



Woodmen Hall

Lopez Island Senior Signal

January 2023



A Note from Senior Services

Happy New Year

Greetings Seniors,
Here I am in the middle of December trying to imagine what next month will look like?

I hope that all of you were able to have a wonderful holiday, and hopefully spend it with friends and family. If not in person, then by phone or whatever means of social media you use.

Please make sure that you have plenty of food, prescriptions, batteries, and water on hand in case you get snowed in or are unable to get out and about.

Meals at Woodmen Hall are still happening on Tuesdays and Thursdays from 11:30-12:30 so please join us. We have a wonderful cook and volunteers here to help make your lunchtime enjoyable. Bring a friend and come join us. How about that for a New Year's Resolution?

Happy New Year to All!

Roni Becker-Wilkie

Senior Services Specialist

360-468-2421; ronib@sanjuanco.com

NEW YEAR'S RESOLUTIONS

Tips to Achieve the Goals You Set

The start of a new year is when many of us set out to make some positive changes in our lives. Whether this involves starting new beneficial behaviors or curbing negative ones, the challenge is to make these changes last. Here are some tips to help you achieve your goals:

- **Be realistic**—Set your goals according to your lifestyle and what you can reasonably accomplish. Consider your physical abilities and the resources and time you have.
- **Be specific**—Set measurable goals to achieve so that you have something concrete to work towards. If you're too vague, you'll likely give up.
- **Make a plan and set milestones**—Break your goals up into smaller, achievable steps and establish an action plan. Determine the *when, where* and *why* of your vision to set yourself on the right path. Readjust plans as needed and make sure to celebrate successes along the way.
- **Involve others in your plans**—We often feel more committed to doing something when it involves another person. Let others know what you want to accomplish and/or set goals to achieve with a family member or friend. Be each other's motivator.
- **Stay positive**—Focus on the benefits of what you are working towards. If you face setbacks, don't give up. Even small changes can have a positive impact on your well-being so just keep trying. Good luck!

All our DREAMS can come true if we have the COURAGE to pursue them. ~Walt Disney

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San Juan County Senior Services

Senior Services are provided by the Human Services Division of the San Juan County Health & Community Services Department.

Barbara LaBrash, Human Services Manager
Roni Becker-Wilkie, Senior Services Specialist
360-468-2421, ronib@sanjuanco.com
Gail Leschine-Seitz, Aging & Family Case Coordinator
360-370-7528

Newsletter: The *Senior Signal* is published by San Juan County Senior Services and distributed free at the Senior Center and by mail. Contact Roni Becker-Wilkie to request copies. Mail submissions to PO Box 154 or email to ronib@sanjuanco.com by the 5th of each month for the following month's issue. The newsletter is also available at www.woodmenhall.org.

Tell Us What You Think...

Senior Services has a feedback survey for you to fill out to let us know how we are doing. We take your comments seriously and continually strive to better serve the citizens of this community. The surveys are available at the Senior Center, or you may call 360-468-2421 or email ronib@sanjuanco.com to request a copy.

Lopez Island Senior Center

4102 Fisherman Bay Rd (PO Box 154)
Lopez Island, WA 98261
Phone: 360-468-2421, Fax: 360-468-3021
Hours: Tuesday—Friday 9am-3:30pm
www.woodmenhall.org

Senior Services Council of San Juan County, serving seniors through Senior Centers on San Juan, Orcas, and Lopez Islands.

Board Meetings are held on the 3rd Thursday of each month at 1pm.

Lopez Island District Committee Meetings are held on first Wednesday of each month at 10am.

Info: lopezislandseniors@gmail.com; 360-468-2421

Lopez Senior Center Operations Committee

Carl Bender - Chairman
Vacant - Vice Chairman, Operations
Carol Jones - Treasurer
Carl Bender - Water
Mel Gaddis - Member at Large
Mary Ann Riggs— Member at Large
Sharon Bonelli - Member at Large
Debra Maggiora - Secretary
Patty Ward - Friends of Woodmen Hall

Nonprofit Status

The Senior Services Council of San Juan County - Lopez Island District (DBA Lopez Island Senior Center) operates as a 501(c)3. Donations made to the Senior Center are deductible within the limits of the law; please consider the Lopez Island Senior Center in your will and estate planning.

Respite Care

A reminder to those of you who are unpaid caregivers of a friend or family member. Respite care is available for up to 13 days a month at Hamlet House in Lopez Village if space is available, or on the mainland. The rate paid is based on the monthly income of the person receiving care. It is a sliding scale, and Northwest Regional Council pays the difference from the Respite grant they receive from the State of Washington. This program allows the caregiver to have a break from caregiving, which is necessary for them to remain in good emotional and physical health. If this sounds like something you would benefit from please call Senior Services at 360-468-2421.

Meal Service - Lunch

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

Durable Medical Equipment

Lopez Island Home Support & Hospice provides walkers, wheelchairs and other durable medical equipment free of charge. Contact the office, 178 Weeks Road, between 9am-1pm Monday-Thursday; 360-468-4446.

Transportation Voucher Program

Transportation Vouchers available to low income individuals, and islanders with ongoing medical travel needs or emergent situations, for on-island transportation via taxis/shuttles and for ferry tickets for off island travel. Most local taxi services and shuttles accept the vouchers. Income must be less than \$25,000/year; proof of income and identification required. Existing clients can request additional vouchers now. Contact Senior Services or the Family Resource Center.

Free Taxi to Island Hospital and Clinics

Island Hospital has contracted with Mert's Taxi (360) 299-0609 in Anacortes to transport people (round trip) from the ferry in Anacortes to Island Hospital and, or one of their clinics. Call Mert's the day before your appointment and you will be met at the ferry. Be sure to check with your clinic and make sure they subscribe to this service. Call Island Rides for Transportation to Peace Island Health Hospital in Friday Harbor at 360-298-6108.

Renting Woodmen Hall

If you are interested in renting Woodmen Hall please call the building rental phone 360-468-3092 and leave a message. The voice mail is checked daily. You may also email Woodmenhall2022@gmail.com.

Foot Clinic

Is managed by individual providing the service and not affiliated with the Senior Center programs. Contact Erica Bee at 360-622-8234. By appointment only. This service comes from Orcas Island so please call well ahead and keep appointments.
email: fcwaheart@gmail.com
website: footcarewithaheart.com



of the northwest

(360) 814-5550

Hospice_Info@HospiceNW.org
HospiceNW.org

MYTH: Hospice Means Giving Up Hope

“I was so scared to even say ‘hospice.’ I thought it meant I had to give up trying. Give up praying

for a cure. Give up hope.”

We hear this a lot in hospice. It is a common misconception that choosing hospice means giving up hope, but the true story is very different. Hospice helps the patient and their circle of support reimagine life in the face of a life-limiting illness. How? By focusing on maximizing quality of life based on an individual’s needs and preferences. The goal is for the patient to live life as fully as possible in comfort and dignity.

Hospice helps patients and families cope with what is happening on their own terms. The focus is on managing pain and other uncomfortable symptoms so the patient can have more “good days.” Hospice care actually relieves suffering, promotes dignity, and facilitates closure for patients and families.

Admission into hospice is not abandoning hope. It’s choosing a more comfortable path, wherever the patient calls home, supported by a team of end-of-life experts. If you are thinking about hospice or have questions, discuss it with your healthcare provider or call Hospice of the Northwest at 360-814-5550. We’re here to help.



[Caring.com](https://www.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/>.

January is Glaucoma Awareness Month

Glaucoma is a leading cause of vision loss and blindness in the United States. Glaucoma has no early symptoms—that’s why half of people with glaucoma don’t know they have it. Glaucoma causes fluid to build up in your eye, causing pressure that can damage the optic nerve, which transfers visual images to your brain.

The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam. During the exam, an eye care professional places drops in your eyes to widen the pupils and looks for signs of the disease in the optic nerve.

There’s no cure for glaucoma, but early treatment can often stop the damage and protect your vision.

Anyone can get glaucoma, but those at higher risk include:

- Everyone over age 60, especially Hispanics/Latinos
- African Americans over age 40
- People with a family history of glaucoma

Join the National Eye Health Education Program in encouraging people at higher risk for glaucoma to get a dilated eye exam in the new year. To learn more about glaucoma, visit www.nei.nih.gov/glaucoma.



Understanding Advance Care Planning

Everyone receives the same standard of care during a medical emergency (when you cannot communicate)—unless you have a legal document or medical order to direct health care providers otherwise. If you do not want the standard of care applied to you, then you should use advance care planning to help ensure you get what you want.

Legal Documents such as living wills or advance care directives authorize someone to make health care decisions for you. You also include your general treatment wishes in these.

Medical Orders such as POLST forms and Do Not Resuscitate orders give specific medical treatment orders to medical providers based on your wishes.

Learn more about these important documents at <https://polst.org/>

Message from Lopez Operations Committee

It always amazes me how the month between Thanksgiving and Christmas keeps one so busy. It is supposed to be a time for relaxing, getting together with family and just enjoying the holidays. Enough griping, I hope that everyone had a Merry Christmas and a Happy New Year. I wish to thank the kitchen ladies and Tony for the meals they produced and the decorations which brought much cheer and good will to Woodmen Hall. Let us hope that everyone has an enjoyable 2023 and that we get free of all these viruses that plague us.

Thank you Doug and Delma Meyer for purchasing an ice machine. We have the machine all set up and are currently learning how to use it. It is not as simple as it sounds. However, it is now making ice cubes.

The board, or is it the Operations Committee, will be busy putting together a new budget for 2023 and devising both repair and fundraising plans for Woodmen Hall. We seem to be getting new renters that desire to arrange the furniture their way. I want to put together a set up committee to help. I am looking for volunteers; it would probably be only a couple of hours per month of your time. If interested, contact me at 360.468.3901.

Carl Bender
Chair, Lopez District Operations Committee

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

January 3	January 5
Bacon Cheeseburger w/ Lettuce & Tomato Potato Wedges Coleslaw Ice Cream	Ginger Chicken Over Rice Sesame Broccoli Veggie Spring Roll Mandarin Orange Gelatin
January 10	January 12
BBQ Pork Veggie Fried Rice Asian Vegetable Blend Sesame Ginger Slaw Fortune Cookie	Beef Stroganoff Over Egg Noodles Peas Garden Salad Peach Crisp
January 17	January 19
Chicken Pot Pie Spinach Salad Chocolate Pudding	Shepherd's Pie Roasted Zucchini Salad Berry Crisp
January 24	January 26
Salmon Filet w/ Wild Rice & Tartar Green Beans Garden Salad Fruit Crisp	Vegetarian Baked Ziti Italian Vegetables Garlic Toast Caesar Salad Birthday Cake
January 31	<i>All menu items are subject to change due to food costs and availability.</i>



IslandRides Update 360-317-3107 www.islandrides.org

Gigantic milestones were surpassed in 2022 for riders in our County; between San Juan, Orcas and Lopez islands, we exceeded 50,000 miles of driving while providing over 10,000 trips! The TVP approved nearly 600 residents as eligible for subsidized ride services. But you need no application to call us for a ride.

These achievements have been accomplished with the commitment of 30 dedicated volunteer drivers who know the unique circumstances of our separate islands and the folks who live nearby. Please give us a call if you would like to join our crew or just need a trip to the store as a rider in one of our trusty, non-polluting electric cars.



Check out the Alzheimer's Association website <https://www.alz.org/> for helpful information, including webinars, for individuals and their caregivers dealing with dementia. The Alzheimer's Association 24/7 Helpline is open anytime, day or night: 1-800-272-3900.



Connect with Your Lopez Library

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

It's a New Year! Come to the Library and explore the diversity of materials, events, services, and spaces we have to offer. Intimidated, don't be? Come talk to us. We have so much to share with you! And starting in January, we will be opening until 8pm on Wednesdays!

Programs

Wednesday, January 4 from 6-7pm—Needlecraft Night—Join us in front of the fireplace for a cozy evening of knitting, crocheting, quilting or other crafts and to exchange ideas and tips in a convivial atmosphere.

Wednesday, January 4 from 5-6pm—Never Too Old: A Young Adult Book Club for Adults—Bring any Juvenile or Young Adult book to share.

Friday, January 6 from Noon-2pm—Crafternoon: Vision Boards/Collage—A workshop to set goals for your 2023.

Wednesday, January 11 from 5-6pm—Literary Salon Book Club—Share your favorite recent reads and hear a diversity of recommendations.

Wednesday, January 18 from 5-6pm—Whodunit Book Club—*Clark and Division* by Naomi Harihara focuses on the struggles of Japanese-Americans in 1944 Chicago.

Tuesday, January 31 at 7:30pm—Seattle Arts & Lectures Virtual Speaker Amor Towles—Best-selling author of *Rules of Civility*, *A Gentleman in Moscow*, and *The Lincoln Highway*. Historical fiction with detailed character studies. Thank you to the Friends of the Library for supporting this program!

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



Welcome to Medicare Seminar

Is 2023 the year you join Medicare?

Depending on your circumstances you may be enrolled automatically by Social Security or you may need to submit an application. To make an informed decision about your coverage choices, you will 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 premium, reduce their drug costs, and in some 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, January 19 at 2 p.m.** 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** or **call 360-376-5892**. We will need your first and last name, your phone number and your email address to register you.

This presentation will be made by trained volunteers from the Statewide Health Insurance Benefits Advisors (SHIBA) program overseen by the Washington Office of the Insurance Commissioner to provide 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 **360-376-5892** to schedule your free personal, confidential, unbiased counseling session. 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, 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).

Are Plant-Based "Meats" Healthier than Meats?

By Lynn Grieger, RDN, Food and Health Communications



Unfortunately, there's not one simple answer to this question. Each type of plant-based meat contains different nutrients. Let's speak generally for a moment. Here are a few positive aspects of

replacing traditional meats with plant-based meat alternatives:

- Plant-based meats contain fiber, while animal meats do not contain fiber. Fiber is found only in plants and promotes a healthy digestive tract as well as reducing the risk of heart disease, diabetes, and diverticular disease.
- There is a strong scientific link between consuming red and processed meats and several types of cancer as well as heart disease.
- Replacing red and processed meat with plant-based meat is associated with a 25–40% reduction in greenhouse gas emissions, a 40% reduction in nitrogen emissions, and a 23% per capita reduced use of cropland for food production.
- Plant-based meats tend to be lower in total fat and harmful saturated fat than red and processed meats.

There are also some negative aspects of replacing meats with plant-based meat alternatives:

- Animal meats are good sources of zinc, iron, and vitamin B12; not all plant-based meat makers add these nutrients to their products.
- Plant-based meats tend to be higher in sodium than red meats, while most processed meats (sausage, lunch meat, hot dogs, etc.) typically are high in sodium.
- Some plant-based meats include added sugars that are never found in red meat; some types of processed meats, however, may contain added sugars.
- All plant-based meats are processed to some degree, and some are highly-processed.

So, what's a person to do? Here's what we suggest:

- Choose plant-based meats that contain legumes, vegetables, nuts, and seeds – whole foods that contain a variety of nutrients that are crucial for good health.
- Avoid products that contain more than 800mg sodium per serving.
- If you are allergic to soy, nuts, or seeds read the ingredient lists carefully to make sure you're purchasing products that do not contain these items.
- Choose plant-based products with additional iron, zinc, and B12 to more closely replace the nutrients naturally found in meat.

Have a Dispute with the IRS?

A CENTS article by
Andrew Barnett and Bennett Baucom



Low-Income Tax Clinics (LITC) provide pro bono representation to individuals with disputes with the Internal Revenue Service.

This includes issues such as collections, audits, and appeals. To qualify for assistance from an LITC, a tax-payer's income must be below a threshold amount, generally 250% of the poverty line (\$33,975 per year for single taxpayers + \$11,800 per year for each additional family member in a household). There are dozens of LITCs across the country and most can provide services to non-English speakers. For the most current information on LITCs, see the "Find your local clinic" search tool at the bottom of: www.taxpayeradvocate.irs.gov/litc.

The University of Washington School of Law runs a LITC staffed by student-attorneys and a faculty director. The UW LITC operates remotely, providing services to clients anywhere in the U.S. If you are seeking assistance with a tax issue, you can contact the clinic directly at 206-685-6805 to request an interview to see if you qualify (Please note that the UW LITC does not prepare tax returns or offer tax preparation advice). Interviews are done year-round but may be temporarily paused if the clinic is over capacity. Additional information can be found at: <https://www.law.uw.edu/academics/experiential-learning/clinics/federal-tax/information-for-clients>.

For low-income taxpayers who need assistance preparing returns, the IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals. Additional information can be found here: <https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers>.

For those who do not qualify for assistance from an LITC, you can contact your local bar association to request assistance connecting with a tax attorney. In Seattle, the King County Bar Association provides a referral service, which can be accessed here: <http://www.kcba.org/For-the-Public/Hire-a-Lawyer>.



CENTS is a nonprofit organization that helps people protect their financial situation. CENTS has been writing articles for our newsletter for several years. To learn more visit www.centsprogram.org.

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, January 18th @ 1:30pm

Contact Gail Leschine-Seitz, San Juan County Aging & Family Case Coordinator, at 360-370-7528 or gaill@sanjuanco.com for more information. Newcomers welcome!



Tell Us What You Think...

Senior Services has a feedback survey for you to fill out to let us know how we are doing. We take your comments seriously and continually strive to better serve the citizens of this community. The surveys are available at the Lopez Senior Center—Woodmen Hall, or you may contact Roni Becker-Wilkie at 360-468-2421 or ronib@sanjuanco.com to request a copy.

Lopez Island Home & Hospice Support . Trained volunteers help support members of the Lopez Island community during illness, injury, or end of life. Also a resource for durable medical equipment. Lopez Island Home & Hospice Support. (360) 468-4446.

Information & Assists: This program will help you find needed information about services, community resources and issues of concern to older adults. Call Senior Services (360)468-2421

Case Management: Referrals to Medicaid, Island Hospital Home Health Support case management.

Respite: Please call the Senior Services Office at 360-468-2421 for more information. Up to 13 days a month subsidized time off for family care givers.

Island Hearing:

Please call for appointment Stacie Nordrum 360-378-2330 or islandhearing@gmail.com

SAFE San Juans: Provides domestic violence and sexual assault services to survivors and their loved ones; (360) 468-3788. SAFE San Juans also has a 24-hour crisis line on each island. On Lopez call 360-468-4567.

Lions Club: Contact email: lopezionsclub@gmail.com 360-317-4529 cell Robin VanHying

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 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
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Issue: January 2023
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SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY