



# Lopez Island Senior Signal

Woodmen Hall

August, 2018

## Senior Services Note

Here we are in the heat of Summer. The 4th of July was a huge success with the fun run, parade, book sale, and amazing fireworks.

Here at the Senior Center we put up our net for Flyswatter Volleyball so come join the fun. Participants must stay seated so all are welcome.

Lou Pray brought some **Large print books** from the library to share with us. Please help yourself.

We have some interesting entertainment lined up for after lunch. Ann Palmer sent us a slide show of the 4th of July Parade. Thanks Ann. She will also be sharing slides of her latest camping expedition to E. WA.

Holly Kongorski will play piano for us.

**Roni Becker**

**Senior Services Specialist**

## Prevent Falls & Fractures

### 1. Stay physically active.

Plan an exercise program that is right for you.

### 2. Have your eyes and hearing checked.

Even slight changes in either can cause you to fall.

### 3. Side effects of medications you take.

Talk to your doctor about possible dizziness or sleepiness.

### 4. Get enough sleep.

If you are sleepy, you are more likely to fall.

### 5. Stand up slowly.

Getting up too quickly can cause your blood pressure to drop.

### 6. Limit the amount of alcohol you drink.

Even a small amount of alcohol can affect your balance and reflexes.

### 7. Use an assistive device if you feel unsteady when you walk.

Appropriate use of canes and walkers can prevent falls.

### 8. Wear non-skid, rubber-soled shoes.

Don't walk on stairs or floors in socks or shoes with smooth soles.



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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](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.**



**Thank you Kelly Price & Family  
In Memory of Bill Price**  
**We now have a net for Flyswatter Volleyball**  
**Come and join us at lunchtime**

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 . Menu subject to change due to unforeseen circumstances.

**August, 2018 LUNCH**

<p style="text-align: center;"><u>Wednesday 8/1</u> <b>Chefs Choice Chicken Empanada Mango Coleslaw</b></p>	<p style="text-align: center;"><u>Friday 8/3</u> <b>Salisbury Steak Mashed Pot./w Gravy Capri Veggies Salad Bar Applesauce</b></p>
<p style="text-align: center;"><u>Wednesday 8/8</u> <b>Meat Lasagna Italian Veggies Caesar Salad Fruit</b></p>	<p style="text-align: center;"><u>Friday 8/10</u> <b>Chef Salad Oatmeal Bread Fresh Fruit</b></p>
<p style="text-align: center;"><u>Wednesday 8/15</u> <b>Broccoli Bacon Quiche Tomato Pasta Salad Fresh Fruit Cookie</b></p>	<p style="text-align: center;"><u>Friday 8/17</u> <b>Taco Salad Cornbread Grapes</b></p>
<p style="text-align: center;"><u>Wednesday 8/22</u> <b>Stuffed Cabbage Tri Color Potatoes Steamed Veggies Salad Bar Banana Pudding</b></p>	<p style="text-align: center;"><u>Friday 8/24</u> <b>Turkey &amp; Cranberry Mashed Potatoes Steamed Veggies Vanilla Ice Cream</b></p>
<p style="text-align: center;"><u>Wednesday 8/29</u> <b>Pulled Pork w/BBQ Hawaiian Roll Craisin Coleslaw Steamed Veggies Fresh Pineapple</b></p>	<p style="text-align: center;"><u>Friday 8/31</u> <b>Sweet &amp; Sour Meatballs Over Brown Rice Asian Veggies Spinach Salad Mandarin Oranges</b></p>

**The Lopez Operations Committee Corner**

No excuses, no alibis, and no blame. We should have sent the membership renewal requests out last month, but did not make it. However, we are making up for that with a renewal form blitz. We are putting a membership form in this month’s bulletin, a letter with a form to those who receive the bulletin. And a form for those who are not members in the Lopez weekly. Remember the new membership runs from July 1, 2018 thru June 30, 2019.

We are making some progress on hiring an events coordinator. We have several people helping us look and at this point have two interviews set up. This item is our number one priority right behind getting the membership renewal forms out to everyone.

We are also looking into doing more advertising Woodmen Hall for as a meeting and event place, as Hall usage is off this Summer. This is probably due to several factors, but bears looking into. Be sure to talk up Woodmen Hall usage with your friends and relatives.

**Carl Bender, Chairman  
Lopez Operations Committee**

# August 2018



			<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
			<b>1</b> Tai Chi at the Community Center 9AM  <b>12:00 LUNCH</b>	<b>2</b> Creaky Yoga At Grace Church 10:45	<b>3</b> <b>12:00 LUNCH</b>	<b>4</b>
<b>5</b>	<b>6</b> Creaky Yoga At Grace Church 10:45	<b>7</b> Pinochle 7:00PM	<b>8</b> Tai Chi at the Community Center 9AM  <b>12:00 LUNCH</b>	<b>9</b> Creaky Yoga At Grace Church 10:45	<b>10</b> <b>12:00 LUNCH</b>	<b>11</b>
<b>12</b>	<b>13</b> Memory Café Lopez Library 2-3PM Music  Creaky Yoga At Grace Church 10:45	<b>14</b> Pinochle 7:00PM	<b>15</b> Tai Chi at the Community Center 9 AM  <b>12:00 LUNCH</b>	<b>16</b> Creaky Yoga At Grace Church 10:45	<b>17</b> <b>12:00 LUNCH</b>	<b>18</b>
<b>19</b>	<b>20</b> Creaky Yoga At Grace Church 10:45	<b>21</b> Pinochle 7:00 PM	<b>22</b> Tai Chi at the Community Center 9AM  <b>12:00 LUNCH</b>	<b>23</b> Creaky Yoga At Grace Church 10:45	<b>24</b> <b>12:00 LUNCH</b>	<b>25</b> <b>BINGO 7PM</b>
<b>26</b>	<b>27</b> Creaky Yoga At Grace Church 10:45	<b>28</b> Pinochle 7:00 PM	<b>29</b> Tai Chi at the Community Center 9AM  <b>12:00 LUNCH</b>	<b>30</b> Creaky Yoga At Grace Church 10:45	<b>31</b> <b>12:00 LUNCH</b>	

## Believe that Vitamin B-12 is Important!

By Carol Simmer, RDM  
Meals on Wheels and More

The research for this article came from author, Sharon Palmer, RDN, the Plant –Powered Dietitian, and from other articles with respected medical resources. metabolism of **every cell** in the body. It is particularly important in the normal functioning of the nervous system, including DNA as well as the production of hormones, proteins, and fats.

B12 deficiency can be caused by a number of factors such as pernicious anemia, lack of intrinsic factor due to autoimmune gastritis, or age induced hypoacidity as well as others. However, **untreated B12 deficiency can potentially cause severe and irreversible damage**, especially to the brain and nervous system. At levels only slightly lower than normal, a range of symptoms such as fatigue, depression, poor memory, breathlessness, headaches, and pale skin may be experienced. People over 60 are at higher risk of low intrinsic factor production and lower acid production in the stomach. Certain medications also reduce B12 absorption. Consider getting tested. Know that there are 2 ways to detect B12 deficiency- lab tests to determine serum or plasma B12 levels and labs to check methylmalonic acid (MMS) levels.

What contains B12 and how much do I need?  
B12 is produced by microorganisms (bacteria) found in soil. Animals eat plants that have come in contact with the soil. The bacteria grow in the animal's gut and continue to produce B12. The best food sources of natural B12 are meat, poultry, eggs, fish, milk and milk products. The Recommended Dietary Allowances (RDAs) for Vitamin B12 are:  
Adults 14+ years Male and Female = 2.4 mcg per day

### Vitamin

B12 (future noted as B12) is one of eight B vitamins and the largest and most structurally complicated of all. B12 contains the mineral cobalt and compounds with B12 activity are called *cobalamins*.

## 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.

**By Kirk Larson**  
**Social Security Washington Public Affairs**  
**Specialist**

With today's technology, you may never have to go to an office or even make a phone call to do your business with Social Security. People who receive benefits can open a free *My Social Security* account. It's easy, safe, and, most of all, secure. You'll only need a few minutes at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) to sign up.

With a *My Social Security* account you can manage your benefits online.

- Get a benefit verification letter which you can print out anytime;
  - Change your address and phone number;
  - Change direct deposit of your benefits payment;
  - Get a replacement SSA-1099 or SSA-1042S for tax season; and
- If you're signed up for Medicare, order a Medicare replacement card if your old one is lost or damaged.

To open your free *My Social Security* account, you must have a:

- valid email address;
- Social Security number; and
- U.S. mailing address.

It only takes a few minutes to sign up, and it's easy to do. There's an informative video and frequently asked questions on the website to help you. Go to [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) to sign up.



### **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**

**August 25th.**



## 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**

**Join Us - Renew Your Membership - Make A Contribution**

Yes, I/ we want to join/renew membership in Senior Services of San Juan County (Lopez Island) for 2018/2019 (July 1, 2018 thru June 30, 2019).

\$20 Individual Membership  \$30 Couple Membership

I/we wish to make an additional contribution to support Senior Services on Lopez Island:

to Lopez Island Senior Center \$ \_\_\_\_\_

to Special Needs Fund \$ \_\_\_\_\_  to Senior Transportation \$ \_\_\_\_\_

Check payable to San Juan Senior Center, for membership plus any donation.

*Gifts are fully tax deductible 501(c)3.*

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Birthday \* \_\_\_\_\_

Spouse \_\_\_\_\_ Birthday \* \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mailing address (if different) \_\_\_\_\_ Phone \_\_\_\_\_

\* *Optional for grant funding.*

\*\*\*\*\***FOR OFFICE USE ONLY**\*\*\*\*\*

Individual - \$20  Couple - \$30  Additional Donation \_\_\_\_\_

Date Received \_\_\_\_\_  Cash (receipt#) \_\_\_\_\_  Check # \_\_\_\_\_

New Member  Renewal

First Member # \_\_\_\_\_ Spouse/Partner Member # \_\_\_\_\_

Mail to: Lopez Island Senior Center , PO Box 154, Lopez Island, WA 98261

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: August 2018

P O Box 154  
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY