

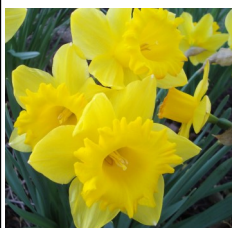
Woodmen Hall

Lopez Island Senior Signal

February 2023



A Note from Senior Services



Greetings Seniors,
 Did you get your daffodil bulbs from the Grange planted? I am watching with anticipation for them to peek their little heads out of the ground. Hopefully we have rounded a corner and are heading toward spring. The days are already getting longer so we can get out and walk more if the weather permits.

How about that foot of snow? And those power outages? Thanks to OPALCO for getting us up and running again. I wouldn't want to be out working in the weather that they endure. So thanks again.

Remember Berta's Breakfast on the 11th! It was a huge success the last time and so nice to have the building bustling with Lopezians again. Please see the back page for details.

How about giving a Valentine to a friend or neighbor who lives alone? I am sure it would make their day.

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



Heart Health Month

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease and stroke by eating a healthy diet, limiting alcohol consumption, engaging in physical activity, managing your cholesterol and blood pressure, and reducing stress. This is a great chance to start some heart-healthy habits!

Common Warning Signs and Symptoms of a Heart Attack—If you have any of these symptoms, call 911 and get to a hospital right away: • Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes or goes away and comes back. • Pain or discomfort in one or both arms, the back, neck, jaw or stomach. • Shortness of breath with/without chest discomfort. • Other signs such as breaking out in a cold sweat, nausea, indigestion, heartburn, lightheadedness.

Know the Sudden Signs of a Stroke and Get Treatment FAST!—A stroke occurs when the flow of oxygen to a part of the brain is blocked. Without oxygen, brain cells start to die within a few minutes. Strokes are treatable and the faster a person receives medical attention, the more likely they will recover. Loss of balance, headaches, dizziness, sudden loss of vision in one or both eyes, uneven face, arm weakness, speech difficulty can all be signs of a stroke. Call 911 FAST!

Visit www.heart.org and www.stroke.org



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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 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
Debra Maggiora - Secretary
Carl Bender - Water
Mel Gaddis - Member at Large
Mary Ann Riggs— Member at Large
Sharon Bonelli - Member at Large
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

The Medicare Advantage Annual Enrollment Period is Now Open



Between now and March 31, if you're enrolled in a Medicare Advantage plan, you have an opportunity to make changes if you are not happy with your plan. You can change from one Medicare Advantage (MA) plan to another or drop your MA plan and go back to original Medicare.

San Juan County has eight MA plans offered by three different companies. Premera and Molina both offer MA plans that are open to anyone who has Medicare. In addition, if you have Apple Health or are in the Medicare Savings Program you can get a Special Needs Plan from Molina Healthcare or United Healthcare. Your local SHIBA volunteers can help you make the switch.

If you've decided MA plans are not for you, you can drop your plan and go back to Original Medicare. You'll also be able to join a Medicare Part D prescription drug plan and you may also want to buy a Medicare Supplement (Medigap) plan. Be sure to talk with your local SHIBA counselor about Medigaps to find out if you qualify for a Medigap.

Your local Statewide Health Insurance Benefits Advisors (SHIBA) volunteers are here to help you. We're a free, unbiased service of the Washington State Office of the Insurance Commissioner. SHIBA provides confidential Medicare counseling in San Juan County sponsored by Inter Island Healthcare Foundation. To request help, call the Lopez Island SHIBA office at 360-468-4117.

Mac Langford Retires After 29 Years as a SHIBA Volunteer

Mac Langford retired as a Statewide Health Insurance Benefits Advisors (SHIBA) volunteer at the end of December after 29 years of service. Back in 1993, Tytti Langford, who was the Operations Manager for the Lopez Medical Clinic, suggested to her husband Mac that he might want to think about becoming a SHIBA volunteer. Being a wise man, Mac heeded his wife's advice and signed up. In December 1993, he was certified as a SHIBA volunteer and has been helping Lopezians with their transition to Medicare ever since.

Mac says the most enjoyable part of being a SHIBA volunteer was the opportunity to help so many of his fellow Lopezians, many of whom he already knew, but some whom he got to meet for the first time.

The SHIBA staff at the Office of the Insurance Commissioner and his fellow SHIBA volunteers on Orcas and San Juan Islands wish Mac the best in his new retirement adventures. They held a farewell luncheon to honor Mac's amazing 29 years of service on January 16.

Lopez Island will not be without SHIBA assistance though. We're currently training Renee Koplan as a SHIBA volunteer on Lopez. Until she becomes certified, the Orcas Island SHIBA volunteers will provide assistance by phone and over Zoom to Lopezians. To schedule an appointment, call 360-376-5892.



Dental Van Returns to Lopez 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.

MYTH: Hospice is Expensive



(360) 814-5550

Hospice_Info@HospiceNW.org
HospiceNW.org

One of the biggest concerns people have about hospice is how much it will cost. It's a common misconception that hospice care is expensive and many people fear the financial burden it may cause their family. At Hospice of the Northwest, we want to alleviate those fears.

As a Medicare-certified, Washington State-approved hospice provider, nearly all expenses are covered by Medicare, Medicaid, the Department of Veterans Affairs and/or by most private insurers. This includes medical and nursing care, medication for symptom control and pain relief, equipment, supplies, personal care

assistance, as well as support from a dedicated social worker and spiritual counselor.

Hospice of the Northwest has never turned away a patient for an inability to pay. If a patient isn't covered by insurance or is struggling to pay out-of-pocket expenses, they may qualify for financial assistance through Hospice of the Northwest Foundation. We help lift the financial burden of hospice care so patients and their loved ones can focus on what matters most: living every moment with compassion and dignity.

If you have questions or would like more information about what your insurance will cover, contact our Referral Center at 360-814-5550.

Message from Lopez Operations Committee

We have Berta's Breakfast, Valentine's Day and Presidents' Day to look forward to in February. Berta's Breakfast is always special and with Valentine's Day falling on a lunch day, I am sure the kitchen staff will do something special. February is also a good time to begin planning for vacations, summer projects and gardening. I have already heard others talking garden plans and I am especially looking forward to the Grow-a-Row produce. We hope to make some things happen around Woodmen Hall early this year. We have a noisy freezer that needs a new compressor. We also plan on getting some more of the potholes in the parking area filled. Have you noticed the logs around the parking area are rotting? Another item for replacement and I am also looking for someone to weed the small gardens in front and on the side of the building. Among other items that will be new this year will be the name of our senior center board, and new agreements with both the nutrition and county people. These contracts will affect some of our operational methods but should not be noticeable to our members. I would like to repeat these items will be invisible to our lunch guests and other users of Woodmen Hall.

Carl Bender

Chair, Lopez District Operations Committee



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).

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

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



February 2

Kale Sausage Soup
Chicken Salad Wrap
Fresh Apple Crisp

February 7

Ham & Pineapple
Roasted Yams
Green Bean
Broccoli Bacon Salad
Berry Crisp

February 9

Turkey Meatloaf
Mashed Potatoes & Gravy
Nantucket Veggies
Garden Salad
Ice Cream

February 14

Valentine's Day Lunch
Vegetable Lasagna
Italian Green Beans
Caesar Salad
Fresh Grapes

February 16

Beef Burgundy
Brown Rice
Steamed Broccoli
Garden Salad
Applesauce

February 21

Fat Tuesday
Shrimp & Sausage
Jambalaya Over Rice
Cajun Kale Coleslaw
Pineapple Upside
Down Cake

February 23

BBQ Pulled Pork
Sandwich
Served w/Coleslaw
Potato Wedges
Orange Wedges

February 28

Jerk Chicken w/Mango
Salsa
Roasted Yam
Brussels Sprouts
Spinach Salad
Peach Crisp

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

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



Connect with Your Lopez Library

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

Library Hours

Mon, Tue, Thu & Fri: 10-5 - **Wed: 10-8** - Sat: 10-2

Wednesday nights are back! Welcome to *Wellspring*.

We're lighting up your Wednesday evenings with expanded hours to 8pm. Full library services are on offer as well as the introduction of *Wellspring*, a fun twist on your usual library setting. *Wellspring* will feature a rotating set of movies, food, crafting, discussions, games and more, all focused on strengthening community and unleashing creativity. Come join us!

Programs – Please visit our website at <http://lopezlibrary.org/> to see our diversity of events on Wednesdays and other days of the week.

Winter Library Theme: Hygge

What is Hygge and how do you pronounce it? Hygge – pronounced "hoo-gah" - is "a quality of coziness and comfortable conviviality that engenders a feeling of contentment or well-being." February can be a dark, cold month for many, so the library is counteracting that by increasing our hygge. Come and bring your book to the fireside, enjoy our holiday lights and time with community, run into new and old friends, and keep your spirits high in the dark time.

Hoopla & Libby

Do you like to read audiobooks and ebooks on your digital device? Our library subscriptions to Hoopla and Libby allow you to read and listen for free. Libby also includes a large variety of magazines as well as materials in Spanish. Hoopla features comics, movies, music, TV, and BingePasses.

If you need help installing the apps on your device, contact Sam@LopezLibrary.org or Claudia@LopezLibrary.org

Valentine Card Supplies & Postage

Visit the Creative Corner in the Sun Room to make a card for a loved one, address it, and then slip it into the little blue mailbox. We will add postage and mail it for you. This activity will be available throughout February.



IslandRides Update

360-317-3107

Our ride service is growing! In October, we applied for four years of new grant funding from WSDOT for the *IslandRides* operations on the three primary islands. Driving staff has grown to about 30 now on three islands and we continue to need more help as demand increases. Let us know if you would like to join our driving crew or offer other support assistance to keep this program growing. To learn more, call 360-317-3107, visit www.IslandRides.org, or email IslandRides@gmail.com.

IslandRides provides rides for free or by donation to any island resident. The primary focus groups are seniors, people with disability or those who have no car or choose not to drive.

In 2022, the clean fleet of six emissions-free Leafs increased the total trips provided by 25% up to 10,476 and miles driven by 50% up to 49,719. With more drivers and vehicles, the service levels will continue to grow.

Thanks to IslandRides

Jerry Manion says "thanks" to IslandRides for facilitating the delivery of over 35 meals to those in need for Thanksgiving and Christmas. *And we thank Jerry for his service!*



Advance Care Planning + Dementia

Via Zoom Thursday, February 16, 2-3 pm
Register at NWRCdementia@dshs.wa.gov

Advance Care Planning is a process that takes time and active reflection. With a diagnosis of dementia, it gets more difficult to reflect on goals for end-of-life care. The ACP+D presentation is designed to educate people who are curious about what they can do to prepare themselves in the event of a dementia diagnosis and/or are caring for someone who has already been diagnosed. The presentation covers:

- a bit about dementia
- how to get started on your Advance Directive
- dementia-specific information and forms to accompany an Advance Directive
- The importance of the health care "agent"

Presenter Denise Weeks received training as an Advance Care Planning facilitator through the Whatcom Alliance for Health Advancement. She is the author of *Mantra: Repetition in the Land of Alzheimer's*, and co-leads a local support group.



Do Foods Need to be Colorful to be Healthful?

By Lynn Grieger, RDN, CDCES
Food and Health Communications

Do foods need to be colorful to be healthful? No! We've all heard the recommendation to limit our intake of white carbohydrate-based foods like sugar and things made from processed white flour like bread, crackers, and cereal, along with refined grains such as white rice or pasta. Sometimes people take that recommendation further, avoiding all white foods. While choosing a rainbow of colors of fruits and vegetables provides a wide variety of phytonutrients that the plants make to protect themselves (and benefit our overall health), many people forget that white foods fit into a rainbow of colors too!

Consider adding these healthy and delicious white foods back into your regular food choices: Onion, garlic, leeks, and shallots are in the group called **allium vegetables** that have been shown to decrease the risk of gastric cancer and help lower cholesterol due to containing flavonoid and polyphenol antioxidants. Allium vegetables have been part of our food choices for thousands of years, originating in West and Central Asia and then transported around the world so that they're integral to just about every type of cuisine. *Tip:* Liberally add these flavorful veggies to stir-fries, soups and stews, roasted vegetables, and sauces.

Cauliflower is a descendant of the wild cabbage *Brassica oleracea* and part of the cruciferous family of vegetables (Brussels sprouts, broccoli, and cabbage), named for their unique cross-shaped leaves. Cruciferous veggies contain antioxidants such as polyphenols and flavonoids that help to decrease inflammation associated with chronic disease such as diabetes and heart disease. A 2022 review of 57 articles showed that cruciferous vegetables such as cauliflower are associated with a reduced risk of mortality, cancers, and depression. *Tip:* Enjoy raw or slightly steamed cauliflower to benefit from the health-promoting compounds and antioxidants lost during boiling.

If you haven't tried **parsnips**, give them a chance! A member of the carrot family, these root vegetables have a slightly sweet, nutty flavor. A 2021 review of 46 published articles showed that parsnips contain anti-inflammatory, antispasmodic, vasodilator (blood vessel opening), antifungal, antimicrobial and antidepressant properties. *Tip:* Look for small- and medium-width roots for the best flavor and texture. Parsnips taste sweeter when cooked and can be added to soups, stews, roasted, or baked.

The nutrient-dense root vegetable, **jicama**, is part of the bean family and is native to Mexico. Jicama has a crunchy texture and slightly sweet flavor and is usually cut into sticks or slices and eaten raw in salads. Jicama is an excellent fiber source and contains inulin, a prebiotic that helps feed the healthy bacteria in our digestive tract, contributing to overall health. *Tip:* Cut off the thick brown skin and substitute jicama in salads instead of celery or carrots. Or use it as a dipper for hummus or guacamole.

Need Help Filing Your Tax Returns?

A CENTS article by Bennett Baucom



There are several programs that provide free tax return preparation assistance to qualified individuals. This article provides an overview of these programs and details on how to access them. Please note, many of these programs have not been updated with location details for the upcoming tax season yet but will be available early 2023.

Volunteer Income Tax Assistance

(VITA) is an IRS sponsored program staffed by certified volunteers that has operated for over 50 years. VITA sites offer free tax preparation to qualifying individuals, typically those who make \$60,000 or less, people with disabilities, and people with limited English-speaking ability. To find a VITA site near you, visit the VITA Locator Tool at <https://irs.treasury.gov/freetaxprep/> or call 1-800-906-9887. United Way, an international non-profit, is one of the largest operators of VITA sites. You can access their services at <https://myfree.taxes.com/> or call 1-866-698-9435.

Tax Counseling for the Elderly (TCE)

is another IRS sponsored program staffed by certified volunteers. This program can also be accessed with the VITA Locator Tool at <https://irs.treasury.gov/freetaxprep/> or at 1-800-906-9887. Also, take note that the majority of the TCE sites are operated by the AARP Foundation's Tax Aide program, which is focused on helping taxpayers who are over 50 or have low-to-moderate income. The AARP site locator tool is available at https://www.aarp.org/money/taxes/aarp_taxaide/locations.html or call 1-888-227-7669.

IRS Free File is a partnership between the IRS and private tax software companies. If your adjusted gross income is less than \$73,000, then you can use this program to get free access to guided tax preparation software such as TaxAct and TaxSlayer. For more information on Free File, see <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>.

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, February 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: lopezionsclub@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



Berta's Breakfast Buffet

Saturday, February 11th, 8:30am-11am
@ Woodmen Hall

Proceeds to benefit the Lopez
Meals on Wheels & More nutrition 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

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

Phone: 360-468-2421
FAX: 360-468-3021
Location: 4102 Fisherman Bay Road
E-mail: ronib@sanjuanco.com
Issue: February 2023
Website: www.woodmenhall.org

P.O. Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY