



Woodmen Hall

# Lopez Island Senior Signal



October 2023

## A Note from Senior Services



Greetings Seniors,  
Hello October  
Fall is in the air!  
As the weather starts to cool, it's a good time to review

your emergency preparations. Please refer to the enclosed calendar and article for suggested supplies to have on hand and preparation activities.

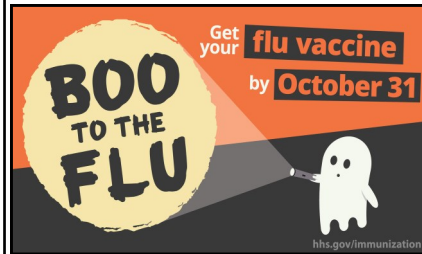
It's also time to schedule a flu vaccination. Don't forget to consider getting RSV and COVID vaccinations as well; ask your medical provider about options.

A big thank you and congratulations to Mary Ann Riggs who has taken on the role of Lopez Senior Center Board President! Thank you for volunteering your time to support this valuable community non-profit Mary Ann. Also, many, many thanks to Carl Bender for serving as Board President for so many years; we appreciate all you have done for our seniors Carl!

I hope to see you at Berta's Breakfast on Saturday, October 7 between 8:30-11am. Please note that the breakfast is being held at a new location this year; it will be at the Lopez Community Church Fellowship Hall. Come enjoy a delicious all-you-can-eat breakfast and support this important Meals on Wheels fundraiser!

Roni Becker-Wilkie

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



## Flu Vaccine Options

Fall is upon us—and with it, cold and flu season. For some, influenza can be a mild illness. For others, flu can be a serious disease

that can lead to hospitalization and sometimes death. People at increased risk of complications include those with chronic medical conditions, older adults, and infants younger than six months old. **The best way to protect yourself and others from the flu is to get a flu vaccine.** The CDC recommends that people get a flu shot by the end of October or mid-November so antibodies can develop *before* the flu season peaks.

Other ways to stay healthy during flu season include: wash your hands frequently, cover your cough, avoid close contact with others who are sick, and practice good health habits (such as getting plenty of sleep, water, good nutrition, and exercise). For more information about the flu vaccine, visit: <https://www.cdc.gov/flu/index.htm>.

Medicare covers the cost of flu vaccines including the high dose option. Options to get your flu vaccine include:

- Make an appointment with your medical provider
- Lopez Island Pharmacy: Make an appointment at [www.lopezislandpharmacy.com](http://www.lopezislandpharmacy.com) or call 360-468-2616
- Make an appointment with an off-island pharmacy
- San Juan County will be offering flu vaccines in November for adults whose insurance will not cover the cost of vaccine and for those who are uninsured. The 2023 SJC flu clinic schedule will be posted later this fall on our website at [www.sanjuanco.com/flu](http://www.sanjuanco.com/flu). We will not be able to assist you in booking an appointment until this schedule is posted.



## What's Inside...

Services Information	2
Medicare, SJC Health Survey	3
Senior Ctr Msg/Lunch Menu	4
Library/Exercise Options	5
Hospice Myth/Emergency Prep	6
Services/References	7
Berta's Breakfast Fundraiser	8



## 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

Tyler Cornell, Aging & Family Case Coordinator (SJI)

360-370-7561, tylerc@sanjuanco.com

**Newsletter:** The *Senior Signal* is published by SJC Senior Services and distributed free at the Senior Center and by mail/email. Contact Roni Becker-Wilkie to request copies. E-mail submissions to ronib@sanjuanco.com by the 5<sup>th</sup> of each month for the following month's issue. Newsletters 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](mailto:woodmenhall2022@gmail.com)

### Lopez Island Senior Center

Board Meetings: 1st Wednesday of each month from 10am-noon

For information contact:

[lopezislandseniors@gmail.com](mailto:lopezislandseniors@gmail.com) or 360-468-3092

### Members of the Board

Mary Ann Riggs - President

Fred Fickenwirth - Vice President

Carol Jones - Treasurer

Debra Maggiora - Secretary

Carl Bender - 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.

## 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](mailto: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](mailto:fcwaheart@gmail.com)

website: [footcarewithaheart.com](http://footcarewithaheart.com)



### It's Medicare Open Enrollment Time!

October 15 to December 7 is your once-a-year chance to review your insurance coverage and make sure that it will still be right for you in 2024.

Why review your Medicare choices? Your health may have changed in the past year, your plan may have different coverage in 2024, or there may be new plans available to you.

To find out if there is a plan that may be better for you, use the Plan Finder tool on [www.Medicare.gov](http://www.Medicare.gov). You can look at a YouTube video at <https://tinyurl.com/yjmntuuj> to learn how to use the Plan Finder.

Or you can contact your San Juan County SHIBA (Statewide Health Insurance Benefits Advisors) volunteers. We are here to help you! If you would like to speak with a SHIBA volunteer call 360-375-0292 or email us at [shibasjco@yahoo.com](mailto:shibasjco@yahoo.com).

The SHIBA program is part of the Washington State Office of the Insurance Commissioner. SHIBA volunteers provide free, unbiased, and confidential counseling assistance. In San Juan County SHIBA is sponsored by the Orcas Senior Center.



### Tell us how you are doing so we can make our islands a healthier community for all!

There are questions about quality of life, access to health care, how people access health-related information, and what some of the barriers are to good health in our county. The more people we hear from, the more complete our picture will be of how San Juan County residents are doing. The survey is available at: <https://engage.sanjuancountywa.gov/community-health-assessment>.

If you have trouble accessing the survey online, please call the HCS front office at 360-378-4474 to ask for assistance in taking the survey in another format.

### Transportation Vouchers are Available!

This SJC program provides vouchers to low income individuals for on-island transportation via taxis/shuttles and for ferry tickets for off-island travel.

Income must be less than \$25,000/year; proof of income required. Must be a WA resident as well. Visit the Family Resource Center or Roni at Senior Services to apply (bring ID and proof of income).

### GROW-A-ROW ALERT!

Starting **Wednesday August 2**, produce will be available for pick-up by the community between **10:30 and 11:30**.

**Drop-off remains 9:00 to 10:30.**



We look forward to serving you with this new schedule for the rest of the growing season.



**IslandRides Update**  
360-317-3107  
[www.islandrides.org](http://www.islandrides.org)

*IslandRides* provides free, or by donation, rides to clients in need to run errands, go to medical appointments, visit the senior center for lunch, and more.

Transportation Voucher Program (TVP) applications are now available; we gladly accept these vouchers as a donation towards your rides. Apply at the Family Resource Center or with Roni in SJC Senior Services at the Lopez Senior Center (360-468-2421; [ronib@sanjuanco.com](mailto:ronib@sanjuanco.com)).

Many thanks to our volunteer drivers! If you are interested in becoming an *IslandRides* driver, please give Mireille a call at 360-298-6503.

### The Mobile Dental Van Returns to Lopez Island on October 27 & 28

The Dental Van is for those on Apple Health (Medicaid) or who don't have dental insurance and do not have the financial means to see a dentist. The dental van offers full dental care with X-rays, oral health exams, fillings, extractions, and teeth cleaning/ hygiene services.

If you are interested in scheduling an appointment, please fill out an application online in English or Spanish, available on the County website at <https://www.sanjuanco.com/1839/Dental-Van-Oral-Health-Programs>, or contact the Health Department, Senior Services or the Family Resource Center.



### Message from Lopez Island Senior Center

Hello All,  
Hoping this finds you well and enjoying the slightly cooler weather. Maybe even some rain after our very dry summer.

As the newly elected President of the Lopez Island Senior Center Board I want to let you know that I and the rest of the Board will do our best to ensure we serve the seniors in our community and support the programs that are in place to assist seniors to the best of our ability.

Carl Bender should be commended on his serving as President of the current board and the former iteration for a number of years. Thank you Carl!

The most pressing project in front of this Board is facilitating the installation of a new roof for Woodmen Hall in conjunction with the Friends of Woodmen Hall. The collaboration of the two boards with so much community support has been integral to being able to serve seniors. Woodmen Hall is the space where Meals on Wheels and More operates and the space is also where seniors can receive services through San Juan County's Senior Services Specialist, Roni Becker-Wilkie.

Thank you for your support!



*Mary Ann Riggs*

Board President, Lopez Island Senior Center

### Join Us After Lunch for Some Musical Enrichment!

**Oct. 10, 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 Pete & Karin Gandini.

With piano accompaniment by the effervescent/multi-talented Seiko Werts. Among her musical skills—composition and vocal/instrumental performance. Her resume includes 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.

### October 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

Tuesdays	Thursdays
<b>October 3</b>	<b>October 5</b>
BBQ Pulled Pork Brown Rice Roasted Squash & Zucchini Coleslaw Banana Cream Pudding	Beef Stroganoff Rotini Pasta Honey Glazed Carrots Garden Salad Fruited Jell-O
<b>October 10</b>	<b>October 12</b>
<b>Music @ 12:30pm</b> Bacon Cheeseburger w/ Lettuce & Tomato Baked Beans Coleslaw Watermelon	Spinach & Pepper Quiche Potatoes O'Brien Orange Juice Berry Yogurt Parfait
<b>October 17</b>	<b>October 19</b>
Ham w/Pineapple Roasted Yams Nantucket Vegetable Garden Salad Ice Cream Cup	Kung Pao Chicken Steamed Rice Vegetable Egg Roll Asian Slaw Mandarin Oranges
<b>October 24</b>	<b>October 26</b>
Creamy Dill Salmon Scalloped Potato Maple Carrots Garden Salad Lemon Cake	Pasta Primavera Italian Green Beans Caesar Salad Sliced Peaches
<b>October 31</b>	Let's see your
<b>Halloween Lunch</b> Chicken, Sausage & Shrimp Gumbo Brown Rice Garden Salad Ice Cream	<b>SPOOKTACULAR</b> costumes on the 31 <sup>st</sup> !



## Connect with Your Lopez Library



### Library Hours

Mon, Tue, Thu & Fri 10-5,  
Wed 10-8, Sat 10-2  
360-468-2265; [lopezlibrary.org](http://lopezlibrary.org)

### October Happenings

**Walking Book Club:** Do you love reading and enjoy walking? Then this could be just the book group you've been seeking. Our next gathering is **Thursday, October 26 from 3-5pm**, book and location to be determined. The Walking Book Club is co-sponsored by the Lopez Library, Lopez Bookshop, and Lopez Community Trails Network. For more information contact [Beth@LopezLibrary.org](mailto:Beth@LopezLibrary.org), 360-468-2265.

### Community Happenings:

- **Climate Action Speaker Series** focused on viable solutions (in collaboration with Friday Harbor Labs), 10/12 & 26, 5:30pm (live-streamed & on Zoom). RSVP appreciated, register at [www.madrona.org/islands-climate-resilience](http://www.madrona.org/islands-climate-resilience)
- Every Wednesday: Drop-In Weaving group, 4-5:30pm
- NEW DAY! Every THURSDAY: Story Time, 11am
- 10/2: Seattle Arts & Lectures Virtual Series: Jane Hirshfield, 7:30pm (online)
- 10/4: Never Too Old Book Club: Young Adult Biographies, 5-6pm
- 10/5: Community Happenings: Writers' Open Mic, 5:30pm
- 10/5: Seattle Arts & Lectures Virtual Series: Oliver Jeffers, 7:30pm (online)
- 10/5: Author Talk: Dr. David Hall on his new book, *Stop Arguing and Start Understanding: Nine Steps to Solving Family Conflict*, 6 pm
- 10/7: Lopez Art Walk: Art in the Library Opening: Sam Barr & Coast Salish artists, 5-7 pm
- 10/11: Literary Salon, 5-6pm
- 10/16: Seattle Arts & Lectures Virtual Series: Barbara Kingsolver, 7:30pm (online)
- 10/19: Community Happenings: Acoustic Jam, 7-9pm
- 10/21: Community Happenings: Genealogy with historian Grace Kavanah, 11-1, Registration required (email Grace at [gkkavanah@gmail.com](mailto:gkkavanah@gmail.com))
- 10/26: Walking Book Club, 3-5pm
- 10/26: Women's Health & Hormones lecture with Dr. Emma Kahle, 6 pm
- 10/27: Seattle Arts & Lectures Virtual Series: Mary Beard, 7:30pm (online)
- 10/30: Poet's Pen, 5-6pm



## 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](http://lopezfit.org), or email [info@lopezfit.org](mailto: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 [creakyoga.org](http://creakyoga.org), contact [creakyogateam@gmail.com](mailto:creakyogateam@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](mailto: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: You must leave your primary care provider to join hospice

When entering hospice, people typically prefer to keep the provider they have been working with for years. They already know you, your history, and you've likely had important conversations with them. Some people think you need to give up your provider once on hospice, but that simply isn't true. At Hospice of the Northwest, we actually encourage your provider to continue participating in your care. As long as your provider agrees, you can continue to use them as your primary provider. They can be a doctor, ARNP, or physician's assistant. In these situations, we work closely with your provider to coordinate care. Each patient has a dedicated hospice care team that includes, or may include: a hospice provider, nurse, social worker, spiritual counselor, nursing assistant, massage therapist, clinical musician, aromatherapist, volunteer, and bereavement counselor. The care team meets regularly to review your plan of care. That plan is then sent to your primary provider for their review. Not sure if hospice is the right choice for you or a loved one? Call us at 360-814-5550, and we can talk about your options.

### \* FREE Covid-19 Tests Available to Order \*

The US government has relaunched a program to provide free Covid-19 home tests. US households can order four free tests from [Covidtests.gov](https://www.covidtests.gov). The tests are intended for use through the end of 2023 and will include instructions on how to verify extended expiration dates.



**October 19<sup>th</sup>, 2023**  
At 10:19 a.m.

Join us for the largest statewide Earthquake Drill



REGISTER: [www.shakeout.org/washington](https://www.shakeout.org/washington)



### Emergency Preparedness: Are You Ready?

News of natural disasters around the world—from fires to floods to earthquakes to cyclones—has dominated the headlines lately reminding us all that emergency situations can happen anywhere at any time. Now is a good time, before winter weather sets in, to reevaluate your emergency preparations. Please review the enclosed Department of Emergency Management (DEM) Emergency Preparation Calendar for guidance on food and other supplies to have on hand and for tasks you should complete to ensure you are ready and equipped to deal with an emergency or natural disaster. The DEM strongly encourages everyone to have at least **two weeks** worth of supplies on hand. Remember to check expiry dates and replace items as needed. Also remember to keep supplies—extra clothes, warm blankets, water, food and a first aid kit as a minimum—in your vehicle(s). You never know when you could get stranded on the road or waiting for delayed ferries.



We encourage you to visit the DEM website [www.islandsready.org](https://www.islandsready.org) where you can find general emergency related information, a senior specific section, guidance for neighborhoods and organizations, and information on how to sign up for emergency alerts.

If you have friends or neighbors who might find it challenging to get prepared, please offer to help them. Don't forget about your pets' needs as well. The more prepared we all are, the less stress and better the outcomes in our rural, remote community in an emergency. Please take the time to review the calendar and get ready now.

**Sign up for Island Alerts at:**  
<https://www.islandsready.org/alerts>



## 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, October 25<sup>th</sup> @ 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](http://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](mailto:islandhearing@gmail.com)

**Lions Club:** Contact email: [lopezlionsclub@gmail.com](mailto: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](mailto: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](mailto: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](http://www.islandairambulance.com), ph. 360-378-2376



**New Location: Lopez Community Church Fellowship Hall**

## **Berta's Breakfast Buffet**

**Saturday, October 7th, 8:30-11am**

Proceeds to benefit the Lopez Meals on Wheels & More program. Come join us for a delicious breakfast and support a valuable service that enables many of our seniors to reside in their homes longer and/or recover from injuries or illness.

**Breakfast is \$15/adult or \$35 for a family**

### **All You Can Eat**

Scrambled eggs, ham, pancakes, biscuits & gravy, (with or without sausage) fruit, coffee, tea, OJ, baked goods



Or Current Resident

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