Let me open by saying Thank You for all of the membership renewals that we have received so far. Lopez is so wonderful and generous.

On that note, we have been informed by the Friends of Woodmen Hall that our heating system is not going to last much longer. They have received an estimate of approximately $15,000 to put in a new heat pump system which will include air conditioning. One VERY generous member has offered to come up with half of that amount to the sum of $7,500 if we can match it. So what do you say Lopez? Any more generous donors that can help us out with this project?

As stated by Carl last month, I was married to Dick Wilkie/Propane Man. My name will be changing to Wilkie. Thank you for all of the well wishes. Our reception was at Woodmen Hall and it was wonderful.

Roni Becker-Wilkie
Senior Services Specialist

Berta’s Breakfast Buffet
8/3/19 8:30am-11am
Woodmen Hall
Proceeds to benefit Lopez Meals On Wheels
Scrambled eggs, ham, pancakes, biscuits with or w/o sausage gravy, fruit, coffee, tea, juice, baked goods
$12 Adult, $5 child under 12, & $30 Family
Call for info: Roni 360-468-2421

What’s Inside
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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 Island 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 rwebwh@gmail.com

FOOT CLINIC
Is managed by individuals providing the service and not affiliated with the Senior Center programs. Contact Rose (360) 317-3123. Third Thursday of the Month. By appointment only. Please call her directly.
Did you know that Washington State produces more blueberries than any other state and is one of the top three raspberry producing states? In fact, Whatcom County is the top red raspberry producing county in the nation! A variety of strawberries also grow locally and are available at U-pick farms throughout the region. Summer berries not only burst with color and flavor; they are high in antioxidant activity, low in calories, and high in vitamin C. Berries are also a good source of fiber, and are perfect for topping cereal, yogurt, or ice cream, or just on their own.

The above trio of berries is not alone in the berry world. Blackberries, gooseberries, boysenberries, marionberries, currants, aronia berries (chokeberries), are others are grown in our area or brought-in for sale. To learn more about berries native to the Pacific Northwest, check out the University of Washington’s “The Whole U” website: at https://wholeu.uw.edu. Select the June, 2018 article from the archive list.

Why not grow a lesser-known or harder-to-find berry, like the marionberry or aronia berry for fun and good eats! Cloud Mountain, Box Berry Farm, Barbie’s Berries, and Joe’s Garden are just a few spots in Whatcom County that sell both berries and berry plants from early spring to early fall. Visit Bellingham Country Gardens on the Mt. Baker Highway for late season U-Pick strawberries. In San Juan County check out the Lopez, Orcas, and San Juan Island Farmers Markets each Saturday throughout the summer for berries and a variety of other locally grown produce.

The fresh berry season may be coming to a close, but frozen berries and jellies and jams can be eaten year-round. Freezing preserves the fruit and the nutrition of the fruit so enjoy fruits, especially berries, all winter!

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**Powerful Tools for Caregivers**

**Taking Care of You**

6 week free course

Mark your Calendar

9/19, 9/26, 10/3,10/10,10/17 & 10/24

Thursdays 1:30p.m. - 3:00p.m. Woodmen Hall

Are you caring for a loved one? Don’t miss this important series of classes where you will develop a wealth of self-care tools, including: reducing personal stress; changing negative self-talk; communicating your needs to family, doctors, and others; dealing with challenging situations; making tough caregiving decisions; solving problems; and setting goals. Call Roni at 360-370-7515
## August, 2019

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<th>Sunday</th>
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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
https://www.facebook.com/WAStateABLE/
https://twitter.com/wa_able

<table>
<thead>
<tr>
<th>Menu Subject to change due to Unforeseen Circumstances</th>
<th>Friday 8/2</th>
<th>Friday 8/9</th>
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<tbody>
<tr>
<td></td>
<td>Peruvian Cilantro Chicken &amp; Rice Rainbow Carrots Coleslaw Chocolate Pudding</td>
<td>Denver Omelet w/ Sausage Patty Breakfast Potatoes Fruit &amp; Yogurt Orange Juice</td>
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<tr>
<td>Wednesday 8/7</td>
<td>Taco Salad Cornbread Grapes</td>
<td>Friday 8/16 Lemon Pepper Cod Roasted Yam Capri Veggies Garden Salad Fruit</td>
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<tr>
<td>Wednesday 8/14</td>
<td>Stuffed Cabbage Rolls Tri Color Potatoes Green Beans Spinach Salad Raspberry Sherbet</td>
<td>Friday 8/23 Chicken Penne Pasta Italian Veggies Caesar Salad Berry Crisp</td>
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<tr>
<td>Wednesday 8/21</td>
<td>Chili Stuffed Baked Potato Broccoli Florets Garden Salad Tropical Fruit Salad</td>
<td>Friday 8/30 Chicken Salad Wrap Garden Sun Chips Fruit Cup Chocolate Chip Cookie</td>
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<tr>
<td>Wednesday 8/28</td>
<td>Dill Salmon Wild Rice Pilaf Brussels Sprouts Salad Fruit</td>
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The Lopez Operations Committee

The 4th of July turned out to be pretty good for the Lopez Seniors. Besides watching the annual parade, we participated in it. Roni Becker and Judy Matalon decorated the senior van and with Jerry Manion driving and Annie Fox helping. They threw out about 50 pounds of candy to the kids along the route. Thanks to Mary Ann Riggs for her donation of candy for the event. That evening watching the fireworks was even more spectacular and fun to watch. Then over the weekend Paul Berg, Carol Jones, Diana Bailey, and Barbara Andrews ran one of the largest Bingo games we have ever had. It was a good week.

The next event for us will be the pancake breakfast on August 3rd at Woodmen Hall. As she has in the past, Roberta Vaughn will be flipping the cakes and presiding over the cooking of eggs and ham. Then it is get ready for the Friends of Woodmen Hall’s annual auction and sale. We have one sad event during this time, our cook, Jessica will be leaving to take on new endeavors. We wish her luck and our best. At this time we have no idea who a new cook will be.

As for the building and grounds activities, we will be making a group of minor upgrades. A new spigot for watering the lawn and flowers on the front side of the building have been installed. We will be changing a down spout so it will not wash out the grease pit, and cleaning the moss off of the roof of the pump house.

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 is $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.

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@sanjuanco.com to request a copy.

Angie’s Activities

Tuesday Evenings: Pinochle at 7 PM

Bingo August 31st

7PM.
Services We Provide

**Lunch**
Served twice a week at each Senior Center. **Lopez Island** has lunches on Wednesday and Friday at Noon. Orcas Island has 3x weekly on Monday, Wednesday and Friday. 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.

**Local Diabetes Counseling:** Contact Lopez Lions, Lynn Lyndboe RN, trained diabetes educator for free diabetes awareness training and counseling; (360) 622-5146 (text or call), email: lopezlionsclub@gmail.com

**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
**DHS:** 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
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