



Woodmen Hall

Lopez Island Senior Signal



September 2023

A Note from Senior Services



Hello Seniors,
How can summer be coming to an end already? Where did it go? Hopefully

everyone made the most of the hot weather and got in some vacation time. Maybe company came to enjoy our little slice of paradise? A friend was saying, "I don't know why everyone doesn't live on Lopez because it is so beautiful." But she tries not to tell anyone so that it is "our little secret". I think we can all agree with that statement.

As we go to print, there are increased Covid cases due to both Lopezians traveling more, and visitors coming here. Please stay safe and be mindful of possible exposure to the virus; everyone wants to keep our seniors from getting sick.

Our Senior Lunch attendance has been up for the most part. Meal delivery continues to rise as our population ages with time. We continue to try to keep people in their homes as best as we can. At the beginning of the pandemic we were only delivering to about 10 clients. Our current count is up to approximately 30 so we have tripled deliveries. Thanks again to our amazing volunteers, both in the kitchen and meal delivery drivers. You are amazing!
Happy Labor Day on September 4th.

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

Lopez Island Clinic Mammograms



WHEN:

9/18 8AM-5PM

9/19 8AM-5PM

9/20 8AM-12PM

WHERE:

LOPEZ ISLAND CLINIC

103 Washburn Pl.
Lopez, WA 98261

early detection saves lives!

All major insurances accepted, no referral needed for annual mammogram screening. Please bring picture ID and insurance card to your appointment.

Schedule Online!

Simply visit the link below:
www.assuredimaging.com/LIC
Or Call: 888.233.6121

**ONE PERSON
CAN MAKE A
DIFFERENCE,
AND EVERYONE
SHOULD TRY**

-JOHN F. KENNEDY-

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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



Welcome to Medicare Seminar

Will you be joining Medicare sometime in the next year? Medicare enrollment is usually not automatic so you'll probably need to enroll with Social Security. Then you'll have to decide what type of Medicare coverage you want. To make an informed decision about your coverage choices, you'll need to understand a lot of new information.

SHIBA volunteers are here to make the transition easier for you. Join us for a free Welcome to Medicare presentation on **Wednesday, September 20 at 2pm**. Come learn how Medicare works, what your coverage options are and when you must act to avoid penalties.

This presentation will be available on Zoom and live at the Orcas Senior Center. **To register** for the Zoom presentation, **email shibasjco@yahoo.com**. We will need your first and last name and your email address to register you.

Trained Statewide Health Insurance Benefits Advisors (SHIBA) program volunteers will give this presentation. SHIBA, which is a free, unbiased and confidential service offered through the WA Office of the Insurance Commissioner, offers counseling assistance in San Juan County. SHIBA has trained volunteer counselors available on the three major islands in San Juan County. Call the Lopez Island SHIBA office at 360-468-4117 to schedule your free personal, confidential, unbiased counseling session. The Orcas Senior Center sponsors the San Juan County SHIBA volunteers.



IslandRides Update 360-317-3107; 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). 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.



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

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).

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

WOW! We have had some hot weather in August. Weatherwise this has been an interesting year. A spring that was cool and wet such that gardens were slow in getting started. Now we have a summer that is as hot as any I remember, and some people think it will last well into autumn. However, we are beginning to see some interesting items from the Grow a Row program—cucumbers, squash, beans and other summer items. Many thanks to Dixie and the beautiful flowers that are being used for centerpieces at the lunch tables.

We have had to replace a couple of minor items in the past month. We have ordered new paper dispensers for the restrooms, a couple of fittings and a relay switch for the water system. All necessary to keep the Center running. The two major construction items (telephone poles for the parking lot and a new roof) are still moving along. We located a group of telephone poles and a small group of us went out to look them over. We selected four, each about 25 feet long, that will work. That is about enough to do half the job, so we are still looking. We had one of the Nickel Brothers examine the foundation to make sure we could add a metal roof. He gave us a positive answer and so we are ready to pick a contractor. Debra Maggiora has interviewed and showed the roof job to different contractors, and we now have three to choose from. We will make a contractor selection at the next board meeting.

Carl Bender

Board President, Lopez Island Senior Center

September 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

September 5	September 7
Broccoli Bacon Quiche Roasted Red Potatoes Capri Vegetables Berry Crisp	Chicken Pot Pie Tomato & Cucumber Salad Birthday Cake
September 12	September 14
Chicken Cordon Bleu Roasted Sweet Potatoes Peas and Onions Caesar Salad	Beer Braised Brats Sauerkraut Roasted Potatoes Glazed Parsley Carrots Chocolate Cake
September 19	September 21
Chicken Marsala Buttered Noodles Green Beans w/ Crispy Onions Peach Cobbler	Taco Salad Cornbread Refried Beans Coffee Cake
September 26	September 28
Chicken Apple and Walnut Salad w/ Feta, Craisins and Balsamic Oatmeal Bread Fruit Parfait	Pastrami Reuben Roasted Peppers, Onions & Potatoes Ice Cream

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.

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; lopezlibrary.org

September Programs

Mindful Birding: Join local birder Beth St. George for a mindful walk at select sites on Lopez Island, getting to know our bird neighbors. Maximum of 6 participants per walk. Please reserve your space at the library and find out where we'll meet.

Walking Book Club: Do you love reading and enjoy walking? Then this could be just the book group you've been seeking. Our first outing will be at Upright Channel Day Park. Our book is *Children and Other Wild Animals* by Brian Doyle. The library has one copy for checkout and the Lopez Bookshop has copies for purchase. Co-sponsored by the Lopez Library, Lopez Bookshop, and Lopez Community Trails Network. For more information, contact Beth@LopezLibrary.org, 360-468-2265.

RSVP appreciated.

NEW DAY! Every THURSDAY: Storytime, 11am
9/2: Art in the Library: Sue Dumond & Lauren Gatehouse Photography: Opening Reception, 4pm
9/6: Seattle Arts & Lectures Virtual Series: Author Ann Patchett, 7:30pm, Registration required
9/6: Never Too Old: A Book Club for Adults, 5pm
9/7: Writers' Open Mic, 5:30pm
9/12: Mindful Birding, 9am - Signup required
9/13: Literary Salon Book Group, 5pm
9/14: NEW Walking Book Club, 3-5pm
9/15: Peep & Steep: Tea, Cookies & Do-It-Yourself Teacup Bird Feeders, 12-2pm
9/16: Community Happenings: Genealogy with historian Grace Kavanah, 11-1, Registration required
9/19: Mindful Birding, 9am - Signup required
9/20: Drop-In Weaving group, 4-5:30pm
9/21: Special Storytime: Sing for Peace, 11am
9/21: Community Happenings: Acoustic Jam, 7-9pm
9/25: Poet's Pen, 5-6pm
9/26: Mindful Birding, 9am - Sign up required
9/26: Seattle Arts & Lectures Virtual Series: Author Rick Riordan, 6:30pm, Registration required
9/27: Drop-In Weaving group, 4-5:30pm



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

MYTH: If I am not in pain, I am not ready for hospice care



Hospice provides expert management of any symptom, not just pain; however, the care reaches far beyond that. We focus on each individual patient's needs and goals, helping them live their life to its fullest potential.

Many patients find solace in having important conversations during this time of their lives. Some patients seek closure or reconciliation. These can be very difficult conversations that require support and guidance to accomplish. Other patients find it helpful to access the integrative services available, such as massage, therapeutic music, energy work, and aromatherapy. The team is also there to support the people who matter most to you and can help them prepare for what's ahead.

There are many advantages to having the hospice team visiting you before symptoms get more intense. Spotting changes early can often mean enhanced comfort and an enriched quality of life.

No matter what your needs are or what they may become as illness progresses, Hospice of the Northwest is willing and able to support you and your loved ones through the journey. We are here to walk alongside you. Call us any time at 360-814-5550.

Music after Lunch September 21 @ 12:30pm

Seiko Inada Werts, a native of Hiroshima, Japan, graduated from Hiroshima Jogakuin University. Seiko taught high school English in Hiroshima. She began singing during college and now is a soloist in great demand, performing in church, house, and solo concerts in Japan and the United States.

In 2010, Seiko moved to the Pacific Northwest where she joined Kirkland Choral Society (KCS) as a soprano and quickly assumed more responsibility as occasional accompanist. She is also an accomplished arranger. In 2015, Seiko was asked by the Japanese Ministry of Foreign Affairs to give a concert in Tokyo for female United Nations Ambassadors and spouses of ambassadors from about 120 countries around the world.

Seiko is a multi-talented musician who thrives when working in collaboration with others. Seiko is now the Associate Artistic Director for KCS. She loves to sing classical styles and beautifully rich compositions from Schubert to *The Sound of Music*.



Immunization Reminder

A note from San Juan County
Health & Community Services

- Coronavirus vaccinations have been at the forefront of our immunization discussions over the past few years; however, it is important to keep up with vaccinations to protect against other diseases as well. The CDC recommends the following vaccines for older adults:
- **Coronavirus vaccine**—Initial and booster vaccinations are available. Consult with your medical provider and/or check out the SJC website www.sjccovid.com for options. You can also call 360-378-4474 to speak with a Public Health Nurse about current recommendations for this vaccine. We anticipate that updated booster doses will be available in early October.
- **Flu shots**—Get one yearly to help protect yourself against new strains. The best time to get a flu vaccine is mid-fall so that you are protected through late spring. Watch for announcements regarding fall flu vaccine clinics, or set up a fall appointment with your medical provider or local pharmacy.
- **Pneumococcal**—To prevent lung and bloodstream infections. One or two doses for everyone 65+, or younger if you have certain medical conditions or other risk factors. Contact your medical provider or local pharmacy.
- **Shingles**—Many of us had chicken pox as children; because of this, we are at risk for shingles which is an extremely painful infection that presents as a rash and involves nerve pathways. This is a two-dose series for people 50+, or younger for those with certain medical conditions or other risk factors. Contact your medical provider or local pharmacy to get this vaccine.
- **Tetanus-Diphtheria (Td)/Tetanus-Diphtheria-Pertussis (Tdap)**—In addition to preventing tetanus and diphtheria, the Tdap vaccine helps prevent whooping cough, a very contagious respiratory disease. Tetanus vaccines should be given once every 10 years, or sooner if you have a specific kind of injury.

Contact your health care provider for information and an appointment. Ask for a copy of your immunization record to keep track of what you have had. Some vaccines may also be offered by local and mainland pharmacies for more info.

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, September 6 @ 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



Berta's Breakfast Buffet

Saturday, October 7th, 8:30am-11am
Location change to Fellowship Hall
@ Lopez Community Church

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: September 2023
Website: www.lopezislanseniorencenter.org

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

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98261