



Lopez Island Senior Signal

Woodmen Hall

January 2018

Another New Year!

The calendar has moved around again. We are starting another year with all of its hopes and aspirations, as well as possible worries.

Some of us make resolutions, writing them down and measuring progress. Some of us don't bother. Some of us make them but fall away from the goals. We are all different

There are many changes for Senior Services as well as in many of your lives. We are tasked with handling and managing the changes and effects of those changes.

Senior Services will see a new Senior Services Specialist come to fill the position vacated by Mary Ann Riggs. Our new cook, Robin Meyer, filled the vacancy left when Kelly moved off island.

We wind up making new relationships which will be different from the old ones. It means we have to make changes in many ways. Sometimes we expect things to go along as they always have but they do not. We have to adjust. Not always an easy task, but one that comes up in life on a fairly regular basis.

Wishing all of you a Happy New Year and one filled with new friends and experiences.

Senior Services Staff

New Year's Resolutions

New Year's resolutions can be popular. The problem is follow through. When we make a resolution to go to the gym or walk 5 miles per day or completely cut out sugar, we may find we have made the goal too big.

One source cited that about 50% of us make New Year's resolutions while about half of that group makes it past mid January with follow through.

Activebeat.com has some information in a article entitled "6 Healthy and Realistic New Year's Resolutions for 2017".

1. Cut down on smoking. To say a Pack-a-day smoker will completely quit by February 2018 might be too much to ask. Cutting back on the number of cigarettes smoked by 1 every 2 days would be more achievable. Finding a buddy in the process can help.
2. Take a daily walk. You don't have to join a gym for exercise. You can use your own 2 feet and a sidewalk, path, or road. Start out with a short walk to start a habit and build up from there.
3. Reduce Junk food intake. It's one thing to have an occasional bowl of ice cream or a burger. It's something else to have them daily. When a craving hits, try distracting yourself or taking a walk.
4. Be more mindful. We are often glued to screens or devices looking a the next notification or text. Being mindful means being aware of our "present" and enjoying the moment.

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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
Tracie Younger, Aging & Family Case Coordinator

Delphina Liles, Aging & Family Case Coordinator

Robin Meyer, 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, 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 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.



**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.**

January 2018 LUNCH

<p><u>Wednesday 1/3</u> Chili stuffed Baked Potato Cheese & Sour Cream Broccoli Florets Raspberry Sherbet</p>	<p><u>Friday 1/5</u> Salisbury Steak Mashed Potatoes & Gravy Green Beans/ Green Salad/Pineapple</p>
<p><u>Wednesday 1/10</u> Herb Roasted Chicken Roasted Red Potatoes Squash & Zucchini Garden Salad Pudding</p>	<p><u>Friday 12/8</u> Shrimp Salad Oatmeal Bread Orange Wedges</p>
<p><u>Wednesday 1/17</u> Mandarin Orange Chicken over Rice Asian Veggies Asian Sesame Slaw Fortune Cookie</p>	<p><u>Friday 12/15</u> Beef Burgundy w/ Brown Rice Capri Veggies Garden Salad Fruit</p>
<p><u>Wednesday 1/24</u> Veggie Lentil Soup 1/2 Turkey Havarti Sandwich Garden Salad Fresh Fruit</p>	<p><u>Friday 12/22</u> Lasagna w/ Meat Sauce Italian Green Beans Caesar Salad Fruit</p>
<p><u>Wednesday 1/31</u> Chicken strips Honey Mustard Red Potatoes Broccoli Florets Sliced Pears</p>	<p>Menu subject to change due to unforeseen circumstances</p>

The Lopez Operations Committee Corner

With the new year, it appears that the Senior Center will have a new look as well. We will be looking for a new cook and we will soon have a new Senior Services Specialist (Mary Ann Riggs is retiring) We will also need to do some more thinking about after lunch events as Karin Gandini has retired from setting up these events. Karin will stay on as a Board member.

We had a temporary cook, Robin Meyer, and we thank her for her time and effort and wonderful meals.

It is sad to lose Mary Ann as Senior Services Specialist as she had everything moving along smoothly. However her medical issues can slow one down and we understand her desire to retire to a life of less stress. On a happy note, she will still be active around the Senior Center.

We will all miss Karin's after dinner activities. She spent a large amount of time and effort setting these events up. Remember that these events do not have to end. WE will be happy to hear recommendations and ideas from all of the members.

Thank you Karin Gandini, Robin Meyer and Mary Ann Riggs for all you have done.

Carl Bender, Chairman
Lopez Operations Committee

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2 Advisory Board Meeting 10 AM Pinochle 7:00 PM	3 Tai Chi at the Community Center 9AM 12:00 Lunch	4 Creaky Yoga At Grace Church 10:45	5 12:00 LUNCH	6
7	8 Creaky Yoga At Grace Church 10:45	9 9:30 Enchanted Quilters Pinochle 7:00PM	10 Tai Chi at the Community Center 9AM 12:00 LUNCH	11 9:30 Garden Club Creaky Yoga At Grace Church 10:45	12 12:00 LUNCH	13
14	15 Creaky Yoga At Grace Church 10:45	16 Pinochle 7:00PM	17 Tai Chi at the Community Center 9 AM 12:00 LUNCH	18 Creaky Yoga At Grace Church 10:45	19 12:00 LUNCH	20
21	22 Creaky Yoga At Grace Church 10:45	23 Pinochle 7:00 PM	24 Tai Chi at the Community Center 9AM 12:00 LUNCH	25 Creaky Yoga At Grace Church 10:45	26 12:00 LUNCH	27 BINGO
28	29 Creaky Yoga At Grace Church 10:45	30 Pinochle 7:00 PM	31 Tai Chi at the Community Center 9AM 12:00 LUNCH			

**Is It Medicare or Medicaid? By Kirk Larson
Social Security Washington Public Affairs
Specialist**

Many people have a difficult time understanding the difference between Medicare and Medicaid. Both programs begin with the letter “M.” They’re both health insurance programs run by the government. People often ask questions about what Medicare and Medicaid are, what services they cover, and who administers the programs.

Let’s start with Medicare. Medicare is the national healthcare program for those aged 65 or older and the disabled. You pay for some Medicare expenses by paying the Medicare tax while you work. The Centers for Medicare and Medicaid Services is the Agency in charge of both Medicare and Medicaid, but you sign up for Medicare A (Hospital) and Medicare B (Medical) through Social Security.

You can apply for Medicare online from the convenience of your home at the link on our website: www.socialsecurity.gov/medicare/ If you’re already receiving Social Security retirement benefits when you reach age 65 or are in the 25th month of receiving disability checks, we will enroll you automatically.

Medicare Part C (Medicare Advantage) and Part D (Prescription Drug) plans are available for purchase in the insurance marketplace. Social Security administers a program called Extra Help to help people with low income and low resources pay for premiums, co-pays, and co-insurance costs for Part D plans. Each year, The Centers for Medicare and Medicaid Services publishes *Medicare and You* available online at their website at www.medicare.gov/medicare-and-you/medicare-and-you.html This publication is a user’s manual for Medicare.

Parkinson’s Support Group

**When: Forth 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.

Each state runs their own Medicaid program under guidance from the Centers for Medicare and Medicaid Services. Medicaid offers care for the most vulnerable among us. While it does not require paying taxes while working, it does have guidelines about how much income and resources you can have to qualify. Medicaid provides coverage for older people, people with disabilities, and some families with children. Each state has its own eligibility rules and decides which services to cover. The names of the Medicaid program may vary from state to state. You can read about each state’s names of the Medicaid program at www.medicaid.gov/medicaid/by-state/by-state.html You can find each state’s Medicaid contact information at www.medicaid.gov/about-us/contact-us/contact-state-page.html

Medicare and Medicaid are two of the major insurance programs that provide health care to the American public. Understanding each program, as well as how the two programs differ, can help you and those you care about find the right healthcare program.

New Year’s Resolutions Continued from Page 1

- 5. Worry less. Often easier said than done! It is a process of coming up with worst case scenarios that most likely will not occur. There are lists of ways to stop worrying available online.
- 6. Celebrate successes. Instead of focusing on a bad habit, try looking at what you are doing well. Acknowledging what you have achieved can balance any tendency to see only short comings. Make a list of last year’s successes and how you have been helpful to someone else.

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 2:30 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 (360.468-2421) 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 (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.

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 ferries for Lopez are the 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 Gail or Pat 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.

Senior Services Website

There is a website at woodmenhall.org where our newsletters are located. You go to the HOME page. Under Senior Services click on newsletters. A list of the months will show up and you click on the month you are looking for. Also available online is the calendar where some of the upcoming events are highlighted.



Angie's Activities

Tuesday Evenings: Pinochle at 7 PM



Bingo

Saturday

January 27th

7PM

Doors open at 6PM

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

Cranberries Weren't Always "cranberries"

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

Cranberries are one of the most unique fruits in the world, one of the only three fruits native to North America. The fruit has been called many names, "sassamanesh", "ibimi," and "atoqua" by native peoples. But it was the early German and Dutch settlers who called it "crane berry" because the flower of the fruit resembled the head of a crane. This evolved into "cranberry"!

The cranberry grow in the wild on long-running vines in sandy bogs and marshes. Originally picked by hand, it wasn't until the 1800's that cranberries were grown on a large scale when a more efficient method of dry harvesting was used. Later the dry harvesting was changed to a wet-harvesting method. By flooding the bog where they grew, the cranberry's natural buoyancy allows the berries to float to the surface where they can be collected.

Native Americans knew the cranberry as a "superfruit" long before today. As early as 1550 they ate cranberries fresh, ground, or masked with cornmeal and baked into bread. They also mixed berries with wild game and melted fat to form pemmican, a survival ration for the winter months. Maple sugar or honey was used to sweeten the berry's tangy flavor.

Cranberries were carried by American whalers and mariners to prevent scurvy (vitamin C deficit) and native Indians brewed cranberry poultices to draw Poison from arrow wounds. It was also used as a tea to calm nerves and the brilliant juice was used as a dye. Today cranberry juice is recommended to fight infection, especially in the urinary tract, by helping prevent the adhesion of bacteria on the surface of cells. The healing effect of cranberries is attributed to its flavanols, that are shown to provide protection from some pathogens, cancer, heart disease and inflammation. How much cranberry juice per day is enough? Drinking 8—16 oz per day is recommended if you are at risk for urinary tract infections.

Personally, my family loves my cranberry relish. I make it this time of year when cranberries are plentiful and when tradition demands it at my holiday meals, especially with turkey. It is very simple and very healthy, using only cranberries ground with whole seeded oranges and sweetened with honey (or sugar or artificial sweetener). I also add a few toasted chopped pecans! However, my son prefers homemade cranberry sauce by simmering whole cranberries with a small amount of water until the berries burst. Then stir the hot cranberries with a sweetener of your choice. Year round we enjoy dried cranberries as a snack and in almost everything baked!

I hope you can find more ways to use this beautiful, tasty, and healthy native fruit! Comments or questions? Contact csimmer@wccoa.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: maryannr@sanjuanco.com
Issue: January 2018

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SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY