



# Lopez Island Senior Signal

Woodmen Hall

January, 2019

## Happy New Year

Another year has come and gone. A lot has happened here at Woodmen Hall: Our new fence was installed, thanks to the Friends Of Woodmen Hall.

Our new stove is up and running. Thanks to your generous donations.

Our very own in house chef Jessica welcomed a new little boy, Lloyd! We are looking forward to meeting him.

Next Month we will be hold one of Berta's famous Breakfast Buffet's on 2/2 to benefit Meals On Wheels. Please join us; this is a delicious one you won't want to miss!

If you haven't yet, please try to join us for hot lunches here at Woodmen Hall on Wednesday or Friday at noon. We would love to see some new faces.

Roni Becker  
Senior Service Specialist

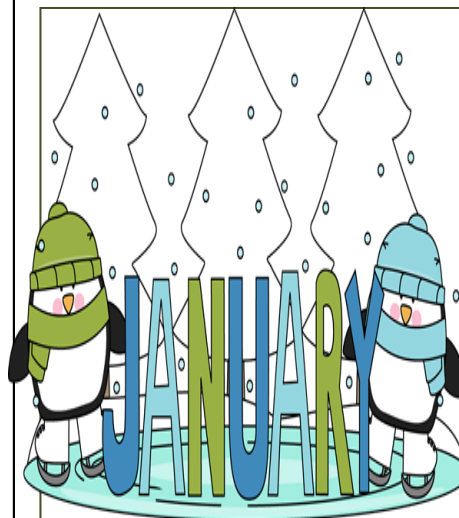
## Top 3 New Years Resolutions for Seniors

**Plan to age gracefully.** Growing old has advantages as well as a few disadvantages, such as wrinkles, gray hair and changes to our bodies. It is never too late to decide to pursue a healthy lifestyle, which increases the odds of aging gracefully. Plan to exercise often, eat nutritious foods and encourage each other while doing so. If you live near your senior loved one, take walks or participate in a group exercise class together. Even if your senior lives far away, you can take walks during the same time of day and talk on the phone to plan healthy meals and other healthy activities.

**Get tech savvy.** A study in 2010 found that seniors are the fastest growing demographic on social networks. If mom and dad do not already have a computer, now is the time to expand their horizons. It might seem a bit intimidating at first, but once they are comfortable, their prowess might surprise you. Communicating and trading pictures via email becomes a snap. Even better, webcams allow "face-to-face" conversations between family members who live far apart. The grandkids can relay their adventures, and everyone gets the pleasure of seeing each other laugh. You also get the chance to observe your loved one and check for signs of good or failing health.

**Talk about the hard stuff.** This resolution is not fun, but it is the most important. While your senior is able, help set the standards of care he or she desires should he or she become incapacitated later. Decide if you will designate a family member or hire a senior care professional to be the primary caregiver. Talking about estate planning and wills, along with other related issues, helps prepare everyone for the inevitable. Discussing these things in advance ensures that your loved one's wishes are recorded and understood by all.

<https://www.comfortkeepers.com/home/info-center/senior-health-wellbeing/top-five-new-year-s-resolutions-for-seniors-and-th>



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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 [rwebbwh@gmail.com](mailto: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.**



## Hungry? Julie Meyers, MS, RD

It's 2:00pm in the afternoon and my lunch is still digesting as I walk through the Meals on Wheels offices to make a photo copy. Food is the last thing on my mind. Whoa, what is that amazing smell? One of our awesome volunteers brought us a delicious looking chocolate cake- my favorite. And, there just happens to be plates and a knife on the counter. Although my gut is trying to tell my brain that I am actually quite full, I override that thought and help myself to a nice big slice.

Most of us can probably recall a time or two when the senses overruled the stomach. Maybe for you it wasn't a piece of cake, but a second helping of mashed potatoes or a third slice of pizza. With so many delicious foods available at our fingertips, how do we prevent overindulging in our favorite not so healthy foods on a daily basis? Many powerful factors, including sight, smell, time of day, portion size, sleep, and exercise affect what, when and how much food we consume. Research studies have shown that sleep deprived people tend to report increased desire to eat and tend to eat well beyond their caloric/energy needs.

Just how big of an influence does portion size have on our calorie intake at a given meal? In a study by Barbara Rolls PhD, 51 men and women were fed macaroni and cheese for lunch once a week for four weeks. The meals were identical except for the portion size, which varied from 16.5oz to 33oz (big to huge). On average, subjects consumed 30% more calories when served the largest portion compared to the smallest portion. Multiple other studies have found similar results. Think about how many more chips we tend to eat when eating out of the bag versus taking a handful and putting the bag away. Sometimes just using a smaller plate or bowl can help keep portion sizes down.

Despite the many factors which contribute to the super-sizing of our food intake (and our waistlines), we are not necessarily helpless to the sensory appeal of our favorite foods. Below is a simple tool to help us become conscious of our hunger and satiety signals before we overeat, called "The Hunger and Fullness Scale." There are many similar tools out there, but this one is based on the scale found in the older but still relevant book, "Intuitive Eating" by Evelyn Tribole and Ellyse Resch.

### **Hunger and Fullness Scale**

0 Empty/ Famished

1-2 Stomach rumbling hungry

3-4 Ready for a snack or small meal

5 Neutral

6-7 Satisfied

8-9 Full to

10 Ready to burst or hibernate for the next few months

The scale is pretty self-explanatory. The goal is to stay between 3 and 7 as much as possible. Get too close to 0, and we are likely to eat everything in sight until it's tough to keep the pants fastened. So the next time you pass by that cake on the counter, take a moment to consciously tune into your hunger level. Already at a 6 or higher? Well, then it's probably best to remove yourself from the sensory appeal of the food. Still got "cake brain?" Try distracting yourself with a fun activity. If you give in to the temptation, don't beat yourself up about it. Savor each bite and maybe you will realize that you don't even need the entire slice to be satisfied.

