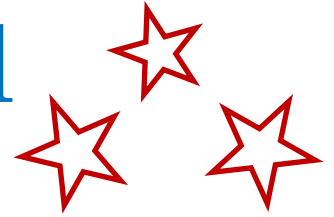


Woodmen Hall

Lopez Island Senior Signal



July 2023

A Note from Senior Services



Happy Independence Day to All!

Lopez July 4th Event Schedule:

- ◆ Fun Run: 8:30 am @ Banner Bank
- ◆ Book Sale 9am @ Lopez Community Ctr
- ◆ Parade: 11am Galley to Islander Starts
- ◆ Amazing Fireworks: 10:15pm Fisherman Bay.

Grow-A-Row has started here at Woodmen Hall. If you haven't partaken yet, there is plenty of produce being donated so please stop by on Wednesdays and fill your bag. The excess is taken over to the Food Share program. Thanks again to the Locavores for donating their time and talent to run this wonderful program.

Summer is flying by already so remember to take time to enjoy our wonderful island and all of the activities available.

If you have the time, there are lots of opportunities to volunteer for various organizations. Please consider sharing your talent with others and getting to know fellow Lopezians.

Happy Summer!

Roni Becker-Wilkie

SJC Senior Services Specialist
360-468-2421; ronib@sanjuanico.com

Join Us After Lunch for Some Musical Enrichment!

July 18, 12:30-1:30pm @ Woodmen Hall

By popular demand, superb Seattle vocalist, Tony Sofge returns to Lopez. He's soloed at Village Theater and various PNW music venues. He appeared with Seattle Opera chorus and Seattle Symphony Chorale many times. You might recall his pre-pandemic recitals at Woodmen Hall, arranged and presented by Karin Gandini.

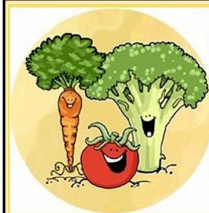
With piano accompaniment by the effervescent/multi-talented Seiko Werts. Among her musical skills—composition and vocal/instrumental performance. Her resume inc. appearances in her native Japan as well as leading Kirkland Choral Society.

Together, they present a diverse song set by prolific lyricist/composer of Tin Pan Alley, Broadway and Hollywood tunes, Irving Berlin.



GROW-A-ROW RETURNS!

Wednesdays Through November 15



The Locavores will be at Woodmen Hall from 9-10:30am accepting clean and ready-for packaging fresh produce from home gardeners. Between 10:30-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 visit www.lopezlocavores.org or email us at info@locavores.org.

Begin and end
each day
with
thankfulness.



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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.

Lopez Island Staff: 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. E-mail submissions to ronib@sanjuanco.com by the 5th of each month for the following month's issue. Newsletters are also available at <https://www.lopezislandseniorcenter.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 91)
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
Fred Fickenwirth, Member-at-Large
Dan Post, Member-at-Large

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.

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

To rent 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. 10% discount with membership.

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



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

IslandRides is excited to announce that our state grant funding has been renewed for another two years.

This, along with TVP, rider and other donations that we rely on, will enable us to continue providing transportation services to community members in need. If you would like a ride to the senior center community lunch or to town to run errands, go to an appointment, and/or buy groceries, give us a call. We are here to help!

Drivers Needed: If you are interested in driving for this valuable service, give us a call.



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 **Wednesday, July 19 at 2pm**. Come learn how Medicare works, what your coverage options are and when you must act to avoid penalties. **To register** for the presentation **email shibasjco@yahoo.com**. We will need 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 360-468-4117 to schedule your free personal, confidential, unbiased counseling session. In San Juan County SHIBA volunteers are sponsored by the Inter Island Healthcare Foundation.

Road trips

Summer Travel Safety Tips

Warmer weather usually mean we are out exploring and travelling more. Follow these tips for safe travel:

- Keep your vehicle maintained—check your vehicle fluids, tire pressure and treads, and wiper blades
- Keep snacks, water and blankets in your vehicle in case you are stranded in an emergency or due to ferry cancellations.
- Remember to take food and water for your pet and park in the shade, roll down the windows as far as possible and use a sun shade if you have to leave your pet in your vehicle for a short time.
- Keep your vehicle locked and the keys out of reach of children when it is parked, and NEVER leave young children alone in a vehicle

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 Maggiora 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!



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

Message from Lopez Island Senior Center

I hope everyone enjoys the Fourth of July holiday. I like the way the three holidays (Memorial Day, the 4th of July, and Labor Day) cover the summer. They keep us busy planning and doing things all summer long. Don't forget we also had Father's Day in June, which for us fathers means relaxing and getting lots of attention.

Enough about holidays, the weather people are predicting a hot summer with the potential for wildfires. Make sure you keep that in mind as you enjoy yourself. Also keep in mind all the things being said about sunburn, dehydration and overdoing physical activities when the weather is hot.

There is not a lot going on in the way of maintenance and new projects so far this summer. Dan Post patched up a large hole in the kitchen exhaust pipe that had been a problem for many years. I had to push the parking lot log barrier replacement project aside because of vacations and assorted health problems but am glad to say it is back on track and hope to finish it in the near future.

We have been getting good turnouts for lunch on Tuesdays and Thursdays. We have been above thirty consistently. We would like to see that number increase, so spread the word. In addition, the produce provided by the Locavores is increasing with new vegetable varieties, probably due to the warmer weather. You can pick up vegetables on Wednesday mornings at 10:30am.

Carl Bender

Board President, Lopez Island Senior Center



COVID Booster Vaccines: San Juan County Health & Community Services is now offering second COVID bivalent boosters to adults 65 years and older and people who are immunocompromised.

We have Moderna, Pfizer, and Novavax available. Unsure if you have your bivalent booster dose? Check online through MyIR (<https://myirmobile.com/>). To schedule your vaccination appointment please visit sjccovid.com or call 360-378-4474.

July Community Lunch Menu @ Lopez Island Senior Center/Woodmen Hall 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

July 4	July 6
No Meal Service Senior Services Closed Happy July 4th! Enjoy the parade, run/ walk, book sale and amazing fireworks	Happy 4th of July All Beef Frank Potato Wedges Coleslaw Watermelon
July 11	July 13
Beef Shepherd's Pie Roasted Carrots Berry Crisp	Sweet & Sour Chicken Vegetable Fried Rice Asian Vegetable Blend Sesame Ginger Slaw Mandarin Oranges
July 18	July 20
Panko Breaded Cod Wild Rice Pilaf Nantucket Vegetables Citrus Spring Salad Fruited Jell-O	Cabbage Roll Normandy Veggies Whole Grain Roll Spinach Salad Ambrosia
July 25	July 27
Southwest Chicken Salad Cornbread Orange Slices	Butternut Squash Ravioli w/Brown Butter Sage Sauce Steamed Broccoli Kale Citrus Salad Raspberry Sherbet

Electronic Newsletter Option

Would you prefer to receive this newsletter as an emailed PDF each month? Our costs to mail the newsletters have doubled, so we encourage you to contact Roni at ronib@sanjuanco.com to sign up for free monthly newsletter emails. You will also be helping save trees, printing costs and mailing prep time.

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/>

The Friends of the Library July 4th Book Sale is happening again at the Lopez Center for Community & the Arts, 9am-3pm. Your patronage of this event is much appreciated and continues to help fund Library programs for our community. Come early for the best selections!

All Together Now: Join us this summer as we celebrate kindness, friendship, learning at the library!

We will also be hosting a Reading Bingo! Come by the library to pick up a playing card. Complete any five Bingo squares. Fill out and return to the library to be entered into the prize drawing. Return by August 31. See you at the library this summer!

Programs in July

Every Wed: Storytime, 10:30am for toddlers, 11am for older kids ~ Drop-In Weaving group, 4pm ~ Library open till 8pm

Every Wed: Community Happenings: Lopez Island Chess, 6-7pm

Every Thu: Summer Reading & Activity, 2-4pm

7/4: CLOSED for 4th of July - Friends of Library Book Sale, 9am-3pm!

7/5: Never Too Old: A Young Adult Book Club for Adults, 5pm

7/6: Parachutes and Popsicles Family Picnic Kick-off for Summer Reading, 2-4pm

7/7: Author Talk: Poet, Ian Ramsey, 6pm

7/6: Family Movie: Mizake Film Fest: Spirited Away, 5:30pm

7/12: Literary Salon Book Group, 5pm

7/13: Community Happenings: Writers' Open Mic, 5:30pm

7/19: Family Movie: Mizake Film Fest: Howl's Moving Castle, 5:30pm

7/20: Author Talk: Ron Chew, 6pm

7/20: Community Happenings: Acoustic Jam, 7-9pm

7/21: Crafternoon: Tie-Dye, 12-3pm

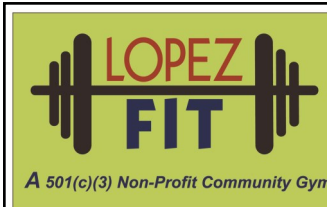
7/26: Poet's Pen, 5-6pm

7/27: Nature Journaling, 5:30pm



Healthy Eating Tip: Load Up on Fruits & Vegetables

Summer is the perfect season to add fruits and vegetables to your diet. Fruits and vegetables are easy to find from local sources, and the warmer temperatures naturally cater to eating more fresh salads, smoothies, fresh fruits, and vegetables for snacks. Eating more fruits and vegetables with high water content can also help meet fluid needs. Keep fresh produce in plain sight on the counter or in the front of the refrigerator. Wash and prepare produce (e.g., grapes, cherries, melon) and keep in small containers for easy grab-and-go snacks.



LOPEZ FIT is Your Community Gym

Lopez Fit offers several classes to promote and maintain Bone Health, Core Strength, Flexibility, Balance and Cardiovascular Health. We are here to inspire, support & empower members to lead healthy and enriched lives. Many Medicare Seniors qualify for free gym memberships through their supplemental insurance. Come check us out! More information at lopezfit.org, or email info@lopezfit.org, or call Laura Adams (360-468-2115).



Creaky Yoga

Creaky Yoga continues to meet in person 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 Creaky Yoga program was developed many years ago to offer gentle yoga to those who, because of age or injury, were not able to do regular yoga classes (the "creaky generation"). The program is known for meeting needs for strengthening, flexibility, wellness and community.

For more information or to join, visit creakyyoga.org, contact creakyyogateam@gmail.com or call Nancy (360-468-3496) or Stephanie (760-673-8253). All classes are drop-in and attendance is by donation (suggested donation \$10-\$20 per class).

HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses



HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated



MYTH: Doctors Must Refer Patients to Hospice

People often think they need a referral from their healthcare provider to start hospice care. While this is the case with many other aspects of healthcare, it's not true when it comes to hospice! People can refer themselves—or their family members, loved ones, caregivers, or others can reach out to get the process started. Once we receive a referral, a member of our team contacts the patient's chosen provider to obtain medical records and other information needed to determine eligibility. If the patient meets hospice criteria, the next step is to schedule an informational visit to learn more about hospice services. If the patient or their decision maker wishes to proceed, a nurse will come to the patient, wherever they call home, to further assess eligibility and provide more information. This ensures everyone receives the same information and has the opportunity to ask questions when making this important life decision.

Navigating the complex healthcare system can be confusing. We are ready to help at Hospice of the Northwest. Visit our website at HospiceNW.org or give us a call at 360-814-5550.



Staying Safe When Temperatures Rise

When the temperature climbs above 80°F, older adults need to be proactive and take pre-cautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

- **Stay away** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.
- **Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.
- **Dress appropriately.** Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.
- **Did someone say sunburn?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.
- **Air conditioning** is your friend in summer. Spend as much time as possible in air-conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, read a book at the library or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. Contact the Family Resource Center for more information.)
- **Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

Source: <https://www.healthinaging.org/tools-and-tips/tip-sheet-hot-weather-safety-tips-older-adults>

Community Services and Resources



Home Delivered Meal Service

Please contact SJC Senior Services Specialist Roni Becker-Wilkie at 360-468-2421/ronib@sanjuanco.com for eligibility and other information if you or a loved one are in need of home delivered meals. Meals delivered Tuesdays and Thursdays.

Caregiver Support Group

We will meet online via Zoom on Wednesday, July 19 @ 1:30pm

Contact Roni Becker-Wilkie at 360-468-2421 or ronib@sanjuanco.com for more information. Newcomers welcome!



Mental and Behavioral Health Resources

- **988** is the nationwide easy-to-remember number to connect with the National Suicide Prevention Lifeline (NSPL).
- **24-Hour Crisis Line (800-584-3578)** is a 24-hour/365 day per year resource for anyone experiencing a self-defined mental-health crisis. Friends or family of someone in crisis may also call. www.imhurting.org
- **24-Hour Recovery Help Line** for Substance Abuse, Problem Gambling, Mental Health: 866-789-1511
- **Compass Health:** Mental health, chemical dependency and psychiatric services; offers counseling services for seniors who are covered by Medicaid/Provider One insurance; 360-378-2669, <https://www.compasshealth.org/our-services/>
- **Online mental health resource directory for residents of San Juan County:** <https://www.thero.org/sanjuancounty/>
- **Safe San Juans:** Domestic violence/sexual assault services. <https://safesj.org/>; 24-hour crisis line: 360-468-4567
- **Smart Recovery:** Online Cognitive Behavioral Recovery Support; <https://www.smartrecovery.org>

HELP IS JUST A CALL AWAY

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. Call 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 caregivers.

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

Lions Club: Contact email: lopezlionsclub@gmail.com

Lopez Island Clinic-UW Medicine: Hours of operation M-F 8am-5pm; call 360-468-2245

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; call the Family Resource Center

LHEAP Program: energy assistance program; contact the Family Resource Center @ 360-468-4117

Lopez Family Resource Center: 360-468-4117

Island Air Ambulance: www.islandairambulance.com, ph. 360-378-2376

LOPEZ ISLAND SENIOR CENTER

Join Us – Renew Your Association – Contribute

Yes, I/we want to join/renew association with the Lopez Island Senior Center for 2023/2024. (July 1, 2023 through July 30, 2024).

() \$20 for an Individual () \$30 for a couple

New Incentive: 10% off Woodmen Hall Rental with Subscription

I/we wish to make an additional contribution to support Senior Services on Lopez Island.

() to Lopez Senior Center \$ _____

() to _____ \$ _____ Please specify

Make check payable to Lopez Island Senior Center for enrollment plus any donation.
Gifts are fully tax deductible 501(c)3.

Last name _____ First Name _____ Birthday _____

Spouse _____ Birthday _____

Street Address : _____ City _____ State _____ Zip _____

Email Address : _____ Phone _____

Mailing Address (if different) _____

Mail to: Lopez Island Senior Center; PO Box 154, Lopez Island, WA 98261

Or Current Resident

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

P.O. Box 154
Lopez Island, WA 98261

SAN JUAN COUNTY HEALTH & COMMUNITY SERVICES

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