



Lopez Island Senior Signal

Woodmen Hall

March, 2020

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



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....



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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
Barbara Andrews - Member at Large
Mary Ann Riggs-Member at Large/NWRC
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.

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.

Will You Be Prepared?

**WHEN
DISASTER
HITS**

MARCH, 2020

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1	2 Thrive 8:45 Creaky Yoga At Grace Church 10:45	3 Thrive 8:45 Advisory Committee Meeting 10:00 Pinochle 7PM	4 Tai Chi Free 9am Comm. Ctr. 12:00 LUNCH	5 Thrive 8:45 Creaky Yoga At Grace Church 10:45	6 12:00 LUNCH	7
8 Daylight Saving Time begins	9 Foot Clinic Call Rose for Appointment Thrive 8:45 Creaky Yoga At Grace Church	10 Quilters 9:30 No Thrive Pinochle 7:00PM	11 Tai Chi Free 9am Comm. Ctr. 12:00 LUNCH	12 Garden Club 9-12 No Thrive Creaky Yoga At Grace Church 10:45	13 12:00 LUNCH	14
15	16 Thrive 8:45 Creaky Yoga At Grace Church 10:45	17 Thrive 8:45 St.Patrick's Day Dinner 4:30 & 6pm 	18 Tai Chi Free 9am Comm. Ctr. 12:00 LUNCH	19 Thrive 8:45 Creaky Yoga 10:45 First Day of Spring Family Caregiver Support Group 1:30-3	20 12:00 LUNCH Birthday Club 1:00-3	21
22	23 Thrive 8:45 Creaky Yoga At Grace Church 10:45	24 Thrive 8:45 Pinochle 7:00 PM	25 Tai Chi Free 9am Comm. Ctr. 12:00 LUNCH	26 Thrive 8:45 Creaky Yoga At Grace Church 10:45	27 12:00 LUNCH Non- Perishable Food Dist. Grace Church 1-2PM	28 Bingo 7PM
29	30 Thrive 8:45 Creaky Yoga At Grace Church 10:45	31 Thrive 8:45 Pinochle 7:00 PM				

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



**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 3/4</u> Swedish Meatballs Over Brown Rice Green Beans Garden Salad Sliced Peaches</p>	<p><u>Friday 3/6</u> Vegetarian Chili Stuffed Potato Broccoli Florets Garden Salad Fresh Melon</p>
<p><u>Wednesday 3/11</u> Chicken Alfredo Italian Veggies Caesar Salad Apricots</p>	<p><u>Friday 3/13</u> Chinese BBQ Pork Fried Rice Asian Veggies Mandarin Oranges Fortune Cookie</p>
<p><u>Wednesday 3/18</u> Pulled Chicken Sliders w/ BBQ Sauce Steamed Veggies Kale Cabbage Slaw Apple Crisp</p>	<p><u>Friday 3/20</u> Herb Baked Fish Rainbow Potatoes Mixed Veggies Kale Salad Fruit</p>
<p><u>Wednesday 3/25</u> Pork w/Apple Chutney Mashed Potatoes Nantucket Veggies Garden Salad Fruit</p>	<p><u>Friday 3/27</u> Crab Cake w/ Tartar Wild Rice Pilaf Capri Veggies Garden Salad Sliced Peaches</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

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 diner 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**

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 3/28 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: lopezlionclub@gmail.com](mailto:lopezlionclub@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



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

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: March, 2020

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY