

**Woodmen Hall**

# Lopez Island Senior Signal

April 2021

April

## A Note from Senior Services

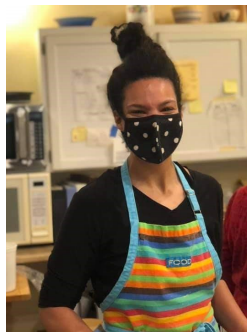


IMPORTANT DATES in April:

- April 1<sup>st</sup> is April Fools' Day
- April 4<sup>th</sup> is Easter
- April 22<sup>nd</sup> is Earth Day

Happy April!

We have good news here at the Lopez Senior Center—we have found and hired a new cook!



Her name is Tyla McKay and she grew up in Friday Harbor. Her mom was a cook for the Mullis Senior Center there a few years ago. We are happy to have Tyla living and cooking here on Lopez now and joining our Meals on Wheels and

More team. Welcome Tyla!

Besides Tyla, please welcome Debra Maggiora who has agreed to be our new secretary; see the article inside for more details.

Also there is a nurse coming to Lopez from Orcas once a week and possibly more if we get a good response. She will be handling foot care here at Woodmen Hall. See the enclosed flyer.

March was Meals on Wheels month so please remember to consider us when making donations. Our local celebrity drivers have been helping deliver meals over the past couple weeks; more details on this next month.

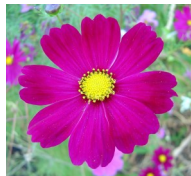
Our cookbook is in need of your favorite recipes with photos or stories to go with them, please see the back page for more information.

Sincerely,

*Roni Becker-Wilkie*

Senior Services Specialist

360-468-2421; ronib@sanjuanco.com



## Volunteer Appreciation Time!

April 18-24<sup>th</sup> is National Volunteer Week and we would like to take this time to acknowledge our hard working and dedicated volunteers who have been instrumental in

keeping our Meals on Wheels and More program running throughout the pandemic. The program is truly a TEAM effort and we could not serve our clients throughout the island without their assistance! We appreciate each and every one of you!

If you would like to join our volunteer team, please contact Roni Becker-Wilkie at 360-468-2421 or ronib@sanjuanco.com. We are starting to create a list of additional potential volunteers for when we re-open the Center for community lunches.



Driver Jerry Manion with volunteers Holly Lovejoy and Judy Matalon on St. Patrick's Day



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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, Tyla McKay

**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  
Debra Maggiora-Secretary  
Barbara Jennings-Friends of Woodmen Hall

**Senior Services Council of San Juan**

**County Board Meeting** held on the 3rd Thursday of each month at 1 pm.

Lopez Island District Committee Meetings are held on first Tuesday of each month at 10 am.  
Info: [lopezislanseniors@gmail.com](mailto:lopezislanseniors@gmail.com); 360-468-2421

**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](http://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 Island 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](mailto:Woodmenhall20@gmail.com).

**Foot Clinic-UPDATE See flyer.**

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

We made it past April Fools' Day without making a fool of ourselves. I sure missed having the St. Patrick's Day dinner, however, corned beef was sent out to those who have their lunches delivered. It was also nice to have three Lopez dignitaries ride along and help deliver meals. That helps bring some attention to the work provided by Roni Becker-Wilkie and her kitchen volunteers and drivers.

Because of new rules being applied to our corporation (Senior Services Council of San Juan County), members of our local board have been busy rewriting the by-laws of the corporation and the operational rules for the Lopez Senior Center. With a little luck the Lopez members will not notice anything different. Thanks to many of your donations and some money from the federal government, operationally we are in a good position for the remainder of this year. We are still getting some indications that we may open for congregate meals later in the summer.

With Daylight Saving Time upon us we can start to think about making our grounds and building a little more attractive and useful. We are planning a work party to clean up around our storage shed. I noticed that the daffodils were showing blossoms and the roses are developing buds. I am sure that is making us all think about gardening and all the work that goes along with it. Make sure you do not overdue any work and injure yourselves.

Carl Bender, Chairman  
Lopez Operations Committee



### Online Events You Can Join!

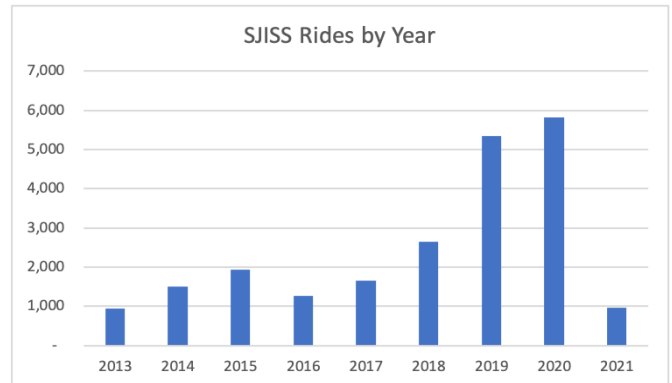
Check out these Bellingham Senior Activity Center virtual programs available to San Juan County seniors. They offer a variety of programs such as yoga, strength training, Zumba, Tai Chi QiGong, trivia and TED talks. If you are interested in attending some of these online classes/events, visit their website <https://whatcomcoa.org/upcoming-events/> to sign up for the weekly email updates with info and links to programs.



## IslandRides

As of February 2021, the free door-to-door ride program, **IslandRides**, surpassed 30,000 cumulative trips since its beginning in 2012.

Just call 360-298-6108 on San Juan if you go there to run some errands or **360-317-3107 on Lopez Island** to book your on-island trip. The graph below reflects the dramatic growth in trips provided to local residents over the past eight years.



One of the early sources of financial support was United Way of San Juan County which has demonstrated its commitment to the transportation needs of elderly people, people with disability and rural residents who do not drive. As is usual, San Juan Islands Shuttle System/dba IslandRides will apply the current United Way grant to the liability insurance expenses of the non-profit rides program. With volunteer drivers and electric vehicles, operating costs are minimal but insurance is essential and not free. Without United Way and our other local supporting organizations, IslandRides could not exist. Thanks to all of them and please see the full list of donor organizations on the website [www.IslandRides.org](http://www.IslandRides.org).

## COVID-19 Vaccines

Most seniors 65 years and older should have had the opportunity to receive their COVID vaccination by now. Those 60-64 years old are also eligible as of the end of March. If you are a senior who still needs a COVID vaccination and require help making an appointment, please contact San Juan County Senior Services Specialist Roni Becker-Wilkie at 360-468-2421 or [ronib@sanjuanco.com](mailto:ronib@sanjuanco.com).

## Plant Forward for Better Health

*by Susy Hymas, Meals on Wheels and More*



We all know that eating plants is good for our health. Vegetarian diets have grown in popularity for many reasons. For some, a strict vegetarian diet might be too restrictive, however a Plant Forward diet can also provide many health and environmental benefits. A Plant Forward style of cooking and eating emphasizes plant-based foods but is not strictly limited to them. Meat and seafood may be included but are not usually the main feature of the meal.

There are very good reasons for eating or thinking Plant Forward. The first is the support of human health. For generations in the U.S. meat has been the center of many menus. Plant foods have historically been used as side dishes to compliment the meat that was featured. Unfortunately, diets heavy in animal based foods are linked to multiple chronic diseases and conditions. These include: coronary artery disease, hypertension, type 2 diabetes, and arthritis. Consuming a Plant Forward diet can ease symptoms and in some cases prevent the onset of chronic illness.

Plant Forward meal plans offer a wide variety of choices. Plant foods include all vegetables, whole grains, legumes, fruits, seeds and nuts. Plant Forward meals provide vitamins, minerals and fiber, as well as many phytonutrients that support good health.

The second reason to adopt a Plant Forward diet is increasing concern for the impact of agriculture on our planet. The production of meat, and fish as well as mono-crop techniques used by many commercial food growers harms the environment by way of water and air pollution, soil erosion, loss of soil diversity and excessive use of fossil fuels. In Plant Forward meal plans chefs and home cooks are encouraged to include plant foods



that are sustainably and responsibly grown. So, what do Plant Forward meals look like? Here are a few delicious examples of what Plant Forward menus could include:

- A stir-fry with lots of vegetables on brown rice and a compliment of chicken, pork or tofu.
- A vegetarian lasagna with a layer or two of sautéed vegetables and a green salad.
- Enchiladas made with sweet potatoes and black beans and maybe a small amount of chicken.



In the coming months the Meals on Wheels and More food service team will be incorporating more plant forward meals into our menus. This does not mean that we will be eliminating meat, poultry and fish on the menu completely, but will instead build on plant options that will enhance the nutrition of meals for everyone to enjoy. Let us know what Plant Forward menu items that you would like to see at your senior center. We look forward to hearing from you. You can comment by calling me at 360-746-3756 or email [shymas@whatcomcoa.org](mailto:shymas@whatcomcoa.org).

## 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 11:45am 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.

## Lopez Library Resources



The Lopez Island Library provides many services and resources to our community. Currently, we have a popular curbside service called Grab&Go. Patrons may place items (books, movies, puzzles, instruments) on hold online or by phone and then pick them up in the Community Meeting Room, Monday-Friday 11-3, Wednesday 3-6 and Sunday 2-4. We can also deliver items to your home.

To place items on hold, visit our online catalog at <https://lopezisland.biblionix.com/catalog/>. Log in to your account using your Library Card # and password (default is last name all lower case). Search for the items you would like, click on the title, then click "**Reserve this item.**" Or call 360-468-2265 Monday-Friday 10-4.

You may also access our large collection of electronic resources through the Library catalog:

**RBDigital**—Acorn TV network, Great Courses, independent films, concerts & more. Log in with your library card number & create a free account.

**Hoopla**—Audiobooks, ebooks, music, television and movies. Enter your library card number and PIN/password (default is your last name, all lower case), and then create an account using your email address and a password you create. Five items per month, never any waiting.

**Overdrive WA Anytime Library/ Libby**—Downloadable audio and ebooks. Use your library card number and PIN/password to log in through the catalog, then click WA Anytime Library under Electronic Resources.

**Ancestry.com** (available from home)—Family history research. Use your library card number and PIN/password to log in through the catalog, then click on Ancestry under Electronic Resources.

**Lynda.com** (also called LinkedIn Learning.com)—Video tutorials to learn creative and business skills, technology, and software such as QuickBooks and Photoshop. Use your library card number and PIN/password to log in through the catalog, then click on Lynda under Electronic Resources.

For help with any library service, please call 360-468-2265. We look forward to hearing from you!



**PLASTIC  
FREE**  
SALISH SEA

**SAVE THE DATE**  
**for the Spring**  
**Great Islands Clean Up!**  
**Saturday, April 24<sup>th</sup>**

Help make our islands plastic and litter-free by the sea! Visit <https://plasticfreesalishsea.org/events/> or contact the event organizers below for more information and to sign up for clean-up locations on beaches and roads.

**Roads**—Nikyta Palmisani  
(Nikytap@lopezsolidwaste.org)

**Beaches**—James Skeet Townley  
(jtownley@blm.gov/509-860-3972)

Any roadside or beach trash collected during the event will be accepted free of charge at the transfer station. Please adhere to local laws by safely securing all litter bags and tires for transport in your vehicle.

Don't forget to share photos of your efforts on the Great Island Clean Up Facebook page:

[https://www.facebook.com/  
TheGreatIslandsCleanUp/](https://www.facebook.com/TheGreatIslandsCleanUp/)

Find any discarded tires? Did you know there is a compound in tires that washes off and can be toxic (or fatal) to salmon? During this year's GICU we will take tires for free! Let your Island Organizer know where the tires are and we can have them picked up.



**Featured New  
Board Member:**  
**Debra Maggiora**  
**Secretary**

I have volunteered in many capacities since the age of 19 and plan to continuing doing so. The Lopez Island Senior Center seemed the place to be! The position of Secretary was vacant and here I am.

I am a new full-time resident on Lopez Island after 30-plus years of living in Western Washington. (It just took ten years longer to build a home than planned.) I am focused, organized, and detailed-oriented, and hope to bring these skills to the position of Secretary on the Lopez Senior Center Operations Committee.



## Friday Harbor Film Festival Online Films

The Friday Harbor Film Festival Director Series presents a varied selection of not-to-be-missed documentaries to brighten your life each month. Beginning April 1<sup>st</sup>, in honor of Earth Day, three feature films will be available 24/7 at [fhff.org](http://fhff.org). Screen each film for only \$2.95. Free scheduled livestream Q&As are planned for each film.

**AWAKE, A Dream from Standing Rock** is a record of the Standing Rock Sioux Tribe's massive peaceful resistance to the Dakota Access Pipeline that brings fracked crude oil from the Bakken Shale in North Dakota to Illinois, passing through their land and underneath the Missouri River, threatening this source of drinking water for over 18 million people.

**My Country No More**—Between 2011 and 2016, drilling for oil in America reached an unprecedented peak, setting off a modern-day gold rush in one of the most rural communities in the country: Trenton, North Dakota. This film challenges the notion of "progress" as it questions the long-term human consequences of short-term approaches to land use, decisions that ultimately affect all Americans, rural and urban alike.

**No Fear No Favor** illuminates the wrenching choices faced by impoverished Africans who live where community meets wilderness—on the front lines of Africa's poaching crisis. Through community conservancies, the people in these communities protect wildlife and the region's wilderness heritage, return eco-tourism profits to local people, and generate sustainable livelihoods—especially for women and girls.

### 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**

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.



## SENIOR MONEY PROJECT

A financial education program for senior citizens

### Getting Your Legal House in Order: Part 2

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

The following continues the list of legal documents from last month's article. You should discuss with your lawyer. Know the documents can be person and state specific and be wary of online forms.

**Power of Attorney:** A Power of Attorney allows you to name another person (an "agent" or "trusted person") to act on your behalf if you are not able to act for yourself. There are various types of powers of attorney listed below. You may name one person, or two or more persons jointly, to act as agent under each form of power of attorney. A power of attorney (of whatever type) can be effective immediately when it is signed or can be made effective at a later date if you become incapacitated after signing. Most powers of attorney are "durable" meaning they continue to be effective even if you later become legally incapacitated. Discuss your wishes with your named agent(s) under the powers of attorney, to be sure they understand your wishes. Be sure the agent(s) you choose are willing and able to act. Powers of attorney are important in avoiding a court-supervised guardianship arrangement. Discuss with your lawyer the best options for you.

- A "general" power of attorney allows the agent to make any and all decisions for you.
- A "healthcare/medical" power of attorney allows an agent to make medical and personal care decisions on your behalf.
- A "financial" power of attorney allows the agent to make financial decisions for you.

**Jointly-held assets:** Bank accounts and securities accounts may be jointly held with a right of survivorship (JTWROS). Upon death, jointly held property will pass to the surviving joint owner. Sometimes people use joint ownership to give a trusted person more control over their assets. But, this can have unintended consequences. For example, assume single mom has 2 children, A and B. She names A as the joint owner of her bank account. On Mom's death, A will get the money in the bank account even if Mom wanted both children to split the money. Mom should have given A a durable power of attorney (to help manage her bank account) and named A & B as beneficiaries under her Will. Then, upon Mom's death, both children would share in the money. Lesson: If you choose a trusted person to hold an asset or account with you jointly, be sure you understand the rights of the trusted person to the account both during your lifetime and upon your death.

Part Three will overview living wills/advanced directives, "Do Not Resuscitate" orders, and organ donation.

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

## 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, April 15<sup>th</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

# Cookbook Fundraiser!

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

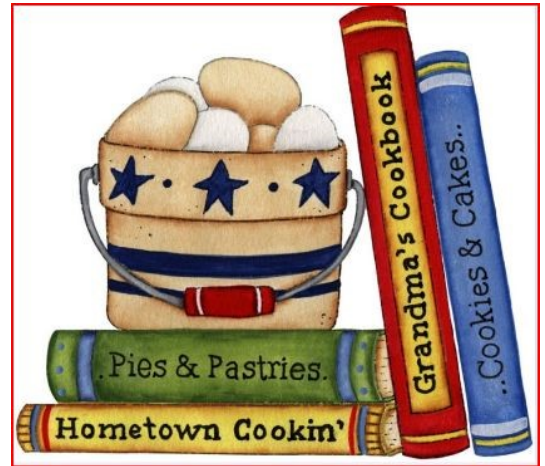
Submit favorite family recipes and stories about their origins; tell us about the family members who created the recipes.

Photographs accepted!

Email submissions to: [lopezcooks@yahoo.com](mailto: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](mailto:ronib@sanjuanco.com)  
Issue: April 2021