



Lopez Island Senior Signal

Woodmen Hall

June, 2019

Happy Fathers Day

It is that time of year again. Please notice the membership application on the back of the newsletter and support Senior Services on Lopez Island.

Today we received our new washer and dryer here at Woodmen Hall. Thanks to your support.

We are proud to announce a new Facebook page for San Juan County Health Department. Please try it out and like the page so we can get some activity.

<https://www.facebook.com/SJCPUBLICHEALTH/>

Thanks to Debbie Haagen- sen and Contessa Downey for setting up our new Facebook page.

Enjoy your summer and please join us for lunch. Bring a friend. :)

Roni Becker

Senior Services Specialist

Fun Summer Activities for Seniors to Stay Active

Make it a morning walk. Get up early and head out! You can avoid the hottest times of the day and the strongest sunlight by getting back before 10 am. Be safe by bringing along a bottle of water.

Join a senior center. Many offer indoor exercise classes specifically designed for seniors, so you won't feel behind. Classes often vary in intensity, too, with some centers even offering classes specifically geared towards people who have trouble standing or walking.

Use that green thumb. Many people don't think about gardening as a physical activity, but it requires a lot of movement and burns more calories than you realize. If you don't have a backyard, you can look into helping out at a local community garden, or join a gardening club.

Volunteer your time. Summer is a great time to look for ways to get out and give back to your community.

Go to a dance. If you live in a senior community, find out if they have a dance scheduled. If they don't, find out how to organize one yourself. Dancing is a great way to get the body moving, and it's a fun event that lets you socialize, too.

Read more at [http://](http://www.seniorhealthmemos.com/2013/06/10-fun-summer-activities-for-seniors-to-stay-active/#c8JrTHffvUthjvCD.99)



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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 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@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 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.

Senior Farmer's Market Coupon Applications Are Available at the Lopez Senior Center

Do you drool over the fresh, juicy berries and sweet cherry tomatoes for sale each summer at your local farmer's market, but find that the price of local produce is a bit out of reach? You might be eligible to receive Senior Farmer's Market Coupons/Vouchers. Funded by the USDA, the Senior Farmer's Market Nutrition Program (SFMNP) provides low-income seniors with coupons/ vouchers that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at approved farmers' markets and farm stores.

Senior Farmer's Market Coupon applications are available now at the _____ Senior Center now (supplies are limited). Eligible seniors will be mailed coupons exchangeable for \$40 in edible produce at the San Juan Island, Orcas Island, Anacortes and other Markets. (The Lopez Market is not participating this year.) To be eligible, you must meet **all** of the following:

- Be 60 years old or older (55+ if Native American or Alaska Native)
- Be a resident of Washington State
- Have an income below:
 - \$23,107 Annual / \$1,926 Monthly for 1 person, **or**
 - \$31,284 Annual / \$2,607 Monthly for 2 people
 - Add \$681 monthly for each additional person in the household.

***One set of vouchers per person. **Proof of income not required. ***Please only apply for Coupons if you know you will redeem them by October 31.**

For more information, call: 360-746-6480.

Fresh Bucks

Do you receive SNAP EBT benefits? If so, did you know that starting July 1 Nourish to Flourish, the Coalition to End Hunger on San Juan Island is offering is offering \$20 Fresh Bucks every time you shop at the San Juan Island Farmers Market and the San Juan Island Food Co-op. That means that \$20 on your EBT card = \$40 in fresh, local produce. For more information about the Nourish to Flourish or Fresh Bucks, contact the Health Department at 360-378-4474 or the Family Resource Center 360-378-5246.

JUNE, 2019

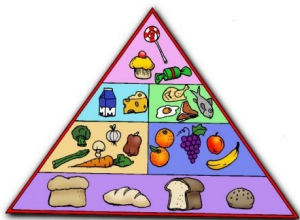
<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
						1
2	3 Creaky Yoga At Grace Church 10:45	4 Advisory Committee Meeting 10:00 Pinochle 7:00PM	5 12:00 LUNCH	6 Creaky Yoga At Grace Church 10:45	7 12:00 LUNCH	8
9	10 Creaky Yoga At Grace Church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

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

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 6/5</u> Crab Cake W/Tarter (Pollock/Snow Crab) Rice Pilaf Salad Sliced Peaches</p>	<p><u>Friday 6/7</u> Beef Stroganoff Over Rotelle Pasta Green Peas Salad Fruit</p>
<p><u>Wednesday 6/12</u> BBQ Chicken Legs Sweet Potato Peas & Onions Salad Sliced Pears</p>	<p><u>Friday 6/14</u> 1/2 Chef Choice Wrap Broccoli Soup Salad Cookie</p>
<p><u>Wednesday 6/19</u> Penne W/Sausage & Mushroom Marinara Italian Veggies Caesar Salad Fruit</p>	<p><u>Friday 6/21</u> Grilled Chicken Burger w/lettuce & Tomato Potato Salad Baked Beans Choc. Pudding</p>
<p><u>Wednesday 6/26</u> Turkey Meatloaf w/mashed Potatoes Roasted Carrots Salad Apricots</p>	<p><u>Friday 6/28</u> Dill Salmon Wild Rice Pilaf Whole Green Beans Salad Coconut Fruit Salad</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.

The Lopez Operations Committee

Well May has been an exciting month and I am not sure what more June can bring.

The washer/dryer in the kitchen rusted out and we have purchased a new one which Should be installed by now. We have a new microwave and may possibly have a grant

For either a plate warmer or a new steam table. Sounds like a new kitchen. In addition We received word that our application for property tax exclusion has been approved and Not paying property tax will sure help our operational costs.

I had hoped for more news about some of the legislature bills that affected seniors, and I am Still waiting. I do know that Long Term Care Trust act passed and was on the Governor’s desk for signature. This act is like social security in that wage earners will put money into a trust which they can Access towards the end of life. Still trying to find out about the property tax limit for seniors. Rumor has it that the budget money for seniors has remained about the same.

I want to caution all seniors with wells to keep a close eye on water levels. We are predicted to have a dry summer and there are already more than 30 advertisements for Air B&Bs on Lopez and several hundred Vacation Rentals by Owner Advertised in the San Juan Islands. This could greatly affect Water usage.

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



Sorry No Bingo this month.



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

Crisis Hotline: 24 hr. 800-584-3578 WA Relay:800-833-6384 www.imhurting.org

Join Us - Renew Your Membership - Make A Contribution

Yes, I/ we want to join/renew membership in Senior Services of San Juan County (Lopez Island) for 2019/2020 (July 1, 2019 thru June 30, 2020).

() \$20 Individual Membership () \$30 Couple Membership

I/we wish to make an additional contribution to support Senior Services on Lopez Island:

() to Lopez Island Senior Center \$ _____

() to Special Needs Fund \$ _____ () to Senior Transportation \$ _____

Check payable to Lopez Island Senior Center, for membership plus any donation.

Gifts are fully tax deductible 501(c)3.

Last Name _____ First Name _____ Birthday * _____

Spouse _____ Birthday * _____

Street address _____

E-mail address _____ ****New****

City _____ State _____ Zip _____

Mailing address (if different) _____ Phone _____

** Optional for grant funding.*

*******FOR OFFICE USE ONLY*******

() Individual - \$20 () Couple - \$30 () Additional Donation _____

Date Received _____ () Cash (receipt#) _____ () Check # _____

() New Member () Renewal

First Member # _____ Spouse/Partner Member # _____

Mail to: Lopez Island Senior Center , PO 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: June, 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