



# Lopez Island Senior Signal

Woodmen Hall

August, 2019

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



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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 are open to the public. Consider attending one or more meetings 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 is 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 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 [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) 317-3123. Third Thursday of the Month. By appointment only. Please call her directly.

## A Berry Good Season Meals on Wheels and More

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!

### **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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Creaky Yoga At Grace Church 10:45	2  12:00 LUNCH	3  <b>Berta's Breakfast 8:30-11 Woodmen Hall</b>
4	5  Creaky Yoga At Grace Church 10:45	6  <b>Advisory Committee Meeting 10:00</b>  Pinochle 7:00PM	7  12:00 LUNCH	8  Creaky Yoga At Grace Church 10:45	9  12:00 LUNCH	10
11	12  Creaky Yoga At Grace Church 10:45	13  Pinochle 7:00PM	14  12:00 LUNCH  <b>Brain Health DVD Series</b>	15  Creaky Yoga At Grace Church 10:45  <b>Foot Clinic Call for Appoint- ment</b>	16  12:00 LUNCH	17
18	19  Creaky Yoga At Grace Church 10:45	20  Pinochle 7:00 PM	21  12:00 LUNCH	22  Creaky Yoga At Grace Church 10:45	23  12:00 LUNCH	24
25	26  Creaky Yoga At Grace Church 10:45	27  Pinochle 7:00 PM	28  12:00 LUNCH	29  Creaky Yoga At Grace Church 10:45	30  12:00 LUNCH  <b>Non- Perishable Food Dist. Grace Church</b>	31  <b>Bingo 7PM</b>

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](mailto:Christina.gagnon@commerce.wa.gov)

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

[https://twitter.com/wa\\_able](https://twitter.com/wa_able)

To order lunch take-outs or for home delivered meals please call 360-468-2421. Please call before 10:00 a.m. to place your order.

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

### 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

The 4<sup>th</sup> 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 3<sup>rd</sup> 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.

### **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](mailto:ronib@sanjuanco.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 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 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.

**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](mailto: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

**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

**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: August, 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  
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Permit #15  
Lopez Island, WA  
98261