



Lopez Island Senior Signal

Woodmen Hall

September 2019

Although the tourists have gone home, things are still happening here at the Senior Center.

Membership is down. Our membership consists of 289 names. To date only 107 have paid. Please consider filling out the back page and dropping it off or putting it in the mail today.

We received our first donation of \$320.00 toward are new heating and A/C unit. We have a donor willing to match half of the total amount of \$15,000 so we have a ways to go. Our remaining balance toward the match is \$7,180. Do you need a tax donation? Then here is your opportunity.

Lastly some words of advice. Don't go tent camping in a Rainforest, even in August. We learned this lesson the hard way. Never so glad to come home to our beautiful Lopez Island.

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



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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 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.

Drought Protection...Do You Have Enough?

From the archives of Carol Simmer, RDN

The drought I am talking about is the water level in your body, not the water table in the ground or the snow-pack in the mountains! Water is the essential transport of nutrients, especially glucose, to your muscles and other organs. Optimal energy levels for daily activities as well as for exercise hinges on your fluid intake. Do you ever experience fatigue, mild headache or "lack of energy" in the middle of the day? It might be due to dehydration. Drinking an extra glass of water each day may be the "pick-me-up" that you need.

The body in drought (dehydration) is just as devastating as drought in your lawn! People tend to ignore the signs of dehydration and do not realize the long term effects it can cause. If you think about the percentage of water in our critical organs (lungs and liver 85%, kidneys and blood 83%, brain, heart, and muscle 75%) you can understand how depriving these organs of optimal hydration over time can cause damage to them! The kidneys and liver are particularly at risk since they rid the body of waste products. When we feel thirsty we are already dehydrated! Mild to moderate signs of dehydration include thirst, fatigue, dry skin, headache, constipation, and dizziness. Extreme dehydration includes extreme thirst, confusion, dark urine, low blood pressure, rapid heartbeat and/or rapid breathing.

How much fluid is enough? The recommendation of 2 quarts (8 cups) of fluid per day is a good general guide. However, men need more water than women as a general rule because men have a higher percentage of muscle than women! Exercise, body weight, heat exposure, certain medical conditions or medications can also affect your fluid needs.

Carry water with you to sip if you are engaged in a physical activity for more than 30 minutes. Be careful with caffeinated beverages during exercise. In the short term, caffeine can make your exercise seem easier but on the downside it also acts as a diuretic, increasing your risk of dehydration.

As we age our sense of thirst diminishes as does our body's ability to conserve water. Sip water throughout the day to stay hydrated. If plain water is not your thing, motivate yourself to drink more by flavoring it with lemon, mint or other fruits or herbs! Eating foods high in water such as fruits, broth based soups and vegetables can also help prevent dehydration. Avoid the drought. Don't wait until you are thirsty to drink fluids.

AARP Safe Driving Course

Coming to Woodmen Hall 10/3/19 Thursday 9am-4pm

Research-based, classroom, driver safety course based upon statistics garnered from the review of driver fatality crashes by the National Highway Transportation Assoc. Attendees should upon completion of the mandatory (WA) 8-HR course receive a discount on their auto insurance coverage. Cost for AARP member, \$15; non-members \$20. For further information, icmystique@comcast.net or 360-632-1752

SEPTEMBER, 2019

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

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.

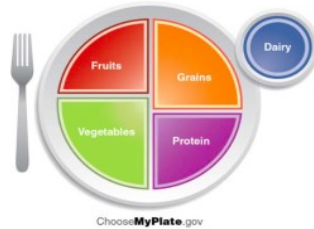
Christina.gagnon@commerce.wa.gov

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

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.

Menu Subject to change due to Unforeseen Circumstances



Wednesday 9/4
Shrimp Salad
Oatmeal Bread
Fruit

Friday 9/6
BBQ Pulled Pork
Brown Rice/Roll
Crinkle Cut Carrots
Broccoli Coleslaw
Fruit

Wednesday 9/11
Beef Enchilada
Spanish Rice
Refried Beans
Garden Salad
Fresh Pineapple

Friday 9/13
Ahi Tuna Salad
Spring Rolls
Mandarin Oranges

Wednesday 9/18
Chicken
Alfredo Pasta
Broccoli Florets
Garden Salad
Coconut Fruit Salad

Friday 9/20
Swedish Meatballs
Over Egg Noodles
Broccoli
Spinach Salad
Fruit

Wednesday 9/25
Salmon Filet
Wild Rice Pilaf
Green Beans
Kale Citrus Salad
Fresh Fruit

Friday 9/27
Macaroni & Cheese
Italian Sausage Link (Chicken)
Steamed Veggies
Salad/Fruit

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 pancake breakfast was a success. As usual Roberta Vaughn put together a great breakfast that everyone I talked too seemed to enjoy. People were patting their tummies as they left the hall. The affair provided us with a good sum of money for meals on wheels and should pay for any shortfall in this year's meals on wheels budget.

Remember that the meals on wheels budget pays for our share of the food and the cook. Money for meal deliveries, maintenance on the vans, and gas comes from the membership dues. We have had fewer people sign up as members, combined with the fact that more people are asking for home delivered meals, makes us a little fearful for next year. As a result, I wish to encourage anyone who has not signed up and especially potential newcomers to join us. The dues are \$20 for one person and \$30 for a couple.

The operations committee has a healthy list of items to address in the coming months and with the resignation of two board members, it puts a strain on the remainder of the board. We are in need of new board members so I want to mention again that if anyone is interested, please get in touch with either myself or Roni Becker Wilkie.

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.

Angie’s Activities

Tuesday Evenings: Pinochle at 7 PM



**Bingo September 28th
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.

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: September, 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