



Woodmen Hall

Lopez Island Senior Signal

October 2020



A Note from Senior Services

Greetings Seniors, I don't know about the rest of you, but I love this time of year. Everything slows down and gets quieter. On my drive in this morning I observed the falling leaves and the beautiful spider webs which can now be observed early in the morning covered in dew. We are so blessed to live here.

This pandemic has taken longer than we had hoped for at this point. I hope you are all taking care of yourselves and staying safe. We have done such a good job on Lopez so far, as of the printing of this newsletter. Remember your Senior friends and neighbors and please reach out to them with regular phone calls. The isolation has been so hard on them. Someone compared it to being in prison in isolation. What a horrible analogy.

We miss you and hope to resume meals here one day. In the mean time, try to keep the TV news off as much as possible. It can be so depressing. Focus on positive things.

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



Get Your Flu Vaccination!

Fall is upon us—and with it, cold and flu season. For some, influenza can be a mild illness. For others, flu can be a serious disease that can lead to hospitalization and sometimes death. People at increased risk of flu complications include those with chronic medical conditions, older adults, and infants younger than six months old. **The best way to protect yourself and others from the flu is to get a flu shot.** The Centers for Disease Control recommends that people get a flu vaccine by the end of October or mid-November so antibodies can develop *before* the flu season peaks. The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot.

Hopefully our flu season will be mild this year with people practicing social distancing and better hygiene habits due to COVID-19 but getting vaccinated is still very important to protect yourself. Many of the symptoms for COVID-19 and the flu are the same so it will be challenging to diagnose what you have and medical facilities could become overwhelmed; help minimize the spread and impacts of the flu by getting a vaccine.

Other ways to stay healthy during flu season are to wash your hands frequently, cover your cough, avoid close contact with others who are sick, and practice good health habits such as getting plenty of sleep, water, good nutrition, and exercise. For more information about the flu vaccine, visit: www.cdc.gov.

Please see page 3 for options to get a flu vaccination on Lopez Island.



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Lopez Island Senior Center

Lopez Island Senior Center
 4102 Fisherman 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
 Mel Gaddis- Member at Large
 Holly Lovejoy-Secretary
 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 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 A.J.
 Kocak at Woodmenhall20@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

The same old rules for COVID-19 still apply. We have still not received word to move into Phase 3 yet. The latest report that I received was that the senior population is holding their own and even doing better as far as the numbers indicate. The big problem now are the students, especially the colleges. All those parties and they do not even invite us. Money wise, we are doing OK for this year, however next year may prove to have a few surprises. As most of you know the State pays one half the MADICAID costs. With the drop off in sales taxes that is one area the legislature will take a hard look at.

We planned and conducted a work party on September 26th. You have probably seen some of the flyers. We had several areas that needed to be cleaned of left over building materials and various discarded items. Sunday the 27th was hazardous waste disposal and we hoped to get rid of a large number of paint cans. Other small fixes have been identified around the building and we are taking advantage of this time to take care of them.

We are participating with the "Island Ride" people in setting up a ride service for seniors on Lopez. OPALCO will be installing a charging station at Woodmen Hall for a small electric car (Leaf) in our parking lot. There are still many things to be worked out, but we will keep you informed.

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.

When and where can you get a FLU VACCINATION?

- Contact your primary care provider to set-up an appointment
 - Visit the Lopez Island Pharmacy at www.lopezislandpharmacy.com, Lopez Rocks, or their Facebook page for updates on vaccine availability.
 - Lopez Drive Through Influenza Clinic:
Where: Lopez Firehall
When: Saturday, October 3rd 10am-2pm (Adults Only)
or Saturday, October 10th 10am- 2pm (Adults and Children)
How: Pre-registration strongly recommended; <https://lopezislandpharmacy.com/>
- Remember to bring your medical card/ information and ID with you.
- Many off island pharmacies also offer flu vaccinations; however, we don't recommend this option unless you are already travelling off island for essential services



IslandRides is Available on Lopez Island!

IslandRides provides free or low-cost service to islanders without a car or who do not drive. This includes seniors, people with disabilities, and other people who cannot afford transportation. These folks often find themselves isolated in their homes without access to healthcare, therapies and other essential community services, such as a trip to the library, post office or grocery store. The donation or free fares are subsidized by United Way of San Juan County, SJI Community Foundation, generous businesses, grants and individual donors.

Island Rides is pleased to announce its expanded service to Lopez Island. With generous support from Lopez Lions Club, Lopez Island Senior Services and the Lopez Island Family Resource Center, *IslandRides* was able to procure an all-electric vehicle through Pacific Mobility-EV Works. We are extremely grateful to EV Works and Laura Denovan for the donated Nissan Leaf. The eco-friendly car is also budget friendly, as there are no fuel costs.

The new number to access service on Lopez Island is 360-317-3107 or www.islandrides.org.

Making Meals for One or Two

by Susy Hymas, Meals on Wheels and More

Cooking for yourself might seem like too much work, but it can be simple, rewarding and provides a healthier alternative to prepackaged meals. Shopping and preparing meals without wasting food can be a challenge, but here are a few tips to help you on your journey to culinary freedom.



The first step is to plan a menu in advance. Know what's on your menu BEFORE shopping. Check out your grocery store's flyer to see what items are on

sale or in season while menu planning. Keep staple foods in your pantry, especially foods that you enjoy regularly and have a long shelf life (pastas, rice, canned goods, etc.). Buying in bulk can be a great way to save money on food. Choose meals that don't involve intense preparation. Keep seasoning blends on hand to spice up meals; Johnny's, Cajun, Italian, or Asian seasoning blends come in handy. Like it spicy? Keep a bottle of Sriracha or Tabasco at your disposal.

Chop up fresh vegetables like onions, celery, peppers, or carrots and put the excess in freezer bags for later use. Frozen vegetables are a great way to keep veggies in your diet. You can take out only what you need for a meal and not waste the rest. When you do buy fresh produce, make sure it is in your menu plan to avoid waste.

Cook pastas and grains in smaller quantities - 1/2 cup of rice or 1/4 of a package of pasta is more than enough for 1-2 servings.

Chose a variety of protein sources so you don't get bored. Sources can include fish, chicken, beef, pork, beans, tofu or eggs. A serving of protein should be around 3-4 ounces, or about the size of a deck of cards. Meat and fish can be cooked, wrapped in single portion sizes and frozen for 2-6 months depending on the product. Find additional information about storing food safely at www.foodsafety.gov.

Cheese and milk can be frozen for up to 6 weeks and used in future meals to avoid spoilage. For a balanced meal, make half your plate vegetables and fruits. The remainder of your plate should be grains and protein. Try to choose whole grains like brown rice, whole grain bread or quinoa.

Below is an easy recipe for what I like to call a "Bowl Dinner":

- 1/2 cup of cooked brown rice or other cooked grain
- 2 cups of chopped vegetables*
- 3-4 oz. cooked chicken, tofu or other protein, chopped
- 1 tbsp aromatics, such as garlic, ginger, or shallots (optional)

- 2 tbsp chopped fresh herbs, such as basil or cilantro (optional)
- 1 tsp of light soy sauce, or a tablespoon or two of salsa or light sour cream

* I like peppers and zucchini with some corn, garlic and onions. Peas and mushrooms or broccoli and carrots are also good combinations.

Heat your sauté or fry pan over medium high heat and add a tablespoon of oil. Throw in your chopped protein and stir until cooked. Remove cooked protein and set aside. Add vegetables and continue cook to desired tenderness. Add aromatics if using and stir for 30 seconds. Return protein to pan and cook for one minute.



Turn off heat and add fresh herbs if using. Toss over rice and top with soy sauce, salsa, or sour cream. Season to taste and enjoy!

Eating alone doesn't have to be lonely or a hassle. Experiment with food and flavor combinations. The internet has a myriad of recipes at your fingertips.

If you have questions or are looking for recipe ideas, please feel free to contact me at Meals on Wheels.

Susy Hymas: 360-746-3756, shymas@whatcomcoa.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.

Chair Yoga Zoom Class via the Mullis Center

Tuesdays @ 1:00-1:45pm

If you are interested in joining the Mullis Center online Zoom chair yoga class, please contact Mullis Center Manager Anna Coffelt (info@mulliscenter.org or 360-370-7520) for cost and sign up information. You can join us via computer, cell phone, or landline and be guided through many fun sequences that will help you to gain mobility and vitality in your body and de-stress.



Lopez Red Cross

We are recruiting more volunteers. If you know of anyone who may be interested, please have them call 425-238-3349 or email JoinUsNW@redcross.org.



Behavioral Health in the Time of COVID

by Richard Uri, SUDP
SJ County Health & Community Services

Living during this pandemic means dealing with changes. The good news is most people are resilient and find ways to adapt. The better news is we

can all develop more resiliency when we need to. Resiliency can be increased by:

- Focusing on developing social CONNECTIONS, big or small. A socially distanced walk on the beach with a friend, making daily calls to our family and friends, or joining online groups for chat and hobby.
- Reorienting and developing a sense of PURPOSE. This can mean pursuing a personal goal such as learning a new skill or devoting time to a meaningful cause.
- Becoming adaptive and psychologically FLEXIBLE. This means being open to different ways of doing things, accepting circumstances we cannot control, and being kind to ourselves in times of stress.
- Focusing on HOPE because hope IS a strategy. Our faith in ourselves, our spirituality, and one another can lead to a hopeful outlook which keeps us well.

There may be times when all of this isn't enough. We may notice our mood staying low, or our use of substances increasing. When our feelings and behaviors change in ways we don't understand, it is a good idea to seek input from our primary care physician or a qualified behavioral health expert. Getting help during COVID will be different due to the social distancing requirements and tele-health settings offered in our community. It can feel cold or impersonal at first, but many people are reporting they prefer meeting their providers from home. If you aren't one of these people, be sure to make it clear you want face-to-face services when you first engage services. If you need help with the technology, you should mention this too. Remember to be patient with the process. We are all learning how to navigate these changes together and we are all connected as islanders.



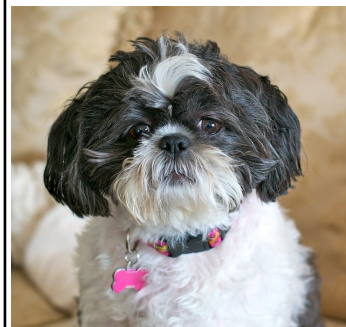
Featured Staff: Norma Brimmer

Norma has been volunteering at the Senior Center since shortly after it started below what is now the Lopez Fire Station. She has been here through five cooks.

She and her husband Bill moved here in 1988 from Wyoming after purchasing the property and coming here for their summers in 1982. After Bill's retirement as a college professor they built their "guest house" together first, as a trial since they had never built anything before. They decided if it worked they would build the main house, and they did.

She and Bill have four kids, eight grand children, and 13 great grandchildren. Her oldest great grandchild just got married.

Recently, after the passing of their beloved dog Pepper, they decided to get another dog. As Norma said "Everybody needs a dog". They decided to try a rescue. Believe it or not, they were turned down three times because of



their age. Eventually they found "Cookie" who was shipped from a rescue in Texas. Cookie is a black and white Shih tzu and she is just a really sweet dog who fits into their lives very well.

Washington Listens Help Line

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. **1-833-681-0211**. 9am-9pm M-F, 9am-6pm Sat/Sun. People who call will speak with a specialist and get connected to community resources in their area. The program is anony-

Fall Great Islands Clean Up 2020

A week long event! Sept 28- October 4, 2020. Households and individuals are welcome to sign up for a road route by contacting Nikyta Palmisani at nikytap@lopezsolidwaste.org or a beach by contacting Skeet Townley at itownley@blm.gov. For more information, visit www.lopezsolidwaste.org.

The Great Washington ShakeOut - Get Ready!

At **10:15am on October 15th** hundreds of thousands of Washingtonians will “Drop, Cover, and Hold On” in The Great Washington ShakeOut, the state’s largest earthquake drill ever! Everyone is encouraged to participate, either on their own or as part of a larger group.

Major earthquakes may happen anywhere you live, work, or travel. The ShakeOut is our chance to practice how to protect ourselves. Emergency management experts and other official preparedness organizations all agree that “**Drop, Cover, and Hold On**” is the appropriate action to reduce injury and death during earthquakes.



Indoors: Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances, and kitchen cabinets with heavy objects or glass. Do not go outside during shaking! The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to break away.



In a wheelchair or with a walker: Lock your wheels and remain seated until the shaking stops. Always protect your head and neck with your arms, a pillow, a book, or whatever is available.



Visit www.EarthquakeCountry.org/disability for recommendations for people who use wheelchairs, walkers, or are unable to drop to the ground and get up again without assistance.

For additional information, visit www.shakeout.org.



Month #10 Emergency Preparations

The many emergencies, from extreme temperature fluctuations and heat waves to wildfires to hurricanes, recently affecting our country emphasize the need to be prepared for disasters and severe weather events of any kind. This month is a great time to catch up on supply purchases and preparation activities before the weather gets colder and stormier. Reminder your family, friends and neighbors to do the same. If you know someone who can't get out to get their own supplies, offer to assistance them.

PURCHASE:

- 2 boxes of large, heavy duty garbage bags
- Adult and children's vitamins
- Boxes of crackers and/or graham crackers—5/person
- Dry cereal or instant oatmeal—2 weeks' worth/person

(Make sure to rotate out dry good and canned supplies as you purchase more for regular consumption as they do expire over time)

ACTIVITIES:

- If not already done, secure water heater to wall studs
- Secure shelves, cabinets, dressers and drawers to prevent them from falling and/or openings during earthquakes
- Conduct an earthquake drill at home: stop, drop and hold, then go outside

For more information on preparing for an emergency, please visit www.sanjuandem.net or call 360-370-7612.



Sign up for San Juan County Emergency Alerts

Sign up to receive emergency alerts and severe weather warnings that could directly impact you and your family. The San Juan County/Town of Friday Harbor Department of Emergency Management is able to send emergency alerts via text message and email. In some urgent situations, calls may be placed to land line phones.

The system is intended to be used for emergencies only. You are also given the option to sign up for non-emergency weather alerts. This list will not be shared in any way and will not be used for routine information. You have the ability to opt out at any time. Sign up at: <https://public.alertsense.com/SignUp/?regionid=1213>.

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 online via Zoom on **Thursday, October 15th, from 1-2pm**

Contact Gail Leschine-Seitz, San Juan County Aging & Family Case Coordinator, at 360-378-2677 or gail@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



**Medicare Open Enrollment
Information Session**
Wednesday, October 7th @ 1pm

Medicare Open Enrollment runs from October 15th – December 7th. During this time, plans can be reviewed and changes made for 2021.

Attend this **free online presentation** to learn what’s new and how you can get help from a trained SHIBA volunteer. 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_EUFEPe4DSuimsoyjAOBTg.

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 at:



<https://www.insurance.wa.gov/about-shiba-services>.

Grow A Row Update



The Lovacores have decided to continue as long as the produce keeps coming in to Woodmen Hall. After filling bags for the Meals on Wheels clients, the overflow is available in the main entrance on Tuesdays 10:30am-12 unless it is gone before noon. Please come help yourselves. Wear a mask, and practice social distancing. Thanks again to all of the hard workers. And local gardeners generosity.

Or Current Resident

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

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SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY