



# Lopez Island Senior Signal



Woodmen Hall

May 2020



## A Note from Senior Services

Hello Everyone! I hope you are doing well, especially given the dramatic changes our lives have undergone over the past couple months. By now you should all have very clean homes (right?), have lots of home, yard, hobby and craft projects finished, and have read more books and watched more TV than you could have imagined was possible in a few weeks' time. Hopefully you are also getting outside to soak up some sunshine and go for a walk.

As I write this, we are still under a "Stay Home, Stay Healthy" order until at least May 4<sup>th</sup>. I can't predict the future; however, I can anticipate that we will still need to stay home as much as possible and practice safe social distancing for some time to come, especially for seniors and those with health conditions. This will be challenging as spring warms up and we become eager to leave home and interact with others more; however, it is important that we all continue to follow safe health procedures.

A friendly reminder that Senior Services is here to assist you if you are facing challenges. If you are finding it difficult to buy food and/or cook for yourself, please contact me about Meals on Wheels and other services. In coordination with the Family Resource Center, we can also arrange delivery of groceries, medications and other essential items as well. If you have concerns you want to discuss, give me a call. We can also set you up to receive regular calls from community members and or direct you towards assistance if you are struggling with isolation or other issues. We also continue to provide other services such as case management and caregiver support. Continue to stay safe and healthy everyone!

*San Juan Island Senior Services*

Roni Becker Wilkie

Senior Services Specialist

360-468-2421

ronib@sanjuanco.com



**MENTAL HEALTH AWARENESS MONTH**

At a time when we are all feeling varying degrees of stress due to the uncertainty and change our lives have undergone over the past couple months, it is fitting that

## May is Mental Health Awareness Month.

Whether you share a home with others or live alone, are a spry senior or have physical and/or mental health conditions to deal with, it can be challenging to feel isolated from the greater community, have your normal routine interrupted, and have to think about social distancing, frequently washing hands, and wearing a mask when you venture out in public. One benefit is knowing that everyone (throughout the whole world!) is going through the same challenges and that our wonderful island community has rallied together so well to help prevent the spread of COVID-19 and ensure essential services are available. **#OurIslandsTogether** is something we can ALL be proud of!

Good mental health starts with taking care of your mind, body and spirit. Try to keep a regular sleeping/eating/exercising routine and take your medications as prescribed. Focus on the positives in your life. To challenge yourself, try something new—perhaps an extra long walk, yoga (on your own or via an online class), meditation, a new hobby,

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Happy are those who take life day by day, complain very little, and are **thankful** for the little things in life.



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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 9am- 3:30pm  
 Email: ronib@sanjuanco.com

**Senior Services Staff**

Barbara LaBrash, Human Services Manager  
 Roni Becker Wilkie, Senior Services  
 Specialist, 360-468-2421  
 Gail Leschine-Seitz, Aging & Family Case  
 Coordinator, 360-370-7528  
 Ken Lloyd, Cook

**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.

**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) at 10am 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 5<sup>th</sup> of each month for the following month's issue. The newsletter is also available at www.woodmenhall.org.

**Respite Care**

A reminder to those of you who are unpaid care givers 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**

[Home Delivered Meals only at this time.](#) Wednesdays and Fridays. \$5 suggested donation for seniors 60 and over, \$7 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. Call Round Towner for Transportation to Peace Island Health Hospital in Friday Harbor at 360-298-6108.

**Renting Woodmen Hall**—[Postponed at this time.](#) 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**—[Postponed at this time.](#)

Is managed by individuals providing the service and not affiliated with the Senior Center programs. Contact Rose at 360-317-3123. First Monday of the Month. By appointment only.

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cooking a new recipe, bird watching, gardening, writing your memoirs, singing or playing a new song or learning to play a new instrument, learning to paint, sew or knit—the possibilities are endless and one thing most of us have right now is the time to tackle something new and challenging. It is also okay, and so vitally important, to reach out for help if you need it. We can all relate to each other's frustration with our shared current situation. Call a friend or family member if you need someone to chat to for awhile; conversely, reach out to friends and family members who you think might be struggling. Just looking forward to a phone call and talking to each other can lift someone's spirits. Also, many churches now have on-line services and social hours that can help people feel connected with neighbors through communities of faith from the comfort of their own homes.

