

Woodmen Hall

Lopez Island Senior Signal

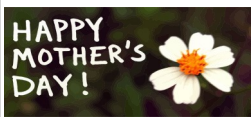
May 2023



A Note from Senior Services

Special Dates in May:

- ◆ Friday, May 5—Cinco de Mayo
- ◆ Sunday, May 14—Mother's Day
- ◆ Monday, May 29—Memorial Day



Greetings Seniors,

Things are picking up here at the Senior Center. April 18th we had a dementia presentation by NWRC that was very good. Also on the 20th, Nikyta from the library came to make a presentation. It was suggested that after lunch occasionally, we have different volunteers come and read poetry. Also possibly have someone come and talk us through different computer topics or issues that people might be having? What would you think of that?

We would like to thank Annie Albritton for donating boxes of Girl Scout cookies for both meal delivery, and Senior Lunch. They were yummy. Please join us for some of the upcoming events happening here at the Senior Center.

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



Hospice
of the northwest
(360) 814-5550
Hospice_Info@HospiceNW.org
HospiceNW.org

Free Information Sessions Presented by Hospice of the Northwest

@ Woodmen Hall
(4102 Fishermen Bay Road)

We encourage you to join us for lunch before the presentations

Advance Care Planning—Thursday, May 4 @ 12:45pm

Advance Care Planning ensures your goals, values and preferences are known, not only at the end of life, but if you become unable to communicate those desires due to illness or injury. Participants will learn about Advanced Directives, Health Care Durable Power of Attorney (HCDPOA) and POLST (Physicians Orders for Life-Sustaining Treatment). All documents are provided to you free of charge.

Aging in Place—Thursday, May 18 @ 12:45pm

Learn tips for healthy aging and strategies for living independently in your home and community for as long as possible. Hospice of the Northwest will provide all resources and materials free of charge.

Hospice 101—Thursday, June 1 @ 12:45pm

Join an expert from Hospice of the Northwest to learn the basics of hospice care: the types of support it provides to patients and families, eligibility requirements, how it's paid for, and how to get started. There are many myths and misconceptions about hospice, so the truth may surprise you!

Nothing can dim the light that shines from within.

~ *Maya Angelou*

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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: 360-468-3092, 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. 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



Hazardous Waste Roundup

Saturday, June 3, 10am- 2pm
 @ Lopez Solid Waste Facility
 (2419 Fisherman Bay Rd)

Legally and responsibly dispose of poisonous, flammable, corrosive or other hazardous chemicals.

What can I bring? Pesticides, fungicides and other poisons, gasoline and other used fuels, wood preservatives, solvents and thinners, pool and photo chemicals, resins, corrosives, degreasers, cleaning products, mercury, rechargeable batteries, propane cylinders, and aerosols.

What not to bring? The following are not accepted at the roundup:

- Flares, explosives, or ammunition – deliver these to the Sheriff’s Office.
- Antifreeze, motor oil (unless the oil is mixed with water or other fuels), and vehicle batteries – recycle at your island’s solid waste facility during regular business hours.
- Spent fluorescent light tubes and bulbs – bring to Lopez Solid Waste on Lopez.
- Please bring latex and oil-based paints and stains to the Lopez Solid Waste facility outside of this event to leave room for other products.
- Children or pets. These are not hazardous waste and we want to keep them safe!

How much will it cost? There is **NO CHARGE** at this year's roundup for HOUSEHOLDS disposing of 25 gallons or less of hazardous waste (please bring materials in containers that are no larger than five gallons).



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

We continue to provide rides free of charge, or by donation, to those without transportation of their own. If you would like a ride to the senior center lunch or to town to run errands, go to an appointment, and/or buy groceries, give us a call. We are here to help!

If you are interested in becoming an IslandRides driver, please give Mireille a call at 317-3107; we can work with your schedule.

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.



The Senior Farmers Market Nutrition Program (SFMNP)

provides lower income seniors with an electronic benefits card that can 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.

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

Applications are available NOW for a limited time from Roni Becker-Wilkie @ Woodmen Hall (T-F), and at <https://whatcomcoa.org>.

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 at 360-468-3092 or 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!

Message from Lopez Island Senior Center

April certainly gave us enough rain to have plenty of flowers in May. May is the date the gardeners have given us to start bringing in vegetables. If you did not pick any up last year, then try to remember to do so this year. The early lettuce, chard and other leaf crops are welcome first vegetables.

One of our projects for this year is making the parking area more attractive. We are in the process of obtaining new used telephone poles as borders. Then we hope to clean out the gardens, get rid of weeds and possibly add some new plants. I believe we have our plans and have talked to the people who will do the work. The job now is to get it done. Have you noticed that the potholes in the parking lot have been filled? Again, I want to caution people about coming into the lot and turning around. It is the turns that dig new holes.

