



# Lopez Island Senior Signal

Woodmen Hall

May, 2018

## Senior Services Note

Here we are in May already, how did that happen? I am settling in to my new job. Thank you to everyone for your support and patience as I learn my new position. People have been so kind and supportive.

March was busy with the St. Patrick's Day dinner and Easter Hat contest. The dinner was a wonderful time with food and music. Photos have been posted at the market for your enjoyment.

If you have been getting the newsletter, great. If you have a change of address, or know of someone who would like to receive the newsletter please let me know. The more the merrier.

Please remember those who lost their lives this Memorial Day.

Roni Becker

Senior Service Specialist

## Memory Cafés: The Basics

Over 100,000 people in Washington State live with Alzheimer's disease or other dementias, and another 300,000 people care for a loved one with dementia.

While people with dementia and their loved ones remain a vital part of the community, they often experience social isolation. Even getting out for a cup of coffee with friends can present challenges – from wondering about how a server may respond to a memory lapse, to choosing between items on a complicated menu.

In response, the Alzheimer's Café model aims to provide accessible, community-based opportunities for people with dementia and their loved ones to build social connections.

Developed in the Netherlands in 1997, the Alzheimer's Café model came to Washington State in 2010 when Seattle's Greenwood Senior Center launched the second Alzheimer's Café in the nation. Now there are hundreds of monthly Alzheimer's Cafés around the country.

An Alzheimer's Café, or Memory Café, is a regular social gathering for people living with dementia and their loved ones, in a comfortable community setting such as a coffee shop or café. While some include education or structured activities, Alzheimer's Cafés primarily provide the simple joy of being together.

**Please call if there is an interest in starting a Café on Lopez**



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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  
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  
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](mailto:ronib@sanjuanco.com) by the 5th of each month for the following month's issue. Newsletter available at [woodmenhall.org](http://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](mailto: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.**



**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**

**May 2018 LUNCH**

<p><b><u>Wednesday, 5/2</u></b> Turkey Roast Mashed Potato Gravy Salad Fruit</p>	<p><b><u>Friday 5/4</u></b> Chili Baked Potato Broccoli Floret Raspberry Sherbet</p>
<p><b><u>Wednesday, 5/9</u></b> Turkey Ala King Over rice W/Carrots Garden Salad Fruit</p>	<p><b><u>Friday 5/11</u></b> BBQ Chicken Potatoes &amp; Cabbage Sweet Peas Salad Fruit</p>
<p><b><u>Wednesday 5/16</u></b> Coconut Curry Chicken Over Brown Rice W/Broccoli Spinach Salad/Fruit</p>	<p><b><u>Friday 5/18</u></b> Spaghetti w/Meat Sauce Italian Veggies Salad Banana Pudding</p>
<p><b><u>Wednesday 5/23</u></b> Denver Omelet Roasted Potatoes Veggies Fruit &amp; Yogurt</p>	<p><b><u>Friday 5/25</u></b> Grilled Cheese Vegetarian Soup Salad Bar Fruit</p>
<p><b><u>Wednesday 5/30</u></b> Chicken Penne Pasta Broccoli Normandy Ceaser Salad Fruit</p>	<p><b>Menu subject to change due to un- foreseen circum- stances</b></p>

**The Lopez Operations Committee Corner**


The March 17 St. Parick's Day dinner was a success and came off as planned except for a couple of hiccups. The St. Patrick's committee held a meeting to discuss the hiccups, found fixes for them, and everyone feels the dinner next year will be even better. Many thanks to Karin Gandini and her fellow volunteers for a successful event.

Now that Spring is here (at least that is what the calendar says) most people are thinking of clean up and other fix-up items. Here at Woodmen Hall we are doing the same. Spot inventories have shown us to be us to be in need of some supplies and do not have a reliable supply system for others. In addition, storage space is in short supply.

We have set up a small committee and with the help of the Friends of Woodmen Hall are addressing this situation. We hope to get assistance from the Birthday club, the Quilters and the Garden Club to assess everyone's needs, decide what is essential and dispose of what is not needed. The goal is to make more space available, and utilize the space more efficiently. With this task behind us we can move on to the more fun activities of summer.

**Carl Bender, Chairman  
Lopez Operations Committee**

# May 2018

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
		1 Pinochle 7:00PM	2 Tai Chi at the Community Center 9AM 12:00 LUNCH	3 Creaky Yoga At Grace Church 10:45	4 12:00 LUNCH	5 Cinco De Mayo
6	7 Creaky Yoga At Grace Church 10:45	8 9:30 Enchanted Quilters  Pinochle 7:00PM	9 Tai Chi at the Community Center 9AM  12:00 LUNCH	10 9:30 Garden Club  Creaky Yoga At Grace Church	11 12:00 LUNCH	12
13 	14 Creaky Yoga At Grace Church 10:45	15 Pinochle 7:00PM	16 Tai Chi at the Community Center 9 AM  12:00 LUNCH	17 Creaky Yoga At Grace Church 10:45	18 12:00 LUNCH	19
20	21 Creaky Yoga At Grace Church 10:45	22 Pinochle 7:00 PM	23 Tai Chi at the Community Center 9AM  12:00 LUNCH	24 Creaky Yoga At Grace Church 10:45	25 12:00 LUNCH	26 Mystery Dinner 5:30  <b>NO BINGO</b>
27	28 Memorial Day  Creaky Yoga At Grace Church 10:45	29 Pinochle 7:00 PM	30 Tai Chi at the Community Center 9AM  12:00 LUNCH			

By Carol Simmer, RDN  
Meals on Wheels & More!

When you think of a mineral important in your diet, you may think calcium or iron, **but magnesium is quietly involved in over 300 biochemical processes in the body and in every cell!** One of the most important functions it plays is the role of energy production. This makes it vitally important for all cellular functions.

Magnesium strengthens your skeletal system (bones and cartilage), helps regulate the cardiovascular system (heart rhythm and blood pressure), aids the digestive system (absorption of nutrients to support the immune system), and helps maintain normal muscle and nerve function (energy to fire muscle and nerves properly). Symptoms of deficiency may include sleep disorders, muscle or menstrual cramps, anxiety, depression, or constipation. Discuss these symptoms with your health professional before starting any supplement to be sure it will not interfere with other medications or conditions you may have.

**How much magnesium do we need?**

Most of the magnesium in our body is in our bones, 50% to 60%, with the rest mostly in our soft tissues. Less than 1% of total magnesium is in the blood. Adult males 51+years need approximately 420 mg per day of magnesium and females 51+ years need approximately 320 mg per day.

One problem with getting enough magnesium in our diet is that there has been a gradual depletion of nutrients in our soil resulting in less magnesium in our food supply. Certain medications can deplete magnesium (i.e. blood pressure meds and diuretics) as well as certain chronic conditions of the digestive tract (IBS and Crohn’s disease). Magnesium deficiency increases risk for developing osteoporosis, heart disease, digestive problems and chronic pain. Too much magnesium may cause diarrhea. Finding the right balance is key. Talk with your health professional.

**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.

**Magnesium Continued...**

**What foods are highest in magnesium?** The best food sources of magnesium include:

**Nuts and Seeds-** almonds, cashews, peanuts, pine nuts, pumpkin or squash seeds, sunflower seeds, flax seeds, quinoa (all nuts and seeds are good sources)

**Legumes and Lentils-** all dried peas and green peas, soybeans, edamame and tofu, all dried beans, all lentils

**Green Leafy Vegetables-** spinach, cooked; Swiss chard, cooked, kale, mustard greens, cooked.

**Whole Grains-** whole grain breads and cereals, fortified cereals (30 g/ ¼ cup), wheat germ, toasted

**Fruits-** banana, dried figs

**Fish-** salmon, halibut, mackerel, pollock, crab

**\*Note:** meat and poultry **contain very little magnesium!**

I think Magnesium is Marvelous! I hope you do, too!  
Email Carol: [csimmer@wcco.org](mailto:csimmer@wcco.org)



**Mystery Dinner**

**May 26th**

**“Old Time Radio Theme”**

**5:30 PM**  
**To Benefit**  
**Woodmen**  
**Hall**



### **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



## **Sorry No Bingo This Month**

**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 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. **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.

**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**

**Memorial Day or Decoration Day** is a [federal holiday in the United States](#) for remembering the people who died while serving in the [country's armed forces](#).<sup>[1]</sup> The holiday, which is currently observed every year on the last Monday of May, will be held on May 28, 2018. The holiday was held on May 30 from 1868 to 1970.<sup>[2]</sup> It marks the start of the unofficial summer vacation season,<sup>[3]</sup> while [Labor Day](#) marks its end.

Many people visit cemeteries and memorials, particularly to honor those who have died in military service. Many volunteers place an American flag on each grave in [national cemeteries](#).

Memorial Day is not to be confused with [Veterans Day](#) – Memorial Day is a day of remembering the men and women who died *while* serving, whereas Veterans Day celebrates the service of all U.S. military veterans.<sup>[4]</sup>



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  
E-mail: ronib@sanjuanco.com May, 2018

P O Box 154  
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY