



Woodmen Hall

Lopez Island Senior Signal

October 2021



A Note from Senior Services



Happy Fall,

Our recent picnic/drive-thru lunch was a success. Quite a few people showed up to enjoy burgers and hot dogs and sides. Ian Cassinos, Julie Meyers, and Chris Orr, from our Meals on Wheels & More program partner Whatcom Council on Aging, showed up to cook and help with the various tasks. The sun actually came out for a while and everyone seemed to enjoy visiting outdoors. The food was good but the company was even better. So nice to see those of you who were able to join us... it had been such a long time since we got together. Our regular kitchen volunteers also showed up in full force to lend a hand and our visitors were quite impressed with how efficient and hard working our crew is. I am partial but I have to agree with them. Looking at the volunteer hours from the other islands I think we do twice the work with half of the volunteers. Way to go ladies and gentlemen! We are in urgent need of more Meals on Wheels volunteer drivers as three of our drivers are unavailable right now. Please consider becoming a delivery driver; it is only 1-2 hours/shift on Wednesdays or Fridays and you get to drive around the island checking on and delivering much needed food to homebound seniors. It is time well spent and I can tell you that both the drivers and the recipients enjoy their interactions.

Sincerely,

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



Flu Vaccination Information

Fall is upon us—and with it, cold and flu season. For some, influenza can be a mild illness. For others, flu can be a serious disease that can lead to hospitalization and sometimes death.

People at increased risk of flu complications include those with chronic medical conditions, older adults, and infants younger than six months old. **The best way to protect yourself and others from the flu is to get a flu shot.** The Centers for Disease Control recommends that people get a flu vaccine by the end of October or mid-November so antibodies can develop *before* the flu season peaks.

As more people are interacting in-person this fall, compared to last, there are concerns that we will have a more active flu season this year. Getting vaccinated is the best way to protect yourself. Many of the symptoms of COVID-19 and the flu are the same, so it may be more challenging to diagnose your symptoms. Additionally, medical facilities are overwhelmed--it is important to do your part to help minimize the spread and impacts of the flu by getting a vaccine.

Other ways to stay healthy during flu season include washing your hands frequently, covering your cough, avoiding close contact with others who are sick, and practicing good health habits (such as getting plenty of sleep, water, good nutrition, and exercise).

For more information about the flu vaccine, visit: <https://www.cdc.gov/flu/index.htm> and see page 3 for flu vaccine options on Lopez Island.

**How beautiful
the leaves
grow old. How
full of light
and color are
their last days.**

~ John Burroughs

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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.

Flu Vaccine Options for Lopez Island Residents



- Contact your medical provider to make an appointment
- Lopez Island Pharmacy—Make an appointment online at lopezlandpharmacy.com (or you may call 360-468-2616 if you do not have a computer/Internet access)
- Visit an off-island pharmacy; check online or call first to verify if you need to make an appointment

Remember to bring your ID and medical insurance and/or payment. Please wear a face-covering, and a short-sleeve or loose-fitting top. Thank you!



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. Vouchers are available first come, first served so apply asap so you don't miss out!

Message from Lopez Operations Committee



We ended August with a hot dog sale in conjunction with the Friends of Woodmen Hall's annual yard sale. With the two events going on, we had many visitors to help spread the word that we are still here and hope to be opening soon. However, the recent surge in COVID cases has put a stop to our immediate plans for reopening. Not to be outdone, our supporters from Whatcom Senior Services came down on September 16th and together we had a drive through/picnic lunch. We had to cancel the pancake breakfast for early October because we were still advised not to have large numbers of people inside the hall. We are still unsure as to when we will be open for congregate meals. Watch the *Senior Signal* for more news.

There were some problems with the food warmer during the hot dog sale and a donor has stepped forward and purchased a new one. Now our concern has turned to one of the freezers which appears to be contrary; however, we will continue to watch it and keep our fingers crossed. The Friends of Woodmen Hall have just about completed the cleanup of the upstairs and hope to begin insulating it soon. Hopefully this will make a difference in keeping the hall warm.

The federal government had given our Area Agency on Aging about two million dollars in surplus funds to spread around our four counties for senior activities. This money will be available in 2022, 2023, and 2024. However, by the time it is parceled out, I am afraid the nutrition program will only receive a very minor portion, but every little bit helps.

Carl Bender

Chair, Lopez District Operations Committee



IslandRides
360-317-3107
www.islandrides.org

Every day, new participants are discovering the ease of access to low-cost or free rides and deliveries. Whether for shopping or appointments on the island, just call or email IslandRidesLopez@gmail.com. Some have no car; some are unable to drive due to health or vision problems and many choose the convenience and economy of an emissions-free trip or delivery by IslandRides.

If you like the warm feeling that comes from serving others and receiving gratitude from our friends and neighbors for this essential service, contact any of our drivers about joining this dependable crew for a weekly shift.

This eighteen-member team set a new record of 781 trips on three islands during August. The driving crew is expanding trips to more riders and deliveries every day while being fully vaccinated and masked. Every rider is screened before the trip, and we are confident in the safety of the services being provided.

Tales of Kale

Meals on Wheels and More!

From the archives of Carol Simmer, RD



You might think of kale as a salad bar garnish, but it is also a versatile year-round nutritional powerhouse. Kale has been eaten in Europe since Roman times but was not brought to North America until Russian traders introduced kale into Canada in the 19th century. After WWII, the UK initiated the *Dig for Victory* campaign. The cultivation of kale was encouraged because kale was easy to grow. Its high nutrient content was thought important to supplement the nutrients missing in diets (such as vitamins A, K, and C) after years of food rationing.

Did you know?

Kale can be grown year-round but it tastes sweeter and more flavorful after being exposed to a frost. This is because kale responds to colder temps by producing sugars that offer its cells protection.

- Kale “chips” are a great potato chip substitute.
- You can grow kale in a container or in the garden.
- Kale leaves are curly or flat and a variety of green colors.
- Kale is a cousin of broccoli, cauliflower, and collards
- One cup of kale has 33 calories, 3 grams of protein, and 2.5 grams of fiber- suitable for any eating pattern!
- Kale gets its deep dark green from the nutrients lutein and zeaxanthin, known to aid in protection against macular degeneration and cataracts.

Tips and cooking kale:

- Sauté: Wash and shake off as much water as possible. Pull leaves off the tough center rib (not necessary if baby kale). Add olive oil and chopped garlic to hot pan and sauté slightly. Add kale to pan and gently turn it until wilted down about 1/2. Sprinkle a bit of salt during this process. Serve immediately.
- Salads: Raw kale can stand-up to heavier dressings such as Caesar or mustard. It will not wilt as fast as spinach or lettuces. Strong flavors such as peanuts, soy sauce, roasted nuts, chili flakes, or citrus juice concentrates are good additions to a kale salad or dressing. Kale will be more tender if chopped or sliced and mixed with a salad dressing thoroughly and let stand a few minutes. The acidity of the dressing helps tenderize the kale.
- Baking: For chips, curly kale is best. Pull kale leaves from ribs and dry thoroughly. Sprinkle with olive oil and toss with hands to coat. Spread leaves out on baking sheet. Sprinkle **lightly** with salt. Heat in oven at 275 degrees for 20-25 minutes until crisp.
- Smoothies: Chop finely before adding to a fruit smoothie (no tough rib!).

Featured Volunteer:

A.J./Ece Kocak
Building Rental Coordinator



I came to the beautiful Lopez Island back in 2010 to visit one of my good friends’ father, who had some serious medical issues at the time. As I loved being and living on the island, I permanently moved here as off July 2012.

I have been doing volunteer jobs mainly to serve the island community in terms of distributing food supplies to the community, training the two community kitchens’ users on food safety and security, cooking for the school children’s and seniors’ lunches, assisting the founder of the *IslandRides* electric car service for the seniors and low-income residents, who do not have a car for the constant errands such as going to the market, visiting the pharmacy, library, the post office, etc. at the village, and volunteering for the Fire Department as a certified EMT.

I highly suggest more people join in volunteer services since we have a growing sense of helping our own community and maintaining certain self-sustainability within San Juan County by being one strong local community force to act primarily on community needs.



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

Hours: Tuesday–Saturday, 11am- 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 Items in Lopez Island Home and Hospice Support (LIHHS) Collection

We are continuing to add books to this collection, most recently, titles about Alzheimer's disease. Contact us if you'd like more information or need assistance accessing this collection. Please help spread the word to anyone who could benefit from these books.

EVENTS:

2021 Partnership with Seattle Arts & Lectures

We are so excited to announce a programming partnership with Seattle Arts & Lectures! Starting this month, a limited number of tickets for Seattle Arts and Lectures online speaker series will be available to Lopez Library patrons to watch for free. Upcoming speakers are listed on our webpage at <http://lopezlibrary.org/sal/>. This program is made possible by the support of the Friends of the Lopez Island Library.

October 21st @ 5:30pm: Gene Helfman Book Launch - *Beyond the Human Realm* - A Zoom Program

In conjunction with October being Orca Awareness month, or "Orca-tober", join Lopez local, marine ecologist, and author Gene Helfman for a virtual launch of his newly published first novel *Beyond the Human Realm*. The book is available to check-out from the library now.

Register for the Zoom book launch at <http://lopezlibrary.org/helfman/>.

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



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>.



Powerful Tools **Free Caregivers Course**

There is still time to register for this free, six-week class series. We have adjusted the **start date to Thursday, October 14th** to allow time for more caregivers to sign up. Please contact Gail Leschine-Seitz at 360-370-7528 or gail@sanjuanco.com asap if you are interested in joining us for this helpful online 90-minute/session class series.



Friday Harbor Film Festival Livestream and On-Demand Event

October 14th–24th

Due to COVID-19 safety concerns, Friday Harbor Film Festival will present a scheduled livestream festival, showing a program of feature documentaries and short films over 11 days at FHFF.ORG. The festival will be divided into two sections:

Livestream Festival will open with a special free live broadcast honoring filmmakers and recipients of the Local Hero and Lifetime Achievement Awards on Thursday evening, October 14th. Films will be scheduled to facilitate viewing Friday to Sunday, October 15–17th. Following each film, the viewing audience can participate in a live Zoom Q&A session with the filmmaker.

On-Demand Festival runs October 18–24th, featuring films accepted through FilmFreeway as well as films and recorded filmmaker Q&As from the Livestream Festival. All will be available on-demand on the website. The livestreamed Festival Finale will feature the Audience Choice Award presentations and the screening of the audience favorite feature and short films on Sunday, October 24th.

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.

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



The Great Washington ShakeOut - Get Ready!

At 10:21am on October 21st hundreds of thousands of Washingtonians will “Drop, Cover, and Hold On” in The Great Washington ShakeOut, the state’s largest earthquake drill ever! Everyone is encouraged to participate, either on their own or as part of a larger group.

Major earthquakes may happen anywhere you live, work, or travel. The ShakeOut is our chance to practice how to protect ourselves. Emergency management experts and other official preparedness organizations all agree that “Drop, Cover, and Hold On” is the appropriate action to reduce injury and death during earthquakes.



Indoors: Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances, and kitchen cabinets with heavy objects or glass. Do not go outside during shaking! The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to break away.



In a wheelchair or with a walker: Lock your wheels and remain seated until the shaking stops. Always protect your head and neck with your arms, a pillow, a book, or whatever is available.



Visit www.EarthquakeCountry.org/disability for recommendations for people who use wheelchairs, walkers, or are unable to drop to the ground and get up again without assistance.

For additional information, visit www.shakeout.org.

BBQ Picnic/Drive-Thru Photos



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 available on the website creakyyoga.org, or 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 \$5-20/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, October 13th
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

Medicare Open Enrollment is coming, be prepared

Medicare enrollees have an opportunity every year between **October 15th and December 7th** to review their Medicare Part D drug plans and their Medicare Advantage plans to see if they want to make changes that will be effective in the new year. Medicare beneficiaries can change from one Medigap plan to another at any time during the year.

The San Juan County SHIBA volunteers will be hosting two Zoom presentations explaining what has changed for Medicare in 2022. Come join us on **October 14th** from **1-2:30pm** or **October 19th** from **10-11:30am**.

To register for the presentation **email orcasshiba@yahoo.com or call 360-376-5892**. We will need your first and last name, your email address and your phone number to register you.

Reviewing your coverage during open enrollment is important to make sure that the plans you have will still fit you next year. About half of the people SHIBA volunteers work with wind up making changes to their coverage. These changes occur for many reasons:

- Changes in your medications or your health
- Changes in plan premiums and deductibles
- Changes in drug tiers and pricing
- Changes in whether your pharmacy is in or out of network for the plan
- Changes in whether your pharmacy has preferred or standard pricing
- The introduction of new plan options



This is a **free presentation** made by trained volunteers from the Statewide Health Insurance Benefits Advisors (SHIBA) program overseen by the Washington Office of the Insurance Commissioner to provide free, unbiased and confidential counseling assistance in San Juan County.

There are federal and state programs available to help people with very low incomes and limited assets pay their Medicare premiums, copays and deductibles.

SHIBA has trained volunteer counselors available on the three major islands in San Juan County. Call the local SHIBA office at 360-376-5892 to schedule your free personal, confidential, unbiased counseling session. In San Juan County, SHIBA is sponsored by the Inter Island Healthcare Foundation.

Or Current Resident

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

P.O. Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

Bulk Rate
Non-Profit
U.S. Postage
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Lopez Island, WA
98261