

**Woodmen Hall**

# Lopez Island Senior Signal

February 2021



## A Note from Senior Services



Happy February!

This month, on the top of our minds will be who can get their vaccination, when, and where. Please read the column to the right and the enclosed flyer for some helpful information. Please keep in mind that this mass vaccination effort is new for everyone, vaccine supplies are currently limited and information is constantly changing so we must all be patient and adaptable. The County and other medical service providers are working hard to get our community members vaccinated as quickly as possible.

I can give you some personal information: As a certified caregiver with a client, I qualified for the first round of vaccinations at the Lopez Fire station last week headed up by the San Juan County Health Department. The clinic was very organized. I can tell you that the shot was painless... amazingly so. But my arm started to hurt shortly after and more the next day; I was glad that I chose my left arm to have the shot in. The day after the shot, I had an annoying headache most of the day but that was all. This was my personal experience with the Moderna vaccination, yours might be different.

After the recent power outage, our biggest concern at the Senior Center is making sure that we have a working generator. We managed to get hot lunches out to our Meals on Wheels Seniors but it wasn't easy. Kelli Nopson (our temporary cook) managed to make it here from Bellingham.

With her help, and the dedicated volunteers with head lamps, we managed to come through with flying colors. However, it reminded us that in the future a working generator is paramount. We have an older generator that we are looking at fixing or replacing. *To be continued...*

Sincerely,

*Roni Becker-Wilkie*

Senior Services Specialist

360-468-2421; ronib@sanjuanco.com

## COVID-19 Vaccine Highlights



Please read the enclosed insert for more detailed information on COVID vaccination efforts and how to get your vaccine but here are some important highlights:

- Washingtonians over age 65 are now eligible for COVID vaccination! SJC Health & Community Services has been hosting clinics on the three main islands in January to get Phase 1a individuals (medical personnel, emergency responders, caregivers, nursing home residents) vaccinated and is now vaccinating Phase 1b-Tier 1 individuals as supplies allow.
- We are providing the Moderna vaccine. Vaccines provided by San Juan County are offered on a first come, first serve basis by signing up for clinic appointments on the County website. There is also a link there to the state website to verify eligibility. When you sign up to get the vaccine, you will return four weeks later for your second dose (This appointment will be automatically booked when you book your first appointment.)
- We are working on ways to assist those without Internet access to sign up for appointments; stay tuned. Please assist those you know who don't have Internet access if you can.
- Local medical providers are also preparing to offer vaccinations. Stay tuned for more information through San Juan County sources and local news press releases.

**TAKE CARE OF  
YOUR BODY.**  
It's the only place  
you have to live.  
-Jim Rohn

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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  
 , 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  
 Vacant-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 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 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

Well, we were happy to see the year 2020 come to an end, but it sounds as if 2021 does not look much better. Not only do we have to deal with news that the political scene is in chaos, we are still having COVID-19 increases and shut ins. However, there are some things looking brighter. The vaccine is here and being distributed, although much slower than expected. Many businesses and other places where people gather will be opening up, but the senior centers are still on target as the last to open. We are still sending out Meals on Wheels and this will continue for the foreseeable future. There will be a hot meal on Wednesday and a frozen meal on Friday.

At this time the money situation appears good, although things can change. Both the federal government and state allocations are projected to be about the same. The talks with representatives is that the state budget will be about the same. No new increases and no new decreases. This is welcome information, however we have to be aware that both salaries and food expenses are increasing.

Has anyone heard if the groundhog saw his shadow? The way it has been raining, I have the feeling he has just dug deeper into his nest. We are still engaged in clean-up activities around the Hall. Slow, but getting some items taken care of. Hope to get more done as soon as the weather becomes a little nicer.

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, please call **360-317-3107**, email [islandrides@gmail.com](mailto:islandrides@gmail.com) or visit our website at [www.islandrides.org](http://www.islandrides.org).

Need supplies from the Village or a ride to a scheduled, on-island appointment? The eco-friendly Blue Leaf and a team of volunteer drivers is available. Please call 360-317-3107 or email [islandrideslopez@gmail.com](mailto:islandrideslopez@gmail.com) anytime to schedule a trip. If you have a COVID vaccine appointment on island we can take you to that as well; please try to schedule a ride a day or two ahead of time so that we can make sure we get you to your appointment on time.

Safety protocols are in place and the drivers are masked and prepared to offer a mask when needed. The volunteers who take your requests are Ron Metcalf, Jo Bryant, Curt VanHyning, Fons Wynen and Jerry Manion. All are ready to meet your transportation needs. Since expanding to Lopez Island during the last three months these results have been achieved:

- 1) 44 individuals received rides.
- 2) They took 149 rides.
- 3) 35 deliveries were made to homes.

Destinations served to date: South-End Market, Islanders Bank, Ferry Landing, Post Office, Isabel's, Paper Scissors, LVM, Blossom, Lopez Island Pharmacy, TIOLI and Lopez Bookshop. You can be next, so give it a try!

## Important COVID-19 Information


Remember to visit San Juan County's COVID webpage—[www.sjccovid.com](http://www.sjccovid.com) — and the Health & Community Services Facebook page [www.facebook.com/SJCPUBLICHEALTH](https://www.facebook.com/SJCPUBLICHEALTH) — for information and resources related to the pandemic and for updated information on vaccine efforts in our county. Stay safe and healthy everyone!

**Some Important February Dates:**



February 2<sup>nd</sup>—Groundhog Day  
 February 14<sup>th</sup>—Valentine's Day  
 February 15<sup>th</sup>—Presidents Day

**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](http://creakyyoga.org). For more information or to join, contact: [creakyyogateam@gmail.com](mailto:creakyyogateam@gmail.com) or call Nancy at 360-468-3496 or Stephanie at 760-673-8253. Attendance is by donation.

**Featured Staff:**  
**Margo Friend**



I was born and raised in Bellevue in a day when the tallest building was three stories! I also lived in California for sixteen years and my daughter still lives there. I did live in Baltimore for a year, working on an exhibit for the National Aquarium, now that was a most interesting experience!! I also lived in Texas in a small town on the Gulf of Mexico for six months and that was NOT an interesting experience!! My career has mostly been in banking, I have worked for Wells Fargo, First Interstate, Bank Of America and most recently for Islanders Bank, of which I am retired. Besides working in the kitchen at Woodman Hall for the Meals on Wheels program, you can find me periodically working at Chimera. When my husband Jarrett passed in 2003, I decided to stay on Lopez... how can you improve on this place?


**February is American Heart Month**




While genetic factors do play a part in cardiovascular disease, the good news is simple lifestyle changes can make a big impact when it comes to heart health. Show your heart some love with these **10 healthy heart tips:**

- 1. Stop smoking**—Quitting smoking is the best thing that can be done for your heart and overall health.
- 2. Know your numbers**—Maintaining a healthy weight, blood pressure and total cholesterol play a significant role in maintaining a healthy heart.
- 3. Screen for diabetes**—Many people don't know they have diabetes. Untreated diabetes can lead to heart disease, among other complications. Diabetes can be detected through a simple blood test and managed a variety of ways under physician care.
- 4. Get active**—Heart pumping physical activity not only helps to prevent cardiovascular disease but can also improve overall mental and physical health. The American Heart Association recommends five 30-minute moderate exercise sessions each week. While this may seem daunting, it is important to note that these sessions can be broken up into two or three 10 or 15-minute segments throughout the day. Walking, jogging, biking and swimming are all great forms of exercise. It is important to remember that something is always better than nothing.
- 5. Build some muscle**—Strength training compliments cardiovascular exercise by toning muscles and burning fat. In addition, proper strength training can improve daily functional movements, decreasing the chance of injury.
- 6. Eat smart**—A healthy diet full of heart-smart foods is essential to a healthy heart and lifestyle. Salmon, nuts, berries, and oats are just a few of the heart "superfoods" that may help reduce the risk of atherosclerosis (plaque build-up in arteries).
- 7. Limit junk food**—To reap the full benefits of a heart-healthy diet, it's important to limit intake of nutrient-poor junk foods. Added sugars, saturated fat and excessive sodium can all negatively impact heart health, as well as overall physical health.
- 8. Stress less**—Stress increases cortisol, which leads to weight gain, a key risk factor for heart disease. In addition, stress can lead to other unhealthy habits, making it harder to stick to a heart-healthy program. Practice positive self-talk and incorporate mindfulness meditation breaks throughout the day.
- 9. Sleep more**—Sleeping restores the body, helps decrease stress and increases overall happiness. To reap the full benefits, clocking seven hours each night is key. A calming bedtime routine and going to bed and waking at the same time each day help establish healthy sleep patterns.
- 10. Smile**—A happy heart is a healthy heart. Making time for enjoyable activities and hobbies helps relieve stress and improves overall mood, providing a great foundation for a heart-healthy lifestyle.

*Adapted from: [www.bioiq.com/10-tips-for-a-healthy-heart](http://www.bioiq.com/10-tips-for-a-healthy-heart)*



The best way to be happy is to turn the negatives into positives. Don't let anyone steal your joy, and be thankful for what you have.



### Learning New Technology: Change is Hard

*Contributed by Beth Helstien*

All the incredible changes in technology during our lifetime provide an opportunity to make changes in your life... learn your cell phone, computer, tablet or e-reader, learn to use texts, email, the internet, online banking, social media and Zoom and other online meeting platforms... and then learn to avoid internet and computer scams. It can be overwhelming.

I've taught seniors how to use computers and other technology for more than 10 years. Some things I've learned:

- You don't have to learn it all: You can choose subjects that are personally meaningful. It pays to go slow. Once you get the basic skills, your interests can lead you in new directions.
- Kids or young people in your life may know how to use technology effectively, but they may not be the best teachers. The best teacher for you may not be someone you know, but is maybe someone who is more patient, understanding and willing to go at your pace.
- You can quit if after giving it a fair chance, you decide it's not for you. Some people will just prefer to use a landline, read books printed on paper, and/or handwrite and mail letters and cards instead of sending texts and emails.
- Some who use older technology will stick with it, while others will update to the latest version of phone, tablet, etc. The choice is yours as long as the tech companies continue to support your devices. The personal cost/benefit analysis should help with deciding when it is time to buy. Do you want it yourself, or are you just trying to please someone else? The choice is up to you based on your needs and budget.

### Moving into the New Year

*by Susy Hymas, Meals on Wheels and More*

The New Year can be time for a fresh start. Whether you like to make New Year's resolutions or just want to make some personal changes, it can be a time to think about what you would like to focus on for the coming year.

Many people use the start of a new year to make changes to their diets, exercise routines or to set new health goals. This is however a unique time. As we socially distance and try to keep ourselves safe from the pandemic, many find it more difficult to exercise regularly. Making a commitment for just a few changes is a great place to start. Exercise is something that can have a positive impact on the health and wellbeing for all ages, especially seniors.

The benefits of exercise are many. Exercise improves balance. Regular exercise can reduce the likelihood of falling by greater than 20%. Even though it takes energy to exercise, you will find that being active gives you more energy and can improve sleep. It helps our brains function better and can help prevent some diseases, such as heart disease, osteoporosis, depression and diabetes.

What kind of exercise is best for seniors?

Walking is a great place to start. This time of year in the Northwest, it is sometimes challenging to get outside. Regardless of where you live or what kind of access you have to outside areas, there are simple things you can do to move more on a regular basis.



If you can button up and adjust to the weather, walking has many benefits. As with any new exercise program it is recommended that you start slowly and build from your current fitness level. Take a walk around the block and increase slowly as you get more comfortable. Walking with a friend wearing masks is a great way to socially distance.

Yoga is an exercise practice that improves muscle strength, flexibility, balance and mobility. Yoga exercises can be adapted for different abilities. Chair yoga is a low impact form and provides less stress on muscles, joints and bones than conventional forms of yoga.

Contact Nancy at 360-468-3496 or Stephanie at 760-673-8253 if you are interested in our online Creaky Yoga classes.

Strength training is beneficial for maintaining muscle throughout one's lifespan. Elaine Cress, BSAC Health & Wellness Coordinator, offers virtual Strength Training classes on Tuesdays and Thursdays at 1pm through the Bellingham Senior Activity Center. Elaine is a great resource if you have any questions about exercises that are best for your body.

The Bellingham Senior Activity Center offers a variety of virtual classes each week. All classes are free and open to the public, but you must register to participate. For a schedule and information about how to register for classes, go to: <https://whatcomcoa.org/upcoming-events>.





## A Checklist to Help You Get Your Financial House in Order

by Tony Leahy—[www.SeniorMoneyProject.org](http://www.SeniorMoneyProject.org)

This article is part of CENTS' Senior Money Project to help people identify and avoid scams. Organizing your finances is a great "New Year" activity to help you avoid getting scammed.

Assemble all the important documents concerning your assets and debts; put them in a safe and secure location such as a lock box, safety deposit box, lockable file cabinet, or secure online folder). Here is a checklist of important documents to gather:

- house deed or rental agreement
- motor vehicle titles and registrations
- mortgage notes, car loans
- safety deposit and lock box information
- list of investments, with broker and account #
- insurance information (life, health, long-term care, home, umbrella liability, car) with policy numbers and agent contact info
- pension, retirement and social security, deferred compensation, IRA, and death benefits
- trust agreements or benefits
- list of credit cards
- list of checking and savings accounts
- employment agreements, partnership agreements
- income tax returns for most recent 7 years

- Other personal information to keep in a safe location:
- birth certificate, military discharge papers, marriage certificate, divorce/separation records
  - list of associations and organizations of which you are a member
  - passports, social security information
  - funeral and burial instructions
  - list of medications taken regularly
  - names and phone numbers of religious contacts
  - education records and employers with dates of employment

Also save your medical expense records! You may need documentation of medical expenses for your taxes and insurance—you can't have too much info!

Create a balance sheet and income/expense statement

- balance sheet (also called an assets and liabilities document)
- income/expense statement (also called a budget)



**CENTS**  
CONSUMER EDUCATION  
AND TRAINING SERVICES

Next month's article will be a checklist to get your legal house in order.

## Sleep During the Pandemic

*contributed by Friday Harbor senior and Mullis Center volunteer Cynthia Olsen*

A little background—I have always considered sleep to be one of my skills. I sleep eight to nine hours a night and ten if I am really tired. But during the pandemic I found myself going to bed earlier and earlier. Like from 10pm to 8pm to 5pm. I knew I wasn't going to sleep because I was tired, but because I was bored, weary of the stress and isolation and life just wasn't fun anymore. I wanted to close my eyes, shut it all off and drift away to dreamland. Sometimes I would only sleep four or five hours and wake up feeling really groggy.

One morning last summer, I woke up feeling rested and energetic and decided to walk to Marketplace. But when I got there, the door was closed. A man came to the door and asked me what I wanted. I said "Why isn't the store open when it's after 8am?" He replied "It's 8pm darling." My brain reeled and I felt really stupid, but worse, I felt really confused. How could I feel so rested after just three hours of sleep? How could my brain so thoroughly and completely trick me? Then I realized that although my mantra was "I'm doing fine" the isolation was affecting me in a pretty scary way.

After that I started turning my computer on as soon as I got up, still in my nightgown. If it was still the same day, I would go back to bed. If I had made it to another day, then I would get dressed, even if it was 1am. My dog seemed really confused, because we used to stick to a routine.



Then one night in December I had a lovely dream. I was on a date with Michael Keaton and he was a very entertaining date. We went out to dinner, which was enjoyable even though it was only in a dream.

After that we went for a walk and ended up in a toy store. I found a Raggedy Ann doll that I really liked and then I woke up. The next morning I could not stop thinking of that doll, so I went on the etsy.com site and found they had a huge selection of hand made Raggedy Anns. I ended up getting four of them, because I couldn't make up my mind. I needed to up my doll collection, anyway. The dolls added some fun to my life. So that's my advice: find a way to add some FUN, because it really helps.

## 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](tel: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.

## 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 21<sup>st</sup>, 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



## February is American Heart Month

Every year, thousands of Americans die from heart disease. It is the number one cause of death for most groups and affects all ages, genders and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use. You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity and managing your cholesterol and blood pressure. It's never too late to start some heart-healthy habits!

Source: [nationaltoday.com/american-heart-month/](http://nationaltoday.com/american-heart-month/)

### Common Warning Signs and Symptoms of a Heart Attack

If you have any of these symptoms, call 911 and get to a hospital right away:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea, indigestion, heartburn or lightheadedness.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

### Common Warning Signs and Symptoms of a Stroke

If you have any of these symptoms, call 911 and get to a hospital right away:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing or blurred vision in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Or Current Resident

Phone: 360-468-2421  
 FAX: 360-468-3021  
 Location: 4102 Fisherman Bay Road  
 E-mail: [ronib@sanjuanco.com](mailto:ronib@sanjuanco.com)  
 Issue: February 2021

P O Box 154  
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SENIOR SERVICES COUNCIL  
 OF SAN JUAN COUNTY

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