Do you feel as if we have been in hibernation for this long dark, wet winter? Don’t get me wrong, I love having the island back for the winter when you can go to the store and recognize everyone again? If we brave the cold we can walk on the road and only one car might go by? I understand those who like to head south with the birds…but you don’t know what you are missing here. Making a warm fire, soaking in a hot bath. Trust me it’s pretty special.

The first day of spring is on March 19th, flowers are starting to bud right now.

Daylight Savings Time begins on the 8th.

Please join us for a fun evening, great music, and food on St. Patrick’s Day. This has become an island tradition and another fundraiser for Lopez Seniors. For more information please see the back of your newsletter. Any further questions please call me at the office Tues-Fri. 9am-3:30pm

360-468-2421

Drivers still needed for mainland medical appointments. You can specify what areas you will drive to.

Roni Becker Wilkie
Senior Services Specialist

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A Note from Senior Services

How’zzz Your Sleep?
Getting a good night’s sleep is important for both your physical and emotional health. With National Sleep Awareness Week (March 8-14th) and the adjustment to daylight saving time this month, now is a good time to analyze your sleep habits.

Sleep requirements vary from person to person; however, most healthy older adults require seven to nine hours of sleep per night. Along with the physical changes that occur as we get older, changes to our sleep patterns are a part of the normal aging process. Frequently waking up not feeling rested, feeling tired throughout the day, and/or often needing to take naps are indications that you’re not getting enough sleep.

Sleep problems can include:
- insomnia—difficulty falling asleep, staying asleep, or restless sleep
- snoring—caused by a number of factors such as the anatomy of your mouth and sinuses, alcohol consumption, allergies, colds, and your weight
- sleep apnea—multiple, brief interruptions in breathing during sleep which alerts the brain causing brief awakening, often marked by heavy snoring
- circadian rhythm sleep disorders—disrupted sleep-wake cycle
- restless leg syndrome—the overwhelming need to move your legs during sleep

Sleep quality can be affected by poor habits, certain medications and conditions such as depression, anxiety and dementia. Certain existing health conditions, including diabetes, hypertension, heart failure, menopause, gastroesophageal reflux disease, urologic issues, respiratory diseases such as asthma, and immune disorders are all associated with sleep problems. Diseases such as Parkinson’s disease and multiple sclerosis also commonly cause problems sleeping.

To be Continued next Month....
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 rwebwh@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.
Tips You Can Use to Eat More Fruits and Vegetables Every Day

So maybe your New Year’s resolution to follow X,Y, or Z diet fizzled out long before Valentine’s Day. Well, I have some good news. March is National Nutrition Month and a great time to focus on incorporating healthy eating habits that you can maintain all year long. Instead of dwelling on the foods you shouldn’t be eating, this March resolve to eat more fruits and vegetables.

Just in time for National Nutrition Month, the Academy of Nutrition and Dietetics published an informative article called, “20 Ways to Enjoy More Fruits and Vegetables.” My shortlist of favorites from the article are featured below:

- Add color to salads with baby carrots, grapes, tomatoes, spinach leaves or mandarin oranges. I also like to add red bell pepper, cucumber and grated cheese.
- Mix up a breakfast (or afternoon) smoothie made with low-fat milk or yogurt, frozen berries, and banana. Get crazy and throw in some baby spinach leaves for added nutrition.
- Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
- Wake up to fruit. Make a habit of adding fruit to your oatmeal, ready-to-eat cereal, yogurt or pancakes.
- Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans), and/or another protein source of your choice. This is a great way to use up leftover chicken or turkey.
- Stock your freezer with frozen vegetables to steam or stir-fry as a quick side dish.
- Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions, or a quick nibble while waiting for dinner.
- Dip: Whole wheat pita wedges or baby carrots in hummus, baked tortilla chips in salsa, or strawberries or apple slices in yogurt.

Feel free to contact me for the full article. Happy crunching!

Julie Meyers, MS, RD
Meals on Wheels and More Director
jmeyers@whatcomcoa.org
360-733-4030 x1025

Emergency Preparation Month #3

The snow, rain, and localized flooding our county has experienced over the past couple of months are a reminder of the powerful forces of nature and how important it is to make sure we have water, food, medical and other basic supplies on hand. This month, we recommend the following:

PURCHASE:
- Canned fruits—8 cans/person
- Any foods for special dietary needs (enough for 10 days)
- A large plastic tub or bin for storage of food and other emergency supplies. New garbage cans work well.

ACTIVITY:
- Conduct a home fire drill
- Locate gas and water shutoff points and store wrench or shutoff tool nearby
- Establish an out-of-state contact to call in case of an emergency
- Identify a location for storage of plastic bin or tub

If you don’t have a copy of the County Department of Emergency Management preparation calendar, you can pick one up at Lopez Senior Services at Woodman Hall or, for more information and preparedness tips, visit www.sanjuandem.net/prepare.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<tr>
<td>Thrive 8:45 Creaky Yoga At Grace Church 10:45</td>
<td>Thrive 8:45 Advisory Committee Meeting 10:00 Pinochele 7PM</td>
<td>Tai Chi Free 9am Comm. Ctr. 12:00 LUNCH</td>
<td>Thrive 8:45 Creaky Yoga At Grace Church 10:45</td>
<td>12:00 LUNCH</td>
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<td>8</td>
<td>9</td>
<td>10 Quilters 9:30</td>
<td>11 Tai Chi Free 9am Comm. Ctr. 12:00 LUNCH</td>
<td>12 Garden Club 9-12 No Thrive Creaky Yoga At Grace Church 10:45</td>
<td>13</td>
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<tr>
<td>DAYLIGHT SAVING TIME BEGINS</td>
<td>Foot Clinic Call Rose for Appointment</td>
<td>No Thrive Pinochele 7:00PM</td>
<td>No Thrive Pinochele 7:00PM</td>
<td>12:00 LUNCH</td>
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<td>15</td>
<td>16</td>
<td>17 Thrive 8:45 St.Patrick’s Day Dinner 4:30 &amp; 6pm</td>
<td>18 Tai Chi Free 9am Comm. Ctr. 12:00 LUNCH</td>
<td>19 Thrive 8:45 Creaky Yoga 10:45 First Day of Spring Family Caregiver Support Group 1:30-3</td>
<td>20</td>
<td>21</td>
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<tr>
<td>Thrive 8:45 Creaky Yoga At Grace Church 10:45</td>
<td>Thrive 8:45 Pinochele 7:00 PM</td>
<td>Tai Chi Free 9am Comm. Ctr. 12:00 LUNCH</td>
<td>Thrive 8:45 Creaky Yoga 10:45</td>
<td>12:00 LUNCH Birthday Club 1:00-3</td>
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<td>Thrive 8:45 Creaky Yoga At Grace Church 10:45</td>
<td>Thrive 8:45 Pinochele 7:00 PM</td>
<td>Tai Chi Free 9am Comm. Ctr. 12:00 LUNCH</td>
<td>Thrive 8:45 Creaky Yoga At Grace Church 10:45</td>
<td>12:00 LUNCH Non-Perishable Food Dist. Grace Church 1-2PM</td>
<td>Bingo 7PM</td>
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The Lopez Operations Committee

We started off February with good results from both the January Bingo night, and Roberta’s pancake breakfast on February 8th. We appreciate the hard work that Roberta and her helpers did to make the pancake breakfast a special event. Thanks to everyone who helped make it a success. Also, many thanks to the people of Lopez for their support and donations. Now we are working towards making the Saint Patrick’s Day dinner another event that we people on Lopez will enjoy. However, we are still in need of a person to take charge of the Bingo games. It is not a tough job, one evening a month.

We have a bad leak in the roof behind the stage that needs to be repaired, however, the weather over the past two weeks has made it impossible to really nail down the problem area. We have contacted a couple of roofers and hope to get this problem resolved. The Monitor heaters have about reached their lifetime and the “Friends of Woodmen Hall” are taking steps to replace them with a heat pump.

As mentioned in an earlier article, Mary Ann Riggs has joined the board and will be taking my place on the Area Agency on Ageing (AAA) board of directors. This is the group who funnels money from both the Federal and state governments to our county and Food services providers. I know that with her experience in the health area she will be a big help to the board.

Carl Bender, Chairman
Lopez Operations Committee

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The Friends of Woodmen Hall
Are looking for Storage space

Do you, or someone you know, have an empty barn or large unused space that items such as furniture could be stored before being sold at their annual auction?

Please contact
Gail 468-3266

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Menu Subject to change due to Unforeseen Circumstances

<table>
<thead>
<tr>
<th>Wednesday 3/4</th>
<th>Friday 3/6</th>
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<tbody>
<tr>
<td>Swedish Meatballs</td>
<td>Vegetarian Chili</td>
</tr>
<tr>
<td>Over Brown Rice</td>
<td>Stuffed Potato</td>
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<tr>
<td>Green Beans</td>
<td>Broccoli Florets</td>
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<tr>
<td>Garden Salad</td>
<td>Garden Salad</td>
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<tr>
<td>Sliced Peaches</td>
<td>Fresh Melon</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday 3/11</th>
<th>Friday 3/13</th>
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</thead>
<tbody>
<tr>
<td>Chicken Alfredo</td>
<td>Chinese BBQ Pork</td>
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<tr>
<td>Italian Veggies</td>
<td>Fried Rice</td>
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<tr>
<td>Caesar Salad</td>
<td>Asian Veggies</td>
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<tr>
<td>Apricots</td>
<td>Mandarin Oranges</td>
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<tr>
<td></td>
<td>Fortune Cookie</td>
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</table>

<table>
<thead>
<tr>
<th>Wednesday 3/18</th>
<th>Friday 3/20</th>
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</thead>
<tbody>
<tr>
<td>Pulled Chicken Sliders</td>
<td>Herb Baked Fish</td>
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<tr>
<td>w/ BBQ Sauce</td>
<td>Rainbow Potatoes</td>
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<tr>
<td>Steamed Veggies</td>
<td>Mixed Veggies</td>
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<tr>
<td>Kale Cabbage Slaw</td>
<td>Kale Salad</td>
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<tr>
<td>Apple Crisp</td>
<td>Fruit</td>
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</table>

<table>
<thead>
<tr>
<th>Wednesday 3/25</th>
<th>Friday 3/27</th>
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</thead>
<tbody>
<tr>
<td>Pork w/Apple Chutney</td>
<td>Crab Cake w/ Tartar</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Wild Rice Pilaf</td>
</tr>
<tr>
<td>Nantucket Veggies</td>
<td>Capri Veggies</td>
</tr>
<tr>
<td>Garden Salad</td>
<td>Garden Salad</td>
</tr>
<tr>
<td>Fruit</td>
<td>Sliced Peaches</td>
</tr>
</tbody>
</table>
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 Taxi (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.

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@sanjuanco.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 has lunches 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—$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

**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:** 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
ANNUAL FUNDRAISER 3/17/20
CORNED BEEF & CABBAGE, CARROTS, POTATOES & DESSERT
SEATING'S 4:30PM & 6PM
LIVE MUSIC
ADULT $17/ KIDS $10/10 & UNDER
TAKE OUTS 3:30-4:15
PROCEEDS TO BENEFIT LOPEZ ISLAND SENIOR CENTER