



Lopez Island Senior Signal

Woodmen Hall

April 2018

Senior Services Note

Senior Services Staff

Well here we are in April on Beautiful Lopez Island. Wasn't the snow beautiful this winter? Pretty like a post card. We are so blessed to live in such a beautiful place.

Now I know that there are probably some negative thoughts that we can have. Such as the inconvenience of the ferries, and the distance from serious health care needs. However, we have a choice to focus on the positive, or the negative. What do you choose? And how does it effect your health.? The following is a reminder, from the Mayo Clinic.

Have a great month. And thank you again for the pleasure of being your new Senior Service Supervisor.

Roni Becker

The health benefits of positive thinking

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body.



THINK HAPPY
THOUGHTS AND
GOOD THINGS
WILL HAPPEN

April Showers Bring May Flowers



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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: wendys@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
Roni Becker, Senior Services Specialist
Tracie Younger, Aging & Family Case Coordinator
Gail Leschine-Seitz, Aging & Family Case Coordinator
Jessica Daniels, 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 each month (unless changed due to holiday) at 10:00 at Woodmen Hall. Meetings open to the public. Consider attending one or more to find out what is happening with Senior Services. Bring ideas, suggestions and concerns. You are 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 ronib@sanjuanco.com by the 5th of each month for the following month's issue. Newsletter available at woodmenhall.org

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 if space is available, or 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 360.468.2421.

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 360.468-4446

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 360.468-3092 and leave a message. The voice mail is checked daily. You may also email whallrentals@gmail.com

Note: FOOT CLINIC is managed by individuals providing the service and not affiliated with the Senior Center programs. Contact Khoursian 360.468.4656.

Tour de Lopez

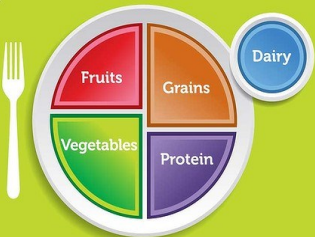
April 28, 8:30-3:00 Ride time



This is not a race. You are invited to ride, cheer the riders on, or volunteer your time to benefit the Chamber. All good possibilities. Or just hunker down at home and stay off of the roads.

**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**


April 2018 LUNCH

Wednesday, 3/4	<u>Friday 3/6</u>
<u>Wednesday, 3/11</u>	<u>Friday 3/13</u>
<u>Wednesday 3/18</u>	<u>Friday 3/20</u>
Wednesday 3/25	<u>Friday 3/27</u>
	Menu subject to change due to unforeseen circumstances

The Lopez Operations Committee Corner

Carl Bender, Chairman
Lopez Operations Committee

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Creaky Yoga At Grace Church 10:45	3 Pinochle 7:00PM	4 Tai Chi at the Community Center 9AM 12:00 LUNCH	5 Creaky Yoga At Grace Church 10:45	6 12:00 LUNCH	7
8	9 Creaky Yoga At Grace Church 10:45	10 9:30 Enchanted Quilters Pinochle 7:00PM	11 Tai Chi at the Community Center 9AM 12:00 LUNCH	12 9:30 Garden Club Creaky Yoga At Grace Church 10:45	13 12:00 LUNCH	14
15	16 Creaky Yoga At Grace Church 10:45	17 Pinochle 7:00PM	18 Tai Chi at the Community Center 9 AM 12:00 LUNCH	19 Creaky Yoga At Grace Church 10:45	20 12:00 LUNCH Garden Club Set up 3-6pm	21 Garden Club Plant Sale 9-1
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 Tour de Lopez BINGO 7PM
29	30 Creaky Yoga At Grace Church 10:45	31 Pinochle 7:00 PM				

by Carol Simmer RDN Meals and Wheels & More!).

Comments or questions? Email Carol at csimmer@wcco.org

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.

INCLEMENT WEATHER AND POWER

The Lopez Senior Center may close in the event of inclement weather. If the public school is cancelled due to weather conditions, the Senior Center activities and meals will be cancelled as well.

Power fluctuations are of particular concern to people relying on medical equipment that require power. OPALCO maintains a list of people in this category and will do their best to notify them of planned power outages.

Place your name on that list by calling 360.376.3500. In the case of unplanned power outages, it is up to individuals to have backup power plans to cover their needs. Please be prepared for what the winter season might bring, including extended power outages.



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 in late morning or early afternoon appointments to catch the 3:05 pm 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 (360.468-2421) at least one week in advance so that we may schedule a volunteer driver. Bellingham or Seattle is possible if we can find a volunteer able to make that trip.

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 (360.298-4434). This service allows patrons to walk on the ferry at Lopez and then take the taxi to Peace Island Hospital/Medical Clinic.

Getting Tired of Your Own Cooking?

Have a meal prepared by our cook and enjoy old friends, meet new friends, and get out of the house.

The days for meals are Wednesdays and Fridays at noon. Come early and have coffee or tea and visit with others.

Suggested donation for the meal is \$5 for seniors (60+), and the cost for those under 60 years is \$7.

Round tables are set for 6 and surrounded by lovely paintings by Bob Proctor.

Angie’s Activities

Tuesday Evenings: Pinochle at 7 PM



**Bingo
Saturday
April 28th
7PM
Doors open at 6PM**

Come Join Us! After checking out the Winter ferry schedule, San Juan Island Senior Services would like to include Lopez Seniors on our Senior Trips. Lopez Seniors could walk on the 7:45 am. They would have to wait until Friday Harbor arrives at 9:10am. Then on the way back, the ferry for Lopez is the 5:20 p.m. 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 Gail at the San Juan Island Senior Services Office 360.378-2677. 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**

Most households in the United States have at least one pet. Studies have shown that the bond between people and their pets can increase fitness, lower stress, and bring happiness to their owners. Some of the health benefits of having a pet include:

- Decreased blood pressure
- Decreased cholesterol levels
- Decreased triglyceride levels
- Decreased feelings of loneliness
- Increased opportunities for exercise and outdoor activities
- Increased opportunities for socialization



LAPS Phone# 360-298-WAGS
 info@lopezanimals.org
 Www.lopezanimals.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: maryanr@sanjuanco.com
 Issue: February 2018

P O Box 154
 Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
 OF SAN JUAN COUNTY