



Woodmen Hall

Lopez Island Senior Signal

January 2024



A Note from Senior Services

Happy New Year!

Hopefully everyone had a nice holiday this year and is ready for all the possibilities the start of a new year brings.

It was sad to hear about the passing of Joyce Buffum recently. She was a real icon of the Lopez Island community and will truly be missed. At this time there are a couple of others in the hospital so we hope that they return to us soon.

San Juan County is celebrating 150 years of service this year; there is a new logo in recognition of this important milestone. In addition, our website and email addresses are changing. To enhance cyber-security, the new website domain is www.sanjuancountywa.gov. My new email is listed below; the old one will still work for awhile but I recommend you start using the new one. Thanks!

Along those lines, I personally celebrated five years with the County at my current position. I was recognized at a gathering in Friday Harbor and received a certificate. It has been a pleasure; I love my job and the people that I work with.

Sincerely,

Roni Becker-Wilkie

SJC Senior Services Specialist

360-468-2421

ronib@sanjuancountywa.gov



Powerful Tools FOR Caregivers

Taking Care of You: Powerful Tools for Caregivers

Are you caring for a loved one? Don't miss this important series of classes where you can develop a wealth of self-care tools, including:

1. Reducing personal stress
2. Changing negative self-talk
3. Communicating your needs to family, doctors, and others
4. Dealing with challenging situations
5. Making tough caregiving decisions
6. Solving problems and setting goals

FREE 6-week online course

Wednesdays 10:00–11:30am

Starting February 14 with in-person instructor introductions with Tyler Cornell and Heidi Bruce

And then on Zoom:

2/28, 3/6, 3/13, 3/20, 3/27 and 4/3

**For more information and to RSVP,
contact Roni @ 360-468-2421**



New Year—a new chapter, a new verse, or just the same old story? Ultimately, we write it. The choice is ours.

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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@sanjuancountywa.gov

Tyler Cornell, Aging & Family Case Coordinator (SJI)

360-370-7561, tylerc@sanjuancountywa.gov

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@sanjuancountywa.gov 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-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. 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



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 as a donation towards your rides. Please note that during periods of inclement weather, our service may be disrupted; plan ahead and make sure you have plenty of supplies on hand in case you can't get to the store for a few days.

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

Steps to Get Your Affairs in Order

- **Put your important papers and copies of legal documents in one place.** You can set up a file, put everything in a desk or dresser drawer, or list the information and location of papers in a notebook. If your papers are in a bank safe deposit box, keep copies in a file at home. Check each year to see if there's anything new to add.
- **Tell a trusted family member or friend where you put all your important papers.** You don't need to tell this friend or family member about your personal affairs, but someone should know where you keep your papers in case of an emergency. If you don't have someone you trust, ask a lawyer to help.
- **Discuss your end-of-life preferences with your doctor.** He or she can explain what health decisions you may have to make in the future and what treatment options are available. Talking with your doctor can help ensure your wishes are honored. Discussing advance care planning decisions with your doctor is free through Medicare during your annual wellness visit. Private health insurance may also cover these discussions.
- **Give permission in advance for your doctor or lawyer to talk with your caregiver as needed.** There may be questions about your care, a bill, or a health insurance claim. Without your consent, your caregiver may not be able to get needed information. You can give your okay in advance to Medicare, a credit card company, your bank, or your doctor. You may need to sign a form.

Source: <https://www.nia.nih.gov/health/getting-your-affairs-order>



Resolve Common Medicare Concerns with SHIBA Assistance from January through March

January through March is your opportunity to correct many common Medicare problems. Your local Statewide Health Insurance Benefit Advisors (SHIBA) volunteers can help you with the following problems:

- You didn't receive your new Drug or Advantage Plan card.
- Your doctor or pharmacy isn't in your plan's network in 2024.
- You don't like the Advantage Plan you signed up for. You can switch to another Advantage plan, go back to basic Medicare and you may be able to get a Medigap (Medicare Supplement).
- You didn't enroll in Medicare when you turned 65.

SHIBA, sponsored by Orcas Senior Center, is a free, unbiased, and confidential informational service offered through the Washington State Office of the Insurance Commissioner. Contact Renee Kaplan at the Lopez Island SHIBA office at 404-259-6819 or renkshiba@gmail.com to schedule a counseling session.

Welcome to Medicare

**Thursday, January 25 @ 10:30am via Zoom
(or in-person at the ORCAS Senior Center)**

Will you be joining Medicare sometime in the next year? Trained Statewide Health Insurance Benefits Advisors (SHIBA) volunteers are here to make the transition easier for you. Join us for a free Welcome to Medicare presentation online via Zoom, or at the Orcas Senior Center, on Thursday, January 25 at 10:30am. Come learn how Medicare works, what your coverage options are and when you must act to avoid penalties. To participate by Zoom, email shibasico@yahoo.com.



The time is always right to
do what is right.
~ Martin Luther King Jr.

Message from Lopez Island Senior Center

Dear All,

I truly hope that each of you found some enjoyment over the holidays whether quietly or with more energy as when you are celebrating with multi generations.

By now, the new roofing should be installed. The weather was a delay in the completion of that project. The roof replacement has been a huge accomplishment on the part of so many people and organizations.

There were some structural issues in the roofing project that had to be rectified before installation could be done. These adjustments added to the overall cost of the roof. Donations will continue to be accepted toward the total cost of this endeavor.

Another project that has been completed recently is the replacement of outdated emergency exit signage over the six (6) exits from Woodmen Hall. As with other projects, the collaboration with the Friends of Woodmen Hall has been integral.

Looking forward to the new year, we will be surveying people as to what activities would be desirable to have access to at Woodmen Hall such as a book club, card games, table games, and other activities of interest. Your response will be very helpful going forward!

May you be well!

Mary Ann Riggs

Board President, Lopez Island Senior Center

alzheimer's association®

Reminder to visit the Alzheimer's Association website <https://www.alz.org/> for helpful information, including webinars and presentations, for individuals and their caregivers dealing with dementia. The Alzheimer's Association 24/7 Helpline is open anytime, day or night: 1-800-272-3900.

January 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

Tuesdays	Thursdays
January 2	January 4
Ruben Sandwich Roasted Potatoes Nantucket Veggies Salad Cookie	Ginger Chicken Over Rice Sesame Broccoli Veggie Spring Roll Mandarin Orange Gelatin
January 9	January 11
BBQ Pork Veggie Fried Rice Asian Vegetable Blend Sesame Ginger Slaw Fortune Cookie	Beef Stroganoff Over Egg Noodles Peas Garden Salad Peach Crisp
January 16	January 18
Chicken Pot Pie Spinach Salad Chocolate Pudding	Shepherd's Pie Roasted Zucchini Salad Berry Crisp
January 23	January 25
Salmon Filet w/Wild Rice & Tartar Green Beans Garden Salad Fruit Crisp	Vegetarian Baked Ziti Italian Vegetables Garlic Toast Caesar Salad Birthday Cake
January 30	
French Dip w/Au Jus Sweet Potato Fries Kale Citrus Salad Fresh Grapes	

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/>

January Happenings

Meade LX90. If that means anything to you, then you may be exactly the person the library is looking for. We recently received a donation of this incredible, professional telescope and would like to put it to use. But we aren't exactly sure where to start. If you know your telescopes and want to help the library think about how to engage the community with it, please contact Darren at darren@lopezlibrary.org or call 360-468-2265.

A Selection of Programs

(More to come ... keep an eye on the Library website & the streetside sandwich board!)

Mon, Jan 1 & Tue, Jan 2: Library closed for New Year's holiday

Thu, Jan 4: Shark Fest with Gene Helfmann, local author of *Fins: A Novel of Relentless Satire*. *Fins* is shark-friendly, unlike the older "Jaws" movie. Helfman will take a shallow dive into shark biology and conservation and read from his novel. Signed copies of *FINS* will be available, as will shark-themed décor and free shark swag. The presentation will be appropriate for just about all ages, and please consider wearing a costume. The fin-fun begins at 6pm.

Sat, Jan 6: First Saturday Art Walk: Art in the Library Opening, 5-7pm

Mon, Jan 15: Library closed to honor Martin Luther King, Jr. Day

Tue, Jan 23: Seattle Arts & Lectures Virtual Series: Murmurations: Local Voices Taking Flight, 7pm - Features acclaimed poets, writers, and comics artists who teach in SAL's Writers in the Schools program. The program includes Samar Abulhassan, Cassidy Dyce, Monique Franklin, and Putsata Reang! These resident writers come together to read from their own works-in-progress, inspiring the same craft and performance skills they teach in the classroom. Registration required: <https://forms.gle/oBWnNU51uX4xFTof8>

Wed, Jan 24: Seattle Arts & Lectures Virtual Series: "A Conversation with Deb Perelman" coming live from Town Hall in Seattle. Deb is the self-taught home cook and photographer and the creator of the award-winning blog *SmittenKitchen.com*. The author of three cookbooks, most recently *Smitten Kitchen Keepers*, Perelman is hailed as one of the original food bloggers and beloved for her endlessly comforting, faithfully tested recipes. She will be joined in conversation by J. Kenji López-Alt. Registration required: <https://forms.gle/hD3A63eUusLe1V8r5>



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 creakyvoga.org, contact 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.





You may have the typical “lose weight, exercise more” New Year’s resolutions planned for 2024 but here are some suggestions for other ways to improve your quality of life this year:

- **Get Enough Sleep**—Even as an older adult, you should aim for seven to nine hours of sleep per night. This amount of rest helps to maintain your immune system and improves memory and concentration. Consult your medical provider if you think you have a sleep issue such as sleep apnea.
- **Add New Foods to Your Diet**—Rather than cutting out foods from your diet as with so many New Year’s resolutions, opt to add more nutritious foods, especially leafy greens, into your diet instead. Many of us don’t eat a varied enough diet, so next time you are at the grocery store or farmers market, pick out a new vegetable or healthy fruit or two and incorporate them into your meals.
- **Use Your Brain**—You’ve probably heard the phrase, “use it or lose it.” This colloquialism is especially pertinent to your gray matter as you age. Experts suggest seniors keep their wits sharp with mind-bending puzzles like crossword and sudoku. There are also plenty of activities like reading, writing and trying a new hobby that can help you ward off a decline in mental health.
- **Increase your Social Circle**—Make a conscious effort to make new friends and reconnect with old ones. To expand your social circle, try to make one new friend a month by attending more social events, chatting to strangers, and getting introductions to friends of friends. Making friends can help you to broaden your horizons, explore different sides of your personality and find new ways to get the most out of life.
- **Maintain Your Purpose in Life**—It’s been proven that optimists are more likely to reach—and surpass—the age of 85! Make an effort to manage your stress, relax, and focus on activities that spark joy. Sometimes, when people retire, they may feel like they have lost their life’s purpose and can feel down or depressed. Find activities to do that give you purpose such as volunteering or joining clubs or special interest groups.

- **Evaluate Your Home’s Safety**—Fix tripping and fall hazards such as blocked walkways and high traffic areas, loose rugs, and poor lighting. Install assistive devices such as grab bars in showers/tubs as needed.
- **Plan Ahead**—While it is tempting to kick back and relax in retirement, don’t avoid planning for your future care needs. Get your health directives and financial affairs in order *before* you are unable to make decisions for yourself.

A Resolution of Moderation

From Meals on Wheels and More

Instead of making drastic resolutions to completely cut foods or start an extreme diet that you will likely find difficult to maintain, consider incorporating moderate changes that you are more likely to stick with. Here are a few suggestions:

- **Use smaller plates.** You will feel more satisfied if your plate looks full, even if the portions are smaller.
- **Make healthy choices easier.** Stock up on healthy food choices and keep the high calorie, high sugar and high fat foods out of the house or at least out of sight!
- **Check your emotional state:** You are more likely to overeat when you are sad, stressed, bored, or anxious. Realizing your mood is the first step to combat your feelings, rather than eating as a solution.
- **Occasionally allow yourself small portions of your favorite treats.** Enjoy them without guilt and you will be less likely to feel deprived or overeat.
- **Don’t skip meals even if time is limited as you will likely overeat later.** Make a plan and stick to it! If the plan needs changing, do it and keep going!
- **Do not go to a restaurant or event overly hungry.** Eat a healthy snack at home before.
- **Set aside half of large restaurant meals before eating.** Not only will this provide you with tomorrow’s lunch, but you will be less likely to keep taking “one more bite.”
- **When you mess up, forgive yourself.** Tomorrow is a new day. Start fresh and move on.

Community Services and Resources



Home Delivered Meal Service

Please contact SJC Senior Services Specialist Roni Becker-Wilkie at 360-468-2421/ronib@sanjuancountywa.gov 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, January 17 @ 1:30pm

Contact Roni Becker-Wilkie at 360-468-2421 or ronib@sanjuancountywa.gov 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 Renee Kaplan at 404-259-6819 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

Family Caregivers Support Group: Third Wednesday @ 1:30pm on Zoom 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

10 Essentials for Your Emergency Kit

Older adults can be especially vulnerable during severe weather.

Stock your emergency kit with these essentials.



 Non-perishable food & water	 Flashlight & extra batteries	 First aid kit	 Sanitation & hygiene supplies	 Sleeping bags & warm blankets
 Communication devices	 Change of clothes & shoes	 Eyeglasses & hearing aids	 Medications & equipment	 Health information & documents

To learn more about how older adults can be prepared, visit
www.nia.nih.gov/disaster-preparedness.



Or Current Resident

Phone: 360-468-2421
FAX: 360-468-3021
Location: 4102 Fisherman Bay Road
E-mail: ronib@sanjuancountywa.gov
Issue: January 2024
Website: www.lopezislandseniorcenter.org

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

Bulk Rate
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Lopez Island, WA
98261