



Lopez Island Senior Signal

Woodmen Hall

December 2019

We have had a busy couple of months here at Woodmen Hall.

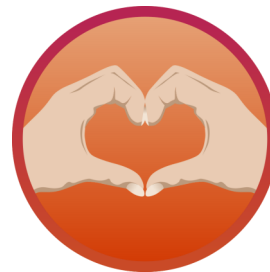
Attendance for the AARP Safe Driving class was up this year. Powerful tools for Caregivers was a success. Berta's Breakfast Buffet was well attended. Last but not least, was the Veterans Appreciation Lunch. Our Average meals per month show the steady increase in meals. July 48 , August 53, September 54, October 60. On 11/13 for our Veterans appreciation Lunch we served a total of 91 meals. Our new chef Ken Lloyd is doing a wonderful job. If you have never been here for lunch, please join us. We serve lunches Wed. & Fridays at noon. If you know a senior who is home bound please call for home delivery also.

Thanks to our wonderful volunteers who make all of this possible.

Roni Becker Wilkie

Senior Services Specialist

Announcing Lopez Island Family Caregiver Support Group



*Beginning 12/19/19
Woodmen Hall 1:30pm-3pm
See page 3 for further information*



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

Emergency Planning

Susy Hymas, Meals on Wheels and More

Whether we like it or not, winter is approaching in our corner of the Northwest. We never know exactly what winter will bring, but we do know there will be rain, some cold and possibly even snow or wind events. Our corner of the world can also experience earthquakes. If the weather gets bad, you can hopefully stay bundled up in your home.

Are you prepared in case the power goes out, or you cannot get out due to snow or ice? Having emergency supplies for weather events or other disasters is always a good idea. What should you have on hand to keep you safe and nourished in case of emergency? Disaster preparedness planners recommend that we have at least three days of emergency supplies. Everyone's situation is different, but here are some suggestions to help you and your family prepare:

- Keep enough water on hand for at least three days. The recommendation is for one gallon per person per day.
- Consider your medications. Talk to your pharmacist about stockpiling an emergency supply of your essential medications. Include some over the counter pain medications in your emergency supplies. Be sure to check expiration dates on all medications.
- Flashlight and some extra batteries.
- Transistor radio and extra batteries.
- If you have pets, make sure you have some emergency food and water for them as well.
- Other supplies to have on hand include: a whistle, some cash (ATMs may not be working), and an emergency blanket.

Every cupboard should have an emergency food supply for those times when you cannot cook or get out of the house to get supplies. Stock up on foods that you like; rotate and use before they reach their expiration date. Here are some suggestions for your emergency food supply. (If you are on a special diet or have food allergies be sure to adjust accordingly.)

- Milk or milk alternative in cans or shelf stable boxes
- Canned fruit and vegetables
- Tuna and/or canned meats
- Canned or boxed soups and stews
- Canned Chili
- Crackers
- Peanut butter and nuts
- Breakfast bars/energy bars
- Hot and cold cereal
- Shelf stable juice

In addition to food, your emergency supplies should include a can opener, knife, scissors, paper towels, hand wipes, eating utensils, and paper plates.

It is always a good idea to have an out of area contact that you can call in an emergency to let know that you are safe. Sometimes local lines get busy and it is easier to call out of area folks. With a little preparation you will be ready for a power outage or whatever weather this winter brings.

What is a Caregiver?

The Caregiver role begins when a friend or family member can no longer do things they have always done, due to health or aging issues. Sometimes it is so gradual that the person carrying the extra load doesn't notice when the new responsibility changes the way she/he functions in life, or that they need to ask for help.

Self-Care for Caregivers is the #1 Priority.

- **Nutrition**
- **Exercise**
- **Relaxation**
- **Laughter**
- **Daily Time for one's self**

Call and see how the Caregiver Group can work for you...

Roni Becker Wilkie

Senior Service Specialist (360) 468-2421

Research Project Seeking Participants 80 and Older

Elaine Eliopoulos, a PhD student in gerontology at University College London, is seeking participants for her research involving those individuals over 80 years old. Participation would involve an interview with her, and possibly (optional) taking photographs with a camera she would provide. Elaine is currently living in San Juan County.

Elaine can be reached at 978-973-7866 or email her at Eliopoulos.18@ucl.ac.uk for any inquires or questions, without obligation. Anyone interested should contact her directly. This is a one time interview.

DECEMBER, 2019

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1	2 Foot Clinic Call Rose for Appointment 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	6 12:00 LUNCH Cathy Doherty Slide Show	7 Thrift Shop Sale School 9-12
8	9 Creaky Yoga At Grace Church 10:45	10 Quilters 9:30 Pinochle 7:00PM	11 12:00 LUNCH	12 Creaky Yoga At Grace Church 10:45	13 12:00 LUNCH Cookie Sale Drop Off 3-5pm Birthday Club 12:00 Grace Church	14 Cookie Sale Woodmen Hall 10am-2pm
15	16 Creaky Yoga At Grace Church 10:45	17 Pinochle 7:00PM	18 12:00 LUNCH Christmas Choir After Lunch Woodmen Hall	19 Family Caregiver Support Group 1:30-3 Creaky Yoga At Grace Church 10:45	20 12:00 LUNCH	21
22	23 Creaky Yoga At Grace Church 10:45	24 Pinochle 7:00 PM	25 Merry Christmas Closed NO LUNCH SORRY	26 Creaky Yoga At Grace Church 10:45	27 12:00 LUNCH Non- Perishable Food Dist. Grace Church	28 Sorry No Bingo
29	30 Creaky Yoga At Grace Church 10:45	31 Pinochle 7:00 PM				

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

November was a busy month, with a pancake breakfast, a Veterans Day dinner and then preparations for Thanksgiving. I wish to thank Roberta Vaught again for her work in putting together the pancake breakfast. I think it was a success. Also it was fun to have the Veterans in for lunch. They always have some good stories. I do want to remind everyone of the upcoming cookie sale. The money we take in also goes to the Meals on Wheels and more. The cookie sale and pancake breakfast usually pay the Lopez share of the Meals on Wheels program. The state legislature passed the Long Term Care Trust act. This act is like social security in that working people put 5% of the salary into a trust starting in 2022. In 2025 people who have put money into the trust can draw up to \$100.00 per day for 365 days. The good thing about this is that the individual gets to determine which days to receive the money. I believe the legislature also added money to MEDICAID to pay some of the expenses for hearing aids. I am uncertain of the details, however. At this time it appears that the levy lid has passed. We have been holding our breath since this provides a large portion of the money the county pays for our program. We have been getting things ready for winter here at the hall. We had the gutters cleaned, the moss cleaned off of the roof of the water pump house. We also had a leak in the chlorine pump fixed and a couple of water leaks in the crawl space fixed. All three leaks turned out to be broken connections. We have some limbs hanging over the pump house which need removing.

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.

Menu Subject to change due to Unforeseen Circumstances



Wednesday 12/4
 Penne w/ Meat Sauce
 Italian Veggies
 Caesar Salad
 Fruited Jell-O

Friday 12/6
 Orange Glazed Salmon
 Rice Pilaf
 Green Beans
 Spinach Salad
 Pecan Pie

Wednesday 12/11
 Reuben Style Chicken
 Baked Yam
 Steamed Veggies
 Kale Citrus Salad
 Fresh Fruit

Friday 12/13
 Chinese BBQ Pork
 Fried Rice
 Egg Roll
 Mandarin Oranges
 Fortune Cookie

Wednesday 12/18
 Cabbage Rolls
 Roast Potatoes
 Capri Veggies
 Salad Bar
 Raspberry Sherbet

Friday 12/20
 Chicken Fettuccini
 Italian Green Beans
 Caesar Salad
 Fruit

Wednesday 12/25
Sorry Closed
Merry Christmas

Friday 12/27
 Tuna Casserole
 Brussels Sprouts
 Spinach Salad
 Fruit

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**

**Lopez Thrift Shop
Christmas Sale
Sat. Dec 7th 9am-12pm
Lopez School
Multi-purpose Room**

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 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)

Lopez Island Clinic-UW Medicine

Hours of operation Monday through Friday 8AM to 5PM
Call 360-468-2245

Press #1 for general appointments

Press #2 for Lab appointments and for Urgent issues to speak with the clinic staff.

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: (360) 370-7470 or veterans@sanjuanco.com

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

Annual Christmas Cookie Sale
Saturday December 14th 10am-2pm
Drop off Friday December 13th 3pm-5pm
This is a big fundraiser for Meals on Wheels
Thank you for your support



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