



Lopez Island Senior Signal

Woodmen Hall

October 2019

Good News,

We have received \$9,820 in donations of the needed \$15,000 for our new heating and A/C system. Thank you to those who have already given & please keep the donations coming.

Please note the break down of where funding comes from for Meals On Wheels on Page 3 of this newsletter.

We have a new cook here at Senior Services. His name is Ken Lloyd and he has been cooking professionally on Lopez for many years. His first day was yesterday and the meal was very good.

Please try to attend the Medicare Questions & Challenges talk here after lunch on 10/16. An informative flyer was in last months newsletter. Please RSVP.

Roni Becker Wilkie

Senior Services Specialist

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 asap to register. We need at least 8 people to sign up so please call today.



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

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
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 by the 5th of each month for the following month's issue. Newsletter is 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 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

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.



Meals on Wheels and More – Q&A

Julie Meyers, Meals on Wheels and More Director

Many questions have come up recently about Meals on Wheels and the Senior Center lunches (also called Senior Community Meals).

Question: What organization is responsible for providing Senior Community Meals (Senior Center Meals) and home delivered “Meals on Wheels”?

Answer: Meals on Wheels and Senior Community Meals are administered in Whatcom and San Juan Counties by Meals on Wheels and More, a program of the Whatcom Council on Aging (WCOA), a 501(c)(3) nonprofit organization. In SJC, the Program is provided through a three-way partnership between WCOA, San Juan County, and the Senior Services Council of SJC (SSC).

Question: How are Meals on Wheels and Community Meals funded?

Answer: Meals on Wheels and More relies on multiple sources of funding, many of which are not guaranteed each year. The program is partially funded by a federal grant through the Older Americans Act. This grant determines who is eligible to participate in the meals. It also requires us to offer the meals on a donation-only basis to eligible participants.

We also depend on levy funding from San Juan County, client meal donations, a grant from the United Way of SJC, annual fundraising contributions by each senior center, as well as other grants, contracts, and private donations to fund the program in SJC.

Question: How much does it cost to participate in Senior Community Meals or Meals on Wheels?

Answer: Senior Community Meals and Meals on Wheels are offered on an anonymous donation-only basis to those age 60 and over and other eligible persons (see below).

**We suggest a donation of \$5.00 per meal or whatever is affordable.*

Meal Eligibility Criteria:

The following persons are eligible for donation-based meals:

Senior Community Meals (Senior Center Meals)

- Anyone age 60 or over
- The spouse/domestic partner, unpaid caregiver, or disabled dependent of an eligible senior
- Volunteer of any age (Must volunteer with Senior Community Meals or Meals on Wheels)

Persons under age 60 who do not meet the above criteria will be charged \$7.00 per meal.

Meals on Wheels (Home Delivered Meals)

- Age 60+ and Homebound and Experiencing difficulty shopping for and preparing meals
- The spouse/partner, unpaid caregiver, or disabled dependent of an eligible senior

** There is NO income requirement to receive Meals on Wheels.*

The full cost of a meal to us is approximately \$7.00 (average for both counties). While we depend on meal donations to help fund the program, **all seniors and other eligible persons are encouraged to participate regardless of their ability to donate.**

Do you have additional questions or suggestions? Feel free to contact me at 360-733-4030 x1025 or jmeyers@whatcomcoa.org.

Emergency Preparedness

ARE YOU READY?

As we progress into fall and winter, with increased chances of severe weather, it is a perfect time for all of us to review our emergency plans and take stock of our supplies. Natural disasters such as earthquakes, tsunamis, severe storms and fires, can happen anywhere, any time so please make sure you and your family are ready to be as self-sufficient as possible. Please refer to the enclosed San Juan County Department of Emergency Management Preparation Calendar to help guide you in your planning and gathering of emergency supplies. We highly recommend that you have at least two weeks of supplies on hand. Do not forget to keep some supplies in your vehicles in case you are on the road when an emergency occurs. We have also listed contact information for services that you may need during or after an emergency.

Please check out the Department of Emergency Management website at www.sanjuandem.net, or call 360-370-7612 for more information; if you do not have internet access, you are welcome to use the computer at Lopez Library, and/or ask staff for assistance. **It's never too soon to start preparing!**



OCTOBER, 2019

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
		1 Advisory Committee Meeting 10:00 Pinochle 7:00PM	2 12:00 LUNCH	3 AARP Safe Driving 9-4 Powerful Tools 1:30-3pm	4 12:00 LUNCH	5
6	Creaky Yoga At Grace Church 10:45	8 Quilters 9:30 Pinochle	9 12:00 LUNCH	10 Garden Club 8:45-12 Powerful Tools 1:30-3pm	11 12:00 LUNCH	12
13	Creaky Yoga At Grace Church 10:45	15 Pinochle 7:00PM	16 12:00 LUNCH Medicare Changes Q & A 12:45 After Lunch	17 Creaky Yoga At Grace Church 10:45 Powerful Tools 1:30-3pm	18 12:00 LUNCH Birthday Club 1-3pm	19
20	Creaky Yoga At Grace Church 10:45	22 Pinochle 7:00 PM	23 12:00 LUNCH	24 Creaky Yoga At Grace Church 10:45 Powerful Tools 1:30-3pm	25 12:00 LUNCH Non-Perishable Food Dist. Grace Church	26 Sorry No Bingo
27	Creaky Yoga At Grace Church 10:45	29 Pinochle 7:00 PM	30 12:00 LUNCH	31 		

Time for Flu Vaccinations!

Fall is upon us—and with it, cold and flu season. For some, influenza can be a mild illness. For others, flu can be a serious disease that can lead to hospitalization and sometimes death. People at increased risk of flu complications include those with chronic medical conditions, older adults, and infants younger than six months old. **The best way to protect yourself and others from the flu is to get a flu shot.** The Centers for Disease Control recommends that people get a flu vaccine by the end of October or mid-November so antibodies can develop before the flu season peaks. The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Other ways to stay healthy during flu season are to wash your hands frequently, cover your cough, avoid close contact with others who are sick, and practice good health habits such as getting plenty of sleep, water, good nutrition, and exercise. For more information about the flu vaccine, visit: www.cdc.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 360-468-2421. Please call before 10:00am to place your order.

The Lopez Operations Committee

So is everyone prepared for the ghosts and goblins who will be running around on Halloween? Halloween always seems to be quiet around our neck of the woods, but that is typical as who wishes to go thrashing around in the dark? This month we have 2 events happening. First the AARP Safe Driving Class on 10/3. Next the Medicare Questions & Challenges on 10/16. Along with the continuing series of Powerful Tools for Caregivers classes. Berta's Breakfast Buffet will be coming up soon on 11/2. Then we will start planning our annual cookie sale in December.

We have a new cook, who started in September. Ken Lloyd is a native of Lopez who hails from an old island family. According to him, he has cooked in almost every kitchen on the island. In any case we are happy to have him and plan to provide him with all the support he needs. The search for cooks has been an exhausting effort by the Whatcom County subcontractor. They still have not hired a cook for the San Juan Island Senior Center.

With respect to kitchen equipment we are keeping a close eye on one of our refrigerators. It has been showing funny signs (like the compressor heating up). As a result we have begun to look at refrigerators on the market and set up a fund for purchasing one if it becomes necessary. Donations for this fund will be welcome. Other maintenance items are the cleaning of the gutters, the moss on the pump house roof and the installation of the wainscoting.

Sorry no Bingo this month until we get the Bingo machine fixed.

Carl Bender, Chairman
Lopez Operations Committee

<u>Wednesday 10/2</u> Beef Stroganoff w/ Rotelle Pasta Brussels Sprout Garden Salad Fruit	<u>Friday 10/4</u> Baked Cod w/ Radish Tzatziki Sauce Wild Rice Pilaf Fresh Broccoli Salad & Fresh Grapes
<u>Wednesday 10/9</u> Ham w/Pineapple Roasted Sweet Potato Steamed Veggies Spinach Salad	<u>Friday 10/11</u> Chicken Enchiladas Spanish Rice Pinto Beans Garden Salad Pineapple Chunks
<u>Wednesday 10/16</u> Taco Salad Cornbread Orange Wedges	<u>Friday 10/18</u> Pesto Tortellini Riviera Veggies Caesar Salad Banana Pudding
<u>Wednesday 10/23</u> Swedish Style Meatballs Over Egg Noodles Green Beans Spinach Salad Fruit	<u>Friday 10/25</u> Pub-Style Fish Rainbow Potatoes Mixed Beans Coleslaw Fruit
<u>Wednesday 10/30</u> Turkey & Cranberry Mashed Potatoes Nantucket Veggies Peach Crisp	Menu Subject to change due to Unforeseen Circumstances

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.

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.

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

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

Lopez Family Resource Ctr. (360)-468-4117



Berta's Breakfast Buffet

11/2/19 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

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: October, 2019

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY