



Lopez Island Senior Signal

Woodmen Hall

April, 2019

Happy Spring

The sun finally decided to come out. I don't know about you but that seemed like a very long, cold winter?

Our annual St. Patrick's Day dinner was a huge success. Thanks to Kelli Nopson for coming all the way from Bellingham to cook for us. The food was amazing. A huge Thank you to all of the wonderful volunteers who made the night such a huge success also.

Music was by Lance Brittain, Nick & Suzie Teague, & Bill Johnson.

Servers from Lopez Academy. The Academy received over \$200.00 in tips for meals they will be packaging for the poor in other countries.

Roni Becker

Senior Services Specialist

Promoting Sun Safety in Your Community: Senior Centers

The odds of developing skin cancer rise as you age; in fact, between 40 and 50 percent of Americans who live to age 65 will have at least one skin cancer. Older white men are at particular risk: Caucasian men over the age of 65 have had an 8.8 percent annual increase in melanoma incidence since 2003, the highest annual increase of any gender or age group. Melanoma will kill an estimated 5,700 men in the US in 2011.



Many older adults think that there's no point in protecting themselves since the damage has been done, but it's never too late to help prevent further damage and lower your skin cancer risk. Read about The Skin Cancer Foundation's tips for helping seniors stay sun-safe, below:

1. Encourage visitors and residents to wear protective clothing, wear broad-brimmed hats and UV-filtering sunglasses on outdoor excursions.
2. Encourage the application of water-resistant, SPF 30 or higher sunscreen before excursions.
3. Schedule outdoor excursions and other activities to avoid the hours between 10 AM and 4 PM. Ensure that there are frequent "shade breaks," or times to rest in sheltered areas.

<https://www.skincancer.org/get-involved/your-community/senior-centers>



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

Barbara LaBrash, Human Services Manager
Roni Becker, Senior Services Specialist
Gail Leschine-Seitz, Aging & Family Case Co-ordinator 360-370-7528
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) 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 Roxy Webb at rwebbwh@gmail.com

FOOT CLINIC is managed by individuals providing the service and not affiliated with the Senior Center programs. Contact Rose (360)-468-2205 or Masako at (360)-468-2887. **Third Thursday of the Month.** By appointment only. Please call them directly.

VARIETY, *the Spice of Life*, also keeps us HEALTHY!

From the Archives of Carol Simmer, RDN

Meal on Wheels and More

Veggies are not just the beautiful eye candy added to our plate. They satisfy our hunger without adding to our waistline and may protect our heart and help prevent chronic diseases. Eating a variety of veggies is the key to getting the nutrients we need to stay healthy.

One of my favorite nutrition resources is Nutrition Action.com It is produced by the non-profit Center for Science in the Public Interest (CSPI). They have ranked vegetables in a systematic way by tallying up the **vitamins, minerals, and fiber** (of a modest serving) of 73 vegetables. This ranking validates that eating a ***variety of vegetables*** is the key to getting nutrients you need. Look at the top 5 vegetables for six important nutrients.

Top 5 Vitamin C

Red Bell Peppers
Broccoli
Green Chili Pepper
Brussels Sprouts
Green Bell Peppers

Top 5 Folate

Spinach
Asparagus
Curly Endive
Romaine Lettuce
Turnip Greens

Top 5 Lutein

Kale
Spinach
Swiss Chard
Radicchio
Turnip Greens

Top 5 Fiber

Artichoke
Peas
Avocado
Lima Beans
Jicama

Top 5 Potassium

Sweet Potato
Lima Beans
Spinach
Swiss Chard
Portobello Mushrooms

Top 5 Magnesium

Spinach
Swiss Chard
Lima Beans
Arugula
Peas

Don't be fooled by thinking that a multivitamin will supply nutrients as well as food! Whole foods, especially vegetables, provide better absorption of all the nutrients they contain and add fiber that no pill can match.

Keep your meals interesting by combining textures, colors and flavors of vegetables within a meal. Why not try a new veggie each month and/or experiment with cooking veggies a new way (try grilling or roasting)!

Note: Please complete our annual Meals on Wheels and More Program Survey and return to Senior Center staff. It helps us improve the program and provides important statistics for grant applications! Thank you!

APRIL, 2019

<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	3 Stretching w/Stephanie 10-11am 12:00 LUNCH	4 Creaky Yoga At Grace Church 10:45	5 Stretching w/ Stephanie 10-11am 12:00 LUNCH	6
7	8 Creaky Yoga At Grace Church 10:45	9 Pinochle 7:00PM	10 Stretching w/Stephanie 10-11am 12:00 LUNCH	11 Garden Club 9am Creaky Yoga At Grace Church 10:45	12 Stretching w/ Stephanie 10-11am 12:00 LUNCH Brain Health DVD Series	13
14	15 Creaky Yoga At Grace Church 10:45	16 Pinochle 7:00PM Thrift Shop Volunteer Appreciation Tea	17 Stretching w/Stephanie 10-11am 12:00 LUNCH	18 Creaky Yoga At Grace Church 10:45 Foot Clinic Call for Appointment	19 Stretching w/ Stephanie 10-11am 12:00 LUNCH Birthday Club 1:00	20
21	22 Creaky Yoga At Grace Church 10:45	23 Pinochle 7:00 PM	24 Stretching w/Stephanie 10-11am 12:00 LUNCH	25 Creaky Yoga At Grace Church 10:45	26 Stretching 10/11am 12:00 LUNCH Memory Lane Non-Perishable Food Dist.	27 Tour De Lopez BINGO 7PM
28	29 Creaky Yoga At Grace Church 10:45	30 Pinochle 7:00 PM				

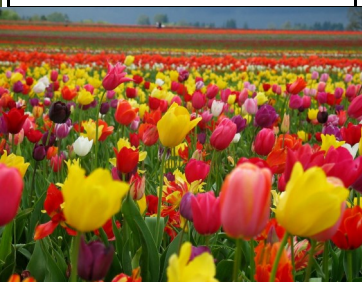
I have been asked to help spread the news about the [Washington State ABLE Savings Plan](http://www.washingtonstateable.com/), a new program for individuals with disabilities that came on before the age of 26. People can use the money in their ABLE accounts for a broad array of expenses without jeopardizing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

<p><u>Wednesday 4/3</u> Breakfast Casserole Potatoes O'Brien Orange Juice Fruit & Yogurt</p>	<p><u>Friday 4/5</u> Chicken Enchiladas Spanish Rice Pinto Beans/Salad Tropical Fruit</p>
<p><u>Wednesday 4/10</u> Florentine Fish Sweet Potato Fries Green Beans Coleslaw Fruit</p>	<p><u>Friday 4/12</u> Chef Salad (Turkey & Egg) Oatmeal Bread Fresh Grapes</p>
<p><u>Wednesday 4/17</u> Meat Lasagna Italian Veggies Caesar Salad Fruit</p>	<p><u>Friday 4/19</u> Salmon Filet Wild Rice Pilaf Green Beans Kale Citrus Salad Fresh Fruit</p>
<p><u>Wednesday 4/24</u> Taco Salad Cornbread Orange Wedges</p>	<p><u>Friday 4/26</u> Chicken & Dumplings w/Garden Veggies Spinach Salad Lemon Sorbet</p>



Menu Subject to change due to Unforeseen Circumstances

Parkinson's Support Group

When: Last Monday of the Month
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.

Well we made it through the February cold and have our fingers crossed for a better March. Of course by now we should have a good idea of what the rest of the spring will be like. I wish to thank Karin and her many friends who worked so hard to put together the St. Patrick's day dinner. We also made it through April Fool's day, and are now ready for BINGO and other summer activities. We also want to thank Mark Tompkins and Barbara LaBrash for joining us for lunch. It is always good to have your leaders join in on some of the regular activities. We now have an improved Septic system (we had to add a grease trap}. We will need to have it pumped and with a little luck will not have to worry about it for some time. Has everyone noticed the new fences in front of the parking area? We thank the friends for supporting these two projects. At this time the property tax exclusion appears to be on track, as we have done our home work and paid our fees. Thank you Carol for your help. We are also working on improving the halls electrical system so we can add a new microwave. Other summer projects include cleaning the moss off of the pump house roof and more clean up of storage space. There are several bills in the legislature that can affect seniors. At this time the legislature is still in session, but as soon as I can I will get a run down of the outcomes.

The Lopez Operations Committee
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. This Taxi service is inexpensive and good for other trips in Friday Harbor also.

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

April 27th.



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 (360) 468-2421 or email ronib@sanjuanico.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: (360) 468-2421

San Juan:(360) 378-2677

Orcas: (360) 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 (360)468-2421 or Lopez Island Hospice and Home Support (360)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 : (360) 468-4446 In home support by trained volunteers.

SHIBA: Medicare and health insurance questions. Call Mac Langford at (360) 468-4015

DSHS: Low income assistance (360) 378-6504

Weatherization and Basic Food Program Assistance: Family Resource Center (360) 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: (360) 468-2421

Caregivers Support Group: The first and third Thursday at 1:00 at Hospice and Home Support office-360-468-4446

Loss Support Group: Call Hospice and Home Support Office (360) 468-4446 for meeting time.

Hamlet House : Adult Family Home in Lopez Village (360) 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 (360) 468-4117 Family Resource Center

Life Care Center : 660 Spring Street (PO Box 489) Friday Harbor (360) 378-2117

Stretching With Stephanie
Starting April 3rd. 10am-11am Wed. & Friday
Suggested Donation \$5
Woodmen Hall

A class designed to help improve balance & range of motion. Through simple stretching and movement exercises that will help to improve your range of motion. Balance exercises will challenge your core strength as well as leg strength. These are key to preventing falls, as well as getting up and down from the floor.



Phone: 360-468-2421
FAX: 360-468-3021
Location: 4102 Fisherman Bay Road
E-mail: ronib@sanjuanco.com
Issue: APRIL, 2019

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

Or Current Resident

Bulk Rate
Non-Profit
U.S. Postage
PAID
Permit #15
Lopez Island, WA
98261