

Woodmen Hall

Lopez Island Senior Signal

March 2021



A Note from Senior Services

IMPORTANT DATES in MARCH:



- Daylight saving time begins Sunday, March 14th; turn your clocks one hour ahead to start enjoying more evening sunlight!
- Happy St. Patrick's Day on Wednesday, March 17th!
- Hooray, spring starts Saturday, March 20th!

Happy March!

As we go to print, there have been a few hiccups getting seniors vaccinated. Some do not have computer access and we are working hard to get them signed up. Then there was the "Great Snow Storm" of Valentine's weekend. And now snow back east is keeping the vaccines from being shipped. The Lopez Pharmacy and SJC Health Departments have been working diligently to try to get as many vaccinated, as quickly as possible. We appreciate your patience as we work out all of the kinks.



Please take some time to think of a favorite recipe and possible story or photo to go with it for our fundraiser listed on the back page of this newsletter. Since we still cannot gather in person, this is a way to keep the bills paid and the doors open here at the center.

Take care and know that you are in our thoughts and prayers during these trying times.

Sincerely,

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

COVID-19 Updates

- A big "Thank You" to the National Guard for contributing to our county's vaccine efforts even with the weather delays affecting vaccine supply.
- With local medical providers, pharmacies and the County all providing vaccines as supplies allow, we are slowly but surely getting Phase 1a and Phase 1b Tier 1 individuals vaccinated. There are thousands of people in the Phase 1b Tier 1 category in our county so please be patient; your turn will come!
- Please keep in mind that getting your vaccination is not a "Get Out of Jail Free" card. It is ultra important that you continue to wear masks, socially distance and limit off island travel. You don't have "full" protection until at least a couple weeks after your second vaccine dose, the vaccines are not 100% preventative, and you could still pass on the virus to those you interact with who have not been vaccinated yet. Please be considerate of others.
- Dr. James also warns that the new variants are likely to reach our county in the upcoming months; these are much more contagious so even though we are all experiencing "Covid fatigue", we must continue to be vigilant to help prevent Covid spread in our community.
- One or two masks? One tightly fitting mask is good but according to Dr. Fauci, "when you put another layer on, it just makes common sense that it likely would be more effective." So, two masks is probably better than one for fighting off Covid.

YOUR MIND IS A GARDEN. YOUR
THOUGHTS ARE THE SEEDS.
YOU CAN GROW FLOWERS OR YOU
CAN GROW WEEDS.



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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 5th of each
month for the following month's issue. The
newsletter is also available at
www.woodmenhall.org.

Respite Care

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

Meal Service - Lunch

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

Durable Medical Equipment

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

Free Taxi to Island Hospital and Clinics

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

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

Here it is, March already and as far as the COVID19 pandemic goes, we are still staying at home and wearing masks when we do go out. As mentioned earlier there will be no Saint Patrick's Day dinner this year although we are looking into the possibility of having a drive through lunch. If anyone has any ideas about how this may be done, we are interested in hearing from you. Along with the existing Covid shirt drive, we are planning a recipe book in hopes of raising a few dollars.

I am happy to say that the Board has a new secretary. Debora Maggiora has agreed to take over these duties. She brings a wealth of experience to the Board. We also have a new cook, Tyla McKay who is scheduled to start this week. Tyla has lived on San Juan Island but recently moved to Lopez.

We need a new representative for the AAA (Area on Aging) board which is responsible for reviewing the allocating of state and federal money to the various senior organizations in our four county area. There are eight meetings a year of which two are usually in Olympia. Of course, we still could use more operations board members here on Lopez

Roni, our Senior Services Specialist, has been busy contacting those seniors who do not have computer access and signing them up for vaccinations. Anyone interested please call and leave your name at 360-468-2421.



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

If you do not drive or your car is in the shop and you still have necessary errands to run and appointments to keep please call **IslandRides Lopez** at **360-317-3107** for assistance. We pick you up at your door and bring you back home when ready. We have drivers on standby ready to help you get where you need to go! As the pandemic abates, vaccines become available and health protocols make it safer to venture out, the ride service is becoming busier; you are urged to call in advance if you can. Many islanders have appreciated the convenient no-contact home delivery services from grocers, the pharmacy and other local merchants.

Due to special Transportation Voucher Program funding through the County, there is no charge to take you to a COVID vaccination appointment on-island and back home. If you have not enrolled in the TVP (Transportation Voucher Program) you may do so by calling the Family Resource Center at 360-468-4119. The short application is also available from the **IslandRides** volunteer drivers.

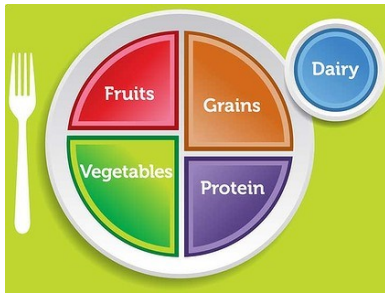
Would like to join our crew of drivers? Please see the **IslandRides.org** website or contact us at IslandRidesLopez@gmail.com to learn how to become involved.

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 and for updated information on vaccine efforts in our county. Stay safe and healthy everyone!

Making Every Bite Count

by Susy Hymas, Meals on Wheels and More



March is **National Nutrition Month**; a perfect time for all of us to look at our eating patterns and decide if it is time to make a few changes.

The Dietary Guidelines for Americans was first published in 1980 and are revised every five years. New Dietary Guidelines for Americans were recently released for 2020–2025. These guidelines are designed by policy makers and health professionals to help individuals and their families consume a healthy, nutritionally adequate diet. **This year they are encouraging all age groups to “Make Every Bite Count”.**

Making every bite count is about maximizing the nutrient density of the foods and beverages we consume. Nutrient dense foods and beverages provide vitamins, minerals and other health-promoting components AND have little added sugars, saturated fat and sodium. Basically, nutrient dense foods give you a bigger bang for your buck. Vegetables, fruits, whole grains, seafood, eggs, beans, peas, and lentils, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry—when prepared with no or little added sugars, saturated fat, and sodium—are nutrient-dense foods. Chips, candy, and soda are examples of foods that have a lot of “empty calories”; they are energy dense but low in essential nutrients.

For example, instead of going for bags of chips, for a nutrient dense snack choose nuts, fruit or vegetables. A handful of nuts will give you protein, vitamins and minerals along with some healthy fats. Instead of soda, think about water or mineral water with a little added juice.

Here are some other ways to incorporate more nutrient dense foods into your diet:

- Choose brown rice over white rice.
- Instead of a sour cream on your chili or baked potato, try plain nonfat or low-fat Greek yogurt.
- Choose whole grain bread instead of white bread.

- Instead of mayonnaise, try hummus or an avocado spread.
- Satisfy a sweet tooth with naturally sweet fruit instead of candy and cookies.

Vegetables pack a real nutrient dense punch. They are rich in vitamins and minerals and most are very low in calories.

It is especially important for older adults to eat a varied nutrient dense diet and to limit foods that provide empty calories. Older adults generally have decreased caloric or energy needs, but increased nutrient needs when compared with younger adults. Nutrient absorption and needs change as we age due to chronic conditions, use of multiple medications and changes in body composition. Although studies show diet quality to be highest among older adults compared to other ages, it is not uncommon for seniors to be malnourished, even if overweight. The good news is that it is never too late to start making every bite count. The Dietary Guidelines for Americans can be found at <https://dietaryguidelines.gov>.

For questions or a print out of the key parts of the Dietary Guidelines, please feel free to contact me. shymas@whatcomcoa.org or 360-746-3756.

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.



Featured Board Member: Carl Bender

I was raised in the Yakima Valley and am proud to say I am a Washington product, along with all the other fruit products: asparagus, cherries, apples, potatoes and grapes. After two years in the Army, I went back to school and received my degree (only took me ten years). I married Mary Ann Nall and took a position with NASA. We called ourselves space gypsies as we worked at several NASA centers.

After working for Boeing we began to look around for a retirement home. We fell in love with Lopez and moved here in 1997. We had to rent for a few months until our home on Humphrey Head was completed in 1997. We have lived here on Humphrey Head for 23 years. Mary Ann began working for the Senior Center as a volunteer in the office below the fire station and naturally that brought me into the center in about 2002. In 2004, I was asked to be our representative to the Area Agency on Aging, where I have been ever since. Of that time, I spent six years on the state council of aging where we worked for senior issues.

I assumed the role of president of the Lopez Operations Board in 2018 where I still serve. I plan on spending as much of my remaining years here on Lopez in an area with people that I have come to love.

Feeling down, depressed, anxious or frustrated as the pandemic continues and the vaccines remain in low supply? You are not alone! Many people are struggling right now. Don't be afraid to reach out to talk to someone. If family or friends are not available, consider calling the

Washington Listens Help Line

Washington 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.



Help Support Meals on Wheels!

A Message from the Lopez District Committee branch of the Senior Services Council of San Juan County

The Meals on Wheels program, first signed into law in March 1972 by President Richard Nixon, has for nearly 50 years delivered more than just nutritious meals, it also provides a vital lifeline and connection to the community. By now you have certainly heard about the dramatic increase in Meals on Wheels deliveries during the months of COVID-19 self-isolation. What you may not know is that these meals are only partially subsidized by state and federal funds; the rest comes from grants, meal donations, and other donations from organizations and individuals.

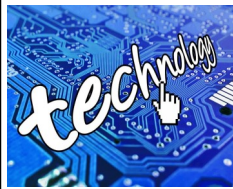
The Lopez Island Senior Center branch of the Senior Services Council of San Juan County non-profit is extremely grateful to all of the donors who have made it possible for us to continue to support this vital program. If you are able to, please consider donating to help support the continued viability of this program in our community.

While we continue to support homebound seniors, we eagerly look forward to when we can open our doors for on-site community meals again.

To learn more about our Meals on Wheels & More program, and how it helps our local seniors in need, please see the enclosed insert.

And thank you all again for your continued support to help ensure seniors in our community receive the nutrition they need!





Learning New Technology Resources

Contributed by Beth Helstien

In this internet age, there are myriad ways to learn. There are many websites that are helpful for learning technology. Here's an overview of four of them:

1. If you just want the very basics, you can start at Goodwill Community Foundation's Learn free site <https://edu.gcfglobal.org/en/>. In addition to basic typing and using the mouse "tutorials," the site has lots of mini-courses on learning to use computers and computer applications such as Microsoft Word and Excel. These are always available and you can work at your own pace.
2. If you want to learn how to navigate popular websites and use their features, www.techboomers.com is geared towards seniors using the internet safely.
3. In-depth workshops and courses in specific software such as QuickBooks and Photoshop are available through the San Juan Island Library at Lynda. <https://www.sjlib.org/a-to-z-of-online-resources/> and select Lynda.com. There are thousands of courses here.
4. Finally, www.Google.com and www.Youtube.com are great resources for quick answers when you're trying something unfamiliar and you want the steps you should follow. Search as clearly as you can: e.g. "How do I find my lost toolbar in Word?" Or "How do I change an alarm on my iPhone in IOS 14?" read through the list of results to find recent articles and ones that appear to be from trusted websites, such as CNet or iPhoneLife, etc. Google's instructions may be just a few words in steps. YouTube videos can take more time to find the step you need, but YouTube is great for visual learners.

Intro to Online Zoom Meetings

Wednesday, March 10th @ 3-5pm

Learn to use the Zoom video call application features in a low-pressure environment! During COVID-19, many activities switched to Zoom meetings. This class will address basic Zoom features at a pace where you can learn, and give you the confidence to attend—or even lead—a Zoom meeting on your own. We'll cover using the microphone and video camera, screen views, screen sharing and more. Email Beth Helstien at bhelstien@sjlib.org for a Zoom meeting invitation.



SENIOR MONEY PROJECT

A financial education program for senior citizens

Getting Your Legal House in Order: Part 1

by Tony Leahy—www.SeniorMoneyProject.org

Although legal matters can be very daunting to deal with, you must take care of these matters while you are of sound mind. The following is a list of legal documents you should discuss with your lawyer. Know the documents can be person and state specific. Warning! Be cautious about using on-line forms to create the legal documents. If the on-line legal document you created isn't valid in your state, it won't be worth the paper it's printed on!

Will or Will-Substitute: A **last will and testament** is the legal document by which you identify those individuals (or charities) that are to receive your property and possessions on your death. These individuals and charities are commonly referred to as the beneficiaries under your **last will and testament**. In Washington, if you don't have a will, your property will pass as the Washington statute directs. See RCW 11.04. A **Will-Substitute** is a legal document that allows you to transfer property to your beneficiaries outside the probate process. For example, in Washington, you may execute a community property agreement or a living trust (most states permit living trusts but few permit community property agreements). What tool is best for you depends upon your estate size, marital status, estate tax issues, etc. You should discuss this with your estate attorney.

Beneficiary Designations: Beneficiaries need to be listed on life insurance policies, retirement plans, IRA's, and other types of retirement contracts. Check each beneficiary designation to be sure it reflects your wishes and is consistent with your overall estate plan. In most cases, you are permitted to name a primary and a secondary beneficiary. If you do not name a beneficiary, most life insurance policies and retirement plans designate a beneficiary for you—which may or may not be the one you want. Generally, your will does not control distribution of life insurance policies and retirement plans; you need to designate the beneficiaries. Your lawyer can help you integrate your beneficiary designations into your overall estate plan.

If you cannot afford a lawyer, there are free resources in Washington to help you (note eligibility requirements): Contact your local bar association.

Part Two will overview Power of Attorney and Jointly-held assets. Part Three will overview Living Wills and Advanced Directives.



CENTS
CONSUMER EDUCATION
AND TRAINING SERVICES

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, March 18,
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

Cookbook Fundraiser!

We need **YOUR** help to create a Lopez Senior Center cookbook for a 2021 fundraiser!

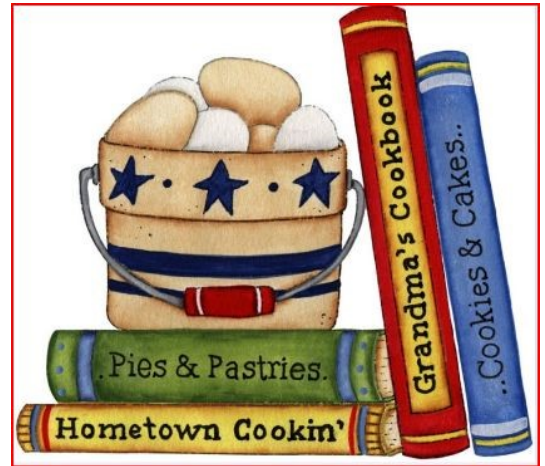
Submit favorite family recipes and stories about their origins; tell us about the family members who created the recipes.

Photographs accepted!

Email submissions to: lopezcooks@yahoo.com

or

Mail to: Lopez Cooks c/o Senior Center
PO Box 154, Lopez Island, WA 98261



Or Current Resident

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

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

P O Box 154
Lopez Island, WA 98261

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