



# Lopez Island Senior Signal

Woodmen Hall

August 2020

## A Note from Senior Services



**Greetings Seniors,**

*I would just like to take a moment to congratulate all of you for doing such an amazing job of “Stay home, Stay safe.” It is hard for me to imagine staying put for as long as you have. Our county, and particularly Lopez Island residents, have done an amazing job.*

*We broke a record last week of 50 home delivered meals in one day. When the pandemic started we were down to 10 meals being delivered. Chef Ken and the kitchen crew are working hard to make sure that the cold is cold, and the hot is hot. It is amazing to watch how it all comes together.*

*Response to our fundraising letter was wonderful. Thank you for your support. However membership dues are down at this time. Of our 326 members, we have only received membership renewals from 86. Just a gentle reminder to keep them rolling in please. Information is on the back page.*

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



**National Immunization Awareness Month**

*A note from San Juan County Health and Community Services...*

## August is National Immunization Awareness Month

Here is a list of vaccines needed after age 65. They are all very important for your health and now, with COVID-19 in the picture, they are absolutely a necessity. Talk to your primary care provider! Be proactive and take this article in for reference. Clinics and the health department are taking extra measures to provide care safely. Wear a mask!

**Flu shots**—Get one yearly. For sure. This year get one even if you never have before.

**Pneumococcal**—To prevent lung and bloodstream infections. Once over age 65, or younger if you have certain chronic health conditions.

**Shingles**—Many of us had chicken pox as children; from having that, we are at risk for shingles which is an extremely painful infection that presents as a rash and involves nerve pathways. Get this once after age 50, usually a set of two shots.

**Tetanus-Diphtheria-Pertussis(Tdap)**— Most commonly prevents pertussis which is whooping cough, a very contagious respiratory disease. You need one every 10 years unless you have a specific kind of injury.

Please reach out to your primary care provider for information and an appointment! Ask for a copy of your immunization record to keep track of what you have had.

Vaccines are also available at pharmacies on Lopez and Orcas Island or at Costco, Walgreens and Walmart on the mainland. Call ahead to check availability.

Have a great summer!

Connie Johnson RN, MSN Ed.  
Community Health Services Manager  
Phone: 360-370-7510  
conniej@sanjuanco.com



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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@sanjuanico.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  
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@sanjuanico.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](http://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—Pending Phased Opening.**

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](mailto: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.

## Message from Lopez Operations Committee

Here it is August and we are still in the same situation that we have been for the past four months—not open for meals, events, or meetings. However, Ken, the kitchen staff, drivers and Roni are efficiently putting out the home delivered meals. We have been working on procedures for re-opening the hall, but have not received any definite instructions on exactly what those procedures should be. There are many who feel that we will be closed for the remainder of the year. The good news is that enough of the good Lopez people answered our direct mailing so that we will probably meet our operational costs for the remainder of the year.

Roxanne, our Event Specialist, resigned this month and will be greatly missed. She knew her way around the community and was a real plus for us. She recommended another lady named AJ Kojack, whom the board interviewed, and we feel good about hiring her. Of course, with the hall closed about all she can do is answer phone calls.

Most of the advisory board have been busy working out a new nutrition contract with the other senior centers, Whatcom Council on Aging and San Juan County. Additionally, we have been working on an updated transportation contract with the other senior centers and the County. These are three year contracts and usually do not change a great deal. Remember, the membership notices are on the back of the *Senior Signal*, so do not forget to renew your membership.

Carl Bender, Chairman  
Lopez Operations Committee

## Online Events You Can Join!

Our Meals and Wheels and More program partner—Whatcom Council on Aging—has offered their Bellingham Senior Activity Center virtual programs free to San Juan County seniors. They offer a variety of programs such as yoga, strength training, Zumba, Tai Chi QiGong, trivia and TED talks. If you are interested in attending some of these online classes/events, visit their website <https://whatcomcoa.org/upcoming-events/> to sign up for the weekly email updates with information and links to programs.

**San Juan Islands Shuttle System wants your input on naming the shuttle service they hope to expand to Lopez Island!** 'RoundTowner has been on the road for more than seven



years, and has provided over 25,000 free or low-cost rides on San Juan Island! With service throughout San Juan Island via the grey Nissan Leaf, the service's name needs to reflect more than town service. And, there are plans in progress to create a similar door-to-door ride service on Lopez Island soon. So the non-profit service is looking for a new name to reflect our larger service area. Please click on or visit the link below to cast your vote for the new name which you feel will best represent free or affordable rides for "seniors, disabled or rural residents of the San Juan Islands."

<https://www.surveymonkey.com/r/XHCN7NQ>



## 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.**

**Men, women and youth sizes; long and short sleeve options are available. \$25 for short-sleeve shirts.**

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



## What To Do If Fraud/Identity Theft Happens To You

On March 8<sup>th</sup> someone filed fraudulently for unemployment benefits in my name. Here's the steps you can take if identify theft happens to you:

- 1) Contact your HR department, if you are working.
- 2) Contact the Washington State Employment Security Department (ESD) at 1-855-682-0785 to report the fraud. You can also report the fraud on the ESD's secure website: <https://esd.wa.gov/unemployment/unemployment-benefits-fraud>.
  - There is also an email option: [esdfraud@esd.wa.gov](mailto:esdfraud@esd.wa.gov).
  - Do not email your full social security number and I don't advise scanning and emailing your driver's license either.
  - If your employer reports it, you don't have to report it a second time.
- 3) File a Police Report: you will need this to assert fraud later on so keep a record of it and fraud-related notes.
- 4) Get Your Credit Reports and Place a Fraud Alert on Them.
  - Obtain your free credit reports from Equifax, Experian, and TransUnion at [annualcreditreport.com](http://annualcreditreport.com) or by calling 1-877-322-8228.
  - Have a "fraud alert" placed on your credit report. This will require companies to verify your identity before granting new credit. It's free and lasts for one year. If you set this up at one of the major bureaus, that bureau must inform the other two.
    - \* Experian: 1-888-397-3742
    - \* TransUnion: 1-800-680-7289
    - \* Equifax: 1-888-766-0008
  - Monitor your credit reports to see if someone is opening up accounts in your name.
- 5) Contact the FTC and IRS.
  - Go to the Federal Trade Commission (FTC) identity theft website: [www.identitytheft.gov](http://www.identitytheft.gov) for great resources on reporting
  - Consider setting up an IRS account. If you create an account with your Social Security number, it will better prevent criminals from creating an account using your identity. Go to: [https://sa.www4.irs.gov/eauth/pub/es\\_general.jsp](https://sa.www4.irs.gov/eauth/pub/es_general.jsp). You may also contact them by phone to report identity theft, but there may be a wait time: 1-800-908-4490.
- 6) Contact Your Post Office.
  - Check with your post office to make sure your mail has not been redirected to a different address without your permission.
- 7) Establish a Secure Washington Account to preempt one from being set up fraudulently on your behalf.
  - Once your social security number is associated with the account you just created, it cannot be associated with another fraudulent account.

I hope you find these steps helpful.

Tony Leahy—CENTS—[www.CentsProgram.org](http://www.CentsProgram.org)



## YOU CAN GET A FREE CREDIT REPORT EVERY WEEK NOW

COVID-19 has unleashed a new wave of scams. If you are concerned about whether your information has been compromised, a way to check has just been made more accessible. The three national credit reporting agencies are providing weekly access to consumers to monitor their credit reports. Previously, consumers were entitled to one free credit report annually from Experian, Trans-union, and Equifax, but now you can have weekly access.

Your credit reports contain personal information, such as your name and address; public information, such as convictions or bankruptcies, and account information, such as credit and payment history. This is one tool lenders, creditors and other businesses use when deciding whether to give you loans or credit.

It's also a good method to see if a fraudster has used your identity to open up an account, loan, or credit in your name. This will show up on your credit report.

To get your credit report, go to [annualcreditreport.com](http://annualcreditreport.com). Please note: you will have to provide your social security number so they can verify your identity. However, you do not have to purchase anything.

If you spot a fraudulent account, contact the credit reporting agency and the company.

Look for errors too. A study by the Federal Trade Commission (FTC) reported that one in five people have an error on at least one of their credit reports. Contact the credit reporting agency and report the error. They will have a process to dispute information. Here is a FTC website about disputing errors: <https://www.consumer.ftc.gov/articles/0151-disputing-errors-credit-reports>

Get a credit report from Experian, Transunion, and Equifax, as the report from each agency may contain different information. To get the full picture, you should get one report from each agency.

Let your friends and family know about this free resource.

Tony Leahy  
CENTS—[www.CentsProgram.org](http://www.CentsProgram.org)

### Grow A Row

Here is a photo of the leftover produce after the Lovacores have bagged up produce for our Meals on Wheels delivery. Come help yourself Tuesday mornings from 10:30-12.



### It's Berry Season!

by Susy Hymas, Nutrition Assessor  
Meals on Wheels and More



Did you know that Washington State produces more blueberries than any other state and is one of the top three raspberry producing states? And wild blackberries

are looking like they are going to be abundant this year and can be found in some local spots. All the summer berries not only burst with color and flavor; they are high in antioxidant activity, low in calories, and high in vitamin C. Berries are also a good source of fiber, and are perfect for topping cereal, yogurt, or ice cream, or just eating on their own.

Blueberries are versatile and can be enjoyed fresh or frozen. Blueberries are excellent sources of vitamins C, E and B as well as minerals; however, their biggest nutritional benefit may be in the phytonutrients they provide. One phytonutrient is anthocyanins, which give them their rich color and a rating as a super food. Why? Phytonutrients help our bodies fight inflammation and disease.

Berries can also be added to a green salad or to plain Greek yogurt for a low sugar treat. Children and adults enjoy eating frozen blueberries. Frozen ones also come in handy for making smoothies throughout the year.

One of my favorite blueberry recipes is from author and health consultant for the *New York Times*, Jane Brody. My family loves it. The recipe is very simple. I have added some lemon zest and juice for extra flavor, but it is optional.

### Blueberry Cobbler

- |                         |                    |
|-------------------------|--------------------|
| 2 Tbsp butter, melted   | 1 Tbsp lemon zest  |
| 2/3 cups flour          | 1 tsp lemon juice  |
| 1/2 cup sugar           | 2/3 cup milk       |
| 1 1/2 tsp baking powder | 2 cups blueberries |
| 1/4 tsp salt            |                    |

Directions:

1. Preheat oven to 350 degrees.
2. Put melted butter into 1-2 qt. baking dish.
3. Combine flour, sugar, baking powder, salt, lemon zest and lemon juice in a medium bowl. Add milk and stir until smooth.
4. Pour into baking dish.
5. Sprinkle blueberries on top.
6. Bake 40-45 minutes, or until lightly browned. Serve warm in individual dishes.

### 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!



### Census Participation Supports Our Community!

Three easy ways to participate:

- Answer **online** at [www.2020census.gov](http://www.2020census.gov)
- **Call toll-free:** 844-330-2020 (English) or 844-468-2020 (Spanish). Call centers are open 4am-11pm
- Return a **paper form** via the mail (only available if you received a paper form in the mail)



### 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).



### Month #5 Emergency Preparations

If you are following the news, you will be aware that our country is riding a coronavirus rollercoaster with the number of positive cases rapidly increasing in many states. With this being a new virus and so many factors at play, it is difficult to know what the next few months or even year will look like. One of the best ways to help diminish your own anxiety and uncertainty about both the current health emergency we are dealing with as well as for other emergency situations that might occur, is to make sure you have essential supplies on hand. Now is a good time to restock your toilet paper supply as well as:



#### PURCHASE:

- Portable am/fm radio with batteries
- Canned, ready-to-eat soups—minimum of six cans/person recommended
- Liquid dish soap
- Plain liquid bleach
- Anti-bacterial liquid hand soap
- Disposable hand wipes—if you can't find any, purchase some washcloths or paper towels you can use with soap and water



#### ACTIVITY:

- Make two photocopies of important papers and put one in your emergency storage container, and one away from your home, perhaps with a relative or in a safe deposit box
- Talk with neighbors about organizing a neighborhood preparedness group

Also, don't forget to ask senior or disabled family members, friends or neighbors if they need assistance in acquiring supplies. One of the greatest things about our island community is witnessing how we have rallied together during this pandemic to help each other out! #OurIslandsTogether

For more information on preparing for an emergency or to view our full preparation calendar, please visit [www.sanjuandem.net](http://www.sanjuandem.net) or call 360-370-7612.

### State launches Washington Listens program to support people affected by the stress of COVID-19

The program includes a phone line to speak with support specialists and connect to community resources.

OLYMPIA – In response to COVID-19, Washington has launched Washington Listens, a support program and phone line to help people manage elevated levels of stress due to the pandemic.

People who call the Washington Listens support line will speak with a support specialist and get connected to community resources in their area. The program is anonymous.

“Washington Listens helps people cope and strengthen their resiliency in these uncertain times,” said Sue Birch, director of the Washington State Health Care Authority, the agency managing the program. “It complements the state’s behavioral health response services by providing an outlet for people who are not in crisis but need an outlet to manage stress.”

“This pandemic has had far-reaching effects that extend beyond our physical health. We are still in this fight against this virus, and this assistance will help Washingtonians recover during this uniquely stressful time,” said Mike O’Hare, FEMA Region 10 administrator.

The Washington Listens support line is **1-833-681-0211**. It is available from 9am to 9pm Monday through Friday, and 9am to 6pm Saturdays and Sundays. TTY and language access services are available by using 7-1-1 or their preferred method.

Providers and tribes that have partnered with Washington Listens include American Indian Community Center, Colville Tribe, Community Integrated Health Services, Crisis Connections, Frontier Behavioral Health, Okanogan Behavioral Healthcare, and Swinomish Tribe.

The Washington Listens support line is made available by a \$2.2 million Crisis Counseling Assistance and Training Program (CCP) grant funded by Federal Emergency Management Agency (FEMA) and supported by the Substance Abuse and Mental Health Services Administration (SAMHSA). This program supports short-term interventions to mitigate stress, promote the use or development of coping strategies, and provide emotional support to help Washingtonians understand and process their stress.

<https://www.fema.gov/news-release/2020/07/06/state-launches-washington-listens-program-support-people-affected-stress> You can also go to our webpage [www.woodmenhall.org](http://www.woodmenhall.org) and click on the above link.



## 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.

### Caregiver Support Group

We will meet on Thursday August 20<sup>th</sup>,  
from 1:30-3pm  
Location/method—TBD

Contact Gail Leschine-Seitz, San Juan County Aging & Family Case Coordinator, at 360-378-2677 or gaill@sanjuanco.com for more information. Newcomers welcome!



### 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 Becker at 360-468-2421 or ronib@sanjuanco.com to request a copy.

### 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**

**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

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

P O Box 154  
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY

Bulk Rate  
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U.S. Postage  
PAID  
Permit #15  
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98261