

**Woodmen Hall**

# Lopez Island Senior Signal

**November 2022**



## *A Note from Senior Services*

Happy Fall,  
At the printing of this newsletter, I will be suffering on Maui. It has been 3½ years since my husband and I got married and we finally get to have our honeymoon! But enough about me.

Thank you to all of you who supported our Meals on Wheels program in October by coming to Berta's Breakfast Buffet. We fed more people than ever and raised \$1,400 thanks to Berta and her fearless team of volunteers. Thanks all!

We encourage you to come join us for community lunch, open to all, on Tuesdays and Thursdays at Woodmen Hall; the menu is inside.

Our Dementia presentation was also very well received and a great success for those who attended.

Please spread the word to friends and neighbors about our upcoming presentation by the Alzheimer's Association. They are actually coming to our little island since there is such a huge need at this time.

Senior Services will be closed Thursday, November 24 and Friday, November 25 so there will be no meal service on the 24<sup>th</sup>.

Enjoy your Thanksgiving!

*Roni Becker-Wilkie*

Senior Services Specialist

360-468-2421

ronib@sanjuanico.com



**Daylight Saving Time Ends  
Sunday, November 6<sup>th</sup>**

**alzheimer's association®**

**UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR**

**November 16, 1-3pm**

**In-person seminar**

**@ Woodmen Hall/Lopez Senior Center**

Join us to learn how 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.

Bring your questions. Participant guide provided. Pre-registration preferred; call Roni Becker-Wilkie at 360-468-2421 to register.

**Alzheimer's Association website: <https://www.alz.org/>  
24/7 Helpline: 1-800-272-3900**



### *What's Inside...*

<b>Services Information</b>	<b>2</b>
<b>Caregivers/IslandRides</b>	<b>3</b>
<b>OpsComm/Lunch Menu</b>	<b>4</b>
<b>Library/Medicare/Yoga</b>	<b>5</b>
<b>Nutrition/Vaccines</b>	<b>6</b>
<b>Services/References</b>	<b>7</b>
<b>Membership Form</b>	<b>8</b>

## 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 5<sup>th</sup> of each month for the following month's issue. The newsletter is also available at [www.woodmenhall.org](http://www.woodmenhall.org).

### 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](http://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 3<sup>rd</sup> 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](mailto: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](mailto: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](mailto:fcwaheart@gmail.com)  
website: [footcarewithaheart.com](http://footcarewithaheart.com)



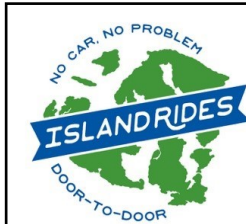
November marks National Family Caregivers Month, a time to recognize, honor and increase support for family caregivers across the country and raise awareness of family caregiver issues. According to Caregiver Action Network (CAN), more than 90 million Americans care for loved ones with chronic conditions, disabilities, disease, or the complications of old age. If you are caring for a loved one, please check out the CAN website ([www.caregiveraction.org](http://www.caregiveraction.org)) for helpful information and resources that can assist you.

**Tips for Caregivers:**

- **Take care of your own health** so that you can be strong enough to take care of your loved one. Eat healthy, get enough sleep, exercise, and keep regular medical appointments. Watch out for signs of depression and get professional help if you need it.
- **Make time for yourself** and find time to do the things you enjoy such as reading, walking, crafts, cooking or listening to music. At least once a week break your usual routine and do something different—take a drive around the island, wander around town, meet up with friends lunch, or take a special class.
- **Stay connected with the outside world** and get out and about. Make time to interact with friends and family even if it is by phone or online.
- **Accept offers of help** and suggest specific things people can do to help you. Friends and family can provide emotional support, help with meals and chores, help you find needed resources, help out financially, and watch your loved one while you run errands, go to your own appointments, or have a well-deserved break.
- Learn how to **communicate effectively** with doctors. Make a list of questions to ask at appointments.
- Caregiving is hard work so **take respite breaks** often.
- Be open to **new technologies** that can help you care for your loved one.
- **Organize medical information** so it's up to date and easy to find.
- Make sure **legal documents are in order**.
- **Seek support from other caregivers.** You are not alone! (Ask us about the Family Caregiver Support Program.)
- **Give yourself credit** for doing the best you can in one of the toughest jobs there is!



Friday, November 11<sup>th</sup>  
 Thank You to All Our Veterans!




**IslandRides Update**  
 360-317-3107  
[www.islandrides.org](http://www.islandrides.org)

Did you know that *IslandRides* started out as the 'RoundTowner on San Juan Island, providing rides to those in need around Friday Harbor? Shortly before the pandemic started, we rebranded as *IslandRides* and made the goal to expand service throughout San Juan Island and to both Lopez and Orcas islands. Thanks to a combination of government, business, private donor and user donation funding, we achieved our goals and have been steadily expanding service on all the islands during the pandemic and beyond. Recently, our Executive Director and some board members have been busy planning for the next few years of operations and applying for additional potential funding to help ensure we can continue to provide this valuable service to SJC residents in need. During September, our amazing Lopez *IslandRides* team provided over 200 trips and drove over 1100 miles, and 40% of the trips were for TVP qualified customers! Way to go team! If you are interested in becoming a volunteer driver for *IslandRides*, please contact us; we can work with your schedule.

**Develop a Caregiving Plan**

Having and maintaining a care plan will help you balance both your life and that of the person you are providing care for. Visit [cdc.gov/aging/caregiving/index.htm](http://cdc.gov/aging/caregiving/index.htm) for a template. The plan should summarize information about:

- health conditions
- medications
- healthcare providers
- emergency contacts
- caregiver resources





**Lopez Union  
Cemetery Annual  
Wreath & Craft Sale**  
November 25-26  
10am-2pm  
in the Cemetery Workshop

Beautiful handmade Christmas wreaths, swags, and crafts for sale to benefit Lopez Union Cemetery & Center Church.

**Message from Lopez Operations Committee**

November is here and I am sure that everyone is getting ready for winter. You know the drill, making sure the gutters are clean, getting firewood ready and storing anything you do not wish to blow away. I would like to backtrack and say a few things about October. We started the two days a week meals on October 4<sup>th</sup> and they are moving along smoothly. The attendance started off slow but is gradually picking up as expected. However, we still have a larger number of home-delivered meals than we had in the past so our cook, Roni and many volunteers are busy. We have gone back to the original method of having a serving line so are no longer serving the meals at the tables.

Another big event was Berta's pancake breakfast. I believe people had been waiting for the pancake breakfasts to start up again. Either that or they were just excited about getting together for another community activity. Either way, the breakfast was very well attended and everyone I spoke to went away stuffed with good food. I believe we took in more contributions for the "Meals on Wheels and More" program than we had in the past. Kudos to Roberta Vaughn and her excellent pancake breakfast.

We were also fortunate to have Jane Fuller (our new county commissioner) attend our October 11<sup>th</sup> luncheon and introduce herself to the seniors who were present. Jane is an island resident who has been on Lopez several years and is well acquainted with our island life. In the past, she and her father attended lunches at Woodmen Hall. We wish her well in her new role. Enough about the past. We hope that everyone enjoys the coming holidays and especially a Happy Thanksgiving!

*Carl Bender*  
Chair, Lopez District Operations Committee



<b>Woodmen Hall Senior Center Lunch Menu</b>	
<b>Tuesdays and Thursdays—11:30-12:30pm</b>	
Age 60+ - \$5 suggested donation; under 60 - \$8.50 Takeout Option Available – Call by 9am on the lunch day or sooner to order	
<b>November 1</b>	<b>November 3</b>
Chicken Pot Pie Garden Salad Fresh Grapes Birthday Cake	Cheese Ravioli w/Alfredo Sauce Fresh Steamed Broccoli Garden Salad Blueberry Crisp
<b>November 8</b>	<b>November 10</b>
Pulled Pork w/BBQ Sauce Parsley New Potatoes Green Beans Applesauce Salad	Beef Stroganoff Egg Noodles Nantucket Veggies Salad Apple Crisp
<b>November 15</b>	<b>November 17</b>
Bacon Cheeseburger w/ Lettuce & Tomato Potato Salad Fresh Grapes Chocolate Pudding	Pub Style Fish Potato Wedges Honey Glazed Carrots Coleslaw Ice-cream
<b>November 22</b>	<b>November 24</b>
Roasted Turkey & Cranberry Mashed Potatoes/Gravy Stuffing Green Beans Pumpkin Pie	<p style="color: blue;"><b>No Meal Service</b></p> <p style="color: orange;"><b>Senior Services CLOSED for Thanksgiving</b></p>
<b>November 29</b>	 <p><i>Happy Thanksgiving</i></p>
Sloppy Joes Whole Grain Bun Fresh Steamed Broccoli Garden Salad Raspberry Sherbet	



**Grow-a-Row Continues  
Wednesdays through Nov. 16<sup>th</sup>**

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. Visit [www.lopezlocavores.org](http://www.lopezlocavores.org) or email [lunch@lopezlocavores.org](mailto:lunch@lopezlocavores.org) for more information.



## Connect with Your Lopez Library

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

### Large Print Books

We are currently updating our Large Print book collection, adding fiction and nonfiction across all genres and subjects. With 300 titles and growing, you are bound to find something in your interest area. (Please direct recommendations to [Ingrid@LopezLibrary.org](mailto:Ingrid@LopezLibrary.org)) Give your eyes a break and check them out!

### Programs

**Wednesday, November 2<sup>nd</sup> at 5pm** - Never Too Old: A Young Adult Book Club for Adults - We will discuss *A Snake Falls to Earth* by Darcie Little Badger, featuring Lipan Apache storytelling.

**Friday, November 4<sup>th</sup> at 6pm** - Local author Abigail Prout presents her new book of poetry, *Walk Deep*. The event will be moderated by Iris Graville.

**Wednesday, November 9<sup>th</sup> at 5pm** - Literary Salon Book Club - Share your favorite recent reads and hear a diversity of recommendations.

**Wednesday, November 16<sup>th</sup> at 5pm** - Whodunit Book Club - *The Sweetness at the Bottom of the Pie* by Alan Bradley, introducing aspiring chemist and sleuth, Flavia de Luce.

**Friday, November 18<sup>th</sup> at 12pm** - Crafternoon: Tessellated Origami workshop with local artist Chelsea Greene. Whether you have experience with origami or are a beginner, come to this class and we'll teach you how to make a dodecahedron origami star and triangle. The class will be 1-2 hours so feel free to bring snacks and drinks. Please call 360-468-2265 to register for the program.

### 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](mailto:Beth@LopezLibrary.org)

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

A reminder that the Medicare Open Enrollment period is now until 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.

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? Local SHIBA volunteers are here to help you understand what coverage is best for you.

Join our SHIBA volunteers for a free Zoom seminar on **November 3 at 1pm** explaining what has changed with Medicare and what your options are during Open Enrollment. There will also be a "Welcome to Medicare" presentation on **November 17 at 1pm** for those who are new to Medicare or need to sign up soon. People can sign up for either of these sessions at [shibasico@yahoo.com](mailto:shibasico@yahoo.com) or call 360-376-5892.

Appointments to discuss your personal coverage with Lopez volunteers can be in-person, on zoom or by phone. To schedule your appointment, please call Mack Langford at 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.



## 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](http://creakyyoga.org), or email [creakyyogateam@gmail.com](mailto:creakyyogateam@gmail.com), or call Nancy at 468-3496 or Stephanie at 760-673-8253.



## Prevent Foodborne Illness this Holiday Season

*By Meals on Wheels and More*

For most people, Thanksgiving is the largest meal they cook and/or eat all year. However, from shopping for ingredients to reheating leftovers, there are many opportunities for foodborne illness to occur. While we may become wiser with age, older adults are also at increased risk for foodborne illness and often take longer to recover. Luckily, a few food safety tips can allow people of any age to enjoy holiday meals safely:

- Separate raw meat, poultry and seafood from other foods in your grocery cart and in the refrigerator.
- If purchasing a fresh turkey, use within four days of purchasing. Frozen turkeys may be purchased up to a year in advance.
- The safest way to thaw frozen turkey is in the refrigerator. Allow 24 hours for every five pounds of turkey. Keep your thawing turkey in the bottom of your fridge on a tray that can catch drips.
- A USDA study found that more than 80% of people inadvertently cross contaminate other food with bacteria from turkey.
- Prevent cross-contamination by washing hands frequently. Raw meats should always be kept on separate surfaces. Also, countertops, cutting boards, and utensils should be sanitized after each step in the food preparation process. Chlorine-based sanitation wipes work best for surfaces. **Do not wash your turkey** before cooking. Rinsing raw poultry can cause bacteria to be splashed around the kitchen.
- Cook turkey thoroughly. Use a digital thermometer to ensure that the turkey has reached 165° in the thickest part of the breast, wing and thigh. Stuffing, whether inside or outside of the bird must also reach 165° to kill harmful bacteria.
- Don't leave leftovers out for more than two hours. Chill them quickly in shallow containers to halt bacteria growth. Cut turkey off the bone before refrigerating and store stuffing separately from meat. Leave warm foods uncovered in the fridge until a temperature of 41° is reached and then cover. Leftovers will last up to 4 days in the fridge. Cool leftovers completely before freezing in airtight containers.
- Always reheat leftovers to 165° to kill any harmful bacteria. This applies to all leftover food at any time.

Have a happy and safe Thanksgiving!



Senior Services  
is Closed  
November 24 & 25

## A Reminder to be Wary of Potential Scams

A summary by CENTS based on a "Ask Amy" article from *The Seattle Times*\*

A person writing to the columnist, Ask Amy, received a call from Publishers Clearing House, a marketing company, claiming that they won millions of dollars. The next day, the person received a letter confirming the prize money and instructions on what to do next. Instead of calling the number on the letter, the person called AARP's fraud hotline. AARP is a nonprofit that can check for any scams and when you call 877-908-3360, a live person can help investigate the situation. AARP let the person know that Publishers Clearing House never calls or writes before appearing at a person's door to announce the win.

\*September 20, 2022



**CENTS**  
CONSUMER EDUCATION  
AND TRAINING SERVICES

## Flu & Covid Bivalent Booster Vaccine Options

If you haven't already, we recommend you get your flu vaccine now so that you have immunity before the flu season peaks. Medicare covers the cost of flu vaccines including the high dose option. COVID bivalent boosters are also available now. Options to schedule your vaccinations:

- Contact your medical provider for an appointment. 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 or 360-378-4474.
- Make an appt with an off-island pharmacy.
- San Juan County is offering flu clinics for underinsured or underinsured adults; for more information and to register visit [www.sanjuanco.com/1856/flu-vaccine-clinics](http://www.sanjuanco.com/1856/flu-vaccine-clinics). You can also visit [sjccovid.com](http://sjccovid.com) for updates on upcoming covid bivalent booster clinics.



## 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 Thursday, November 17 @ 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](mailto: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](mailto: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](http://www.imhurting.org)

**Lopez Family Resource Center:** (360) 468-4117

**Island Air Ambulance:** [www.islandairambulance.com](http://www.islandairambulance.com), ph. 360-378-2376

# LOPEZ ISLAND SENIOR CENTER

## Join Us – Renew Your Association – Contribute

Yes, I/we want to join/renew association with the Lopez Island Senior Center for 2022/2023. (July 1, 2022 through June 30, 2023).

( ) \$20 for an Individual ( ) \$30 for a couple

**New Incentive: 10% off Woodmen Hall Rental with Subscription**

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

( ) to Lopez Senior Center \$ \_\_\_\_\_

( ) to \_\_\_\_\_ \$ \_\_\_\_\_ Please specify

Make check payable to Lopez Island Senior Center for enrollment plus any donation.  
Gifts are fully tax deductible 501(c)3.

Last name \_\_\_\_\_ First Name \_\_\_\_\_ Birthday \_\_\_\_\_

Spouse \_\_\_\_\_ Birthday \_\_\_\_\_

Street Address : \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address : \_\_\_\_\_ Phone \_\_\_\_\_

Mailing Address (if different) \_\_\_\_\_

**Please mail to: PO Box 154, Lopez Island, WA. 98261**

Or Current Resident

Phone: 360-468-2421  
FAX: 360-468-3021  
Location: 4102 Fisherman Bay Road  
E-mail: ronib@sanjuanco.com  
Issue: November 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