



Lopez Island Senior Signal

Woodmen Hall

February, 2020

Happy February

FYI our locks and code for the front door will be changing on 3/1. Too many keys floating around, and heat being left on.

Please join us on 2/8 for our next Berta's Breakfast. See back page for details.

We are looking for a volunteer van driver for medical appointments as far as Seattle. Driver would probably only need to drive once or twice a month.

Kelli Nopson has agreed to come and cook for us this year on 3/17 for our annual St. Patrick's Day Dinner. We are looking forward to seeing her and having another wonderful meal. Please join us for this fundraiser for Meals on Wheels.

We have a new free exercise program here at the Hall. More information inside.

Roni Becker Wilkie

Senior Services Specialist

Is It Time for Your Loved One to Retire From Driving?

Perhaps the best test is whether you want the grandkids as passengers?

Older drivers these days are keeping their licenses longer and logging more miles on their cars than in the past, according to the [Insurance Institute for Highway Safety](#). Nevertheless, fatal crash rates do tend to increase considerably after age 70 and reach their peak among drivers 85 and older.

Because you want to make sure your loved one doesn't become one of those unfortunate statistics, take a proactive approach to making sure your parent, partner or spouse is still fit to drive.

For many older drivers, driving serves as a form of independence and sometimes even a source of pride, so this is a sensitive subject.

If you can, "have your loved one's doctor broach the subject. As health care professionals, we need to accept responsibility for bringing up this subject. Noting that the cognitive or motor-skills changes they're experiencing put them at greater risk from other drivers is "a better way to frame it than saying, 'You're not safe,'"

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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.

Winter Whites Pack a Nutritional Punch! Meals on Wheels and More

Health professionals often preach the importance of vibrant color in choosing our veggies and fruits. However, many light colored veggies and fruits, which are plentiful in winter, have a variety of important nutrients worth noting.

The cruciferous vegetables, cauliflower and turnips, are noted for their anti-inflammatory and antibacterial phytochemicals. The phytochemical, sinigrin, helps detoxify carcinogens by inhibiting cell growth and division of cancer cells. Turnips are also high in nitrate which may decrease blood pressure.

Potatoes are very high in potassium (rivaling bananas!), and are also a good source of fiber (with the skin), Vitamin B6 and Vitamin C. Potassium is a vital electrolyte for our nerves and cardiovascular system and also helps with bone strength. Vitamin B6 plays significant role in protein, fat and carbohydrate metabolism as well as the creation of red blood cells and neurotransmitters. Vitamin C is necessary for the growth, development and repair of all body tissues.

The Allium family of Vegetables, which includes garlic, onions, shallots, leeks and chives, has been valued for centuries for its medicinal properties. Sulfur containing compounds not only give alliums their characteristic taste and smell (and tear inducing properties), they are also responsible for their many health benefits. These include anti-inflammatory and antimicrobial (antibiotic and anti-fungal) effects as well as potential blood pressure, cholesterol and blood sugar lowering, anti-clotting, and cancer protective benefits.

Pears are always a winter treat! A delicious dessert or salad all by themselves or mixed with other fruits. The pear's high fiber content is one sweet fruit that may slow-down digestion and help prevent blood sugar spikes, especially important for diabetes management.

"Eating the rainbow" has visual appeal and is certainly great nutrition advice. However, the "winter whites" is an underappreciated category of foods that boosts flavor and nutrition in winter and all year round. Enjoy!

Questions? Contact Julie at 360-733-4030 x1025 or jmeyers@whatcomcoa.org



Emergency Preparation— Month #2

If you are an older adult living in our community, you may face additional challenges during an emergency; mobility and health issues may be more challenging and family, friends and support services, such as caregivers or meal delivery, may be unavailable to assist you for some time. For these reasons, it is especially important that you plan ahead for emergency situations. Hopefully by now you have inventoried your emergency supplies and made sure you have water, flashlights and some extra food on hand. This month, everyone should:

PURCHASE:

- Canned vegetables - 8 per person
- Sanitary napkins/incontinence supplies (2 month supply)
- Toilet paper (1 month supply)
- Instant drinks (coffee, tea, powdered soft drinks)
- Family size first aid kit

ACTIVITIES:

- Change battery and test smoke detector (purchase and install detector if you don't have one)
- Make an inventory of home contents for insurance purposes. Take photographs (digital are easiest) of your house and contents. Store photos away from home.




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

Driving warning signs

- **Driving too slow** or too fast consistently
- **Getting lost** on familiar roads
- **Having recent car accidents** or near misses
- **Having trouble parking** or turning left
- **Receiving tickets** for driving violations
- **Running red lights** or stop signs
- **Showing up with new dents** or scratches on the car.

Continued from Pg. 1 , on Pg. 5

FEBRUARY, 2020

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
						1
2 	3 Foot Clinic Call Rose for Appointment Thrive 8:45 Creaky Yoga At Grace Church 10:45	4 Advisory Committee Meeting 10:00 Thrive 8:45 Pinochle 7:00PM	5 12:00 LUNCH	6 Thrive 8:45 Creaky Yoga At Grace Church 10:45	7 12:00 LUNCH	8 Berta's Breakfast Buffet 8:30-11
9	10 Thrive 8:45 Creaky Yoga At Grace Church 10:45	11 Quilters 9:30 No Thrive Pinochle 7:00 PM	12 12:00 LUNCH	13 Garden Club 9-12 No Thrive Creaky Yoga At Grace Church 10:45	14 12:00 LUNCH 	15 Flag Day 
16	17 Thrive 8:45 Creaky Yoga At Grace Church 10:45	18 Thrive 8:45 Pinochle 7:00 PM	19 12:00 LUNCH	20 Thrive 8:45 Creaky Yoga At Grace Church 10:45 Family Caregiver Support Group 1:30-3	21 12:00 LUNCH Birthday Club 1:00	22 Bingo 7PM
23	24 Thrive 8:45 Creaky Yoga At Grace Church 10:45	25 Thrive 8:45 Pinochle 7:00 PM	26 12:00 LUNCH	27 Thrive 8:45 Creaky Yoga At Grace Church 10:45	28 12:00 LUNCH Non- Perishable Food Dist. Grace Church	29

Non-drivers have more options these days

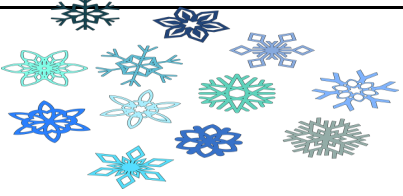
If it does become clear that your loved one needs to stop driving, you can help take some of the sting from the loss by helping figure out practical ways to deal with it. Perhaps by using online grocery delivery services, finding a friend or family member to step in and drive, or talking with a religious leader to find other ways for your loved one to get to a place of worship.

<https://www.aarp.org/caregiving/basics/info-2019/is-it-time-to-stop-driving.html> Continued from pg. 1 & 3

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 1/5</u> Chicken Enchiladas Spanish Rice & Pintos Sour Cream Garden Salad Pineapple Chunks</p>	<p><u>Friday 1/7</u> Country Fried Steak Mashed Potatoes Country Gravy Peas And Carrots Fresh Fruit</p>
<p><u>Wednesday 1/12</u> Pulled Pork w/ BBQ Brown Rice Hawaiian Roll Kale Cabbage Slaw Steamed Veggies/ Fruit</p>	<p><u>Friday 1/14</u> Dill Salmon Scalloped Potatoes Brussels Sprouts Garden Salad Fruit</p>
<p><u>Wednesday 1/19</u> Beef Stroganoff w/ Rotelle Pasta Brussels Sprouts Garden Salad Fruit</p>	<p><u>Friday 1/21</u> Macaroni & Cheese Italian Sausage Link (Chicken) Steamed Veggies Salad/Fruit</p>
<p><u>Wednesday 1/26</u> Pesto Cheese Ravioli Italian Veggies Caesar Salad Fruit</p>	<p><u>Friday 1/28</u> Chef's Choice</p> 



If it snows and the schools close, we will be closed. Thanks for understanding

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

Well, here we are well into the New Year. Now is the time to begin checking our New Year resolutions. Personally I have already broken a couple of resolutions, but I am not letting it bother me. We accomplished a great deal in the kitchen in 2019: new range, new septic system complete with a grease pit and new plate warmer. We are still preparing for the time we need a new refrigerator. We have a leak in the roof near the stage, so that and other building improvements will be our focus in the coming year.

We have already had good results with our cookie sale (actually in December), and our first Saturday BINGO night January 27. Roberta Vaughn has informed us she is preparing for another pancake breakfast on February 8. Thank you Roberta for stepping up as these breakfasts are always good, and mean a lot to our operational costs. We are also preparing for our annual Saint Patrick's Day dinner on Tuesday March 17th. Kelli Nopson Will be coming to cook the meal on St. Patrick's Day.

We are still in need of volunteers and senior members. We would also like to see a couple of people volunteer to become board members. Remember that Roni provides a membership application on the back of most monthly bulletins. Barbara Jennings has volunteered to take on the "Giving Tree Leaves" project and we have the names of a couple of people for providing maintenance type services.

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 2/22 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

San Juan County Veteran's Assistance Program: veterans@sanjuanco.com

Family Caregivers Support Group: Third Thursday from 1:30-3:00 at Woodmen Hall (360)-468-2421

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

2/8/20 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: February, 2020

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY