

Woodmen Hall

Lopez Island Senior Signal

June 2023

June

A Note from Senior Services

Special Dates in June:

Flag Day: June 14

Father's Day: June 18

Juneteenth: June 19

First Day of Summer: June 21



Greetings Seniors, Summer is finally here and life is about to get crazy for the island, and also for a lot of us

with company coming and vacations planned. We are so blessed to live surrounded by nature and beauty at every turn. We just need to remember to work at preserving it for our future, and the future of generations to come after us.

By now the appreciation celebration for the Spirit Award for our Meals on Wheels driver Jerry Manion has already happened so congratulate Jerry if you see him. He has delivered Meals On Wheels for over 10 years, plus he works at Lopez Fit, and Island Rides. He does so much for this island. Thank you Jerry!

A quick thank you to Ron & Rochelle Fowler for helping out one of our seniors in need; it was very much appreciated.

Happy Father's Day to all the dads!

Roni Becker-Wilkie

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

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

Free Information Session

Hospice 101

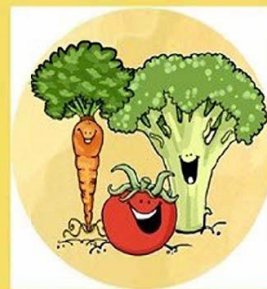
Thursday, June 1 @ 12:45pm

at Woodmen Hall

(4102 Fishermen Bay Road)

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!

We encourage you to join us for lunch, starting at 11:30am, before the presentation.



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

Enjoy the little things
in life, for one day you will look
back and realize they were
the big things

What's Inside...

Services Information	2
SFMNP/Medicare Scams	3
Senior Ctr Msg/Lunch Menu	4
Library/Hospice Myth	5
Nutrition/Smoke Exposure	6
Services/References	7
Senior Center Membership	8

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
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.

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



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>.



Don't Get Caught By a Medicare Scam!

Each year Medicare loses about \$60 billion dollars through fraud! That's money that should've been used to keep Medicare solvent. If you're scammed, you may not be able to receive Medicare coverage for medical services that you need. We all play a role in preventing Medicare scams. Here are some ways you can help:

Don't give out your Medicare number – Medicare will not ask you to provide your Medicare number unless you have called Medicare for help. If anyone other than your medical provider asks for your number, DO NOT give it to them! When scammers have your Medicare number, they can bill Medicare for thousands of dollars for Medicare services you never received.

"Free" benefits are rarely free – Scammers frequently offer "free" medical services, such as genetic testing, back braces or arthritis treatments if you give them your Medicare number. The scammers bill Medicare for those services (and often for many other services too). You may not even receive the "free" item or test results.

Medicare won't call, text or visit you, but scammers will – Medicare does not call, text or visit beneficiaries. If Medicare needs to contact you, they'll send you a letter. Scammers frequently call or visit to say that your Medicare card needs to be replaced or to tell you there's a problem with your account or to say you qualify for a special program or grant. Then they ask you to "confirm" your Medicare number so they can bill Medicare for services you haven't received.

Report suspected scams – You can contact your local trained Statewide Health Insurance Benefits Advisors (SHIBA) volunteers to report scams and get help with Medicare scams or other Medicare assistance. We're part of a program offered through the Washington State Office of the Insurance Commissioner. SHIBA provides free, unbiased and confidential Medicare counseling assistance in San Juan County. On Lopez, SHIBA volunteers provide counseling by appointment in person or by phone or Zoom. To schedule your free counseling session, call 360-468-4117. In San Juan County, SHIBA is sponsored by the Inter Island Healthcare Foundation.



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

Are you a Transportation Voucher Program (TVP) client whose funds have run out before the next grant cycle begins? Not to worry! 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.

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

May certainly turned out to be a pleasant surprise bringing in some warm weather. I loved every minute of it. May was also an interesting holiday month starting out with Cinco de Mayo, then Mother’s Day and finally ending with Memorial Day. It gave us something to focus on other than watch it rain. I feel that June will be quieter, although things appear to be picking up with events. Our events coordinator (Arika) has been busy arranging events and is certainly doing a good job keeping the events in line. We are also in the process of lining up some after lunch activities. We hope to have a couple of interesting slide shows and a couple of health presentations that will benefit seniors. Maintenance activities have been slow, only replacing light bulbs, unsticking towel dispensers, and replacing broken items. The project of replacing the log barriers around the parking lot is continuing; we have measured out what we need and hope to pick out replacements next week. Of course, the big job will be getting rid of the rotten old logs. We are still in the process of getting appraisals for the roof replacement. The biggest question now is attempting to evaluate any structural changes and finding a contractor who is not busy. I want to thank the “Friends of Woodmen Hall” for the weeding of the garden areas. It sure makes the entrance look so much better.

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 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 June 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

June 1

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

Cook: Tony
Volunteers: Norma, Judy, Margo, Mary Ann, Valerie & Barbara

**Taco Salad
Cornbread
Fresh Oranges**

June 6

**BBQ Pulled Pork
Brown Rice
Nantucket Vegetable Blend
Pineapple Coleslaw
Vanilla Ice Cream**

June 8

**Maple Glazed Salmon
Vegetable Rice Pilaf
Nantucket Vegetables
Garden Salad
7 Layer Bar**

June 13

**Rueben Style Chicken
Garlic Roasted Potatoes
Honey Glazed Carrots
Dill Cucumber Salad
Fruited Jell-O**

June 15

**Father’s Day Lunch
Roast Beef
Garlic Yukon Mashed w/Gravy
Roasted Carrots
Fresh Baked Roll
Spinach Salad
Strawberry Shortcake**

June 20

**Country Fried Steak
Mashed Potatoes w/Country Gravy
Peas & Carrots
Garden Salad
Birthday Cake**

June 22

**Pork Tenderloin w/Apple Chutney
Wild Rice Pilaf
Brussels Sprouts
Ambrosia**

June 27

**Beef Burgundy
Brown Rice
Peas & Carrots
Garden Salad
Sherbet**

June 29

**Turkey Meatloaf
Mashed Potatoes & Gravy
Green Beans
Garden Salad
Peach Crisp**

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/>

New Hotspots

We have just purchased 10 new hotspots for our library that are available for checkout. These hotspots allow you to have internet access to your WIFI-enabled devices. These devices are a lifeline for islanders who otherwise have no access to internet! We are pleased to continue this program. You can check a hotspot out for a 14-day period. For more information or any questions, please contact us at 360-468-2265.

Summer Programming

We are so excited for the warmer weather which means Summer Programs! Woohoo! We are working on our plans for a summer of reading, crafting, and all-ages events. We will host new Crafternoons, a Summer Reading Bingo, and a Youth Art Celebration. We will also be continuing Poet's Pen, Late Night Library on Wednesday evenings, Never Too Old and Literary Salon book clubs, and Weaving Wednesdays. Stay tuned for more details about our upcoming Summer 2023 events. In the meantime, we are getting orders ready for new books and materials for all ages. Don't forget you can always make a book recommendation to librarian@lopezlibrary.org. We always appreciate a heads-up about interesting and forthcoming releases to add to our collection.

Programs in June

- Every Wed: Storytime, 11am - Drop In weaving group, 4pm - Open until 8pm
- 6/1 - Writers' Open Mic, 5:30pm
- 6/3 - Youth Art Celebration
- 6/6 - Mindful Birding, 9am - registration required
- 6/7 - Never Too Old: A Young Adult Book Club for Adults, 5pm
- 6/8 - Author Talk: Dana C Brentson, 6pm
- 6/13 - Mindful Birding, 9am - registration required
- 6/14 - Literary Salon Book Group, 5pm
- 6/23 - Crafternoon: Metal Clay with Suz O'Dell, 12-2pm
- 6/27 - Mindful Birding, 9am - registration required
- 6/28 - Poet's Pen, 5pm
- 6/29 - Nature Journaling, 5:30pm

Fourth of July Book Sale!

Don't forget the Friends of the Library July 4th Book Sale is happening again! Your patronage of this event is much appreciated and continues to help fund Library programs for our community.



(360) 814-5550

Hospice_Info@HospiceNW.org
HospiceNW.org

**MYTH: Once
 You Start
 Hospice, There
 is No Going
 Back**

Change is an integral part of life, and everyone will experience adjustments in their health. Sometimes medication changes or being home after a hospitalization can cause a type of "rebound" where people feel better, have increased energy, and are more active. A new clinical study or procedure may be available that a person wishes to pursue. Being on hospice doesn't mean a person has no other options.

Anyone is free to leave hospice care at any time for any reason. It is as simple as signing a piece of paper. There is no penalty for leaving hospice services; a person can re-enroll later as long as they continue to meet the eligibility requirements at that time. Hospice is a holistic model of care which is centered upon patient autonomy. The team makes exceptional efforts to educate patients and families on their choices for care, and creates an individualized care plan based their unique needs and goals. We want to honor what is important to you and your circle of support, including the decision to come off hospice.

We would be happy to answer any questions you have about hospice. Call us any time at 360-814-5550.

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@sanjuanico.com to sign up for free monthly newsletter emails. You will also be helping save trees, printing costs and mailing prep time.



Juneteenth— Celebrating the Holiday with Food and Diversity

By Ian Cassinos, Food Service Manager
Meals on Wheels & More!

Juneteenth is a newly recognized federal holiday commemorating the emancipation of enslaved African Americans in Texas, which occurred on June 19th, 1865. This long-awaited day was a full two and a half years after President Lincoln’s “Emancipation Proclamation”. Deriving from the combination of June and the Nineteenth, “Juneteenth” was officially recognized as a holiday in 2021 but was long celebrated before that in Texas and throughout the country as a day of community parades, memorials, and of course, delicious food. In the United States, our diverse culinary background is stitched together by the culture and ethnic dishes of its citizens. From soul food to southern BBQ, fast food to fine dining, African American influence on American cuisine can be seen everywhere.

One of the most popular cuisines associated with Black culture is soul food. These dishes originated from the times of slavery when the necessity of calorie dense foods coupled with available ingredients and ingenuity gave birth to such delicious dishes as; collard greens, chitlins, okra, black-eyed peas, cornbread, and fried chicken. Some fast food establishments today highlight fried chicken, biscuits, and fried seafood synonymous with soul food.

In the Louisiana Bayou, French and Spanish settlers comingled with the cuisine of the West African people to bring us Creole food. Gumbo, red beans and rice, shrimp creole, jambalaya, grits, and many other dishes have their roots in African soil.

In Tennessee and Texas, African Americans were pioneers of BBQ ribs and brisket and slow cooking. The traditional American barbecue is not merely a description of the food or preparation but also the cultural ideal of the “cook-out”, where family, friends, and the community would share in food and resources. Using food and drink to bring a larger community together is engrained in black culture.

As we celebrate the start of summer with firing up the BBQ, enjoying some jambalaya, or grabbing that bucket of fried chicken, it is important to give thought to the origins of the rich diversity of our country’s cuisine and to recognize and appreciate the many contributions black culture has given us.

6 WAYS TO REDUCE SMOKE EXPOSURE

Monitor local air quality at <https://wasmoke.blogspot.com/>

<p>01 LIMIT TIME OUTDOORS</p> 	<p>02 CLOSE WINDOWS AND DOORS</p> 
<p>03 DON'T ADD TO INDOOR AIR POLLUTION</p> 	<p>04 FILTER INDOOR AIR</p> 
<p>05 SET AIR CONDITIONER TO CIRCULATE</p> 	<p>06 SEEK CLEANER AIR</p> 

MONITOR SYMPTOMS OF SMOKE EXPOSURE

Symptoms include: burning eyes, coughing, throat and nose irritation, headaches, fatigue, wheezing and shortness of breath, irregular heartbeat, and chest pain.

If your symptoms become serious seek medical attention immediately.



More information available at <https://www.sanjuanco.com/1777/Health-Community-Services>

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, June 21 @ 1:30pm

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



Tell Us What You Think...

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

Lopez Island Home & Hospice Support . Trained volunteers help support members of the Lopez Island community during illness, injury, or end of life. Also a resource for durable medical equipment & grants for special safety & medical equipment such as grab bars & access ramps. (360) 468-4446.

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

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

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

Island Hearing:

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

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

Lions Club: Contact email: 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

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 June 30, 2024).

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

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

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

P.O. Box 154
Lopez Island, WA 98261

SAN JUAN COUNTY HEALTH & COMMUNITY SERVICES

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