



**Woodmen Hall**

# Lopez Island Senior Signal

September 2020

## **A Note from Senior Services**

Greetings Seniors,

Update from the Senior Center here at Woodmen Hall.

We have someone new doing the Hall rentals. Please see the article on page 3.

There is a Transportation Committee working on getting an electric car on Lopez for Seniors, and others without transportation. We are hoping to have the car on Island by September 1st. and to begin services sometime shortly after. OPALCO will be installing a charging station both at the Senior Center, and at the Family Resource Center. The name was voted on and you decided on "Island Rides". Volunteer Drivers will be needed. The website will be

[islandrides.org](http://islandrides.org) Phone #360-317-3107.

We received a generous donation from an anonymous donor of \$3,000 toward the purchase of the electric car, and another \$3,000 for the Senior Center to pay our Property insurance for the year. Both donations from the same donor. Thank you very much. You know who you are. :)

*Roni Becker Wilkie*  
Senior Services Specialist  
360-468-2421  
[ronib@sanjuanico.com](mailto:ronib@sanjuanico.com)

## **Featured Staff: Chef Ken Lloyd**

Ken came to Lopez Island when he was 15 years old to help his grandpa build a home on 40 acres at the end of Lloyds Lane just east of Lopez School. He graduated from Lopez High School and has remained here except for his years in the Coast Gard after graduation.

During his 8 years in the service he went to culinary school. He was a chef on five different boats feeding up to 200 people at a time. His travels took him to various locations around the world to include an ice breaker ship on which he was able to go to Alaska. Another trip took them to the south pole.

Since returning to Lopez his past experiences include the following.

- 3 years cooking at "The Galley"
- 20 years as Chef at the "Islander"
- 5 years as Chef at the "South Ender" Store & Café
- 2 years cooking at "Haven"

He has been our chef here for almost a year and he continues to get compliments from our Meals on Wheels recipients.

The kitchen ladies like to call him their "Ken Doll" and dress him in various hats and aprons. Thank goodness for his easy going temperament and sense of humor! We appreciate you.



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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  
 Barbara Jennings-Friends of Woodmen Hall

**Operations Committee Meeting**

Lopez Island Senior Services Advisory  
 Committee meets the first Tuesday each  
 month (unless changed due to holiday) at  
 10am at Woodmen Hall. Meetings are open  
 to the public. Consider attending one or more  
 meetings to find out what is happening with  
 Senior Services. Bring ideas, suggestions  
 and concerns. You are welcome!

**Newsletter**

The *Senior Signal* is published by Lopez  
 Island Senior Services and distributed free at  
 the Senior Center and by mail.  
 Mail submissions to PO Box 154 or email to  
 ronib@sanjuanco.com by the 5<sup>th</sup> of each  
 month for the following month's issue. The  
 newsletter is also available at  
 www.woodmenhall.org.

**Respite Care**

A reminder to those of you who are unpaid care  
 givers of a friend or family member. Respite care is  
 available for up to 13 days a month at Hamlet  
 House in Lopez Village if space is available, or on  
 the mainland. The rate paid is based on the  
 monthly income of the person receiving care. It is a  
 sliding scale, and Northwest Regional Council pays  
 the difference from the Respite grant they receive  
 from the State of Washington. This program allows  
 the caregiver to have a break from caregiving,  
 which is necessary for them to remain in good  
 emotional and physical health. If this sounds like  
 something you would benefit from please call  
 Senior Services at 360-468-2421.

**Meal Service - Lunch**

**Home Delivered Meals only at this time.**  
 Wednesdays and Fridays. \$5 suggested donation  
 for seniors 60 and over, \$7 for those under 60.  
 Home delivered meals to homebound seniors on  
 lunch days. Delivery time depends on the number  
 of persons on the route that day.

**Durable Medical Equipment**

Lopez Island Hospice & Home Support provides  
 walkers, wheelchairs and other durable medical  
 equipment free of charge. Contact the office, 178  
 Weeks Road, between 10am-12noon and 1-3pm  
 Monday through Thursday; 360-468-4446.

**Free Taxi to Island Hospital and Clinics**

Island Hospital has contracted with Mert's Taxi  
 (360) 299-0609 in Anacortes to transport people  
 (round trip) from the ferry in Anacortes to Island  
 Hospital and, or one of their clinics. Call Mert's the  
 day before your appointment and you will be met at  
 the ferry. Be sure to check with your clinic and  
 make sure they subscribe to this service. Call  
 Round Towner for Transportation to Peace Island  
 Health Hospital in Friday Harbor at 360-298-6108.

**Renting Woodmen Hall**—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](mailto: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

## Message from Lopez Operations Committee

Here it is September, and it seems that not much has changed since March. Wear a mask, keep six feet distance from others, and wash your hands. I believe I have washed my hands more in the past six months than in my previous lifetime. It is sounding as if we will not be opening Woodmen Hall for congregated meals for the remainder of the year. I believe that home-delivered meals will be the norm.

In any case, it appears that the next couple of months will be a good time to catch up on some of the smaller repair items. We are planning a work party for the middle of September, date to be determined, but it will be a Saturday. We have items in our storage shed and other places, left over from various construction projects and events that need to be gotten rid of. If any of you are interested in helping for about three hours of light work please let Roni Wilkie (360.468.2421) or myself (360.468.3901) know, and as soon as we name a date/time we will let you know.

The Board is still working with the County and Whatcom County on Aging, on both a nutrition contract and a transportation contract. This is normally done every three years, but because of COVID-19 it is moving slow this year. We do not expect any changes, however we do hope for some help with the nutrition costs.

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.

## Meet A.J. Kocak - Our New Events Coordinator

We are sad to say that Roxy Webb has had to step down as our Events Coordinator since she and her husband have purchased a home in Eastern Washington and will be spending time both there and here. She did a wonderful job scheduling events here at Woodmen Hall and she will be missed.

However in her absence we have found another great replacement. Like Roxy, A.J. has a bubbly personality and we are happy to be working with her. We have a new website for rentals. Although we are unsure when we will be able to rent the building, we are taking reservations in anticipation.

[Woodmenhall20@gmail.com](mailto:Woodmenhall20@gmail.com)

Phone# 360-468-3092



## RoundTowner is Becoming Island Rides

It has taken months, but the hugely popular RoundTowner service on San Juan Island is in the process of becoming ISLAND RIDES to better describe its role throughout its operating area. Many of you responded to the name selection survey and helped make the choice; thank you. Now we are addressing the needed new logo, website and promotional material. We are also working on expanding the service to Lopez Island. Stay tuned...

## SAN JUAN COUNTY HAZARDOUS WASTE ROUNDUP 2020

LOPEZ ISLAND—Sunday, September 27<sup>th</sup>, 11am-2pm

@ Lopez Solid Waste Disposal Dump (2419 Fisherman Bay Rd)

Free for up to 25lbs of materials

COVID-19 safety measures will be in place; please wear a mask

### BRING

PCB light ballasts - Oxidizers - Pesticides - Fungicides - Used fuels and oils - Wood preservatives - Oil-based paints & stains - Solvents & thinners - Resins - Degreasers - Lab, Pool, & Photo chemicals - Corrosives -- Mercury - Propane cylinders - Reactives - Aerosols

### DON'T BRING

Unlabeled containers! Latex Paint (ORS accepts or dry out), Lead acid batteries, propane tanks, & E-waste (Solid Waste Stations accept), Fluorescent tubes & bulbs (take to OPALCO, SJ Ace Hardware, LSWDD, ORS), Flares, Explosives, Ammunition

**BUSINESSES must PRE-REGISTER**  
**call 360-370-0534 to register**



## Enjoy Local Tomatoes

by Susy Hymas, Meals on Wheels and More



One of the best things about summer in the northwest is fresh tomatoes. Some of us are lucky enough to have them in our backyards, but you can pick up local ones at Farmers Markets and some grocery stores now until late September.

You just can't compare the flavor of a summer fresh tomato to the ones you buy throughout the year.

Tomatoes are packed with nutrients as well. They are good sources of Vitamin C, Potassium, Folate and Vitamin K. One of their greatest benefits is the antioxidants, plant-based substances that may protect your cells against damage caused by free radicals. These include carotenoids, lycopene, lutein and zeaxanthin. Antioxidants have been tied to a reduction of heart disease and cancer. Cooking tomatoes enhances the antioxidants, making the benefits more available.

One of my favorite things to do with tomatoes is to roast them. Roasting brings out the sweetness of tomatoes and they are just yummy. My family eats them on pasta or pizza, but you can also easily freeze them to enjoy during the year. I pack them in plastic containers. I have also used jars, but you need to be careful to not over fill jars. It is best to use straight sided jars (ones without a lip). Of course jars are more prone to breaking in the freezer as well.

To freeze, you can either keep the tomatoes whole or puree them in a food processor.

### Roasted Tomatoes

- 2-3 lbs tomatoes
- 1 Tbsp olive oil
- 1 clove garlic minced
- 1 Tbsp chopped fresh basil or 1/2 tsp dry basil
- 1/2 Tbsp Balsamic vinegar
- Salt and pepper to taste

Directions:

1. Preheat the oven to 450°F.
2. Wash the tomatoes and cut in half. (If large you can cut in quarters; cherry tomatoes may be left whole.)
3. Toss the tomatoes with remaining ingredients.
4. Place on rimmed baking sheet or roasting pan. Roast 10-20 minutes or to desired doneness (usually until just starting to brown). Larger or firmer tomatoes such as Romas will need more time (closer to 20 minutes) while ripe small tomatoes such as Campari will only need about 10 minutes.
5. Once cooked, tomatoes can sit and be served hot or at room temperature.



**CENTS**  
CONSUMER EDUCATION  
AND TRAINING SERVICES

## GONE PHISHING?

Phishing is a type of scam where the scammer will send an email, text message, or pop-up ad that appears legitimate on the surface, but is really just a ruse to get your information or more. In early July, the Seattle Times reported Microsoft customers were targeted in a phishing campaign that spanned over sixty countries and hit millions of users.

Phishing scams don't just target Microsoft customers. Here are some steps you can take to protect yourself:

- Hover over the email address. Sometimes this will reveal the true email address of the sender. Unfortunately, technology has evolved where even this can now be hidden.
- Delete emails and text messages that ask you to confirm or provide personal information (credit card and bank accounts, social security number, and/or passwords).
- If you're not sure whether the communication is legitimate, find the official contact information of the company, agency, or organization and contact them that way, rather than responding to the email or text directly.
- Legitimate companies don't ask for sensitive information over email because standard email is not secure.
- Don't be fooled by logos or appearances.
- Don't act out of fear or mindlessly follow instructions. Scammers send phishing attempts to look like they are from the government or a boss so people will follow the instructions.
- Verify you are communicating with.
- Be extra cautious when opening links. Make sure they are from a legitimate source.
- Use trusted security software. You can check with a representative from Microsoft, Apple, or a "big box store".
- Don't let your guard down.
- Remember, a lot of phishing attempts will try to scare you into action. (e.g., "Your email account will be locked unless we verify your information.") Take time to assess whether it's legitimate before you respond.

I hope you find this information helpful.

Tony Leahy  
Executive Director, CENTS

[www.SeniorMoneyProject.org](http://www.SeniorMoneyProject.org)—Check out the educational videos and resources on the website.

### 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.



### Fall and Winter Veggies

by Master Gardener Alice Deane

It's time! Time to start your fall and winter crops, not a moment too soon. You can have a bountiful harvest this fall and some things will last till early spring.



Best bets for fall are lettuce, spinach and Asian greens. Start your seeds and they will come up in no time, they have in my garden. Or try to find starts of broccoli, Brussels sprouts, kale, cabbages and collards in local nurseries. I started my seeds of those a few weeks ago and they are all sprouting now. Our climate allows us to grow food throughout the year, which might come as a surprise to those of you who hail from other parts of the country. It's well worth growing for fall and winter here.

As I have before, I'm referring you to Linda Gilkeson and her monthly newsletter for tips. She gardens on Salt Spring Island and is a wealth of information on island gardening. Go to [www.lindagilkeson.ca](http://www.lindagilkeson.ca) and sign up for Linda's List. It will come to your inbox each month with great advice. Your local Master Gardeners can help you out too; leave a voice mail with your questions at 360-378-4414 and someone will get back to you. And have you Facebook watchers noticed the group called *Growing Food at Home in the San Juan Islands*? There's an ongoing conversation between local gardeners full of questions and answers which is discussing fall and winter crops these days. Don't dally-plant now, you won't regret it!

### 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)

### 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-



### 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).

### 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](mailto:nikytap@lopezsolidwaste.org) or a beach by contacting Skeet Townley at [jtownley@blm.gov](mailto:jtownley@blm.gov). For more information, visit [www.lopezsolidwaste.org](http://www.lopezsolidwaste.org).



## National Preparedness Month



**September is National Preparedness Month.** It is a great time to review your emergency preparations and make a plan. Your family may not be together if a disaster

strikes, so it is important to know which types of disasters—earthquakes, tsunamis, fires, floods, severe storms, pandemics!—could affect your area. Know how you'll contact one another and reconnect if separated. Establish a meeting place with family, friends and/or neighbors that is familiar and easy to find. Although Red Cross and national government emergency organizations recommend having supplies for a minimum of three days, our local SJC Department of Emergency Management highly recommends having a minimum of **two weeks** of supplies on hand due to the isolation of our island county and potential disruption to supply chains.

**Step 1: Put a plan together.** Discuss the questions below with your family, friends, household, caregivers and/or neighbors to start your emergency plan.

- How will I receive emergency alerts and warnings?
- What is my shelter plan?
- What is my family/household communication plan?
- Do I need to update my emergency preparedness kit?
- Check with the Centers for Disease Control (CDC) and update my emergency plans due to Coronavirus.

**Step 2: Consider specific needs in your household.** As you prepare your plan, tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in your network can assist each other with communication, care of children, business, pets or specific needs like operating medical equipment. Create your own personal network for specific areas where you need assistance. Keep these factors in mind when developing your plan:

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children

**Step 3: Fill out a Family Emergency Plan.**

Download and fill out an emergency plan or use it as a guide to create your own. Recommended plan: <http://www.sanjuandem.net/Preparedness/PDFs/FamilyPlan.pdf>

**Step 4: Practice your plan with your family, household, neighbors, and/or caregivers.**

## Emergency Preparations

Our preparation activities were put on hold during the initial COVID-19 shutdown but now that we are getting into autumn, it is important to be ready for the increased chances of inclement weather. We will be combining some information from the Preparation Calendar to catch-up on purchases and activities. Now that you have hopefully restocked your toilet paper and cleaning supplies, and made copies of important papers, it's time to:



### PURCHASE:

- NOAA alert weather radio
- ABC fire extinguisher
- Extra face masks—available from local volunteers and stores, or online
- Box of granola or power bars—1 box/person
- Jug of juice—1/person
- 6 rolls of paper towels

### ACTIVITIES:

- Check to see if stored water has expired and needs to be replaced
- Put an extra pair of eyeglasses in the supply container
- Find out about your workplace disaster plans if you work outside your home
- Make a small preparedness kit for your car; include food, water, blanket(s), small first aid kit, extra mask(s), and a list of important phone numbers.

For more information on preparing for an emergency, please visit [www.sanjuandem.net](http://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 extremely urgent situations, calls may be placed to land line phones as well.

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 will 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 on Thursday,  
September 17<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 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



**To the Wonder Women of Lopez,**

With my wife's passing after 56 years of marriage... what to do about the reliable daily feedings? Your caring answer has restored my dignity.. The meals are balanced nourishment, and tasty. "Jerry's (driver) Cheerful Delivery Service" with his kind words is very special. Forgetting my 12:00 to 1:00 meeting responsibilities are smoothly covered thru Jerry's kindness....but still a Senior lapse that will probably not pass. God Bless the goodness found in your many hearts that those less fortunate can carry on.

*Paul Sands*  
Meals on Wheels  
Recipient



September is Alzheimer's Awareness Month and Monday, September 21<sup>st</sup> is World Alzheimer's Day. Alzheimer's is the most common form of dementia, affecting about 6 percent of people 65

and older. The number of Americans with Alzheimer's is expected to reach 14 million by 2060 and statistics show that about two-thirds of those with Alzheimer's disease are women. Although it may seem like just a typical disease for older people, it is, in fact, not a normal part of aging. Scientists don't know what causes Alzheimer's, but they suspect it's a combination of many factors. The disease affects parts of the brain that control memory, thought, and language. Although there is no known cure for Alzheimer's Disease, you CAN adopt lifestyle choices that can help you reduce your risk of developing it. There is growing evidence that physical, mental, and social activities may reduce the risk of Alzheimer's.

**Healthy Diet** - One of the best ways you can feed your brain for better memory is by adopting a Mediterranean-type diet with lots of vegetables, fruits and whole grains.

**Stress Management** - Research has shown that the benefits of regular stress-relaxation practice, such as meditation, can improve your health and prevent memory loss.

**Exercise and Brain Aerobics** - Regular physical exercise can reduce your risks by up to 50%. Mental exercise can also reduce your chance of developing Alzheimer's disease by up to 70%; spend at least 20 minutes, three times a week doing mental exercises that engage your attention, involve more than one of your senses, and break a routine activity in an unexpected, non-trivial way. Great examples are reading, writing, playing board games, and doing crossword puzzles.

Source: <https://alzheimersprevention.org/prevention-is-key/>

Or Current Resident

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

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

P O Box 154  
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY