



Lopez Island Senior Signal

Woodmen Hall

September, 2018

Well Summer is coming to an end. I hope everyone was able to have a lot of fun and enjoy the weather.

We have a lot going on here.

September 19th

Sight Connection is a free service after lunch here at Woodmen Hall. Kate Fewel MSW will discuss.

1. Normal changes in our eyes.
2. Age-related eye conditions.
3. Tips to promote living well with vision loss.
4. Review of adaptive aids and resources.

Also AARP Driving school here on 10/23 see above.

All volunteer drivers please attend and others are welcome. It can lower your insurance bill.

Roni Becker Senior Service Specialist

Announcing
Driving Class On Lopez
10/23/18 8am-4:30pm

SAFER DRIVING

CAN SAVE YOU MONEY

Take the AARP Smart Driver™ course and you can save money on your car insurance!*

Refresh your skills and learn safe driving strategies. *Sign up today!*

CLASSROOM COURSE

\$15 for AARP members	\$20 for non-members
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TO FIND A COURSE NEAR YOU:

Call 1-877-846-3299

or visit www.aarp.org/driving36

AARP Real Possibilities

TOYOTA

This program is supported by a generous grant from Toyota to AARP Foundation.

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.



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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.

Urgent request!!

We have been dealing with an old, worn out oven/stove for quite some time now. The racks are crooked, and the bracket that holds them up is broken. The heat on the grill is uneven and so it is pretty much unusable. A gracious donor has agreed to match any funds that we can raise for a new one. Please consider donating to the “New Stove/Oven” fund. Thank you.



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 .

September, 2018 LUNCH

<p><u>Wednesday 9/5</u> Mediterranean Chicken Lemon Herb Potato Greek Salad Fresh Grapes</p>	<p><u>Friday 9/7</u> Spaghetti W/Meat Italian Veggies Caesar Salad Fruit & Yogurt Parfait</p>
<p><u>Wednesday 9/12</u> Baked Potato w/ Vegetarian Chili Cheese & Onion Garden Salad Fruit</p>	<p><u>Friday 9/14</u> Chicken Strips w/ Honey Mustard Sweet Potato Wedges Chef’s Veggies Sherbet</p>
<p><u>Wednesday 9/19</u> Teriyaki Chicken W/Steamed Rice Asian Veggies Citrus Cucumber Salad Fruit Cocktail</p>	<p><u>Friday 9/21</u> Chicken Cobb Salad w/Oatmeal Bread Fresh Fruit</p>
<p><u>Wednesday 9/26</u> Shrimp Fettuccini Italian Green Beans Caesar Salad</p>	<p><u>Friday 9/28</u> German Sausage Red Sauerkraut Roasted Potatoes Garden Salad Sliced Apples</p>

Menu subject to Change due to Unforeseen Circumstances



The Lopez Operations Committee Corner

Happy to say that we have a new events coordinator. Roxy Webb has agreed to take the job and is already well into doing her part. So far we really welcome her willingness to get involved and the enthusiasm she has shown. She brings an understanding of how to work with computer programs and the process of coordinating activities. I understand that Roxy has been on and off Lopez for many years and is well known by many here on the island. I think she will be a welcome addition to our Senior Service crew. We also want to thank Roni Becker for jumping in and picking up the coordinating activities over the past three months. I want to thank the many who have renewed their membership in the senior organization here on Lopez. I also want to encourage the members to talk up being a member to their family and friends. Remember that the membership dues support the travel activities. This includes both delivery of meals and transporting seniors to their medical appointments. By the time this is published the Friends auction/sale will be over but I am confident that it will be a great success.

Carl Bender, Chairman
Lopez Operations Committee

September 2018

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
						1
2	3 Creaky Yoga At Grace Church 10:45 Labor Day	4 Advisory Committee Meeting 10:00 Pinochle 7:00PM	5 Tai Chi at the Community Center 9AM 12:00 LUNCH	6 Creaky Yoga At Grace Church 10:45	7 12:00 LUNCH	8
	10 Memory Café Lopez Library 2-3PM Music Creaky Yoga At Grace Church 10:45	11 Quilters 9:30 Pinochle 7:00PM	12 Tai Chi at the Community Center 9 AM 12:00 LUNCH	13 Creaky Yoga At Grace Church 10:45 Garden Club 9am	14 12:00 LUNCH	15
	16	17 Creaky Yoga At Grace Church 10:45	18 Pinochle 7:00 PM	19 Tai Chi at the Community Center 9AM 12:00 LUNCH Sight Connection 12:45	20 Creaky Yoga At Grace Church 10:45	21 12:00 LUNCH Birthday Club 1:00
23/30	24 Creaky Yoga At Grace Church 10:45	25 Pinochle 7:00 PM	26 Tai Chi at the Community Center 9AM 12:00 LUNCH	27 Creaky Yoga At Grace Church 10:45	28 12:00 LUNCH	29 BINGO 7PM

Medicare Part B: Are You Utilizing All of Your Benefits?

Whether you have just signed up or you have been a beneficiary for years, you may not be aware of all the benefits you are entitled to through Medicare. There are many different parts of Medicare, but “Original Medicare” is the traditional fee-for-service program managed by the federal government. Original Medicare is composed of Medicare Part A and Medicare Part B.

In a nutshell, Part B covers medical services that are meant to prevent health crises and the need for higher levels of care that Part A covers. Understanding your health insurance benefits—and those of your loved one—is crucial for ensuring that you both make the most of your coverage and do everything possible to keep yourselves healthy.

Below is a list of preventative services, tests and treatments that Part B covers. Note that some tests are one-time only while others are covered on an annual or as-needed basis. Some of these services may also require a referral and/or require beneficiaries to have certain risk factors to qualify for coverage.

Continued

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.

Preventive Services Covered by Medicare Part B

- Abdominal aortic aneurysm screening
- Alcohol misuse screenings and counseling
- Bone mass (bone density) measurements
- Cardiovascular disease screenings
- Behavioral therapy for preventing and managing cardiovascular disease
- Cervical and vaginal cancer screenings
- Colorectal cancer screenings
- Depression screenings
- Diabetes screenings
- Diabetes self-management training
- Glaucoma tests
- Hepatitis C screening
- HIV screening
- Lung cancer screening
- Mammograms (breast cancer screening)
- Nutrition therapy services
- Obesity screenings and counseling
- One-time “Welcome to Medicare” preventive visit
- Prostate cancer screenings
- Sexually transmitted infections screening and counseling
 - Shots:
 - Influenza (Flu) shots
 - Hepatitis B shots
 - Pneumococcal (Pneumonia) shots
- Tobacco use cessation counseling
- Yearly "wellness" exams

Medicare offers these services for little or no charge because they are designed to nip potential health problems in the bud. It’s important to take advantage of these benefits as recommended by a primary care physician but remember that some medical procedures become less necessary with age and can affect a senior’s overall quality of life. Never hesitate to ask your doctor (or your loved one’s doctor) about the risks, benefits and costs of all tests and treatments.

For more information on services covered by Medicare Part B, visit [Medicare.gov](http://www.Medicare.gov).

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 5:10 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

September 29th.



Tell Us What You Think...

Senior Services has a feedback survey for you to fill out to let us know how we are doing. We take your comments seriously and continually strive to better serve the citizens of this community. The surveys are available at the Lopez Senior Center-Woodmen Hall, or you may call Roni at 468-2421 or email ronib@sanjuanico.com to request a copy.

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 Lopez 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: September, 2018

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY