



Lopez Island Senior Signal

Woodmen Hall

May, 2019

Well the sun came out for a couple of days, and now it's raining again. I was in Friday Harbor yesterday for a staff meeting and the tulips were blooming. It is a nice day trip to ride the ferry and just walk around shopping and going to the Whale Museum. (After my meeting). However, it sure is nice to come home to our quiet island at the end of the day.

This years Mystery Dinner is planned for Saturday May 25th at 6PM. The title this year is "The Mystery of the Vanishing Quilt Lady". Doors open at 5:30PM Dinner at 6PM. Original play by Gary Alexander with a cast of Lopez characters! Return to 1919 Lopez and join the Woodmen and the Maccabees as they discuss the flu epidemic, prohibition, the war, the Gourley camp, the temperance movement. Tickets will go on sale in early May at Paper Scissors. \$35.00 each.

Roni Becker

Senior Services Specialist

Signs a Senior Needs Help at Home

Admitting the need for help and accepting assistance is not easy for people as they age. The responsibility often falls on family members to recognize the signs that an aging loved one might need support with completing the [activities of daily living](#).

How do you know if it is time for in-home care? Look for the red flags listed below.

Changes in Physical Function and Mental Status

- Difficulty keeping track of time
- Sleeping for most of the day
- Poor diet or weight loss
- Loss of interest in hobbies and activities
- Changes in mood or extreme mood swings
- Difficulty getting up from a seated position
- Difficulty with walking, balance and mobility
- Unexplained bruising or injuries
- Marks or wear on walls, door jams, furniture and other items being used to help with stability while walking through the home
- Uncertainty and confusion when performing once-familiar tasks
- Forgetfulness, including forgetting to take medications or taking incorrect dosages
- Missing important appointments

Consistent use of poor judgment (e.g. falling for scams or sales pitches, giving away money)

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<https://www.agingcare.com/articles/signs-a-senior-needs-help-at-home-143228.htm>



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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@sanjuanico.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 Coordinator 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@sanjuanico.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 caregiving, 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.

Keep a LID ON the BLOOD PRESSURE!

From the Archives of Carol Simmer, RD

The facts: **One third** of all adults have high blood pressure! Our children (and now our grandchildren) are developing high blood pressure before they are out of high school! High blood pressure leads to stiffening and thickening of the arteries that contributes to atherosclerosis, strokes, heart disease, kidney disease and dementia. Yes, we all have a higher risk of developing high blood pressure as we age, but age alone is only one of the risk factors.

What works to lower blood pressure and to keep it under control? **First, do not smoke!** Or, quit smoking if you do. **Second, lose excess weight!** Excess weight is probably the main reason young people get high blood pressure. **Third, follow the DASH diet** principals (see below). **Fourth, exercise daily.** Perhaps 30 minutes of walking? This will help the weight loss! **Fifth, limit sodium (salt) and alcohol.** If you drink at all, men are limited to 2 drinks per day and women are limited to one. **Sixth, reduce stress.** Meds to lower blood pressure may still be needed, but please consider these lifestyle changes seriously.

The **DASH (Dietary Approaches to Stop Hypertension) Diet** has been around for a while and research has found it very effective. It emphasizes eating lots of fruits and vegetables and a good amount of whole grains. It promotes **low fat** dairy foods and **a small amount of lean protein**, as well as including **nuts, seeds, or legumes 4 or 5 times a week**. This is a fiber and calcium rich balanced diet fiber that provides adequate protein with healthy fats. The DASH DIET for HYPERTENSION by Thomas Moore, M.D. is a good resource. Also, Google "DASH diet menus" for some great recipe ideas.

Improve your blood pressure in the coming sunny months by staying active and by eating fresh, healthy foods. Try barbequing by following the DASH diet principals. Go easy on the hot dogs and brats and barbeque fresh meats, poultry and fish instead. Season with herbs and spices, lemon, onion and garlic instead of salty sauces. Have sparkling water or juices available as well as the wine and beer, and try grilling fresh veggies! You can grill most all firm veggies with delicious success. These tips plus adding fun activity to your family meals or social events may lower your blood pressure and raise the length and quality of life.

[Signs of unsafe driving](#) like unexplained dents and scratches on their car

Neglecting Household Responsibilities-

Continued from page.1

Inability to independently complete [Instrumental ADLs](#) (Activities of Daily Living)

- Little or no fresh, healthy food in the fridge
- Dirty house and/or extreme clutter
- Dirty laundry piling up
- Stains or wet spots on furniture or carpet
- Spoiled food that doesn't get thrown away
- Stacks of unopened mail or an overflowing mailbox
- Late payment notices, bounced checks and calls from bill collectors

MAY, 2019

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
			1 Stephanie 10-11am 12:00 LUNCH May Flowers	2 Creaky Yoga At Grace Church 10:45	3 Stretching w/ Stephanie 10-11am 12:00 LUNCH	4 Garden Club Plant Sale 10am
5	6 Creaky Yoga At Grace Church 10:45	7 Advisory Committee Meeting 10:00 Pinochle 7:00PM	8 Stephanie 10-11am 12:00 LUNCH Brain Health DVD Series	9 Garden Club 9am Creaky Yoga At Grace Church 10:45	10 Stretching w/ Stephanie 10-11am 12:00 LUNCH	11
12	13 Happy Mother's Day Creaky Yoga At Grace Church 10:45	14 Quilters 9:30am Pinochle 7:00PM	15 Stretching w/ Stephanie 10-11am 12:00 LUNCH	16 Creaky Yoga At Grace Church 10:45 Foot Clinic Call for Appoint- ment	17 Stretching w/ Stephanie 10-11am 12:00 LUNCH Birthday Club 1:00	18 BINGO 7PM
19	20 Creaky Yoga At Grace Church 10:45	21 Pinochle 7:00 PM	22 Stephanie 10-11am 12:00 LUNCH Advanced Care Planning	23 Creaky Yoga At Grace Church 10:45	24 Stretching w/ Stephanie 10-11am 12:00 LUNCH	25 Mystery Dinner 6:00 PM
26	27 Memorial Day Creaky Yoga At Grace Church 10:45	28 Pinochle 7:00 PM	29 Stretching w/ Stephanie 10-11am 12:00 LUNCH	30 Creaky Yoga At Grace Church 10:45	31 Stephanie 12:00 LUNCH Non-Perishable Food Dist. Grace Church	

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

Menu Subject to Change due to Unforeseen Circumstances

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 5/1
Chicken Ala King
Potato
Steamed Veggies
Salad
Fruit

Friday 5/3
Shrimp Salad
Oatmeal Bread
Fresh Oranges

Wednesday 5/8
Salisbury Steak
Mashed Potatoes &
Gravy
Caribbean Veggies
Salad
Fruit

Friday 5/10
Lemon Pepper Chicken/
Herb Roasted
Potatoes
Baby Carrots
Spinach Salad
Strawberry Shortcake

Wednesday 5/15
All-Beef Frank
Whole Wheat Bun
Kraut
Potato Salad
Peach Crisp

Friday 5/17
Pub Style Fish & Chips
w/tarter
Kale Citrus Salad
Fresh Melon

Wednesday 5/22
Swedish Meatballs
Over Noodles
Broccoli Normandy
Spinach Salad
Mandarin Oranges

Friday 5/24
Asian Chicken
Sesame Vinaigrette
Wantons
Fresh Grapes

Wednesday 5/29
Beef Stew
w/Garden Veggies
Salad
Biscuit
Fruit

Friday 5/31
Grilled Chicken
Sandwich w/Tomato
Pesto & Mozzo
Greek Salad
Fresh Melon

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.

The Lopez Operations Committee

Well it is the merry month of May and I think spring is here. We are all thinking about gardening, finishing decks, planning summer vacations and other related activities. The board is also thinking about activities, such as the Mystery Dinner, 4th of July parade landscaping activities and a commercial microwave for the kitchen.

I had hoped to have some definite information about senior related bills in the Legislature, but at this writing most of them are thru the committee work but final votes have not been taken. We also know there is money in the budget for senior activities but do not know how it will be spread out.

This month the Area Agency on Ageing (AAA) will begin to work on contracts for the subcontractors, Such as food services, and Information and Assistant subcontracts. I do not expect any Participants to change so services should remain about the same. If anyone has information they feel should be brought up in this contract work, let me know

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.

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 May 18th.



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 Mon. Wed. and Friday. 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

Advanced Care Planning Workshop

Wednesday May 22nd.

Woodmen Hall 12:45-2:15

Please RSVP to Roni 360-468-2421

Do your loved ones and primary care provider know what to do for you in the case of a medical emergency? Please join us for this workshop to prepare a Health Care Directive explaining your goals, values and preferences for treatment.

- . Discover differences between a POLST, directive and a will
- . Understand your rights and the significance of a power of attorney
- . Explore important values and choices at end of life
- . Share experiences and learn about services available at end of life

Presented by: Dana Brothers, Outreach and Communications Program Manager at Hospice of the Northwest. Certified as an Honoring Choices Advanced Care Planning Facilitator.

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Lopez Island, WA
98261

Or Current Resident

SENIOR SERVICES COUNCIL OF SAN JUAN COUNTY
P O Box 154 Lopez Island, WA 98261
Phone: 360-468-2421 FAX: 360-468-3021 Location: 4102 Fisherman Bay Road E-mail: ronib@sanjuanco.com Issue: MAY, 2019