If you are facing greater struggles that a walk in the sunshine, new activity, phone call or connection with your church won't resolve, consult your physician, reach out to us in Senior Services, and/or contact one of the mental health resources listed here or on [www.sjccovid.com/mentalhealth](http://www.sjccovid.com/mentalhealth) for more assistance. We wish everyone "Happy Mental Health" as we navigate this new, ever-evolving way of life together!



### **Mental & Behavioral Health Resources**

- **Emotional Support Help Line (1-866-342-6892):** Connects people with caring professionals. Service is free of charge and available to anyone, 24 hours a day, seven days a week. For additional information, see <https://www.optum.com/covid-19/covid-19-emotional-support.html>
- **Washington Warm Line (1-877-500-9276):** Peer support help line for people living with emotional and mental health challenges. For specific information on COVID-19 related needs, see <https://mhanational.org/covid19>
- Online mental health resource directory for residents of San Juan County: <https://www.thero.org/sanjuancounty/>
- Compass Health: Mental health & chemical dependency services, psychiatric services. 360-378-1511; <https://www.compasshealth.org/our-services/>
- 24-Hour Recovery Help Line for Substance Abuse, Problem Gambling, and Mental Health: 866-789-1511
- Volunteers of America Western Washington ImHurting Crisis Chat: 800-584-3578; [www.imhurting.org](http://www.imhurting.org)
- AA on San Juan Island: Local AA San Juan Island Hot-line 360-317-3832; [www.sjiaa.net](http://www.sjiaa.net)
- Smart Recovery: Online Cognitive Behavioral Recovery Support; <https://www.smartrecovery.org>
- Safe San Juans: Domestic Violence/Sexual Assault Services. <https://safesj.org/>; 24/7 Help Line: 360-378-2345

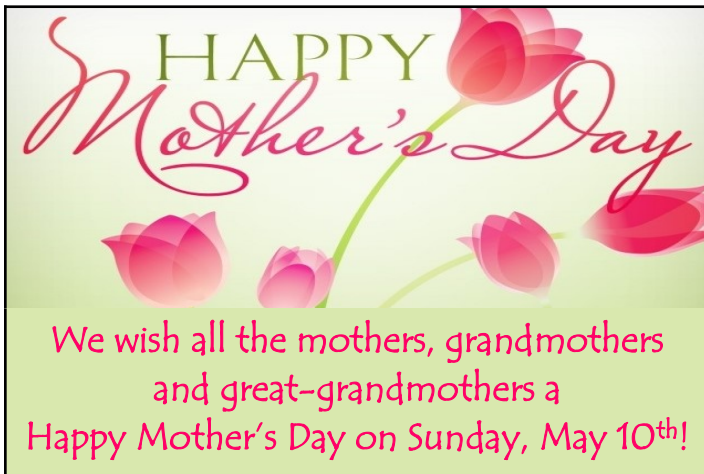
## **Message from Lopez Operations Committee**

It has been a significantly different month. I have heard it referred to as infamous, disastrous, and our Pearl Harbor. We have had to stay at home, keep six feet from others, and wash our hands whenever we touch something. But there have also been a couple of pluses—we have done a good job of keeping in touch with family and friends and learned to work together as a community. Here at the Senior Center our efforts have centered around getting meals out to those who need them.



It brings to mind many of those we wish to thank. Ken Lloyd for cooking the MOW meals, Norma Brimmer, Judy Matalon, and Margo Friend for helping get the meals prepared for delivery, and the drivers Jerry Manion, Debbie Mackey, and Ron Metcalf for delivering the meals. Thank you Roni Becker-Wilkie for your efforts in determining who meals should be delivered to and, of course, your overall guidance in bringing this effort together. I would also like to thank those who coordinate the meal efforts—Chris Orr, Julie Meyer, and Ian Cassinos from Whatcom Council on Aging, and Gail Leschine-Seitz, Debbie Haagensen, Jami Mitchell and Heidi Bruce from San Juan County—for the Friday afternoon tele-conference calls that keep everyone in sync and for making sure we have the food we need. It has been a community effort and, so far, has worked well.

**Carl Bender, Chairman  
Lopez Operations Committee**



### Masks—The Latest Fashion Trend

Chances are you are already aware of the latest fashion trend—WEARING MASKS! This trend is for people of all ages and is going global quickly; we have COVID-19 to thank for this. County, state and national health experts are all *strongly urging* people to wear face masks when they are out in public and some service locations will *require* you to wear a mask. The goal is to keep N95 masks available for health care workers, so many in the general public are wearing cloth/fabric masks.

You can make a simple mask with a bandana or scrap fabric or cloth and ties such as hair ties or you can sew your own; there are lots of ideas online. Also, many people are sewing masks in our community to donate or to sell to raise funds for donation to local non-profits.

Please make sure you are wearing a mask when you are out in public. Ideally, you should wash your mask after going out; it might be good to have a couple masks so you always have a clean one to wear. Avoid touching your mask as much as possible.

Wearing a mask will help but it is still important to practice safe social distancing when you are out in public. Don't forget to keep washing your hands too!

If you are in need of a mask, please contact the Family Resource Center and they will try to get one for you.

Thanks to everyone who is sewing masks for our community members!

Let's all do our part to keep ourselves and our fellow community members safe.

**#OurIslandsTogether**

### To Wash or Not To Wash That Food



While the importance of proper washing and sanitizing of hands and surfaces has been recently highlighted to prevent the spread of COVID-19, it is also important for reducing the risk of foodborne illness.

However, when it comes to food, the rules of washing are not as clear cut. There are some foods that should always be washed, and others that washing may actually increase the spread of potentially harmful bacteria or viruses. The following information about which foods should be washed or not was prepared by *Sarah Klemm, RDN, CD, LDN* for the Academy of Nutrition and Dietetics, [www.eatright.org](http://www.eatright.org):

#### Always Wash:

##### Fruits and Vegetables with Edible Peels:

Wash all produce, no matter whether it is organic or conventionally grown, with cool tap water immediately before eating or using in a recipe. Skip the soap because the porous surfaces on fresh produce can absorb the ingredients in soap. Dry with a clean cloth or paper towel to further reduce the harmful bacteria that may be present on the surface of fresh produce. Misting produce at the grocery store does not clean it.

##### Fruits and Vegetables with Inedible Peels:

Bananas, avocados, grapefruit, lemons, limes and winter squash—what do all of these fruits have in common? You guessed it, inedible peels. Wash all produce, even if the peel will not be eaten, because dirt and bacteria can be transferred from the peel to the inside of the fruit as it is sliced or peeled.

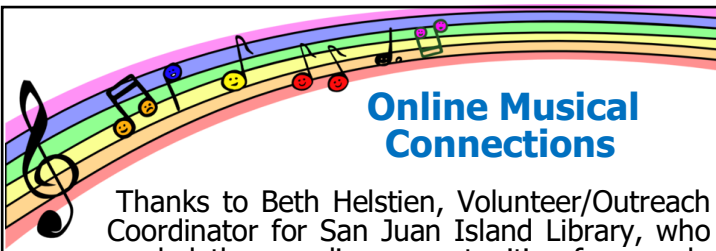
**Can and Jar Lids:** Wash lids before opening them so harmful particles don't fall into food. Be sure to wash all cans before opening, including canned beverages and soup.

#### Never Wash:

**Raw Chicken (and Other Raw Meat):** Despite what many think, washing raw chicken does not clean it. In fact, rinsing raw chicken may spread more harmful bacteria such as *Salmonella* or *Campylobacter* around the kitchen, which can potentially make you sick. The only way to kill those pathogens is to cook chicken and other meats to their appropriate internal temperature.

**Fish:** Avoid washing raw fish because it doesn't clean the fish. Instead, it increases the chance of cross-contamination to other foods, utensils and surfaces.

**Eggs:** Avoid washing eggs after purchase because it can remove the coating that protects eggs from bacteria that is applied during processing.



### Online Musical Connections

Thanks to Beth Helstien, Volunteer/Outreach Coordinator for San Juan Island Library, who recommended these online opportunities for people to connect with music and each other.

**Cafe Connect** will bring you to online Memory Cafés. Each café is different. While our San Juan Island Library is focused on live musical performances, others are more oriented to social connection via games, crafts, or other types of activities. You can visit different café options on the link below.

<https://www.memorycafedirectory.com/cafe-connect/>

**The Alzheimer's Association** has a few videos posted of musicians playing and talking about the music and how remembering songs from their youth affects them. Beautiful and emotional.

<https://alz.org/musicmoments/sting.asp>  
**This site** includes more beautiful recordings that will bring back memories. <https://soundcloud.com/user-376802948/sets/music-moments>

**People are making music together while socially distancing.** Two of my favorites are Beethoven's 9th symphony and a high school choir performing Somewhere Over the Rainbow.


<https://slippedisc.com/2020/03/believe-it-orchestra-plays-beethoven-9th-from-their-homes/>  
<https://www.youtube.com/watch?v=toS0asNMxjE>

**YouTube** provides free access for any favorite artists or songs. <https://www.youtube.com/>

**Thank You** **Special thanks** to our MOW volunteer drivers and other volunteers and staff who are making sure our seniors in need receive nutritious meals every week!

### 2020 Census—Remember to Respond!

The 2020 Census is happening now. Help shape our community's future by responding to the 2020 Census. You can respond online, by phone, or by mail. Official Census Bureau mailings include detailed information for completing the Census online. <https://2020census.gov>

 **American Red Cross**  
**Lopez Red Cross**  
 We are actively trying to recruit more volunteers. If you know of anyone who may be interested, please have prospective volunteers call 425-238-3349 or email [JoinUsNW@redcross.org](mailto:JoinUsNW@redcross.org).

### Important COVID-19 Information

Remember to visit San Juan County's COVID-19 webpage—[www.sjccovid.com](http://www.sjccovid.com)—and the San Juan County Health & Community Services Facebook page [www.facebook.com/SJCPUBLICHEALTH](http://www.facebook.com/SJCPUBLICHEALTH)—regularly for up-to-date information and important resources including information on the state and county orders and information for vulnerable populations. There are also hot topics and behavioral health resources posted as well. Stay safe and healthy everyone!

### 4-H Online Presentation



Join our 4-H teens for an online talent show **Sunday, May 3<sup>rd</sup> from 1-2pm!**

These teens are participating in a leadership summit on May 2<sup>nd</sup> and May 3<sup>rd</sup>, and the best performances from their own "Saturday Night Live" will be broadcast on Sunday for your viewing entertainment. Please contact Wendy Waxman Kern, San Juan County 4-H Program Coordinator, for details: [wendy.waxman@wsu.edu](mailto:wendy.waxman@wsu.edu).



### Need Legal Assistance?

Northwest Justice Project remains open for business via telephone and email, while staff work from home. The Bellingham regional office is representing clients in the following areas:

- \* Eviction prevention
- \* Family law if risk of serious physical harm
- \* Consumer and medical debt
- \* Public benefits
- \* Cases involving safety
- \* Basic needs
- \* Medical coverage
- \* Senior issues

Interpreters provided! For more information about Northwest Justice Project, visit our website or find us on Facebook.

For new clients, our CLEAR, CLEAR\*Senior and CLEAR CV advice and referral lines are continuing weekdays between 9:15am-12:15pm. CLEAR Hotline number is 1-888-201-1014. Call CLEAR\*Sr at 1-888-387-7111.

Self-help resources, including coronavirus-related legal protections and financial support, are available at <https://www.washingtonlawhelp.org/>.

# SPRING

## A Note from Master Gardener Alice Deane



Here we are sequestered at home, but fortunate we live in a small town on a small island. I am even more fortunate because I have a vegetable garden and am growing a lot of my own food. I feel my hard work is paying off right now!

If you are interested in growing some food of your own, there are ways to manage that even if you have a small yard or no yard at all. You can grow herbs or some salad greens in a window box or pot on your deck or porch, or even a sunny windowsill in your apartment. I

suggest a parsley plant or some lettuces, or other herbs such as thyme or oregano. There are also many tomato varieties that are happy to live in a pot—Gold Nugget comes to mind.

