

Woodmen Hall

Lopez Island Senior Signal

November 2020



A Note from Senior Services

Talking to a senior this morning, she reminded me that when she lived through WWII they didn't think life would ever get better. It did and we have in the past, so according to her we will again. Some words of encouragement. This too shall pass, right?

Grow a Row will be ending at the end of October. We would like to thank all of the dedicated gardeners and Locavores who spent so much time here on Tuesday mornings sorting and bagging all of the fresh produce for our Meals on Wheels seniors and members of the community who came by to glean the left overs.



Please mark your calendars for the dates we will be closed this month. November 11th for Veteran's Day. Also November 26th & 27th for Thanksgiving and the day after.

Thanksgiving won't be the same large family gatherings that we have had in the past. But please try to be patient and vigilant in keeping up the social distancing and hand washing. You have done an amazing job on Lopez of keeping our Covid cases down.

Notice the movement of the ballot box by the fire station. Please enter on the right of the station, drive behind and deposit in the new box. Please vote early to avoid congestion.

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



Daylight Saving Time Ends Sunday, November 1st

Set your clocks back one hour



IslandRides

The website is nearly complete so you will soon be able to go to www.islandrides.org and book a future trip on Lopez Island. The opinion poll to adopt the new name for county-wide recognition was successful and the new logo is shown here for the first time. Call **360-317-3107** or email islandrideslopez@gmail.com to schedule a ride on Lopez Island. A recent *Innovations in Access Mobility* grant is helping cover costs for this expanded service area.

As we all learn to limit our activities and carefully observe Covid-19 safety protocols, the demand for access to needed services and locations is increasing. **IslandRides** drivers are masked and carry masks and gloves for riders who need them. They are going to question you regarding your current and recent health status before allowing you in the vehicle and carefully disinfect surfaces afterward. It may be safer to ride with windows slightly down.

When calling the **IslandRides** number you will be reaching one of these new volunteer drivers: Jerry Manion, Del Guenther, Ece Kocak, Anne Trench, Fons Wynen, Ron Metcalf, Jo Bryant or leave your call-back number. This free or donation-fare transportation service is also available to bring prescriptions or prepaid supplies to your home, lowering your risk of exposure.



What's Inside...

Services Info	2
Ops Comm	3
Food Safety Article	4
Home Health Option	5
Fraud/Emergency Prep	6
Services/References	7
Medicare Presentation	8

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@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
 Karin Gandini - Member at Large
 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@sanjuanco.com by the 5th of each month for the following month's issue. The newsletter is also available at

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



I do not have to say that the pandemic is still with us. Although the Governor has opened things up a little more, the senior centers will be the last to open. Roni and the kitchen staff are still putting together takeout meals along with those good vegetables from the Locavores. Remember if you wish a meal delivered to call and make delivery arrangements with Roni. Also, a reminder that Veterans Day (the 11th) and the Friday after Thanksgiving (the 27th) are days the kitchen is closed so meals will not be delivered. However, frozen meals will be available if needed to fill in for the missed delivery.

Although the work party last month was called off because of rain, many of the items we had designated to be accomplished are still underway. We are working with the Friends of Woodmen Hall to have tree limbs overhanging the lot and buildings removed and to situate the drain pipe in front so that it does not drain onto the unloading concrete nor wash away the building foundation. Two other items are a drain pipe for the pump house and re-doing the ramp off the kitchen.

I want to repeat we are still in need of a couple of board members. The consolidation of the three island council into a working corporation has added more tasks to the existing board. Basically, that means more paperwork and more documenting of what we do and of course it means many more meetings. Let me know if you are interested in helping out.

It won't be the same, but to everyone a Happy Thanksgiving holiday from the Senior Center.

Carl Bender, Chairman
Lopez Operations Committee

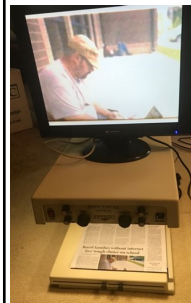
Online Events You Can Join!

Check out these Bellingham Senior Activity Center virtual programs available 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 info and links to programs.

Helping Our Seniors...

South Whidbey Lions, Lopez Lions, and Lopez Island Senior Services work together to provide a Low Vision Magnifier for Lion Joyce Seifert

"Several years ago the South Whidbey Lions donated a Low Vision magnifier to a person in need of this device. It was recently returned to us. I have tried it and it works. I have attached a picture of it. Would it be possible to spread the word that if one of



the Clubs in Zone H-7 has a person who is in need of a device like this, we could donate it to them." Lion Secretary Fritz Baesman broadcast the note to Lopez Lion membership.

New member Ginger Lowell responded to Fritz that there was a low-vision group that used to meet at Woodman Hall. She said, "I knew Joyce Seifert might be part of this group." Ginger immediately called Lopez Senior Services Specialist Roni Becker Wilkie and asked if anyone at Woodman Hall might have a low vision issue. Roni also said, "I immediately thought of Joyce Seifert. Later, I found out Joyce has been a Lion since 1993."

Roni said she called Joyce Seifert and found out that Joyce was absolutely "thrilled for a chance to get the machine". Roni e-mailed the news to Ginger, who contacted Fritz Baesman, who contacted Chuck Brengle, Secretary of South Whidbey Lions Club, who said, "Yes, the reader is still available."

Chuck and Ginger made arrangements to meet in the Anacortes Swinomish Casino parking lot where the reader would be transferred for the ferry trip to Lopez Island. Ginger said, "The transfer in the parking lot included Chuck wrestling the box into my car and giving me the letter and certificate memorializing the South Whidbey Lions and the Lopez Island Lions, together with Lopez Island Senior Services, giving the magnifier to Joyce."

Dementia TV



I recently learned about a fantastic resource for people with dementia that I wished I had known about for my husband when he was in hospice. It's [ZinniaTV.com](https://www.zinnia.com), a site with beautiful videos that don't have any dialog that both ill people and their caregivers can enjoy. There is a selection of video clips about things like horses, golf, travel, waterfalls, flowers, cooking. Once you choose one video to start, it goes to continuous play if you don't stop and choose another video, so it doesn't need to be monitored by the caregiver. It requires either a computer or a smart TV.

~ Beth Helstien, SJI Library Outreach Coordinator

Food Safety for the Holidays in 2020

Contributed by Susy Hymas, MOWM Nutritionist
shymas@whatcomcoa.org



COVID-19 has impacted all aspects of our lives including how we approach food. Whether you are relying totally on home-cooked meals, receiving Meals on Wheels meals, or relying on take-out, we have all had to rethink how we receive and/or prepare foods.

During the initial lockdown in March and April there was much discussion around the safety of handling food either purchased directly or delivered to your home. According to the CDC, the risk of getting sick **with COVID-19** from eating or handling food (including frozen food or produce) and packages is considered very low.

Regardless of the concern around COVID, it is important that we consider food safety as many more people are preparing foods at home. Food borne illness is very common and is associated with food prepared both in and outside the home. The CDC reports that approximately 48 million people get sick, 128,000 are hospitalized and 3,000 die each year from food borne illness. Food borne illness results in contamination from bacteria, viruses or parasites. Symptoms range from abdominal pain, diarrhea, vomiting, muscle pain, fever and fatigue, and typically occur between 6 and 48 hours after consuming the contaminated food, but the time varies depending on the germ. Let's face it, food poisoning is no fun.

What can we do? There are some basic guidelines that we all need to follow to ensure our kitchens are providing food free of food borne illnesses:

- Wash your hands. We have heard this more in the last few months than ever before. But it is the number one rule of food safety. 20 seconds is the rule. Regular soap is fine, as long as you lather and rinse well.
- Make sure utensils are clean, as well as surfaces in your kitchen. Wipe off cans before opening. Wash produce thoroughly before cutting or eating.
- Take steps to prevent cross contamination. Meat and poultry products have naturally occurring bacteria on them. You want to assure that this bacteria is not present when you place other foods on a cutting board, counter or sink. Make sure you clean while you are cooking and use separate utensils for different ingredients and for raw and cooked foods. Use a separate cutting board for raw meat to lower the risk of cross contamination.
- Cook meats to a safe temperature. A food thermometer is a great tool to make sure you are protecting your family when preparing meats.

Leftovers	165° F
Ground beef, pork, veal and lamb	165° F
Turkey, Chicken , Duck	165° F
Fish	145° F
Egg dishes (cook until yolk and white are firm)	160° F
Fish	145° F
Beef, pork, veal and lamb steaks, roasts and chops (allow 3 minutes rest time)	145° F

Be sure to insert it into the thickest part of the food. You cannot rely on the color of the food to determine temperature.

- Chill food appropriately. Always refrigerate or freeze meat and poultry as soon as you bring them home or have them delivered. Any leftovers need to be refrigerated in a shallow dish (up to four inches high) within two hours of cooking.
- Lastly, remember the safety rule "When in doubt, throw it out." We all hate to waste food, but it is better to be safe than sorry.

Now that fall has arrived, the holidays are not far behind. So many of us have been unable to visit our loved ones as we socially distance due to COVID-19. The idea of staying away from our loved ones during the holidays is very difficult. Please be reminded that social distancing guidelines for safety during the pandemic still apply. It is of course up to you and your family whether or not to participate in gatherings during this time. Talk to your family and make a plan. Contact the SJC Health Department or visit www.sjccovid.com for updated guidance. Keep in mind that the virus will pass and the holidays will happen again. Seniors are vulnerable during this pandemic, so please protect yourself.

Hospice Service Concerns

Contributed by Lynnette Wood,
Chair, Orcas Senior Center District Committee

For decades, Hospice of the Northwest has been a vital resource in our county. Their dedicated staff and volunteers commit to providing exceptional care to people with life-limiting illnesses, their families, and circles of support. That care is now under threat. Two Skagit County public healthcare districts, which own Hospice of the Northwest, are in discussions to sell the non-profit to a private equity-owned organization called Bristol Hospice. Such sales have increased recently. The risk is that companies boost profits by cutting staff, increasing caseloads, and limiting home health care. Services may also be reduced, especially to areas where it is more expensive to operate, such as San Juan County. If this concerns you and you would like to see the non-profit Hospice of the Northwest continue to provide the high quality of care it does, please make your voice heard by sending a "Dear Commissioner" letter to pbrowning@skagitregionalhealth.org.

Is Home Health The Answer?



In these times of Covid-19 Concerns and restrictions on travel and gatherings, many folks are having to approach familiar activities

in new ways. Health care is one of many such challenges. How do you balance the need for on-going treatments and therapies with the need to self-isolate? Alpha Home Health and Hospice, San Juan County's only home health provider, is one possible option.

Home health consists of nurses, therapists (physical, occupational, and speech,) and other licensed and certified clinicians, who treat patients in the safety and security of their own homes. Home health services are ordered by physicians, including primary care doctors at your local clinic. A hospital stay is not required to receive home health. All you need is orders from your doctor, and a demonstrated hardship or risk associated with leaving your house.

For those at high risk for Covid, self-isolation is a big concern. Using tools like Tele-Health, as well as cutting edge communication technologies to keep the physicians fully engaged, Alpha's clinicians can be a solid bridge between the need for top-notch treatment and the need to stay safe. Home health is covered by Medicare and Medicaid, as well as most insurances, and private-pay is also accepted.

Alpha Home Health and Hospice is a Five-Star rated agency, with a full team of clinicians who live in the San Juans. Formerly called Islands Home Health, the Alpha team has well-established relationships with all the local providers, and is seeing patients in their own homes every day. To find out more on the subject, you can ask your doctor, or call (425) 357-1790 and ask to speak with a care coordinator. Alpha is on the web as well: www.alphahomehealthhospice.com.



Jack Hamilton

Transitional Care Coordinator
Community Liason
O - (425) 357-1790
C - (425) 309-5138
F - (425) 357-1745
jhamilton@alphahhh.com



**Wednesday,
November 11th**

Washington Listens Help Line

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. Speak with a specialist and get connected to community resources in your area. The program is anonymous.

Featured Staff: Judy Matalon

Judy has been volunteering at the Senior Center for 3 years.

She and her husband Brian discovered the San Juan Islands while Brian was working in Bellevue. Their daughter Christa was out for a visit and they took her on the Victoria Clipper to Friday Harbor. While standing in the park above the harbor Brian said "We should buy a place in the islands." They have been here now for 22 years and consider Lopez their forever home.

Judy and Brian have one daughter and two grandkids both in college in the Midwest.

Judy has been decorating the dining room tables for senior lunch with seasonal table clothes and centerpieces. Her other passion is making Christmas wreaths and decorations for the wreath sale at Lopez Cemetery. She has been involved with the wreath sale for over 20 years. She spends so much time there Brian typically has to see her at the workshop during the wreath season if he wants to visit.



Left to right: Cook Ken, Judy, Margo, & Norma



CENTS INVESTMENT FRAUD
CONSUMER EDUCATION AND TRAINING SERVICES

by Tony Leahy
www.SeniorMoneyProject.org

Here's some questions to ask before you hand over your money or sign an investment agreement:

- Is the person selling the investment product licensed?
- If not, be skeptical. A legitimate investment professional must be properly licensed, and his or her firm must be registered with the Financial Industry Regulatory Authority (FINRA), the Securities and Exchange Commission (SEC), or a state securities regulator, such as the Washington State Department of Financial Institutions (DFI).
- Ask: Are you and your firm registered with FINRA? With the SEC? With a state securities regulator (like DFI)? Which one(s)?
- What is his or her license number?
- Is the investment product registered with the SEC or my state securities regulator? Companies must register their securities with the SEC before they can sell shares to the public. Be wary of investment products that are not registered with the SEC, such as low price penny stocks and promissory notes.
- Don't just take the person's word for it. Verify the answers by checking the seller's background. Visit SaveAndInvest.org or call 888-295-7422. A con artist won't be afraid to claim he's registered and give you a fake registration number. If you do find a licensed professional and a licensed product, it doesn't guarantee your investment will be fraud free; it just reduces the chances of fraud.
- Check the criminal or disciplinary record of the investment professional you are working with.
- Be cautious of unsolicited "investment opportunities" that come by phone, mail, or online.
- Talk to someone first. If the sales person tries to get you to keep it a secret, that's a bad sign. The free gift or meal might not be worth it.
- Don't just rely on the advice of friends and family. Do your homework or talk with a licensed and properly credentialed financial professional.



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—for information and resources related to the pandemic. Stay safe and healthy everyone!



Month #11 Emergency Preparations

We are in the home stretch for emergency preparations! If you skipped getting some of the supplies gathered over the past few months, now, before winter arrives, is a good time to catch up.

PURCHASE:

- A pair of pliers, wrench and/or vise grips (for turning off utilities)
- Duct tape
- Heavy work gloves
- Extra batteries for flashlights, radio and hearing aids (if needed)

ACTIVITIES:

- Follow up on efforts to organize your neighborhood and exchange work, home and emergency contact phone numbers with neighbors for use during an emergency
- If you haven't already, put some extra clothes and shoes, for every person in your household, in your supply bin(s)
- Imagine your house with no electricity or heating source... what more would you need?

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. You have the ability to opt out at any time. Sign up at: <https://public.alertsense.com/SignUp/?regionid=1213>.



American Red Cross

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.

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, November 19th, from 1:30-2:45pm

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



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

IslandRides: 360-317-3107 or islandrideslopez@gmail.com for low cost/free transportation on the island
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

Election Day is Tuesday, November 3rd!
Remember to Vote!

**San Juan County's
 Accessible Voting Unit**



An Accessible Voting Unit (AVU) helps elderly voters and voters with disabilities to vote privately and independently. San Juan County's AVU is located at the Elections Office, 55 Second Street, Suite A, in Friday Harbor. It is available to use beginning 18 days before every election. For voters with mobility impairment, the voting machine has large, easy to use dials. For sight impaired voters, the AVU has audio recording of the printed ballot as well as a large print option. San Juan County Elections is committed to ensuring that all voters can vote independently, privately, and securely. Anyone interested in using the AVU is encouraged to call the Elections Office at 360-378-3357 or visit in person.

**Medicare Open Enrollment
 October 15 - December 7**

This is the time to review & make changes for 2021!



**Join us for a free, unbiased
 Medicare OEP
 online presentation!**

**Mon., Nov. 9 @ 1 p.m.
 Reserve your spot today:**

**Email:
 SHIBA@islandhospital.org**

- or -

Phone: 360-299-4212

You must include your:

- First and last name
- Email address
- Phone number

Island Hospital is your local Statewide Health Insurance Benefits Advisors (SHIBA) program



Or Current Resident

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

P O Box 154
 Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
 OF SAN JUAN COUNTY

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