# JANUARY, 2019

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
		<p>1</p> <p>Pinochle 7:00PM</p>	<p>2</p> <p>Tai Chi at the Community Center 9AM</p> <p>12:00 LUNCH</p>	<p>3</p> <p><b>Advisory Committee Meeting 10:00</b></p> <p>Creaky Yoga Grace Church</p>	<p>4</p> <p>12:00 LUNCH</p>	<p>5</p>
	6	<p>7</p> <p>Creaky Yoga At Grace Church 10:45</p>	<p>8</p> <p><b>Quilters 9:30</b></p> <p>Pinochle 7PM</p>	<p>9</p> <p>Tai Chi at the Community Center 9AM</p> <p>12:00 LUNCH</p>	<p>10</p> <p><b>Garden Club 9am</b></p> <p>Creaky Yoga At Grace Church 10:45</p>	<p>11</p> <p>12:00 LUNCH <b>Hall's Gaza Trip 1PM</b> <b>Memory Café Lopez Library</b></p>
13	<p>14</p> <p>Creaky Yoga At Grace Church 10:45</p>	<p>15</p> <p>Pinochle 7:00PM</p>	<p>16</p> <p>Tai Chi at the Community Center 9 AM</p> <p>12:00 LUNCH</p>	<p>17</p> <p>Creaky Yoga At Grace Church 10:45</p>	<p>18</p> <p>12:00 LUNCH <b>Birthday Club 1:00</b></p>	19
20	<p>21</p> <p>Creaky Yoga At Grace Church 10:45</p>	<p>22</p> <p>Pinochle 7:00 PM</p>	<p>23</p> <p>Tai Chi at the Community Center 9AM</p> <p>12:00 LUNCH</p>	<p>24</p> <p>Creaky Yoga At Grace Church 10:45</p>	<p>25</p> <p>12:00 LUNCH 1PM Brain Health DVD Series</p>	<p>26</p> <p><b>BINGO 7PM</b></p>
27	<p>28</p> <p>Creaky Yoga At Grace Church 10:45</p>	<p>29</p>	<p>30</p> <p>Tai Chi at the Community Center 9AM</p> <p>12:00 LUNCH</p>	<p>31</p> <p>Creaky Yoga At Grace Church 10:45</p>	<p>1/25/19 Grace Church Non- Perishable Food 2-3pm Distribution</p>	



**Check out our updated Web-Page**

<http://woodmenhall.org/>

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

<p><b><u>Wednesday 1/2</u></b>                  Sloppy Joes on                  Multi-Grain Bread                  Rainbow Potatoes                  Salad                  Rainbow Sherbet</p>	<p><b><u>Friday 1/4</u></b>                  Meat Lasagna                  Italian Veggie                  Caesar Salad                  Sliced Pears</p>
<p><b><u>Wednesday 1/9</u></b>                  BBQ Pulled Pork                  Brown Rice &amp; Roll                  Crinkle Cut Carrots                  Pineapple Coleslaw                  Banana</p>	<p><b><u>Friday 1/11</u></b>                  Lemon Herb Chicken                  Rosemary Red Potato                  Brussels Sprouts                  Salad                  Choc. Ice Cream</p>
<p><b><u>Wednesday 1/16</u></b>                  Ham w/Pineapple                  Potatoes Au Gratin                  Baby Carrots                  Salad                  Coconut Fruit Salad</p>	<p><b><u>Friday 1/18</u></b>                  Chicken Cobb Salad                  Oatmeal Bread                  Fruit</p>
<p><b><u>Wednesday 1/23</u></b>                  Beef Tamale                  Spanish Rice                  Refried Beans                  Salad</p>	<p><b><u>Friday 1/25</u></b>                  Chicken Cordon Bleu                  Sweet Potato                  Caribbean Veggies                  Spinach Salad</p>
<p><b><u>Wednesday 1/30</u></b>                  Salmon Filet                  Wild Rice Pilaf                  Baby Carrots                  Salad</p>	<p><b>Menu Subject to                  change due to                  Unforeseen                  Circumstances</b></p>

**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**

Well, 2018 proved to be an interesting year. We have missed some friends who have moved on and welcomed some new ones at lunch. Besides having a new Senior Specialist (RONI), we have a new cook (JESSICA) and a new events coordinator (ROXI). JESSICA has welcomed a new addition to her family, a baby boy named Lloyd. In the kitchen we have a new hot water system, a new gas range and some expanded shelving. Outside we are getting new fencing in front and a grease trap in back as part of the septic system.

In 2019 we hope to continue having pancake breakfasts and Bingo nights. The St Patrick’s Day dinner in March and at least one pancake breakfast support the Meals on Wheels program while the Bingo helps with operational costs. In addition the rentals that ROXI supports help with operational costs. If anyone is interested in helping with these any of these activities please get in touch with either ROXI at 360-468-3092 or myself at 360-468-3901.

Another activity we would like to kick off is an interface with other Lopez groups and become more involved in community activities. Lastly, we are hoping the cookie sale will be as big a success as in past years, and don’t forget the pancake breakfast on February 2 and the St. Patrick’s Day dinner on March 16.

**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](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**

**January, 26th.**



## 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**  
**2/2/19 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: January, 2019

P O Box 154  
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY