



Woodmen Hall

Lopez Island Senior Signal



February 2024



A Note from Senior Services

Greetings Seniors,

Have you ever noticed how many different events are celebrated in the month of February? There are many! Starting with Groundhog Day on 2/2, then of course Valentine's Day 2/14 (spouses get those cards and flowers ordered), followed by Presidents Day on 2/19. Random act of kindness days run from 2/13-2/19 so start thinking of who you could do something nice for!?! Maybe buy a cup of coffee for the person in line behind you? Call someone to brighten their day? Take a friend to lunch? February is also national Caregiver Support month. Do you have a Caregiver that you could get a card for? And February is National Heart Health Month. So eat right, and take care of that big heart of yours. Find a way to get some exercise. Go to the gym, take a walk, or just put on some music and get moving to the music.

Have a sweet month.

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



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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@sanjuancountywa.gov 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

Stay Healthy in 2024

SAN JUAN COUNTY, WA. – Winter is here, and that means respiratory illness season is here too. Health & Community Services (HCS) wants to remind everyone of a few simple ways that can help protect you and your loved ones from getting sick.

Consider getting vaccinated. It's not too late! Vaccines keep many people from getting sick with respiratory illnesses like the flu, COVID-19, and RSV. Some people who get vaccines may still get sick. However, vaccines help reduce the severity of your illness. It will also lower your chance of needing to go to the hospital.

The flu vaccine can be given to anyone six months or older. The updated COVID-19 vaccine is tailored to current variants and can be given to anyone six months or older. The RSV vaccine isn't for everyone, but is recommended for certain people, including people over 60 years old.

If your child is 18 years or younger or if you are uninsured, call HCS to ask about vaccine availability at 360-378-4474. If you are 19 and older and have insurance, contact your local pharmacy or provider to ask about vaccine availability. You can also search for availability online at www.vaccines.gov.

Cover your nose with a tissue or the inside of your elbow when you cough or sneeze. Put your used tissue in the waste basket and wash your hands.

Wash your hands regularly. Use soap and water. If there is no soap available, use an alcohol-based hand sanitizer.

HCS wants everyone to stay safe this winter. Following these simple steps can help protect you and your loved ones from respiratory illnesses.

Stay home when you're sick. If you have any of the following symptoms, stay home until you feel better: fever, sore throat, cough, sneezing, headache, nausea and/or vomiting, and diarrhea.

Consider masking. If you must go out while you are sick or if you are visiting a vulnerable family member, consider wearing a well-fitting mask to protect those around you. People are considered vulnerable if they are under six months old or over sixty years old or someone who is likely to become severely ill with an illness that seems mild to others.



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.

A Note Regarding Transportation Services

Currently medical transportation is not available at this time, although solutions and options are being looked at. If you have questions or concerns, please contact Debra Maggiora at Lopez Island Senior Center by calling 360-468-3092 or send an email to woodmenhall2022@gmail.com.

On-island options include IslandRides, Lopez Taxi and Bus Tours. For mainland transportation please contact Mertz Taxi in Anacortes. In the event of a medical emergency, please call 911. Thank you!

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 by emailing ronib@sanjuanco.com to sign up for free monthly newsletter emails. You will also be helping save trees, printing costs, and mailing prep time.



**February is
National Heart
Health Month**



Message from Lopez Island Senior Center

Dear All,

First of all, Thank you to Judy & Brian Matalon for the new flag in memory of Col. Roy Moore Jr. and thank you to Dan Post & his grandson Finn for installation!

The new year is here. With that often comes expectations and or resolutions that can be difficult to reach. It also continues to be a darker, colder, period of the year here.

Some people deal with depression as they deal with old and new losses of people, places, & abilities. It's really important to connect with our loved ones and/or support systems. If someone is in a crisis, the suicide hotline is 988.

In this New Year, the Lopez Senior Center and Senior Services wants to learn what your desires are for activities or services provided at the Lopez Island Senior Center. Please respond to the survey on the back of this newsletter. Please mail it to the Lopez Island Senior Services at P.O. Box 91, stop by during normal business hours. Or it can be put through the slot in the side door on the right hand side of the building anytime.

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.

February 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
	February 1
<i>All menu items are subject to change due to food costs and availability.</i>	Kale Sausage Soup Chicken Salad Wrap Cookie
February 6	February 8
Cuban Sandwich Roasted Corn w/Lime Potato Wedges Seven Layer Bar	Turkey Meatloaf Mashed Potatoes & Gravy Nantucket Veggies Garden Salad Ice Cream
February 13	February 15
Valentine Lunch Vegetable Lasagna Italian Green Beans Caesar Salad Chocolate Strawberries	Beef Burgundy Brown Rice Peas & Onions Garden Salad Banana Bread
February 20	February 22
Fat Tuesday Shrimp & Sausage Jambalaya Over Rice Cajun Kale Coleslaw Apple Crisp	BBQ Pulled Pork Sandwich Served w/Coleslaw Potato Wedges Mandarin Orange Gelatin
February 27	February 29
Jerk Chicken w/Mango Salsa Roasted Yam Brussels Sprouts Waldorf Salad Peach Crisp	Chicken Taco Salad Cookies

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/>

February Happenings

Reading Buddies Needed!

