

**Woodmen Hall**

# Lopez Island Senior Signal

May 2021



## A Note from Senior Services

IMPORTANT DATES in May:

Sunday, May 9<sup>th</sup>: Mother's Day

Monday, May 31<sup>st</sup>: Memorial Day

Happy Spring!

Well, it seems like we are moving right along with vaccination efforts at this point. Isn't it wonderful to be able to go outdoors and enjoy this beautiful island that we are blessed to live on? The ability to visit with friends and family after such a long time is so wonderful. But please remember to follow local, state and CDC guidelines, which are changing often, to help protect those members of our community, including children, who have not been vaccinated.



We are working out the details about being able to congregate for meals again at Woodmen Hall and will let you know when we are able to resume this important nutritional and social service. It will be so nice to see everyone again!

Drivers are needed for off-island medical transportation once we get the approval to restart this important service; please contact me if you are interested in assisting.

Recipes are still needed for our Cookbook Fundraiser. Please send them asap so we can begin putting the cookbook together.



Happy Mother's Day to all the moms out there! We hope you enjoy your special day! And on Memorial Day, our thoughts are with those who sacrificed to keep us safe.

Sincerely,  
*Roni Becker-Wilkie*  
 Senior Services Specialist  
 360-468-2421; ronib@sanjuanco.com



## Looking Ahead Toward Brighter Mental Health!

Contributed by Richard Uri, San Juan County Behavioral Health Specialist

One of the few things we can really count on in life is change. Over the past two years we've seen a lot of it and looking ahead to the rest of this year we can expect even more. What will this mean for our collective mental health? Here are some possible positives to look forward to.

*A rekindling of old family and community bonds:* as we continue making progress against the pandemic more opportunities for personal connection will be returning. How we prepare for this mentally will shape the outcomes and there is no time like the present to consider our personal approaches to spending time around others again.

*Some old ways returning, and others gone for good:* the term "new normal" is getting tossed around a lot in articles these days. This can lead to fears and doubt about how we maintain our happiness without the things we were accustomed to before this global event. Why not think of it as a birth of a new era we can shape for ourselves? We will be able to socialize, learn, and worship together again, and now there will be more ways than ever to do this remotely when our lives don't allow us to be there in person. We will have community events and holidays again with a renewed appreciation

... continued on page 3



### What's Inside...

Services Info	2
Ops Comm/Island Rides	3
SFMNP/Nutrition Article	4
Library/Volunteer Profile	5
Scam Presentation/Yoga	6
Services/References	7
Cookbook Fundraiser	8

## San Juan County Senior Services

Senior Services are provided by the Human Services Division of the San Juan County Health & Community Services Department.

Barbara LaBrash, Human Services Manager  
 Roni Becker-Wilkie, Senior Services Specialist  
 360-468-2421, ronib@sanjuanco.com  
 Gail Leschine-Seitz, Aging & Family Case Coordinator  
 360-370-7528

**Newsletter:** The *Senior Signal* is published by San Juan County Senior Services and distributed free at the Senior Center and by mail. Contact Roni Becker-Wilkie to request copies. Mail submissions to PO Box 154 or email to ronib@sanjuanco.com by the 5<sup>th</sup> of each month for the following month's issue. The newsletter is also available at [www.woodmenhall.org](http://www.woodmenhall.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 154)  
 Lopez Island, WA 98261  
 Phone: 360-468-2421, Fax: 360-468-3021  
 Hours: Tuesday—Friday 9am-3:30pm  
[www.woodmenhall.org](http://www.woodmenhall.org)

Senior Services Council of San Juan County, serving seniors through Senior Centers on San Juan, Orcas, and Lopez Islands.

Board Meetings are held on the 3<sup>rd</sup> Thursday of each month at 1pm.

Lopez Island District Committee Meetings are held on first Tuesday of each month at 10am.

Info: [lopezislandseniors@gmail.com](mailto:lopezislandseniors@gmail.com); 360-468-2421

### Lopez Senior Center Operations Committee

Carl Bender - Chairman  
 Vacant - Vice Chairman, Operations  
 Carol Jones, Treasurer  
 Carl Bender - Water  
 Karin Gandini - Member at Large  
 Barbara Andrews - Member at Large  
 Mel Gaddis - Member at Large  
 Debra Maggiora - Secretary  
 Barbara Jennings - Friends of Woodmen Hall

### Nonprofit Status

The Senior Services Council of San Juan County - Lopez Island District (DBA Lopez Island Senior Center) operates as a 501(c)3. Donations made to the Senior Center are deductible within the limits of the law; please consider the Lopez Island Senior Center in your will and estate planning.

## Respite Care

A reminder to those of you who are unpaid care givers 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

**Home Delivered Meals only at this time.** Wednesdays and Fridays. \$5 suggested donation for seniors 60 and over, \$7 for those under 60. Home delivered meals to homebound seniors on lunch days. Delivery time depends on the number of persons on the route that day.

## Durable Medical Equipment

Lopez Island Hospice & Home Support provides walkers, wheelchairs and other durable medical equipment free of charge. Contact the office, 178 Weeks Road, between 10am-12noon and 1-3pm Monday through Thursday; 360-468-4446.

## 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 - Pending Phased Opening.

If you are interested in renting Woodmen Hall please call the building rental phone number 360-468-3092 and leave a message. The voice mail is checked daily. You may also email A.J. Kocak at [Woodmenhall20@gmail.com](mailto:Woodmenhall20@gmail.com).

## Foot Clinic - UPDATED

Is managed by individual providing the service and not affiliated with the Senior Center programs. Contact Erica Bea at 360-622-8234 or 2177 By appointment only.

*Continued from page 1...*

for what it means to come together and see each others' faces. Yes! Faces, smiles, and laughter won't be behind a mask anymore!

*Services we once had to travel and wait for will be more readily available:* in the behavioral health provider realm we fully expect to see the new tele-health rules continue. In remote communities like ours this means access to mental health treatment with many more choices. It also means online support groups and social hubs will be part of our recovery programs indefinitely.

Let's take this mental health awareness month to assess our own resilience, decide how to maintain it moving forward, and remember change can mean good things are on their way.

### Message from Lopez Operations Committee

It is May again and we are still in the grip of the COVID-19 pandemic. In any case we are now in Phase 3 and can begin to think about getting together with relatives and friends in small groups. I have talked with several people who are happy to see warmer weather and the start of barbecue season. Outdoor activities such as cleaning up storm debris and garden work are well underway. Of course, we still are wearing masks and keeping that six-foot distance.

Several things are beginning to take shape. Interest for congregate meals is starting again; our hope is to be able to resume this service around the end of summer. We are talking with Whatcom Council on Aging, which provides the meals, about what we need to do to prepare. We have begun some clean up and fix up activities in preparation at Woodmen Hall.



The Locavores will begin to bring vegetables to Woodmen Hall, much as they did last year. People will still have to wait outside and get their produce one or two at a time.

We have formed a committee with our other San Juan County senior centers, the County, and WCOA for Meals on Wheels and More advertising and other fundraising activities. That was kicked off with the "celebrity food delivery" this past month. The event was well received and generated interest.

Carl Bender, Chairman  
Lopez Operations Committee



### IslandRides Update

Our eight volunteer drivers are fully vaccinated and trained to assure each rider travels safely masked in the Blue Leaf. As more islanders complete their vaccinations, we can venture out more safely when necessary.

In March we provided 102 rides or deliveries on Lopez. 25% of those trips were deliveries only and 20% of riders donated no fare. Our most frequent destinations remain the grocery store and pharmacy. Four clients were taken to their COVID vaccination appointments.

Special thanks to these drivers: Jerry Manion, Anne Trench, Fons Wynen, Mary Wondra, Jo Bryant, Ron Metcalf, David Savage and Curt Van Hying. Also, thanks to Mireille Kramer for tracking our progress.



### Transportation Voucher Program Keeps Islanders Moving!

*by Richard Uri, San Juan County TVP Coordinator*

The Transportation Voucher Program is designed to help islanders with incomes below \$25,000 a year travel by taxi and ferry. We also have vouchers available for people who have emergent situations such as housing issues, loss of income, and medical emergencies, or people who require ongoing ferry travel for chronic medical issues and need assistance financing the trips. People who need rides for vaccination appointments can also receive vouchers.

For those who qualify, this program provides \$300 toward ferry tickets and rides with local provider partners. Residents can apply through Senior Services or a local family resource center on Lopez, Orcas, and San Juan Islands. On approval they can apply their voucher amount to local taxi services, IslandRides services, and vehicle or walk-on ferry tickets.

Our current funding expires on June 30<sup>th</sup>. At this time the program will reset based on our next grant being approved. If you have a voucher, or plan to apply prior to June 30<sup>th</sup> be aware you must use up your voucher by the time the program resets. Stay tuned for information on when we will be taking applications for the next program.

## 2021 Senior Farmers Market Affidavits (Applications) Are Now Available

Funded by the USDA, the Senior Farmers Market Nutrition Program (SFMNP) provides low-income seniors with \$40 in coupons/vouchers that can be exchanged for fruits, vegetables, honey, and fresh-cut herbs at approved farmers markets and farm stores. To be eligible to receive Senior Farmers Market Coupons, you must meet **all** of the following:

- Be 60 years old or older (55+ if Native American or Alaska Native)
- Be a resident of Washington State
- Have an income below:
  - \$23,828 annual/\$1,986 monthly for 1 person, **or**
  - \$32,227 annual/\$2,686 monthly for 2 people
  - Add \$700 monthly for each additional person in the household.

Senior Farmers Market Coupons can be redeemed starting June 1<sup>st</sup> at San Juan County Farmers Markets as well as at the Anacortes Farmers Market.

**For more information or to apply for Senior Farmers Market Coupons, please contact Roni Becker-Wilkie (360-468-2421, ronib@sanjuanco.com).**



You may pick up/drop off application forms at Lopez Island Senior Center (Woodmen Hall, 4102 Fisherman Bay Rd); hours are Tuesday-Friday 9am-3:30pm but please call first to make sure someone will

be there to assist you. You can also email completed applications to Roni at ronib@sanjuanco.com, mail them to PO Box 154, Lopez Island, WA 98261, or fax them to 360-468-3021. The application is also available to download at <https://whatcomcoa.org/meals-on-wheels-and-more>.

- **One set of vouchers per person.**
- **Proof of income not required.**
- **Supplies are limited.**

If you would like to participate in the program but have difficulty getting to the market and would prefer to have someone purchase produce for you, please contact Roni Becker-Wilkie to make arrangements.

**Senior Farmers Market Coupons will be distributed by mail starting in late May or early June.**

## Time for Leafy Greens

*by Susy Hyman, Meals on Wheels and More*



Spring is here and the farmers markets are opening. Soon you will be able to find great local produce. Here are some ideas for salads to enjoy this season. Including a variety of colors and textures is key to creating

a satisfying spring or summer salad packed with nutrients and antioxidants.

**Start with leafy greens.** Leafy greens are one of the first crops to be available locally. Greens that are darker in color have more nutrients and anti-oxidants. Choose romaine, spinach, baby kale, arugula or spring mix.

**Pile on veggies and fruits.** Raw, lightly steamed, or roasted vegetables and/or fresh fruit are excellent additions to any salad. Choose a variety of colors for the most health benefits. Try zucchini squash, blueberries, strawberries, tomatoes, bell peppers, or whatever is in season.

**Add lean protein.** Make your salad a main dish by adding chicken, turkey, tuna, salmon, tofu, eggs, and/ or beans.

**Add a sprinkling of cheese** for added calcium, protein and flavor.

**Add crunch.** Topping your salad with nuts, seeds or croutons made from whole grains adds protein, heart healthy fats, and fiber.

Homemade salad dressings not only save money, but they can also add heart healthy fats to your diet. They also tend to be lower in salt and sugar than store bought varieties. Here is a recipe for a simple vinaigrette:

### All Purpose Vinaigrette:

- 1 medium garlic clove
- ¼ teaspoon salt
- 5 tablespoons olive oil
- 6 tablespoons orange juice
- 1 tablespoon Dijon mustard
- ¼ cup white wine or red wine vinegar\*



Peel garlic and smash or dice. Using a fork, mash garlic with salt in a small bowl to form a coarse paste. Whisk in oil. Add juice, vinegar and mustard. Whisk until blended. Add more juice to increase sweetness.

\*Other vinegars may be substituted such as apple cider, white or balsamic.



## Connect with Your Lopez Library

The Lopez Island Library is always updating our collection of books and materials, so be sure to check our catalog regularly for new titles that may be of interest to you or your family. This month we have many NEW BOOKS in Crafting, Cooking, Gardening, and Outdoor Recreation (plus many more new titles in fiction, nonfiction, TV series, and youth literature). Here are a few books our librarians thought may be of interest to *Senior Signal* readers:

- *I Cook in Color: Bright Flavors from my Kitchen and Around the World* by Asha Gomez
- *Mexican Home Kitchen: Traditional Home-style Recipes That Capture the Flavors and Memories of Mexico* by Mely Martinez
- *Capturing the Landscape with Your Camera: Techniques for Photographing Vistas and Closeups in Nature* by Patricia Caulfield
- *Seasonal Slow Knitting: Thoughtful Projects for a Handmade Year* by Hannah Thiessen
- *Family Garden Plan: Grow a Year's Worth of Sustainable and Healthy Food* by Melissa Norris
- *New Gardener's Handbook: Everything You Need to Know to Grow a Beautiful and Bountiful Garden* by Daryl Beyers
- *Rail-trails Washington & Oregon: The Official Rails-to-Trails Conservancy Guidebook*

We also have a huge selection of brand-new JIGSAW PUZZLES: 300, 500 and 1000-piece puzzles featuring art, landscapes, nature, travel, pets, books, and more.

Have you tried CREATIVE BUG yet? It's an amazing online collection of arts, crafts, and baking tutorials, beautifully produced by renowned artists and designers, and free to all Lopez Library cardholders.

Are you a fan of British TV mysteries? Our digital subscription to RBDIGITAL gives patrons access to watch Acorn TV for free!

We have recently partnered with the Lopez Island GARDEN CLUB to make local gardening video tutorials available on our website. You can watch some of your favorite Lopez gardeners discuss their tips and tricks from the comfort of your own homes. Links to the videos are at [lopezlibrary.org](http://lopezlibrary.org).

Ready to pick-up your materials? Our Grab & Go Room hours are Monday-Friday 11-3, Wednesday 3-6 and Saturday 1-3. We'd love to help you access any and all of our library services and materials, so please give us a call at 360-468-2265. We look forward to hearing from you!



## Featured Board Member: Barbara Andrews

Like many of you, I discovered this beautiful island on a trip to Victoria, taking the ferry through the San Juan Islands with my husband some 46 years ago. We were visiting his folks in Anacortes and always wanted to take this ferry trip. We were enchanted with what we saw and agreed to one day live in the Islands.

That opportunity came sooner than expected and in 1979 we came up from the Bay Area in California to look for a home. We started looking on San Juan Island and the realtor wanted to show us some homes right away; we asked to see some pictures first but he did not have any. We decided to make a stop on Lopez on the way back to look there. On the way back to the ferry, we came by a realtor's office on Fisherman's Bay and a lady was just locking it up. I jumped out of the car to talk to her. "Well," she said, "you are welcome to look at our listings. We have pictures of them on the wall." And so we found our first home and made an offer that night. Three years later we built the home I live in now behind our first home.

Our daughter started the first two grades on Lopez but we decided to move to Anacortes and let her go to school there. She graduated there and went to college to become a lawyer. We kept our home on Lopez Island and spent weekends and vacations there. When my marriage ended, I moved back to Lopez and love it here.

I since discovered our wonderful Lopez Senior Center. The luncheons twice a week were something I looked forward to. The fresh salads and delicious meals and meeting new people and hearing different stories at our luncheon table made it very special and I made some great friends. A few members of the Senior Center's Operations Committee asked me to come see what they were doing to keep the Senior Center "Woodman Hall" afloat and running so I decided to check it out and have been going to the meetings ever since. I am telling you, we have a very impressive and effective Board. If anyone is interested in checking it out and can contribute, we welcome you. We can always use more input and help getting things done. ~ Barbara



**Memorial Day Facts:**

- Memorial Day is observed on the last Monday of May, honoring those who died while serving in the US military.
- Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. The Civil War claimed more lives than any conflict in US history and required the establishment of the first national cemeteries.
- Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Even barbecues are a slight reflection of an early tradition, which saw families hosting picnics at the graves of their deceased loved ones.
- You've probably seen people wear poppies on Memorial Day. It all stems from a poem titled "In Flanders Fields" by Lieutenant John McCrae.
- The federal government asks that all Americans take a moment of silence at 3pm local time on Memorial Day for the National Moment of Remembrance to remember our fallen soldiers.

Source: www.history.com

**Join a Creaky Yoga Class Online**



The Creaky Yoga program was developed many years ago to offer yoga to those who, because of age or injury, were not able to do regular yoga classes (the "creaky generation"). This Lopez Island gentle yoga program moved online to Zoom in March, and is still available and still meeting the same needs for strengthening, flexibility, wellness and community. On Monday and Thursday from 10:45 to 11:45am there are chair classes (for those who cannot easily get down to and up from the floor). Also on Monday and Thursday from 9:15-10:15am there are mat classes (for those who can still manage the floor). The schedule and Zoom links are at the website [creakyyoga.org](http://creakyyoga.org). For more information or to join, contact: [creakyyogateam@gmail.com](mailto:creakyyogateam@gmail.com) or call Nancy at 360-468-3496 or Stephanie at 760-673-8253. Attendance is by donation.



**Free Scam Prevention Presentation**

CENTS is partnering with the Vashon Island Senior Center to host a free remote presentation on **Friday, May 21<sup>st</sup> @ 1pm**. It is open to anyone regardless of your location or senior center affiliation. Access information is below. This presentation will cover:

- How to safely handle "robo" calls
- Reducing the likelihood of identity theft
- The prevalence of imposter scams and how to avoid them
- The most common scams
- Identifying tactics used by scams new and old
- A mental framework that will help you identify and avoid scams
- What to do if you are victimized.
- The presentation will also have time for Q&A

CENTS Executive Director Anthony Leahy will be the presenter. Mr. Leahy has designed several financial education curricula aimed at adults, including *Senior Money*. He has designed several programs to help people build and protect their financial situation. He is also the Chair of the Outreach & Education Committee of the Student Loan Work Group, which was informally convened by the Washington Attorney General's Office. He received his Juris Doctor degree at the University of Washington School of Law.

**Presentation Logistics**

Friday, May 21<sup>st</sup> @ 1pm

Join Zoom Meeting: <https://zoom.us/j/91051481261?pwd=Mk9LQXByNUZlZlYdC9MU0hycGd1QT09>

Meeting ID: 910 5148 1261

One tap mobile

+12532158782,,91051481261#, US (Tacoma)

**If you don't have Zoom Installed:**

Click on the Zoom link above and follow the prompts. You have the option of watching on your screen and using your phone audio, which is recommended for weaker Internet connections.

**If you have Zoom installed:** Please type in the Meeting ID into the "Join a Meeting" option.

**To Access without installing:** Go to <https://zoom.us/join> on the internet and type in the Meeting ID.

**To Dial In:** Dial 1-253-215-8782. When prompted for Meeting ID, dial 91051481261#.

If you have questions\*, please email: [info@centsprogram.org](mailto:info@centsprogram.org)  
 \*Unfortunately, CENTS does not have the resources to provide technical support. If you need assistance accessing the presentation, please contact your local senior center or a trusted friend or family member.

Tony Leahy  
 Executive Director, CENTS  
[www.SeniorMoneyProject.org](http://www.SeniorMoneyProject.org)



**CENTS**  
 CONSUMER EDUCATION  
 AND TRAINING SERVICES

## Community Services and References



### Home Delivered Meal Service

Due to COVID-19, we are only delivering meals to those in need. No lunches are served at Woodmen Hall/Senior Center at this time. Please contact San Juan County Senior Services Specialist Roni Becker Wilkie at 360-468-2421; ronib@sanjuanco.com if you are in need of home delivered meals right now or know someone who may need them. Meals are delivered Wednesdays and Fridays.

### Caregiver Support Group

We will meet online via Zoom on **Thursday, May 20<sup>th</sup>**, from 1:30-2:45pm

Contact Gail Leschine-Seitz, San Juan County Aging & Family Case Coordinator, at 360-378-2677 or gaill@sanjuanco.com for more information.



#### 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 Lopez Senior Center—Woodmen Hall, or you may contact Roni Becker at 360-468-2421 or ronib@sanjuanco.com to request a copy.

### Some of these services may not be available at this time due to COVID-19.

**Lopez Island Hospice and Home Support referrals.** Trained volunteers to help support members of the Lopez Island community that are dealing with temporary, chronic or terminal illness. Also a resource for medical equipment. Call Senior Services (360)468-2421 or Lopez Island Hospice and Home Support (360)468-4446.

**Information & Assists:** This program will help you find needed information about services, community resources and issues of concern to older adults.

**Case Management:** Referrals to Medicaid, Island Hospital Home Health and Lopez Island Hospice and Home Support case management are available to assess and offer options for those in need.

**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 care givers.

#### **Island Hearing:**

Please call for appointment Stacie Nordrum 360-378-2330 or islandhearing@gmail.com

**SAFE San Juans:** Provides domestic violence and sexual assault services to survivors and their loved ones; (360) 468-3788. SAFE San Juans also has a 24-hour crisis line on each island. On Lopez call 360-468-4567.

## HELP IS JUST A CALL AWAY

**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 Hospice and Home Support:** (360) 468-4446 In home support by trained volunteers. Also medical equipment such as walkers, toilet raisers, and more.

**SHIBA:** Medicare and health insurance questions. Call Mac Langford at (360) 468-4015

**DSHS:** Low income assistance (360) 378-6504

**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

**San Juan County Veteran's Assistance Program:** veterans@sanjuanco.com

**Family Caregivers Support Group:** Third Thursday from 1:30-3:00 at Woodmen Hall (360)-468-2421

**Loss Support Group:** Call Hospice and Home Support Office (360) 468-4446 for meeting time.

**Hamlet House :** Adult Family Home in Lopez Village (360) 468-3800

**Suicide Hotline for Veterans:** 1-800-273-8255

**Community Wellness Program:** Offers mental health service to seniors Family Resource Center

**LHEAP Program:** energy assistance program (360) 468-4117 Family Resource Center

**Crisis Hotline: 24 hr. 800-584-3578 WA Relay:** 800-833-6384 www.imhurting.org

**Lopez Family Resource Center:** (360) 468-4117

# Cookbook Fundraiser!

We need YOUR help to create a Lopez Senior Center cookbook for a 2021 fundraiser!

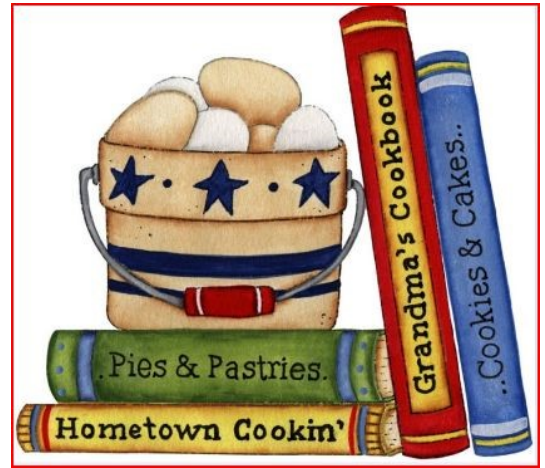
Submit favorite family recipes and stories about their origins; tell us about the family members who created the recipes.

Photographs accepted!

Email submissions to: [lopezcooks@yahoo.com](mailto:lopezcooks@yahoo.com)

or

Mail to: Lopez Cooks c/o Senior Center  
PO Box 154, Lopez Island, WA 98261



Or Current Resident

Phone: 360-468-2421  
FAX: 360-468-3021  
Location: 4102 Fisherman Bay Road  
E-mail: [ronib@sanjuanco.com](mailto:ronib@sanjuanco.com)  
Issue: May 2021

P O Box 154  
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY

Bulk Rate  
Non-Profit  
U.S. Postage  
PAID  
Permit #15  
Lopez Island, WA  
98261