



Lopez Island Senior Signal

Woodmen Hall

February, 2019

Last month we had a meeting with Meals on Wheels to go over the figures from last year. On average our meals cost \$8.90 for in house and home deliveries combined. Our average donation per meal is \$3.70, grants cover an additional \$2.79 which leaves us with a deficit of \$2.41 per meal. We know that not everyone can afford the meals and we are here for those people. Please continue to support our various fundraisers which help to close the gap on the deficit.

Please try to attend our Breakfast Buffet on 2/2, and St. Patrick's Day Dinner on 3/17. More details to follow. Thank you again for you amazing continued support. We couldn't do this without you.

Roni Becker

Senior Services Specialist

Common Flu Myths Debunked

Myth #1: Getting Vaccinated Can Give You the Flu

According to the National Foundation for Infectious Disease, there is no way that the vaccine can make you sick. Vaccines only contain a weakened or inactivated form of the virus, which cannot infect you. The truth is that people often mistake the side effects of the vaccine for the illness itself. Side effects of inoculation may feel like mild symptoms of the flu, but soreness around the injection site is typically the only symptom people experience. Keep in mind that flu season (which generally lasts from October to March) coincides with a time of year when bugs causing colds and other respiratory illnesses are in the air. It is possible to get the vaccine and then get sick with a completely unrelated cold virus within a few days.

Myth #2: You Can't Get the Flu

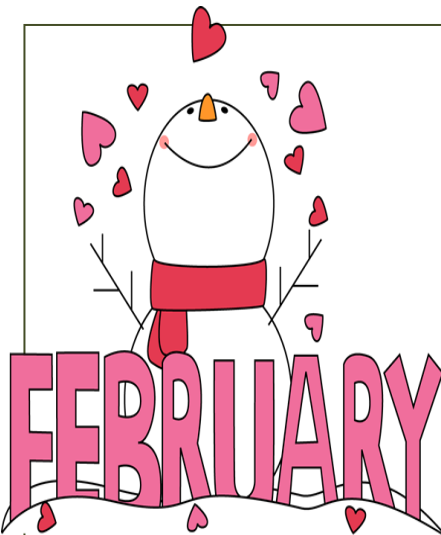
More Than Once During Flu Season

You can certainly contract the flu more than once a year, because there are many different strains of the influenza virus. There are two main types of flu, Type A and Type B, and there are also different subtypes of each. It is possible that you could get infected with one strain and then another during a given season, especially if you have a compromised immune system.

Myth #3: If You Haven't Gotten a Flu Shot by November, It's Too Late

Flu season often peaks between December and February, but the timing can vary. Some years heightened flu activity has lasted until May. No matter how late it is, if you have not been vaccinated yet, go get it done. You could spare yourself and your family a great deal of misery.

<https://www.agingcare.com/Articles/flu-myths-and-facts>



What's Inside

Administrative Info.	2
Nutrition Letter	3
Calendar/ Events	4
Menu	5
Karin & Angie's Info	6
Services/References	7
Upcoming Events	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 rwebbwh@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.

Start the New Year with a Better Breakfast! **From the archives of Carol Simmer, RD**

Try these tips to get every day of 2019 started with a healthy breakfast, big or small!

The most important breakfast nutrient is protein. Powerful protein gives you the stamina to be active in the a.m. and stay focused until lunch. Seniors need about 50-60 grams of protein each day. Try lean choices such as turkey bacon (or lean ham), eggs (I keep hard boiled eggs in the refrigerator for “grab and go”), low fat yogurt, or toast with cheese or peanut butter. For a tasty and hearty treat, wrap a warmed tortilla around a scrambled egg, black beans, cheese, chopped meat and salsa, or any creative combination.

Add Nutrient-Rich Whole Grains for energy to keep going all day long! Whole grain carbohydrates provide the energy your body and brain need to get started in the a.m., plus the protein and fiber to make the energy last until the next meal. Fiber slows digestion for longer lasting energy. Whole grains contain more protein than refined grains. A slice of whole grain bread can have as much as 5 grams of protein. Add a tablespoon of peanut butter and you have about 7 more grams. Whole grains are also packed with vitamins and minerals. Breakfast suggestions include whole grain cereals (hot or cold), toasted whole grain bread, corn or whole wheat tortillas, and pancakes or waffles (toaster ones are fast!) made with whole grain flour.

Get fresh with Fruits (and Vegetables) For a sweet, fiber-rich morning treat, add a seasonal or frozen fruit. Right now mandarins and pears are reasonably priced, but bananas and apples are always available. And, don't forget canned and frozen fruits are delicious and healthful and available anytime! How about a quick parfait of yogurt and fruit? Add leftover veggies such as peppers, spinach, onions and mushrooms to scrambled eggs and top with salsa! Or, how about a refreshing glass of vegetable juice? And who said you can't walk out the door with a crunchy carrot?

A breakfast routine is a healthy lifestyle that is worth investing in for 2019! It will pay off all year! Comments or questions? **Email Susy at shymas@wcco.org**

FEBRUARY, 2019

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
					1 12:00 LUNCH	2
3	4 Creaky Yoga At Grace Church 10:45	5 Advisory Committee Meeting 10:00 Pinochle 7PM	6 Tai Chi at the Community Center 9AM 12:00 LUNCH	7 Creaky Yoga At Grace Church 10:45	8 12:00 LUNCH No Memory Café this month	9
10	11 Creaky Yoga At Grace Church 10:45	12 Quilters Meeting 9:30 Pinochle 7:00PM	13 Tai Chi at the Community Center 9 AM 12:00 LUNCH	14 Happy Valentines Day Garden Club 9am Creaky Yoga At Grace Church 10:45	15 12:00 LUNCH Birthday Club 1:00	16
17	18 Presidents Day Creaky Yoga At Grace Church 10:45	19 Pinochle 7:00 PM	20 Tai Chi at the Community Center 9AM 12:00 LUNCH	21 Creaky Yoga At Grace Church 10:45	22 Brain Health DVD Series After lunch 12:00 LUNCH Non-Perishable Food Dist. Grace Church	23 BINGO 7PM
24	25 Creaky Yoga At Grace Church 10:45	26 Pinochle 7:00 PM	27 Tai Chi at the Community Center 9AM 12:00 LUNCH	28 Creaky Yoga At Grace Church 10:45		

I have been asked to help spread the news about the [Washington State ABLE Savings Plan](#), a new program for individuals with disabilities that came on before the age of 26. People can use the money in their ABLE accounts for a broad array of expenses without jeopardizing benefits.

Christina.gagnon@commerce.wa.gov

<https://www.washingtonstateable.com/>

To order lunch take outs or for home delivered meals—please call 468-2421. Please call before 10:00a.m. to place your order .



Friday 2/1
Beef Stew w/
Garden Veggies
Salad
Buttermilk Biscuit
Tropical Fruit

Wednesday 2/6
Dill Salmon
Scalloped Potatoes
Brussels Sprouts
Salad
Fruit

Friday 2/8
Chef's Choice
Eggs,Peppers,Onions
Sausage
Fruit Salad

Wednesday 2/13
Chili Stuffed Baked
Potato
Broccoli Florets
Salad
Sliced Apples

Friday 2/15
BBQ Chicken
Roasted Reds
Steamed Veggies
Citrus Kale Salad
Sliced Pears

Wednesday 2/20
Squash Bisque
1/2 Turkey Wrap
Salad
Fresh Fruit

Friday 2/22
Taco Salad
Cornbread
Orange Wedges

Wednesday 2/27
Jamaican Jerk Chick-
en w/Mango Salsa
Roast Sweet Potato
Beat & Onion Salad
Banana Pudding

Menu Subject to
change due to
Unforeseen
Circumstances

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

We started 2019 off with the task of updating the septic system. The updated consisted mainly of a new grease trap mandated by the county. We also had a variety of leaks in the kitchen plumbing. With a little luck as you read this, those items have been completed and it is on to new projects.

Whatcom County on Aging has estimated the food budget for 2019. The new budget contains an increased \$99,000 which is a breath of fresh air after the past several years of flat budgets. I do not know how much of the money will come to San Juan County, but the budget currently calls for 21,000 congregate meals (meals served at the centers) and 6,000 home delivered meals for San Juan County. In addition the San Juan information and Assistance program will see an increase of \$28,000.

On January 29th the Area Agency on Ageing (AAA which distributes both federal and state money to San Juan County) will be down in Olympia lobbying for Senior Citizen programs. Main topics will be : having MEDCAID pay for hearing aids, property tax relief for Elderly, and The Long Term Care Act which provides a type of Social Security during the last years of your life.

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.

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
February, 23rd.**



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: 468-2421

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.

Island Hearing:

Please call for appointment Stacie Baisch
360-378-2330 or islandhearing@gmail.com

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

Berta's Breakfast Buffet
February 2, 8:30am-11am

Proceeds to benefit Lopez Meals On Wheels
Scrambled eggs, ham, pancakes, biscuits with or w/o sausage gravy,
fruit, coffee, tea, juice, baked goods



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: February, 2019

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY