



# Lopez Island Senior Signal

Woodmen Hall

December, 2018

**Where did the time go? Are you like me and wondering what happened to 2018?**

**I hope all of you have a happy and wonderful Holiday Season filled with friends and family. Please remember your single neighbors this time of year and try to include them in your festivities. This can be a very lonely time of year for those who have lost loved ones.**

**Growing up, my family used to invite someone to join us who didn't have anyone to spend the holidays with. I remember feeling very good about the opportunity to bring some cheer to others.**

**Our new Stove/Oven has been installed, thanks to all of your generous donations!**

**Berta Vaughn is organizing another one of her famous Breakfast Buffet's on February 2, 2019 to raise funds for Meals on Wheels. Please join us! All money raised will return to our community on Lopez.**

**Merry Christmas**

**Roni Becker**

**Senior Services Specialist**

## Winter Activities

As you move on past 55 years of age, you have probably started noticing that you now have a few elderly tendencies. This is despite the fact that you are still a spry young senior very capable of running the New York Marathon.

You are maybe forgetting a few things, moving a little slower, and simply just want to sit and watch your favorite TV shows. While there is absolutely nothing wrong with all that, as you age, these tendencies might start interfering with the quality of your life.

To keep yourself sharp, upbeat, and youthful, you need hobbies that foster those qualities. To achieve this, why not try something new? An activity for senior citizens may not sound like your thing or very interesting but you couldn't be further from the truth.

Older adults can have just as much fun starting a new program at the local recreation center, the senior citizen center (if there is one), or the local community center.

Try your hand at bingo see if there is a volunteer opportunity to help others, such as helping prepare meals for people who are less able.

Alternatively, if an indoor recreational activity isn't your thing, try an outdoor activity. Any outdoor physical activity—even just walking—is great for older adults of all ages.

<https://www.aging.com/top-10-senior-citizen-activities-you-must-try-this-winter/>



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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.**

## Citrus Is Sexy!

### From the Archives of Carol Simmer, RD



Fragrant, juicy, and sweet (and sometimes sour) citrus fruit has a fascinating and even sexy history that originates in Southeast Asia thousands of years ago and spread throughout the world! In ancient Greece and Rome orange blossoms and fruit were used in fertility rituals and weddings. The white flowers symbolized virginity and the fruit symbolized fertility. Economists and historians have connected the growing market for lemons in Sicily in the 1860's to the rise of the organization that became known as the mafia.

Citrus fruits are known for their propensity to be sexually compatible as well as prone to mutation. In their 2016 article, "The Secret History of Citrus" published in *The Atlantic*, Cynthia Graber and Nicola Twilley write, "The citrus fruits we find in the grocery store today are all descended from four highly promiscuous ancestors, the citron, pomelo, pepeda, and the mandarin."

Even if sweet and juicy does not turn you on, perhaps the great health benefits of citrus fruits will. In 1747 Scottish surgeon, James Lind proved that citrus fruit, which is packed with essential nutrient, vitamin C, could prevent and treat scurvy on long sea voyages. Vitamin C also has immune boosting properties that may shorten the duration of colds. It can also help your body absorb iron and other nutrients. In addition to vitamin C, Citrus fruit is rich in **potassium**, **vitamin A**, **flavonoids**, and even **calcium** which is found in oranges, grapefruits, tangerines, lemons, limes, and kumquats!

A caution for some is the interaction of grapefruit with the metabolism of several drugs including some calcium channel blockers (for high blood pressure), statins (for lowering cholesterol), immunosuppressants, and some psychiatric medications. Check with your doctor or pharmacist and always read the label on medications for possible food-drug interactions. Seville oranges (marmalade), limes, and tangelos may have a similar effect as grapefruit but "the grapefruit effect" is highly variable.

Why not add an extra sexy virus-fighting punch to your diet by trying this Citrus Vinaigrette on your salad greens? Tossing in some citrus fruits would be a plus, too!

#### Citrus Vinaigrette

½ tsp Dijon mustard

½ tbsp lemon juice

½ tbsp lime juice

½ tbsp orange juice

¼ cup extra virgin olive oil

Salt and Pepper

Combine the mustard, lemon, lime, and oranges juices in a small bowl. Slowly whisk in the olive oil. Season with salt and pepper to taste.

# December 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	4 <b>Advisory Committee Meeting 10:00</b>  Pinochle 7PM	5 Tai Chi at the Community Center 9AM  12:00 LUNCH	6 Creaky Yoga At Grace Church 10:45	7  12:00 LUNCH	8
9	10 Creaky Yoga At Grace Church 10:45	11 <b>Quilters 9:30</b>  Pinochle 7:00PM	12 Tai Chi at the Community Center 9 AM  12:00 LUNCH	13 <b>Garden Club 9am</b>  Creaky Yoga At Grace Church 10:45	14 12:00 LUNCH <b>Memory Café Lopez Library 2-3PM</b> Cookie Drop Off 3-5	15 <b>Cookie Sale 10-2</b>
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	20 Creaky Yoga At Grace Church 10:45	21  12:00 LUNCH  <b>Birthday Club 1:00</b>	22
23/30	24/31 Creaky Yoga At Grace Church 10:45	25 <b>Merry Christmas</b>	26 Tai Chi at the Community Center 9AM  12:00 LUNCH	27 Creaky Yoga At Grace Church 10:45	28 12:00 LUNCH Grace Church Non- Perishable	29 <b>BINGO 7PM</b>



**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**

I am sure that everyone knows this is the holiday season. By now everyone should be full of turkey or whatever there Thanksgiving feast consists of, have overdosed with football games, and have turned their thoughts to Christmas and the coming New Year. Don't forget that our *Holiday* cookie sale is on Saturday the 15<sup>th</sup>. The proceeds from this event go to support the meals on wheels program. By the time you read this and with a little luck we should have a new gas range in the kitchen. This will make life a little easier for the people working there. In addition Shane Patrick has put together a new set of shelves for the pantry. The other major item that has our attention is updating the septic system. The big item here is the installation of a grease trap. The county has decided that now is the time and we have engaged Keith Davis to get this moving. The trap will be just outside the kitchen and should make for easy emptying and monitoring. Speaking for the Board, we want to wish everyone happy holidays and the best in the coming new year. We also want to thank all the seniors for their support as well as the entire Lopez community for their support and generosity in the past year. **HAPPY HOLIDAY**

**Carl Bender, Chairman**  
**Lopez Operations Committee**

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 .

<p><b>Menu Subject to change due to Unforeseen Circumstances</b></p>	
<p><b><u>Wednesday 12/5</u></b>  <b>1/2 Pastrami/Rye</b>  <b>Potato Latkes</b>  <b>Salad</b>  <b>Apple Cake</b></p>	<p><b><u>Friday 12/7</u></b>  <b>Taco Salad</b>  <b>Cornbread</b>  <b>Orange Wedges</b></p>
<p><b><u>Wednesday 12/12</u></b>  <b>Salisbury Steak</b>  <b>Mashed Potatoes</b>  <b>Baby Carrots</b>  <b>Salad</b>  <b>Sherbet</b></p>	<p><b><u>Friday 12/14</u></b>  <b>Chinese BBQ Pork</b>  <b>Fried Rice</b>  <b>Egg Roll</b>  <b>Mandarin Oranges</b>  <b>Fortune Cookie</b></p>
<p><b><u>Wednesday 12/19</u></b>  <b>Penne w/Meat Sauce</b>  <b>Italian Veggies</b>  <b>Caesar Salad</b>  <b>Sliced Peaches</b></p>	<p><b><u>Friday 12/21</u></b>  <b>Roast Beef</b>  <b>Mashed Potatoes</b>  <b>Wild Mushroom Gravy</b>  <b>Nantucket Veggies</b>  <b>Pecan Pie</b></p>
<p><b><u>Wednesday 12/26</u></b>  <b>Wild Mushroom Omelet</b>  <b>Baby Red Potatoes</b>  <b>Orange Juice</b>  <b>Fruit &amp; Yogurt</b></p>	<p><b><u>Friday 12/28</u></b>  <b>Shrimp Fettuccini</b>  <b>Italian Green Beans</b>  <b>Caesar Salad</b>  <b>Fruited Jell-O</b></p>



### **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](mailto: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**

#### **December 29th.**



## 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

# Annual Cookie Sale

Drop off December 14, 3-5pm Please donate

Pick up December 15, 10am-2pm

Sales to benefit Meals on Wheels



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: December, 2018

P O Box 154  
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY