



# Lopez Island Senior Signal

Woodmen Hall

November 2019

## Happy Thanksgiving Month

Remember to be Thankful for all that you are blessed with.

Berta's Breakfast Buffet is on 11/2 please join us. More information on back page.

Veteran's Lunch will be on 11/13 this year. Donations now being accepted to sponsor a veteran for lunch. Last year we served 80 lunches and our normal count was about 30-40.

Progress is being made on the fundraising for a new Heating & A/C system for Woodmen Hall. So far with our matching fund we have raised \$9,920 of the \$15,000 needed. We are having the building assessed, and paperwork is in process. Efficiency grants are being looked for also.

Our Bingo machine is not working properly and is being assessed at this time. Bingo is on hold for now.

Roni Becker Wilkie



## The Importance of Family Caregivers

November is **National Family Caregiver Month**... a time to raise

awareness of caregiving issues and recognize and honor the millions of people who provide care for loved ones. Families and friends have always been the primary source of help to those with long-term care needs. Family caregivers are the backbone of this nation's in-home care system. Caregivers represent all genders, ages and ethnic groups. They are wives, husbands, partners, daughters, sons, neighbors and friends.

How do you know if you are a family caregiver?

- Do you help a family member or friend with shopping, transportation, arranging appointments, or fixing meals?
- Do you assist with laundry and cleaning, medication management, or making sure bills are paid on time?
- Do you worry about someone's well-being while you are away?

If you answered yes to any of these, you are a caregiver.

*Article continued on page 3...*



### 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 Wilkie, Senior Services Specialist  
Gail Leschine-Seitz, Aging & Family Case Coordinator 360-370-7528  
Ken Lloyd, 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

### 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)

### Veterans Appreciation Lunch

**Please consider sponsoring a Veteran for lunch on 11/13. Meals are on a donation basis but we would like to offer them to the Veterans on Lopez without any obligation for payment. Your \$5.00 donation will support our efforts to do that. Veterans Please Call to RSVP at (360)468-2421**

## 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. First Monday day of the Month. By appointment only. Please call her directly.

## 'Tis the Season for Foodborne Illness

### *Meals on Wheels and More*

For most people, Thanksgiving is the largest meal they cook and/or eat all year. However, from shopping for ingredients to reheating leftovers, there are many opportunities for foodborne illness to occur. While we may become wiser with age, people over age 65 are also at increased risk for foodborne illness and often take longer to recover.

Luckily, a few food safety tips can allow people of any age to enjoy holiday meals safely.

- Separate raw meat, poultry and seafood from other foods in your grocery cart and in the refrigerator.
- If purchasing a fresh turkey, use within four days of purchasing. Frozen turkeys may be purchased up to a year in advance.
- The safest way to thaw frozen turkey is in the refrigerator. Allow 24 hours for every 5 pounds of turkey. Keep your thawing turkey in the bottom of your fridge on a tray that can catch drips.

A USDA study found that more than 80% of people inadvertently cross contaminate other food with bacteria from turkey.

- Prevent cross-contamination by washing hands frequently. Raw meats should always be kept on separate surfaces. Also, countertops, cutting boards, and utensils should be sanitized after each step in the food preparation process. Chlorine-based sanitation wipes work best for surfaces. **Do not wash your turkey** before cooking. Rinsing raw poultry can cause bacteria to be splashed around the kitchen.
- Cook turkey thoroughly. Use a digital thermometer to ensure that the turkey has reached 165° in the thickest part of the breast, wing and thigh. Stuffing, whether inside or outside of the bird, must also reach 165° to kill harmful bacteria.
- Chill leftovers quickly to halt bacteria growth. Don't leave leftovers out for more than two hours. Leave warm foods uncovered in the fridge until a temperature of 40° is reached and then cover. Store leftovers in shallow containers. Cut turkey off the bone before refrigerating and store stuffing separately from meat. Cool leftovers completely before packing and freezing in airtight containers. Leftovers will last up to four days in the fridge.



Always reheat leftovers to 165° to kill any harmful bacteria (This applies to all leftover food at any time of year).

**Have a happy and safe Thanksgiving!**

## The Importance of Family Caregivers

*continued from page one...*

Caregiving can be a 24-hours-a-day, seven-days-a-week job," states the Caregiver Action Network ([caregiveraction.org](http://caregiveraction.org)). Providing care, sometimes around the clock, can be challenging; however, there are services and resources available to assist you. Many organizations provide helpful information online, and medical professionals can often guide you in seeking support.

The Family Caregiver Support Program (FCSP) is a program provided by San Juan County Health and Community Services' Human Services Division. The FCSP recognizes that each caregiver's situation is unique. This is why the FCSP helps caregivers manage their own caregiving experience. In our county there are support specialists who, through screening and assessment, authorize caregivers to receive needed services: resources, health information, respite care, counseling services and individualized services.

The Family Caregiver Support Group is for unpaid caregivers to talk to others going through similar issues in a confidential environment. Caregivers listen to each other's stories, information is shared, resources are offered; laughter and tears are frequent experiences. We are in the process of starting a Family Caregiver Support Group on Lopez Island, so please contact Gail Leschine-Seitz at 360-370-7528 if you are interested in participating.

Consultants are available to caregivers in one-on-one sessions at no cost, through the FCSP. There are consultants who specialize in Dementia and Alzheimer's disease, grief, family communication, and end of life issues.

Respite care is also available to caregivers. If caregivers need a break or additional support, there are a number of programs that can provide some time out for the caregivers to recoup.

We also periodically offer *Powerful Tools for Caregivers* class series on Lopez, Orcas and San Juan Islands; please contact us if you would like to be notified of upcoming classes.


To access the FCSP, please drop by one of the Senior Centers or, for San Juan Island and Lopez Island, call Gail Leschine-Seitz at 360-370-7528. For Orcas Island, call Heidi Bruce at 360-370-0591.

We look forward to assisting you!

**San Juan County Senior Services**

*Source: Northwest Regional Council*

# NOVEMBER, 2019

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
					1 12:00 LUNCH	2
3 <b>Daylight Saving Time Ends</b>	4 Foot Clinic Call Rose for Appointment Creaky Yoga At Grace Church 10:45	5 <b>Advisory Committee Meeting 10:00</b>  Pinochle 7:00PM	6 12:00 LUNCH	7 Creaky Yoga At Grace Church 10:45	8 12:00 LUNCH	9
10	11 <b>Veterans Day</b>  Creaky Yoga At Grace Church 10:45	12 <b>Quilters 9:30</b>  Pinochle 7:00PM	13 <b>Veteran Appreciation Lunch</b>  12:00 LUNCH	14 <b>Garden Club 8:45-12</b>  Creaky Yoga At Grace Church 10:45	15 12:00 LUNCH  <b>Birthday Club 1-3pm</b>	16
17	18  Creaky Yoga At Grace Church 10:45	19  Pinochle 7:00 PM	20  12:00 LUNCH	21  Creaky Yoga At Grace Church 10:45	22 12:00 LUNCH  <b>Non-Perishable Food Dist. Grace Church</b>	23
24	25  Creaky Yoga At Grace Church 10:45	26  Pinochle 7:00 PM	27  12:00 LUNCH	28 <b>Happy Thanksgiving</b> 	29  Closed NO LUNCH SORRY	30  <b>Sorry No Bingo</b>

**Lopez Union Cemetery**  
**Annual Wreath And Craft Sale**

**November 29-December 7**  
**10:00-2:00**

**In the Cemetery Workshop**  
**Beautiful Handmade Christmas wreaths and swags for sale to benefit Lopez Union Cemetery & Center Church.**

**To pre-order wreaths call the workshop (360) 468-3032 after November 12th from 10-2.**



**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**

This will not be the first time you read this, but remember that November is the month we give recognition to our caregivers. We appreciate the professional caregivers in our community who give of their time and efforts in assisting and caring for the elderly. However, let us not forget the family caretakers. These are the family members who administer care, and help to spouses, parents, and even children in the community. They give of their time and energy and usually do it without any pay or other compensation.

I am sure that everyone who attends Roberta Vaughn's pancake breakfast on Saturday the 2<sup>nd</sup> will come away satisfied with full tummies. She always provides a great meal. Our next fundraiser will be the cookie sale in December. We have not picked a date at this time, but it is coming.

In the way of projects, we still have a new refrigerator on our list, but a new priority is obtaining a plate warmer. Currently the ladies in the kitchen are warming plates in the dishwasher which means they are making many trips back and forth. A new plate warmer will save on electricity, water, footwear, and time. We are still working on moss control and wains coating. Most of the workmen on the island are busy at this time, but we will get it done.

We here at Woodmen Hall hope everyone has a Happy Thanksgiving.

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

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

<p><b>Menu Subject to change due to Unforeseen Circumstances</b></p>	<p><b>Friday 11/1</b>  <b>Shrimp Salad</b>  <b>Oatmeal Bread</b>  <b>Fresh Grapes</b></p>
<p><b>Wednesday 11/6</b>  <b>Herb Pork Chop</b>  <b>Mashed Potatoes</b>  <b>Caribbean Veggies</b>  <b>Salad Bar</b>  <b>Applesauce</b></p>	<p><b>Friday 11/8</b>  <b>Chicken Parmesan</b>  <b>w/Garlic Butter Pasta</b>  <b>Veggies</b>  <b>Caesar Salad</b>  <b>Sliced Peaches</b></p>
<p><b>Wednesday 11/13</b>  <b>Roast Beef</b>  <b>w/Mashed Potatoes</b>  <b>Steamed Carrots</b>  <b>Roll &amp; Ice Cream</b></p>	<p><b>Friday 11/15</b>  <b>Broccoli Bacon Quiche</b>  <b>Roasted Veggies</b>  <b>Salad Bar</b>  <b>Fresh Fruit</b></p>
<p><b>Wednesday 11/20</b>  <b>Dill Salmon</b>  <b>Wild Rice Pilaf</b>  <b>Green Beans</b>  <b>Spinach Salad</b>  <b>Fruit</b></p>	<p><b>Friday 11/22</b>  <b>Sweet &amp; Sour</b>  <b>Meatballs Over Rice</b>  <b>Asian Veggies</b>  <b>Salad Bar</b>  <b>Fruit</b></p>
<p><b>Wednesday 11/27</b>  <b>Roasted Turkey</b>  <b>w/Cranberry Sauce</b>  <b>Mashed Potatoes &amp; Gravy/Stuffing/Pie</b></p>	<p><b>Friday 11/29</b>  <b>Sorry</b>  <b>No Lunch</b>  <b>Today</b></p>

**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 4:30 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.

**Angie’s Activities**

**Tuesday Evenings: Pinochle at 7 PM**



**Sorry No Bingo  
This month**

**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.

**Lopez Thrift Shop  
Christmas Sale**

**Sat. Dec 7th**

**9am-12pm Lopez School  
Multi-purpose Room**

## 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 Nordrum 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



**Berta's Breakfast Buffet**

**11/2/19 8:30am-11am**

**Woodmen Hall**

**Proceeds to benefit**

**Lopez Meals On Wheels**

**Scrambled eggs, ham, pancakes, biscuits and gravy with or  
without sausage,**

**fruit, coffee, tea, juice, baked goods**

**\$12 Adult, \$5 child under 12, & \$30 Family**

**Call for info: Roni 360-468-2421**

Bulk Rate  
Non-Profit  
U.S. Postage  
PAID  
Permit #15  
Lopez Island, WA  
98261

Or Current Resident

Phone: 360-468-2421  
FAX: 360-468-3021  
Location: 4102 Fisherman Bay Road  
E-mail: ronib@sanjuanco.com  
Issue: November, 2019

P O Box 154  
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY