



Woodmen Hall

Lopez Island Senior Signal

December 2021



December

A Note from Senior Services



Greetings Seniors,
After a trip to "the Mainland" yesterday, I am reminiscing about what a hearty bunch we

are. We sit in lines waiting for our ferries, freezing because we aren't allowed to turn our motors on. Then we get on a big boat that is rocking and rolling and trust that we will make it to the other side. Not everyone is cut out for island life. But here we are on this beautiful island that we get to call "Home"... with our "Tribe" of hearty Lopezians.

And when we loose one of our own, we circle the wagons and support each other with memorials and stories about their wonderful lives and how they touched us. This will be a hard season for some of us so please remember to call or drop them a note letting them know that their spouse/partner was loved and missed during this holiday season.

I hope that everyone stays safe, and that you are able to spend time with family while keeping in mind safety precautions so that we are all well to enjoy many more years together.

Happy Holidays Everyone!

Sincerely,

Roni Becker-Wilkie

Senior Services Specialist

360-468-2421, ronib@sanjuanco.com



One Fall Can Change Everything: Take Steps to Prevent a Fall

By Debbie Haagensen, SJC Senior Services Specialist

My dad has a saying that "one phone call changes everything"; I would like to add "one fall changes everything." We in SJC Senior Services receive many calls from seniors every week and have noticed an uptick in calls regarding people falling and hurting themselves and even breaking bones. It can take a long time to recover from a fall. Most of us have been somewhat less active during the COVID-19 downtime and, whether we like it or not, we've all been aging, so it's important to watch our steps as we get out and about again. It's easy to get distracted while hurrying around and catching up with friends and family. Falls can easily happen to anyone, any time, anywhere so please review these fall prevention tips to help minimize the chance that you will fall and possibly injure yourself:

- Stay physically active and eat healthy to keep your bones strong. Limit the amount of alcohol you drink.
- Have your eyes and hearing tested.
- Find out about the side effects of your medications.
- Get enough sleep.
- Stand up slowly. Use an assistive device if you need help feeling steady when you stand up and/or walk.
- Be very careful when walking on wet or icy surfaces.
- Wear non-skid, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that support your feet.
- Keep your home clutter-free and minimize the amount of furniture you have to maneuver around.
- Always tell your doctor if you have fallen since your last checkup, even if you aren't hurt when you fall.



"Don't let yesterday use up too much of today."

Cherokee Proverb

What's Inside...

Services Information	2
Vaccines/IR/OpsComm	3
Emergency Prep	4
Library/Alzheimer's	5
Med Flights/Yoga	6
Services/References	7
Medicare Enrollment/PTC	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 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

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

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.



COVID-19 Initial & Booster Vaccinations

Consult your medical provider and/or check out the County website www.sjccovid.com and/or SJC Health & Community Services Facebook page for updates on initial and booster vaccination options and clinics. Pfizer, Moderna and J&J booster vaccines are being offered for those who are eligible.



Happy Holidays Everyone!
Please note that San Juan County Senior Services and Woodman Hall will be closed for the holidays on **Friday, December 24th** and **Friday, December 31st**.



IslandRides 360-317-3107 www.islandrides.org

IslandRides began offering electric vehicle, no emissions rides and deliveries on San Juan Island two years ago; then last year on Lopez and this summer on Orcas. As the demand for free or affordable rides increases every month, it is comforting to know there is no pollution being added to our island environment. We also benefit from at least \$500 savings per month on each island from fuel we do not purchase.

If you do not have a car or yours is in the shop or you need a ride to medical appointments, make the call to IslandRides and enjoy to convenience of door-to-door service already being enjoyed by many of your neighbors. In October, there were 821 trips: 418 on San Juan, 238 on Orcas and 165 on Lopez.

The first new, 2021 Nissan Leaf arrived in October on San Juan and the second one arrived just after that on Orcas. Lopez will get one soon too! Volunteer drivers are enjoying getting used to brand-new cars and the extended, 228 mile range permitting more and longer trips every shift. So, take the ride and set your own fare; donate what you wish.



Sandy Playa, Orcas Project Coordinator, with the new IslandRides Nissan Leaf on Orcas.