We are gearing up for our winter **Reading Buddies Program**, a collaboration with the Lopez Island Family Resource Center and Elementary School reading intervention program. This year's program will be once a week for one hour at the library after school and run from Mid-Winter break to Spring Break (Feb 29-April 4, 2024). Training will be provided for this wonderful opportunity to make a lasting impact on a child's life. Contact Jane@LopezLibrary.org for more information.

Raggedy, Raggedy, Calling All Raggedys

In February, Story Time will focus on Raggedy Ann and Andy stories, culminating with a Raggedy Valentine's Tea Party! We are looking for Raggedy Dolls on the island to join our display in the children's collection. If you would like to offer your Raggedy Dolls and accessories, we would love to display them for a few weeks. Please bring them with a clearly marked label and a small story about the history of your own Raggedy. During the Tea, we will introduce them and their stories.

A Selection of Programs

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

Every Wednesday, 4-5:30pm – Weaving with Barbie Paulsen

Every Wednesday, 5-7pm – Needlecraft Night

Thu, 2/1, 7:30pm – Seattle Arts & Lectures Virtual Series: Sohla El-Waylly (chef)

Sat, 2/3, 5-7pm - Art Walk with Luminary walk- Light up the Night!

Tue, 2/6, 7:30pm - Seattle Arts & Lectures Virtual Series: Kristin Hannah (author)

Wed, 2/7, 5-6pm – Never Too Old Book Club

Wed, 2/7, 6-8pm - Animated Film Fest en Espanol (with English subtitles): Nocturna

Sat, 2/10, 6-8pm - JP & the OK Rhythm Boys: A Night of Rhythm & Warmth

Wed, 2/14, 5-6pm – Literary Salon Book Group

Mon, 2/19 – Library Closed for President's Day

Wed, 2/21, 6-8pm - Animated Film Fest en Espanol (with English subtitles): Short, Bald, and Fat

Mon, 2/26, 5-6pm – Poet's Pen

Tue, 2/27, 7:30pm – Seattle Arts & Lectures Virtual Series: Joy Harjo (poet)



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.



Dangerous Substances for Pets

The following information is adapted from [MyPet.com](https://www.mypet.com).

We all love our companion animals. We want them to be healthy and have a good and long life. There are a number of foods and common substances in our homes that are toxic to pets:

Chocolate (especially dark), mushrooms, garlic and onions, mustard seeds, avocado, leaves from tomato, moldy food, and potato plants, grapes and raisins, salt, macadamia nuts, tea, raw bread dough, walnuts, hops, human medications, ethanol alcohol (drinking alcohol), protein bars, indoor/outdoor flowers, xylitol and other sugar free sweeteners, household cleaning supplies, apple seeds, garden products, apricot peach and cherry pits, pesticides, coffee, caffeine in other sources, and more.

If you suspect or know that your companion animal has ingested something dangerous, the ASPCA animal poison control center phone number is 888-426-4435 there is a fee for consultation of \$95.

The Pet Poison Control Hotline number is 885-764-7661 and the fee for consultation is \$75.

The closest Emergency Veterinary Center is at 14434 Avon Allen Road in Mount Vernon. Their number is 360-848-5911.



Did You Know?

President's Day never falls on the actual birthday of any American president. Four chief executives —George Washington, William Henry Harrison, Abraham Lincoln and Ronald Reagan were born in February, but their birthdays all come either too early or late to coincide with Presidents' Day, which is always celebrated on the third Monday of the month.



Welcome to Medicare

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:

1. You didn't receive your new Drug or Advantage Plan card.
2. Your doctor or pharmacy isn't in your plan's network in 2024.
3. 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).
4. You didn't enroll in Medicare when you turned 65.

Contact Renee Kaplan at the Lopez Island SHIBA office at 404-259-6819 or email renkshiba@gmail.com to schedule a counseling session.

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, February 21st @ 1:30pm

Contact : Tyler Cornell, Aging & Family

Case Coordinator (SJI)

360-370-7561, tylerc@sanjuancountywa.gov



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

What would you like to see at the Senior Center?

Below is a survey by those of us affiliated with the Lopez Senior Center Board and Lopez Senior Services. We would very much appreciate your input in development of activities.

Please circle your answers. Some ideas include.

1. Post lunch activities
2. Post lunch speakers from organizations
3. Post lunch talks by community members
4. Evening activities
5. Bingo
6. Book Club
7. Craft groups
8. Table games
9. Other-Please Specify_____

Would you be willing to host a group? Yes or No

Please detach this form from the newsletter or copy it and either mail it to the Lopez Senior Services at P.O. Box 91 Lopez Island WA 98261 or drop it off at the Senior Center office and place it in the blue survey box between Tuesday—Friday 9am-3:30pm or there is a slot in the door on the right side of the building that the survey could be put through. Your participation in this survey would be greatly appreciated.

Or Current Resident

Phone: 360-468-2421
FAX: 360-468-3021
Location: 4102 Fisherman Bay Road
E-mail: ronib@sanjuanacountywa.gov
Issue: February 2024
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