



Lopez Island Senior Signal

Woodmen Hall

June 2020



A Note from Senior Services

Let me begin by saying how much we miss all of you. It is so quiet around

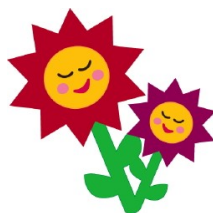
here without your smiling faces and interesting conversations.

It's quite amazing to witness the teamwork that happens here on lunch days — Wednesdays and Fridays—when we send out Meals on Wheels food deliveries. Our amazing drivers deliver the meals to the door and knock to let the recipient know that the meal has arrived in a clean bag just outside of the door to lower the risk of virus transmission. After a quick check in and visit they are off to the next delivery. We get a lot of positive feedback from seniors about our wonderful drivers.

Do you know of anyone that could use this service? Please have them contact me.

Roni Becker Wilkie
Senior Services Specialist
360-468-2421
ronib@sanjuanco.com

Reminder: Saturday, June 20th is the first day of summer!



Covid-19 Update

The meaning of an “at risk” individual is defined by the Centers for Disease Control and Prevention as anyone aged 65 or older, and people of all ages with underlying medical conditions, particularly if not well controlled. This includes people with chronic lung disease or moderate to severe asthma, people with serious heart conditions, people who are immuno-compromised, people with severe obesity, and people with diabetes or chronic kidney disease. So just based on age, this means that many of us will be staying home, or should be, for some time yet. As the County moves through the phases, more and more services will be allowed and different types of businesses will reopen. Pet walkers are allowed in Phase 1, for instance, with pet grooming added in Phase 2. You may need to use other service providers, such as for appliance repairs or housekeeping. If you do welcome service providers in your home, or in fact anyone, don't be shy about asking them to wear a mask. This protects both you, and them.

As for the Lopez Senior Center, we will follow guidance from the County and the State, as well as from the Whatcom Council on Aging for the lunch program. At present, none of these entities are recommending that we re-open the Senior Center, and it is likely that our re-opening will be gradual, with just a few services at first.

Article provided by: Lynnette Wood, Orcas District Committee



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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
Mel Gaddis- 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) 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 5th 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 individual 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.

Washington's Safe Start Phased Re-opening Plan

We are now in Phase 2:

High Risk Populations

Continue to Stay Home, Stay Healthy

Recreation

Outdoor recreation involving fewer than 5 people outside your household (camping, beaches, etc.)

Gathering/ Social/Spiritual

Gather with no more than 5 people outside your household per week.

Travel

Essential travel and limited non-essential travel for Phase I & II permissible activities.

Business/Employers

- * *Remaining manufacturing*
- * *Additional construction phases*
- * *In-home/domestic services (nannies, housecleaning, etc.)*
- * *Retail (in-store purchases allowed with restrictions)*
- * *Real estate*
- * *Professional services/office-based businesses (telework remains strongly encouraged)*
- * *Hair and nail salons/barbers*
- * *Pet grooming*
- * *Restaurants <50% capacity table size no larger than 5*

More information at: governor.wa.gov

Message from Lopez Operations Committee

Well, our lock down continues. Has it only been three months? The word we have received is that Senior Centers will be the last to reopen. The rational is that we are the most vulnerable and therefore we should know that all is well before we have congregate meals resume. So for now it is continue to wear masks, stay six feet apart and wash your hands. I am hopeful that phase four of the

Governor's plan will include us. We will continue to deliver meals even after we are told we can re-open for those who still need our support. In the mean time continue to stay busy, catch up on your chores, catch up on your reading, take a walk and stay out of trouble.

You may have noticed on the back of the May Senior Signal an advertisement for t-shirts complete with a drawing of Lopez and the name VIRUS? This is a fund raising program that all three Senior Centers in San Juan County are taking part in. The shirts cost \$25.00 each and of course a portion (about 1/3) will be used by the center for help to cover our operational costs. You have a choice of long or short sleeve.

Now that I have mentioned operational costs, please remember that in this environment where we can not rent the hall for events, our biggest concern is keeping the doors open. We still have electric, gas, insurance and other operating expenses. We encourage our members to renew their membership this month and remember a little extra would certainly help. If you know others who would like to become members, have them fill out the membership notice on the back of this Senior Signal.

Carl Bender, Chairman
Lopez Operations Committee

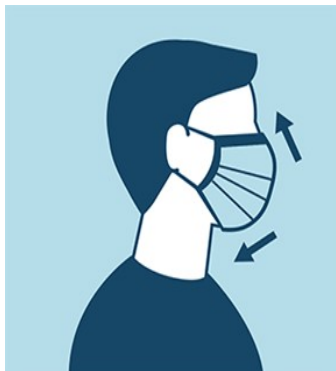
Sadly, too often, the stigma around mental health prevents people who need help from seeking it. But that simply doesn't make any sense. Whether an illness affects your heart, your arm or your brain, it's still an illness, and there shouldn't be any distinction. We would never tell someone with a broken leg that they should stop wallowing and get it together. We don't consider taking medication for an ear infection something to be ashamed of. We shouldn't treat mental health conditions any differently. Instead, we should make it clear that getting help isn't a sign of weakness—it's a sign of strength—and we should ensure that people can get the treatment they need.

—Michelle Obama

Wearing a Face Covering

If everybody wears face coverings, we are all better protected. Remember please, for your safety, your neighbor's safety and the safety of the people working to serve your needs, face coverings are now *required* in indoor public spaces in the County, with some exceptions for young children, medical/dental appointments and dining, now that we are in Phase 2 of the Safe Start Washington Plan. You should also wear a mask outdoors when you cannot safely social distance from others. Face coverings must be covering both your nose and mouth.

My Mask Protects You, Your Mask Protects Me
Sometimes, people can have COVID-19, not be sick, and not know they have it. That means they could be passing it to others without knowing. Wearing a face covering keeps you from spreading disease when you talk, cough, sneeze, (or sing!). When you wear one, what you cough/sneeze/talk/sing out won't land on other people or surfaces that people can touch, which will help keep people around you safe.



How to Use a Face Covering



If you can, please wash your hands or use hand sanitizer before putting your mask on and taking it off. If these aren't available, wear the mask anyway! Try to just touch the elastic or strings, and avoid touching the mask itself. When you have used it, fold it up, with the outside part folded to the inside. A snug but comfortable fit is best. Keep your nose and mouth covered. You can knot the elastic or tie the ties tighter for a better fit if you need to. Wash the mask after you use it. Laundering it, or washing it in the sink and setting it out in the sun to dry, both work. If you can't wash it but have an iron available, you can iron it, or set it out in the sun for a day. Change your mask when it is wet, dirty or ruined or when it is difficult to breathe through; we recommend having more than one mask.

For masks on Lopez go to:
<https://lopezland.recovers.org>
Some available at the Post Office also.

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



Shirts designed and produced by Friday Harbor-based artist Jennifer Rigg. Special thanks to Jennifer for organizing this fundraiser! \$25 Short sleeve

Census Participation Supports Our Community!

Did you know that many forms of funding for our most important island programs come about because of the **Census? Without being represented, we could lose federal monies for critical programs** like Medicare, the school lunch program, transportation funding programs, and much more. Many of the non-profits in our community rely on census data to apply for critical funding grants. **Please take a few minutes to fill out your census.**

There are three easy ways to participate:

- Answer **online** at www.2020census.gov
- **Call toll-free** to 844-330-2020 (English) or 844-468-2020 (Spanish). Call centers are open 4 a.m. to 11 p.m.
- Return a **paper form** via the mail (this option is only available if you received a paper form in the mail)

It is important to know that this information if kept private for 72 years and **no one in the Census Bureau can release your personal information.**

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>



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.

Important COVID-19 Information

Remember to visit San Juan County's COVID-19 webpage—www.sjccovid.com—and the San Juan County Health & Community Services Facebook page 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!

Electronic Caregiver Safety & Medical Alert System

In case of emergency or fall.
Works At Home and "On the go"
With GPS locator &
Medical Reminders
Local Representative
Shan Morrison 360-420-1247



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/>.

SALAD IN A POT

Do you live in an apartment? Have you no more than a little deck or front porch for growing things? You can still nurture something to eat. You can grow some salad greens in a pot, or a tomato plant, or some parsley, get creative! Now that we are all staying home, it's a good time to try your hand at a bit of gardening.

Little starts of salad greens, tomatoes and various herbs are all available on Lopez at Sunset Builders. If you feel like venturing further afield, check out the Farmer's Market in the Village on Saturday mornings. Staff at these places are observing social distancing so no worries about shopping. Sunset also sells bags of potting soil and pots too. Growing a pot of something good to eat can do wonders for your spirits, not to mention your nutritional health. I myself am happiest with my hands in the dirt and you can be too! All of us gardeners started small, so jump right in, don't be afraid. If you need advice, the folks working at the above places will be happy to provide, and the master gardeners are here for you too. Dip your toes into the adventure, you won't regret it!



LOPEZ EATS

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.

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 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.

HAPPY FATHER'S DAY!

Sunday, June 21st

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

Join Us - Renew Your Membership - Make A Contribution

Yes, I/ we want to join/renew membership in Senior Services of San Juan County (Lopez Island) for 2020/2021 (July 1, 2020 thru June 30, 2021).

() \$20 Individual Membership () \$30 Couple Membership

I/we wish to make an additional contribution to support Senior Services on Lopez Island:

() to Lopez Island Senior Center \$ _____

() to Special Needs Fund \$ _____ () to Senior Transportation \$ _____

Check payable to Lopez Island Senior Center, for membership plus any donation.

Gifts are fully tax deductible 501(c)3.

Last Name _____ First Name _____ Birthday * _____

Spouse _____ Birthday * _____

Street address _____

E-mail address _____ ****New****

City _____ State _____ Zip _____

Mailing address (if different) _____

Phone _____

** Optional for grant funding.*

*******FOR OFFICE USE ONLY*******

() Individual - \$20 () Couple - \$30 () Additional Donation _____

Date Received _____ () Cash (receipt#) _____ () Check # _____

() New Member () Renewal

First Member # _____ Spouse/Partner Member # _____

Mail to: Lopez Island Senior Center , PO Box 154, Lopez Island, WA 98261

Or Current Resident

Issue May 2020
E-mail: ronib@sanjuanco.com
Location: 4102 Fisherman Bay Road
Phone: 360-468-2421
FAX: 360-468-3021

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

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