



Woodmen Hall

Lopez Island Senior Signal



August 2023

A Note from Senior Services

Hello Seniors,
If you didn't make it to the entertainment on 7/18 you really missed out. Entertainers Tony Sofge and his friend and pianist Seiko Werts put on a wonderful performance after lunch. We hope to have them back soon. Maybe in September.

The 4th of July Parade was a lot of fun and we threw a lot of candy. Of course those little ones with the cute factor stole our hearts. It seemed like a good time was had by all. Such a great Lopez tradition. And what about those fireworks?? Weren't those amazing?!

Our Meals on Wheels & More community meal clientele is growing in number as people feel more comfortable getting out. So please join us for a sit down lunch and great conversations. The social interaction is just as important as the delicious, nutritious meals Cook Tony and the rest of the MOW team prepare. We look forward to meeting you here at the Center on Tuesday/Thursday lunch days!

Now is a good time to be cleaning out your closets, crowded kitchen cupboards, and garage to find items you no longer use and can donate to the Friends of Woodmen Hall yard sale/auction fundraiser. Support the upkeep of our Hall, get a cleaner house, and come find a new treasure for yourself! A win-win-win!

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

Friends of Woodmen Hall Annual Yard Sale & Non Auction Sunday, August 27 @10am

Please save your donations for us!

We will be taking donations from Tuesday, August 22 to Friday, August 25 from 9am-3pm. If you're not sure if we will accept your treasures, email us at friendsowh@gmail.com or call Gayle at 360-468-3266. Please see our website for details <https://woodmenhall.org/>.

Come find some treasures and help us raise the funds to put a new roof on this historic building! Cash, checks, and credit cards accepted.

Hot dogs & refreshments will be available for purchase as well.

(Proceeds benefit Lopez Island Academy)



Life is like a camera:
focus on what's important,
capture the good times,
& develop from the negatives.

"Unknown"

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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. Contact the office, 178 Weeks Road, between 8:30-12:30pm 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



Medicare is Not Issuing New Medicare Cards

The scammers are at it again! If you receive a call telling you Medicare is replacing your paper Medicare card with a plastic one that contains a chip –BEWARE!! You are talking to a scammer!! They may just ask you to provide your Medicare card number, so they can scam the Medicare system. Or they may tell you there is a small fee for the new card and ask you to provide credit card information or banking information to pay the charge. DON'T DO IT!! With that information, they can drain your bank account or run up hundreds, or even thousands, of dollars of bills on your credit card. There are no plans to replace the paper Medicare card with a more durable plastic card, with or without a chip.

Hang up the phone and contact the Statewide Health Insurance Benefit Advisers (SHIBA) about the fraudulent call. It's especially helpful if you can provide the phone number the person is calling from. You can report the scam to your local SHIBA office or to the SHIBA office of the Washington state Office of the Insurance Commissioner. The phone number on Lopez Island is 360-468-4117; the state-wide toll-free number is 1-800-562-6900.

The SHIBA program and its volunteers are overseen by the Washington Office of the Insurance Commissioner. Our volunteers provide free, unbiased information in a private environment so your personal information remains confidential.

If you would like to schedule your free and confidential counseling session, contact your Lopez Island SHIBA office at 360-468-4117.



Visit the San Juan County Fair August 16-19

10am-9pm daily; carnival opens at noon

Buy tickets online or at the gate.

More info at www.sjcfair.org

This year's theme is "Dancing with the Steers," which fairgoers will find easy to do with over 20 bands slated to bring toe-tappin' tunes, plenty of food vendors cooking up old favorites and new surprises, and so much more.

New Online Presenter Registration Available

Visit the San Juan County Fair website, (<https://www.sjcfair.org/p/thefair/exhibitors-open-class>) and select the section titled, "2023 San Juan County Open Fair – FairEntry.com" to enter your items in the County Fair. Registration is open and available until August 13. Any entries not registered online will still be accepted on site from 9am – 6pm on Tuesday, August 15.



LOPEZ ISLAND HOME & HOSPICE SUPPORT

Volunteer Training

September 9, 16 & 23

We are seeking volunteers to serve clients in a variety of capacities from weekly visits to less frequent, task specific help. Full or part-time Lopez residents of all ages are welcome. Training topics will include communication skills, providing compassionate care, family systems/dynamics and supporting clients with dementia. For more information or to sign up, please contact Sarah Rabel at LIHHS at 360-468-4446 or csml@lihhs.org.

"The volunteer training helped me prepare for unforeseen situations that arose in the care of my elderly parents. The lessons learned from each client are a gift."

~ Jan Wilson, LIHHS volunteer & board member



IslandRides Update

360-317-3107; www.islandrides.org

We are here to serve you, so give us a call if you need a free, or by donation, ride to run some errands, get to the ferry, go to a medical appointment, visit the senior center for lunch or more.

For those who use Transportation Voucher Program (TVP) vouchers, the new applications should be available soon. Check with the Family Resource Center or Roni in SJC Senior Services.

Many thanks to our amazing volunteer drivers! If you are interested in becoming an IslandRides driver, please give Mireille a call at 360-298-6503; we can work with your schedule.

Message from Lopez Island Senior Center

Those lazy, hazy days of summer have finally caught us. Remember with the heat and dryness comes the danger of fire and we do live in an area with underbrush and trees. As for the heat, remember we do have an ice machine at Woodmen Hall and iced tea is available.

Going back to the Fourth of July, the parade was great this year. The seniors decorated the red van somewhat and drove it in the parade. With four of us throwing candy to the children we ran through more candy than we have in past parades. It was a good time.

Our main projects remain replacing the telephone poles in the parking lot and replacing the roof over the main hall and the stage annex. With the poles we plan on selecting them this week and then working out a transportation plan. We will still have the task of getting rid of the old poles. I believe we now have three bids for replacing the roof and the board will make a selection at the meeting this month. We do not perceive any disruption of meal service at this time.

Carl Bender

Board President, Lopez Island Senior Center

August 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

August 1	August 3
Pastrami Reuben Roasted Red Potatoes Maple Glazed Carrots Berry Crisp	Vegetable Lasagna Garden Salad Carrot Cake
August 8	August 10
Chicken Cobb Salad Whole Wheat Roll Ice Cream	Pesto Tortellini Sautéed Pepper & Zucchini Caesar Salad Fruited Jell-o
August 15	August 17
Chicken Pad Thai Veggie Spring Rolls Steamed Broccoli 7 Layer Coconut Bar	BBQ Pulled Pork Brown Rice Nantucket Vegetables Ambrosia
August 22	August 24
Pub Style Fish Potato Wedges Honey & Dill Roasted Carrots Peach Crisp	Beef Stroganoff Buttered Noodles Brussels Sprouts Strawberry Shortcake
August 29	August 31
Bacon Cheeseburger Roasted Potatoes Deviled Eggs Caesar Salad Chocolate Chip Cookie	Maple Glazed Salmon Vegetable Rice Pilaf Nantucket Vegetables Cupcake

GROW-A-ROW!

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 **10:30-11:30am**, 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.

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.



COVID Booster Vaccines

San Juan County Health & Community Services offers 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.

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/>

Summer Learning Program

All Together Now: Join us as we celebrate kindness, friendship, and learning!

This month our all library, all-age, read-a-long is *The Doughnut Fix* by Jessie Janow-itz, a funny, heartwarming book about change, adventure, family, and of course, doughnuts. Don't forget to pick up a Reading Bingo card (all ages) and/or a Summer Passport (ages 0-10)! 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

Every Wed: Storytime, 10:30am for toddlers, 11am for older kids ~ Library open till 8pm

Every Thu: Summer Reading & Activity, 2-4pm - Everyone reads *The Doughnut Fix* by Jessie Janowitz

8/1-8/31: Art in the Library: A Multigenerational Exhibition: Edi Blomberg & Juniper Blomberg

8/2: Drop-In Weaving group, 4-5:30pm

8/2: Never Too Old: A Young Adult Book Club for Adults, 5pm

8/3: Community Happenings: Writers' Open Mic, 5:30pm

8/4, 6:30pm - Ron Chew - Asian-American community activist & author who wrote *My Unforgotten Seattle* - In his deeply personal memoir, Ron Chew documents the tight-knit community he remembers, describing small family shops, chop suey restaurants, and sewing factories now vanished. Chew led a successful campaign to transform a historic hotel into the Wing Luke Museum's permanent home.

8/9: Drop-In Weaving group, 4-5:30pm

8/9: Literary Salon Book Group, 5pm

8/14, 6pm, time - Johnny Moses, Tulalip Native American master storyteller, oral historian, traditional healer and respected spiritual leader. Johnny Moses will share his knowledge and richness of his spiritual and cultural traditions with people of all ages through storytelling.

8/17: Community Happenings: Acoustic Jam, 7-9pm

8/23: Poet's Pen, 5-6pm

8/31: Teddy Bear Picnic & Closing Family Reading Party, check our website for time

8/31: Nature Journaling, 5:30pm



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).

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.



MYTH: Hospice is Only for Cancer Patients

This is a big myth! At Hospice of the Northwest, approximately two-thirds of our patients have a life-limiting illness that is not related to cancer. These are people with dementia, heart disease, ALS, strokes, and advanced lung, liver, and kidney disease, among others. A person's diagnosis is just one aspect of determining whether they meet the eligibility requirements for hospice care. The criteria vary by disease, but generally follow the current Medicare guidelines.

Here are some things which can suggest it may be time to consider hospice:

- Increased hospitalizations/ER visits
- Increasing pain, nausea, fatigue
- Unintentional weight loss or decreasing appetite
- Challenges with daily activities of living such as walking, bathing, dressing
- Treatments don't seem to be helping as much
- The side effects of treatment are worse than the symptoms of the disease

If you or a loved one are experiencing any of these, or a combination of them, it could be beneficial to reach out and see if hospice may be able to improve their quality of life.

At Hospice of the Northwest, we are here to help. Visit our website at HospiceNW.org or give us a call at 360-814-5550.



Things You Can Do to Prevent Falls

◆ **Talk with your healthcare provider about fall risks and prevention.** Tell a provider right away if you fall, worry about falling, or feel unsteady. Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall. Ask your provider about taking vitamin D supplements to improve bone, muscle, and nerve health.

◆ **Exercise to improve your balance and strength.** Exercises that improve balance and make your legs stronger, lower your chances of falling. It also helps you feel better and more confident. An example of this kind of exercise is Tai Chi. Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or healthcare provider about the best type of exercise program for you. We welcome you to join us at the Balance Class after lunch at 1pm on Wednesdays at the Mullis Center.

◆ **Have your eyes and feet checked.** Once a year, check with your eye doctor, and update your eyeglasses, if needed. You may have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling. Also, have your healthcare provider check your feet once a year. Discuss proper footwear, and ask whether seeing a foot specialist is advised. Summertime means getting out and being more physically active with gardening, hiking, golfing and other physical activities. Make sure you wear appropriate foot wear and consider adaptive equipment such as walking sticks for hiking or a garden stool to make gardening easier. Use a cane or walker if you are unsteady on your feet and need help to maintain your balance.

◆ **Make your home safer.**

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to and inside the tub, and next to the toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- Have handrails and lights installed on all staircases.
- Wear well-fitting shoes with good support inside and outside the house.

[What You Can Do To Prevent Falls \(cdc.gov\)](https://www.cdc.gov)

DEMENTIA LEGAL PLANNING PROJECT

Unsure about how to navigate legal planning if you or someone you love has dementia?

Get free legal help with the following:

- Powers of Attorney for Finances and Health Care
- Health Care Directives
- Dementia Directives

Who is Eligible?

- People 60 years and older
- People with dementia of any age

FOR MORE INFORMATION:

☎ 425-780-5589

🖱 www.dementialegalplanning.org

This program is funded, on behalf of the Dementia Action Collaborative, by the Aging and Long-Term Support Administration/DSHS.

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, August 23rd @ 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. Mon-Thurs. 8:30-12:30pm office hours.

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.

Please send my newsletter by (check one): mail only email only both mail & email

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

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

P.O. Box 154
Lopez Island, WA 98261

SAN JUAN COUNTY HEALTH & COMMUNITY SERVICES

Bulk Rate
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98261