

**Woodmen Hall**

# Lopez Island Senior Signal

**July 2021**



## **A Note from Senior Services**



Hello,

Things at the Senior Center are continuing to be busy with meal delivery and talk of opening up congregate meals here. As I stated before we want to be cautious and wait until we can have

less restrictions when we finally can meet again. We are looking at waiting until the tourists, with higher exposure, have mostly left for the summer. With that said, we might start off with a soft opening maybe one day a week until we can get all of the kinks out. Just before the pandemic we were delivering about 10 meals and had about 50 congregate attendees. Now, we are only doing home delivery and that count is up to 40 meals. When we re-open the question will be how many will be comfortable dining inside? And how many will continue home delivery?

Mel Gaddis came by and did some much needed handyman work around the outside/back of the building. Thanks Mel.

We had a brief meeting with the "Friends of Woodmen Hall" to hear about their new "vision" for preserving and updating the upstairs area of Woodmen Hall. They have big plans for insulation and heat to preserve this wonderful historical building where some of us even used to come for weekly dances as teens and our Senior Prom. Not to date myself but it is a fact. :)

Have a great summer. And a safe 4<sup>th</sup>.

Sincerely,

*Roni Becker-Wilkie*

Senior Services Specialist

360-468-2421; ronib@sanjuanco.com



## **Summer Sun Safety Reminders**

The Skin Cancer Foundation recommends:

- Seek the shade, especially between 10am and 4pm.
- Don't get sunburned.
- Avoid tanning, and never use UV tanning beds.
- Cover up with light colored clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside so the sunscreen has time to bind to your skin. Reapply every two hours or after swimming or excessive sweating.
- You should use sunscreen on every part of your body that is exposed to the sun, including those easy-to-miss spots: the tops of your ears, back of your neck, your scalp (on the part line), tops of your feet and behind your knees.
- Even when it's cloudy, up to 80 percent of the sun's UV radiation reaches the earth. Going unprotected on an overcast day can lead to skin damage.
- Keep newborns out of the sun. Use sunscreen on babies over the age of six months.
- Examine your skin head-to-toe every month.
- See a dermatologist at least once a year for a professional skin exam.



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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 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 Bea at 360-622-8234 or 2177 By appointment only.

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



**Message from Lopez  
Operations Committee**



This Fourth of July holiday will be better than the one we had last year. I missed watching the parade this year and last, but there is always next year. At least we can travel and visit friends and relatives. In any case things are starting to pick up. The Friends of Woodmen Hall are planning an outdoor yard sale/non-auction next month and we are getting some questions about meetings and other events.

Conversations with our County and Whatcom Council on Aging nutrition program partners are turning to re-opening the senior centers for congregate meals. There are many factors to consider including the health safety of all participants, as well as staff and volunteer availability. Stay tuned for more information, but we are tentatively planning to resume onsite lunches just after Labor Day. In the meantime, we are inventorying silverware, plates, etc. to make sure we are ready. Of course, we will continue delivering meals to those who are unable to attend lunches at the Hall.



The committee members have been and will continue to be busy working out a transportation agreement with the County and a nutrition agreement with the County and Whatcom Council on Aging. We will be rewriting our rules of operation, the agreement with the Friends of Woodmen Hall, and all the position responsibilities. These items have all been done in the past, but were heavily reviewed over the past two years and are in need of changes.

Carl Bender  
Lopez Operations Committee



**IslandRides**

Lopez riders say "Friends are made with **IslandRides!**" We are proud that our local ride service has continued to safely meet the on-island transportation needs of fellow islanders who do not drive during the pandemic. Volunteer drivers take full-vaccination and mask wearing seriously and are seeing more folks getting out now that our county has reached the highest vaccination percentage in Washington.

About 40% of the 106 trips in May were deliveries of groceries, prescriptions and personal necessities to individuals' homes.

**IslandRides** continues taking you to medical appointments, shopping and other on-island outings. Reach a driver personally from 11am-3pm daily at **360-317-3107** by phone or text. If you call ahead of time, just leave your trip details and a driver will call you back to confirm your plan. We look forward to seeing you soon in the zero-emissions blue Leaf!

To inquire about joining the volunteer driving team, contact Curt VanHyning at [islandrideslopez@gmail.com](mailto:islandrideslopez@gmail.com) or visit the website [www.IslandRides.org](http://www.IslandRides.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.**



## Updates from Meals on Wheels and More

Many of you are probably more than ready to enjoy catching up with your friends over lunch at the Mullis Senior Center! The Meals on Wheels and More program is working closely with San Juan County Senior Services staff and representatives from the Senior Center District Committees to prepare to welcome you back for Senior Community Meals. We have a tentative plan to resume meal service one day per week starting in September. For July and August, we will continue to provide home-delivered Meals on Wheels to all seniors who need them.

I want to take a moment to recognize and thank the San Juan County Senior Services staff, particularly Debbie, Jami, Roni, and Gail for their tireless efforts to coordinate the home-delivered meal program, which quickly expanded with the onset of the pandemic in March 2020 and continues to be triple the size of the pre-pandemic program. Throughout the past 16 months they have worked tirelessly to ensure that SJC seniors receive the nutritious meals and other services they need to stay safe, healthy, and connected. Also, a big Thank You to our cooks, kitchen, and admin volunteers, and the many volunteer drivers who have stepped up to meet the increased demand for Meals on Wheels! SJC staff will soon be recruiting additional volunteers to help with Senior Community Meals. Please consider volunteering if you are able to do so.

Do you have a suggestion for how we can improve Senior Community Meals/ better meet your tastes and lifestyle? Please send me an email or call me. I look forward to hearing from you and to visiting the Lopez, Mullis and Orcas Senior Centers this fall!

Julie Meyers  
 Meals on Wheels and More Director  
 360-733-4030 x1025  
 jmeyers@whatcomcoa.org



## Avoiding Government Imposters

by Chrissy Svihus, CENTS Legal Intern

What would you do if you received a phone call from someone claiming to be from the IRS? Or the Social Security Administration? **The first thing you need to do is behave as if it could be a scam.** Scammers take advantage of current events, such as student loan forgiveness programs that do not actually exist yet and may ask you if you're interested in learning more. A scammer may provide you with an "employee identification number," or even have some personal information about you already to try to convince you they're legitimate. But remember, a government agency will never call, email, or text you to ask for money or personal information. If they are asking for money or information they should already have, it is a scam!

Here are some steps to follow if you are contacted by someone claiming to be from a government agency:

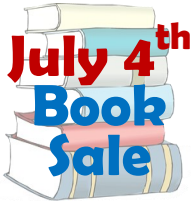
- 1. Do not send money in an untraceable manner.** Don't wire money, send cash, gift cards, or any other method that is hard to track.
- 2. Do not open links in emails or text messages.** Even if it looks real, it could be designed to steal your information. Ask a trusted source for help verifying any links that come to you in an email.
- 3. If you think a call could be fake, hang up and do not provide any personal information!** You can always call back by looking up the agency's official contact information. Do not call the number or email that contacted you.
- 4. If it's unexpected, be cautious!** The government, such as the IRS or Social Security Administration, will not try to collect money from you on the phone without prior notice. You will be sent a notice in the mail if you owe taxes. If you encounter a government impersonator, report it to the FTC at ReportFraud.ftc.gov.

If you haven't already, please visit our website and view the Financial Self-defense for senior citizens presentation: <http://seniormoneyproject.org/news/new-presentation-for-seniors/>. There are some great tips for protecting yourself from scams.

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



## Connect with Your Lopez Library 4<sup>th</sup> of July Used Book Sale Is On!



The Friends of the Lopez Library are very pleased to announce that the annual 4<sup>th</sup> of July used book sale is happening! On Sunday, July 4<sup>th</sup> at the Lopez Community Center come on out and load up on gently used books of all genres and topics. All proceeds support programming and special projects of the Lopez Island Library. Please note, the Friends are not accepting additional book donations before the sale, since they are at capacity in terms of storage, but will be happy to accept donations after July 4<sup>th</sup>.

### Summer Book Bingo

Happy summer reading everyone! Book Bingo is a take-home reading challenge geared toward adult and teen readers. You can get a copy of the Book Bingo sheet at the Library next time you're in the building, or download and print your copy at home by following the links at [www.lopezlibrary.org/summer-reading-2021](http://www.lopezlibrary.org/summer-reading-2021). All participants will receive prizes when they turn in their sheets at the end of the summer. The reading challenge goes from June 14<sup>th</sup>-August 31<sup>st</sup>. Please feel free to get in touch with Lopez Library staff for book recommendations. We love helping you find your next great read!

### Join a Book Club!

- **YARLI (Young Adult Readers of Lopez Island)** - Meets the 1<sup>st</sup> Wednesday of the month to discuss young adult titles. All ages welcome. Visit <http://lopezlibrary.org/yarli-july/>
- **Literary Salon** - Meets the 2<sup>nd</sup> Wednesday of the month to share favorite recent reads. Visit <http://lopezlibrary.org/literary-salon-july/>
- **Whodunit Book Club** - Meets the 3<sup>rd</sup> Wednesday of the month to discuss a cozy or near-cozy mystery. Visit <http://lopezlibrary.org/whodunit-book-club-june/>

If you haven't already, come by the library for browsing and checkout on Thursday, Friday, or Saturday from 11am-3pm. Grab & Go is still in service, too. We hope to see you soon!

Stay tuned for more updates at [lopezlibrary.org](http://lopezlibrary.org) or give us a call at 360-468-2265.



## Featured Board Member: Mel Gaddis

I grew up on Lopez Island and graduated from school in 1970. I then moved to Snohomish County where I lived for 40 plus years until 2016 when my wife Annette and I retired on Lopez. I remember as a kid going to Woodman Hall for movie night and other events that to me make this building a special gathering place. Carl asked me to join the board at the Hall and though I had no plans to do such, I'm glad I did. Being involved at Woodman Hall gives me a greater sense of community and I'm glad to have a part in helping to continue the use of this historic building.



**MINDFUL  
STATE**  
Find Help. Connect. Help Others.

### mindfulstate.com

*is a people-powered community, devoted to supporting the mental and emotional well-being of everyone in Washington.*

A Mindful State is a unique collaboration between the Washington State Department of Health, civic leaders, nonprofit organizations, healthcare providers, and leading experts in mental health. The expert advice on the website comes directly from researchers, doctors, clinical psychologists, counselors and social workers who are leaders and practitioners in the field of mental and emotional health and wellness, disaster response and recovery, addiction, prevention and psychosocial education. The referrals and references have been created or vetted by a panel of experts in mental and behavioral health.

## 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



### Summer Sun & Heat Precautions

As COVID restrictions ease and we get outside to enjoy summer gardening, hiking, beach-going, family and friend get-togethers and special events, it is important to take precautions against the

heat and sun. Here are eight tips to help stay comfortable and safe during the summer months:

1. **Keep Hydrated.** As you age, your sense of thirst becomes less acute and you are not able to conserve as much water. Avoid dehydration by drinking at least 8 glasses of water or sports drinks daily. Avoid alcohol and caffeinated drinks which are dehydrating.
2. **Stay cool.** High temperatures can be life threatening, especially for seniors. If your home isn't air conditioned, consider buying a fan to help circulate air. Use damp clothes on your neck and face to help keep yourself cool. Monitor temperature forecasts and consider visiting a friend or relative's home during high temps. Senior centers, movie theatres and libraries are also good options to help stay cool.
3. **Dress appropriately.** Wear light-colored, loose-fitting clothing. Choose cotton and other natural fabrics that are more lightweight and breathable than synthetic fabrics like nylon and polyester. Wearing a wide brimmed hat will help keep the sun off your face and neck.
4. **Wear sunscreen.** Apply a sunscreen of SPF 30 or higher at least 15-30 minutes before sun exposure. Look for a sunscreen that blocks both UVA and UVB rays. Reapply frequently if engaging in water activities.
5. **Preserve your vision.** Wear sunglasses as sun exposure can irritate eyes and cause vision damage.
6. **Avoid sun during peak hours.** Plan outdoor exercise or activities either first thing in the morning (before 10am) or later in the evening (after 4pm) when the sun isn't as hot. Remember to hydrate even more than usual when exercising.
7. **Watch for heat stroke.** Heat stroke is a life threatening condition. Look for heat stroke symptoms which include high body temperature, dizziness, headache, confusion, and nausea. Seek immediate medical attention if these signs are present.
8. **Protect from insect bites.** If you will be in an area prone to mosquitos, such as by the water, or are out in the evening, wear bug spray and light clothing that covers your arms and legs.

Adapted from: [www.enlivant.com](http://www.enlivant.com)

## HEAT EXHAUSTION OR HEAT STROKE?

### HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

### HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses

### HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°  
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

### HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

### 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 [creakyoga.org](http://creakyoga.org). Attendance is by donation.

For more information or to join, contact: [creakyogateam@gmail.com](mailto:creakyogateam@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  
Wednesday, July 21<sup>st</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

**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 July 2021  
Website: www.woodmenhall.org

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