


**Woodmen Hall**

# Lopez Island Senior Signal



**November 2021**

## A Note from Senior Services

 Happy Fall, Someone mentioned the other day that you can't be depressed at the same time that you are focused on being grateful. Something to think about? Also that 10% of the world is wealthier than 90% of the world. So while we might not consider ourselves rich or wealthy, most of the world does. In this month of Thanksgiving let's try to keep focusing on all that we have to be thankful and grateful for instead of everything that is wrong in the world.

Here at the Senior Center we are grateful for the opportunity so make hot meals for those seniors that are homebound at this time. We enjoy working together. It takes a whole team of kitchen volunteers, and drivers to get the meals out two times per week.

Throughout the summer the Locavores and local gardeners have been providing fresh produce also.

I appreciate all of our volunteers and their wonderful dedication. We couldn't do it without you.

Sincerely,

*Roni Becker-Wilkie*

Senior Services Specialist

360-468-2421, ronib@sanjuanico.com



## Emergency Preparedness— Are You Ready?

Emergencies and natural disasters, including wind storms, power outages, floods, earthquakes, tsunamis, extensive ferry disruptions and even pandemics, can occur at any time. With winter just around the corner, now is a good time to review your emergency preparedness plans and stock up on supplies and replace those that have expired. As a reminder of what you might need and to help guide your efforts, the Department of Emergency Management (DEM) Emergency Preparedness Calendar, with helpful phone numbers on the back, is enclosed. The DEM strongly encourages everyone to have at least two weeks' worth of supplies on hand. Also remember to keep supplies, including warm blankets, water, food and a first aid kit, in your vehicle too... they might even come in handy for the long ferry line-ups these days!

We encourage you to visit the DEM website [www.islandsready.org](http://www.islandsready.org) where you can find general emergency related information, a senior specific section, and information on how to sign up for emergency alerts.

If you have friends or neighbors who might find it challenging to get prepared, please offer to help them. Don't forget about your pets' needs as well.

The more prepared we all are, the less stress and the better the outcomes in our rural, remote community in an emergency. Please take the time to review the calendar and get ready now.



**BE KIND,  
BE THOUGHTFUL,  
BE GENUINE,  
BUT MOST OF ALL,  
BE THANKFUL.**

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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 Bee at 360-622-8234 or 2177 By appointment only. This service comes from Orcas Island so please call well ahead and keep appointments.



### Flu Vaccine Options for Lopez Island Residents



- Contact your medical provider to make an appointment
- Lopez Island Pharmacy—Make an appointment online at [lopezislandpharmacy.com](http://lopezislandpharmacy.com) (or you may call 360-468-2616 if you do not have a computer/Internet access)
- Visit an off-island pharmacy; check online or call first to verify if you need to make an appointment

\* Remember to bring your medical insurance card



### 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



With the success of the August hot dog drive-thru sale and the same with the September drive-thru lunch, I believe we gained a little more confidence and much more experience with that type of an event. However, the Board did cancel the annual Christmas cookie sale because of the apparent difficulties in hosting that type of an event. At this point, we have not planned any events for the remainder of the year. We are still uncertain as to when we may reopen for congregate meals and as I have stated before, watch the *Senior Signal* for any further updates.

The Board approved Mary Ann Riggs as a new member of the Board. You may remember that Mary Ann had to previously resign because of family illness. We are happy to have Mary Ann rejoin as she brings a wealth of knowledge about health care and how the health care system works. On a sad note, the Board accepted the resignation of Karin Gandini effective December 31<sup>st</sup>. Karin will be sorely missed as she provided the leadership for both the cookie sale and St. Patrick's Day dinner activities. She was also responsible for most of the after-lunch activities which were enjoyed by many for several years.

The director for the AAA (Area Agency on Aging) has also resigned effective December 31<sup>st</sup>. This is the group that receives and distributes Federal and State money for such programs as MEDICARE and MEDICAID. The county commissioners have already hired a company to begin a search. Luckily there is a good staff, who will provide a smooth transition.

*Carl Bender*  
Chair, Lopez District Operations Committee



**IslandRides**  
360-317-3107  
[www.islandrides.org](http://www.islandrides.org)

Exciting news! *IslandRides* has received the first of three brand new Nissan Leaf SV Plus electric vehicles!

We are so excited to be able to use these new vehicles to expand services! The first new vehicle has arrived on San Juan Island and will be a great asset in keeping up with the growing demand for transportation there. The other two vehicles will be delivered and put to use very soon on Lopez and Orcas.

When planning service expansion years ago, the board members of San Juan Island Shuttle System non-profit (dba *IslandRides*) decided that "being green" was a very important part of our service—not only to reduce operating costs—but also to protect the environment. Despite the current pandemic, our goals are quickly becoming a reality. Many thanks to the hard work of Curt VanHyning and Bob Reilly who had the vision to start this service back in 2013; they invested the time and effort to make it a success ever since. And thanks to our growing non-profit team who are helping provide a valuable service to the community!

Interested in driving for *IslandRides*? Contact Curt VanHyning (360-317-8399, [IslandRides@gmail.com](mailto:IslandRides@gmail.com)) for more information. We can work with your schedule.

Give us a call if you need a delivery or a lift to shopping, errands or appointments.... you might even get a ride in one of the new electric vehicles soon!



Bob Reilly and Curt VanHyning Meet for Delivery of the New Nissan Leaf EV on San Juan Island



### Cranberry Tales Reboot

By Carol Simmer, RDN  
Meals on Wheels and More!

Cranberries are one of the most unique fruits in the world and one of only three fruits native to North America. The fruit has been called many names including, "sassamanesh" "ibimi," and "atoqua" by native peoples. However, it was the early German and Dutch settlers who called it "crane berry" because the flower of the fruit resembled the head of a crane. This evolved into "cranberry"!

The cranberry grows in the wild on long-running vines in sandy bogs and marshes. Originally picked by hand, it wasn't until the 1800s that cranberries were grown on a large scale when a more efficient method of dry harvesting was used. Later the dry harvesting was changed to a wet harvesting method. By flooding the bog where they grew, the cranberry's natural buoyancy allows the berries to float to the surface where they can be collected.

Native Americans knew the nutrient and antioxidant -packed cranberry as a "superfruit" long before today. As early as 1550 they ate cranberries fresh, ground, or mashed with cornmeal and baked into bread. They also mixed berries with wild game and melted fat to form pemmican, a survival ration for the winter months. Maple sugar or honey was used to sweeten the berry's tart flavor.

Cranberries were carried by American whalers and mariners to prevent scurvy (vitamin C deficiency) and American Indians brewed cranberry poultices to draw poison from arrow wounds. Cranberry was also used in a tea to calm nerves and the brilliant juice was used as a dye.

Studies have shown that due to their high antioxidant content, cranberries may have anti-inflammatory and anti-cancer effects and may also help lower blood pressure, improve cardiovascular and gut health, improve eyesight, and help with urinary track health. While cranberries are safe to consume for most people, they are high in vitamin K and can interfere with the blood thinner, Warfarin.



Personally, my family loves my cranberry relish. I make it this time of year when cranberries are plentiful and when tradition demands it at my holiday meals, especially with turkey! It is very simple and very healthy, using only cranberries ground with whole, seeded oranges, and sweetened with honey (or sugar or artificial sweetener). I also add a few toasted chopped pecans! However, my son prefers homemade cranberry sauce made by simmering whole cranberries with a small amount of water until the berries burst. Then stir the hot cranberries with a sweetener of your choice. Year-round we enjoy dried cranberries as a snack and in almost everything baked! I hope you can find more ways to use this beautiful, tasty, and healthy native fruit!



### Cybercrime Soaring During COVID

The May 2021 AARP bulletin article described an FBI report that confirmed Americans were victimized by cybercriminals at a record rate in 2020, most likely from being stuck at home and in front of the computer due to the pandemic. Unfortunately, there are many more types of cybercrime, including, to name a few:

- **Tech-support scams:** Criminals pose as technicians who will "resolve" a nonexistent issue, such as a compromised bank account or computer virus, if you pay them first.
- **Fake job opportunities:** An imposter will post a "job opportunity" with the goal of having job-seekers submit a form with their personal information on it.
- **False romance scams:** A con artist will strike up an online relationship with an unsuspecting victim and, at some point, make up a scenario (such as an illness or business problem) where they'll ask for money.
- **Made up coupons:** A scammer will send an email, Facebook message, or other online post about an opportunity to save money at a known store. The form may look official and have the store's logo. However, all this can be faked and the scammer's goal is to get you to provide your personal information so they can steal your identity.

#### PREVENTATIVE STEPS:

- Slow down and ask yourself if this could be a scam.
- The threat of service or account disruption is a common tactic. Don't panic. Verify it's legitimate.
- Don't provide personal information (social security) or account numbers over unsecure email or text. Legitimate businesses won't collect your information this way.
- Are you being pressured to act quickly?
- Are you being asked to pay in unusual manner, such as by gift cards?
- If you're not sure if it's legitimate, collect the information and don't provide yours. Then independently find the business's contact information and verify with them. You can also contact the Fraud Fighter Call Center at 877-908-3360.
- If it involves a personal relationship you started online, do not send money.
- Contact the authorities if you've been victimized.

By Tony Leahy  
Executive Director, CENTS



### 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).





## Veterans Appreciation Days

### November 10 & 11<sup>th</sup>

Lets show our appreciation for all that they have sacrificed. We would like to offer **FREE foot care to Veterans** on both of the above dates. Please consider donating to the cause. Donations can be dropped off at Woodmen Hall Tuesday-Fridays between 12-3:30pm. Please call directly to make appointments. Limited space so call ASAP!  
~ Erica Bee, 360-622-8234



## Thursday, November 11<sup>th</sup>

### Thank You to All Our Veterans!

Veterans Day was originally called Armistice Day, commemorating the end of World War I. But in 1954, after World War II and the Korean War, it was changed to Veterans Day to honor all war veterans. There is no apostrophe in the name. For awhile, the date was changed but it caused confusion and many people/states wanted to honor the original date that WWI ended; it was changed back to its original date starting in 1978. Other countries celebrate it as well. Canada and Australia call it Remembrance Day; many Canadian citizens wear red poppy flowers to honor their war dead. Great Britain calls it Remembrance Day too, but observes it on the Sunday closest to November 11<sup>th</sup>.

### Connect with Your Lopez Library

#### New Fall Hours

We will be adjusting the Library's operating hours for the Fall, including additional Grab-n-Go pick-up times on Mondays, open later on Tuesdays, and open earlier on Fridays and Saturdays.

Monday:	10am - 3pm <i>Grab-n-Go</i> <i>Pick-up only (in the front hallway)</i>
Tuesday:	11am-6pm
Wednesday:	11am-5pm
Thursday:	11am-5pm
Friday:	10am-2pm
Saturday:	10am-2pm
Sunday:	Closed



We have enjoyed welcoming the public back into the library building beginning in the summer months. We still miss many of you, and we hope you will come in and say hi again soon (and checkout some books while you're here!). This Fall, we will continue to offer exciting and dynamic programs that connect our patrons to each other, the natural world, and to places and people (both real and imagined) beyond this island. We will also continue to add new books, movies, and materials to our collection. Additionally, this Fall we are embarking on a search for a new Library Director.

**EVENTS**  
Please visit our webpage at <http://lopezlibrary.org/> or call 360-468-2265 for event information including the Local Author Series with Kip Greenthal (Nov. 4<sup>th</sup>), Brenda Asterino (Nov. 16<sup>th</sup>), Thor Hanson (Nov. 18<sup>th</sup>), and Peter Cavanagh (Dec., date to be determined).

### Powerful Tools

## FOR Caregivers

### Free Caregivers Course

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. There is still time to register for this free, six-week class series. We have adjusted the **start date to mid-January 2022** to allow time for more caregivers to sign up. Please contact Gail Leschine at 360-370-7528 or [gail@sanjuanico.com](mailto:gail@sanjuanico.com) for more information.

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

or

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

## 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](http://www.angelflightwest.org).



**Grow-A-Row Bounty from the Locavore volunteers. Thank you to the many volunteers who ran the program and the generous gardeners.**



## 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](http://creakyyoga.org), or 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 \$5-20/class).



**Thursday, November 25<sup>th</sup>**



## 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, November 17<sup>th</sup>  
from 1:30-2:45pm

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



#### *Tell Us What You Think...*

Senior Services has a feedback survey for you to fill out to let us know how we are doing. We take your comments seriously and continually strive to better serve the citizens of this community. The surveys are available at the Lopez Senior Center—Woodmen Hall, or you may contact Roni Becker at 360-468-2421 or ronib@sanjuanco.com to request a copy.

**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



## Welcome to Medicare!

Are you joining Medicare this year? If so, there's a lot of new information for you to understand. Medicare has its own vocabulary and rules. There are deadlines you need to make and penalties (some lasting a lifetime) for not doing things at the right time. You will need to choose among several types of coverage that will be available to you. Medicare covers most common health issues, but not everything is covered.

SHIBA volunteers are here to make the transition easier for you. Join us for an online presentation on **Wednesday, November 17<sup>th</sup> at 1pm**. Come learn how Medicare works, what your coverage options are and when you must act to avoid penalties. **To register** for the presentation **email [sjcoshiba@yahoo.com](mailto:sjcoshiba@yahoo.com) or call 360-376-5892**. We will need your first and last name, email address and phone number to register you.

This is a **free presentation** made by trained volunteers from the Statewide Health Insurance Benefits Advisors (SHIBA) program overseen by the Washington Office of the Insurance Commissioner to provide free, unbiased and confidential counseling assistance in San Juan County.

There are federal and state programs available to help people with very low incomes and limited assets pay their Medicare premiums, copays and deductibles.

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.

**Open enrollment for Medicare changes ends December 7<sup>th</sup>** so make your coverage changes soon!

In San Juan County SHIBA is sponsored by the Inter Island Healthcare Foundation.

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



Or Current Resident

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

Phone: 360-468-2421  
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Issue: November 2021  
Website: [www.woodmenhall.org](http://www.woodmenhall.org)

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SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY