

# Lopez Island Senior Signal



**March 2024**

## A Note from Senior Services



- Daylight saving time begins Sunday, March 10; turn your clocks one hour ahead
- Happy St. Patrick's Day - Sunday, March 17
- Spring begins Tuesday, March 19
- Easter is on Sunday, March 31

### Greetings Seniors,

We here at the Senior Center hope that you are doing well and learning a lot from our *Senior Signal* newsletter. I get a lot of positive feedback from Lopezians about how helpful the information is for you. Now we are asking for your help and feedback at the Senior Center. Last month we put out a survey on the back of the newsletter asking how the Senior Center can help you. And also asked what activities you would be interested in. Unfortunately, we only received a few responses.

The board for Bingo has finally been repaired after a long search for the problem during Covid. Now we have the board (displays numbers called) and no one to call or help with cards and pay outs. We only need about five volunteers for Bingo night which is expected to be only one night a month. I can tell you it is a lot of fun. Remember the old saying "Many hands make light work".

Sincerely,

*Roni Becker-Wilkie*

SJC Senior Services Specialist  
360-468-2421  
ronib@sanjuancountywa.gov



We still have a few spots open in our PTC online classes; contact us asap if you are a caregiver who would like to join us for this valuable class series.

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

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**



**Springtime is  
the land  
awakening...  
March winds  
are the  
morning yawn.**

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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](mailto:ronib@sanjuancountywa.gov)

Tyler Cornell, Aging & Family Case Coordinator (SJI)

360-370-7561, [tylerc@sanjuancountywa.gov](mailto: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](mailto:ronib@sanjuancountywa.gov) 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@sanjuancountywa.gov](mailto: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](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

Karen Johnson-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)



## Diabetes Awareness Day

March 26 is one-day "wake-up call" that focuses on the seriousness of

diabetes and the importance of understanding your risk. Diabetes occurs when your blood glucose, also called blood sugar, is too high. High blood glucose can cause health problems over time.

Increased thirst and urination, feeling tired, unexplained weight loss, and blurred vision are symptoms of diabetes. Many people have no symptoms and don't know they have diabetes. Each type of diabetes has different causes. You are more likely to develop type 2 diabetes if you have a family history of diabetes, are overweight or have obesity, or are 35 or older; risk increases with age. Physical inactivity, race, ethnicity, and certain health problems also affect your chances of developing type 2 diabetes.

The sooner you know if you're at risk, the sooner you can take steps to prevent or manage diabetes. Take the diabetes risk test at <https://www.niddk.nih.gov/> and talk to your doctor about your risks.



(360) 814-5550

[Hospice\\_Info@HospiceNW.org](mailto:Hospice_Info@HospiceNW.org)  
[HospiceNW.org](http://HospiceNW.org)

## Open Grief Group via Zoom

Held weekly on Fridays from 10-11:30am

Our grief support groups are open to anyone in the community who has experienced loss of a loved one, regardless of whether or not their loved one was a hospice patient.

Registration required: Call our bereavement team at 360-814-5570 for more information and to sign-up.

### We Support You on This Journey

Just as each patient has an individualized care plan, you will get **bereavement support** in the way that you need it, which can include:

- Coming up with healthy coping strategies and mechanisms
- Helping you navigate and adjust to new life circumstances
- Providing support in decision-making
- Being a place of comfort and helpful resources



## 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 as a donation towards your rides.

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

## 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.

## Welcome to Medicare: Navigating Enrollment and Coverage Options

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 Tuesday, March 19 at 10:30am**. 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](mailto:shibasico@yahoo.com).**

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



OFFICE of the  
**INSURANCE**  
COMMISSIONER  
WASHINGTON STATE



## Message from Lopez Island Senior Center

It may say it's March but it's pretty much Spring with the changes that start then. Daffodils and so much more are reappearing. Change is in the air!

There are also some changes in the works for the Senior Center. We want to start some activities that you want to see happening. We need a bit more feedback from all concerned persons. And, additionally, we need to identify persons who are willing to volunteer to lead some activities such as Bingo.

Anyone interested in doing so can contact me by leaving a simple message at the Senior Center (360)468-3092 with your name, contact number and the activity you are interested in leading. I will get back with you.

*Mary Ann Riggs*  
Board President, Lopez  
Island Senior Center



## Easy Steps to Prevent Food Waste

Everyone is shopping smarter these days, not only because of food costs but also because it is important for the environment to keep food waste out of landfills where it produces methane, a powerful greenhouse gas. Use these tips to save on groceries and help the environment:



**Plan ahead**—Before you go to the grocery store or order online, menu plan for the coming week or so and make a list so you don't buy more than you need. Buy in-season fresh produce which is usually cheaper.



**Serve smart**—Portion control is good for your waistline and good for reducing plate waste. If cooking large proteins such as roast meat—menu plan to use the leftovers in different meals.



**Love your leftovers**—Pack leftovers in small portions in shallow containers, mark the contents and date, refrigerate and use within 3 to 4 days or freeze immediately. Share with friends if you can't use it all.



**Compost, don't trash**—Food scraps can be recycled into compost then added to soil to help plants grow. Set up a home compost bin or arrange to donate scraps to other islanders who you know garden.

*Adapted from: <https://www.usda.gov/>*

## March 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
<i>All menu items are subject to change due to food costs and availability.</i>	
March 5	March 7
Bacon Cheeseburger w/Lettuce & Tomato Potato Salad Sun Chips Apple Cake	Shrimp Pad Thai Veggie Spring Roll Asian Coleslaw Mandarin Oranges Fortune Cookie
March 12	March 14
French Dip w/Au Jus Sweet Potato Fries Pasta Salad Fruit Crisp	<b>St Patrick's Day Lunch</b> Corned Beef & Cabbage Potatoes & Carrots Garden Salad Irish Soda Bread
March 19	March 21
<b>First Day of Spring Lunch</b> Pastrami Reuben Sandwich Roasted Corn w/Lime Potato Wedges Peanut Butter Bar	Chicken Fettuccini Alfredo Broccoli Garlic Bread Caesar Salad Cookie
March 26	March 28
Chicken Fried Steak Mashed Potatoes w/Gravy Buttered Corn Garden Salad Cherry Apple Crisp	<b>Easter Lunch</b> Baked Ham w/Pineapple Herbed Baked Yams Peas & Onions Caesar Salad Black Forest Cake

## Connect with Your Lopez Library



Mon, Tue, Thu & Fri, 9:30am-5:30pm; Wed,  
9:30am-7pm; Sat, 10am-2pm  
360-468-2265, <http://lopezlibrary.org/>

### March Happenings

#### Library emails to trust

Library emails - how do you know if they are safe vs. spam? We've all learned not to trust emails when the email address doesn't match the named sender after From. We want to let you know that besides [lopezlibrary.org](http://lopezlibrary.org/), we use two trusted vendors to send out Lopez Island Library emails. Biblionix is our circulation system vendor-automatically generated emails regarding reserves ready for pickup, expired library accounts, and date due or overdue reminders come from [biblionix.com](http://biblionix.com). Library Aware is another vendor we use for our newsletter and emails related to our library book clubs. These emails come from [libraryaware.com](http://libraryaware.com). Be assured these are emails you can trust, and you might need to unblock these domains to receive all of our emails.

#### The Beauty of Wild Native Bees

Join us on Friday, March 22<sup>nd</sup> at 5:30pm when we welcome the Islands' non-profit conservation biology laboratory, Kwiaht. Russel Barsh will share a decade of experience identifying native pollinators and documenting their role in island ecosystems including farms, gardens, and wildlands.

#### A Selection of Programs

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

**Every Tuesday, 9-10am** – Mindful Birding with Beth, signup required

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

**Every Wednesday, 5-7pm** – Needlecraft Night

**Mon, 3/4, 7:30pm** – Seattle Arts & Lectures Virtual Series: Roger Reeves & Anastacia □ Reneé

**Sat, 3/2, 5-7pm** - Art Walk

**Wed, 3/6, 5-6pm** – Never Too Old Book Club: Novels-in-Verse

**Wed, 3/13, 5-6pm** – Literary Salon Book Group: bring what you're reading now

**Thu, 3/14, 7:30pm** - SAL Virtual Series: Eric Kim and J. Kenji López-Alt

**Tue, 3/19, 7pm** – SAL Virtual Series: Murmurations: Local Voices Taking Flight

**Fri, 3/22, 5:30pm** – The Beauty of Wild Native Bees with Kwiaht

**Mon, 3/25, 5-6pm** – Poet's Pen

**Thu, 3/28, 3-5pm** – Walking Book Club

**Thu, 3/28, 7:30pm** - SAL Virtual Series: Matthew Desmond



## 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).

*"Dear LOPEZ FIT,  
Although I'm not attending classes I like it that your door is open to me, and all the rest, so I am pleased to continue support with this charitable contribution. Our Lopez Fit building, the programs, the equipment and mostly the helpful on-site people make it a joy to come for a workout. COVID-19 memory is passing but not the community support Lopez Fit gives AND receives impresses everyone. Lopez Fit has made a positive difference for me and for Lopez's youth, seniors and the daily core group."*

Bill Scherer



## 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).



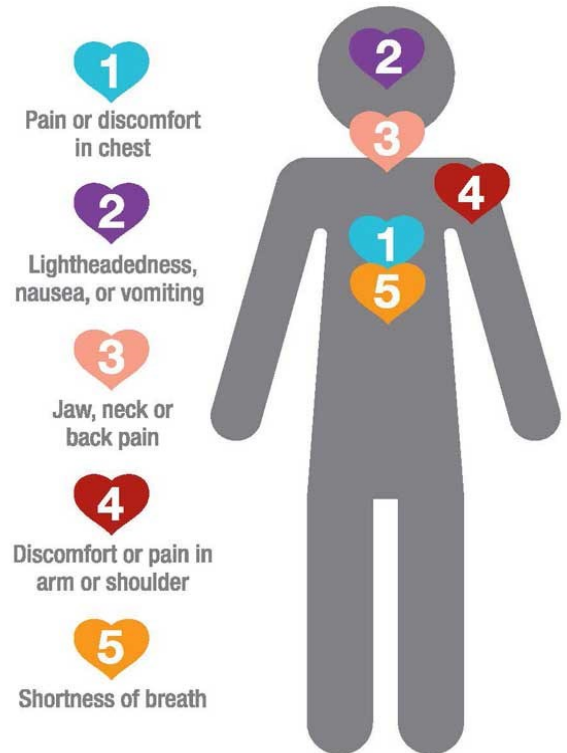
American  
Heart  
Association.

## Common Heart Attack Warning Signs

Coronary heart disease, which includes heart attack, is the #1 cause of death in the United States. But many of those deaths can be prevented. About every 40 seconds someone in the U.S. will have a heart attack. It's important to learn the warning signs of a heart attack so you can act fast to save a life—maybe your own. Some heart attacks are sudden and intense but others may start slowly, with mild pain or discomfort.

### What should you do if you suspect a heart attack?

If you are experiencing any of the symptoms listed to the right, call 911 right away even if you're not sure it's a heart attack. EMS staff can begin treatment when they arrive—often much quicker than if someone gets to the hospital by car. Do not drive yourself to the hospital. Minutes matter.



**Learn more at [Heart.org/HeartAttack](https://heart.org/HeartAttack).**

## Ways to reduce the risk of developing heart failure

### Lifestyle Factors

Regular  
physical  
activity



Healthy  
weight



No  
smoking



Healthy  
eating



### Medical Conditions

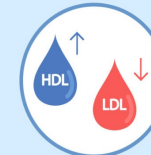
Treat  
high blood  
pressure



Control  
diabetes



Maintain  
healthy  
cholesterol  
levels



Take heart  
protective  
medication as  
prescribed



## Keep Your Heart Healthy!

Don't let your New Year's health resolutions fade... take the time now to re-evaluate your lifestyle and make healthier choices to reduce your risk for heart disease, manage your condition, or care for a loved one with heart issues. Whether you need to stop poor health habits or start more new healthy ones, set realistic goals so that you are more likely to stick to them. Remember to get regular medical check-ups and let your medical provider know if you are experiencing any symptoms or health concerns. Be proactive about your heart and overall health.

You can call 1-800-AHA-USA1 (1-800-242-8721), or visit [heart.org](https://heart.org) to learn more about heart disease and stroke.





## 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, March 20 @ 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](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 @ 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](http://www.islandairambulance.com), ph. 360-378-2376



# Berta's Breakfast Buffet

**Saturday, April 6<sup>th</sup> from 8:30-11am**  
**@ Lopez Community Church Fellowship Hall**

Proceeds to benefit the Lopez Meals on Wheels & More program.  
Come join us for a delicious breakfast and support a valuable service  
that enables many of our seniors to reside in their homes longer  
and/or recover from injuries or illness.

**Breakfast is \$15/adult or \$35 for a family**  
**All-You-Can-Eat**

Scrambled eggs, ham, pancakes,  
biscuits & gravy, (with or without sausage)  
fruit, coffee, tea, OJ, baked goods



Or Current Resident

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

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Lopez Island, WA 98261

SAN JUAN COUNTY HEALTH & COMMUNITY SERVICES

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98261