

Woodmen Hall

# Lopez Island Senior Signal

August 2021



## A Note from Senior Services



Greetings Seniors,

Well, we finally have some good news about coming back to Woodmen Hall for sit down, or congregate meals. We are planning on having a "soft" opening just after the Labor Day

holiday on Wednesday, September 8<sup>th</sup>. For the first month we will be focusing on only serving here at the hall on Wednesdays. We will of course continue delivering Meals on Wheels as usual on Wednesdays and Fridays. The big question will be "How many of our MOW clients will resume coming in for lunch?" I will be sending a survey home between now and then to get a better idea of the count.

Some things might be different than before we shut down during the pandemic to help protect all our health. For example, we may be offering pre-plated salads and bringing coffee to your table... just to be on the safe side for all of our sakes.

We are all so excited about being able to see your smiling faces back here again. The kitchen crew has been busy this whole time with MOW deliveries but we miss all of you. They are planning on something special to welcome you back.

Rumor has it that there are a lot of new people on the island and we look forward to getting to know them also.

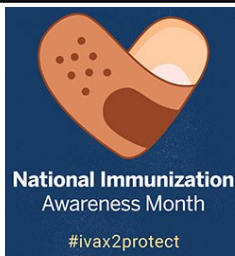
Thanks to Sister Hill & Husband Terry from Anacortes who rode over on their bikes to wash and vacuum our delivery vans. They called and asked what needed to be done, and they did a great job.

Sincerely,

Roni Becker-Wilkie

Senior Services Specialist

360-468-2421; ronib@sanjuanco.com



## National Immunization Awareness Month

A note from San Juan County Health and Community Services...

Coronavirus immunizations are at the forefront of many of our health discussions these days due to the impact of COVID on our daily lives; however, it is important to

remember to get vaccinated against other diseases as well. Here is a list of recommended vaccines for older adults:

- **Coronavirus vaccine**—If you haven't already gotten your COVID vaccine, please talk to your healthcare provider asap. With more contagious COVID variants on the rise, the risks of not being vaccinated are even greater.
- **Flu shots**—Get one yearly to help protect yourself against new strains. The best time to get a flu vaccine is mid-fall so that you are protected through late spring. Watch for announcements in upcoming newsletters regarding fall flu vaccine clinics or set up a fall appointment with your medical provider.
- **Pneumococcal**—To prevent lung and bloodstream infections. Once over age 65, or younger if you have certain chronic health conditions.
- **Shingles**—Many of us had chicken pox as children; from having that, we are at risk for shingles which is an extremely painful infection that presents as a rash and involves nerve pathways. Get this once after age 50, usually as a set of two shots.
- **Tetanus-Diphtheria-Pertussis(Tdap)**—This helps prevent whooping cough, a very contagious respiratory disease. Get one every 10 years unless you have a specific kind of injury.

Contact your health care provider for information and an appointment. Ask for a copy of your immunization record to keep track of what you have had. Some vaccines may also be offered by local and mainland pharmacies. Visit <https://www.cdc.gov/vaccines/adults/rec-vac/index.html> for more info.



## What's Inside...

Services Info	2
Ops Comm/IslandRides	3
Nutrition Info/Volunteer	4
Library/Fundraisers/PTC	5
Avoiding Scams/Yoga	6
Services/References	7
Membership Form	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  
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**

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**

Is managed by individual providing the service and not affiliated with the Senior Center programs. Contact Erica Bee at 360-622-8234 or 2177 By appointment only. This service comes from Orcas Island so please call well ahead and keep appointments.



## Friends of Woodmen Hall Annual Fundraiser Yard Sale-Non Auction Sunday, August 29<sup>th</sup>



### Message from Lopez Operations Committee

I think that it is going to happen! The conversations in most of the meetings with the nutrition people and the county are about starting back up. You will hear more about some of the specifics in the next couple of months, but the start-up date for congregate meals appears to be the first week in September following the Labor Day Weekend. We will probably start with meals one day a week for the first couple of weeks. This gives the senior centers, delivery people, and others involved a chance to get their processes shaped up. One of the problems is that there are new people involved at the senior centers and they require training. Of course, you know that we are ready.

This puts the committee back into the efforts for fundraising. We have been helped by the government and the generous donations from the community in surviving during the pandemic, but I am certain that is about to end. We have already opened the hall up for small meetings and gatherings and are looking forward to some larger events. Remember that we have an event call in number (360-468-3092) and our event coordinator, Ece Kocak, is ready to help set your ideas in motion.

As of now we have had 26 days without significant rain so our beautiful island is dry. Everyone should pay attention to the advice from our firemen and other fire prevention advisors. In addition, pay close attention to your time in the sun. Sunburns and heat exhaustion can come on fast and as seniors we do not need either one. However, do get out and enjoy the remainder of the summer.

Carl Bender  
Lopez Operations Committee



### IslandRides

Well, it has been ten months now since the first daily rides were provided on Lopez by this volunteer team!

They love the service they are providing to our local neighbors and meeting new friends. **IslandRides'** mission is "serving seniors, people with disabilities and rural residents who do not drive." You do not need to apply, file a form, make an appointment, have money or qualify. Just call 360-317-3107. Make a small donation at the time of the trip, or not, it is your choice.

Just a year and a half ago, IslandRides was able to begin saving operating costs and simultaneously saving the local environment when funds were provided for an all-electric Nissan Leaf. Since then, generous donors have provided two more similar used, emission-free vehicles for the community ride services. The state of Washington and the Federal Transportation Administration are in complete agreement with the move to help reduce air and water pollution in our county. They have agreed to fund three new electric vehicles with much longer range in the coming months.

New Nissans will allow more and longer emission-free trips every day as demand grows on the three primary islands in San Juan County. Each ride or delivery will not only reduce the effects of climate change, but will also strengthen public health, protect nature, create jobs and foster equality and opportunity. To inquire about joining the volunteer driving team contact Curt at [islandrideslopez@gmail.com](mailto:islandrideslopez@gmail.com) or visit the website [www.IslandRides.org](http://www.IslandRides.org).



## Prolonging the Life of Berries



Northwest Washington is berry country. Not only does Washington produce more raspberries and blueberries than any other state in the nation, but Whatcom County produces more raspberries than any other county in Washington! This is great news for berry lovers like me. Unfortunately, the growing season for most berries is only 3-4 weeks. Raspberry season usually peaks in July while peak season for local blueberries is typically late July to early August. Now is the time to visit your local farmers market or farm stand for freshly picked (or U-Pick) blueberries. If you have Senior Farmers Market Vouchers, berries are a delicious and nutritious way to spend them.

What if you go crazy picking or purchasing berries from the farmers market only to realize that you have more berries than you can possibly eat before they spoil? Here is a tip from Carol Simmer that will prolong the life of your berries, grapes and cherries. Prepare a mixture of one part vinegar (white or apple cider-best) to ten parts water. Gently put the fruit into the mixture and gently shake them until all surfaces make contact with the water. This is especially important for raspberries and blackberries because of their structure. Drain very well (rinse if you wish but the mixture is so diluted you cannot taste the vinegar) and refrigerate. The vinegar kills any mold spores and other bacteria that might be on the surface of the fruit. Raspberries should last a week or more and strawberries almost two weeks.

Freezing or turning berries into freezer jam are two more ways to prolong the life of your berries. Growing up with a dad who was a food processing engineer, I was used to hearing acronyms like "IQF" (individually quick frozen). IQF is a method of freezing individual pieces of food separately at extremely low temperatures. Although you may not have the



super low temperature freezer, you can utilize the concept of IQF to freeze your berries. Carefully wash berries and let them dry. Once dry, lay the berries in a single layer on a cookie sheet (small enough to fit in your freezer). After a few hours or when the berries are frozen, package the berries in a container or freezer bag and start again! Last summer I IQF'd so many blueberries that I thought they would last all winter. By sometime in September they were gone...

To make freezer jam, all you need is some instant pectin, berries, and sugar. Follow the recipe on the pectin container. Not sure where to find instant pectin? A quick web search led me to Ace Hardware, Walmart, and of course, Amazon. Have a blueberry good month! Comments or questions? Contact me at [jmeyers@whatcomcoa.org](mailto:jmeyers@whatcomcoa.org) or 360-733-4030 x.1025.

Julie Meyers, Meals on Wheels and More Director



## Featured Board Member: Carol Jones

Carol and her husband moved to Lopez Island 26 years ago. Both were eager to move forward from their former hectic lives in Seattle. Jimmy retired from the Washington State Patrol after 25 years of service and Carol retired from 25 years in the wholesale clothing industry. They did not really retire as both found jobs on Lopez Island. Carol's parents were not so sure she could adjust to a slower pace of life. We are still here!

Both Carol and Jimmy are true Washingtonians as they were born in Seattle and in Bremerton. They met at the University of Washington and are true Husky fans.

Carol joined the Lopez Island Senior Center District Committee about 10 years ago. Gerry Schwankl was very persuasive to convince her to look at the organization. She has served as the committee's Treasurer for the past six years. Her motivation to join the committee was to help advocate for seniors on the island. There are a lot of activities and projects she has been involved with—fundraisers, social functions, work parties, community lunches at the Hall and of course, Bingo nights! She admits she does not win often.

She is also on the board of the Lopez Thrift Shop. She loves volunteering to help the Lopez Island community and she hopes "anyone interested in volunteering at the Senior Center will join our group."



## Lopez Red Cross

We are recruiting more volunteers. If you or someone you know is interested in volunteering, please contact 425-238-3349 or email [JoinUsNW@redcross.org](mailto:JoinUsNW@redcross.org).



## Connect with Your Lopez Library

We are now open Tuesday-Saturday from 11am to 5pm. Please continue to wear a mask if you are unvaccinated, or with a child age 5-12. Staff will continue to wear masks in public spaces while interacting with the public. Our popular Grab & Go service will continue until further notice. We look forward to seeing you!

### EVENTS:

Join us August 8<sup>th</sup> & 9<sup>th</sup> with Washington State Poet Laureate Rena Priest:

**Sunday, August 8<sup>th</sup> @ 1pm**—State Poet Laureate Rena Priest will perform a poetry reading for the public in the outdoor pavilion at the Lopez Community Center. All ages welcome!

**Monday, August 9<sup>th</sup> at 3pm**—Join Rena Priest for a 90-minute poetry workshop at the Lopez Library. Find the joy in words through delightful poetry games, prompts, and encouragements. Suitable for teens and adults.

**Please call the library at 468-2265 to pre-register for the event.** Thank you to the Lopez Island Family Resource Center and the Lopez Historical Museum for partnering with us on these events.

### ANNOUNCEMENTS:

**Free access to the New York Times subscription is back!** Free access to the New York Times is again available to Library patrons. "The original, quality journalism of *The New York Times* helps you make sense of this moment - and make everyday life better." **Follow instructions on our website to log on: <http://lopezlibrary.org/online-content-news/>**

### Don't Forget Summer Book Bingo!

Pick up a copy of the Book Bingo sheet at the library. We have a display with lots of recommendations for your reading and gaming pleasure, and staff are always happy to help you find books to fill your bingo card. The reading challenge goes until August 31<sup>st</sup>.

### Medicaid Transportation Assistance

Are you a **Medicaid** recipient in need of transportation for an off-island **medical** appointment? Call **360-738-4554** or **1-800-585-6749** for help. Call at least two business days before your appointment. Have your Provider One number and appointment information handy.



Please join us to support Lopez Senior Services **Sunday, August 29<sup>th</sup>**



during the "Friends of Woodmen Hall" Yard Sale/Non-Auction!

**Come buy lunch: hot dog, chips, cookie, bottled water**



Thanks for your continued support!



## Powerful Tools for Caregivers Six-week ONLINE Class Series

Thursdays, September 30<sup>th</sup>—November 4<sup>th</sup>

**FOR Powerful Tools Caregivers** San Juan County Senior Services will be offering a FREE Powerful Tools for Caregivers six-week class series in late September-November (Sept 30<sup>th</sup>, Oct 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> and Nov 4<sup>th</sup>). The 90-minute classes will be online via Zoom on Thursdays from 1:30-3pm. These classes are for unpaid caregivers to learn tips and techniques for navigating the world of caregiving for a family member or friend in need, and to gain self-care coping skills. If you are interested in joining us for these six sessions, please contact Gail Leschine-Seitz at 360-370-7528 or [gail@sanjuanco.com](mailto:gail@sanjuanco.com) for more information and to register.

## 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](mailto:lopezcooks@yahoo.com)

or

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





## How to Say "NO" to Scammers

*Contributed by Chrissy Svihus, CENTS Legal Intern*

By now, you know how to recognize the signs of a scam: be on the lookout for texts, phone calls, and emails that ask for your information, even if they appear to be from a legitimate source since phone numbers and email addresses can be faked. When in doubt, contact your bank or IRS or other agency claiming to need your information from their phone number listed on their official website or a legitimate bill you have received before, NOT the person who contacted you.

Be assertive! Remember, YOU direct the conversation. Any legitimate source will respect your concern for your privacy and provide you with the information you need. A government agency will NEVER threaten to issue an arrest warrant or any other drastic measure over the phone if you do not pay right away. Here is a list to keep handy if you need to verify if a call is legitimate:

1. **"What is this in regard to?"** REMEMBER, do not volunteer ANY information! Any tidbits of information you share can be used against you by a scammer, so when in doubt, don't provide anything.
2. **"I don't feel comfortable providing this information. Let me call the main office so I can verify this is legitimate."** This will never anger or upset a legitimate caller. If they seem irritated by your hesitation, it is more likely to be a scam!
3. **"I am going to ask my spouse/child/trusted friend/financial advisor, etc. about this before I make a decision. I will get back to you later."** This shows you are not easily rushed into making a foolish choice. Again, no legitimate caller would question your decision to do this.

You are never under any obligation to provide any information or money right away to a caller. It is always a safe choice to take your time and ask someone you trust if this seems right. If you get flustered easily, have a phrase in mind that will let you get off the call and collect yourself to make sure you're making a wise decision. Write it down. A scammer takes advantage of those who are stressed, rushed, or otherwise not thinking clearly. With a calm mind and trusted resource to help you vet decisions, you can avoid being taken advantage of by scammers!

**How to report a suspected scam:** AARP Fraud Watch 1-877-908-3360 and/or your local non-emergency police line.

Tony Leahy, Executive Director, CENTS  
www.SeniorMoneyProject.org

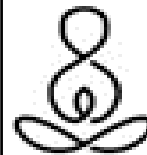


## GROW-A-ROW CONTINUES!

### Woodmen Hall - Tuesdays

9 to 10:30am drop off cleaned and ready-for-packaging fresh produce from home gardeners.

From 10:30 to noon, the cleaned and packaged produce will be available to the community for pickup.



## Creaky Yoga is Now In-Person Again!

Creaky Yoga is now meeting in person for vaccinated people 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, are not able to do regular yoga classes (the "creaky generation"). The program is known for meeting needs for strengthening, flexibility, wellness and community. More information is at the website [creakyyoga.org](http://creakyyoga.org).

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

All classes are drop-in and attendance is by donation (suggested donation is \$5-20 per class).

## 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  
Wednesday, August 18th  
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.

**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 **Returning Soon :)**

**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 1-800-827-1000

**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 2021/2022 (July 1, 2021 thru June 30, 2022).

( ) \$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 August 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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Permit #15  
Lopez Island, WA  
98261