

Woodmen Hall

# Lopez Island Senior Signal

December 2023



## A Note from Senior Services

Greetings Seniors,

I hope that this holiday season finds you happy and healthy with plenty to eat, and family and friends to share it with. If not this year, then maybe we can focus our thoughts on years when you did have your best Christmas ever? I remember as a child our family had so many presents you could hardly see the tree. It is all about the joy on children's faces anyway, right? And finding the perfect gift for someone you care about.

Some of us like this time of year when the tourists go home and things slow down. More books get read and phone calls to friends and family are made. Others may find it lonely, and may experience the "winter blues", so please remember to check on friends and neighbors who live alone and/or have declining health with a phone call or visit. Or better yet, bring them to senior lunch one day.

Keep watching for our new roof due any day now. It will be grey and metal and should last for many, many years.

Please note that there will be no lunch service on Tuesday, December 26<sup>th</sup>. Happy Holidays to All!

Sincerely,

*Roni Becker-Wilkie*

SJC Senior Services Specialist

360-468-2421

ronib@sanjuanco.com



## What Do You Like About Coming to Senior Lunch?

This question was asked on cards left on the lunch tables and, as you can see, a lot of the responses are similar.

- The food! The company, the jokes
- People with amazing life stories
- Making new friends
- Interesting people and their stories
- Going out to lunch, and the people
- Yummy food & good company
- Conversation & meeting people
- Food is good
- Food & hospitality
- Meeting & greeting
- The people & the food
- Good company

And I would have to say the price is right also; lunch is available by donation for those 60+ (suggested \$5 but donate what you can afford) and \$8.50 for those under 60. Everyone is welcome! Come enjoy a delicious, nutritious meal prepared by our wonderful chef Tony and hard-working volunteers. Bring a friend and/or meet some new ones here. We look forward to seeing you at lunch. Come join the fun!



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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 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-Friday day; 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)



### Medicare Open Enrollment Ends December 7

December 7 is the last day to make changes to your Medicare drug and Advantage plans this year to take effect on January 1, 2024. There is still time to get the right plan for next year if you act soon and trained Statewide Health Insurance Benefits Advisors (SHIBA) program volunteers are here to help.

SHIBA, sponsored by Orcas Senior Center, is a free, unbiased, and confidential informational service offered through the Washington State Office of the Insurance Commissioner. Call the Lopez Island SHIBA office at 404-259-6819 or email [renkshiba@gmail.com](mailto:renkshiba@gmail.com) to schedule counseling.

### 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](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. 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.



### Powerful Tools FOR Caregivers

San Juan County Senior Services will be offering a FREE six-week Powerful Tools for Caregivers class series for Lopez residents in late winter 2024 (exact dates TBD). If you are an unpaid family or friend caregiver, we recommend you join us for this six-week program (one 90-minute class/week) that will provide you with tools and strategies to cope with caregiving challenges. Learn how to reduce personal stress, communicate with medical professionals and others, deal with challenging situations, solve problems and set goals, and more. For more information or to sign up, please contact Roni Becker-Wilkie at 360-468-2421 or [ronib@sanjuanco.com](mailto:ronib@sanjuanco.com), or Tyler Cornell, SJI/Lopez Aging & Family Case Coordinator, at 360-370-7561 or [tylerc@sanjuanco.com](mailto:tylerc@sanjuanco.com).

### 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.



### MYTH: All Hospice Programs are the Same

All Medicare-certified hospice providers are required to offer the same basic services, but there are differences between hospices that can affect the care you and your loved ones receive.

Medicare offers a helpful tool for comparing hospices at [www.medicare.gov/care](http://www.medicare.gov/care). Hospice providers are given ratings based on caregiver satisfaction surveys. A four or five-star rating is a good indication that a hospice provides high-quality care. Accreditation by an independent third party is also a good indication of high-quality care. For instance, Hospice of the Northwest is accredited by CHAP because we meet the industry's highest nationally-recognized quality standards.

There are also differences in the range and scope of services offered. At Hospice of the Northwest, we provide services beyond what Medicare requires—like massage therapy, community bereavement support, and specialized services for Veterans and pediatric patients. And unlike some hospices that offer limited support on nights and weekends, our patients and their loved ones have access to a registered nurse, social worker, or counselor on call 24/7.

We are here whenever you need us! Visit [www.HospiceNW.org](http://www.HospiceNW.org) or call us at 360-814-5550 to learn more.



**Message from Lopez Island Senior Center**

Dear All,

Progress has been made on the roof replacement! The old, leaky roof has been removed and a temporary covering has been applied until the new roofing arrives. Installation of the new roof will be done between rain storms after the receipt of the metal roofing. It could be completed by this publication!

This task could not have been accomplished without the contributions from the many financial donors both large and small. Donations to Friends of Woodmen Hall continue to be accepted toward the completion of this necessary project.

I also want to thank the Friends of Woodmen Hall board and the Lopez Island Senior Center board for all the hard work, patience, and persistence that were fundamental to the completion of this effort.

May you all be safe and may you find some peace, hope, and joy this holiday season.

*Mary Ann Riggs*

Board President, Lopez Island Senior Center

**December 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

Menu items may be changed due to availability

<b>Tuesdays</b>	<b>Thursdays</b>
<b>December 5</b>	<b>December 7</b>
Crab Cake Rice Pilaf Broccoli Coleslaw Pudding	Chicken Fried Steak with Gravy Mashed Potatoes Peas & Onions Garden Salad Fruit Crisp
<b>December 12</b>	<b>December 14</b>
Pork Loin with Apple Pear Chutney Green Beans Cookie	Biscuits & Gravy Bacon, Hashbrowns Scrambled Eggs Coffee Cake
<b>December 19</b>	<b>December 21</b>
Chicken Pad Thai with Rice Spring Rolls Citrus Coleslaw Fortune Cookie Mandarin Oranges	<b>Holiday Lunch</b> Roast Beef w/Gravy Mashed Potatoes Peas & Carrots Caesar Salad Pie
<b>December 26</b>	<b>December 28</b>
<b>Senior Services Closed</b> <b>No Lunch Service</b>	Swedish Meatballs w/Egg Noodles Peas & Onions Garden Salad Fruit Crisp



**8 TIPS TO HELP KEEP A BALANCED HEALTH PLAN DURING THE HOLIDAY SEASON**

1. Take a Walk after Large Meals
2. Wash Hands Frequently
3. Don't Drink Alcohol in Excess
4. Drink Plenty of Water
5. Try to Avoid Eating Heavy Meals Late at Night
6. Seek Healthier Flavoring Alternatives
7. Watch Your Carbohydrates
8. Keep a Regular Sleep Schedule



Holidays are a great opportunity to spend quality time with family and friends, and enjoy the pageantry and delicious food. The above are simple recommendations to assist in keeping up healthy habits during the holidays and throughout the year. If you think you can be healthier, then that may be a great New Year's Resolution. Enjoy the Holiday Season!

**Check the Halls for Holiday Safety...  
Fa-la-la-la-la-la-la!**

- \***Christmas Trees**—Water trees regularly. Dry trees can be completely covered in flames in seconds.
- \***Ladders**—Heed warnings. Thousands of people are treated for injuries related to ladder falls during the holidays.
- \***Cords**—Always look for recognized testing lab labels. Don't overload extension cords and power strips.
- \***Holiday Lights**—Prevent fires and shock. Throw out damaged or frayed light sets.
- \***Candles**—Be careful with candle placement. Candle fires cause millions of dollars of damage each year.
- \***Decorations**—Avoid sharp, breakable decorations in homes with young children and pets.

## 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; <http://lopezlibrary.org/>

## December Happenings

### Make the Library Your Holiday Hygge Destination

Card and ornament-making supplies in the Craft Corner; two cozy fireplaces to snuggle by; holiday books, movies, and music CDs; musical instruments for making merry; puzzles and games for those long, dark nights.

### Holiday Crafternoons

Join us for two special Friday Crafternoons from 12-2pm. On the 1<sup>st</sup>, learn to make 3D accordion ornaments to deck the halls. Bring out your inner Frosty and get into the winter spirit at the paper mâché snowman-building workshop on the 8<sup>th</sup> and 15<sup>th</sup>. You must be able to attend both of the snowman sessions, facilitated by local artist Carolyn Baldwin.

### Programs

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

Every Thursday: Story Time, 11am

Fri, Dec 1: Crafternoon: 3D accordion ornaments, 12-2pm

Fri, Dec 1: Author Talk: Local poet Irene Skyriver launching her new book, 7pm

Sat, Dec 2: Lopez Art Walk: Art in the Library Opening, 5-7pm

Tue, Dec 5: Mindful Birding, 9-10am

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

Thu, Dec 7: Walking Book Club, 2:30-4:30pm

Fri, Dec 8: Crafternoon paper mache snowmen with Carolyn Baldwin, 12-2pm

Tue, Dec 12: Mindful Birding, 9-10am

Wed, Dec 13: Literary Salon, 5-6pm

Wed, Dec 13: Needlecraft Night, 5:30-7pm

Wed, Dec 13: December Fest - White Elephant Gift Exchange with Optional Ugly Sweater, food and festive drink, Friends annual board meeting, Volunteer Appreciation, 6-8 pm

Fri, Dec 15: Crafternoon paper mache snowmen with Carolyn Baldwin, 12-2pm

Mon, Dec 18: Poet's Pen, 5-6pm

Tue, Dec 19: Mindful Birding, 9-10am

Sat, Dec 23: Library closed for winter holidays

Mon, Dec 25: Library closed for winter holidays

Tue, Dec 26: Library closed for winter holidays

Wed, Dec 27: Needlecraft Night, 5:30-7pm

Sat, Dec 30: Library closed for winter holidays



## 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

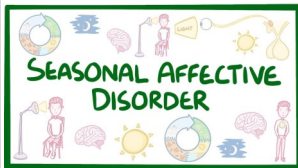
Creaky Yoga continues to meet in person at Grace Hall on Monday and Thursday mornings. Simultaneous Zoom classes continue also. Chair classes (for those who cannot easily get down to and up from the floor) meet at 10:45am and mat classes (for those who can still manage the floor) are at 9:15am. The Creaky 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 [creakyvoga.org](http://creakyvoga.org), contact [creakyvogateam@gmail.com](mailto:creakyvogateam@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).

## 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.





## “Winter Blues” versus Seasonal Affective Disorder (SAD)

What is seasonal affective disorder (SAD)? Winter-pattern SAD should not be confused with “holiday/winter blues”—feelings of sadness or anxiety brought on by stresses at certain times of the year. The depression associated with SAD is related to changes in daylight hours, not the calendar, so stresses associated with the holidays or predictable seasonal changes in work or school schedules, family visits, and so forth are not the same as SAD.

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many people feel “down” or have the “winter blues” when the days get shorter in the fall and winter and feel better in the spring when longer daylight hours return. Sometimes, these mood changes are more serious and can affect how a person feels, thinks, and behaves. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD).

In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer, known as winter-pattern SAD or winter depression. SAD is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting about 4-5 months out of the year. The signs and symptoms of SAD include those associated with depression and can include:

- Persistent sad, anxious, or “empty” mood most of the day, nearly every day, for at least 2 weeks
- Social withdrawal, loss of interest or pleasure in activities and decreased energy, fatigue, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions
- Changes in sleep or appetite
- Physical aches or pains, headaches, or digestive problems that don’t go away with treatment
- Overeating, particularly with a craving for carbohydrates, leading to weight gain
- Thoughts of death or suicide or suicide attempts

**Who develops SAD?** It is estimated that millions of Americans experience SAD, although many may not know they have this common disorder.

SAD occurs much more often in women than in men. More research is needed but studies indicate that people with SAD, especially winter pattern SAD, have reduced levels of the brain chemical serotonin, which helps regulate mood. Vitamin D deficiency may exacerbate these problems. Other studies suggest that SAD is related to altered levels of melatonin—a hormone important for maintaining normal sleep-wake cycles. SAD sometimes runs in families. Additionally, people with SAD often have other mental disorders.

**How is SAD diagnosed and treated?** If you or someone you know is showing symptoms of SAD, talk to a health care provider or a mental health specialist about your concerns and options for treatment which fall into four main categories that can be used alone or in combination: light therapy, psychotherapy, antidepressant medication, and vitamin D light therapy and treatments.

For more information on SAD, visit the National Institute of Mental Health (NIMH) website at <https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder>.



## Lift Your Mood

These “self-care” tips might help with the “winter blues” or seasonal depression. See a mental health professional if sadness doesn’t go away or interferes with your daily life.

- Go to a movie, take a walk, start a new hobby, or do other activities you normally enjoy.
- Get out in the sunlight or brightly lit spaces, especially early in the day.
- Try to spend time with other people and confide in a trusted friend or relative.
- Eat nutritious foods, and avoid overloading on carbohydrates like cookies and candies.
- Be patient. You won’t suddenly “snap out of” depression. Your mood will improve gradually.

If you have thoughts of suicide, get help right away. Call the toll-free National Suicide Prevention Lifeline at 988.

## 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, December 20 @ 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 Renee Kaplan at 404-259-6819 [renkshiba@gmail.com](mailto:renkshiba@gmail.com)

**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



## Tips to Maximize Your Holiday Enjoyment

- **Communicate and plan ahead**—Make travel plans and reservations well in advance and know who is expected to be where and when.
- **Honor existing schedules when planning**—Keep in mind that people may have other obligations so be flexible in coordinating plans.
- **Be open to change**—Traditions may need to be adapted to fit changes in loved ones’ schedules or well-being.
- **Help seniors feel included**—Include your elderly loved ones in activities such as dinner planning, shopping, baking and holiday parties so they don’t feel left out.
- **Keep activities manageable**—It’s great to include seniors in the holiday festivities but don’t overwhelm them. Help them choose appropriate activities to participate in; not everyone is up for a 10-hour shopping marathon. The same applies for young children. Be selective on what parties and events you attend.
- **Get active**—Exercise, even a short 15-minute walk or some yoga stretches, can reduce stress. Getting out in the fresh air on a sunny day can invigorate your mood as well.
- **Share dinner preparations**—Make your family dinners “potluck” where everyone brings something; this helps keep your costs and workload manageable. Consider buying pre-prepared foods and meals.
- **Simplify your gift giving and keep expenditures under control**—Be mindful of your budget. Just say “no” if others are asking you to contribute more than you are comfortable with. Keep in mind that the grandkids are likely getting gifts from many people; you don’t need to go overboard. Consider gift cards or donating to a charity on behalf of those who “have everything” or even just a nice note letting them know how much you appreciate them. For large extended families, in lieu of individual gifts, consider having each family exchange a small box filled with homemade treats and small gift items.

Or Current Resident

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