

Woodmen Hall

Lopez Island Senior Signal

March 2023



A Note from Senior Services



• Daylight saving time begins Sunday, March 12th, turn your clocks one hour ahead to start enjoying more evening sunlight

- Happy St. Patrick's Day on Friday, March 17th
- Spring begins Monday, March 20th

Hello,

For those of you that missed it, Berta's breakfast was a huge success. She and her wonderful band of volunteers raised \$1,550 in one morning! Many thanks to Berta and all of her hard workers. The food was wonderful and there was plenty.

The Lopez Island Academy made some sweet Valentines that went home with the meal deliveries, along with fudge from the Fudge Factory. Thanks to all of you.

I guess we will have to see if this month comes in like a lion and out like a lamb? After a long cold winter, it's time for the sun to return so we can get back outside to garden and go for walks.

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

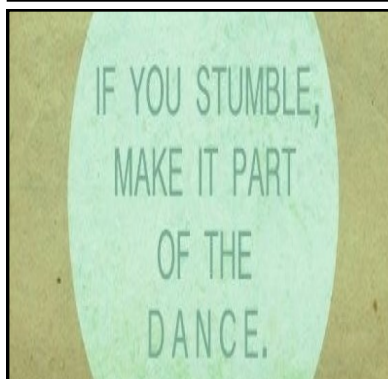


Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. Choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

- **Make eating a social event.** Enjoy meals with friends or family members as often as possible. Invite a friend over or arrange to meet at the Mullis Center community lunches on Mondays and Wednesdays.
- **Drink plenty of liquids.** You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee, tea, water, milk, or 100% juice.
- **Add a touch of spice.** Limiting salt is important as you get older. Fresh and dried herbs and spices, such as garlic, basil, oregano and parsley, add flavor without the salt.
- **Make the most of your food choices.** Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.
- **Be mindful of your nutrient needs.** You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the Nutrition Facts label on packaged foods and also speak with your healthcare provider about possible supplements.
- **Keep food safe.** Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

Source: USDA Food & Nutrition Service; myplate.gov



What's Inside...

Services Information	2
Medicare/IR/Dental Van	3
OpsComm/Lunch Menu	4
Library/Cancer Awareness	5
Nutrition/CENTS Article	6
Services/References	7
Dementia Legal Planning	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

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: 360-468-3092, Fax: 360-468-3021
(messages are returned)
woodmenhall2022@gmail.com

Lopez Island Senior Center

Board Meetings: 1st Wednesday of each month from 10am-noon
For information contact: lopezislandseniors@gmail.com or 360-468-3092

Members of the Board

Carl Bender - President
MaryAnn Riggs - Vice President
Carol Jones - Treasurer
Debra Maggiora - Secretary

Nonprofit Status

The Lopez Island Senior Center was incorporated in 2022 and operates as a 501(c)3. EIN 88-2487638. Donations made to the Senior Center are deductible within the limits of the law or based on your filing status. Please consider the Lopez Island Senior Center for on-going donations or in your will and estate planning.

We can always use more Board members or committee participation; please contact us for more information.

alzheimer's  association®

The 24/7 Helpline is open anytime, day or night: 1-800-272-3900. Visit <https://www.alz.org/> for more info/resources.

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



of the northwest

(360) 814-5550

Hospice_Info@HospiceNW.org
HospiceNW.org

MYTH: Hospice Care Means Death is Imminent

Many people think hospice is for patients with only a few days or weeks left to live. In reality, patients are often on hospice for months, and sometimes, even a year or more.

Hospice does not hasten death. In fact, research has shown that people on hospice often live longer—and with a greater quality of life—than similar patients who aren't receiving hospice care. There are even patients who "graduate" from hospice! This happens when someone's condition improves so much that they are no longer eligible for hospice care.

Don't wait until the need for hospice care becomes urgent. Enrolling in hospice early has many benefits. At Hospice of the Northwest, each patient is assigned a dedicated care team that provides expert medical, social, emotional, and spiritual support. We focus on the patient's needs and goals, contributing to best possible quality of life, and bringing comfort and relief to the patient and their loved ones.

A patient once told us, "Before hospice, I was dying. Now, I'm living." That's what hospice is all about. Questions? Call us at 360-814-5550. We're here to help.



Dental Van Visit

March 10-11th @ the FRC

The dental van offers cleanings, dental exams, fillings, extractions, and dentures to those without insurance or a means to pay. Complete an online application at: <https://www.sanjuanco.com/1839/Dental-Van-Oral-Health-Programs> or visit the FRC for a paper application. Please complete a new application each time you wish to be seen on the dental van. For questions or concerns, please call Zoe Froyland, SJC Dental Van Coordinator, at 360-370-7519.



Welcome to Medicare Seminar

Is 2023 the year you join Medicare? Depending on your circumstances, Social Security may automatically enroll you, or you may need to submit an application. To make an informed decision about your coverage choices, you'll 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. There are also federal and state programs available to help people with very low incomes and limited assets pay their Medicare premiums, reduce their drug costs, and in some instances cover their Medicare copays and deductibles.

SHIBA volunteers are here to make the transition easier for you. Join us for a free online presentation on **Thursday, March 23 at 2pm**. 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**. We will need the following information to register you: first and last name, phone number and email address.

Trained volunteers with the Statewide Health Insurance Benefits Advisors (SHIBA) program will give the presentation. Part of the Washington state Office of the Insurance Commissioner, SHIBA provides free, unbiased and confidential counseling assistance in San Juan County.

SHIBA has trained volunteer counselors available on the three major islands in San Juan County. Call the local SHIBA office at 360-468-4117 to schedule your free personal, confidential, unbiased counseling session. In San Juan County, SHIBA is sponsored by the Inter Island Healthcare Foundation.



IslandRides Update

360-317-3107

Concerned about the costs of maintaining a vehicle or your own ability to drive as you get older? *IslandRides'* shuttle service is a great alternative!

Let us take you to the grocery store, your medical appointments, to lunch at the Mullis Center, or wherever else you need to go on island in one of our electric vehicles. *IslandRides* provides rides for free or any donation amount to any island resident. When feasible, we recommend you book your ride ahead to avoid wait times; just give us a call at 360-317-3107.

Let us know if you would like to join our driving crew or offer other support assistance for this important community service. Call 360-317-3107, or visit www.IslandRides.org to learn more. Or, you may email us at IslandRides@gmail.com.

Message from Lopez Island Senior Center

Wow! Berta's Breakfast on the 11th of last month was a whopping success. Well over a thousand dollars was raised for the Meals-on-Wheels & More program. Way to go Berta and team! They also put Chris Orr, Director of Whatcom Council on Aging that runs the Meals-on-Wheels program, to work in the kitchen. We on the Lopez Senior Center Board are proud of the way that Berta and the people of Lopez have helped to keep this program moving along. Now we need to put our attention to raising money to pay for utilities, building and grounds maintenance. At this time, we only have a few events scheduled for March. We hope to begin our Saturday night BINGO, providing the weather allows for easy travel. We have the equipment all set up and all we need is volunteers to run the event; contact us if you are willing to help out. The other event is the Life Drawing classes which will meet on a regular basis during the summer. On a sad note, we must cancel the St. Patrick's Day Dinner again. Hopefully, next year we will have the people to organize and run the event. If you have an event that you would like to have held in Woodmen Hall be sure to call our Event Coordinator Arika at 360-468-3092.

Carl Bender

Board President, Lopez Island Senior Center



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).

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

<i>All menu items are subject to change due to food costs and availability.</i>	March 2
	Bacon Broccoli Quiche Roasted Breakfast Potatoes Fruit & Yogurt Parfait Orange Juice
March 7	March 9
Ginger Chicken Over Jasmine Rice Sesame Broccoli Veggie Spring Roll Mandarin Oranges	Shrimp Alfredo Pasta Italian Veggies Caesar Salad Bread Stick Fresh Apple Slices
March 14	March 16
Reuben Style Chicken Roasted Sweet Potato Roasted Broccoli Florets Garden Salad Cinnamon Applesauce	St. Patrick's Day Lunch Corned Beef & Cabbage Red Potatoes & Carrots Irish Soda Bread Fruited Green Jell-O
March 21	March 23
Let's Celebrate Spring Lunch Taco Salad Corn Bread Fresh Fruit	Pulled Pork w/BBQ Whole Wheat Bun Sweet Potato Fries Pineapple Coleslaw Sherbet
March 28	March 30
Cheeseburger w/Lettuce & Tomato Wedge Potatoes Coleslaw Ice Cream	Chicken Walnut Salad Wrap Sausage Kale Soup Fresh Oranges

Become a Home Health Care Aide!



Are you or someone you know interested in becoming a paid caregiver? The EDC is offering HCA training to SJC residents age 18+ who are interested in home health care work. Coursework is done online and mostly self-paced through Cornerstone Healthcare Training. Contact the EDC for more information: 360-378-2906

marti@sanjuansedc.org,
www.sanjuansedc.org.



Connect with Your Lopez Library



Library Hours
Mon, Tue, Thu & Fri 10-5;
Wed 10-8; Sat 10-2

Contact info: 360-468-2265
<http://lopezlibrary.org/>

Youth Books for Adults

Much may be gained and enjoyed from reading youth books as an adult. Picture books, chapter books, and young adult books delve into as wide a range of topics as adult books, though often with a more positive outcome. The following titles feature a few examples of the benefits of reading youth books. And if you are tired or have limited time, a youth book can be a quick joy.

- *A Warbler's Journey* by Scott Weidensaul, painted by Nancy Lane - I call picture books "Everybody Books" because they are appropriate for all ages. Follow a vibrant Yellow Warbler in rhythmic words and lush pictures as it migrates from south to north, fueling in neighborhoods featuring children from different cultures.
- *Our World Out of Balance: Understanding Climate Change and What We Can Do* by Andrea Minoglio and Laura Fanelli - A complex subject simplified without losing value or importance.
- *The Someday Birds* by Sally J. Pla - Living on the spectrum through the eyes of a middle-grade child with the support of biological and found family who help him discover that he can help himself by helping others.
- *A Snake Falls to Earth* by Darcie Little Badger - A contemporary Apache story linked to mythology that gifts readers with another culture's perspective in gently insistent, often humorous prose.

For more recommendations, come to Never Too Old: A Young Adult Book Club for Adults (first Wednesdays at 5pm) or contact Beth@LopezLibrary.org

Programs

Please visit our website at <http://lopezlibrary.org/> to see our diversity of events.

We look forward to seeing you at your Lopez Library!



Raising Cancer Awareness

Written by Bethany Chamberlin,
Health and Human Services Planner

Cancer is currently the second leading cause of death. A total of 1.9 million new cancer cases and 609,360 deaths from cancer are expected to occur in the US in 2023, which is about **1,670 deaths per day**.

Did you know that 1 out of 2 people will receive a cancer diagnosis during their lifetime? At the age of 32, I received my shocking cancer diagnosis, and it started a quest to better understand why people get cancer in the first place. After questioning my friends of all ages, I realized that there is a common misconception that all cancers are mostly related to genetics. While predisposition may be a factor, the truth is that several cancers are preventable with lifestyle changes.

Specifically, 10 types of cancer that have been shown to be preventable. By making different choices that alter health behaviors, you can take big steps towards preventing the following cancers: breast, cervical, colorectal, liver, lung, oral, prostate, skin, testicular, and virus-related.

The truth is that there are general lifestyle changes that can be made easily that will decrease your chances of developing cancer in the first place. What can you do today to lower your risk of developing cancer?

- Increase your fruit and vegetable intake
- Adopt a regular exercise routine
- Maintain a healthy weight
- Stop using tobacco
- Limit alcohol consumption to 3 drinks a week
- Stop or limit consumption of processed meats
- Limit exposure to air pollution and environmental toxins
- Wear a protective sunscreen

Making some simple changes to your daily lifestyle can have a huge impact on your body's ability to fend off cancer. If you have questions or would like to read more on this topic, please consult the following web pages: <https://www.cancer.gov/about-cancer/causes-prevention> and <https://www.who.int/activities/preventing-cancer>.

We can be doing more to prevent cancer and it starts with small changes every day!

It is March! Time to Eat Oats?!

Contributed by Meals on Wheels & More



When thinking about traditional Irish cuisine around St. Patrick's Day, corned beef and cabbage is usually the first thing that comes to mind. In actuality, it was the Jewish immigrants in New York

that popularized the dish due to their Kosher diet. The beef became a staple in the area and adopted by the large Irish immigrant population and a national dish was born.

A better example of historical Irish cuisine would be "porridge", which is commonly known as oatmeal today. Because oats grow well in conditions where wheat and barley don't, oats were known to provide food during harsh growing years. There are two versions of oats you will find when you are out shopping, Irish oats and rolled oats. Irish oats or "steel cut oats" are actually oats in their purest form that are simply cut and hulled. Rolled oats or "quick cooking oats" have been processed, steamed, and flattened to make oat flakes. As their name would suggest, quick oats can be ready in 5 minutes while steel cut oats can take up to 20 minutes to soften to an edible oatmeal.

Oats have remarkable health benefits. Oats, and especially the glucans in oat bran, provide both soluble and insoluble fiber to lower cholesterol and to provide bulk to slow the absorption of glucose (sugar) in the digestive tract. The high fiber and low fat properties of oats also These actions have been linked to lowering the risk for heart disease and cancer, and for better control of diabetes. Oats' high fiber content and low-fat properties make it a great breakfast food to leave you feeling full and satisfied while providing a great source of carbohydrates to get you through your day.

A great quick and easy way to get oatmeal in your diet is making overnight oats. Simply combine the ingredients and leave in your refrigerator overnight and the next day you have a delicious high fiber, low-fat meal ready to go.

Overnight Oats:

- ½ cup rolled oats
- ½ cup milk (or milk alternative)
- ¼ cup nonfat plain or vanilla yogurt (Greek yogurt works well)
- 1 tablespoon honey, or maple syrup
- Optional: 1 tsp chia seeds (adds fiber and soaks up liquid)

Experiment with different flavors by mixing in fresh or frozen fruit, nuts, cinnamon, nutmeg, or coconut. Place in a container in the fridge overnight. Enjoy!

Medicare vs. Medicare Advantage

By Kate Ashford of NerdWallet for the *Seattle Times**
A Summary by CENTS

More Americans have enrolled in Medicare Advantage plans instead of the original Medicare program in the past couple years. Medicare Advantage plans are offered by private insurers that bundle Medicare benefits which many people find appealing. In 2023, about 66% of Medicare Advantage plans that include prescription drug coverage had no premiums. However, there is some misleading information about Medicare Advantage plans. Medicare Advantage offers more benefits such as a gym membership and dental coverage, but original Medicare is often the better choice for older adults. This is because most times, the original Medicare program covers more in catastrophic health emergencies. Also, with Medicare Advantage, you will have to shop for coverage every enrollment period while original Medicare automatically renews its coverage. Lastly, make sure to consult with a financial advisor or an insurance agent about what the best health insurance plan is for you.

*January 27, 2023



Caring.com is a leading senior care resource offering guides and tools aimed at helping seniors and caregivers select the right senior care products and services for their loved ones. They strive to help as many seniors and their caregivers as possible through expert guidance regarding elder care information and support, as well as comprehensive senior living and senior care directories. Learn more at: <https://www.caring.com/>.



SeniorAdvice.com aims to solve the problem of understanding and finding the best assisted living and senior care for your loved ones. It's an online platform that provides free informational resources to help aging loved ones find the best care in their area. Learn more at: <https://www.senioradvice.com/>.

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, March 15th @ 1:30pm

Contact Roni Becker-Wilkie at
360-468-2421 or ronib@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 & grants for special safety & medical equipment such as grab bars & access ramps. (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: lopezlionclub@gmail.com 360-317-4529 cell Robin VanHying

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



Dementia
Legal
Planning

DEMENTIA LEGAL PLANNING PROJECT

**Unsure about how to navigate
legal planning if you or someone
you love has dementia?**

Get free legal help with the following:

- Powers of Attorney for Finances and Health Care
- Health Care Directives
- Dementia Directives

Who is Eligible?

- People 60 years and older
- People with dementia of any age

FOR MORE INFORMATION:



425-780-5589



**www.dementia
legalplanning.org**

This program is funded, on behalf of the Dementia Action Collaborative, by the Aging and Long-Term Support Administration/DSHS.



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

Or Current Resident

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

P.O. Box 154
Lopez Island, WA 98261

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