Transportation Voucher Program

Transportation vouchers are still available. This program provides funding to low income individuals (less than \$25k/yr) for on-island transportation via taxis/shuttles and for ferry tickets. Contact the Family Resource Center or Roni at Senior Services for more information.

Message from Lopez Operations Committee

I am sure that everyone had a good time over the Thanksgiving holiday. It was nice to be free of some of the Covid-19 precautions we had to take last year. It was also great to have families together again, do some visiting with both friends and family, and just be relaxed and comfortable. I had a good time with the school kids visiting on Veterans Day but missed having the veterans get together for a meal at Woodmen Hall. Roni Wilkie and the ladies in the kitchen sent out two meals on the Wednesday before Thanksgiving so that those of you who have meals delivered would also have a Thanksgiving dinner. I want to again thank those volunteers who have prepared and delivered the meals to people unable to get out or prepare meals for themselves.

As I stated in the November *Senior Signal*, The Area Agency on Aging that is responsible for both Federal and State monies for the Meals on Wheels and More programs in our area will have a new director. Everything is set up for 2022 so we will not see many changes immediately, but I am sure there will be some later in the year. It appears that budgets for 2022 will be slightly bigger, which is good news.

It currently appears that we will be able to start the congregate meals at Woodmen Hall sometime after the start of the new year. I hope so because I for one have missed seeing and visiting everyone. We have already opened the hall up for events and meetings and hope to see many more. Anyone interested should call our event line 360-468-3092.

I wish everyone a joyous and good time over the holidays. Have a Merry Christmas and a Happy New Year!



Carl Bender
Chair, Lopez District Operations Committee



Emergency Planning

From Meals on Wheels and More

The early summer heat wave and recent flooding have made it clear that while we never know exactly what the weather will bring, we need to be prepared for a (wide) variety of emergencies. If you lived here in February 2001, you know that this area of the Northwest can also experience earthquakes. Having emergency supplies for weather events or other disasters or in case you need to isolate due to COVID-19 is more important than ever.

What should you have on hand to keep you safe and nourished in case of emergency? Disaster preparedness planners recommend that we have at least 3 days of emergency supplies. The American Red Cross and San Juan County Department of Emergency Management recommend that islanders have **two weeks of supplies** on hand, especially with our remote location. Everyone's situation is different, but here are some suggestions to help you and your family prepare:

- Keep enough water on hand for *at least* three days. The recommendation is for one gallon per person per day.
- Consider your medications. Talk to your pharmacist about stockpiling an emergency supply of your essential medications. Include some over the counter pain medications in your emergency supplies. Be sure to check expiration dates on all medications.
- Flashlight and some extra batteries.
- Transistor radio and extra batteries.
- If you have pets, make sure you have some emergency food and water for them as well.
- Other supplies to have on hand include: a whistle, some cash (ATMs may not be working), an emergency blanket and one or more fans.
- Every cupboard should have an emergency food supply for those times when you cannot cook or get out of the house to get supplies. Stock up on foods that you like; rotate and use when they are nearing the expiration date. Here are some suggestions for your emergency food supply. (If you are on a special diet or have food allergies be sure to adjust accordingly.)
 - Milk or milk alternative in cans or shelf stable boxes
 - Canned fruit and vegetables
 - Tuna and/or other canned meats
 - Canned or boxed



- soups and stews and chili
- Crackers
- Peanut butter and nuts
- Breakfast bars/energy bars
- Hot and cold cereal
- Shelf stable juice
- In addition to food, your emergency supplies should include a can opener, knife, scissors, paper towels, hand wipes, eating utensils, and paper plates.

It is always a good idea to have an out of area contact that you can call in an emergency to let know that you are safe. Sometimes local lines get busy and it is easier to call out of area folks. With a little preparation you will be ready for any emergency this winter might bring.

Steps for Getting Your Affairs in Order

- **Put your important papers and copies of legal documents in one place.** You can set up a file, put everything in a desk or dresser drawer, or list the information and location of papers in a notebook. If your papers are in a bank safe deposit box, keep copies in a file at home. Check each year to see if there's anything new to add.
- **Tell a trusted family member or friend where you put all your important papers.** You don't need to tell this friend or family member about your personal affairs, but someone should know where you keep your papers in case of an emergency. If you don't have a relative or friend you trust, ask a lawyer to help.
- **Discuss your end-of-life preferences with your doctor.** He or she can explain what health decisions you may have to make in the future and what treatment options are available. Talking with your doctor can help ensure your wishes are honored. Discussing advance care planning decisions with your doctor is free through Medicare during your annual wellness visit. Private health insurance may also cover these discussions.
- **Give permission in advance for your doctor or lawyer to talk with your caregiver as needed.** There may be questions about your care, a bill, or a health insurance claim. Without your consent, your caregiver may not be able to get needed information. You can give your okay in advance to Medicare, a credit card company, your bank, or your doctor. You may need to sign and return a form.

Source: <https://www.nia.nih.gov/health/getting-your-affairs-order>

Connect with Your Lopez Library

FALL HOURS

Monday: 10am – 3pm *Grab-n-Go Pick-up only*
(in the front hallway)

Tuesday: 11am-6pm

Wednesday: 11am-5pm

Thursday: 11am-5pm

Friday: 10am-2pm

Saturday: 10am-2pm

Sunday: Closed



COLLECTION

We have recently added more books to the **Lopez Island Home and Hospice Support (LIHHS) Collection**, including topics of caregiving, cancer care, dementia, and death and grieving. Contact us if you'd like more information or need assistance accessing this collection. Please help spread the word to anyone who could benefit from these books.

EVENTS

December 3rd, 7:30pm—Rita Dove is a celebrated poet, prose writer, editor, and musician with an unflinching eye to historical and political events. Visit our website at <http://lopezlibrary.org/sal/> to register for this Seattle Arts & Lectures online event or call us at 360-468-2265.

December 7th, 5:30pm—Join local author, photographer, and aircraft pilot **Peter Cavanagh** for a virtual author event in honor of his newly published book *100 Flying Birds: Photographing the Mechanics of Flight*. Visit our website at <http://lopezlibrary.org/peter-cavanagh-100-flying-birds/> to register for this online event or call us at 360-468-2265.

ANNOUNCEMENT

Please note that The Friends of the Lopez Library will **not** be hosting their used book sale the weekend after Thanksgiving this year. Used books are always for sale on-site at the Library whenever we are open, and at the Lopez ferry terminal.



alzheimer's association®

Check out the Alzheimer's Association website <https://www.alz.org/> for helpful information for individuals and their caregivers dealing with dementia. The Alzheimer's Association 24/7 Helpline is open anytime, day or night: call 1-800-272-3900.

You can register for various educational presentations including:

Wellness Wednesday Webinar Series

The Alzheimer's Association is partnering with UW Memory & Brain Wellness to offer Wellness Wednesdays, a free webinar series for people living with memory loss and their families. For more info and registration links visit alzwa.org/wellness.

Upcoming December Session:

Living Well With Dementia: The Role for Palliative Care—Wednesday, December 1st, 1-1:45pm

Presented by: Dr. Gina Kang, MD

While many people associate palliative care with the end of life, this medical specialty can play a helpful role at all stages of a chronic condition such as dementia. In this talk, geriatrician Dr. Kang will provide an overview of palliative care and what it can provide throughout the dementia journey. Leave with a better understanding of this oft-misunderstood field as you discover new resources for living well with dementia. Register at <https://alzwablog.org/wellness-wednesdays/> or call 1-800-272-3900.

Wellness Wednesdays are taking a winter break for the rest of December, but will return in January 2022. Did you miss a Wellness Wednesday or is there a session you'd like to revisit? You can view recordings of previous Wellness Wednesdays any time at: depts.washington.edu/mbwc/events/community-wellness-talks.

Additional Upcoming Community Educational Presentations in December include:

- 10 Warning Signs of Alzheimer's
- Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning
- Effective Communication Strategies
- Legal and Financial Planning for Alzheimer's
- Living with Alzheimer's: For Care Partners
- Understanding Alzheimer's and Dementia
- Understanding and Responding to Dementia-Related Behavior
- When Living at Home is No Longer an Option

Register at https://www.alz.org/alzwa/helping_you_education or call 1-800-272-3900.

Don't have time to attend a live webinar? They also offer on-demand education in English and Spanish.



Island Air Ambulance Online Presentation

ISLAND AIR AMBULANCE Island Air Ambulance is a critical care air ambulance service, covering San Juan County and surrounding regions while based locally in Friday Harbor. Island Air Ambulance offers a membership program for medically necessary flights to cover out-of-pocket expenses. Annual membership covers an entire household for only \$39. Join us via Zoom on **Wednesday, December 8th @ 10am** to hear more about membership and ask any questions you may have about air ambulance services. Call 360-370-7520 or email info@mulliscenter.org for the Zoom link.

www.islandairambulance.com
360-378-2376
membership@islandairambulance.com

Free Medical and Compassion Flights with Angel Flight West

Our Mission is to help you get the medical treatment you need

Angel Flight West is a nonprofit, volunteer-driven organization that arranges free, non-emergency air travel for children and adults with serious medical conditions and other compelling needs. Our network of 1,700+ pilots throughout the 12 western states donate their aircraft, piloting skills, and all flying costs to help families in need, enabling them to receive vital treatment that might otherwise be inaccessible because of financial, medical, or geographic limitations.

If you have a rare condition, require specialized medical treatment or surgery, have a difficult to diagnose condition, or have a child with a rare or serious illness, you may need to travel a long distance to a center of excellence facility.

While the cost of the treatment is often covered by the health insurance, the cost of travel rarely is. The cost of travel is a barrier for many people in getting the healthcare they need for themselves or their children. If the cost of transportation is a challenge for you, Angel Flight may be able to help you by arranging free medical flights.

To request a flight, call Angel Flight West at 310-390-2958. Or go online for more information at www.angelflightwest.org.

Need Off-Island Medicaid Transportation Assistance?
Call 360-738-4554 or 1-800-585-6749

We need YOUR help to create a Lopez Senior Center Cookbook!
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



Sign up for San Juan County Emergency Alerts

Sign up to receive emergency alerts and severe weather warnings that could directly impact you and your family. The San Juan County Department of Emergency Management is able to send emergency alerts via text message and email. Sign up at: <https://www.islandsready.org/alerts>.



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 available on the website creakyyoga.org, or contact 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 \$5-20/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 Zoom on
Wednesday, December 15th
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 Home Support and Hospice. 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 **Returned**

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.

Lions Club: Contact email: lopezlionsclub@gmail.com

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 Home Support and Hospice: (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

**Medicare Open Enrollment Assistance
with SHIBA Ends December 7th.
Make Your Plan Changes ASAP!**



Open enrollment for Medicare will end on December 7th. Current Medicare

enrollees should review their Medicare Part D drug plans and their Medicare Advantage plans to determine what changes they will need to make for 2022. Medicare has its own vocabulary and rules, and the Statewide Health Insurance Benefits Advisors (SHIBA) are here to assist with any changes to your Medicare plans. San Juan County SHIBA is overseen by the Washington Office of the Insurance Commissioner and sponsored by the Inter Island Healthcare Foundation. SHIBA has trained volunteer counselors available on the three major islands in San Juan County. Call the local SHIBA office at 360-468-4015 to talk to Mack Langford to schedule your free personal, confidential, unbiased counseling session.

Please check out our NEW Facebook page: SHIBA of San Juan County WA.



**Sign-up now for the
Upcoming Powerful
Tools for Caregivers
Class Series**

**Six Wednesdays, January 12th to February 16th
@ 1:30-3pm via Zoom for Lopez Residents**

If you are an unpaid, family or friend caregiver, please join us for this FREE six-week class series that will provide you with tools and strategies to better handle the unique caregiver challenges you face. Due to COVID-19, hybrid sessions will be offered; those who are able to attend in-person at the Mullis Center are encouraged to do so while others may attend online via Zoom.

If you don't have access to a computer with a camera or are unfamiliar with online meetings but want to participate online, give us a call and we can discuss options with you. For more information and to register, please contact Gail Leschine-Seitz (360-370-7528, gail@sanjuanco.com).

Can't make these dates? Contact us anyway to be added to the waitlist. If you are a family or friend unpaid caregiver, these classes are a great gift for yourself.



Or Current Resident

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

Phone: 360-468-2421
FAX: 360-468-3021
Location: 4102 Fisherman Bay Road
E-mail: ronib@sanjuanco.com
Issue: December 2021
Website: www.woodmenhall.org

P.O. Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY