



Woodmen Hall

Lopez Island Senior Signal

January 2022



A Note from Senior Services



Happy Winter, It is with sadness but warm wishes that I write to tell you that our Meals on Wheels Cook, Tyla, is moving to Eastern WA. Although we will miss her, we wish her the best in her new adventures. Please help spread the word that we are looking for a new cook.

Special thanks to those of you who have been generous with your year-end giving. It is very much appreciated! There is quite a gap between what the meals cost to produce and the amount of donations we receive. However, we are here to help and that is the main objective. Since the passing of the "Older American Act " in 1965, the objective has been to assure that seniors are able to receive nutritious, hot meals whether they can afford them or not.

Fundraising has been difficult during these trying times. One thing you can help with is getting your recipes in for our upcoming Senior Center Cookbook. Wishing you all health & happiness in 2022!

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



COVID-19 Updates & Resources

Hooray to San Juan County for leading the Washington State Vaccination Rate! Thank you to all the organizations, volunteers and individuals who made this possible. However, now is not the time to let our guard down as the latest variant—Omicron—appears to be very contagious and is quickly spreading around the world. As you know, medical services are limited on the island, and off-island hospitals may be quickly overwhelmed. Remember to follow safety precautions: wear a tight fitting mask that covers both your nose and mouth when indoors in public spaces and/or at large gatherings, and social distance where possible. Individuals are highly encouraged to get vaccinated if they are not already and to get a booster as soon as they are eligible (six months after last vaccine). It is also recommended that those who received a J&J vaccine get an mRNA (Moderna or Pfizer) booster. Contact us at SJC Health & Community Services/Senior Services if you have questions or need assistance making an appointment. Sign up for [WA Notify](#) so you'll know if you've been near another person who later tests positive for COVID-19. To get quickly and easily tested anywhere in Washington, visit the [DOH COVID-19 testing locations page](#). Once vaccinated, you can provide your vaccine status using [WA Verify](#).

The state **COVID-19 Assistance Hotline** is a general information line related to COVID-19. If you need information or have a general question, call 1-800-525-0127, then press # or text 211-211 for help. Hours of operation are 6am-10pm Monday, and 6am-6pm Tuesday-Sunday and holidays. You can also text the word "Coronavirus" to 211-211 to receive information and updates on your phone.

Just when the caterpillar thought her life was over, she began to fly.



What's Inside...

| | |
|-----------------------|---|
| Services Information | 2 |
| Weather/ OpsComm | 3 |
| Moderation/Blues/FHFF | 4 |
| Library/Island Rides | 5 |
| Angel Flights/Yoga | 6 |
| Services/References | 7 |
| AARP Driving/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 By appointment only. This service comes from Orcas Island so please call well ahead and keep appointments.

Washington Listens Help Line 1-833-681-0211

The program is FREE and anonymous. Washington Listens helps people cope and strengthen their resiliency in these uncertain times. People who call the Washington Listens support line will speak with a support specialist and get connected to community resources in their area. Call or text when you need someone to talk to. Monday-Friday: 9am-9pm, Weekends: 9am-6pm.

TTY and language access services available by using 7-1-1 or your preferred method.

Weather & Power

The Lopez Senior Center may not be able to deliver Meals on Wheels in the event of inclement weather. If public school is cancelled due to weather conditions, the Senior Center meal deliveries are most likely also cancelled.

Power fluctuations are of particular concern to people relying on medical equipment that requires power. OPALCO will do their best to notify people of planned power outages. Get on their list by calling 360-376-3500.

In the case of unplanned power outages, it is up to individuals to have backup power plans to cover their needs. Please be prepared for what the winter season may bring, including extended power outages. Stock the pantry with easy-to-prepare meals and lots of extra water. Here's to a safe and cheery winter on Lopez!



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.



Martin Luther King Jr. Day
Monday, January 17th

The time is always right
to do what is right.

~ Martin Luther King Jr.

Message from Lopez Operations Committee

Happy
New Year

Here is hoping that everyone had a Merry Christmas and a Happy New Year! It was nice that this year we were able to get out and join with family and

friends more than we were able to last year. To me just relaxing a bit, visiting with people, and exchanging gifts is the greatest part of the holiday season. Let us hope that the new variant of the virus does not have the effect that the Delta variant did.

We had hoped to begin congregate meals this past fall and then we had hoped for the beginning of 2022. However, it appears that our hopes for early 2022 will not materialize. The jury is still out, but it appears that home delivered meals will remain on hold for the near future. We are not sure what this new variant of COVID will do to us in the future. In the meantime, we will continue to clean-up some of the minor discrepancies around Woodmen Hall.

Currently, we can support meetings and other activities in Woodmen Hall giving us the opportunity to do some fundraising. I want to encourage our members and others in the community to take advantage of this time. If you are planning an event, please call our Events Coordinator at 360-468-3092; if needed, leave a message and she will return your call as soon as possible.

In closing, I want to thank again all the people in the community who have continued to make food for seniors a possibility, and especially the Grow-A-Row people and Locavores who were able to provide vegetables for the seniors and others in the community two extra months this year.

Happy New Year Everyone!

Carl Bender

Chair, Lopez District Operations Committee

A Resolution of Moderation

Meals on Wheels and More Staff

For many, January is a time when we resolve to make diet or exercise related changes to improve health and/or lose weight. Often these resolutions are somewhat extreme and very difficult to maintain long-term. We might resolve to cut out simple sugars or caffeine or to exercise for one hour every day. However, after a week or two we miss a day of exercise or eat a cookie and then ditch the plan altogether. While resolving to embrace moderation may not feel like a true New Year's resolution, it can be much healthier and easier to maintain than more extreme alternatives. One area where we can resolve to incorporate moderation is in our food portions. Overeating is not only a challenge for weight control, but also for those with diabetes who are concerned about maintaining their blood sugar levels. Here are a few suggestions to help you adopt a moderate eating approach for 2022.

- **Use smaller plates.** You will feel more satisfied if your plate looks full, even if the portions are smaller.
- **Make healthy choices easier.** Stock up on healthy food choices and keep the high calorie, high sugar and high fat foods out of the house or at least **out of sight!**
- **Check your emotional state:** You are more likely to overeat when you are sad, stressed, bored, or anxious. Realizing your mood is the first step to combat those feelings, rather than eating as a solution.
- **Occasionally allow yourself small portions of your favorite treats.** Enjoy them without guilt and you will be less likely to feel deprived or overeat.
- **Don't skip meals even if time is limited as you will likely overeat later.** Make a plan and stick to it! If the plan needs changing, do it and keep going! For example, for breakfast keep simple and fast foods handy like bread or English muffins to toast. Add peanut butter or a hard-boiled egg (keep cooked hard-boiled eggs in the fridge for easy access) and a piece of fruit and you are on your way in no time!
- **Do not go to a restaurant or event overly hungry.** Eat a healthy snack at home before leaving.
- **Set aside half of large restaurant meals before eating.** Not only will this provide you with tomorrow's lunch, but you will be less likely to keep taking "one more bite."
- **When you mess up, forgive yourself.** Tomorrow is a new day. Start fresh and move on.

Tips to Beat the Winter Blues

1. **Brighten your home**—Vitamin D from natural light can help improve your mood. Make it a daily routine to open your blinds and curtains. Consider purchasing a light therapy lamp.
2. **Eat well**—Eating the right combination of proteins, carbohydrates, dairy, fruits and vegetables is a natural way to boost your mood and energy.
3. **Stay active**—Exercise can be vital to lifting up your mood during the winter months. Stretching, walking, yoga and lifting light weights are a few ideas to get you started.
4. **Accomplish a goal**—Motivate yourself by adding a goal to your to-do list, big or small, and once it's finished, cross it off.
5. **Try something new**—Consider taking up a new hobby like puzzles, crosswords, knitting or walking or volunteering for a local organization.



Friday Harbor Film Festival Presents 2022 BEST OF THE FEST

Friday Harbor Film Festival's 2022 BEST OF THE FEST series begins brightening your winter on New Year's Day. Each week during January and February a new event bucket of documentaries, each containing a feature film, a short film, and recorded filmmaker Q&As, will be available on demand on the website, www.fhff.org.

All the films are among the top ten features and top ten shorts shown during the festival last October. Top student films will be shown in February. Tickets are available online. Each event bucket costs only \$2.95. To support feature filmmakers, they will receive half of this fee.



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. To hear about membership and ask any questions you may have about air ambulance services.

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

Connect with Your Lopez Library

360-468-2265 ; <https://lopezlibrary.org>

Hours

Monday: 10am – 3pm—*Grab & Go Only**
 Tuesday: 11am – 6pm
 Wednesday: 11am – 5pm
 Thursday: 11am – 5pm
 Friday: 10am – 2pm
 Saturday: 10am – 2pm
 Sunday: Closed

* *Grab & Go Pick-Up located on the bookshelf in the front hallway.*

Holiday Closures

We will be closed on Saturday, January 1st for New Year's Day and Monday, January 17th for Martin Luther King, Jr. Day.

Art in the Library

Peter Cavanagh and Rae Graville—Now until February 3rd

Come into the Library to enjoy local artwork on display, featuring Cavanagh's spectacular original prints from his book, *100 Flying Birds* (as well as prints from his archives) and Graville's gold-flecked Kintsugi pottery in the display case.

Book Clubs

Start the new year off by joining a book club! The library hosts three:

Never Too Old: A Young Adult Book Club for Adults meets the 1st Wednesday of each month at 5pm. On January 5th we will discuss Louise Erdrich's "Birchbark House" series featuring Native American voices during the settlement period in the American West.

Literary Salon meets the 2nd Wednesday at 5pm. Join us on January 12th to share your favorite reads.

Whodunit meets the 3rd Wednesday at 5pm to share cozy or near-cozy mysteries. We will discuss *The Widows of Malabar Hill* by Sujata Massey, featuring one of India's first female lawyers, on January 19th.

Contact Beth@LopezLibrary.org or visit our website for more information.



IslandRides
 360-317-3107
www.islandrides.org

We've heard it many times: It's the little things that make life zesty. From my 40-year career in the aging field, I found, as I helped families find the best care and services for their relatives as they got older, it was often the small things—pets, friends' visits, hearing from grandkids, getting the garbage emptied—that kept them on an even, happy keel.

Easier said than done! Today at age 76, I know what I should do to enjoy my last years—but I don't always do them. Good nutrition and exercise—two of the most important ingredients of healthy aging—are incredibly easy to let slide. I have an abundance of excuses. Lucky for me, I also have IslandRides—a low cost, electric car and driver non-profit that takes me where I need to go on the island. IslandRides is a game changer.

My favorite exercise is creaky yoga, but getting to class—with its long uphill walk and me without a car—became too much, so now my neighbor, Melba, and I take IslandRides there twice a week. I can get groceries easily, thanks to IslandRides that takes me to the store when I call. A friend who lives miles from the Village has IslandRides pick up and deliver groceries to her door. I can get to the library, visit friends, arrange meet-ups for lunch. Not even the rain is an excuse now.

Small, rural communities like Lopez rarely have the array of services that make life easier for older people in larger cities. We are so fortunate to have IslandRides—with its friendly drivers (well, except for one), punctual and easy scheduling, clean cars, and bon homie that make our island just a bit nicer as we age.



Article written by Elizabeth Taylor pictured on the left, with Melba Gaddis (middle), and Anne Trench (Driver), right.



Home Care Aide Training

Offered by EDC and Cornerstone

Interested in being a paid caregiver? Get free Home Care Aide (HCA) training through a program offered by the Economic Development Council (EDC) in partnership with Cornerstone Healthcare Training. Students will receive FREE training, financial support for costs of testing, and counseling to fit HCA certification into a plan for financial success. To learn more, contact the EDC at mickey@sanjuansedc.org or visit <https://sanjuansedc.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

Honorable Mention Award

Grow A Row & Locavores



Thanks for another amazing year! Your time and talents are appreciated!

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.



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 via Zoom on
Wednesday, January 19th
from 1:30-2:45pm

Contact Gail Leschine-Seitz, San Juan County Aging & Family Case Coordinator, at 360-370-7528 or gail@sanjuanco.com for more information. Newcomers welcome!



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. 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. Call Senior Services (360)468-2421

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 360-317-4529 cell Robin VanHying

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 (800) 501-2233

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

Suicide Hotline for Veterans: 1-800-273-8255

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

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

AARP® Smart Driver Online Course



Upcoming Virtual Course Dates

January 11, 13, 18 & 20th—10am-noon

February 8, 10, 15 & 17th—10am-noon

March 8, 10, 15, & 17th—6-8pm

Additional course dates available soon

New curriculum starting in 2022

Become a Safer & More Confident Driver!

- The course is 100% online and self-paced
- Learn about skills and strategies you can use on the road every day
- Discover defensive driving techniques to help you deal with aggressive drivers
- Explore local laws and traffic rules for drivers
- Get tips for proper maintenance of your vehicle so it's safe before you drive

Register on Cvents at: <http://aarp.cvent.com/DSVirtual>

Questions: 1-425-830-1409

Members: \$20 Non-Members: \$25

Mandated WA State Auto Insurance discount upon course certification.

Powerful Tools
FOR Caregivers

Powerful Tools for Caregivers Classes

Six Wednesdays, January 12th to February 16th via Zoom

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.

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: January 2022
Website: www.woodmenhall.org

P.O. Box 154
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY