



Lopez Island Senior Signal

Woodmen Hall

June , 2018

Senior Services Note

Well here we are in June with a big fund raiser coming up on the 2nd. Please join us for our Breakfast Buffet at Woodmen Hall. Proceeds to benefit Meals on Wheels. See the back page for more details.

Fathers Day is on the 17th and the official first day of summer is on the 21st.



Enjoy your summer, keep safe and drink lots of water on those hot days.

Roni Becker

Senior Services Supervisor

Hydration Tips for Seniors

There are a few reasons why older adults are more susceptible to fluid and electrolyte imbalances. With age, our body's ability to conserve water is reduced. This can make it more difficult to adapt to things like fluctuating temperatures. Additionally, the sense of thirst diminishes with age. By the time someone actually feels thirsty, essential fluids could already be extremely low.

Certain medical conditions and medications can affect a senior's ability to retain fluids. Individuals with dementia may forget to eat and drink, and in more advanced stages may have difficulty swallowing. Drugs like diuretics, antihistamines, laxatives, antipsychotics and corticosteroids can cause frequent urination that depletes water and electrolytes. Furthermore, seniors who experience incontinence often purposely refuse or limit fluids in order to avoid accidents.

"This excerpt by Jennifer LeeFlang originally appeared on AgingCare.com."



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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 9:00 a.m.-3:30p.m.
Email: ronib@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
Heidi Bruce, 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
Connie Kyser - Friends of Woodmen Hall
Paul Berg—Special Assignment

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. By appointment only. Please call her directly.

Have Fun, Get Fit, and Get Healthier

Go to aarp.org/challenge to enter the sweepstakes and learn more about healthy living. Grab a friend or relative and start a healthy new habit, such as walking 30 minutes a day for eight weeks. Return to the website often for new videos, tips and more. Log in daily to share your successes and challenges, upload photos and find fresh inspiration and motivation.

**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**

June, 2018 LUNCH

<p style="text-align: center;"><u>Friday 6/1</u> Turkey Meatloaf Baked Potato Brussel Sprouts Spinach Salad Fruit</p>	<p style="text-align: center;"><u>Wednesday 6/6</u> Mandarin Orange Chicken over Rice Asian Veggies Sesame Coleslaw Pineapple Chunks</p>
<p style="text-align: center;"><u>Friday 6/8</u> Taco Salad Cornbread Orange Wedges</p>	<p style="text-align: center;"><u>Wednesday 6/13</u> Pub Style Fish Rainbow Potatoes Kale Coleslaw Nantucket Veggies Fresh Grapes</p>
<p style="text-align: center;"><u>Friday 6/15</u> Stuffed Peppers w/ Roasted Potatoes Mixed Veggies Garden Salad Tropical Fruit</p>	<p style="text-align: center;"><u>Wednesday 6/20</u> Florentine Fish Scalloped Potatoes Baby Carrots Garden Salad Fruit</p>
<p style="text-align: center;"><u>Friday 6/22</u> Wild Mushroom Omelet Baby Red Potatoes Orange Juice Fruit & Yogurt</p>	<p style="text-align: center;"><u>Wednesday 6/27</u> Kale & Sausage Soup 1/2 Chicken Salad San. Garden Salad Fresh Melon</p>
<p style="text-align: center;"><u>Friday 6/29</u> Baked Fish Roasted Swt. Potato Green Beans Garden Salad Fruit</p>	<p>Menu subject to change due to un- foreseen circum- stances</p>

The Lopez Operations Committee Corner

The Memorial Day weekend is considered by many to be the start of Summer and it's related activities. Part time residents are returning and we permanent residents are seeing many familiar faces along with many new ones. Sadly, at the same time many who have been an integral part of the Senior activities in our community have moved on. Remember members as you meet the newcomers to invite them to some of our activities. Do not forget the Senior lunches on Wednesdays and Fridays.

As we have mentioned many times, a portion of the support for these lunches and the Woodmen Hall Senior center is derived from renting the hall for these events. We encourage these events and ask the members to encourage your friends and family for their support. Talk the Senior Center up with the islands new comers. Most of them have little or no knowledge of our activities.

