



# Lopez Island Senior Signal

Woodmen Hall

July, 2019

It that time of year again for 2019-2020 Membership drive. It seems like every time we turn around there is another new expense. Here is a list of the most recent. Septic back up causing us to have plumbing replaced, new grease trap installed, and septic pumped. Water heating booster for dishwasher. New washer & dryer for dish cloths. New stove & microwave. Electrical update and addition due to additional usage. Gravel pit installed in back yard for kitchen mat washing station.

These are all in additional to our normal operating expenses. As you can see, we need your help. Please consider making an additional donation to your annual membership renewal.

Volunteers needed to help set up before lunch on Wed. & Fri. 11am-11:30.

Have a Happy & Safe 4th.

Roni Becker

Senior Services Specialist

**July 4th  
Fun Run  
Registration at  
Lopez Market 12-4pm July 2nd/3rd  
OR morning of race from 7-8am  
Start time 8:30 am  
at Islanders Bank (Run start location)  
Awards at 10am**

**Lopez Library Annual Book Sale  
9am-3pm Community Center**

**Parade  
Starts at 11am on Fisherman Bay,  
through the village. Floats line up due  
south of Islander at 9am.**

**Fireworks  
10:30pm Watch from Fisherman Bay**



What's Inside	
Administrative Info.	2
Nutrition Letter	3
Calendar/ Events	4
Menu	5
Karin & Angie's Info	6
Services/	7
References	8
Upcoming Events	

### **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](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 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](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.

## Summer Salads for Warmer Days

By Susy Hymas, Nutrition Assessor  
Meals on Wheels and More

At the end of a warm day do you ever wish to have a cool and simple meal? For those times I like salad recipes that are hearty and healthy using fruits and veggies in season.

**Start with leafy greens.** Greens that are darker in color have more nutrients and antioxidants. Choose romaine, spinach, baby kale arugula or spring mix.

**Pile on veggies and fruits.** Raw, lightly steamed or roasted vegetables or fresh fruit are excellent additions. Choose a variety of colors for the most health benefits. Try summer squash, blueberries, strawberries, tomatoes, bell peppers, or whatever is in season.

**Add lean protein.** Make your salad a main dish by adding chicken, turkey, tuna, salmon, tofu, eggs, and/ or beans.

**Add a sprinkling of cheese** for added calcium, protein and flavor.

**Add crunch.** Topping your salad with nuts, seeds or croutons made from whole grains adds protein, heart healthy fats, and fiber.

Homemade salad dressings not only save money, but can add heart healthy fats to your diet. They also tend to be lower in salt and sugar than store bought varieties. Here is a recipe for an **All Purpose Vinaigrette:**


- 1 medium garlic clove
- ¼ teaspoon salt
- 5 tablespoons olive oil
- 6 tablespoons orange juice
- ¼ white wine or red wine vinegar\*
- 1 tablespoon Dijon mustard

Peel garlic and smash or dice. Using a fork, mash garlic with salt in a small bowl to form a coarse paste. Whisk in oil. Add juice, vinegar and mustard. Whisk until blended. Add more juice to increase sweetness.

\*Other vinegars may be substituted such as apple cider, white or balsamic.

Including a variety of colors and textures is key to creating a satisfying summer salad packed with nutrients and antioxidants. A glass of milk or other calcium-rich drink will complete the nutritional profile of most hearty salads.

# JULY, 2019

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

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)

**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.

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

**The Lopez Operations Committee**

Well here we are about ready for summer and it feels like it is already here. I wish to let the seniors know that it is tough getting ferry reservations back to Lopez. It was impossible to get a reservation the week before Memorial Day and with the 4<sup>th</sup> of July period descending on us it may well be the same. If you can make your reservations early, I suggest that you do so.

Has everyone had an opportunity to see the new wall paint in Woodmen Hall? The new paint is lighter in color and makes the room seem much lighter. Some say it even appears to make the room appear larger. I am not sure I see that but OK. The next step that the Friends of Woodmen Hall are addressing is a change to the wainscoting. I understand that the material for the change is here already, but just not installed. Another item on our agenda is to clean the moss off of the pump house roof.

As most of you probably already know, we had a significant event in June. We married off our Senior Services Specialist and we wish the two of them happiness and good luck.

We do need some new members and fresh ideas for the senior services board. If you have an interest in taking part or fresh ideas please let one of the current members know.

**Carl Bender, Chairman**  
**Lopez Operations Committee**

<b><u>Wednesday 7/3</u></b> Shredded Beef Enchiladas Spanish rice/Beans Salad Pineapple Chunks	<b><u>Friday 7/5</u></b> Ruben Style Chicken Roasted Yam Brussels Sprouts Spinach Salad Fresh Melon
<b><u>Wednesday 7/10</u></b> Tuna Noodle Casserole Baby Carrots Salad Fresh Melon	<b><u>Friday 7/12</u></b> BBQ Pulled Pork Brown Rice Hawaiian Roll Crinkle Cut Carrots Pineapple Coleslaw Fruit
<b><u>Wednesday 7/17</u></b> Baked Cod Wild Rice Pilaf Green Beans Salad Fresh Grapes	<b><u>Friday 7/19</u></b> 1/2 Grilled Chicken & Avocado Wrap Lentil Soup Salad Choc. Chip Cookie
<b><u>Wednesday 7/24</u></b> Ham w/Pineapple Roasted Sweet Potato Nantucket Veggies Salad Fruit	<b><u>Friday 7/26</u></b> Chicken Parmesan w/Garlic Noodles Italian Veggies Caesar Salad Strawberry Ice Cream
<b><u>Wednesday 7/31</u></b> Shrimp Salad Oatmeal Bread Fresh Fruit	<b>Menu Subject to change due to Unforeseen Circumstances</b>



**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.**

**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 July 6th  
7PM.**



**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.

## 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](http://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: July, 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