



# Lopez Island Senior Signal

Woodmen Hall

March, 2019

**Berta's Breakfast Buffet was a huge success. We made approximately \$1,400, a record amount. Everyone seemed to enjoy themselves. The food was wonderful. Thanks also to the great volunteers who made it possible and, of course, Berta.**

**Speaking of volunteers... I am looking for a few good men/women to help at Woodmen Hall. Do you have a few hours a week? Here are some of the needs that we currently have.**

**Kitchen Help: Fill in with meal prep. When someone is out of town, such as cutting & cleaning veggies. (Requires food handlers license which can be acquired on-line)**

**Table Setter: Wed & Fri. 11 am.**

**Dish washer: Rinse & load dishwasher. Scrub pots & pans.**

**Drivers: Occasional drivers to Anacortes, Bellingham, rarely Seattle but you can specify that you only want to drive locally. These would be for Seniors going off island for Medical Trips.**

**Please consider helping.**

**Roni Becker**

**Senior Services Specialist**

## Facts about Irish Americans

- There are 34.7 million U.S. residents with Irish ancestry. This number is more than seven times the population of Ireland itself.
- Irish is the nation's second most frequently reported ancestry, ranking behind German.
- Across the country, 11 percent of residents lay claim to Irish ancestry. That number more than doubles to 23 percent in the state of Massachusetts.
- Irish is the most common ancestry in 54 U.S. counties, of which 44 are in the Northeast. Middlesex County in Massachusetts tops the list with 348,978 Irish Americans, followed by Norfolk County, MA, which has 203,285.
- Irish ranks among the top five ancestries in every state except Hawaii and New Mexico. It is the leading ancestry group in Delaware, Massachusetts and New Hampshire..

There are approximately 144,588 current U.S. residents who were born in Ireland

<https://www.history.com/topics/st-patricks-day/st-patricks-day-facts>



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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**

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](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 Roxy Webb at [rwebbwh@gmail.com](mailto: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)-468-2287.

By appointment only. Please call them directly.

**Heartburn? Let's Talk!**  
From the Archives of Carol Simmer, RDN  
Meals and Wheels and More

Do special-occasions and traditional holiday meals cause you heartburn? Let's explore what causes heartburn and how changes in how, what, and how much you eat at **every meal** can make eating more enjoyable.

Heartburn is the pain and discomfort in your chest and throat experienced after eating. It happens when stomach acid backs up, or "refluxes", through the valve between your stomach and esophagus, the tube connecting your mouth and stomach. Here are tips to help avoid the "reflux".

**Eat smaller portions!** No matter what foods you are eating, a stuffed stomach makes heartburn more likely.

**Slow down!** The three G's grab, gulp, and go ALWAYS make indigestion and heartburn riskier!

**Reduce the fatty foods!** Cut the fat off meats and eat smaller portions of a fatty food. Fat takes longer to empty from the stomach and may contribute to reflux.

**Regular and decaf coffee** boost acid in the stomach as well as tomato and citrus Juices; **alcohol** can relax the valve between the esophagus and stomach, letting acid escape into the esophagus; **carbonated beverages** can bloat the stomach.

**High Acid Foods!** Tomatoes and citrus fruits can trigger heartburn, especially when eaten by themselves on an empty stomach. Foods with a high vinegar content, such as salad dressings and pickles may be a trigger, too.

**Chocolate** contains caffeine which may be a trigger. Eating a small amount of chocolate without other hi fat foods may reduce the risk.

**Foods with a kick or intense flavor:** Hot, spicy foods are common triggers for heartburn, but peppermint may also be a problem as it may relax the esophageal valve. A lot of garlic and onion, especially raw, can also be risky. Don't do away with spices, onion and garlic, but dial-down the amounts you use.

**Chew Gum (not peppermint) after a meal!** Chewing gum keeps your mouth making saliva. This extra liquid helps neutralize acid and stimulates your stomach to empty faster, reducing the time heartburn has to set-in.

**Don't lie down, especially flat, after a meal!** Allow 2-3 hours between supper and bedtime. Talk with your doctor if heartburn is frequent. It could be a sign of other digestive problems.

**Track your triggers:** Make notes to help you pinpoint what causes discomfort. You may find that you may be able to drink or eat risky foods if you slow down your eating or just eat less. Sometimes eating a food by itself hurts but eating it with a meal does not!

Pay attention to the tips above and enjoy your St. Patrick's Day feast!

# MARCH, 2019



Everyone's Irish  
On March 17th.

Friday	Saturday
1	2
12:00 LUNCH	
8	9
12:00 LUNCH	
15	16
12:00 LUNCH	Birthday Club 1:00
22	23
12:00 LUNCH Memory Lane Music After Lunch	
29	30
12:00 LUNCH Non-Perishable Food Dist. Grace Church 1PM	<b>BINGO</b> 7PM

3	4	5	6	7
	Creaky Yoga At Grace Church 10:45	<b>Advisory Committee Meeting 10:00</b>  Pinochle 7PM	Tai Chi at the Community Center 9AM <b>12:00 LUNCH</b> <b>Brain Health DVD Series</b>	Creaky Yoga At Grace Church 10:45
10	11	12	13	14
Daylight Savings Begins	Creaky Yoga At Grace Church 10:45	<b>Quilters Meeting 9:30</b>  Pinochle 7:00PM	Tai Chi at the Community Center 9 AM  <b>12:00 LUNCH</b>	<b>Garden Club 9am</b> Creaky Yoga At Grace Church 10:45
17	18	19	20	21
<b>St. Patrick's Day Dinner 4:30 &amp; 6PM</b>	Creaky Yoga At Grace Church 10:45	Pinochle 7:00 PM	Tai Chi at the Community Center 9AM  <b>12:00 LUNCH</b> <b>First Day of Spring</b>	Creaky Yoga At Grace Church 10:45
24/31	25	26	27	28
	Creaky Yoga At Grace Church 10:45	Pinochle 7:00 PM	Tai Chi at the Community Center 9AM  <b>12:00 LUNCH</b>	Creaky Yoga At Grace Church 10:45

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](mailto: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 .



**Wednesday 3/6**  
**Hamburger**  
 (\*Must Be Well Done)  
**Dill Pickle**  
**Potato Salad**  
**Fruit & Yogurt**

**Friday 3/1**  
**Pulled Pork w/BBQ**  
**Brown Rice**  
**Hawaiian Roll**  
**Kale/Cabbage Slaw**  
**Veggies/Pineapple**

**Friday 3/8**  
**Krab Cake w/Tarter**  
**Rice Pilaf**  
**Sauted Squash**  
**Coleslaw**  
**Apple Cake**

**Wednesday 3/13**  
**Chicken & Sausage**  
**Gumbo**  
**Over Brown Rice**  
**Salad**  
**Fudge Brownie**

**Friday 3/15**  
**Ham & Gouda Wrap**  
**w/Lettuce & Tomato**  
**Whole Grain Sun Chips**  
**Salad**  
**Apple Crisp**

**Wednesday 3/20**  
**Shrimp Salad**  
**Oatmeal Bread**  
**Fresh Oranges**

**Friday 3/22**  
**Ruben Style Chicken**  
**Rainbow Potatoes**  
**Baby Carrots**  
**Salad**  
**Fruited Jell-o**

**Wednesday 3/27**  
**Beef Gyro Served on**  
**Whole Wheat Pita**  
**w/Tzatziki**  
**Roasted Potatoes**  
**Salad**  
**Ambrosia**

**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.

We started off the month of February watching old Phil back in Pennsylvania. He did not look real happy about being disturbed, but best of all he did not see his shadow. His keepers pronounced an early Spring and of course it snowed the next day. However, that was after the seniors had their pancake breakfast. What a great turnout, the best we have ever had. The proceeds from this event are earmarked for the meals on wheels program and the great turnout puts the center way up on the curve for meeting what is usually a yearly shortage on food costs. Many thanks to Roberta Vaughn and all the people who helped her stage such a successful event.

That leads us to the annual St. Patrick’s Day dinner which will be held on the 17<sup>th</sup> of March. Karin Gandini is getting her volunteers all lined up and this should also be a good event. In fact, it appears that this may be a summer of activities around Woodmen Hall.

Thanks to Keith Davis and Mike Hobi we now have a grease pit just outside of the kitchen. We are hoping that this addition and the chains around the refrigerators will keep the inspectors off our backs for a while. In the future the chains will be replaced with locks.

Finally, I want to remind everyone to get their flu and pneumonia shots

**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.**

### **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.

### **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 March 30th.**



## 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**



ANNUAL FUNDRAISER 3/17/19

CORNED BEEF & CABBAGE, CARROTS, POTATOES & DESSERT

SEATING'S 4:30PM & 6PM

LIVE MUSIC

ADULT \$15/ COUPLE \$25/ KIDS \$6 /UNDER 10 SENIORS \$12

TAKE OUTS 3:30-4:15

PROCEEDS TO BENEFIT LOPEZ ISLAND SENIOR CENTER

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: March, 2019

P O Box 154  
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY