



Woodmen Hall

Lopez Island Senior Signal

November 2023



A Note from Senior Services



Greetings Seniors,

The biggest news here at Woodmen Hall is the retirement of Carl Bender as the President of the Lopez Senior Center. Carl has been a dedicated leader and will still be present as a member-at-large. Thank you Carl for all of your years as head of the board!

Mary Ann Riggs is the new president and we are excited to have her as our new leader. She was in my position for some time and has a very big heart for the Seniors on Lopez Island. I look forward to working with her.

Grow-a-Row will end November 8 since the growing season is coming to an end. Many thanks to the wonderful Locavores and gardeners who contributed.

Veterans Day is Saturday, November 11; we will be closed Friday in recognition and will recognize our veterans at our Thursday, November 9 lunch. Maybe you could invite a veteran to come to lunch so that we can honor and thank them for their service?

Senior Services will also be closed Thursday, November 23 and Friday, November 24 for the Thanksgiving Holiday. I hope everyone has a Happy Thanksgiving!

Sincerely,

Roni Becker-Wilkie

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



Daylight Saving Time Ends
Sunday, November 5th

November is
NATIONAL FAMILY CAREGIVERS MONTH

#CaregiverAnd

November marks National Family Caregivers Month, a time to recognize, honor and increase support for family caregivers across the country and raise awareness of family caregiver issues. According to Caregiver Action Network (CAN), more than 90 million Americans care for loved ones with chronic conditions, disabilities, disease, or the complications of old age.

Many caregivers work and also provide care, experiencing conflicts between competing responsibilities. Research indicates caregiving also takes a significant emotional, physical, and financial toll. With nearly half of all caregivers over age 50, many are vulnerable to a decline in their own health. Studies show that coordinated support services can reduce caregiver depression, anxiety, and stress, and enable them to provide care longer, which avoids or delays the need for costly institutional care.

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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

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 5th 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

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

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. 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

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Tips for Caregivers:

- **Take care of your own health** so that you can be strong enough to take care of your loved one. Eat healthy, get enough sleep, exercise, and keep regular medical appointments. Watch out for signs of depression and get professional help if you need it.
- **Make time for yourself** and find time to do the things you enjoy such as reading, walking, hobbies, cooking or listening to music. At least once a week break your usual routine and do something different—take a drive around the island, wander around town, meet up with friends lunch, or take a class.
- **Stay connected with the outside world** and get out and about. Make time to interact with friends and family even if it is by phone or online.
- **Accept offers of help** and suggest specific things people can do to help you. Friends and family can provide emotional support, help with meals and chores, help you find needed resources, help out financially, and watch your loved one while you run errands, go to your own appointments, or have a well-deserved break.
- Learn how to **communicate effectively** with doctors. Make a list of questions to ask at appointments.
- Caregiving is hard work so **take respite breaks** often.
- Be open to **new technologies** that can help you care for your loved one.
- **Organize medical information** so it's up to date and easy to find.
- Make sure **legal documents are in order**.
- **Seek support from other caregivers.** You are not alone! Ask about the County Family Caregiver Support Program.
- **Give yourself credit** for doing the best you can in one of the toughest jobs there is!

If you are caring for a loved one, please visit www.caregiveraction.org for helpful information and resources.

Transportation Voucher Program

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).



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. We gladly accept TVP vouchers (see above to apply) as a donation towards your rides.

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



MYTH: Hospice is Only For the Patient

Many people assume hospice care is similar to traditional healthcare, where the focus is almost solely on the patient.

This is an unfortunate misconception, as many people don't realize how much support is available to them once their loved one is on hospice.

At Hospice of the Northwest, we know that a life-limiting illness impacts everyone who loves and cares for the patient. That's why our holistic approach focuses on the whole person, including their circle of support.

We partner with the patient and their loved ones to create a personalized care plan that addresses their physical, emotional, social, and spiritual needs. This plan usually extends support to the patient's loved ones, providing assistance with community resource navigation, grief counseling, caregiver education, respite care, and more. Even after a patient's passing, our bereavement program remains available, offering one-on-one counseling, support groups, and access to the largest grief library in our region.

We are here to support patients and their loved ones every step of the way. To learn more, visit www.HospiceNW.org or call 360-814-5550.



Message from Lopez Island Senior Center

Dear All,

We want to thank Carl Bender for all the years of service he has given to the Lopez Seniors, particularly as President of the Senior Services Council of San Juan County, and more recently as the President of the newly formed Lopez Island Senior Center Board.



Carl and Mary Ann Bender

His retiring from the role of President does not mean he is going anywhere! We will continue to have his participation and input on the Board and he will continue to volunteer on lunch days and in other supportive ways. Thank you Carl!!

I also want to say thank you to Tony Sofge and Seiko Werts who, over the past few months, have played and sung beautifully for us.

The holidays are coming soon, and the first federal holiday is Veterans Day. For all who have served in any of the Armed Services, thank you for your service.

Please have safe holidays, whichever ones you observe.

Mary Ann Riggs

Board President, Lopez Island Senior Center

alzheimer's association® 1-800-272-3900 <https://www.alz.org/>

GROW-A-RROW 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.

Ends Nov. 8th!



November 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
	November 2
Menu is subject to change due to unforeseen circumstances	Chicken Pot Pie Garden Salad Fresh Grapes Cookie
November 7	November 9
Cheese Ravioli w/Alfredo Sauce Steamed Broccoli Garden Salad Blueberry Crisp	Veterans Day Lunch Reuben Chicken Sweet Potatoes Veggies Salad Birthday Cake
November 14	November 16
Sloppy Joes Whole Grain Bun Steamed Broccoli Garden Salad Six Layer Bar	Pub Style Fish Potato Wedges Glazed Carrots Coleslaw Ice Cream
November 21	November 23
Thanksgiving Lunch Roasted Turkey & Cranberry Sauce Mashed Potatoes with Gravy Stuffing Green Beans Pumpkin Pie	Happy Thanksgiving Senior Services Closed No Lunch Service 
November 28	November 30
Bacon Cheeseburger w/Lettuce & Tomato Potato Salad Fresh Grapes Chocolate Pudding	Pad Thai Egg Roll Asian Slaw Fortune Cookie

Connect with Your Lopez Library



New Expanded-Library Hours

Mon, Tue, Thu & Fri 9:30-5:30

Wed 9:30-7, Sat 10-2

360-468-2265; lopezlibrary.org

November Happenings

November is Native American Heritage Month:

Celebrate indigenous authors, illustrators & artists with books displays and artwork. All library materials on display are available for checkout. Enjoy Coast Salish Art by **Nathan Tatro, Brian Perry and Sam Barr** on the walls and in the cabinet throughout the month.

First Saturday Art Walk: Don't miss this new monthly event in conjunction with Chimera Gallery. Art opening at the library Saturday, November 4th from 5-7pm. Watch for other art venues to join in as well.

Mindful Birding: Join Beth St. George for slow walks to get to know our bird neighbors, especially all the water birds that join us for the winter. Dates, times, and locations to be announced.

Walking Book Club: Join Beth & Maggie for collective movement, book discussions, and ambles at sacred locations on our island. November book and location to be announced.

Programs

Every WEDNESDAY: Drop-In Weaving group, 4-5:30pm

Every THURSDAY: Story Time, 11am

Wed, Nov 1: Never Too Old Book Club, 5-6pm

Sat, Nov 4: Lopez Art Walk: Art in the Library Opening 5-7pm

Wed, Nov 8: Literary Salon, 5-6pm

Wed, Nov 8: Seattle Arts & Lectures Virtual Series: Viet Thanh Nguyen, 7:30pm (online)

Thu, Nov 9: Author talk: Poet Kathleen Holliday, 6pm

Fri, Nov 10: LIBRARY CLOSED IN HONOR OF VETERANS DAY

Wed, Nov 15: Seattle Arts & Lectures Virtual Series: An Evening with the Full Circle Everest Team, 7:30pm (online)

Thu, Nov 16: Author talk: David Hall, 6pm

Fri, Nov 17: Crafternoon: Cricut Holiday Gifts, 12-2pm

Mon, Nov 20: Seattle Arts & Lectures Virtual Series: David Brooks, 7:30pm (online)

Thu, Nov 23 & Fri Nov 24: LIBRARY CLOSED FOR THANKSGIVING HOLIDAY

Mon, Nov 27: Poet's Pen, 5-6pm

Tue, Nov 28: Seattle Arts & Lectures Virtual Series: Steve Inskeep, 7:30pm (online)

Wed, Nov 29: Seattle Arts & Lectures Virtual Series: Murmurations: Local Voices Taking

Flight, 7pm (online)



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.

Lopez Island Senior Center Seeks a Volunteer Website Administrator

LopezIslandSeniorCenter.org

We are looking for someone to watch web performance, oversee that content is up-to-date and appealing, monitor emails from outside users and communicate with the Board -either via written report, or in person. No programming experience required but website proficiency would be helpful.

Requires access to the Internet via computer. Estimated time needed is 1-2 hours a week.



Develop a Caregiving Plan

Having and maintaining a care plan will help you balance both your life and that of the person you are providing care for. Visit [cdc.gov/aging/caregiving/index.htm](https://www.cdc.gov/aging/caregiving/index.htm) for a template. The plan should summarize information about:

- health conditions
- medications
- healthcare providers
- emergency contacts
- caregiver resources



The survey is open until mid-November. Please 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. Thank you for your participation!

Prevent Foodborne Illness this Holiday Season

By Meals on Wheels and More

For most people, Thanksgiving is the largest meal they cook and/or eat all year. However, from shopping for ingredients to reheating leftovers, there are many opportunities for foodborne illness to occur. While we may become wiser with age, older adults are also at increased risk for foodborne illness and often take longer to recover. Luckily, a few food safety tips can allow people of any age to enjoy holiday meals safely:

- Separate raw meat, poultry and seafood from other foods in your grocery cart and in the refrigerator.
- If purchasing a fresh turkey, use within four days of purchasing. Frozen turkeys may be purchased up to a year in advance.
- The safest way to thaw frozen turkey is in the refrigerator. Allow 24 hours for every five pounds of turkey. Keep your thawing turkey in the bottom of your fridge on a tray that can catch drips.
- A USDA study found that more than 80% of people inadvertently cross contaminate other food with bacteria from turkey.
- Prevent cross-contamination by washing hands frequently. Raw meats should always be kept on separate surfaces. Also, countertops, cutting boards, and utensils should be sanitized after each step in the food preparation process. Chlorine-based sanitation wipes work best for surfaces. **Do not wash your turkey** before cooking. Rinsing raw poultry can cause bacteria to be splashed around the kitchen.
- Cook turkey thoroughly. Use a digital thermometer to ensure that the turkey has reached 165° in the thickest part of the breast, wing and thigh. Stuffing, whether inside or outside of the bird must also reach 165° to kill harmful bacteria.
- Don't leave leftovers out for more than two hours. Chill them quickly in shallow containers to halt bacteria growth. Cut turkey off the bone before refrigerating and store stuffing separately from meat. Leave warm foods uncovered in the fridge until a temperature of 41° is reached and then cover. Leftovers will last up to 4 days in the fridge. Cool leftovers completely before freezing in airtight containers.
- Always reheat leftovers to 165° to kill any harmful bacteria. This applies to all leftover food at any time.

Have a happy and safe Thanksgiving!

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, November 22 @ 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

It's Medicare Open Enrollment Time!



Now through 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.

**Welcome to Medicare @ Orcas Senior Center
or via Zoom—Wednesday, November 15, 10:30am**

Will you be joining Medicare sometime in the next year? Medicare enrollment is not automatic for most people, 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.

Trained Statewide Health Insurance Benefits Advisors (SHIBA) program volunteers are here to make the transition easier for you. Join us for a free Welcome to Medicare presentation at Orcas Senior Center on Wednesday, November 15 at 10:30 am. Learn how Medicare works, what your coverage options are, and when you must act to avoid penalties. **To participate by Zoom, email shibasjco@yahoo.com.**

SHIBA, sponsored by Orcas Senior Center, is a free, unbiased, and confidential informational service offered through the Washington Office of the Insurance Commissioner. Call 360-375-0292 to schedule a counseling session.



Lopez Union Cemetery Annual Wreath & Craft Sale

November 24-25

from 10am-2pm

@ the Cemetery Workshop

Beautiful handmade Christmas wreaths, swags, and crafts for sale to benefit Lopez Union Cemetery and Center Church.

FREE Covid-19 Tests Available

US households can order four free COVID 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.

Or Current Resident

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FAX: 360-468-3021
Location: 4102 Fisherman Bay Road
E-mail: ronib@sanjuanco.com
Issue: November 2023
Website: www.lopezislanseniorecenter.org

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

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