



Lopez Island Senior Signal

Woodmen Hall

February 2018

Senior Services Note

It's now the middle of winter and the shortest month of the year at that. The days are now getting incrementally longer every day as we move toward Spring. Toward the end of the month we will see the first flowers pop their heads up out of the ground and will also see the first of the hummingbirds make their appearance.

Most likely it will still be cloudy and rainy but we can count on moving closer to longer days. More light can help our moods and can help us to feel more energetic.

The challenge will be to get out and about this month, to visit friends, go to the Senior Center for lunch, and get some kind of exercise. Even if it's inside our houses, getting up out of our chairs and walking around is crucial for our health. Set a timer for every hour and walk around the house for a few minutes, get your blood circulating. Research shows that being too sedentary is not conducive to health. Moving more is important.

Wishing you all a good month.

Senior Services Staff

Prescription for Avoiding Medical Mistakes

Errors are a part of everyday life, but when it comes to medical care, you should do your best to make sure they don't happen at all.

Help protect yourself from medical mistakes by being an active part of your health-care team. Think of yourself as the CEO of your body.

1. **Inform doctors about all medications you are taking.**
This includes over the counter medicines, vitamins, and supplements.
2. **Tell your doctor about any allergies.**
3. **Ask questions about medications,** such as what is it for and what side effects it may cause before you begin taking the medication.
4. **Make sure your doctors have access to all important health information.**
5. **Be sure you can read your doctor's handwriting** on any prescription, or ask your doctor's staff to fax the prescription directly to the pharmacy.
6. **Take all prescribed medications as directed.** Contact your health-care provider to figure out what you should do if you forget to take your medication, have a bad reaction to the medication, or are unable to get the prescription filled.
7. **Educate yourself about your own health.** Don't be afraid to speak up and ask questions.

Wendy Stephens/Senior Services Manager-San Juan County

Happy Valentines Day!!!



What's Inside

Administrative Info.	2
Full Menu	3
Event Calendar	4
Karin & Angie's Info	6
Trips	6
Services/References	7
Article	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: 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
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 wendys@sanjuanco.com by the 5th of each month for the following month's issue. Newsletter available at woodmenhall.org under Senior Services on 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 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.

Valentine's Day Facts



In 1573, England's king Henry VII officially declared Feb 14 to be Valentine's Day. Casanova, "the World's Greatest Lover", ate chocolate to make him virile. Physicians in the 1800's advised their patients to eat chocolate to calm their pining for lost love. More than 35 million heart shaped boxes of chocolate will be sold for Valentine's day. 15% of US women send flowers to themselves on Valentine's day. 189 million stems of roses are sold in the US on Valentine's day. Women purchase approximately 85% of all valentines. Teachers and children receive the most valentines. Pets, too!

**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.**

February 2018 LUNCH

	<p><u>Friday 2/2</u> Shrimp Fettuccini Italian Veggies Caesar Salad Sliced Apples</p>	<p style="text-align: center;">The Lopez Operations Committee Corner</p> <p>Well here it is another year and many new things will be happening here at the Lopez Senior Center. For starters we will have both a new Senior Services Specialist and a new cook. Mary Ann had to retire at years end for health reasons and Kelly Nopson, our cook, has moved to Fernalde. They will both be greatly missed, and it is up to the rest of us to keep everything going.</p> <p>We are very excited to announce our new cook Jessica Daniels! If you have not sampled her cooking you have missed out—you will have to get to one of our lunches to take in her talent. Welcome on board Jessica!</p> <p>Our after lunch coordinator, Karin Gandini, is relinquishing those activities, but will remain a member of the operations committee. For the near term we will be asking our members or other interested persons for ideas for after lunch activities. Remember that socializing and taking part in lunch time activities is as important as the meal itself. We hope to implement other activities such as health classes and workshops.</p> <p>We will also be making an effort to become more active in community activities. This involves becoming better known in the community and knowing our community better. Tying these activities together means a new and exciting year for us!</p> <p style="text-align: right;">Carl Bender, Chairman Lopez Operations Committee</p>
<p><u>Wednesday 2/7</u> Florentine Fish Scalloped Potatoes Baby Carrots Spinach Salad Sliced Pears</p>	<p><u>Friday 2/9</u> Asian Chicken Salad w/ Sesame Dressing Spring Rolls Fruited Jell-O</p>	
<p><u>Wednesday 2/14</u> Turkey Meatloaf Baked Potato Brussels Sprouts Garden Salad Sliced Peaches</p>	<p><u>Friday 2/16</u> Kale & Sausage Soup ½ Chicken Salad San. Garden Salad Fresh Grapes</p>	
<p><u>Wednesday 2/21</u> Beef Stroganoff Over Rotelle Pasta Peas & Onions Garden Salad Coconut Fruit Salad</p>	<p><u>Friday 1/23</u> Taco Salad Cornbread Orange Wedges</p>	
<p><u>Wednesday 2/28</u> Pork Loin w/ Apple Chutney Mashed Potatoes & Gravy Carrots & Parsnips Fruit</p>	<p>Menu subject to change due to unforeseen circumstances</p>	

February 2018

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

When Two are Better Than One by Carol Simmer RDN Meals and Wheels & More!

We know that certain vitamins and minerals in food provide health benefits by themselves. These benefits are stronger bones, healthy skin and vision, and blood clotting. Scientists have discovered that the benefits of some phytochemicals (plant compounds), vitamins and minerals are magnified when foods containing them are combined or prepared in certain ways.

For example, tomatoes containing lycopene, combined with broccoli, containing glucosinolates, may keep prostate tumors smaller and prevent them from spreading, compared with either compound alone.

Nutritionists and dietitians for years have been saying to “eat a variety of fruits and vegetables daily.” This newest research adds more credence to that recommendation.

Fat-soluble antioxidants such as beta-carotene in carrots are absorbed better with a healthy oil such as olive oil or avocado oil. Beta-carotene in vegetables may be better absorbed when vegetables are lightly steamed versus eaten raw. Try dipping tender crisp baby carrots in a flavorful avocado dip!

More Super food combos: Cheerios with strawberries (iron and Vit C); grilled steak or hamburger sautéed with red peppers (enhanced iron absorption); broccoli topped pizza (cancer fighting tomatoes and broccoli); salad topped with avocado and shredded carrots (antioxidants for eye health); and berries mixed with low-fat yogurt (blood pressure control). Toss mandarins or kiwi into a spinach salad (enhanced iron absorption).

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
February 24th
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

What is an Allium—a food, a flower, or a space creature??

By Carol Simmer, RDN
Meals and Wheels and More!

At home I know of the beautiful allium flowers in my garden, but I also have several edible plants in my garden that are common in our cuisine know as alliums. They are **onions, scallions, garlic, shallots, leeks, and chives**. More than 10 nutrients in allium vegetables produce antifungal, antioxidant, and antibacterial benefits for your health. In this season of colds and flu, alliums are particularly important to plan into your eating pattern! Alliums add flavor in a wide variety of dishes as well as important medicinal properties. Cooking with alliums may cut down the need for salt in recipes, a bonus for those with high blood pressure or swelling.

Oral tradition and recorded history show **garlic and onions are two of the earliest plants used extensively since the existence of man**. From ancient Egypt until WWI (5000 years), garlic and onion use progressed from increasing strength and stamina, to fighting parasite infections, to improving cardiovascular function, to fighting the Plague, flu and lung diseases and to healing wounds during WWI. Currently garlic and other alliums are being studied for their use to fight some cancers.

The research on allium vegetables to lower risk of cancers is focused on the organosulfur compounds (smelly odors) which are released when the vegetables are chopped, crushed or chewed. This sulfuric acid smell is the vapor that makes you cry when cutting an onion. But those smelly compounds may hold keys to prevent cancers from occurring or to prevent tumors from growing. The research currently shows that garlic is most beneficial for your health when taken in its fresh form rather than in dried powder or pill form. Use fresh garlic in your cooking as much as possible rather than garlic powder or taking pills. And another benefit of lots of fresh garlic-warding off those vampires!

Why not grow Alliums in your garden this year? A pot of c hives is easy to grow, easy to snip and use in cooking, and the blue bloom is beautiful! Comments or questions? Email 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: marlyannr@sanjuanco.com
Issue: February 2018

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY