



Lopez Island Senior Signal

Woodmen Hall

July 2020

A Note from Senior Services



Hello Seniors,

I hope you are enjoying your summer so far. Such as it is.

We are busy at the Center keeping up with Meals on Wheels and the increased need. Lovacores are overseeing Grow-A-Row produce distribution for Meals on Wheels and the Lopez Community. Lopezians are encouraged to come by Woodmen Hall on Tuesdays from 10:30am-12pm Tuesdays to receive free produce. There has been an abundance. Thank you to the local growers who contribute.

Funds are low for our non-profit sponsored senior services due to the fact that we have not been able to rent the building or have any fundraisers since mid-March.

Please support us by sending in your membership form for July 2020–June 2021 on the back of this newsletter. Any additional donations are tax exempt and will receive a letter by tax season next year. We appreciate any and all support at this time.

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

When Can Lopez Senior Center Re-open?

We dearly miss being open and having the building full of people exercising, socializing, and participating in a variety of programs each day. While we wish we could open our doors today, the safety of you all, our members, guests and volunteers remain our top priority. In deciding how and when to open the Center, we are looking to “Washington’s Phased Approach to Reopening Business and Modifying Physical Distancing Measures.” The phased reopening plan shows no changes for high-risk populations (the majority of the Center’s participants) through Phases 1-3. Phase 4, will allow for individuals at higher risk to resume activities while still practicing physical distancing. However, due to limitations posed by the physical distance mandates, programs and activities at the Center will likely look different and be significantly restricted even in Phase 4.

As we plan for eventual reopening, we are discussing and planning how to maintain all our health & safety while balancing programs, activities, and our need to be social! We are committed to maintaining virtual programs, lunch pick-ups and increased contact through phone calls and e-mails through Phase 4 and beyond if necessary. As we find our way through this unprecedented time, we welcome your input in how to resume “normal” operations, what would make you feel safe to return to Woodman Hall and other creative ideas.

Please continue to take care of yourself and those around you by practicing self-care and staying active and engaged. We miss you and hope to see you sooner than later!

*<https://coronavirus.wa.gov/sites/default/files/2020-05/PhasedReopeningChart.pdf>



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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—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.

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.



CENTS
CONSUMER EDUCATION
AND TRAINING SERVICES

Be Aware of Imposter Scams

In an imposter scam, someone pretends to be someone else for the purpose of getting your personal and/or financial information. This was the number one reported scam category in 2019, according to the Federal Trade Commission.

ANYBODY CAN PRETEND TO BE ANYBODY

A scammer can pretend to be from a government agency, like the IRS, a business, such as Bank of America, or a family member or friend. Scammers are even pretending to be a love interest on social media and dating websites.

TELL-TALE SIGNS OF A SCAM:

- The government agency or business asks for sensitive information over the phone, text, or email.
- They contact you to get sensitive information they should already have.
- They ask you to wire money or send it via an untraceable manner, such as Money Pak/Green Dot cards.
- Someone you don't know very well asks you for money.

STEPS TO FOLLOW TO AVOID IMPOSTER SCAMS:

- Don't be rushed, pressured or make a decision in a panic. Scammers try to scare you so you act without thinking things through.
- Verify you are communicating with who you think you are. Don't just respond to the number in the email, voicemail, or text. Look up the correct number in the phone book, on your bill, or online. I am sad to report scammers are now setting up imposter websites so you want to make sure you contacting the legitimate business or government agency if you look it up online.
- Be very judicious when you provide personal and/or financial information. Do not provide this over text or email.
- Do not wire money or send it in an untraceable manner.
- Don't loan money to people you don't really know. If you do decide to loan someone money, even someone you know, make a contract and make sure you have that person's name, address, and contact information.

I hope this information is helpful. For more information, there are helpful videos and resources at www.SeniorMoneyProject.org.



SENIOR MONEY PROJECT
A financial education program for senior citizens

Tony Leahy,
Executive Director
CENTS

Message from Lopez Operations Committee

Going into the month of July and we are still working our way through the virus pandemic. Businesses are opening up, but somethings are still a pain. We are inquiring about the time when we can open up Woodmen Hall for the Congregate meals and are still getting a vague answer. We know it will be at the end of phase four and the reason given is that we are the most vulnerable population.

The nutrition program is beginning to look at the problems we may face when we do start up. Questions such as how many people we can seat, and still keep a 6 foot distance? Can families or close friends still sit next to each other? It is hard to be social when one is 6 feet away. What about hand washing and sanitizing? These and many more questions need to be answered and we have brought them to the attention of our leaders.

We are starting to plan activities after we are able to start using the hall. One item for sure will be continuing the Bingo games on the final Saturday of each month. We have had to cancel several activities and some will be considered for a later date.

Carl Bender, Chairman
Lopez Operations Committee

Low Cost Counseling Sessions

Did you know that the Community Wellness Program provides low-cost access to mental healthcare for approved, uninsured or under-insured San Juan County residents? Program participants can receive up to 12 counseling sessions for a sliding scale copay of \$5–\$30 per session.

To learn more, contact:

Contessa Downey
360-468-4117
contessa@lifrc.org

Medicare 101

Do you find Medicare a mystery? Are you unsure which Medicare plan is best for you?

Join SHIBA online for a virtual Medicare 101 class where we will cover the "A, B, C, Ds" of Medicare. Our certified SHIBA volunteers will be available to answer all of your questions!

Tuesday, July 14th @ 1pm

To register, please provide your name, email and phone number to SHIBA@islandhospital.org or leave this information with SHIBA at 360-299-4212. You may also register directly at https://wa-oic.zoom.us/webinar/register/WN_sK8ctPCASTCdVNTD-Mci1A.

SHIBA (Statewide Health Insurance Benefits Advisors) is a program of the Office of the Insurance Commissioner and is sponsored locally by **Island Hospital**. SHIBA provides free, unbiased information on Medicare and related options to all people.

You can read more about SHIBA here: <https://www.insurance.wa.gov/about-shiba-services>.

Communication and Technology

There are a lot of misconceptions about hearing differences and hearing change which can leave those who experience it isolated or frustrated. The [Hearing Speech and Deaf Center in Bellingham](#) is a non-profit support organization for those who experience hearing loss and their friends and family, as well as a support for businesses and agencies. We offer a range of services, all of which are free, from Information and Referrals by phone or email; to consultations relating to hearing, communication, technology, and system barriers; to intensive advocacy and case management support. Our goal is to provide information and guidance in navigating communication so that people have access to social opportunities, access to information, so that communication is effective, and to reduce the isolation that too often can occur. Our office provides support throughout the four northwest WA counties: Whatcom, Skagit, Island, and San Juan and we can meet in person or meet remotely using videoconferencing programs like Zoom or Skype. To schedule a free appointment or consultation contact us at 360-647-0910 or Bellingham@hsrc.org.

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

2020 Census—Remember to Respond!

Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so that communities like yours can be accurately funded and represented.

Responding is important.

The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than \$675 billion in federal funds for states and communities each year. That includes money for things like:

- First responders
- Medicare Part B
- Supportive Housing for the Elderly Program
- Libraries and community centers
- Supplemental Nutrition Assistance Program (SNAP)
- Senior Community Service Employment Program

Responding is safe. Your personal information is kept confidential by law. Your responses can only be used to produce statistics. They cannot be shared with law enforcement agencies or used against you by any government agency or court in any way.

Toll Free: **844.330.2020** <https://2020census.gov>

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!



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/>.

Remember
All personal use fireworks are banned in San Juan County.



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.

Healthy Snacking During Troubling Times



Susy Hymas, Meals on Wheels and More

The last three months have been challenging in ways most of us never imagined. So many of the challenges we face are around how to take care

of ourselves as we stay home and stay safe. Healthy eating is an important part of self-care at any time. When we are under stress, it is easy to comfort ourselves with snacks that may or may not benefit our health. Snacks can be an important part of daily nutrition or a source of empty calories.

When you think about healthy snacking, consider which foods can provide you with nutrients. Think fruit, vegetables, and protein sources like nuts, peanut butter, yogurt, whole grains, lean meats or fish. Try to avoid foods that though tasty are full of sugar and salt and do not provide the nutrients our bodies need daily.

Of course an occasional treat is important and we all deserve treats once in a while, especially these days. My hope is that snacking on foods that comfort you but do not provide nutrients remains in the "once in a while" category and not an everyday thing. If you need help choosing healthy snacks, please feel free to contact me at 360-746-3756 or shymas@whatcomcoa.org.

Join Susy for a Zoom presentation on **Healthy Snacking during Troubling Times** on Tuesday, June 23rd at 10am or Thursday, July 9th at 10am



Join Zoom Meeting
<https://zoom.us/j/91243274337>
 Meeting ID: 912 4327 4337
 One tap mobile
 +12532158782, 91243274337# US (Tacoma)

Month #4 Emergency Preparations



Back in March, which seems like half a year ago now, we were including emergency preparation guidelines in the newsletters. Then an actual emergency descended upon us—a global pandemic nonetheless! This abrupt

and dramatic change to our daily lives shows us that emergency situations can quickly happen anywhere (or everywhere at once), any time and we should all do what we can to prepare in advance. They can be quick or drawn out over time, and they can have a small effect or be very impactful. The more we can prepare ourselves ahead of time, the more we can reduce our anxiety and discomfort.

We didn't want to suggest getting certain supplies during a time when people should be staying home and grocery store shelves were not always adequately stocked, but now that life is slowly getting back to somewhat normal, it is a good time for us all to continue our emergency preparations. The past few months have probably made us all realize what we should have on hand for our own needs but here is where we left off with Month #4 supply purchases and preparations:

PURCHASE:

- If you have an infant in the house or one regularly visits, stock up on extra baby bottles, formula and diapers
- Extra pet supplies: food, collar, leash, medications, etc.
- A stash of at least \$200 in small bills
- Begin to stockpile extra supplies of critical prescription medications. Talk to your pharmacist for help.

ACTIVITY:

- Place a supply of prescription medicine(s) in a storage container and date the medicine (s) if not already indicated on the labels
- Start putting supplies in waterproof storage container(s) and include blankets or a sleeping bag for each family member

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 July 16th,
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

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
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Permit #15
Lopez Island, WA
98261