



Lopez Island Senior Signal

Woodmen Hall

July, 2018

Senior Services Note

Roni Becker

Well here we are in the height of the tourist season on Beautiful Lopez Island.

This month is the infamous 4th of July parade and the most amazing fireworks around.

I remember as a child watching the parade. It is such an all American tradition that we have the freedom to enjoy in our country.

Complete with hot dogs, apple pie and ice cream if your lucky.

Want to get rid of Junk Mail??

Remember when you used to race to the mail box as a child and be so excited to get something ? Not so much these days. It is a waste of our time, and natural resources to get so much paper waste every day. So lets look at some solutions.

The DMAchoice program from the Data & Marketing Association gives you control over what you receive. To register, visit [www.dmachoice.org](https://dmachoice.org)(<https://dmachoice.thedma.org/register.php>) and enter your information. There is a \$2.00 fee to register, but it lasts for 10 years. Or a caregiver can register on behalf of their care recipients by visiting the DMA website

Do Not Contact for Caretakers (<https://www.ims-dm.com/cgi/dncc.php>)

There is no charge for a caregiver to remove a vulnerable senior from the list.

To opt out of Pre-Approved Credit Card apps.

You can call 888-567-8688

For generic mail that is to an "Occupant" or "Resident" you must contact that organization by writing a letter requesting that you be removed from their list. You will need to provide your name, address, and tell them clearly that you want to "Opt Out" from further mailings.

Continued on Page 5



Hope to see all of you there.



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 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**

July, 2018 LUNCH

<p><u>Wednesday 7/4</u> Holiday No Lunch</p>	<p><u>Friday 7/6</u> Tuna Casserole Broccoli Florets Garden Salad Coconut Fruit Salad</p>
<p><u>Wednesday 7/11</u> Swedish Style Meatballs Over Egg Noodles Green Beans Spinach Salad</p>	<p><u>Friday 7/13</u> Shrimp Salad Oatmeal Bread Fresh Fruit</p>
<p><u>Wednesday 7/18</u> Turkey Club Wrap Whole Grain Chips Garden Salad Fresh Fruit</p>	<p><u>Friday 7/20</u> Ham & Pineapple Scalloped Potatoes Caribbean Veggies Garden Salad Fruit</p>
<p><u>Wednesday 7/25</u> Veggie Hummus Pita Wrap Split Pea Soup Garden Salad Choc. Chip Cookie</p>	<p><u>Friday 7/27</u> Salmon Filet Wild Rice Pilaf Green Beans Kale Citrus Salad Fresh Fruit</p>
	<p>Menu subject to un-foreseen circumstances</p>

The Lopez Operations Committee Corner


After 18 months as our Events Coordinator Theresa Lynch had decided to resign. Theresa has provided a great service to our organization. Our new Senior Service Specialist Roni Becker stepped up to take over, but has since been told that taking the job could be a conflict of interest. So here we are again looking for an Events Coordinator.

The big events for the past couple of weeks have been the Mystery Dinner planned and presented by the Friends of Woodmen Hall and the Pancake breakfast prepared by Roberta Vaughn. The Mystery Dinner is a fundraiser for the Friends of Woodmen Hall and the money raised is used for restoration and addition of new items for Woodmen Hall. The Pancake Breakfast is a fund raiser for the Meals on Wheels and More program at Woodmen Hall.

I want to emphasize that the Advisory Board has a need for an Events Coordinator. The position requires talking with prospective hall renters, presenting them with the appropriate paper work, collecting rents and damage deposits, and making sure the hall is ready for their use. If you have an interest or would like more information, leave me a message at. 360-468-2421

Carl Bender, Chairman
Lopez Operations Committee

July 2018

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1	2 Creaky Yoga At Grace Church 10:45	3 Pinochle 7:00PM		5 Creaky Yoga At Grace Church 10:45	6 12:00 LUNCH	7
8	9 Memory Café Library 2-3 Music Creaky Yoga At Grace Church 10:45	10 Pinochle 7:00PM	11 Tai Chi at the Community Center 9AM 12:00 LUNCH	12 Creaky Yoga At Grace Church 10:45	13 12:00 LUNCH	14
15	16 Creaky Yoga At Grace Church 10:45	17 Pinochle 7:00PM	18 Tai Chi at the Community Center 9 AM 12:00 LUNCH	19 Creaky Yoga At Grace Church 10:45	20 12:00 LUNCH	21
22	23 Creaky Yoga At Grace Church 10:45	24 Pinochle 7:00 PM	25 Tai Chi at the Community Center 9AM 12:00 LUNCH	26 Creaky Yoga At Grace Church 10:45	27 12:00 LUNCH	28 BINGO 7PM
29	30 Creaky Yoga At Grace Church 10:45	31 Pinochle 7:00 PM	No Lunch Served on July 4th.			

WASTE NOT, WANT NOT!

By Carol Simmer, RDN
Meals & Wheels and More!

Waste Not, Want Not was a phrase I heard a lot as a kid. Raised on a farm, my parents were particularly conscientious about “not wasting” anything, for financial reasons but also from environmental concerns. Seniors have expressed their concern to me about the waste of food (and other things) they see increasing in our society. A statistic I found from the UN Food and Agriculture Organization is that about **one third of food produced globally goes to waste!** Another statistic is that **U.S. households waste 63 million tons of food worth \$165 billion dollars each year!** The following common-sense tips are a reminder of **what we can do to control the waste of food.**

Shop smarter. Make a list, and don’t buy more that you can use. If it is a “deal” it is not a bargain if it goes in the trash!

Store better! Many things can be frozen to extend their shelf life (even flour!) but don’t let things get “buried” in the freezer so that you forget them! And be sure to label everything (name and date). Dry produce as much as possible before refrigerating—excess moisture promotes rotting. Don’t be ruled by “best before” dates—if it smells good, feels good and looks good, chances are that it is good. Check-out www.savethefood.com for more tips.

Think before you toss. Keep as much food out of the landfill as possible (reduces greenhouse gases). That’s where Food Plus composting in your county or city makes it easy. If not Food Plus, then home composting is a choice. Know that coffee grounds, egg shells and citrus peels can go straight into the garden providing mulch and aerating the soil. Check out www.edenproject.com (select Green Living) for more composting info.

Cook with care. When households reduce to 1 or 2 people, it is often hard to adjust how much to cook without boundless leftovers that may mold and be thrown out! Resources for reducing waste include www.lovefoodhatewaste.com and the online cookbook, *Amazing Waste*, by science students from University of Wisconsin-Madison. One tip, at week’s end, make a stew or soup and freeze in portion size containers.

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.

Junk on your phone??

Unsolicited calls can be equally as annoying. One common scam is a call from the IRS stating that you owe money. Do not assume that they are, even if it shows up on your caller ID because they can fool you with that too. Hang up and call the IRS.

One way to reduce but not eliminate unwanted calls is to register both your home and cell numbers with the Federal Trade Commission’s national Do Not Call Registry. Once on the list solicitors are prohibited from calling. Except businesses that you are conducting business with. To register for this free service call 1-888-382-1222 from the number you wish to block.

Some indications that it is a scammer:

1. They ask for sensitive information.
2. Threatening or bullying you.
3. Demands money especially/money order.
4. Refuses to remove your name from their list.
5. Claims to be from IRS or other official source. **Good Luck**

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 July 28th.

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



Fun walk/run Starts at 8:30 am @Islanders Bank 10K Run & 5K Walk
9:30am Awards

Library Book Sale @ Community Ctr. For the Arts 9am-3pm

Parade Starts@ 11:00am between the Galley & Islander
Ends at the corner of Weeks Rd. & Fisherman Bay Rd. after going through the Village

Fireworks start @10:30 from the Spit at Fisherman Bay

Please remember that fireworks are prohibited on Lopez Island. Stay safe.

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
Issue: July 2018

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY