



Lopez Island Senior Signal

Woodmen Hall

November, 2018

Happy Fall

People ask me what we do here at Woodmen Hall?

We meet here for lunch on Wed. & Fridays at noon, but not just to eat. We get to visit and share what ever is new here on our little island. We share our lives past, and present. When someone is sick we send them a get well card to encourage them.

Sometimes we have a program after lunch . We had a lady here talking about our eyes and how to adapt to the changes in our sight. She was very interesting.

We had a sing along of some wonderful oldies that reminded us of different times, and people in our past.

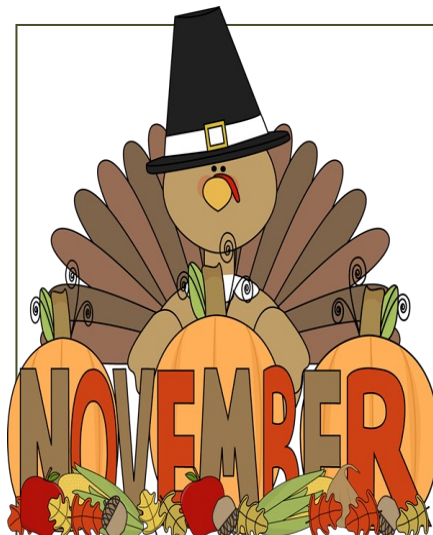
Please come join the fun.

Roni Becker

Senior Services Specialist

What is the treatment for holiday depression, anxiety, and stress?

Those suffering from any type of holiday depression or stress may benefit from increased social support during this time of year. For uncomplicated holiday blues, improvement may be found by finding ways to reduce the stresses associated with the holiday, either by limiting commitments and outside activities, making arrangements to share family responsibilities such as gift shopping and meal preparation, agreeing upon financial limits for purchases, or taking extra time to rest and rejuvenate. In addition to being an important step in preventing the symptoms of seasonal affective disorder, regular exposure to light that is bright, particularly fluorescent lights, significantly improves depression in people with SAD during the fall and winter. Phototherapy is commercially available in the form of light boxes, which are used for approximately 30 minutes daily. The light required must be of sufficient brightness, approximately 25 times as bright as a normal living room light. The light treatment is used daily in the morning and evening for best results.



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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.

Holiday Eating Without Stuffing (Yourself) From the Archives of Carol Simmer, RD

During the holidays we put blinders on the notion of "well-balanced" holiday fare and only see "well-stocked" plates of turkey, ham, stuffing, two kinds of potatoes, gravy, rolls, green bean casserole, marshmallow fruit salad, and two or three desserts! These foods are wonderful, but enjoy them all in one meal and you will likely end up stuffed!

The negative effects on your body from overindulging during the holiday season can leave you regretting that 3rd serving of mashed potatoes. When the body tries to digest a large volume of foods with excessive fat, salt, sugar, and protein, the result is often fatigue, bloating, gas, heartburn, weight gain, as well as possible headaches, swelling, and depression! Overeating can also cause your blood sugar to spike and can put a strain on your kidneys, pancreas, liver, and heart. We can avoid feeling stuffed and still enjoy holiday meals by making healthier choices and by engaging in mindful eating practices such as slowing down and tuning into your body's hunger and fullness signals.

Let's look at ways to make some popular holiday foods healthier and still delicious!

Try cooking tender-skinned potatoes *with the skin*, and whip with butter and garlic. The skin adds color and fiber!

Instead of candied yams, try mashing the yams with a small amount of butter, top with plumped dried fruit (raisins or dried cranberries soaked in orange juice or a liquor), and chopped nuts.

Green beans, especially fresh, are great alone or combined with carrots and chopped onions. Sprinkle with pepper or a favorite herb blend, coarse sea salt, a bit of melted butter or olive oil, and perhaps crispy bacon crumbles. I also like to add sliced water chestnuts to give some crunch.

Try cranberry-orange relish instead of plain cranberry sauce. It has great color and texture and extraordinary nutrition. Chop or grind together fresh cranberries and whole oranges (without the seeds and excessive rind) and sweeten to taste with honey, sugar, or sugar substitute. Chopped pecans for add flavor and texture.

We look forward to delicious holiday desserts, especially cookies, a variety of pies, and cheesecake! If you make your own desserts, look at ways to cut down on the fat and sugar. If not, *consider healthier choices* and *limit* portion sizes. For instance, pumpkin pie packs a nutritional punch compared to many other desserts, but it is still high in sugar and fat, so the size of your slice makes a difference!

Happy, Healthy Holiday Eating!

November 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 12:00 LUNCH Diabetes Aware- ness/Lions Talk	3
4	5 Creaky Yoga At Grace Church 10:45	6 Advisory Committee Meeting 10:00 Pinochle 7PM	7 Tai Chi at the Community Center 9AM 12:00 LUNCH	8 Creaky Yoga At Grace Church 10:45	9 12:00 LUNCH	10
11	12 Veterans Day Creaky Yoga At Grace Church 10:45	13 Quilters 9:30 Pinochle 7:00PM	14 Veterans Lunch Tai Chi at the Community Center 9 AM 12:00 LUNCH	15 Garden Club 9am Creaky Yoga At Grace Church 10:45	16 12:00 LUNCH Birthday Club 1:00 Memory Café Lopez Library 2-3PM	17
18	19 Creaky Yoga At Grace Church 10:45	20 Pinochle 7:00 PM	21 Tai Chi at the Community Center 9AM 12:00 LUNCH	22 	23 Sorry No Lunch Today	24 Pre-School Bazaar 10-3 BINGO 7PM
25	26 Creaky Yoga At Grace Church 10:45	27 Pinochle 7:00 PM	28 Tai Chi at the Community Center 9AM 12:00 LUNCH	29 Creaky Yoga At Grace Church 10:45	30 12:00 LUNCH Grace Church Non- Perishable Food Distri-	+

Lopez Union Cemetery
Annual Wreath Sale

November 23-December 1

10:00-2:00

In the Cemetery Workshop

Pre-Order after 11/8

Call - 468-3032



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	<u>Friday 11/2</u> Broccoli Bacon Quiche Roasted Potatoes Spinach Salad Fresh Fruit
<u>Wednesday 11/7</u> Turkey Pot Pie Garden Salad Fresh Fruit	<u>Friday 11/9</u> Chili Stuffed Potato Broccoli Florets Garden Salad Apple Pie
<u>Wednesday 11/14</u> Meatloaf w/ Mashed Potatoes Peas & Onions Garden Salad Fruit	<u>Friday 11/16</u> Dill Salmon Wild Rice Pilaf Green Beans Garden Salad Fruit
<u>Wednesday 11/21</u> Roasted Turkey Mashed Pot. w/gravy Stuffing/Veggies Pumpkin Pie	<u>Friday 11/23</u> BBQ Chicken Potatoes Colcannon Sweet Petite Peas Salad Fruit
<u>Wednesday 11/28</u> Stuffed Bell Peppers Baby Potatoes Green Beans Spinach Salad Fruit	<u>Friday 11/30</u> Macaroni & Cheese Italian Sausage (Chicken) Steamed Veggies Salad/Fruit

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.

The Lopez Operations Committee

Once again the people of Lopez Island have come through for us seniors. After at least ten years (it was purchased used), the gas range in the kitchen appears to have problem after problem. So we started to set up a gas range fund and the goal was met before we got the details all worked out. Thank you Lopez for your quick attention.

As a result of the kitchen using old equipment, we have decided to keep the gas range fund open as a kitchen fund. We know that we could use more shelving in the pantry, we will need to replace a cranky old steam table, the county is asking us to add a grease trap, and it would be helpful to have a plate warmer in serving good hot food.

Most of the ground work has been done in all these areas, but you may encounter a few inconveniences as we attempt to work these items around our Wednesday and Friday lunches. Again, I want to thank the people of Lopez for their generosity, Jessica and the kitchen ladies for their input and advice, and finally Holly and the operations board for their fine work and support

Carl Bender, Chairman
Lopez Operations Committee

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@sanjuanico.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

November 24th.



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

**Thrift Shop Annual
Christmas Sale
December 1, 9-1 Saturday
Lopez School Multi-Purpose Rm.**



**Pre-School Bazaar
Sat. Nov. 24 10-3
High School Gym**

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: November, 2018

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY