



Woodmen Hall

Lopez Island Senior Signal

June 2021



A Note from Senior Services



Welcome Summer,

Sunday, June 20th is Father's Day and the First Day of Summer!

It is that time of year again for our annual membership drive. Please see the back page for information and thanks for your continued support.

With the help of Chris Orr from Meals on Wheels in Bellingham we were able to say a big "Thank you" along with a nice gift certificate from "Just Heavenly Fudge" to our wonderful volunteers. Thanks again for all that you do to help our Seniors on Lopez.

Grow a Row is back at Woodmen Hall as of May so stop by to donate between 9-10:30am on Tuesdays and/or pick up fruits and veggies from 10:30am-12pm. Thanks again to the Locavores. Another amazing group of volunteers.

Discussions are ongoing about the re-opening of the Senior Center. We would rather wait a little longer and be safe, rather than chance coming back too soon and be sorry.

The new Foot Care at Woodmen Hall is going very well and new clients are calling. I have had some very positive feedback. Thanks Erica Bee from Orcas Island.

We are still very much in need of more recipes for our Cookbook Fundraiser so please keep them coming.

Have a lovely summer but remember to stay safe and follow CDC, State, and County Health regulations to keep Lopez Covid free.

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



Alzheimer's & Brain Awareness Month

Alzheimer's disease is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life; it accounts for 60-80% of dementia cases. It is not a normal part of aging; however, the greatest known risk factor is increasing age and the majority of people with Alzheimer's are 65 and older. It is a progressive disease, where dementia symptoms gradually worsen over a number of years and eventually grow severe enough to interfere with daily tasks. There is no known cure, but treatments for symptoms are available and research continues worldwide. Consult your physician if you are concerned that you or a loved one have signs of Alzheimer's disease.

Symptoms of Alzheimer's Disease

Everyone has episodes of forgetfulness from time to time but people with Alzheimer's disease display certain ongoing behaviors and symptoms that worsen over time. These can include:

- memory loss affecting daily activities, such as an ability to keep appointments
- trouble with familiar tasks, such as using a microwave
- difficulties with problem-solving
- trouble with speech or writing
- becoming disoriented about times or places
- decreased judgment
- decreased personal hygiene
- mood and personality changes
- withdrawal from friends, family, and community

Sources: <https://www.alz.org/>
<https://www.healthline.com/health/alzheimers-disease#medication>

AT THE END OF THE DAY
 WHO YOU ARE IS TOTALLY
 & COMPLETELY UP TO YOU

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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.

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 5th of each month for the following month's issue. The newsletter is also available at 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

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 3rd 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; 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
- Sharon Bonelli-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.

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.



Message from Lopez Operations Committee

Happy day! We finally were able to conduct a cleanup day in and around the storage shed. Many thanks to those who contributed their time and effort. Thanks to the two Friends of Woodmen Hall, Barbara Jennings and Patty Ward for helping. Thanks to Roni Wilkie and her husband Dick for hauling off junk to recycling. Roni showed up even though she had undergone a minor operation the previous day. Mel Gaddis and Debra Maggiora loaded up Debra's pickup and hauled off the old wood that had been piled up outside the shed. Additional trash went into the dumpster. Both Barbara Jennings and Barbara Andrews spent the morning fighting blackberry bushes and survived. We still have a lot of old paint in the shed that we need to inventory and get rid of.



The Lopez Locavores begin leaving vegetables at Woodmen Hall similar to the way they did last year. We are happy about this as we received many good comments about last year's activity. I believe all the COVID rules will still apply. Everyone must line up, remain six feet apart and wear a mask. This will still take place in the small entry foyer by the front door.

Chris Orr, Director of the Whatcom Council on Aging, one our Meals on Wheels and More Nutrition Program partners, paid Woodmen Hall a visit on May 7th. Chris is the man who is ultimately responsible for getting the food delivered to Woodmen Hall. He indicated that he was very impressed with the way everyone worked together to deliver meals to those who needed them. He even rode with one of the drivers making the deliveries. We also had a chance to discuss some of the problems and solutions we have experienced.

Carl Bender
Lopez Operations Committee

Farmers Market Vouchers

Senior Farmers Market Voucher applications are available now; supply is limited so apply ASAP. Contact Roni Becker-Wilkie for more info and to apply: 360-468-2421 or ronib@sanjuanico.com.

HAPPY FATHER'S DAY!

Sunday, June 20th



Island Rides

Free or low-cost transportation service to islanders who do not drive.

Word is spreading on Lopez about the convenience of on-island rides and deliveries via the environment-friendly blue Leaf. As we have all gotten vaccinated and learned how to travel safely with distancing and masks, we are going out more to catch up on things.

Three new volunteer drivers have come aboard to help ensure free or donation-fare rides every day. Thank you volunteers! If you would like to volunteer, please give us a call; let's work together to ensure affordable transportation on Lopez Island.

Activity grew to 128 rides or deliveries in April with 16% free trips and average fare collected \$4.35 per trip. Just phone **360-317-3107** to leave a message and we will call to confirm your trip.



Left to right: David Savage, Anne Trench, Fons Wynen, Mary Wondra, Jerry Manion, Ron Metcalf, Mireille Kramer, Curt VanHyning

Keeping Food Safe in the Summer

By Susy Hymas, Meals on Wheels and More

We all look forward to the warmer weather. Enjoying picnics and barbeques is a well-deserved pleasure when you live in the Northwest. Unfortunately, summertime eating also coincides with an increase in foodborne illnesses as warmer weather can cause foodborne germs to thrive. Here are some tips to keep your food safe when the weather is warmer.

When shopping for groceries make sure to refrigerate perishable food as quickly as possible. If you cannot refrigerate food within an hour, an insulated cooler bag with blue ice can help. Reusable shopping bags are very popular, but they can become contaminated with germs if not cleaned on a regular basis.

Plan ahead and defrost meat in the refrigerator, never on the countertop to assure it stays out of the danger zone (41°-135°F). It may take 1–2 days for meat to fully defrost. Use a food thermometer to make sure meat is cooked to the right temperature.

- Poultry (including ground) to 165°
- Ground beef, pork or lamb to 155°
- Beef steaks & roasts to 135°
- Pork to 145°
- Fish to 145°



Reheat all leftover or pre-cooked food to 165°.

Consuming raw or undercooked foods will put you at risk of foodborne illness. This includes eggs, seafood or meats. Do not eat raw oysters as they can cause you to become very sick from vibriosis. Only cooking kills the harmful bacteria in oysters.

If you are preparing food in advance for an outdoor get together, divide the food into shallow containers and store in refrigerator or freezer to cool it rapidly. Use a cooler with ice to assure the food stays cool until consuming or cooking. Separate raw meats and seafoods from ready to eat foods to prevent cross-contamination. When driving to an event, keep your cooler in the air-conditioned part of the car, rather than the trunk.



When grilling, throw out marinades or sauces that have touched raw meat or seafood to stop the spread of germs on your cooked foods. Use clean utensils and plates to remove cooked meat from the grill.

Handwashing is essential to stop the spread of foodborne illness. If you do not have easy access to handwashing, disposable gloves can be purchased for serving food items. Hand sanitizer and disposable wipes are not a replacement for good handwashing, but can be used in a pinch.

I hope everyone enjoys the summer and gets to eat outside. Just remember to do it safely and stay healthy.



SENIOR MONEY PROJECT

A financial education program for senior citizens

Getting your Legal House in Order: Part 3

The following continues the list of legal documents from the prior month’s article. You should discuss these with your lawyer. Please note that the documents can be person and state specific and be wary of online forms.

Living Will/Advance Directives: Also known as living wills, advance directives are a set of written instructions that communicate your treatment preferences to your healthcare team and family members in a situation where you are incapable of making the decision. This assures that your wishes are carried out and relieves some of the decision-making burden from your loved ones. You do not need to have an advanced directive to authorize a “do not resuscitate” order in your medical record, but you will need to make this known to your medical providers in order for it to be documented. Endoflifewashington.org has examples of living wills used in Washington.

“Do Not Resuscitate” and “Do Not Intubate” and “Allow Natural Death” Directives: A “do not resuscitate” (DNR) order is specific kind of advance directive. A DNR is a request not to have cardiopulmonary resuscitation (CPR) if your heart stops or if you stop breathing. Unless given other instructions, hospital staff will try to help any patient whose heart has stopped or who has stopped breathing. Similarly, a “do not intubate” directive permits hospital staff to use chest compressions and cardiac drugs, but prohibits the insertion of a breathing tube. An “Allow Natural Death” order is a term used at some hospitals as an alternative to the more traditional DNR order. Discuss the options with your medical team and trusted person and document your wishes for treatment.

Organ Donation, Funeral and Burial Instructions: In Washington, as in many other states, you have the right to determine whether you want to donate your organs at your death, and what burial and funeral arrangements you prefer. You must, however, include these instructions in a written document signed in the presence of a witness. While these matters are difficult to address, if you do not state your wishes your loved ones will be left to handle these matters at what will be a very difficult and emotional time for them.

If you cannot afford a lawyer, there are free resources in Washington to help you (note eligibility requirements): Contact your local bar association.

Tony Leahy

Executive Director, CENTS

www.SeniorMoneyProject.org



CENTS
CONSUMER EDUCATION
AND TRAINING SERVICES

Connect with Your Lopez Library



In-Person Browsing Is Back at the Lopez Library!

We are very excited that the library is now open for in-person browsing!

On Thursdays and Saturdays from 11am to 3pm, the building will be open for browsing. You can make an appointment or drop-in.

To make an appointment you can reserve a spot through the Library website at <http://lopezlibrary.org/browsing-is-back/>, or you may call the Library at 360-468-2265 and a staff member will help you reserve a browsing spot.

What to expect:

- * Patrons will have 20 minutes to browse our collection and check-out materials.
- * The computers, printers, and restrooms will be closed.
- * The catalog search computers will be closed. Our staff will be available and happy to help find materials and recommend anything you may have an interest in.
- * Please remember that masks are required to enter the building and must be worn at all times.
- * Our Grab-n-Go services will still be operating, and you are welcome to continue checking out materials using that system. Pickup hours are Monday-Saturday 11am-3pm and Wednesday 3-6pm.

We look forward to seeing you!

Library staff are always happy to assist patrons with library resources and are available to deliver materials to your home. Please don't hesitate to call us at 360-468-2265. We are here to help!



Featured Board Member: Karin Gandini

My husband and I moved up to Lopez from Seattle in 1997, having built our house on Lopez in 1991, with my women friends. Best thing we ever did! We joined the Garden Club when they would meet in the room under the existing Fire Station. That led to joining the Seniors who also had lunch there. When the seniors moved to Woodmen Hall, I became involved with different activities such as the Christmas Cookie Sale, St. Paddy's Day Sale, the auction, and also provided programs for lunchtime. Then I was asked to join the Board for Senior Services and have been with them ever since. I have enjoyed meeting the Board members and others involved with the seniors group. I would highly recommend volunteering to be on our board, and bring new ideas to the table.

Karin Gandini

We need YOUR help to create a Lopez Senior Center cookbook for a 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
 or

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



Dangerous Driving

Contributed by Curt VanHying



How can you tell when the time has come for someone to stop driving? Your parent or other aging loved one may not notice that their driving skills are deteriorating or may not want to

acknowledge it—and you may not want to either.

Of course you want your parent to maintain their independence as long as possible, but don't wait for an accident to happen before you intervene. Caring.com developed guidelines to help you avoid being an alarmist yet also realize when the time has arrived that driving is no longer a safe activity for the person in your care. Watch for the following signs of a dangerous driver:

1. Car Insurance Changes or Traffic Tickets—If you've observed some questionable driving on your aging loved one's part, ask whether they've gotten any tickets for speeding or other violations. If you're not comfortable asking about tickets, ask whether your loved one's car insurance rate has gone up. If the answer is yes, this may be a sign that they've had recent driving infractions.

2. Damage to the Car—Walk around their car looking for signs of damage. Everyone's car gets nicked now and then in a parking lot, but does their car have the kind of scratches or dents that could indicate driving mishaps? If so, ask about them.

3. Reluctance to Drive—Notice whether your parent is reluctant to drive, seems tense or exhausted after driving or complains of getting lost. They may, for example, decline invitations to social events that require them to drive, particularly at night. This may be their way of acknowledging that they are aware of their own limitations and are taking steps to avoid an accident.

4. Friends' Observations—Discreetly check in with your loved one's friends and neighbors and ask if they've noticed any driving problems. Don't wait for your parent's friends or neighbors to call you if you're worried about your parent's driving. Take several drives with your aging loved one at the wheel, and observe their driving with an open mind. When you accompany your loved one on an errand or an outing, encourage them to take the wheel. Are they tense? Do they lean forward in their seat and appear worried or preoccupied? Does he or she often express irritation at other drivers? Do they seem particularly tired after driving? If so, your loved one is probably beginning to have some anxiety about driving. If you drive with them a few times and notice problems, it's time to initiate a discussion about your concerns and whether it might be time for them to stop driving.

How To Have "The Talk"

If you have concerns about an elderly adult's ability to drive, addressing them promptly could be a matter of life and death. It may be tempting to procrastinate but think how you'd feel if the delay led to an automobile accident that resulted in a serious injury or death. When you

introduce the subject, try to avoid coming on too strong, or you'll set the discussion off on the wrong foot. You may feel a keen sense of urgency, but if you jump right in with "You have to stop driving! You're going to kill someone!" they will probably either get angry or tune you out.

Remember that if you've noticed that their driving has grown erratic and sloppy, they are probably aware of it too. You can be most helpful by helping your loved one express and work through their own concerns. A good way to do this is to initiate the discussion with a question. For instance, if you know that your parent received a traffic ticket, ask about it and then follow up with another question such as "How are you doing with your driving? Are you finding it a little difficult to manage?"

In his book *How to Say It to Seniors*, geriatric expert David Solie points out that because elderly people face so many losses at this stage of life, they tend to rigidly control the few things they can. This struggle for control will almost certainly come into play where driving is concerned, because giving up the car keys could affect where they live, who they see, and what interests and activities they can pursue. This decision is a simple matter of safety; but for your loved one, it also potentially represents the end of life as they've always known it.

Besides assisting your parent with their transportation needs yourself, you can ask other family members, friends and neighbors to help out and/or recommend they use local services such as IslandRides. Depending on their income, the SJC Transportation Voucher Program may be available to help cover the costs of taxis, IslandRides and ferries.

Check with Senior Services or the Family Resource Center for more information and assistance.



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 2020, and is still available and still meeting the same needs for strengthening, flexibility, wellness and community. On Monday and Thursday from 10:45-11:45am 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. Attendance is by donation.

For more information or to join, contact: creakyyogateam@gmail.com or call Nancy (360-468-3496) or Stephanie (760-673-8253).

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, June 17th**, 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

Join Us - Renew Your Membership - Make A Contribution

Yes, I/ we want to join/renew membership in Senior Services of San Juan County (Lopez Island) for 2020/2021 (July 1, 2020 thru June 30, 2021).

() \$20 Individual Membership () \$30 Couple Membership

I/we wish to make an additional contribution to support Senior Services on Lopez Island:

() to Lopez Island Senior Center \$ _____

() to Special Needs Fund \$ _____ () to Senior Transportation \$ _____

Check payable to Lopez Island Senior Center, for membership plus any donation.

Gifts are fully tax deductible 501(c)3.

Last Name _____ First Name _____ Birthday * _____

Spouse _____ Birthday * _____

Street address _____

E-mail address _____ ****New****

City _____ State _____ Zip _____

Mailing address (if different) _____

Phone _____

* *Optional for grant funding.*

*****FOR OFFICE USE ONLY*****

() Individual - \$20 () Couple - \$30 () Additional Donation _____

Date Received _____ () Cash (receipt#) _____ () Check # _____

() New Member () Renewal

First Member # _____ Spouse/Partner Member # _____

Mail to: Lopez Island 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
Issue: June 2021
Website: www.woodmenhall.org

P O Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

Bulk Rate
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U.S. Postage
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Permit #15
Lopez Island, WA
98261