at 468-2421. If you reach the voicemail, leave a message and your call will be returned as soon as possible.



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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
Kelli Nopson, Cook
Delphina Liles, Aging and Family Case Coordinator

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 is at noon Wednesdays and Fridays.
Suggested donations - \$5.00 for seniors. Cost is \$6.00 for those under 60.
Home delivered meals to homebound seniors on lunch days with time of delivery after 1200 noon and is dependent upon the number of deliveries to be made 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 in

Anacortes

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.

NOTE: Foot Clinic is managed by individuals providing the service and not affiliated with the Senior Center programs.

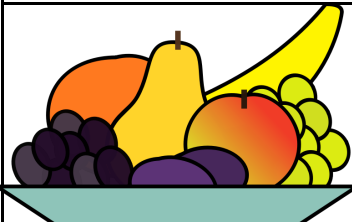
Some Health Benefits of Yoga

Yoga is known to focus on posture and breathing as well as putting an emphasis on mental focus. It can help improve lung function for persons suffering from asthma. It can also help to ease pain, loosen stiff muscles, and increase mobility for those suffering arthritis. The accent on good posture and improving muscle tone can help reduce or prevent back pain. The meditation and relaxation associated with yoga can help people who suffer from stress.

In January on some Wednesdays, Delphina Liles will be kicking off free yoga classes at the Lopez Senior Center at a time soon to be arranged. Please call Mary Ann for further information. For further information on benefits of yoga, one resource is <http://dailynaturalrememdie.com/8-health-benefits-of-practicing-yoga/2/> Other resources are available online as well.

To order lunch take outs or for home delivered meals—please call to 468-2421 or 468-2264 (Kitchen). Please call before 10:00am to place your order.

January 2017 LUNCH

<p><u>Wednesday 1/4</u> Baked Salmon Wild Rice Brussels Sprouts Garden Salad Cookie</p>	<p><u>Friday 1/6</u> Homemade Meat Lasagna Italian Green Beans Caesar Salad Sliced Apples</p>	<p>The Lopez Operations Committee Corner</p> <p>There are a number of services provided by Senior Services here on Lopez and in San Juan County. The goal of Senior Services is to assist seniors in remaining independent and in their own homes for as long as possible through the following services:</p> <ul style="list-style-type: none"> Case Coordination Congregate Meals Family Caregiver Support Meals on Wheels Respite Care Senior Information and Assistance Transportation Assistance. <p>These services are provided by a contract with Northwest Regional Council through the San Juan County Health and Community Services. Coverage of these services comes from grants through Whatcom Council on Aging, San Juan county support and your contributions for meals, memberships, and donations.</p> <p>For the regular day to day expenses such as electricity, propane, heating fuel and upkeep of the building, we depend upon contributions and support from islanders and others who wish to sustain these programs.</p> <p>Thank you to all who have donated both in money and by volunteering to keep our programs alive in this community.</p> <p style="text-align: right;">Paul Berg, Chairperson Lopez Operations Committee</p>
<p><u>Wednesday 1/11</u> Chicken ala King Over Biscuits Peas & Carrots Garden Salad Fruit</p>	<p><u>Friday 1/13</u> Grilled Reuben on Rye Pickle Spear Roasted Sweet Potato Garden Salad Peaches</p>	
<p><u>Wednesday 1/18</u> Pot Roast Mashed Potatoes & Gravy Peas & Onions Wheat Roll Fruit</p>	<p><u>Friday 1/20</u> Cheese Ravioli In Tomato Cream Sauce Italian Veggies Caesar Salad Fresh Apples</p>	
<p><u>Wednesday 1/25</u> Sweet & Sour Meatballs Rice Asian Veggies Mandarin Oranges Sesame Slaw</p>	<p><u>Friday 1/27</u> Pizza Sauteed Squash Garden Salad Apple Cake</p>	
	<p>Lunch menu subject to change due to unforeseen circumstances</p>	

January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Exercise 7:45 Creaky Yoga at Grace Church 10:45	3 Pinochle 7:00 PM	4 Exercise 7:45 Tai Chi at Community Center 9AM 12:00 Lunch	5 Creaky Yoga at Grace Church 10:45	6 Exercise 7:45 12:00 Lunch	7
8	9 Exercise 7:45 Creaky Yoga at Grace Church 10:45	10 Enchanted Quilters 9:30 Pinochle 7:00PM	11 Exercise 7:45AM Tai Chi at the Community Center 9 AM 12:00 Lunch	12 Garden Club 9:30 Creaky Yoga At Grace Church 10:45	13 Exercise 7:45 12:00 Lunch	14
15	16 Exercise 7:45 Foot Clinic 9—1 Creaky Yoga At Grace Church 10:45	17 Pinochle 7:00PM	18 Exercise 7:45 AM Tai Chi at the Community Center 9 AM 12:00 Lunch Volunteer Appreciation celebration 7—9 PM	19 Creaky Yoga At Grace Church 10:45	20 Exercise 7:45 12:00 Lunch Birthday Club 1:30	21
22	23 Exercise 7:45 Creaky Yoga At Grace Church 10:45	24 Pinochle 7:00 PM	25 Exercise 7:45 AM Tai Chi at the Community Center 9AM 12:00 Lunch (Not Holiday Lunch)	26 Creaky Yoga at Grace Church 10:45	27 Exercise 7:45 12:00 Lunch	28
29	30 Exercise 745 AM Creaky Yoga At Grace Church 10:45 AM	31 Pinochle 7:00 PM				

Social Security Covers You When You're Abroad
by Kirk Larson Social Security Public Affairs

Social Security has you covered, even outside our nation's borders. We're with you through life's journey, even if you're traveling outside the United States. Many people who travel or live outside the country receive some kind of Social Security benefit, including retired and disabled workers, as well as spouses, widows, widowers, and children.

If you're a US citizen, you may receive your Social Security payments outside the United States as long as you are eligible. When we say you are "outside the US", we mean you're not in one of the 50 states, the District of Columbia, Puerto Rico, the US Virgin Islands, Guam, the Northern Mariana Islands, or American Samoa. Once you've been outside the US for at least 30 days in a row, we consider you to be outside the country. Whether you're off to Europe, or considering a stay in our newly reopened neighbor, Cuba, you may be able to receive your Social Security benefits even while you're outside the US. If you receive SSI, you cannot receive benefits if you're outside of the US for a month or more.

If you're traveling outside the US for an extended amount of time, it's important that you tell Social Security the date you plan to leave and the date you plan to come back, no matter how long you expect your travel to last.

You can use this online tool to find out if you can continue to receive your Social Security benefits if you are outside the US or are planning to go outside the US at www.socialsecurity.gov/international/paymentsoutsideUShtml

This tool will help you find out if your retirement, disability, or survivor's payments will continue as long as you are eligible, stop after six consecutive calendar months, or if certain country-specific restrictions apply.

When you live outside the US we send you a
(Continued at top of page 6)

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.

From "Reducing Wasted Food At Home" by the EPA online

Planning, prepping, and storing food can help your household waste less food

*Make a list with weekly meals in mind. If you buy no more than you expect to use, you are more likely to keep it fresh and use all of it.

*Plan your meals for the week before shopping and buy only the things needed for those meals.

*Base your shopping list based on how many meals you'll eat at home. Will eat out this week? How many?

*Keep a running list of meals and their ingredients that your household already enjoys. That way, you can easily choose, shop for and prepare meals.

Storage Tips to maintaining freshness

*Freeze, preserve, or can surplus fruits and vegetables.

*Wait to wash berries until you are ready to eat them to prevent mold.

*If you like to eat fruit at room temperature, store it in the refrigerator and take out what you want to eat in the afternoon or evening—store fruit in the refrigerator to maintain freshness otherwise.

*When you get home from the store, take the time to wash, dry, chop, dice, slice, and place your fresh food items in clear storage containers for snacks and easy cooking.

Thriftiness Tips

*Shop in your refrigerator first! Cook or eat what you already have at home before buying more.

*Casseroles, stir-fries, frittatas, soups, and smoothies are great ways to use leftovers.

*Have produce that's past its prime? It may still be fine for cooking.

*Plan an "eat the leftovers" night each week.

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 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.

Social Security Covers You When You're Abroad (Continued from page 5)

questionnaire periodically. Your answers will help us figure out if you still are eligible for benefits. Return the questionnaire to the office that sent it as soon as possible. If you don't, your payments will stop. In addition to responding to the questionnaire, notify us promptly about changes that could affect your payments.

You can also read the publication titled *Your Payments While Your Are Outside the United States* at www.socialsecurity.gov/pubs

Securing today and tomorrow is our priority, no matter where you might be living.

Karin's Korner

To be arranged. Please call 468-2421 for information.

Angie's Activities

No Line Dancing until Spring 2017
Tuesday Evenings: Pinochle at 7 PM

Game Day

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

Bingo is set for January 28th 7 PM

Come and enjoy the fun!

The Lopez Senior Center may close in the event of inclement weather. If school is cancelled due to inclement weather, the Senior Center activities and meals are most likely cancelled. KGMI in Bellingham carries all school closures and is found at 790 AM.

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 one of our drivers. 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. Recreational trips are episodic and cost \$25.00 per person payable before the day of the trip. 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 360-468-4117

LHEAP Program - energy assistance program 468-4117 Family Resource Center

Life Care Center - 660 Spring Street (PO Box 489) Friday Harbor 378-2117

Getting Enough Potassium??

By Carol Simmer, RDN, Meals on Wheels & More

At this time of year, we often think about a new year's resolution to "cut down" or cut out a food or certain foods for any number of reasons. However, there are foods you may want to increase because of nutrients that are lacking in most diets. One of these nutrients is Potassium. The new labeling laws of 2016 require that companies list the content of potassium and Vitamin D on food labels for the first time. Companies have two years to comply with this regulation.

Potassium is one mineral that can help prevent and/or control high blood pressure and other heart-related diseases. Two out of three people in the USA over 65 have high blood pressure. Many medications for high blood pressure may be potassium-wasting and consuming high potassium foods daily (94700mg) is recommended. **Ask your pharmacist if you are taking a drug that may be potassium-wasting (or potassium-sparing).**

Excellent and or Very Good **sources of Potassium:** Dark green leafy vegetables, sweet potato and winter squash and carrots, tomato sauces, dried beans, lentils, split peas, avocado, orange juice, white potatoes, bananas, yogurt, clams, halibut, tuna, prunes/prune juice, milk, soy beans.

If you have kidney disease, you can potentially end up with too much potassium in your blood and that can be life-threatening. **Do not take a potassium supplement without a physician's advice.**

Potassium citrate from high potassium fruits and vegetables may prevent kidney stones. Studies have shown that the more potassium you have from fruits and vegetables, your urine citrate goes up and calcium crystals (stones) are less likely to form. Potassium also helps in body fluid regulation by blunting the effects of high salt (sodium) intake. In fact, a high potassium intake and a low sodium intake can reduce stroke risk by 21 percent as well as lower blood pressure.

Plan a New Year's resolution to increase high potassium foods in your meals. Have a healthy 2017!

Comments or questions? Email csimmer@wccoa.org

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SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

Or Current Resident

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