The Center Operations Committee along with the Friends of Woodmen Hall are busy getting the hall ready for Summer. This includes getting rid of some items not currently in use, and making more storage space available. We plan to continue our Pinochle, Bingo, and a float for the 4th of July Parade

Carl Bender, Chairman

June 2018



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
					1 12:00 LUNCH	2 Breakfast Buffet 8:30- 11:30
3	4 Creaky Yoga At Grace Church 10:45	5 Pinochle 7:00PM	6 Tai Chi at the Community Center 9AM 12:00 LUNCH	7 Creaky Yoga At Grace Church 10:45	8 12:00 LUNCH	9
10	11 Memory Café Library 2-3 American Folk Music Creaky Yoga At Grace Church 10:45	12 Enchanted Quilters Pinochle 7:00PM	13 Tai Chi at the Community Center 9 AM 12:00 LUNCH	14 Flag Day Creaky Yoga At Grace Church 10:45	15 12:00 LUNCH	16
	18 Creaky Yoga At Grace Church 10:45	19 Pinochle 7:00 PM	20 Tai Chi at the Community Center 9AM 12:00 LUNCH	21 Summer Begins 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 7PM



By Carol Simmer, RDN
Meals on Wheels & More!

National Dairy Month started out as National **Milk** Month in 1937 and was changed after WWII by the National Dairy Council to “Dairy Month” to include **all** the nutritious dairy products available.

“Cheese, please!” is a phrase heard often at our house. Cheese is a great kitchen staple because it is not only delicious but contains a lot of nutrition bang for the buck! *Cheese is one of the few* foods that can give a fairly balanced protein, carbohydrate, and fat content and also contain important minerals and vitamins such as calcium, magnesium, phosphorus and vitamin A. Buying cheese can be overwhelming- too much to choose from! Often there are store cheese experts willing to give you a taste of something new. Cheese is categorized by textures. Try a new cheese (texture?) each time you shop!

Fresh cheeses, such as mozzarella, feta, and cottage, are **unripened and have not been aged**. They are soft in texture and creamy in taste because of their high moisture content.

Semi-soft cheeses include Colby and Havarti. Brie and Camembert are in their own category within this category, called **soft-ripened**. *They have a distinct flavor and texture because of a white rind created around the cheese during ripening.*

Semi-hard cheeses include cheddar, Swiss, and Monterey Jack. They are most popular and therefore are more available. They have less moisture than semi-soft which makes their shelf life longer.

Hard cheese is a broad category. It includes cheeses hard enough to grate at room temperature. Hard cheeses have the least moisture of all cheeses and often have added salt that adds to their sodium content. Some examples are Parmesan and Romano.

No two cheeses are exactly the same, depending upon aging and storage handling. That may be why you may prefer one “brand” of cheese to another. Beware of non-dairy cheeses. Read the labels. Some have little or no protein or calcium compared with real cheese. Note: **Cream cheese is not really cheese**. It is more like butter with its higher concentration of milk fat and lower protein and calcium content.

The harder the cheese, the less lactose. Comments or questions? Email csimmer@wcoa.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.

Cycling on Lopez/Tips for Drivers

As a frustrated driver & Cyclist myself I found these **Very** helpful. From the Blog by: cedar-bough.blogspot.com who grew up on Lopez. Tips from her .

Footnotescedarbough.blogspot.com

I know you are in a hurry and have places to go but please be patient. Some of the reasons....

1. **I can’t hear you because of wind, if I am moving fast.**
2. **There may be something on the roads edge.**
3. **The edge is sometimes very sloped.**
4. **Corners are very sharp at times. So I need to move over.**
5. **Chip seal is very rough on the edge of the road**
6. **Bike speed/ sometimes people turn out in front of a bicycle traveling a high speed and cut them off.**
7. **Braking on a bicycle is not as easy as a vehicle.**

Remember that if there is a car coming from the other direction, you need to stay back until it is safe to pass.

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.

Come Join Us! After checking out the Spring ferry schedule, San Juan Island Senior Services would like to include Lopez Seniors on our Senior Trips. Lopez Seniors could walk on the 7:30 am. They would have to wait until Friday Harbor arrives at 9:10am. Then on the way back, the ferry for Lopez is the 4:30 p.m or 6:00. 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 Debbie 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.

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 June 30th.

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. **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.

SAFE San Juans provides domestic violence and sexual assault services to survivors and their loved ones; 360-468-3788. SAFE San Juans also has a 24-hour crisis line on each island. For Lopez, call 360-468-4567.

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



Please join us for a Breakfast Buffet

Saturday June 2nd, 8:30-11:30

Proceeds to benefit Meals on Wheels

Biscuits & Gravy, Scrambled Eggs, Pancakes, Sausage, Ham, Fruit, Pastries, Juice, Coffee & Tea

\$10.00/ adult, \$25.00/family

Woodmen Hall

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

Or Current Resident

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

P O Box 154
Lopez Island, WA 98261

Phone: 360-468-2421
FAX: 360-468-3021
Location: 4102 Fisherman Bay Road
E-mail: ronib@sanjuanco.com
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