



Lopez Island Senior Signal

Woodmen Hall

October, 2018

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

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!*

DRIVER SAFETY
AARP Real Possibilities

CLASSROOM COURSE	TO FIND A COURSE NEAR YOU:
\$15 for AARP members \$20 for non-members	Call 1-877-846-3299 or visit www.aarp.org/driving36

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.



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.



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.**

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 .

October, 2018 LUNCH

<p><u>Wednesday 10/3</u> Lemon Herb Fish Wild Rice Pilaf Steamed Broccoli Salad Fresh Fruit Medley</p>	<p><u>Friday 10/5</u> German Sauerbraten w/Potato Dumplings Roasted Carrots Rotkraut (Cabbage) Blk. Cherry Choc. Cake</p>
<p><u>Wednesday 10/10</u> Tuna Noodle Casserole Baby Carrots Garden Salad Fruit</p>	<p><u>Friday 10/12</u> Grilled Cheese on Sourdough Tomato Veggie Soup Garden Salad Choc. Chip Cookie</p>
<p><u>Wednesday 10/17</u> Shrimp Salad Oatmeal Bread Fresh Fruit</p>	<p><u>Friday 10/19</u> Chinese BBQ Pork Fried Rice Egg Roll Mandarin Oranges Fortune Cookie</p>
<p><u>Wednesday 10/24</u> Beef Stroganoff w/ Rotelle Pasta Brussels Sprouts Garden Salad Fruit</p>	<p><u>Friday 10/26</u> BBQ Chicken Potatoes Colcannon Sweet Petite Peas Salad Fruit</p>
<p><u>Wednesday 10/31</u> White Chicken Chili Green Chili Bacon Cornbread Garden Salad Fruit</p>	

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 a 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

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	1 Creaky Yoga At Grace Church 10:45	2 Advisory Committee Meeting 10:00 Pinochle 7PM	3 Tai Chi at the Community Center 9AM 12:00 LUNCH	4 Creaky Yoga At Grace Church 10:45	5 12:00 LUNCH	6
7	8 Memory Café Lopez Library 2-3PM Creaky Yoga At Grace Church 10:45	9 Quilters 9:30 Pinochle 7:00PM	10 Tai Chi at the Community Center 9AM 12:00 LUNCH	11 Creaky Yoga At Grace Church 10:45 Garden Club 9am	12 12:00 LUNCH Fire Chief Jay Fire Prevention	13 Garfield HS Band 2:30-4:40 Donation
14	15 Creaky Yoga At Grace Church 10:45	16 Pinochle 7:00PM	17 Tai Chi at the Community Center 9 AM 12:00 LUNCH	18 Creaky Yoga At Grace Church 10:45	19 12:00 LUNCH Birthday Club 1:00	20
21	22 Creaky Yoga At Grace Church 10:45	23 AARP Safe Driving Class 8-4:30 Call to Reserve 468-2421 Pinochle 7:00 PM	24 Tai Chi at the Community Center 9AM 12:00 LUNCH	25 Creaky Yoga At Grace Church 10:45	26 12:00 LUNCH	27 BINGO 7PM
28	29 Creaky Yoga At Grace Church 10:45	30 Pinochle 7:00 PM	31 Tai Chi at the Community Center 9AM 12:00 LUNCH Halloween			

A MID (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

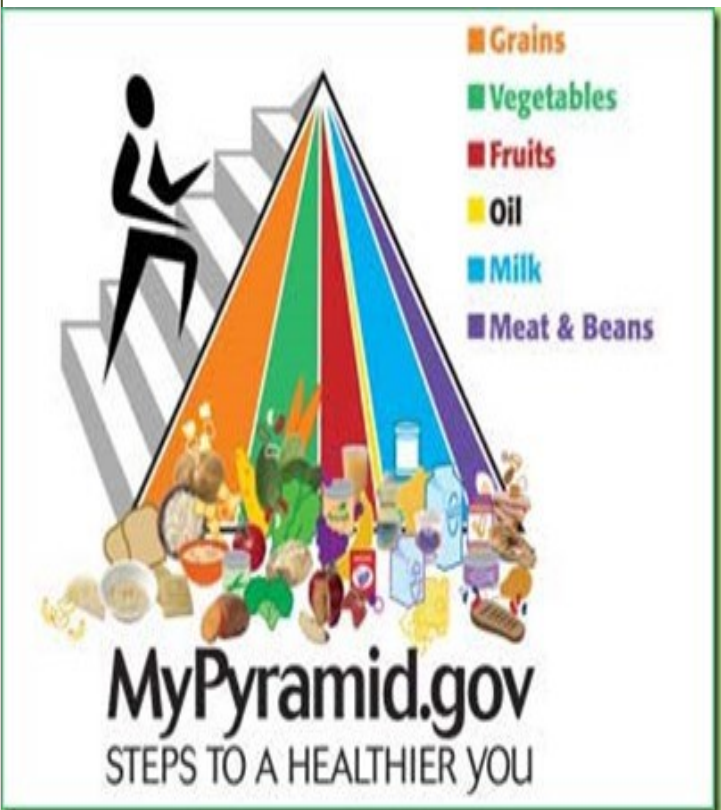
When: Last Monday
Where: Gathering Place at the Hamlet
Time: 1:00 PM

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@wcoa.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 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.

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.

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.



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: October, 2018

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY