

**Woodmen Hall**

# Lopez Island Senior Signal

April 2023



## A Note from Senior Services

Happy Spring Seniors!

Isn't it wonderful to see everything turning green again, and the flowers starting to bloom? One of my favorite things about spring is the baby lambs being born all over the island. They jump and buck and their little tails wiggle with glee. Oh to be so carefree and not have to worry about taxes or bills, right?

We had a great turn out for our St. Patrick's Day lunch on the 16<sup>th</sup>. Our volunteers had the hall nicely decorated and our cook Tony outdid himself with the tasty corned beef and cabbage along with fresh soda bread and green Jell-o. Tony does an amazing job!

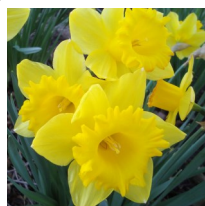
If you haven't been to senior lunch yet, please come join us. We are gearing up with more after lunch presentations, such as the upcoming dementia presentation on April 18<sup>th</sup>. Come for lunch and stay for the talk by Northwest Regional Council; details on page 3.

Mark your calendar for the Great Islands Clean Up on Earth Day, Saturday, April 22<sup>nd</sup>; details on the back.

Happy Easter on Sunday, April 9<sup>th</sup>! National Public Health Week is April 3-9<sup>th</sup>; visit [www.nphw.org](http://www.nphw.org) for more information.

Enjoy the changing spring weather and longer daylight hours everyone!

*Roni Becker-Wilkie*  
Senior Services Specialist  
360-468-2421  
[ronib@sanjuanco.com](mailto:ronib@sanjuanco.com)



## Community Wellness Van Launch

The San Juan County Health & Community Services Department (HCS) unveiled the new Luci B Community Wellness Van at a launch party on March 15<sup>th</sup> at the SJC Fairgrounds in Friday Harbor. This is an exciting new addition to the services provided at HCS. The van will allow HCS to take health services to where islanders live, work, and play. With Luci B, HCS will be able to provide vaccination clinics, dental screenings, home- and community-visiting services, public health emergency response efforts, community outreach and education work, and so much more! Luci B is road-ready and can travel to any ferry-served island. Parks, neighborhoods, businesses, schools, and more! If there's a road, Luci B will be there. You can partner with HCS and the Luci B Community Wellness Van for a public health event; please contact the HCS team at [LuciBWellnessVan@sanjuanco.com](mailto:LuciBWellnessVan@sanjuanco.com) for more information. Luci B is named after Lucinda Boyce, San Juan County's first midwife. To learn more about this exciting new project or Lucinda Boyce's legacy of care, please visit <https://www.sanjuanco.com/1917/Luci-B-Community-Wellness-Van>.



Pictured: Carla Stanley, the Orcas Island artist who designed the van artwork.

**WHAT YOU DO  
MAKES A DIFFERENCE,  
AND YOU HAVE TO DECIDE  
WHAT KIND OF DIFFERENCE  
YOU WANT TO MAKE.**

~ DR. JANE GOODALL

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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

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

### **Lopez Island Senior Center**

Board Meetings: 1st Wednesday of each month from 10am-noon  
For information contact: [lopezislandseniors@gmail.com](mailto: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. 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)



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

Happy 10<sup>th</sup> Anniversary to San Juan Islands Shuttle System! April marks the 10<sup>th</sup> year our non-profit has been providing transportation to residents in need in the islands, first as the 'Roundtowner' in Friday Harbor for many years, and more recently as *IslandRides* on San Juan, Lopez and Orcas islands. We've come a long way in 10 years! Many, many thanks to our organization's founders—Bob Reilly and Curt VanHying—for filling a community need with their own volunteered time and funds for so many years. From our growing team of drivers to those serving on our board and in administrative roles, to all the individual, non-profit and business donors and supporters, to our government funding, there are many, many people and resources that have come together over the past 10 years to provide and help grow this valuable community service. Many thanks to all of you! We look forward to continuing and expanding our transportation services for San Juan County residents in need for many years to come! Give us a call if you need a ride!



SJISS Co-Founder and Executive Director, Bob Reilly, with the newest Leaf in our growing *IslandRides* EV fleet.

**A Note Regarding Transportation Services**

Currently medical transportation is not available at this time, although solutions and options are being looked at. If you have questions or concerns please contact Debra Maggoria at Lopez Island Senior Center, via phone 360-468-3092 or email [woodmenhall2022@gmail.com](mailto:woodmenhall2022@gmail.com).

On-island options include IslandRides, Lopez Taxi and Bus Tours, and the Lopez Island Family Resource Center. For mainland transportation please contact Mertz Taxi in Anacortes. In the event of a medical emergency, please call 911.

Thank you!



**Onsite Dementia Presentation**

**Tuesday, April 18 from 12:45-2pm**

by NWRC @ Woodmen Hall

*We encourage you to join us for lunch starting at 11:30am and stay for the presentation!*

Information provided will include:

- 1) Address behaviors with caregivers who are likely experiencing worry, fatigue, anger and other emotions which come from trying to figure out what's going on and how to respond: "Now what do I do?" "Are they doing it just to bug me?"
- 2) Provide resources to use for education, problem-solving and self-care.



**Dementia Legal Planning Workshop**

Presented by Elder Law Attorney Barry Meyers

**Tuesday, April 4, 2-3:30pm**

(this presentation will be available **online**, and in-person in Bellingham)

A FREE workshop covering topics such as:

- Powers of Attorney
- Health Care Directives
- Planning for Long Term Care

Ensure that you are prepared in the event of a dementia diagnosis!

To **register**, call (360)676-6749 or email [NWRCdementia@dshs.wa.gov](mailto:NWRCdementia@dshs.wa.gov)

**Dementia Friends Information Session**



**Wednesday, May 17—10:30-11:30am**

**@ Lopez Center for Community and the Arts**

All are invited to this free event, facilitated by Dementia Friends Washington's program manager, Emily Meeks. This information session about dementia will share five key messages through several interactive activities.

Co-sponsored by The Hamlet, Lopez Island Home and Hospice Support, Lopez Island Family Resource Center, SJC Health & Community Services, and Lopez Island Senior Center.

## Message from Lopez Island Senior Center

We got thru April Fools' Day without many mistakes, now let us see if we can make thru the remainder of the month. It appears we have no other holidays this month, bummer! Word I have gotten is that the Garden Club and Locavores will begin to start bringing vegetables in May. The way the weather has been this spring, I am not sure of that. Attendance at the lunches has continued to build to a point where we will have to add our remaining tables. It is great seeing so many people talking and enjoying themselves. If you go by Woodmen Hall you may notice that the parking lot has been reworked. Dick Plummer came in and scraped up the top inch or so of gravel and then spread it around evenly. Then he added another layer of new gravel. It looks great! The problem we have is that people turn in to use their cell phone and the turning digs up the gravel. We are currently working on a project to replace the rotting logs around the parking lot. The planning is coming along well and we may get moving on it this spring. We are looking for a fence railing for our fence as one was broken. We are getting by with a patch, but if anyone has an extra railing just laying around keep us in mind.

*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](http://creakyyoga.org), or email [creakyyogateam@gmail.com](mailto: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 April 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

*All menu items are subject to change due to food costs and availability.*

**Our Kitchen Crew:**  
**Cook: Tony**  
**Volunteers: Norma, Judy, Margo, Mary Ann, Valerie**  
**A Big Thanks to All!**

**April 4**

**Steak Fajitas on Rice**  
**Pinto Beans**  
**Roasted Cilantro Lime Corn**  
**Chips & Fresh Salsa**  
**Fresh Melon**

**April 6**

**Sweet Chili Chicken**  
**Peanut Noodles**  
**Asian Veg**  
**Mandarin Oranges**

**April 11**

**Maple Glazed Ham**  
**Roasted Sweet Potatoes**  
**Spinach Salad**  
**Green Beans**  
**Strawberry Shortcake**

**April 13**

**Chicken Cobb Salad**  
**Oatmeal Bread**  
**Fresh Oranges**

**April 18**

**Pub Style Fish w/Tartar**  
**Potato Wedges**  
**Honey Dill Carrots**  
**Coleslaw**  
**Sliced Apples**

**April 20**

**Grilled Pastrami Rubeen**  
**Roasted Red Potatoes**  
**Maple Glazed Carrots**  
**Coleslaw**  
**Apple Cake**

**April 25**

**Chicken Swiss Burger**  
**Sweet potato Fries**  
**Kale Citrus Salad**  
**Sliced Pears**

**April 27**

**Denver Omelet**  
**Roasted Potatoes**  
**Orange Juice**  
**Fruit & Yogurt Parfait**

Heartfelt  
**THANKS**  
TO OUR VOLUNTEERS!

## Volunteer Appreciation Month

Many, many thanks to our amazing team of volunteers! We appreciate each and every one of you and all you do to help make our community services, and in particular the Meals on Wheels & More program, a success. Thanks to the delivery drivers, kitchen and dining room volunteers, newsletter folders and those who help with other programs and events. Your involvement and dedication makes a big difference to all the seniors we serve. ~ Roni Becker-Wilkie

## Connect with Your Lopez Library



**Library Hours**  
 Mon, Tue, Thu & Fri 10-5,  
**Wed 10-8, Sat 10-2**  
 360-468-2265  
<http://lopezlibrary.org/>

**Late Night Library**—Don't forget the library is open late every Wednesday until 8pm. We have everything you need to fuel your curiosity!

### Book Clubs

Book Clubs are a wonderful way to share a love of reading. If you have a book club on-island, here are a few suggestions for selecting titles. It's best to choose a book that is at least one year old or in paperback. New titles or titles that have been highly promoted in the media are often popular and have long wait lists for both print and digital copies. Check to see if your title is available on Hoopla, our digital platform that allows unlimited borrows of the same title.

### Book Donations

The Friends of the Lopez Library are always looking for books in EXCELLENT to GOOD condition. Friends Book Sales generate income to support Friends-sponsored library programs and special projects. When donating books to the library, please screen them closely for mold, water or smoke damage, or tears. Poor items should be recycled at the dump. The library does not accept textbooks, encyclopedias, DVDs, VHS tapes, CDs, Reader's Digest condensed books, magazines, or computer manuals.

### New Programs in April

- **Thursday 4/6 at 6pm - Author Talk: Henning Sehmsdorf of S&S Farms Book Launch Party** - Local author Henning has published 5 books on farming and local foods.
- **Friday 4/7 at 4pm - Unicorn Day!** - Please check our website for details.
- **Saturday 4/8 - Easter Egg Hunt, Ages 0-4 at 10am, Ages 5-10 at 10:15am** - Come hunt for eggs on the beautiful library grounds!
- **Monday 4/17 at 7:30pm - Seattle Arts & Lectures Virtual Speaker Masha Gessen** - A trenchant observer of democracy and the author of 12 books on current politics, LGBTQ+ rights, and the rise of autocratic leaders.

Visit our website at <http://lopezlibrary.org/> to see recurring events.



**(360) 814-5550**

[Hospice\\_Info@HospiceNW.org](mailto:Hospice_Info@HospiceNW.org)  
[HospiceNW.org](http://HospiceNW.org)

## MYTH: Hospice is only available for the last weeks of life

Patients are eligible for hospice services when the current medical data, history, and condition indicate they have a likely prognosis of six months or less to live. As we all know, our

health may follow a typical course or may change. Because of this, the hospice must reevaluate a patient's status every two to three months to certify that they continue to meet Medicare, or their other insurance's, criteria.

It is not uncommon for a person to stabilize or even improve on hospice! When this happens, the individual may be discharged from hospice because they no longer meet criteria. This helps ensure these valuable services are available to everyone when they genuinely need them.

Patients can stay on hospice as long as they are medically-eligible. Don't wait until the last weeks of life. Enrolling in hospice early allows the patient and their loved ones to receive the best quality of life possible for the longest time possible.

Please call Hospice of the Northwest at 360-814-5550 if you have questions about the hospice benefit or criteria to qualify for services.



## Earth Day—April 22

Celebrated worldwide each year, Earth Day is a friendly reminder to reassess your own habits and commit to making eco-friendly life-style changes. Some suggestions:

- **Get back to basics**—use simple cleaners without harsh chemicals, less plastics and more reusable products; eat less processed foods and meats
- **Shop locally**—support local businesses and farms, minimize off-island shopping
- **Recycle**—recycle plastics, metals and glass
- **Reduce**—minimize food waste, go paperless, reduce in other ways too—walk when you can, buy less clothing and other items
- **Reuse**—swap items such as books and clothing with friends and family, donate, sell or garage sale items, use reusable water bottles and bags
- **Start composting**—if you don't garden, ask friends who do if they will compost your food scraps
- **Show off your green thumb**—plant a tree, grow your own vegetables and/or a pollinator garden, no yard? plant herbs and vegetables in pots



### Spring is Here and Soon Senior Farmers Market Nutrition Program Benefits Cards and the SNAP Market Match Program Will Be Too

Two very popular produce programs benefitting lower income older adults are back this spring! The Senior Farmer's Market Nutrition Program (SFMNP) will work a bit differently than in previous years. Funded by the USDA, the program will provide lower income seniors with an electronic benefits card that will be used to purchase **\$80** in fresh fruits, vegetables, honey, and fresh-cut herbs at approved farmers markets and farm stores throughout Washington State. The electronic benefits card will replace the old paper coupons/vouchers. WCOA's Meals on Wheels and More program is responsible for distributing the SFMNP benefits cards to eligible seniors throughout Whatcom and San Juan Counties.

To be eligible to receive a SFMNP Benefits Card, you must meet all of the following:

- Be 60 years old or older (55+ if Native American or Alaska Native)
- Be a resident of Washington State
- Have an income below:
  - \*\$26,973 Annual / \$2,248 Monthly for 1 person, or
  - \*\$36,482 Annual / \$3,040 Monthly for 2 people

2023 SFMNP Affidavits/Applications will be available on the WCOA website, <https://whatcomcoa.org>, and at your local senior center by April 17<sup>th</sup>. Benefits cards will be mailed to eligible seniors from our Bellingham office starting in May and will be redeemable between June 1<sup>st</sup> and October 31<sup>st</sup>. Information about approved markets and farm stores has not been released yet. We will provide updated information on our website as it becomes available.

Do you receive SNAP benefits? Funded by the WA Department of Health, the SNAP Market Match Program will help you stretch your food budget at local farmers markets. Starting this spring, participating farmers markets will match \$25 or more in SNAP EBT purchases of fresh produce, herbs, and seeds and plants that produce food. Participating San Juan County and Skagit County markets include Orcas, Anacortes and Mount Vernon Farmers Markets. Check with your favorite market for opening dates and hours.

Happy Spring!

Julie Meyers, Meals on Wheels and More Director



### Medicare Changes for 2023

Each year there are a few changes to Medicare and this year's changes can help save you time and money. Let's look at some of this year's biggest changes that could save you money.

**Insulin Costs Capped.** Last year's Inflation Reduction Act (IRA) made two important changes that can save Medicare beneficiaries who have diabetes a lot of money. First, the law capped the monthly copay amount that Medicare beneficiaries pay for insulin at \$35 per month. It also provided that insulin products are not subject to the Part D deductible, which can be as high as \$505. If you take only a single insulin product, then your monthly out of pocket cost for that insulin is capped at \$35. Of course, if you take two or more insulin products each month, you will pay more because the cap is for each insulin product you use. But the cap (and the exception from the Part D deductible) applies only if the insulin products that you use are covered by your drug plan's formulary, which is their list of the drugs they cover. If your plan does not cover your insulin, then you would be responsible for the full retail cost.

The second way the law lowers costs for diabetics is by extending the \$35 per month maximum copay to insulin products administered through a pump. Medicare Part B covers insulin pumps and the insulin they administer as Durable Medical Equipment. However, that change does not become effective until July 1<sup>st</sup> of this year.

**Vaccines Are Now Free.** While vaccines covered by Part B, such as the flu, pneumonia and COVID shots, have been free for Medicare beneficiaries, you generally had to pay a copay for vaccines covered by Medicare Part B. The copay was particularly large for the Shingrix shingles vaccine which requires two vaccinations, so two copays. Now, for any vaccine recommended by the Center for Disease Control (CDC) for adults you will not have a copay whether it's covered by Medicare Part B or by your Part D plan and whether or not you have met your deductible.

**Drug Prices Increases Curbed.** During the past few years drug prices have been rising much faster than the cost of living. To discourage future excessive increases, the IRA added a provision that requires drug companies to pay rebates to Medicare if they raise the price of Medicare covered drugs more than inflation has risen. The rebate is equal to the amount that a drug's price increase exceeds the cost-of-living increase multiplied by the total amount Medicare paid for the affected drugs under Medicare Parts B and D.

**SHIBA Can Help.** If you have questions about these changes or need help with Medicare contact your local trained Statewide Health Insurance Benefits Advisors (SHIBA) volunteers. We're part of a program offered through the Washington state Office of the Insurance Commissioner. SHIBA volunteers provide free, unbiased and confidential Medicare counseling assistance in San Juan County.

On Lopez Island, SHIBA volunteers provide counseling by appointment at the Family Resource Center or by phone or Zoom. To schedule your free personal counseling session call 360-468-4117. In San Juan County SHIBA is sponsored by the Inter Island Healthcare Foundation.

## 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, April 12<sup>th</sup> @ 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: lopezlionsclub@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

#GICU



## Invest in Your Planet! The Great Islands Clean-up is on Earth Day, April 22!

Saturday, April 22 from 10am-2pm



Come join your fellow islanders for the 2023 Spring Great Islands Clean-up on Earth Day, **Saturday, April 22, 10am-2pm**. Participants of all ages can sign-up to collect trash on a designated beach or road, and then bring your trash to a central meeting spot to be counted.

“This year, we’re rallying behind the EARTHDAY.org message “Invest in Our Planet”, which highlights the importance of dedicating our time, resources, and energy to solving environmental issues,” says Katie Fleming, San Juan County’s Solid Waste Coordinator. “Every little bit helps—hundreds of

volunteers collect thousands of pounds of trash during this bi-annual event each spring and fall.” Come to Lopez Village Park between 10-11am to pick up bags, vests, and grabbers. Coffee, tea, and fresh baked treats will be provided. Participants on the south end can collect vests and grabbers at the Southend Store. Drop off your collected trash between 12-2pm at Lopez Solid Waste (2419 Fisherman Bay Rd.), follow signs to drop area. Inquire by email if you would like to sign up for a section of beach or road ahead of time. Contact Larissa Mansfield for more information at [larissam@gmail.com](mailto:larissam@gmail.com) or 206-383-6611.

Visit [plasticfreesalishsea.org/events](http://plasticfreesalishsea.org/events) to see the details all the islands. Tag your clean-up adventures on Facebook and Instagram with #GICU2022 or send them to [katief@sanjuanco.com](mailto:katief@sanjuanco.com).

Or Current Resident

Phone: 360-468-2421  
FAX: 360-468-3021  
Location: 4102 Fisherman Bay Road  
E-mail: [ronib@sanjuanco.com](mailto:ronib@sanjuanco.com)  
Issue: April 2023  
Website: [www.woodmenhall.org](http://www.woodmenhall.org)

P.O. Box 154  
Lopez Island, WA 98261

OF SAN JUAN COUNTY  
SENIOR SERVICES COUNCIL

Bulk Rate  
Non-Profit  
U.S. Postage  
PAID  
Permit #15  
Lopez Island, WA  
98261