



Lopez Island Senior Signal

Woodmen Hall

January, 2020

Happy New Year

How do they keep flying by faster and faster every year? Remember when you were a kid and Christmas took so long to get here every year?

I hope that everyone was able to spend some time with family and friends over the holidays.

Our new plate warmer is working well.

But our roof is leaking and that is a new expense that we weren't expecting. We are working on solving that problem.

Meal attendance is up a little every month, thanks to our new cook. Thanks Ken.

We are looking for volunteer drivers for medical appointments in town once or twice a month. Please call for details.

Roni Becker Wilkie

Senior Services Specialist



SENIOR MONEY PROJECT
A financial education program for senior citizens

STATEWIDE PROJECT CAUTIONS SENIORS ABOUT SCAMS

Greetings. My name is Tony Leahy and I'm the Director of CENTS, a non-profit organization. Our mission at CENTS is to help people improve their financial health. We have a variety of programs aimed at different audiences to accomplish that goal. Because Consumer Reports has reported that over \$3 billion a year is stolen from seniors every year and we are seeing this epidemic play out our communities as well, we have made scam prevention one of our main focuses.

I will periodically write in this newsletter about different types of scams and things you can do to protect yourself and your loved ones, but today I'll start out by letting you know about a project we designed just for you. The Senior Money Project was created to teach people how to identify and avoid scams. I hope to do a presentation in your area soon; however, CENTS' Senior Money Project is now available online free-of-charge.

The Senior Money Project consists of educational videos and resources and can be found at www.seniormoneyproject.org. The educational videos are organized into three chapters: 1) reverse mortgages; 2) scams and 3) identity theft and estate planning. Washington State Attorney General Bob Ferguson collaborated on the project and appears in introductory vignettes.

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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
Vacant - Vice Chairman, Operations
Carol Jones, Treasurer
Carl Bender - Water/NWRC
Barbara Andrews - Member at Large
Mary Ann Riggs-Member at Large
Holly Lovejoy-Secretary
Karin Gandini - Senior Events and Activities
Patty Ward - Friends of Woodmen Hall
Barbara Jennings-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.

Resolve to Eat More Potassium-Rich Foods in 2020

Meals on Wheels & More Staff



We often associate New Year's with resolutions to cut back on or completely cut out certain foods from our diet. However, wouldn't it be great if our resolutions focused on adding foods to our diet to improve our health instead of what we should cut out?

One nutrient most of us should resolve to consume more of in our diet is potassium. Potassium is a mineral and electrolyte that plays an important role in several body processes including muscle contractions, heart function and managing water balance.

While the body tightly regulates blood levels of potassium regardless of the amount we consume in food, a diet rich in potassium can help lower blood pressure as well as reduce risk of stroke, kidney stones and osteoporosis. Most of us do not meet the latest US Dietary Guidelines to consume 4,700mg of potassium per day. Eating a potassium rich diet is particularly important for older adults. Two out of three people in the USA over 65 have hypertension (high blood pressure). Many medications for high blood pressure may be potassium-wasting and your doctor may recommend potassium supplements as well as a potassium-rich diet. Ask your pharmacist or doctor if you are taking a drug that may be potassium-wasting (or potassium-sparing). **Do not take a potassium supplement without a physician's advice.**

Most people do not have to worry about getting too much potassium from diet alone. However, if you have kidney disease, you can potentially end up with too much potassium in your blood (hyperkalemia) which can be life-threatening. You may be encouraged to follow a low potassium diet.

Excellent and/or Very Good sources of Potassium include:

Dark green leafy vegetables	Bananas
Tomato Sauce	Soy Beans
Clams, Halibut, Tuna	Avocado
Prunes/Prune Juice	Orange Juice
Milk	Yogurt
Dried Beans, Lentils, Split Peas	White Potatoes
Sweet potatoes, Winter Squash	Carrots

Each of these foods contains approximately 400-700mg of potassium per serving.

What potassium-rich foods will you resolve to eat more of? For a more extensive list of high potassium foods contact Julie at jmeyers@whatcomcoa.org or 360-733-4030 x1025.

Have a happy and healthy 2020!

Emergency Preparation—Month #1

ARE YOU READY?

A couple of months ago, we sent out an Emergency Preparation Calendar in the newsletter that provided a month-to-month guide for preparing for natural disasters.

If you don't have a copy of this preparation calendar, you can pick one up at Woodmen Hall or, for more information and preparedness tips, visit www.sanjuandem.net/prepare.

How ready are YOU? Have you already purchased the items you will need and done the activities for months 1-3? If not, please join us in making a New Year's Resolution to start preparing THIS MONTH and to continue doing so throughout the year. Chances are you already have at least some of the items on hand. Here are the recommendations for January:

PURCHASE:

- Water—10 gallons per person and each pet. Purchased water has a very long shelf life.
- Hand-operated can opener
- Canned meat, stew, or pasta meals—10 cans/person
- Two flashlights with batteries

ACTIVITIES:


- Inventory disaster supplies already on hand, especially camping gear.
- If you fill your own water containers, mark them with the date filled.
- Date water and food containers if they are not dated.

Do NOT count on having water available via the town, your well or a nearby lake; any or all of these sources may not be available or safe. Also, grocery stores might not be open or accessible and even if they are, supplies will likely be very limited. If you have difficulty shopping, ask a neighbor or friend to help you out and remind them to get supplies for themselves as well.

Also, please remember to carry some supplies in your vehicle—some water and a blanket at a minimum. Tip: Keep your vehicle emergency supplies in a backpack in case you need to walk somewhere.

Emergencies can and do happen! Getting prepared is one of the most important resolutions we can all make.

JANUARY, 2020

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
			1 Sorry Closed New Years Day	2 Creaky Yoga At Grace Church 10:45	3 12:00 LUNCH	4
5	6 Foot Clinic Call Rose for Appointment Creaky Yoga At Grace Church 10:45	7 Advisory Committee Meeting 10:00 Pinochle 7:00PM	8 12:00 LUNCH	9 Garden Club 9-12 Creaky Yoga At Grace Church 10:45	10 12:00 LUNCH	11
12	13 Creaky Yoga At Grace Church 10:45	14 Quilters 9:30 Pinochle 7:00 PM	15 12:00 LUNCH	16 Family Caregiver Support Group 1:30-3 Creaky Yoga At Grace Church 10:45	17 12:00 LUNCH Birthday Club 1:00	18
19	20 	21 Pinochle 7:00 PM	22 12:00 LUNCH	23 Creaky Yoga At Grace Church 10:45	24 12:00 LUNCH	25 Bingo 7PM
26	27 Creaky Yoga At Grace Church 10:45	28 Pinochle 7:00 PM	29 12:00 LUNCH	30 Creaky Yoga At Grace Church 10:45	31 12:00 LUNCH Non-Perishable Food Dist. Grace Church	



CENTS
CONSUMER EDUCATION
AND TRAINING SERVICES

*Article continued
from front page...*

"Learning how to protect your money has become a vital skill for older Americans," says the Honorable Karen A. Overstreet (Ret.), co-founder of CENTS.

Please take a moment to check out the videos and the robust resources on the website. I look forward to writing about the latest scams and ways we can look out for each other and prevent them.

Tony Leahy, Executive Director, CENTS

**Menu Subject to change due to
Unforeseen Circumstances**

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><u>Wednesday 1/1</u> Sorry Closed Happy New Year</p>	<p><u>Friday 1/3</u> Swedish Meatballs Over Noodles Broccoli Normandy Spinach Salad Sliced Peaches</p>
<p><u>Wednesday 1/8</u> Lemon Pepper Chicken Herb Roasted Potatoes Baby Carrots Spinach Salad Tropical Fruit</p>	<p><u>Friday 1/10</u> Pork Loin smothered w/ Mushrooms and Onions Potatoes Au Gratin Green Beans Cinnamon Applesauce</p>
<p><u>Wednesday 1/15</u> Beef Stew w/ Garden Veggies Garden Salad Buttermilk Biscuit Fruit</p>	<p><u>Friday 1/17</u> Chicken & Dumplings Steamed Broccoli Spinach Salad Fruit</p>
<p><u>Wednesday 1/22</u> Beef Enchiladas Spanish Rice Refried Beans Garden Salad Pineapple Chunks</p>	<p><u>Friday 1/24</u> Vegetable Lasagna Italian Veggies Caesar Salad Ice Cream</p>
<p><u>Wednesday 1/29</u> Broccoli Bacon Quiche Baby Red Potatoes Fresh Fruit Cookie</p>	<p><u>Friday 1/31</u> Swiss Steak Mashed Potatoes & Gravy Caribbean Veggies Garden Salad Fruited Jell-O</p>

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

Here we are starting a new year and we are off and running. We are sure that everyone had a merry time during the holidays and are ready to engage in their planned activities for the New Year. December was an eventful month with the cookie sale and other island activities. The annual cookie sale was a success and as most people know the money raised becomes the Lopez share of the food cost for the meals on wheels and more program.

We hope everyone has noticed the new plate warmer in the kitchen. Thank you Holly for your work in obtaining the plate warmer as it saves the people serving food a lot of steps. We also hope it saves a little on the electric bill. Notice the new wains coating on the walls provided by the friends of Woodmen Hall

As we start the New Year we find ourselves in need of a couple of volunteers. We have a need for someone to run our Giving Tree program. This program involves receiving contributions for leaves, ensuring the leaves are made according to the contributor's wishes, and maintaining a log of the leaf activities. Secondly, we need someone to help run the Bingo activities. We strive to have a Bingo night on the last Saturday of each month and it usually takes four or five people. The total money made on the Bingo games will usually pay a month operational expenses.

**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 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



Saturday 1/25 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 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. Also medical equipment such as walkers, toilet raisers, and more.

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

Family Caregivers Support Group: Third Thursday from 1:30-3:00 at Woodmen Hall

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

Family Caregiver Support Group
 Meetings 3rd Thursday 1:30-3pm
 This month 1/16/20



Woodmen Hall

Are you a family member caring for a loved one?
 Then this group is for you. Come learn from
 others and share coping tools. "If you don't take
 care of yourself, you aren't any good to either of
 you."

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: January, 2020

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 Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
 OF SAN JUAN COUNTY