We have a couple of new members on board. Dan Post and Fred Fickenwirth were both unanimously voted to the board at the April meeting. We are happy to have both Dan and Fred as they bring needed expertise and experience to the board. Finally, I want to say that we are proud of our volunteers. You may have already noticed that Jerry Manion won the "Spirit of Lopez" award this year for all his work for Lopez citizens. Congratulations Jerry!

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 May 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

May 2	May 4
Ginger Chicken Brown Rice Asian Vegetable Blend Coconut Tropical Fruit	Cinco de Mayo Lunch Beef Taco with Pico de Gallo Spanish Rice Refried Beans Fresh Pineapple
May 9	May 11
Pesto Tortellini w/ Sundried Tomatoes Sauteed Zucchini & Peppers Caesar Salad Fruited Jell-O	Mother's Day Lunch Chicken Pad Thai Veggie Spring Rolls Steamed Broccoli Chewy Coconut Bar
May 16	May 18
Beef Stroganoff Rotelle Pasta Maple Glazed Carrots Garden salad Sliced Pears	Cashew Chicken Stir Fry Brown Rice Asian Slaw Mandarin Oranges
May 23	May 25
Vegetable Lasagna Italian Green Beans Caesar Salad Millionaire Salad	Memorial Day Lunch Bacon Cheeseburgers w/ Lettuce & Tomato Baked Beans Coleslaw Birthday Cake
May 30	
BBQ Chicken Roasted Yam Nantucket Vegetable Blend Spinach Salad Apple Crisp	<p><i>All menu items are subject to change due to food costs and availability.</i></p> <p>Our Kitchen Crew: Cook: Tony Volunteers: Norma, Judy, Margo, Mary Ann, Valerie A Big Thanks to All!</p>

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/>

Community Survey

What are your hopes and dreams for the Lopez Island community? The library wants to know as it works on positioning its services and programs to better engage the community. Please fill out a Lopez Island Community Survey by April 30 and make your voice heard. Online survey available at: <https://bit.ly/lopezislandcommunitysurvey>.

If you prefer to share your ideas in person, the library is hosting drop in sessions in the Community Room on Wednesday, April 26 from 6-8pm and Thursday, April 27 from 3-5pm.

Library Tours

Want to learn more about what your library has to offer? Contact us to schedule a tour, learn browsing or Catalog search tips, be introduced to new sections and content, and ask questions. We're here to help!

We Deliver!

Library staff are happy to deliver books or other materials to your home. We can deliver specific items or pull together something we think you'd enjoy. Call 468-2265.

New Programs in May

Seattle Arts & Lectures Virtual Speakers:

Tuesday 5/2 at 7:30pm - Pico Iyer. Travel writer Iyer discusses his new book, *The Half Known Life: In Search of Paradise*, featuring journeys from Iran to North Korea, from the Dalai Lama's Himalayas to the ghostly temples of Japan.

Monday 5/15 at 7:30pm - Louise Penny. Acclaimed writer Penny illuminates her beloved character, Chief Inspector Gamache.

Wednesday 5/17 at 7:30pm - Tom Hanks - Join us for a conversation with legendary actor and best-selling author Tom Hanks about his first novel, *The Making of Another Major Motion Picture Masterpiece*, about producing a star-studded, multimillion-dollar superhero action film—and the humble comic books that inspired it.

Weaving Wednesdays, 4-5:30pm - Join teacher Barbie Paulsen for a free, drop-in weaving class every Wednesday in the Craft Corner. Learn how to weave functional items, use a table loom, do macrame and much more! All supplies and materials provided.



(360) 814-5550

Hospice_Info@HospiceNW.org
HospiceNW.org

MYTH: Hospice is Where You Go When You Have a Terminal Illness

This is a common misunderstanding! Hospice is a holistic program with a philosophy of care focused on you and your circle of support to help you have the highest quality of life possible. The hospice teams are entirely mobile and will come to you wherever you call home: house, apartment, hotel, adult family home, assisted living, skilled nursing facility, etc. Hospice is focused on providing compassionate care to a person and supporting their families, friends, and loved ones.

Hospice of the Northwest brings hope to individuals and families facing a life-limiting illness. Our team provides expert medical, emotional, social, and spiritual support that contributes to the best possible quality of life—at any age, wherever you are on your journey, and wherever you live. We come to you, focusing on your needs and goals so that you can live each day to its fullest in comfort and dignity.

If you have questions or want to enroll in hospice services, call us at 360-814-5550. We're here to help.



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. SHIBA volunteers are here to make the transition easier for you. Join us for a free online presentation on **Wednesday, May 17 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 with your full name, phone number and email address. The presentation will be made by trained volunteers from the Statewide Health Insurance Benefits Advisors (SHIBA) program.

You can also call the local SHIBA office at 360-468-4117 to schedule a free counseling session. In San Juan County SHIBA volunteers are sponsored by the Inter Island Healthcare Foundation.



It's Local Veggie Time!

Meals on Wheels and More

Spring is here and many farmers markets both on and off island, with their stands of colorful produce, have opened for the season. Several types of vegetables and herbs are in season now or will be in season very soon. These include a variety of greens including mixed greens, arugula, spinach, and chard, asparagus, rhubarb, green peas, oregano, parsley, thyme, sage, mushrooms, and more. Not only are these veggies and herbs eye catching, but they are some of the most nutrient dense foods we can eat.

A few years ago, the Center for Science in the Public Interest ranked vegetables in a systematic way by tallying up the **vitamins, minerals, and fiber** (of a modest serving) of 73 vegetables. This ranking validates that eating a **variety of vegetables** is the key to getting nutrients you need. Check out the top five vegetables for five important nutrients. At least one veggie from each list is in season this month!

Top 5 Folate

- Spinach
- Asparagus
- Curly Endive
- Romaine Lettuce
- Turnip Greens

Top 5 Lutein

- Kale
- Spinach
- Swiss Chard
- Radicchio
- Turnip Greens

Top 5 Fiber

- Artichoke
- Peas
- Avocado
- Lima Beans
- Jicama

Top 5 Potassium

- Sweet Potato
- Lima Beans
- Spinach
- Swiss Chard
- Portobello Mushrooms

Top 5 Magnesium

- Spinach
- Swiss Chard
- Lima Beans
- Arugula
- Peas

Keep your meals interesting by combining textures, colors, and flavors of vegetables within a meal. Why not try a new veggie each month and/or experiment with cooking veggies a new way (try grilling or roasting)? Or, mix up your salads by trying a new-to-you leafy green. Throw in a few other veggies such as baby carrots, tomato, and peas, a sprinkling of your favorite cheese, and maybe a few sunflower seeds. Toss with your favorite dressing and enjoy! Pro tip: Make your salad in a bowl and top with a small amount of dressing. Place a similarly sized bowl (upside down) on top and shake to toss. Repeat with more dressing if needed.

Note: Fill out an application at SJC Senior Services (Woodmen Hall) or at <https://whatcomcoa.org>. Senior Farmers Market Electronic Benefit Cards will be mailed to eligible seniors starting in late May.



May is Mental Health Awareness Month

Mental health includes emotional, psychological, and social well-being and is essential to your overall quality of life. It is estimated that more than one in five U.S. adults live with a mental illness (57.8 million in 2021). As people age, significant life changes such as moving, coping with a serious illness or disability, and/or losing a loved one can impact mental health. Although many people will adjust to these changes, some may experience heightened stress and/or feelings of grief, social isolation, or loneliness. When these feelings persist, they can lead to mental illnesses such as depression and anxiety.

Effective treatment options are available to help older adults manage their mental health and improve their quality of life. Recognizing the signs and seeing a health care provider are the first steps to getting treatment.

Warning Signs

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability, or aggressiveness
- Ongoing headaches, digestive issues, or pain
- Misuse of alcohol or drugs
- Sadness, hopelessness and/or suicidal thoughts
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Engaging in thinking or behavior that is concerning to others
- Seeing, hearing, and feeling things that other people do not see, hear, or feel

Help is available: If you are unsure where to go for help, ask your health care provider or refer to the resources on the next page. Communicating with your health care provider can improve your care and help you come up with a treatment plan that works for you.

If you or someone you know is in a crisis, get help immediately. You can call 911 or call or text the 988 Suicide & Crisis Lifeline at 988.

Source: www.nimh.nih.gov

Community Services and References

	<p>Home Delivered Meal Service</p> <p>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.</p>	<p style="text-align: center;">Caregiver Support Group</p> <p style="text-align: center;">We will meet online via Zoom on Wednesday, May 24th @ 1:30pm</p> <p>Contact Roni Becker-Wilkie at 360-468-2421 or ronib@sanjuanco.com for more information. Newcomers welcome!</p>	
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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

GROW-A-ROW RETURNS !

Wednesdays May 17-
Nov 15



The Locavores will be at Woodmen Hall from 9 to 10:30am accepting cleaned and ready-for-packaging fresh produce from home gardeners. From 10:30 to noon, at Woodmen Hall, the cleaned and packaged produce will be available

to the community on a first-come-first-served basis. Priority will be given to Meals On Wheels participants. Some of the produce will be packaged separately and will accompany their food delivery.

For more information please see our website: lopezlocavores.org or email us at info@lopezlocavores.org

Or Current Resident

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

P.O. Box 154
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SAN JUAN COUNTY HEALTH & COMMUNITY SERVICES

Bulk Rate
U.S. Postage
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Permit #1
Lopez Island, WA
98261