



Woodmen Hall

Lopez Island Senior Signal

October 2022



A Note from Senior Services

Greetings Fall, and Seniors, Activities are starting up again here at the Senior Center. Lunch attendance is up from 20 to 30 in-person so we have decided to make the leap to two days a week starting in October. We will now offer onsite lunches at Woodmen Hall on Tuesdays and Thursdays from 11:30am to 12:30pm but come early if you can please. Home delivery will continue on both days as it has throughout the pandemic.

The Auction and Yard Sale was a huge success but more help is needed next year in order for it to continue so keep that in mind for the end of August next year please.

Lopez Senior Services announced that they are becoming their own independent non-profit, no longer under Senior Services of San Juan.

Thanks to all of you who have sent in your dues. There are still a lot out there, so please keep them coming. Our calendar year is July 1, 2022 to June 30, 2023.

A reminder that flu season is upon us and many of us will have reduced immunity due to our isolation during the COVID pandemic. Please get your flu vaccination early so you are protected. Updated COVID booster vaccines are available now too.

Please see the rest of the newsletter for upcoming events and helpful information.

Roni Becker-Wilkie

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



Informative Dementia Presentation

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

Everyone Welcome! If you can, please join us for Senior Lunch, available from 11:30am-12:30pm, and stay for the presentation.

Come participate in a panel discussion about dementia. Learn, 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 here!

Questions? Contact Roni at 360-468-2421 or ronib@sanjuanco.com.

Many thanks to our generous sponsors for making this presentation available to our community!



In Memory of Queen Elizabeth II

In the aftermath of 9/11, the Queen issued a heartfelt message in tribute to the victims. Her closing words conveyed the pain felt by all:

"Grief is the price we pay for love."

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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 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 caregivers 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

Tuesdays and Thursdays. \$5 suggested donation for seniors 60 and over, \$8.50 for those under 60. Home delivered meals to eligible homebound seniors.

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-Thursday; 360-468-4446.

Transportation Voucher Program

Transportation Vouchers available 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. Income must be less than \$25,000/year; proof of income and identification required. Existing clients can request additional vouchers now. Contact Senior Services or the Family Resource Center.

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 360-468-3092 and leave a message. The voice mail is checked daily. You may also email 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

Many thanks to these folks who provided 133 separate rides or deliveries for Lopez Island residents during the month of July and will celebrate two years of daily service in September. L to R: Bob Reilly (IR Executive Director), Jo Bryant, Fons Wynen, Jay Lynch, Mireille Kramer, Jerry Manion, Anne Trench, Fred Neilson, and Gordon Eustis.



Let us know if you would like to join our driving crew or offer other support assistance to keep this program growing. Just phone 360-317-3107 on Lopez or see the website at www.IslandRides.org to learn more or to make a gift. Email us at IslandRides@gmail.com.

IslandRides provides rides for free, supported by the county TVP, or any donation amount to island residents. 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.

Please submit ideas and transportation suggestions to the County Human Services Transportation Plan. This web-based survey www.sanjuanhstp.com is completed every four years to help define what new services are needed and helps focus future funding toward those objectives.



Flu Vaccine Options

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 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 vaccine.** The CDC recommends that people get a flu shot by the end of October or mid-November so antibodies can develop *before* the flu season peaks.

Other ways to stay healthy during flu season include: wash your hands frequently, cover your cough, avoid close contact with others who are sick, and practice 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>.

Medicare covers the cost of flu vaccines including the high dose option. Options to get your flu vaccine include:

- Contact your medical provider for an appt. Lopez Island Medical Clinic: 360-468-2245.
- Lopez Island Pharmacy- Make an appointment online at <https://lopezislandpharmacy.com>. If you don't have a computer/internet service you can call 360-468-2616.
- Make an appt with an off-island pharmacy.
- San Juan County will be providing flu vaccine clinics for uninsured or underinsured adults whose insurance coverage will not cover the vaccine cost. You can also use the Washington State Department of Health vaccine finder tool to search for availability (including high dose flu vaccines) at www.vaccines.gov. The 2022 SJC flu clinic schedule will be posted by October 3 at noon; to make an appointment, go to www.sanjuanco.com/flu or call 360-378-4474.



Emergency Preparedness—Are You Ready?

Please review the enclosed Department of Emergency Management Emergency Preparation Calendar for guidance on supplies to have and for tasks you should complete to ensure you are ready and equipped to deal with an emergency or natural disaster. The DEM strongly encourages everyone to have at least **two weeks** worth of supplies on hand. Remember to check expiry dates and replace items as needed. Also remember to keep supplies—extra clothes, warm blankets, water, food and a first aid kit as a minimum—in your vehicle too. You never know when you could get stranded on the road or waiting for delayed ferries. Visit the DEM website www.islandsready.org where you can find general emergency related information, a senior specific section, guidance for neighborhoods and organizations, and information on how to sign up for emergency alerts. Please offer to assist neighbors and friends in need to prepare too.

Message from Lopez Operations Committee

The good weather has held up into September and I would not mind if it continued into October. The only problem are the fires that continue to choke us. These are very tough on those of us with asthma and COPD, so I want to emphasize the advice to those with any breathing problems to heed the advice of the medical people and stay indoors or wear masks. While I am handing out reminders, do not forget to renew your memberships. They are very important in keeping the senior center able to continue serving and delivering meals. In addition, we are making plans to provide other services in the coming year for the seniors in our community. Any suggestions from our members will be welcomed and considered.

I am sure that by now most of you have seen in the local newspapers that we are separating the San Juan senior Services into three distinct centers. One for each of the three major islands, Lopez, San Juan, and Orcas. There are several good reasons for doing this, most of which involve costs for maintaining one large corporation. I wish to emphasize that most of this separation will not affect any of the activities at the Lopez Senior Center.

Remember also that Roberta Vaughn is setting up her pancake breakfast for Saturday, October 8th. Now that the Labor Day weekend is over other groups and organizations are setting up meetings, so get your applications in. A special thanks to the Grow a Row people who again have been bringing their vegetables and fruits to the senior center. The produce has been a very welcome addition to the meals for many of us. Thank You!



Carl Bender

Chair, Lopez District Operations Committee

Grow-a-Row Continues

Wednesdays through November 16th

Produce donations accepted 9-10:30am. Available to the community from 10:30-noon at Woodmen



Hall on a first-come, first-served. Priority given to Meals on Wheels participants. For more information, email lunch@lopezlocavores.org or visit www.lopezlocavores.org.

Woodmen Hall Senior Center Lunch Menu

Tuesdays and Thursdays—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

October 4	October 6
Country Fried Steak Mashed Potatoes with Gravy Peas & Onions Garden Salad Peach Crisp	Oktoberfest German Brat w/Red Kraut Roasted Potatoes Glazed Carrots Garden Salad Black Forest Cherry Crisp
October 11	October 13
Crab Cakes Caribbean Veggies Macaroni Salad Cookie	Lasagna Veggie Greek Salad Birthday Cake
October 18	October 20
BBQ Chicken Slider Slaw Corn Ice Cream	Turkey Meatloaf Potatoes Glazed Carrots Salad Fruit Crisp
October 25	October 27
Stuffed Bell Peppers Roasted Potatoes Salad Veggie Marble Choc. Cake	Ruben Chicken Sweet Potatoes Salad Peach Crisp Green Beans



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 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).



Connect with Your Lopez Library

Library Hours
Mon-Fri 10-5; Sat 10-2

Do you receive our Monthly Newsletter?

Mailed the first of the month to our subscriber list and posted to our website and social media, the Library Newsletter is full of programs, book clubs, announcements, and more. If you do not receive it and wish to, please call 360-468-2265 or email Beth@LopezLibrary.org.

Programs

Writer's Open Mic Night - Thursday, October 6th at 5:30pm

Join fellow writers on the first Thursday of the month from 5:30pm - 6:30pm to share your written work in a friendly and safe creative space.

Art in the Library Opening Reception for: Kevin Paul & Camas Logue + Kelly O'Dell & Raven Skyriver - Saturday, October 8th at 4pm

Please join us at the Library for an opening reception to celebrate the work of four incredible artists. Raven and Kelly are two Lopez-based glass blowers who make exquisite and sophisticated blown-glass sculptures, often inspired by the natural world. Master carver Kevin Paul (Swinomish) and his apprentice Camas Logue (Klamath/Modoc) will be displaying 14 new wood carvings that they have created together.

The Seattle Arts & Lectures Virtual Speaker Series is Back!

Back by popular demand, the Lopez Library will again be offering free virtual access to select Seattle Arts & Lectures speaker events for the 22/23 season, starting with the following:

October 11th: A Conversation with Maggie O'Farrell, author of *Hamnet* and *The Marriage Portrait*

October 17th: A Conversation with Celeste Ng, author of *Little Fires Everywhere*, *Everything I Never Told You*, and *Our Missing Hearts*

Registration to all speaker series programs is free, and gives you access to the virtual event live, and the recording of the program up to one week after the event date. Check our webpage soon to register for more speaker programs. Thank you to the Friends of the Library for supporting this program!

We look forward to seeing you at your library! For more information, call 360-468-2265 or visit our website at <http://lopezlibrary.org/>.

Medicare Open Enrollment 2022 is coming

Your once a year chance to make changes in how you get your Medicare coverage will soon be here. Each year, **between October 15 and December 7**, people who have Medicare can change their drug plans and Medicare Advantage plans for the coming year. Of course you can make changes to your Medicare Supplemental insurance (Medigap) any time during the year.

Why would you want to make changes? The plans change their premiums and deductibles each year. They also change the services and medications that they cover and the tier that the medications are in, which affects how much you pay when you buy your medications. If you have not looked at your coverage recently, then you are probably paying too much for the coverage you receive.

Need help figuring out what you should do? Your local SHIBA volunteers (State Health Insurance Beneficiary Advisers who are trained through the WA Office of the Insurance Commissioners) are here to help you understand what coverage is best for you.

SHIBA volunteers will be presenting two free Zoom seminars explaining what has changed with Medicare and what your options are during Open Enrollment. The first presentation will be **Thursday, October 20 at 1pm** and the second will be **November 3 at 1pm**. To register, email shibasjco@yahoo.com or call 360-376-5892.

The Lopez volunteers will be helping clients by appointment from October 17 to December 7. Appointments can be in-person, on zoom or by phone. To schedule your appointment, please call 360-468-4117.

SHIBA volunteers are trained by the Washington Office of the Insurance Commissioner and provide free, unbiased, confidential counseling on Medicare and related health insurance issues. In San Juan

County, SHIBA is sponsored by the Inter Island Healthcare Foundation.



Start Preparing for Fall and Winter Weather Emergencies Now!

*Contributed by Julie Meyers, MS, RD
Meals on Wheels & More Director*

If there is anything that last November's torrential rains and flooding as well as the record-breaking snow in December taught us, it is that we can't wait until winter to prepare for weather related emergencies! We never know exactly what fall and winter weather will bring, but we do know there will be rain, some cold and possibly even snow or wind events. Our corner of the world can also experience earthquakes.

If the weather gets bad, you can hopefully stay bundled up in your home. Are you prepared in case the power goes out, or you cannot get out due to snow or ice? Disaster preparedness planners recommend that we have at least **two weeks** of emergency supplies. If you have the space, many experts recommend keeping even more supplies on hand.

What supplies should you have on hand to keep you safe and nourished in case of emergency? Everyone's situation is different, but here are some suggestions to help you and your household prepare:

- Keep enough water on hand for at least three days. The recommendation is for one gallon per person per day.
- Consider your medications. Talk to your pharmacist about stockpiling an emergency supply of your essential medications. Include some over the counter pain medications in your emergency supplies. Be sure to check expiration dates on all medications.
- First aid kit.
- Flashlight and some extra batteries.
- Transistor radio and extra batteries.
- If you have pets, make sure you have an emergency kit for them as well.
- Other supplies to have on hand include: a whistle, some cash, and an emergency blanket.

Every cupboard should have an emergency food supply for those times when you cannot cook or get out of the house to get supplies. Stock up on foods that you like, rotate and use when they are nearing the expiration date. Here are some suggestions for your

emergency food supply. (If you are on a special diet or have food allergies be sure to adjust accordingly.)

- Milk or milk alternative in cans or shelf stable boxes
- Canned fruit and vegetables
- Tuna and/or canned meats
- Canned or boxed soups and stews
- Canned Chili
- Breakfast bars/energy bars
- Crackers
- Peanut butter and nuts
- Hot and cold cereal
- Shelf stable juice



In addition to food, your supplies should include a can opener, knife, scissors, paper towels, hand wipes, eating utensils, and paper plates.

It is always a good idea to have an out of area contact that you can call in an emergency to let know that you are safe, as well as a trusted local contact who has a key to your home.

For more information about emergency planning go to <https://www.islandsready.org>. You can also visit the federal government website <https://www.ready.gov/seniors> for additional information. With a little preparation you will be ready for a power outage or whatever weather fall and winter bring!



alzheimer's association

Understanding and Responding to Dementia-Related Behavior

In-person seminar November 16, 1-3pm

Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Woodmen Hall/ Lopez Senior Center 1pm-3pm. Bring your questions. Participant guide provided. Pre-registration preferred. Call Roni Becker-Wilkie at 360-468-2421 to register.

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, October 19 @ 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 VanHying

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

Join us!

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: October 2022
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
PAID
Permit #15
Lopez Island, WA
98261