Fall is in the air. The tourists have been making their retreat. Now we can begin to sit by the fire and “hunker down” for the winter.

I hope that many of you come to join us for lunch here at Woodmen Hall on Wed. & Fri. at noon. If you haven’t yet please consider it. All are welcome.

If you have been coming and enjoying our wonderful lunches, please consider inviting a friend or neighbor to join you.

I met with a gentleman a couple of weeks ago who lives alone, he was so happy to have someone to talk to. He hadn’t had company for months he said. This makes me so sad. Please help me to extend this invite to everyone!

Roni Becker
Senior Services Specialist
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.
The response to our call for help with fundraising for a new stove was overwhelming. So many of you came forward that we have enough money for the stove and possibly other kitchen needs. Our food warmer has been working on and off so we are looking into replacing it. Also the plate warmer hasn’t worked in quite some time. Lopez Seniors are the Best.

The Lopez Operations Committee Corner

So what does a gas range with leaky pilot lights, the smell of gas in the kitchen, an oven and grill that do not heat evenly, and oven shelves that fall down mean? It means a new range to many, and because so many have stepped forward with donations we feel we can go ahead and begin the process of purchasing a new range. Not only are we looking for a range that fits our needs but also a supplier who can respond to problems.

I am asking our seniors to pay attention to two bills that the state legislature will address in January. The first would put a cap on the property taxes a senior would pay. Around the state, many seniors are finding their property taxes so high, they are forced to sell. In some cases they are forced to go on MEDI-CAID which we all end up paying.

The second is called the Long Term trust Act. It works somewhat like social security. A fixed amount (current projections are 4.6%) would be withheld from an employee’s pay check and go into a fund. Recipients would be able to draw $100/day for 36 months. The months to be determined by the recipient.

Carl Bender, Chairman
# October 2018

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<th>Sunday</th>
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<td>Creaky Yoga At Grace Church 10:45</td>
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<td>Advisory Committee Meeting 10:00 Pinochle 7PM</td>
<td>Tai Chi at the Community Center 9AM 12:00 LUNCH</td>
<td>Creaky Yoga At Grace Church 10:45</td>
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<td>Memory Café Lopez Library 2-3PM Creaky Yoga At Grace Church 10:45</td>
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<td>Quilters 9:30 Pinochle 7:00PM</td>
<td>Tai Chi at the Community Center 9AM 12:00 LUNCH</td>
<td>Creaky Yoga At Grace Church 10:45 Garden Club 9am</td>
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<td>12:00 LUNCH Fire Chief Jay Fire Prevention 2:30-4:40 Donation</td>
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<td>Tai Chi at the Community Center 9 AM 12:00 LUNCH</td>
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<td>12:00 LUNCH Birthday Club 1:00</td>
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<td>Creaky Yoga At Grace Church 10:45</td>
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<td>AARP Safe Driving Class 8-4:30 Call to Reserve 468-2421 Pinochle 7:00 PM</td>
<td>Tai Chi at the Community Center 9 AM 12:00 LUNCH</td>
<td>Creaky Yoga At Grace Church 10:45</td>
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<td>Creaky Yoga At Grace Church 10:45</td>
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<td>Pinochle 7:00 PM</td>
<td>Tai Chi at the Community Center 9 AM 12:00 LUNCH Halloween</td>
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**Halloween**
A M ID (or ¾)-YEAR RESOLUTION!
By Carol Simmer, RD
Meals and Wheels & More!

If you make New Year’s Resolutions or even just think about them, you probably have at least one resolution with “weight control” as a topic. I say this after reading a CDC (Center for Disease Control) statistic that 40% of adults are “obese” and another 30% are “overweight”. I am troubled that 70% of our adult population is carrying extra pounds that may greatly impact their health and welfare. Why not get serious NOW about forming some good habits to lose a few pounds instead of waiting for the NEW YEAR? Here are some tips to help you check “weight loss” off your list of resolutions:

Eat more fiber - greens, whole grains, nuts, beans, whole fruits - all help with satiety to help control your hunger and therefore calorie intake. Low fat protein foods also aide satiety.

Mix-up the activities for exercise! Strength-training that mixes cardio activity with weight training is best at decreasing ALL kinds of body fat. Short bursts of hi-intensity exercise mixed with normal paced exercise are most effective to burn calories! Take advantage of the excellent and well-priced exercise programs at your local senior centers!

Get proper sleep! The Goldilocks formula of 6-8 hours –not too much or too little – is “just right”!

Forget the “quick fix” promises. Cosmetic surgeries are not the solution. Lifestyle changes that promote slow, steady weight loss will last a lifetime and be better for your health and pocketbook.

Reduce Stress! Stress increases the hormone cortisol that promotes belly fat (visceral fat around organs). Stressors include high fat, sugar and alcohol intake, poor sleep and little exercise. De-stressors include music, exercise, reading, gardening and activities that help you relax.

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.

Rethink your drink! Hydration is very important and all liquids will help prevent dehydration to some degree, but choose the liquids that are low in calories! Water is the best. Moderate the regular sodas, beer, juices, and all alcoholic drinks. They add calories quickly.

Don’t smoke! Smoking to curb your appetite that puts you at risk for many chronic diseases is NOT worth it!

These tips promote good health habits for any age group. As seniors we can influence and should influence the younger generation. Be a good example NOW with your life-style habits! Your grandchildren WILL notice!

Comments or questions? Email csimmer@wccoa.org
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 Taxi (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
October 27th.

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@sanjuanco.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 caregivers.

**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.

Additional contribution:

( ) to Lopez Island Senior Center $___________
( ) to Special Needs Fund $___________
( ) to Senior Transportation $___________

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