This Stay Home experience might be just the opportunity to begin your gardening adventure, and working in the garden is so calming, it's what is keeping me sane right now—actually it's always what keeps me sane. If you don't have some on hand, carefully visit a local store for seeds, soil and containers to start your gardening journey.

Master Gardeners are available throughout the year on San Juan, Orcas, and Lopez islands to answer your gardening questions. Check out WSU Master Gardeners at <https://extension.wsu.edu/sanjuan/master-gardeners/> and the Master Gardener Foundation of San Juan County at <https://www.mgfsjc.org/> for more information.

I hope you take my hint and decide to grow a pot of something good to eat!



# LOPEZ EATS HELLO!

With the landscape for restaurants and farmer's markets rapidly changing, we figured it would be best to create a central spot for folks to get updates on how to support the Lopez farmers and restaurants that we all love. There is also a link for information on local farm and gardening services. Visit <https://www.lopezeats.com> for more information.



## Lopez Island Family Resource Center

While the LIFRC offices are closed to the public, we are still serving and providing support to our community. Visit our website for more information-<http://lifrc.org/>. If you need assistance, please call 360-468-4117 or email us at [lifrc@rockisland.com](mailto:lifrc@rockisland.com).

### PROVIDING FOOD AND NOURISHMENT—WHILE SUPPORTING THE LOCAL ECONOMY:

- LIFRC's Lopez Fresh and Grace Church Food Banks merged and have become a Delivery Food Bank that is providing dairy, eggs, soup, bread, produce and other non-perishable goods. We are currently delivering to 140 households and growing. Deliveries are every Tuesday and Friday.
- LIFRC is working with San Juan County, Lopez Island School District, Senior Services, Lopez Island Hospice and Home Care and other community organizations to implement Home Delivery for High Risk Vulnerable community members to be sure they have the food and other essential items they need.
- Thanks to generous donors, LIFRC is partnering with Nineteen Local Restaurants and Farmers to buy food and produce from them to help support their businesses and our local economy, while simultaneously providing healthy food to low-income vulnerable community members. Prepared meal deliveries are every Monday and Thursday.

Contact 360-468-4117 or [Contessa@lifrc.org](mailto:Contessa@lifrc.org) for more information and to sign up for these services.

## Community Services and References



### Home Delivered Meal Service

Due to COVID-19, we are only delivering meals to those in need. No lunches are served at Woodmen Hall/Senior Center at this time. Please contact San Juan County Senior Services Specialist Roni Becker Wilkie at 360-468-2421; ronib@sanjuanco.com if you are in need of home delivered meals right now or know someone who may need them. Meals are delivered Wednesdays and Fridays.

### 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 contact Roni at 360-468-2421; ronib@sanjuanco.com to request a copy.



**Celebrate. Honor.  
Remember.**

**Monday, May 25<sup>th</sup>**

### Some of these services may not be available at this time due to COVID-19

**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. On Lopez call 360-468-4567.

### 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

**Crisis Hotline: 24 hr. 800-584-3578 WA Relay:800-833-6384 www.imhurting.org**

**Lopez Family Resource Ctr. (360)-468-4117**



# Please help support the Lopez Island Senior Center!

## Let's stick together while staying apart!

Show your support for **us against the virus** by purchasing a shirt from <https://loea.shop/separatetogether/>

**This promotion is happening on all three main islands in San Juan County to benefit our seniors; proceeds from the sale of Lopez Island shirts will go towards supporting the Lopez Island Senior Center Meals on Wheels Program.**

**Shirts designed and produced by Friday Harbor-based artist Jennifer Rigg. Special thanks to Jennifer for organizing this fundraiser!**

Shirts are on sale now and are available in men, women and youth sizes; long and short sleeve options are available.



Or Current Resident

Bulk Rate  
Non-Profit  
U.S. Postage  
PAID  
Permit # 15  
Lopez Island, WA  
98261

Phone: 360-468-2421  
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SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY