



Lopez Island Senior Signal



Woodmen Hall

March 2018

Senior Services Note



I am Roni (Veronica) Becker, the new Senior Service Specialist on Lopez Island. I am so pleased to have been chosen for the position. A little about myself for those of you that haven't met me.

My family and I discovered Lopez on vacation from Oregon. My parents ran the ferry dock in 1971 for a few years. We lived next to the ferry in a house which has since been torn down. My brother Sam Pottenger has lived here since then. Many people know him as the "Pond Digger". We attended Lopez School and both played sports and are Lobos through and through. But I won't divulge the year I graduated.

After graduation it was time to spread my wings and S. CA. was calling me with the prospect of sun, full time work, and relatives in the area. The Mojave Desert became my home for 25 years and boy that sure makes a girl miss Lopez Island.

After my daughter Charlotte graduated from college she told me to "Follow my dream and move back to Lopez" With her help I moved back in 2014.

Before moving to Lopez, I went back to college to become a Certified Nurses Assistant mostly so that when I returned I could work with Seniors. After working in California for 2 years as a home health nurse I was able use that experience to obtain a job at the Hamlet House for my first year back. While continuing to work for Hamlet House I started caring for individuals in their homes so that they could remain on the Island. My passion for helping the elderly began as a young girl when my mother would take me to visit seniors to brighten their day. The stories they can tell and life experiences that they have had are so interesting to me. I feel blessed to be able to bring joy into their lives and my life is enriched by the experiences we share.

It is great to be on Lopez to enjoy my hobbies of hiking, horseback riding, beach combing, and dancing, to name a few.

I will now be available at the Lopez Senior Center from Tuesday to Friday, 9:00 a.m. to 3:30 p.m. I look forward to working with you!



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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 wendys@sanjuanco.com by the 5th of each month for the following month's issue. Newsletter available at woodmenhall.org under Sen-

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.



St. Patrick's Day Dinner

Woodman Hall Saturday, March 17th

Corned Beef & Cabbage Feast

4:30pm first serving/ 6:00 pm second serving

\$15/ Adult, \$12/ Senior, \$6/ child (Under 10) \$25/ couple

Money raised goes to Meals On Wheels

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 Kitchen Staff.

March 2018 LUNCH

Menu subject to change due to unforeseen circumstances	<u>Friday 3/2</u> Jamaican Jerk Chicken w/ Mango Salsa Roast Sweet Potato Garden Salad Rice & Raisin Pudding
<u>Wednesday 3/7</u> Stuffed Cabbage Rolls Scalloped Potatoes Green Beans Spinach Salad Fruit	<u>Friday 3/9</u> Broccoli Bacon Quiche Roasted Red Potatoes Garden Salad Fresh Fruit
<u>Wednesday 3/14</u> Dill Salmon Wild Rice Pilaf Green Beans Garden Salad Fruit	<u>Friday 3/16</u> Herb Roasted Chicken Baby Red Potatoes Steamed Veggies Citrus Kale Salad Sliced Apples
<u>Wednesday 3/21</u> Turkey & Cranberry Mashed Potatoes & Gravy Nantucket Veggies Apple Cake	<u>Friday 3/23</u> Mini Cheeseburgers Lettuce & Tomato Potato Wedges Garden Salad Fresh Melon
<u>Wednesday 3/28</u> Ahi Tuna Salad w/ Mixed Greens Sesame Vinaigrette Veggie Spring Rolls Mandarin Oranges	<u>Friday 3/30</u> Chicken Cobb Salad Oatmeal Bread Fruit

The Lopez Operations Committee Corner

For March we have a new Senior Services Specialist (actually for the second half of February also). It is a pleasure to welcome Roni Becker to the Lopez Island Senior Center. Since the resignation of Mary Ann at the end of 2017 the center has been without a Senior Services Specialist and it will be good to be at full staff again.




As we have said many times, March is the month we place a big emphasis on the Meals on Wheels Program. Many cities actually have marches, but here on Lopez we have a St. Patrick's Day Dinner fundraiser that contributes to our program. Most of the money made at the Christmas Cookie Sale and the St. Patrick's Day Dinner is targeted at paying any shortfalls we ended 2017 with and costs of the meal program in 2018.



Remember the St. Patrick's Day Dinner this year at Woodman Hall. And, yes, it will be on St. Patrick's Day, Saturday the 17th (see our advertisement). This is our way of celebrating St. Patrick's Day and in getting our community involved in the meals on wheels program.

**Carl Bender, Chairman
Lopez Operations Committee**

March 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 7:00PM Pinochle	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 7:00PM Pinochle	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 St. Patrick's Day Dinner 
18	19 Creaky Yoga At Grace Church 10:45	20 7:00 PM Pinochle	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 7:00 PM Pinochle	28 Tai Chi at the Community Center 9AM 12:00 LUNCH			

It is March! Time to Eat and Drink Irish!



By Carol Simmer, RDN
Meals on Wheels & More!

What food do you think of when thinking “Irish”, Corned beef and cabbage? Irish stew? Irish soda bread? What about Colcannon or Champ or Black and White Pudding or Coddle? I was surprised to see a lot of pork, especially bacon, when I researched Irish cooking. Did you know there is a pig farm on its own island in Ireland! Of course I found lots of seafood since Ireland is an island! How about Irish drinks? Does Guinness come to mind or Irish whiskey or Bailey’s Irish Cream? All are interesting and delicious foods and drinks but the main staple in Irish cuisine is oats! My favorite breakfast cereal is steel cut oats cooked with apple juice, dried fruit (apricots and raisins) and topped with brown sugar and milk!

Historically, oats have been a staple in the Irish diet for centuries to feed the family but also to feed the livestock that worked the fields. Because oats grow well in conditions where wheat and barley don’t, oats are known to provide food during harsh growing years.

Oats have remarkable health benefits. Oats, and especially the glucans in oat bran, provide both soluble and insoluble fiber to lower cholesterol and to provide bulk to slow the absorption of glucose (sugar) in the digestive tract. These actions have been linked to lowering the risk for heart disease and cancer, and for better control of diabetes. When compared nutritionally with wheat, oats win! Oats have a higher protein content, a higher proportion of B-vitamins, vitamin E and other vitamins and minerals. Oats contain an excellent balance of amino acids in its protein. Its proteins are **almost** in perfect proportion to the body’s needs. Vegetarians rejoice!

Did reading this put in the mood for some traditional Irish food? Then join Meals on Wheels and More on March 10th at the Bellingham Ferry Terminal for our 3rd annual Irish Dinner and Silent Auction. In addition to a delicious meal of corned beef and cabbage by Haggan Market Street Catering, there will be live Celtic music, a silent auction, free photo booth and MORE! Tickets are on sale at the BSAC or at Brown-PaperTickets.com.

Comments or questions? Email csimmer@wcoa.org

Parkinson’s Support Group

When: Last Monday of the month
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
March 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**

New Staff around every corner.....

If you have been coming to Woodman Hall for lunch in the last couple months, you may have seen these two faces coming in and out of the lunchroom, working in the staff offices or running around looking a little confused. They are county staff members from other islands that have been helping with the transition to the new Senior Services Specialist. The good news is that with the new Senior Services Specialist in place, they will continue to visit Lopez once a week in their role as Aging & Family Case Coordinator to help serve our seniors who are homebound, who are caring for other family members or have needs related to chronic illness or end of life care. Be sure to come see them or call in if you have any needs in those categories and want help.



Gail Leschine-Seitz,
Aging & Family Case Coordinator
Available Wednesdays, 10 am to 3 pm
(360) 622-9026



Tracie Younger, Aging & Family Case Coordinator
Available Fridays 10 am to 4 pm
(360) 990-2004

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: ronib@sanjuanco.com
Issue: March 2018

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY