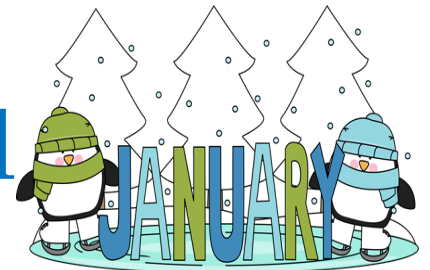


Woodmen Hall

Lopez Island Senior Signal

January 2021



A Note from Senior Services



First and foremost I would like to thank Ken Lloyd for his time with us cooking here at the Senior Center. Unfortunately Ken has had to leave us for health reasons. He was a great cook and will be truly missed.

So many to thank for their dedication and support last year.

For the anonymous donor who has pledged to match funds raised up to \$5,000. Now we need to find a way to fundraise so that we can take them up on their generous offer.

For Mel Gaddis who replaced our old ramp with a new ramp on the back of the building from the kitchen out to the recycle area.

Holly Lovejoy who came on her own and pressure washed all of the decking in the front of the building. Holly was also on our Operations Committee and has stepped down as secretary. She is the wonder woman who sends home all of the tax deductible and thank you notes to donors in the past. We are in need of someone to fill her shoes. Please consider joining our board of wonderful volunteers. We need more board members.

And last, but not least, to all of our dedicated volunteers who have stepped up to the plate with the loss of our chef. You know who you are. Thank you from the bottom of my heart.

Happy New Year to All!

Sincerely,

Roni Becker-Wilkie

Senior Services Specialist

360-468-2421; ronib@sanjuanco.com

COVID-19 Vaccines on the Horizon



Understandably, there are a host of community discussions, concerns, and expectations about the COVID vaccine. Here are some general qualifiers:

- Patience and flexibility are required.

As with all things COVID, the details, timing, and understanding of everything about the vaccine effort are still coming into focus. The picture will shift from week to week, if not day to day. Many details are only estimates at this time.

- No single organization is responsible for the vaccine effort. It will take a coordinated effort between pharmaceutical companies, healthcare providers and pharmacies, delivery services, all levels of government, response agencies, and a range of community organizations. There will be bumps in the road—this is a complex effort.
- Due to the incredible amount of attention on the vaccine effort, there will be a wealth of complicated and sometimes conflicting information to sort through. This may be in the news, on social media, from medical or public health authorities, or in discussion within our community. It is important to remember that statistics matter more than raw numbers. It is important to understand the potential bias of an information source.
- Even those who are high risk might not see the vaccine until several months into 2021, and the general population might not have access until at least summer.

New Years is all about getting another chance. A chance to forgive, to do better, to do more, to give more, to love more. And stop worrying about 'what if' and start embracing what would be.

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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@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 Is-
 land Rides 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. By appointment
 only.

Message from Lopez Operations Committee



HAPPY NEW YEAR!!! I am hopeful that 2021 will be a much happier one than 2020. Looking back over the year, it is hard to believe all the activities that we had to pass

up. I, for one, really missed the congregated lunches on Wednesdays and Fridays. Then of course there were the fundraisers, the St. Patrick's day dinner and the pancake breakfasts. We will probably miss them all again this year. I wish to thank Roni and the kitchen staff for all the work they have done in getting out meals to those who need them. Also want to thank the Locavores for the fresh fruit and vegetables this summer, they were an extra treat for everyone.

The news I am hearing is that 2021 will be much like the past year as far as meal service is done. Of course, there is the hope that with the vaccines coming soon we may be back to serving meals by late summer. Until then, we will continue as we are now with the home delivered meals. We will be taking part in some fundraising activities to help pay for the meals.

Ken Lloyd our cook has had to resign due to medical complications. We will all miss Ken as he was a fun addition to the kitchen and besides that, he was a good cook. Mel Gaddis has redone the kitchen ramp at the back of Woodmen Hall. It looks great. The old carpet was getting slippery. We have a new individual interested in joining us on the board, which I will introduce at our January meeting. Remember, we still have a need for a couple of new board members, so if any of you people out there are interested, please call 360-468-2421 to let us know.

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.



IslandRides (formerly Roundtowner)

SJI Shuttle System (aka IslandRides) provides free or donation- fare transportation to those in need. Drivers follow COVID-19 safety protocols and riders are required to wear a mask. To schedule a ride call **360-317-3107** email islandrides@gmail.com or visit our website at www.islandrides.org.

With the help of our dedicated volunteer drivers, IslandRides has operated continuously throughout the pandemic with very careful protocols for the safety of drivers and their passengers. They transport seniors, disabled people and vulnerable folks who do not drive to healthcare or other appointments and assist them by delivering essential food and supplies without personal contact. Based on CDC and state guidelines, passengers are questioned about their current health and recent exposures before each trip. Drivers are masked and provide masks or gloves to riders as needed. Riders are seated only in the back, as far as possible from the driver, and all of our trips are brief. Trips in the electric Leaf are cool with lots of ventilation. Our drivers are also vulnerable seniors so they are extra careful. You are not in COVID prison though we expect you to stay safe and respect the safety of all our island neighbors. Yes, the vaccine is coming! Special thanks to the Rotary Club of the San Juan Islands for the recent donation of \$3,400 to IslandRides from proceeds raised for their Concours d'Elegance which did not happen this year! Their past President, Paul Mayer, is the talented creator of the new website IslandRides.org where you can see what is new in "door to door" ride services, donate and/or get information on becoming an IslandRides driver.

As of the end of November 2020, IslandRides has provided over 5500 rides to clients on San Juan Island and 40 rides to clients on Lopez Island... and counting. We look forward to continuing to serve our island communities in 2021!


Powerful Tools FOR Caregivers Sign-up now for the **Upcoming Class Series**

Powerful Tools for Caregivers
Six Wednesdays @ 1:30-3pm via Zoom
January 20th to February 24th

If you are an unpaid, family or friend caregiver, please join us for this FREE six-week class series that will provide you with tools and strategies to better handle the unique caregiver challenges you face. Due to COVID-19, the classes will be held online via Zoom; the benefit is that anyone from any island can join and you can stay home with your care receiver. If you don't have access to a computer with a camera or are unfamiliar with online meetings but want to participate, give us a call and we can discuss options with you. On San Juan, Lopez or the outer islands, please contact Gail Leschine (360-370-7528 or gaill@sanjuanco.com). Can't make these dates? Contact us anyway to be added to the waitlist for future classes or to find out more about our Family Caregiver Support group.

The true measure of a man is not how he behaves in moments of comfort and convenience but how he stands at times of controversy and challenges.
 ~ Martin Luther King Jr.

Join a Creaky Yoga Class Online



The Creaky Yoga program was developed many years ago to offer yoga to those who, because of age or injury, were not able to do regular yoga classes (the "creaky generation"). This Lopez Island gentle yoga program moved online to Zoom in March, and is still available and still meeting the same needs for strengthening, flexibility, wellness and community. On Monday and Thursday from 10:45 to 11:45 a.m. there are chair classes (for those who cannot easily get down to and up from the floor). Also on Monday and Thursday from 9:15 to 10:15 a.m. there are mat classes (for those who can still manage the floor). The schedule and Zoom links are at the website creakyyoga.org. For more information or to join, contact: creakyyogateam@gmail.com or call Nancy at 360-468-3496 or Stephanie at 760-673-8253. Attendance is by donation.

Warm up with Soups this Winter
Susy Hymas, Meals on Wheels and More

Homemade soups are an excellent way to get essential nutrients into your diet. There is a unique comfort that a hot bowl of soup can bring on a cold day. Soups are easy and inexpensive to make and don't require too many ingredients. Soups also provide an opportunity to sneak some much needed vegetables into your diet as well. One of the best way to utilize leftovers is to incorporate them in a soup. Leftover ground beef, chicken, veggies, rice, gravy or potatoes can all find their way into a soup with some added veggies and meat or vegetable stocks. There are no rules with what you can do. Thickening soup can be accomplished by adding a couple of tablespoons of flour to your sautéed veggies and oil and cooking for a few minutes before adding your wet ingredients. Alternatively, if gluten is an issue you may opt for a slurry of equal parts cornstarch and water/stock added before the soup comes up to simmer.

Here is a quick easy recipe to try below. A good soup starter can begin with diced carrots, onions, and celery sautéed in vegetable oil. You will find that when you sauté carrots they can turn your soup a nice golden color and cooking carrots releases some of the phytonutrients in them.

Turkey, Pasta & Vegetable Soup
 This simple turkey soup is full of vegetables and shredded turkey, making it perfect for after the holidays when you have leftovers on hand. If you do not have turkey, you can use chicken breast. Makes 8 servings. Cook time: 35 min.

- Ingredients**
- 3 Tbsp olive or vegetable oil
 - 1 cup chopped onion
 - 2 cups chopped carrots
 - 2 cups chopped celery
 - 8 cups of low sodium turkey or chicken broth
 - 2 cups of water
 - 1½ tsp salt and ½ tsp pepper
 - 8 oz. fusilli pasta (or any hearty pasta on hand)
 - 3 cups cooked shredded turkey or chicken breast
 - 2 Tbsp lemon juice
 - 1 tsp dried oregano and 1 Tbsp dried basil
 - Parmesan cheese to top (optional)



Directions
 Heat oil in a large heavy pot over medium-high heat. Add onions, celery, carrots, salt and pepper. Cook, stirring often, until the vegetables have softened, 8 to 9 minutes. Add broth and water to the vegetables. Increase heat to high; bring to a boil, stir occasionally. Reduce heat to medium-high; add pasta and cook until al dente, 9 to 10 minutes. Reduce heat to medium-low; stir in turkey, lemon juice basil and oregano. Add salt and pepper to taste. Cook until the turkey is warmed to 165 degrees, about two minutes.

Monday, January 18th is Martin Luther King Jr. Day



Even if I know that tomorrow the world would go to pieces, I would still plant my apple tree.
~ Martin Luther King Jr.

Featured Staff: Debbie Mackie



Debbie has been a driver for Meals on Wheels on Lopez for six years. This is her 15th year participating in the Meals on Wheels Program, nine years in Skagit County as a driver and six here. It brings her so much personal satisfaction to provide hot nutritious meals to our island seniors. In the close knit Lopez community she thinks of them not just as clients, but as friends. The isolation and social restrictions during the pandemic have been tough on everyone, but doubly hard for those facing physical and economic hardship. That hot meal can be the highlight of the day for some, and just the pleasure of a few minutes of conversation. Everyone is so appreciative. The number of meals served out of our Senior Center has increased substantially, and she encourages fellow Lopezians to donate to the Senior Center to support the efforts of the dedicated staff and volunteers.

She was raised in Burlington but spent the bulk of her career in the Seattle area as a tele-communications executive, retiring in 2004. She and her husband Tito have resided on the island for seven years. In addition to volunteering as a driver, she has served for six years as a board member of the Lopez Thrift Shop, currently as Treasurer. If that isn't enough, she supports Lopez Fit with a free online Zumba class during the gym closure. Other hobbies include weight training, fishing, gardening, and her two Borzois dogs Singer and Mica.

Important COVID-19 Information

Remember to visit San Juan County's COVID webpage—www.sjccovid.com—and the Health & Community Services Facebook page www.facebook.com/SJCPUBLICHEALTH — for information and resources related to the pandemic. Stay safe and healthy everyone!

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.

Some New Year's Resolution Ideas

1. Review and update legal documents. Complete an advanced directive.
2. Get up-to-date on vaccinations for diseases such as pneumonia and shingles.
3. Inventory medications and dosages. Get a dispenser if you're losing track of what to take when.
4. Challenge yourself and try something new. The options are endless. Search online for ideas.
5. De-clutter. Get rid of clothes you no longer wear, extra linens and expired food. Clean the fridge and freezer out.
6. Understand your fall risk. Talk to your doctor. Use a cane or walker if you are unstable.
7. Forgive the people in your life who deserve it.
8. Embrace technology. The benefits are worth it.
9. Share memories. Write your memoir or create a scrapbook for your grandchildren.
10. Embrace nature. We live in a beautiful place; get outside and enjoy it. Go for a walk, plant a garden when the weather warms up... even a scenic drive around the island is revitalizing.

Turning 65 & need help with your Medicare options?



Join us for a **FREE, UNBIASED Medicare online presentation!**

Wed., Jan. 6 @ 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



Protecting The Salish Sea: Washington’s Plastic Bag Ban - Effective January 1st

On March 25th Governor Inslee signed Bill ESSB 5323, also known as the Washington Plastic Bag Ban into law (RCW 70A.530). This means that starting January 1st, 2021, retailers and restaurants throughout the state will be prohibited from providing single-use plastic carryout bags. As Washington prepares for the statewide plastic bag ban to take effect this January, San Juan County continues to be a regional leader in promoting sustainable alternatives. In 2016 the county passed its own plastic bag ordinance, one of over 37 Washington cities, towns, and counties which have passed their own plastic bag bans since 2009. Despite these measures, every year Washingtonians use over 2 billion single-use plastic bags and the average American uses about 500 bags per year. Gus Gates, Washington Policy Manager for the Surfrider Foundation explained to the San Juan Journal, “Plastic bags are one of the top ten items we find every year at beach cleanups in Washington and around the globe. Eliminating this chronic source of plastic pollution will go a long way towards keeping our beaches and aquatic ecosystems in clean.”

When the state plastic bag ban goes into effect on January 1st, it will effectively replace of the county’s existing plastic bag ban. The most significant difference for San Juan County residents is that they will see an 8¢ bag charge on their receipt if they do not use a reusable bag and instead use a paper or thick plastic bag provided by the retailer. These bags must meet specific post-consumer recycled content and thickness requirements to be allowed for sale under the new ban.

What are the main changes with the state plastic bag ban versus the county bag ban?

- All elements of state bag ban will be new requirements for Friday Harbor retailers and restaurants
- If a business provides you a carry-out bag, you will be charged 8¢
- Thicker, reusable plastic bags must have 20% minimum recycled content
- The bag charge does not apply to those who use vouchers or e-benefits cards to buy food

Where can I get more information as a customer, retailer, or restaurant owner? Visit the “Washington’s Plastic Bag Ban” website to find detailed information on the state’s bag ban. Website: www.ecy.wa.gov/bag-ban

How can I avoid the 8¢ carryout bag charge?

- Routinely keep a clean and reusable bag in your vehicle
- Have more than one reusable bag so that other bags can be washed/cleaned
- Avoid bags altogether by reloading your items into a basket/cart after checkout, and then unloading them directly into bags/containers in your vehicle
- Some retailers may have spare boxes to use
- The bag charge does not apply to customers who are on food vouchers/e-benefit cards (SNAP/FAP/WIC/TANF)
- Reuse the 8¢ bags multiple times

Are reusable bags safe during the COVID-19 pandemic and is plastic safer than other materials?

According to the U.S. Center for Disease control, “If you normally bring your own reusable shopping bags, ensure they are cleaned before each use.” According to the U.S. Food and Drug Administration, “There is no evidence of food or food packaging being associated with transmission of COVID-19.” As it relates to plastic surfaces, The New England Journal of Medicine found that COVID19 remained viable longer on plastic than on paper materials tested (April 16, 2020). While the CDC has clarified that, “touching surfaces is not thought to be the main way the virus spreads,” it is important to always practice good hygiene regardless of the surface or the material. All customers should frequently clean and disinfect their reusable bags as well as their hands. As a precaution, customers should offer to bag their own groceries whenever possible to minimize the amount of contact between business employees and reusable bags brought back to stores.

For more information see *How to Reduce Your Waste Impact During COVID-19 Times* at: <https://www.sjcmrc.org/projects/plastic-free-salish-sea/>.



NO
Single-use Plastic Carryout Bags



8¢ charge
Large Paper Carryout Bags

Made with 40% recycled content. Charges must be retained by the business.



8¢ charge
Thick Reusable Plastic Carryout Bags

Made with 20% recycled content and a minimum of 2.25 mil thick film. Charges must be retained by the business.



BYOB
Clean Reusable Bags

No charge! Don't forget your durable reusable bags.

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, January 21st,
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

Crisis Hotline: 24 hr. 800-584-3578 WA Relay: 800-833-6384 www.imhurting.org

Lopez Family Resource Center: (360) 468-4117

The Scam Checklist

by Tony Leahy—www.SeniorMoneyProject.org



SENIOR MONEY PROJECT

A financial education program for senior citizens

Here's some steps to take to drastically reduce the likelihood that you'll be scammed:

1. When you encounter an offer, award, email, text, or any communication, ask yourself "Could this be a scam?" Unfortunately, this should be one of the first questions you ask yourself.
2. Are you being asked to provide personal or account information over email or text? Legitimate businesses don't ask for or send sensitive information this way.
3. Are you or a loved one being threatened with account or benefit suspension, arrest, legal action, or some other threat or action that would cause major stress or harm? This is a scammer tactic.
4. Is there a promise of a payment, refund, discount, cash, or some other benefit in exchange for information and/or payment from you? Legitimate businesses can offer discounts and refunds, but you want to make sure it's a legitimate business. Protect your information.
5. Is it a legitimate business?
 - Independently verify the physical address and phone number by looking it up on your own.
 - Are they registered with the Washington Secretary of State (<https://www.sos.wa.gov/corps/>)?
 - Look at reviews (though these can be faked).
6. Do they demand secrecy and/or pressure you to act swiftly?
7. Do they require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card? This is a tell-tale sign of a scam. Do not send money in an untraceable manner.
8. If you're not sure if something is a scam, collect information but don't disclose your important information. Call the **Fraud Fighter Call Center at 1-877-908-3360**; Fraud Fighters is a consumer education program designed to educate Washington residents, especially senior citizens, about how to recognize scams, report fraud and protect themselves and others.
9. If you know something's a scam, report it at: ReportFraud.ftc.gov
10. Put this list by your computer and/or phone.

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: January 2021

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY