



Woodmen Hall

Lopez Island Senior Signal

September 2021



A Note from Senior Services

Hello Seniors,
Well, it was a nice thought while it lasted but... it looks like we are not going to be able to resume our onsite community meals at Woodmen Hall in September as planned. Due to the recent rapid increase in COVID cases in both our county and around the nation, and the new mask mandate, it just doesn't make sense to gather a large group of people indoors, especially when we would have to take off our masks to eat. We will monitor the situation month to month with our Nutrition Program partners and keep you posted. In the meantime, we do feel it is safe to host a drive-through/outdoor one time **BBQ Picnic in the Parking Lot** to mark the end of summer and give everyone a chance to say hello to each other. This event will happen outdoors at Woodmen Hall on **Thursday, September 16th @ 12:30-1:30pm**. We will have picnic benches set up outside for those who would like to gather and visit for a bit; others can come by and take their meal home with them if they choose.

See page 4 for more details. Let's get together and say hello to our friends, both familiar, and new faces.



Whatcom Council on Aging Meals On Wheels staff and local volunteers will be here to help with meal prep and service.

Keep in mind our new *IslandRides* service which you can call in advance to reserve a ride to/from the event; see page 3 for contact information.

We look forward to seeing you all!

Sincerely,

Roni Becker-Wilkie

Senior Services Specialist

360-468-2421; ronib@sanjuanico.com

Keeping Our Community Healthy

Protecting Against COVID-19—Unfortunately, COVID-19 cases have increased rapidly in the US and even within our own County. Given this, we now have new local and state mask mandates. The Delta variant has quickly become the dominate strain in the US; it appears to be much more contagious than previous variants. There have been some breakthrough cases with those who are vaccinated. The good news is that breakthrough cases are a small percentage of the overall cases and most of these lead to mild illness. The best ways to protect yourself from serious illness are to get vaccinated, avoid large crowds, and mask up when in indoor public spaces or crowded outdoor areas. If you do suspect you have COVID-19, avoid contact with others and contact your medical provider ASAP. Immunocompromised individuals interested in discussing their need for a third dose of vaccine should review their situation with their primary healthcare provider or clinical staff at their medical home. Your primary care providers can help arrange for you to receive the vaccine, if appropriate. As per recent Federal guidance, San Juan County is working with local healthcare providers and pharmacies to discuss plans to supply booster shots starting this fall. Once finalized, those plans will be well publicized and widely shared in the community.

Flu Vaccination Clinics—Just a reminder that it is also a good idea to get an annual flu vaccination. Lopez Island Pharmacy and San Juan County flu shot clinics should be happening in late October/early November; announcements will be made in the October newsletter, in local media outlets, and on the County website and H&CS Facebook page. You can also consult your medical provider. The best time to get your flu vaccine is in late October or early November in order to ensure adequate protection throughout the upcoming flu season.

It's your reaction to adversity, not adversity itself that determines how your life's story will develop.

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San Juan County Senior Services

Senior Services are provided by the Human Services Division of the San Juan County Health & Community Services Department.

Barbara LaBrash, Human Services Manager
 Roni Becker-Wilkie, Senior Services Specialist
 360-468-2421, ronib@sanjuanco.com
 Gail Leschine-Seitz, Aging & Family Case Coordinator
 360-370-7528

Newsletter: The *Senior Signal* is published by San Juan County Senior Services and distributed free at the Senior Center and by mail. Contact Roni Becker-Wilkie to request copies. 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.

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 Senior Center, or you may call 360-468-2421 or email ronib@sanjuanco.com to request a copy.

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
www.woodmenhall.org

Senior Services Council of San Juan County, serving seniors through Senior Centers on San Juan, Orcas, and Lopez Islands.

Board Meetings are held on the 3rd Thursday of each month at 1pm.

Lopez Island District Committee Meetings are held on first Tuesday of each month at 10am.

Info: lopezislandseniors@gmail.com; 360-468-2421

Lopez Senior Center 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
- Sharon Bonelli-Member at Large
- Debra Maggiora-Secretary
- Barbara Jennings-Friends of Woodmen Hall

Nonprofit Status

The Senior Services Council of San Juan County - Lopez Island District (DBA Lopez Island Senior Center) operates as a 501(c)3. Donations made to the Senior Center are deductible within the limits of the law; please consider the Lopez Island Senior Center in your will and estate planning.

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

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

Is managed by individual providing the service and not affiliated with the Senior Center programs. Contact Erica Bee at 360-622-8234 or 2177 By appointment only. This service comes from Orcas Island so please call well ahead and keep appointments.

Hospice 101 – Myths vs. Realities of Hospice and Palliative Care

Online Presentation

Tuesday, September 14th @ 10-11 am



Join Hospice of the Northwest and Hospice of San Juan as we provide a true description of the goals and services of hospice care, and how it is different from palliative care. Learn how hospice is paid for, when and how to refer, and what kinds of support is offered. We will also discuss the differences between the two types of care and help you navigate which type might be right for you. Educational presentations are currently being held online. Please email Käaren Flint, Outreach and Education Specialist, at kflint@hospicenw.org to register and receive the secure Zoom Link and handouts via email.



Transportation Voucher Program

Transportation Voucher Program applications are available! This program provides funding to low income individuals for on-island transportation via taxis/shuttles and for ferry tickets for off island travel. Income needs to be less than \$25,000/year; proof of income required. Eligible individuals receive \$300 worth of vouchers to use over a two-year period. Contact the Family Resource Center or Roni Becker-Wilkie at Senior Services for more information and/or to make an appointment to apply.

Off-Island Medicaid Transportation Assistance
Call 360-738-4554 or 1-800-585-6749



IslandRides
360-317-3107
www.islandrides.org

Great news from the July Board of Directors meeting. The San Juan Islands Shuttle System's Board is now being served by representatives on all three main islands in the county: Barbara Schultheiss, Curt VanHyning and Roni Becker Wilkie on Lopez, Erin O'Dell and Bruce Benton on Orcas, and Sandi Ugrin, Bob Barnhart and Debbie Haagensen on San Juan Island. These volunteers are serving so that our county's island residents receive the transportation access they deserve to local, on-island goods and services.

To help address this objective, once in-person community meals can safely resume at the senior centers, **IslandRides** drivers will prioritize ride requests to and from these weekly meals. This will remove some of the transportation pressure from the Meals on Wheels drivers and staff who are now facilitating a much higher volume of home delivered meals. Getting seniors to/from the senior centers to participate in social programs and services, including community lunches, is a service that **IslandRides** is happy to facilitate so don't hesitate to call us if you need transportation to your local center for a foot care appointment, meeting, special event, or for lunches once they resume. Also, don't forget we also do grocery and drug store deliveries if you need assistance.

As demand for personal, door-to-door transportation increases, more volunteer drivers are needed on all three islands. If you are able to commit to a four-hour shift weekly, driving folks on island to shopping or medical appointments, we need your help. Just email islandrides@gmail.com or check the IslandRides.org website for more details. You may also call Curt VanHyning directly at 360-317-8399 to apply. You will enjoy the new friends you make while serving our community.



Message from Lopez Operations Committee

Well, here we are hanging from a limb again. Word from our Nutrition Program partner Whatcom County on Aging is that they want to postpone all indoor meals in September for a month because of the increase in COVID cases in our state and our county. Whatcom County is one of the counties with a high rate, so as they go so do we. So it appears the home delivered meals will continue, although they are considering alternatives. I personally expect this to be an up and down situation for the next two months so stay tuned.

As far as I know the annual yard sale put on by the Friends of Woodmen Hall is still going on. The seniors have decided to sell hot dog lunches and bottled water as their contribution to the sale. You can learn more from the advertisements. In addition, the pancake breakfast has been postponed, and we are still thinking about the annual Christmas cookie sale in December. However, the cookie sale organizer, (Karin Gandini) will not be able to put it together this year, so we are on the lookout for someone to take her place. So, if any of you feel up to the task, the seniors would sure like to hear from you. Call and leave a message at the senior center.

Carl Bender
 Chair, Lopez District Operations Committee



Senior Picnic in the Parking Lot Event

A Series of Drive-Thru Cookouts at San Juan County Senior Centers for Adults Age 60+

This September, San Juan County older adults are invited to join the San Juan County Senior Nutrition Program partners for **Senior Picnic in the Parking Lot**, a series of drive-thru cookouts at each of the San Juan County Senior Centers. Participants will receive a delicious take-away meal and the opportunity to reconnect with friends, Senior Center staff and volunteers. Limited outdoor seating will be available at each location. Meals on Wheels and More Director Julie Meyers notes, "We had hoped to welcome San Juan County older adults back to Senior Community Lunches starting in September, but the recent surge in COVID-19 cases has caused us to postpone the reopening. While everyone involved in the program is disappointed about the postponement, we are excited to offer this end-of-summer outdoor/take-away picnic style meal."

The menu will include a freshly grilled hamburger, Hempler's hot dog, or vegan burger, as well as potato salad, fruit and a cookie. There is a suggested donation of \$5.

The schedule is as follows:

- Thursday, September 9th, 11:30-12:30pm at the Mullis Senior Center
- **Thursday, September 16th, 11:30-12:30pm at the Lopez Senior Center**
- Thursday, September 23rd, 11:30-12:30pm at the Orcas Senior Center

No need to call ahead, just show up at your island's center on the day of the event any time between 11:30-12:30pm. If you plan to stay to eat at one of the outdoor tables, please bring a mask and be prepared to follow safety protocols as needed.

For more information, contact Julie at 360-733-4030 x1025; jmeyers@whatcomcoa.org.

About the San Juan County Senior Nutrition Program

The San Juan County Senior Nutrition Program provides home delivered "Meals on Wheels" and Senior Community Meals (currently on hold due to the pandemic) to older adults on Lopez, Orcas, and San Juan Islands. The Meals on Wheels and More program is administered by the non-profit Whatcom Council on Aging in partnership with San Juan County Health and Community Services and the senior centers on Lopez, Orcas, and San Juan, which operate under the umbrella of the Senior Services Council of San Juan County 501(c)(3). The program is partially funded through federal grants, San Juan County levy funding, senior center in-kind contributions (utilities, fuel, kitchen equipment, etc.), and by client donations. The program also relies heavily on private donations and fundraising.



Featured Volunteer: Martha Gooding

My husband, Bryan and I bought our home on Lopez in 2015. We're from

Dallas and on one of our trips out here I went to a Garden Club meeting at Woodmen Hall. I absolutely fell in love with the building. It reminded me of so many places I loved in my childhood where my mom would take us when she was catering a job. I loved the stage with it's heavy red curtain, the large meeting room with it's walls filled with art and copper leaves and especially the kitchen.

We moved here one year later and asked if we could do a barbeque luncheon to make money for the big Garage Sale and Auction that summer. We had competed in Texas at several cookoffs and had been pretty successful. Connie Kyser and Gayle Isbell didn't know us from Adam but let us take over the kitchen, bring in several of our new friends and cook for 250 people. Our menu was pulled pork sandwiches, potato salad, Thai coleslaw and topped off with Paula Dean's banana pudding. Well, it was a huge success and we quickly ran out of food and a lot of people on Lopez Island got their first taste of Texas style BBQ.

Since then I've had several jobs at the Hall. One of the first one was subbing in the kitchen for Norma Brimmer when she was recovering from a surgery. Loved it! I've worked on the garage sale every year with Gayle and Connie. Loved that too! Bryan and I and our friends have done three lasagna dinners for the Mystery Dinner at the Hall and now I drive for Meals on Wheels. My route is usually the north end. Occasionally I fill in for the south and middle of the island. It has really helped me learn this island and meet so many wonderful people. Every Friday I look forward to seeing the kitchen staff and Roni and then deliver meals to my clients whom I get to have a little chat with every time I drop off their food. I come home socially fulfilled.

I consider Woodmen Hall, the Grange and the Community Center as the three hearts of the Island; each one of them holds a special place in my heart and I wouldn't go back to Texas for nothin'!



American Red Cross

Lopez Red Cross

We are recruiting more volunteers. If you or someone you know is interested in volunteering, please contact 425-238-3349 or email JoinUsNW@redcross.org.



Connect with Your Lopez Library

We are open Tuesday-Saturday from 11am to 5pm.

Masks are required. The Library Board of Trustees kindly asks you to wear a mask while inside the building. Thank you for helping keep our island safe and healthy! Grab & Go Holds are now located on a bookshelf in the front entrance hall.

New Lopez Island Home and Hospice Support (LIHHS) Collection

We are currently cataloging a collection of books donated by LIHHS covering illness and end of life issues such as: Caregiving; Cancer Care; Death and Dying; and Grief and Loss. We will be moving some of our own titles on those topics to join these and feature them in their own section. Please help spread the word to anyone who could benefit from these books.

EVENTS

Lynda V. Mapes' "Orca" September 18th @ 2pm

Join journalist Lynda V. Mapes on a dive into the world of the endangered southern resident orcas. Powerfully rendered, *Orca* offers a window into the remarkable intelligence, rich culture, lifelong family and elaborate communication that these powerful marine mammals possess. Drawing from experts' accounting of history, biology, ecology, and animal and human culture, enriched by her own eyewitness reporting, Lynda raises the fundamental question. What does it mean - and what will it take - for humans, orcas and salmon to live successfully together in the place we all call home? This program will take place outside, on the Library's back lawn. Registration for the program will open September 1st.

Outdoor Story Time with Rosie on Wednesdays at 11am—A sweet program of songs, stories, books, and movement on the lawn behind the library. Story time is geared towards children age 2-5. Older and younger siblings are welcome as well.



Great Islands Clean Up

Mark the date for **Saturday, September 25th** for the next Great Islands Clean Up. More information will be coming soon so look for press releases via local media, the County website and Facebook page, and on the Plastic Free Salish Sea website at <https://plasticfreesalishsea.org>. Help keep our islands clean!



Powerful Tools for Caregivers Six-week Free Online Class Series—REGISTER NOW!

Thursdays, September 30th—November 4th

San Juan County Senior Services will be offering a FREE Powerful Tools for Caregivers six-week class series in late September-November (Sept 30th, Oct 9th, 16th, 23rd, 30th and Nov 4th). The 90-minute classes will be online via Zoom on Thursdays from 1:30-3pm. These classes are for unpaid caregivers to learn tips and techniques for navigating the world of caregiving for a family member or friend in need, and to gain self-care coping skills. If you are interested in joining us for these six sessions, please contact Gail Leschine-Seitz at 360-370-7528 or gail@sanjuanco.com for more info and to register.

Island Hospital Offers a Suicide Prevention Class

Thursday, September 9th, 12–1pm

Suicide prevention is much more than intervening in an emergency. Join Dr. Hammer for a discussion around crisis intervention and strategies for addressing mental health problems with family, friends and co-workers. Please join us for this important and candid conversation.

To register, please call 360-299-4204 or register online at www.islandhospital.org/classes.



Home Care Aide Training

Offered by EDC and Cornerstone

Interested in being a paid caregiver? Get free Home Care Aide (HCA) training through a program offered by the Economic Development Council (EDC) in partnership with Cornerstone Healthcare Training. Students will receive FREE training, financial support for costs of testing, and counseling to fit HCA certification into a plan for financial success. To learn more, contact the EDC at mickey@sanjuansedc.org or visit <https://sanjuansedc.org/hca>.



We need YOUR help to create a Lopez Senior Center Cookbook!
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





**Dental Access Van Coming to Lopez Island!
September 20th – 21st, 8am–2pm**

The Mobile Dental Access Van will be coming back to Lopez Island in late September 2021. We will be taking appointments for exams with the dentist as well as the hygienist for cleanings. If you are interested in scheduling an appointment, please fill out an application and return it to contessa@lifrc.org. The dental access coordinator will be scheduling appointments starting the first week of September, appointments will be on a first come first served basis so submit your application asap. The dental access van is for those who don't have dental insurance, and/or those who do not have the financial means to see a dentist.

Aging with Pride: IDEA

IDEA = Innovations in Dementia Empowerment and Action

Free Program for Adults with Memory Loss and Their Care Partners

Aging with Pride: IDEA (Innovations in Dementia Empowerment and Action) at the University of Washington is offering a free program for the LGBTQ community. Aging with Pride: IDEA is the first federally-funded research study examining ways to improve the health and quality of life for adults with memory loss and their caregivers in the LGBTQ community. LGBTQ adults with memory loss and other cognitive challenges face significant barriers to healthcare access. Caregiving of LGBTQ older adults with memory loss is of concern due to social stigma, marginalization and social isolation, which can be barriers to sustaining caregiving.

The person with memory loss and their caregiver participate as a pair and at least one of them must be LGBTQ. The caregiver can be a spouse, partner, adult child, relative, friend, or anyone who helps the person with memory loss. The person with memory loss must be 50 years or older.

The IDEA program includes nine individualized sessions with a trained coach who teaches the pair problem-solving skills to improve behavioral challenges and communication. A low-impact exercise program is also included in the sessions. The sessions are individualized and virtual, using easy video chatting. Participants are compensated for completing phone interviews. Tablets with connectivity can be provided if needed. To learn more call 1-888-655-6646 or email ageIDEA@uw.edu. You can also visit the IDEA website at <https://ageidea.org/>.



Friday Harbor Film Festival

CHANGES TO A LIVESTREAM AND ON-DEMAND EVENT - October 14th through 24th

Due to COVID safety concerns, Friday Harbor Film Festival will present a scheduled livestream and on-demand festival in mid-October. Admission to films and events is by purchase of a virtual all-access pass, single ticket, or 5-ticket pass. Details are available at FHFF.ORG. Check out the FHFF offerings **free** at the opening night broadcast honoring filmmakers. Filmmakers are encouraged to submit their features and short films for consideration at <https://filmfreeway.com/FHFF>.

GROW-A-ROW CONTINUES!

Woodmen Hall - Tuesdays

9 to 10:30am drop off cleaned and ready-for-packaging fresh produce from home gardeners.

From 10:30 to noon, the cleaned and packaged produce will be available to the community for pickup.



Creaky Yoga is Now In-Person Again!

Creaky Yoga is now meeting in person for vaccinated people at Grace Hall on Monday and Thursday mornings. Simultaneous Zoom classes continue also. Chair classes (for those who cannot easily get down to and up from the floor) meet at 10:45am and mat classes (for those who can still manage the floor) are at 9:15am.

The Creaky Yoga program was developed many years ago to offer gentle yoga to those who, because of age or injury, are not able to do regular yoga classes (the "creaky generation"). The program is known for meeting needs for strengthening, flexibility, wellness and community. More information is at the website creakyyoga.org.

For more information, contact: creakyyogateam@gmail.com or call Nancy at 360-468-3496 or Stephanie at 760-673-8253.

All classes are drop-in and attendance is by donation (suggested donation is \$5-20 per class).

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
Wednesday, September 15th
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.

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 **Returning Soon :)**

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 1-800-827-1000

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

Join Us - Renew Your Membership - Make A Contribution

Yes, I/ we want to join/renew membership in Senior Services of San Juan County (Lopez Island) for 2021/2022 (July 1, 2021 thru June 30, 2022).

() \$20 Individual Membership () \$30 Couple Membership

I/we wish to make an additional contribution to support Senior Services on Lopez Island:

() to Lopez Island Senior Center \$ _____

() to Special Needs Fund \$ _____ () to Senior Transportation \$ _____

Check payable to Lopez Island Senior Center, for membership plus any donation.

Gifts are fully tax deductible 501(c)3.

Last Name _____ First Name _____ Birthday * _____

Spouse _____ Birthday * _____

Street address _____

E-mail address _____ ****New****

City _____ State _____ Zip _____

Mailing address (if different) _____

Phone _____

* *Optional for grant funding.*

*****FOR OFFICE USE ONLY*****

() Individual - \$20 () Couple - \$30 () Additional Donation _____

Date Received _____ () Cash (receipt#) _____ () Check # _____

() New Member () Renewal

First Member # _____ Spouse/Partner Member # _____

Mail to: Lopez Island 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

Phone: 360-468-2421
FAX: 360-468-3021
Location: 4102 Fisherman Bay Road
E-mail: ronib@sanjuanco.com
Issue September 2021
Website: www.woodmenhall.org

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY