

Woodmen Hall

Lopez Island Senior Signal

September 2022



A Note from Senior Services

Greetings Seniors,

If you haven't yet joined us for Senior Lunch on Thursdays between 11:30am-12:30pm, please do. The more participants we get, the sooner we can expand to in-person lunches on both Tuesdays and Thursdays. The lunches are a great time to meet new people and catch-up with those you haven't seen in awhile. We are also working on having some speakers come in after the lunches... we have one scheduled for October 6 and stay tuned for more announcements. Besides, the senior lunches are "the best deal in town".

There have been some recent requests to have more activities at Woodmen Hall. Let us know if you are interested in either of the following suggestions and/or have some other ideas and we will try to get more activities happening at the hall:

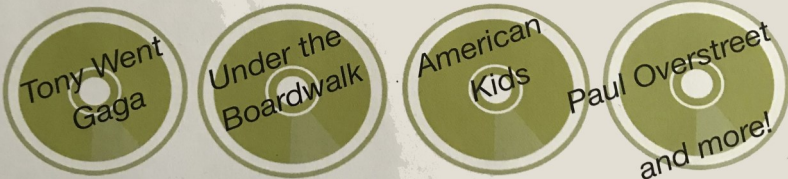
- Play some favorite songs along with a discussion about memories associated with those songs or era. Maybe with some refreshments to share?
- Bring back Fly Swatter Volleyball. A very fun game sitting in chairs, using a badminton net and a balloon. It is good exercise and usually involves lots of laughter.



A final reminder that Monday, September 6 is a holiday for Labor Day and Thursday, September 22 is the first day of autumn.

Sincerely,

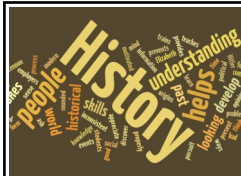
Roni Becker-Wilkie
Senior Services Specialist
360-468-2421, ronib@sanjuanco.com



**Mondays 5:45 PM
Thursdays 1:30 PM**

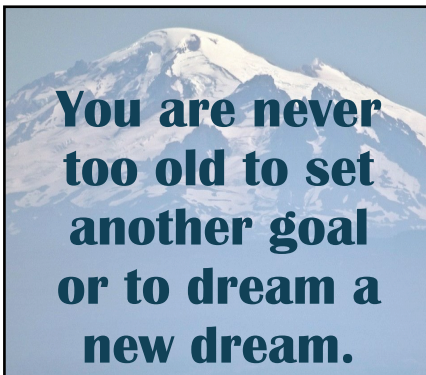
WOODMEN HALL

FOR MORE INFORMATION, CALL 468-4056



The Friends of Woodmen Hall

We are collecting stories about your experiences at the Hall in order to make a historical display. We want your story! Tell us what the event was and when. We appreciate lots of details and photos if you have them. Please send stories to Patty Ward (frnstone@rockisland.com) or call her at 206-412-8162 to set-up an interview. Thanks!



What's Inside...

| | |
|----------------------------|---|
| Services Information | 2 |
| IslandRides, Dental Clinic | 3 |
| Ops Comm/Lunch Menu | 4 |
| Library/Medicare/Yoga | 5 |
| Nutrition/CENTS | 6 |
| Services/References | 7 |
| MOW Breakfast Fundraiser | 8 |

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 Wednesday 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
Mel Gaddis - Member at Large
Mary Ann Riggs— Member at Large
Sharon Bonelli - Member at Large
Debra Maggiora - Secretary
Patty Ward - 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

Thursdays. \$5 suggested donation for seniors 60 and over, \$8.50 for those under 60. Home delivered meals to homebound seniors on Tues. & Thurs. Delivery time depends on the number of persons on the route that day.

Durable Medical Equipment

Lopez Island Home Support & Hospice provides walkers, wheelchairs and other durable medical equipment free of charge. Contact the office, 178 Weeks Road, between 9am-1pm 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 at Woodmenhall2022@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 By appointment only. This service comes from Orcas Island so please call well ahead and keep appointments. email: fcwaheart@gmail.com website: footcarewithaheart.com



IslandRides Update
 360-317-3107
www.islandrides.org

In June we heard there was an opportunity to request supplemental grant funding from WSDOT for the program *IslandRides* has operated during the last year on the three primary islands. We asked to be allowed to continue and expand daily ride services to our county's underserved populations and just received the notice of award to the non-profit venture. More staff will be required (mostly drivers) to extend hours of daily ride services. Let us know if you would like to join our driving crew or offer other support assistance to keep this program growing. Just call 360-317-3107 or see the website at www.IslandRides.org to learn more or to make a gift. You may email us at IslandRides@gmail.com. *IslandRides* provides rides for free or any donation amount to any island resident. The primary focus groups are seniors, people with disability or those who have no car or choose not to drive. Let us know how we are doing so we can learn how to serve you better. Also, watch for the upcoming opportunity to submit ideas and transportation suggestions to the County Human Services Transportation Plan. This survey is completed every four years to help define what new services are needed and helps focus future funding toward those objectives.

Transportation Vouchers are Available Again!

The Transportation Voucher Program (TVP) provides vouchers to low income individuals, and islanders with ongoing medical travel needs or emergent situations, for on-island transportation via taxis/shuttles and for ferry tickets for off island travel. Most local taxi services and shuttles accept the vouchers. New clients welcome—Income must be less than \$25,000/year; proof of income and identification required. Those eligible receive \$300 worth of vouchers valid until June 30, 2023. Existing clients can request a second voucher at this time if needed. No proof of income needed for existing clients; just contact us to let us know you would like more vouchers. Don't need the full \$300 worth of vouchers? Emergency "as needed" vouchers may be available; contact Senior Services or the Family Resource Center.



Mammogram Van on Lopez

Thursday, September 22

(and possibly the 23rd with enough interest)

Avoid having to go to the mainland for your mammogram. Call **1-888-233-6121** for an appointment and information. Please have your insurance information available if you have it. Cost is on a sliding scale.



The Mobile Dental Van Returns to Lopez Island September 23-24

The Dental Van is for those on Apple Health (Medicaid) or who don't have dental insurance and do not have the financial means to see a dentist. The dental van offers full dental care with X-rays, oral health exams, fillings, extractions, and teeth cleaning/ hygiene services. If you are interested in scheduling an appointment, please fill out an application online in English or Spanish, available on the County website at <https://www.sanjuanco.com/1839/Dental-Van-Oral-Health-Programs>, or contact the Health Department, Senior Services or the Family Resource Center. If you are interested in volunteering to help support our Medical Teams International partners the day of the van with checking in dental patients (no dental experience needed), please complete our dental van volunteer application. This program would not be possible without the support of our local partners and wonderful volunteers! If you would like to help support the Mobile Dental Van efforts in San Juan County please donate to Medical Teams International PO Box 4288 Portland, OR 97208-4288 and note in support of the San Juan County Mobile Dental Van.

alzheimer's association®

Check out the Alzheimer's Association website <https://www.alz.org/> for helpful information, including webinars, for individuals and their caregivers dealing with dementia. The Alzheimer's Association 24/7 Helpline is open anytime, day or night: 1-800-272-3900.



COVID Vaccines

Updated booster vaccines may be available as early as September; check with local providers or on the SJC website siccovid.com for the latest information.

Woodmen Hall Senior Center Lunch Menu

Thursdays in September; lunch from 11:30-12:30pm

Age 60+ - \$5 suggested donation; under 60 - \$8.50

Takeout Option Available – Call by 9am on the lunch day or sooner to order

| September 1 | September 8 | September 15 | September 22 | September 29 |
|--|--|---|---|--|
| Panko Crusted Cod Wild Rice Pilaf Glazed Carrots Salad Berry Crisp | Chicken Cordon Bleu Roast Sweet Potato Peas & Onions Salad Birthday Cake | Chinese BBQ Pork Veggie Fried Rice Veggie Spring Roll Fortune Cookie | Chicken Phad Thai Veggie Potsticker Asian Mandarin Slaw Fresh Melon | Sausage Pasta w/ Pesto Cream Sauce Carrots & Parsnips Caesar Salad Bread Stick |

Message from Lopez Operations Committee

I think that we have made it through the heat of August, although it sure felt good after all the rain in April and May. I am sure that everyone is getting prepared for the Labor Day weekend and I am keeping my fingers crossed for good weather then. People are putting the COVID scare behind them and getting out more as witnessed by the increase in rental activity at Woodmen Hall. If you are contemplating an event now is the time to call Arika Rapson at 360-468-3092 and get your application moving. Speaking of events, we hope to begin having lunches on both Tuesdays and Thursdays in October. That is the current starting date but remember that has been changed the past two months due to COVID outbreaks. We will keep you posted of any changes. Also, I want to remind everyone that we now have the BINGO board up, we know how to operate it, and are only waiting for someone to volunteer to call out the numbers. We also have a date for Berta's next pancake breakfast: Saturday, October 8. As some of you know sometime at the end of the year the senior center will be transitioning from being a member of the three island senior services council to being its own entity. I am sure there will be rumors, but I wish to remind seniors that there will be no obvious changes. We will continue to have lunches at Woodmen Hall and send out lunches to those who are unable to attend in-person due to medical and other issues.

Carl Bender

Chair, Lopez District Operations Committee



Informative Dementia Presentation

**Thursday, October 6 @ 1pm
at Woodmen Hall**

(join us for senior lunch and
stay for the presentation)

Come participate in a panel discussion about dementia. Learn and ask questions, and discover some practical tips for dealing with friends, spouses and clients with dementia symptoms. There will be some local representation and Libby Lewis from Anacortes, who does dementia assessments, will share some practical tips on how to help with memory loss. We hope to see you there!



Grow-a-Row Continues Wednesdays through November 16th

The Locavores will be at Woodmen Hall from 9-10:30am to accept clean, ready-to-package fresh produce from home gardeners. Then, from 10:30-noon, the produce will be available at Woodmen Hall on a first-come, first-served basis for community members. Priority will be given to Meals on Wheels participants. For more information, email lunch@lopezlocavores.org or visit www.lopezlocavores.org.



A reminder about dues:

Of the 329 Lopez Senior Center members, we have only received dues from 43. It is not required, but would be greatly appreciated since we have not been able to gather for fundraisers the last couple of years. We appreciate your support of our programs and services.



**Connect with Your
Lopez Library**
360-468-2265
<https://lopezlibrary.org>

Hours: Monday-Friday 10-5; Saturday 10-2

New Technology:

The Lopez Library has acquired new technology that will transform your hybrid meetings to the next level. Introducing the “COOLPO AI [Artificial Intelligence] HUDDLE PANA.” This is an All-in-One intelligent video conferencing device. It features a 360° Camera, Smart Microphones, and an All-Surround Speaker. This device is capable of visual and audio detection to bring you an immersive meeting experience. Simple to setup and operate. Come into the library for a demonstration. This device is for in-library use only.

Programs:

Explore the Creative Corner – Oodles of craft supplies available for you to get creative whenever the library is open.

Weekly Story Times – Join Miss Jane for interactive story times on Wednesdays: 10:30am for the littlest tots, 11am for ages 4 and up.

***Writers’ Open Mic – September 1, 5:30pm** – Join other writers to share your written work.

Never Too Old Book Club – September 7, 5pm – Do you enjoy reading young adult and middle grade books? Join Ingrid and Beth to explore their relevance and diversity. This month we’ll discuss *The Evolution of Calpurnia Tate* by Jacqueline Kelly.

Literary Salon – September 14, 5pm – Come together to share the best of your most recent reads, or come for the recommendations, either in the library or via Zoom.

Bingo Night! – September 19, 5:30pm – All ages welcome!

Whodunit Book Club – September 21, 5:00pm - Do you like your mysteries not too gory, not too trite, but just right? Somewhere in between "Death By Chocolate" and "Blood Harvest"? Join us at the Lopez Library’s Whodunit Book Club. This month we’ll discuss *Drive Your Plow Over the Bones of the Dead* by Olga Tokarczuk, in the library and via Zoom.

Nature Journaling Group – September 29, 5:30pm - Do you like nature *and* art? Join our group to discuss nature observations and explore journal-friendly art techniques. Please register online or by calling the library to ensure there are enough materials for everyone.

We look forward to seeing you at your library!



**Welcome to
Medicare
Presentation**

Are you turning 65 this year? In that case, you need to get ready to enroll in Medicare. Depending on your circumstances Social Security may enroll you automatically. Otherwise you will have to submit an application to get Medicare coverage. Our presentation will help you understand whether you need to submit an application.

People enrolled in Medicare have decisions to make about how they will be covered. To make an informed decision you will need to understand a lot of new information. Medicare has its own vocabulary and rules. There are deadlines you need to meet and penalties (some lasting a lifetime) for not doing things at the right time. Our presentation will explain all of these terms and rules.

You will have to choose among several ways to receive your coverage. Medicare covers most health issues, but not everything is covered. There are also federal and state programs available to help people with very low incomes and limited assets pay their Medicare premium reduce their drug costs, and in some cover their Medicare copays and deductibles. Our presentation will give you the tools you need to make your decisions.

SHIBA volunteers are here to make the transition easier for you. Join us for an online presentation on **Thursday, September 20 at 1pm**. Come learn how Medicare works, what your coverage options are and when you must act to avoid penalties. **To register** for the presentation **email shibasjco@yahoo.com** or **call 360-376-5892**. We will need your first and last name, your phone number and your email address to register you.



Creaky Yoga

Creaky Yoga now meets 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. More information is available at creakyyoga.org, or email creakyyogateam@gmail.com, or call Nancy at 468-3496 or Stephanie at 760-673-8253. All classes are drop-in and by donation (suggested \$5-\$20/class).



Serving Whatcom &
San Juan Counties

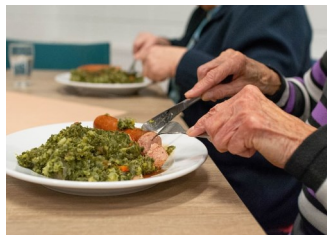
Eat with Friends for Better Health

By Julie Meyers, MS, RD
Meals on Wheels & More Director

A recent call from a Meals on Wheels client who lives alone and complained of poor appetite reminded me how important the social aspect of eating and socialization in general is to our well-being. Loneliness is known to be a significant risk factor for malnutrition in older adults. It has also been linked to increased risk for stroke, heart disease, depression, and dementia. Socially isolated seniors tend to have decreased appetite, and decreased intake of protein, fruits, and vegetables. They are often less motivated to shop, cook, and eat. The COVID-19 pandemic put older adults even more at risk for the detrimental effects of social isolation and loneliness.

If you do find yourself mostly eating alone, or even if you eat with a partner most days, here are a few tips to help increase your motivation to shop, cook, and eat (healthfully) and improve the nutritional quality of your diet.

- Join old and new friends for lunch at Woodmen Hall. Senior Community Lunch provides an excellent opportunity for older adults to enjoy a nutritionally balanced meal in a social setting. The Lopez Senior Center currently offers in-person lunch on Wednesdays 12-1pm. Lunch is offered on a donation-only basis for adults aged 60 and over, but no senior will be turned away due to inability to contribute. Come for the meal and stay for the other activities offered at the Center. You might learn something new or find a new friend who shares your interest in birdwatching, walking, or painting. Got extra time on your hands? Volunteers are almost always needed to help with meal preparation or service. Volunteering is a great way to give back, meet new friends, and stay busy.
- Eat at regular mealtimes instead of snacking throughout the day. It is okay to snack, but regular meals with 4-6 hours in between will give your body a chance to get hungry.
- Eat at the table or counter. Even if it is just you, make a point to eat in a designated dining area.
- If you are eating a frozen meal, serve it on a plate-not in the container.
- Turn off the television and remove other distractions.
- Keep seasoning blends, salsa, and sauces/dressings on hand to spice up frozen or cooked meals. Johnny's, Cajun, Italian, or Asian seasoning blends come in handy. Like it spicy?



Keep a bottle of Sriracha or Tabasco at your disposal.

- Plan your meals in advance and choose meals that don't involve intense preparation.
- Keep staple foods in your pantry, especially foods that you enjoy regularly and have a long shelf life (Pastas, Rice, Canned Goods, etc.).
- Keep small quantities of fresh fruit and your favorite salad ingredients in your fridge for quick smoothies and salads and to add to cereal, yogurt or enhance a frozen meal.
- Make a grocery list and avoid shopping hungry.
- Call a friend and make plans to eat together. While you might not be comfortable in all social settings quite yet, at least consider picking up the phone and calling a friend this week. Better yet, invite them to go on a walk or to join you for lunch. You might find that it just improves your appetite and motivation to prepare and eat healthy meals throughout the rest of the week.



CENTS
CONSUMER EDUCATION
AND TRAINING SERVICES

Your Money: Why You (and I) Should Name a "Trusted Contact"

by Liz Weston from The Seattle Times, March 6, 2022
A Summary by CENTS

Every year, more than 369,000 cases of financial fraud relating to older adults are reported to authorities, causing an estimate of \$4.84 billion in losses according to Comparitech, a cybersecurity research company. One way to prevent financial fraud is to name a trusted contact to your insurance, bank, brokerage, and other service companies. When companies notice suspicious activity, but they can't reach the account holder, they can call your trusted contact for permission to act on it. The company can put a hold on your account when they notice suspicious activity. Being in contact with a trusted contact when the account holder is not available could help the company make decisions to prevent scams and fraud.

A trusted contact should be someone you believe will protect your privacy and is close to you. However, it is important to know that naming a trusted contact does not mean that the person will have any access to your financial information, bank statements, or the ability to make any changes to your account. You are also allowed to change your trusted contact at any time. Lastly, be aware of fraudulent emails or calls pressuring you to name a trusted contact. Those calls may be a scam to steal your password or information. The best way to name a trusted contact is for you to call your financial institutions to set it up which is a relatively quick process.

Community Services and References



Home Delivered Meal Service

Please contact San Juan County Senior Services Specialist Roni Becker-Wilkie at 360-468-2421 or ronib@sanjuanco.com if you are in need of home delivered meals right now or know someone who may need them. Meals are delivered Tuesdays and Thursdays.

Caregiver Support Group

We will meet online via Zoom on Wednesday, September 21 @ 1:30pm

Contact Gail Leschine-Seitz, San Juan County Aging & Family Case Coordinator, at 360-370-7528 or gaill@sanjuanco.com for more information. Newcomers welcome!



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-Wilkie at 360-468-2421 or ronib@sanjuanco.com to request a copy.

Lopez Island Home & Hospice Support. Trained volunteers help support members of the Lopez Island community during illness, injury, or end of life. Also a resource for durable medical equipment. Lopez Island Home & Hospice 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. Call Senior Services (360)468-2421

Case Management: Referrals to Medicaid, Island Hospital Home Health Support case management.

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.

Lions Club: Contact email: lopezionsclub@gmail.com 360-317-4529 cell Robin VanHyning

Lopez Island Clinic-UW Medicine: Hours of operation M-F 8am-5pm; Call 360-468-2245

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 Home & Hospice Support: (360) 468-4446 In home support by trained volunteers. Also durable 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 (800) 501-2233

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

Suicide Hotline for Veterans: 1-800-273-8255

San Juan County Veteran’s Assistance Program: veterans@sanjuanco.com

Family Caregivers Support Group: Third Wednesday from 1:30-3:00 at Woodmen Hall (360)-468-2421

Loss Support Group: Call Lopez Island Hospice & Home Support Office (360) 468-4446

Hamlet House : Adult Family Home in Lopez Village (360) 468-3800

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

Island Air Ambulance: www.islandairambulance.com, ph. 360-378-2376



Berta's Breakfast Buffet

Saturday, October 8, 8:30am-11am
@ Woodmen Hall

Proceeds to benefit the Lopez Meals on Wheels & More program. Come join us for a delicious breakfast and support a valuable service that enables many of our seniors to reside in their homes longer and/or recover from injuries or illness.



Breakfast is \$15/adult or \$35 for a family

All You Can Eat

Scrambled eggs, ham, pancakes, biscuits & gravy, (with or without sausage) fruit, coffee, tea, OJ, baked goods



Or Current Resident

Phone: 360-468-2421
FAX: 360-468-3021
Location: 4102 Fisherman Bay Road
E-mail: ronib@sanjuanco.com
Issue: September 2022
Website: www.woodmenhall.org

P.O. Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

Bulk Rate
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Permit #15
Lopez Island, WA
98261