

Woodmen Hall

Lopez Island Senior Signal

February 2022



A Note from Senior Services



Happy February!
Is it spring yet?
Is it just me or
has this been the

longest, coldest, wettest, winter ever? Of course the virus isn't helping when we try to comply with the regulations to not gather in groups in hopes of slowing down the spread of the virus.

We still haven't received any news about when seniors might be allowed to gather here in person at Woodmen Hall, as Carl mentions in his article. In the meantime were still looking for a new cook. Please spread the word. For now, a cook will be coming from Bellingham.

If you think of someone who might be interested in a part time job we also have an opening for an Events Coordinator here at the hall. That person would be responsible to check phone messages and return calls from prospective renters. They need to be organized, friendly, and willing to present our lovely building to prospective renters. Paperwork needs to be signed, deposits, and rental fees to be explained and presented to interested parties. Are you that person??

Remember Presidents' Day on the 21st; government offices will be closed so no banking or post office.

Sincerely,

Roni Becker-Wilkie
Senior Services Specialist
360-468-2421, ronib@sanjuanico.com



Memory Loss and Dementia: Toward Community Awareness and Support & "Meet Me at the Movies"

Saturday March 5th @ 10:30am
Lopez Community Center*

We are privileged to have speakers coming from Seattle to share their combined expertise about dementia and brain health.

The main first event will focus on community awareness and support resources, and will be led by Marigrace Becker, Program Manager of Community Education and Impact at the UW Medicine Memory and Brain Wellness Center.

The second part will feature "Meet Me At The Movies" by Mary Jane Knecht, Manager of Creative Aging Programs at the Frye Art Museum.

We invite caregivers, family and other support individuals, and anyone living with dementia to join us for these educational and interactive opportunities.

Thank you to Kip Greenthal for travel/accommodations for our speakers and the following for all other expenses: Hamlet House Cottages, Lopez Island Home & Hospice Support, Lopez Family Resource Center, Lopez Senior Center, and SJC Health & Community Services.

Lopez Community Center requests that all participants be masked and vaccinated please.

**This event may be postponed or provided via online presentation due to COVID-19 concerns. Event confirmation will be in the March newsletter.*



Believe
YOU CAN
& you're
HALFWAY
THERE

Theodore Roosevelt

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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 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 Home & Hospice Support provides walkers, wheelchairs and other durable medical equipment free of charge. Contact the office, 178 Weeks Road, between 9am-1pm 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 at Woodmenhall2022@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.

COVID-19 Recommendations



Due to the increased spread of COVID-19, it is now recommended that people wear N95 or KN95 masks which provide better protection than cloth and

surgical masks. You can purchase them online or possibly through local providers; if you can't find any, it is recommended you wear a surgical mask with a cloth mask over it. If you wear a cloth mask only, make sure it is made of two or three tightly woven layers of fabric, and fits tightly. Take your mask(s) off carefully and wash your hands after handling them. Rotate the masks you use and clean, and/or replace them regularly.

Please continue to monitor the CDC, WA Dept of Health, and SJC websites, and the H&CS Facebook page for updated information. If you need to report a positive case, get quarantining information, and/or register for a vaccine/booster, visit sjccovid.com. SJC Health & Community Services is usually hosting monthly initial and booster vaccination clinics; sign up online or contact Roni at Senior Services for assistance.

Each household is eligible for four free COVID tests provided by the federal government; if you haven't done so already, you can sign up at www.covidtests.gov.

Due to the amount of cases, our Health Department may not be able to fully contact trace every case; those who test positive are advised to follow the quarantine and reporting guidelines on sjccovid.com, or call the Health Dept at 360-370-7500 if you can't go online, and to notify individuals they have been in contact with per the guidelines.

Thank you for doing what you can to help minimize spread; let's all continue to work together to protect each other, especially vulnerable individuals such as young children who are not yet eligible for vaccination. Hopefully this will be the last COVID-19 surge; we are all "COVID weary" and ready to get back to more regular activities and social interaction again. Stay safe!

Monday,
February
21st



Message from Lopez Operations Committee



The new year 2022 came in with a continuation of the cold and rain that started in December. I believe I heard the news people say that we set records for both months. Now we are waiting to hear what that groundhog has to say about the weather for the next few weeks. The wind has not been fun either, I personally have never had so many leaves and debris strewn about the yard. The weather and the latest round of COVID has disrupted our early plans for getting back to congregate meals, so now we have our fingers crossed for starting back in late Spring. We will keep you posted.

Some of the members of the NWRC board will be meeting with legislative members this month. Our main pushes are going to be on loneliness and better pay for caretakers. With our population having more people living at home alone, loneliness and depression are becoming more common. This means we need more caretakers who are better trained to work with these situations. This has reached a critical stage, with some caretakers on the mainland trying to check in on as many as 90 cases.

A couple of interesting items to remember. The AAA (Area Agency on Aging) now has a member on duty at both St. Joseph's hospital in Bellingham and the Skagit Valley Hospital in Mt. Vernon whose function is to assist those leaving the hospital with immediate care needs. A second item is that the Governor has in his budget, money to raise the income of those people on MEDICAID whose monthly income is less than \$3000/month. We will be watching both items to see the final results.

Carl Bender

Chair, Lopez District Operations Committee



Eat Red for the Health of it!

From the Archives of Carol Simmer, RDN
Meals on Wheels & More

February is often associated with love and the color red. Many people wear red in

February in support of American Heart Month. (February 4th is National Wear Red Day to raise awareness about women's heart health.) It is also a great month to focus on eating more red fruits and vegetables such as:

- | | | |
|--------------------|----------------------------|---------------------|
| <i>Red Apples</i> | <i>Blood Oranges</i> | <i>Cherries</i> |
| <i>Cranberries</i> | <i>Red Grapes/Red Wine</i> | <i>Red Pears</i> |
| <i>Beets</i> | <i>Pink/Red Grapefruit</i> | <i>Pomegranates</i> |
| <i>Raspberries</i> | <i>Strawberries</i> | <i>Watermelon</i> |
| <i>Radishes</i> | <i>Red Peppers</i> | <i>Red Potatoes</i> |
| <i>Radicchio</i> | <i>Red Onions</i> | <i>Tomatoes</i> |
| <i>Red Cabbage</i> | <i>Rhubarb</i> | |

The red pigments in these foods, lycopene and anthocyanin, contribute excellent nutrition as well as beautiful color to the diet. Both are considered phytonutrients. Phyto(*plant*) nutrients are antioxidants are produced by plants as a defense against environmental damage from pests, toxins and UV (sun) damage. The phytonutrients in these foods help protect against environmental damages to our cells.

Lycopene is in a class of antioxidants known as **carotenoids**. Carotenoids are *fat-soluble nutrients* which means the fat in a meal helps their absorption. Research continues on the effects of lycopene on the immune system, cancer (esp. breast and prostate), eye health, neuropathy, heart and bone health, and Alzheimer's disease. Tomatoes contain a high concentration of lycopene. Cooking tomatoes (e.g., tomato sauce) enhances the body's ability to absorb the phytonutrient. Watermelon, red grapefruit, and red cabbage also contain high amounts of lycopene.

Anthocyanins are *water-soluble* pigments in plants, collectively known as **flavonoids**. 500 different anthocyanins were discovered by the year 2000 and more are being isolated every year. The study of anthocyanins and their effects on the human immune systems, cancer, viruses, allergies, diabetes, the cardiovascular system, and eye health are getting a lot of attention in recent years. All the foods listed above in *italics* contain good amounts of anthocyanins.

Each red fruit and vegetable has its own list of health-promoting phytochemicals along with many vitamins and minerals and plenty of fiber. Several countries around the world feature red foods in their traditions and health practices. In Chinese medicine, red foods are thought to nourish the heart. In Indian Ayurveda, red foods are believed to support the lymphatic flow in the body, especially in the fall and winter. Isn't it interesting to know modern science is proving why these ancient beliefs are healthy.

Eat **RED** for the health of it!



A financial education program for senior citizens

Organizing Your Records

By Tony Leahy from CENTS

In the spirit of getting organized, create a document that lists where each of the items and information listed below is located. Make sure items are stored securely.

- Social security number/card
- Children names, addresses and phone numbers
- Will
- Financial Power of Attorney (POA)
- Durable POA for Health Care
- Advance Directives
- Long Term Care Insurance
- Funeral arrangements/burial with name, location, and if it's prepaid
- Deed for house
- Car Title(s)
- Accountant, address and phone
- Insurance Agents with address and phone number
- Safe Deposit location and who has access
- Trusts or other estate planning documents
- Life insurance, including policy type, company, amount, beneficiary, address, phone
- Retirement, IRA, KEOGH, Pension, Union benefits, including type, company or union, beneficiary, amount, address/contact person and phone
- Credit Union/Banks, Savings, Loans Accounts with name, branch, account type, other names, joint or other, account numbers and current balance
- Stocks, Bonds and other securities with security description, number of shares, joint or other, other names (and separate or community), certificate location, including broker, and phone number
- Vehicles, RVs, including type, own or lease, loan holder, amount, title document
- Real estate: for each property: type (home, rental, business, vacant, etc.) street address, own or lease, approximate value, separate or community, when acquired, % interest/other names, tenants (with rent and terms), mortgage holder, balance due, monthly payment, location of property papers (deed, title, policy, leases), insurance
- Business interests, including name, type (sole, Partnership, Corp, LLC), Shares or % owned, business location, other owners and % owned, estimated value
- Buy/Sell Agreement or other business documents, including type, company, other names, address and phone
- Creditor obligations not covered by the above (creditor, balance due, payments, security)
- Money or other owed to you by others (company or person owing, address, amount, note, security, documents location)
- Other assets and accounts



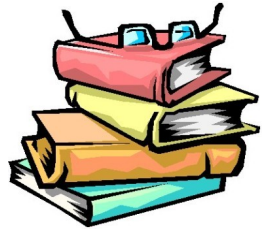
CENTS
CONSUMER EDUCATION
AND TRAINING SERVICES

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.*

Grab & Go will be closed on Monday, February 21st in observance of Presidents' Day.



Programs:

Seattle Arts & Lectures Winter 2022 Virtual Speakers Program

The Library is thrilled to continue our partnership with Seattle Arts & Lectures, to bring wonderful and extremely current virtual programming to Lopez Library patrons. Head to our website at <http://lopezlibrary.org/sal-winter-2022/> to see the Winter 2022 lineup of Seattle Arts & Lectures speakers, and to register for events.

Winter Reading Inspiration Display

Next time you're in the library, grab a winter reading inspiration sheet. This is not a reading challenge or competition. It's just meant to encourage and inspire your winter reading pursuits. Recommendations for each category will also be on display and as WINTER READING booklists in our catalog (if you need help finding the booklists, please call or stop by). Happy winter reading!

As always, please check the Library website (<http://lopezlibrary.org/>), call 360-468-2265, or stop by for the latest news and developments. Contact Beth@LopezLibrary.org or visit our website for more information.

IslandRides
 360-317-3107
www.islandrides.org

The record-breaking cold and snowy weather at the end of December kept the EVs off the highways for several days. Despite the conditions, eleven drivers on Orcas, six on Lopez and three on San Juan set both trip and mileage records in 2021. 8,389 rides or deliveries were performed which surpassed the prior 2020 total by over 3,000. Lopez Island managed 1,427 trips in the first year of service and Orcas performed 1,109 trips in only six months. Trip length averaged 4 miles and average fare donated was \$1.97. Chief accomplishment this year was a new EV Nissan Leaf SV Plus on each island with extended, full-charge range of over 220 miles as compared to 50-80 miles on the older cars. Each of these emissions-free EVs saves us all money on unneeded fuel and maintenance as well as preventing air pollution and ocean acidification. Free fast-charging stations have been installed in December at the Orcas Island Community Foundation in Eastsound. In 2020, chargers were placed at Woodman Hall and the Lopez Island Family Resource Center. Additional new chargers are being planned for the Mullis Center. Watch for the convenient daily ride service to establish new levels of safe service throughout 2022.



Curt VanHying with the new Lopez Island 2022 Nissan Leaf Electric Vehicle



AARP® Smart Driver Online Course
Upcoming Virtual Course Dates
 February 8,10,15 & 17th—10am-noon & March 8,10,15,& 17th—6-8pm
Become a Safer & More Confident Driver!
Register on Cvents at: <http://aarp.cvent.com/DSVirtual>
 Questions: 1-425-830-1409 | Cost: Members: \$20 Non-Members: \$25
 Mandated WA State Auto Insurance discount upon course certification



Quarterly Home Maintenance Recommendations

Every three months, perform these important home maintenance tasks:

- Test your smoke detector and carbon monoxide detector buttons to make sure that they are still working. Replace batteries and/or detectors as needed.
- Check the gauges on your fire extinguishers to ensure that they are still correctly pressurized. Replace expired extinguishers; you can donate them to the fire department for their practices.
- Check your water heater's temperature and pressure (T&P) valve to make sure that it will expel water. Place a bucket below the relief tube to avoid flooding.
- Make sure that your garage door's safety reverse function is working and that the electric eyes are correctly positioned.
- For low-use areas such as guest or basement bathrooms, flush the toilet, clean sediment rings from the bowl, and turn on both sink taps.
- If applicable, check your water softener to make sure that it is topped off with enough salt.
- Remove showerheads and sink aerators and soak in vinegar to clean out collected sediment.
- Make sure that the dryer vent is properly venting to the outside and is clear of lint/debris.
- Test all of the GFCI outlets to make sure that they are working properly.
- Check your gutters and drains to make sure they are secure and clear of debris.

Source: <https://www.thespruce.com/home-maintenance-checklist-4174747>

Free Medical and Compassion Flights with Angel Flight West

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. If you have a rare condition, require specialized medical treatment or surgery, have a difficult to diagnose condition and 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 via Zoom on Thursday, February 17th @ 1:30pm

Contact Gail Leschine-Seitz, San Juan County Aging & Family Case Coordinator, at 360-370-7528 or gaill@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 Island Home & Hospice Support. Trained volunteers help support members of the Lopez Island community during illness, injury, or end of life. Also a resource for durable medical equipment. Lopez Island Home & Hospice 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 Support case management.

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

Lopez Island Clinic-UW Medicine: Hours of operation M-F 8am-5pm; Call 360-468-2245

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 & Hospice Support: (360) 468-4446 In home support by trained volunteers. Also durable 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 Lopez Island Hospice & Home Support Office (360) 468-4446

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

Island Air Ambulance: www.islandairambulance.com, ph. 360-378-2376



February is American Heart Health Month

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease and stroke by eating a healthy diet, limiting alcohol consumption, engaging in physical activity, managing your cholesterol and blood pressure, and reducing stress. This is a great chance to start some heart-healthy habits!

Common Warning Signs and Symptoms of a Heart Attack—If you have any of these symptoms, call 911 and get to a hospital right away: • Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes or goes away and comes back. • Pain or discomfort in one or both arms, the back, neck, jaw or stomach. • Shortness of breath with/without chest discomfort. • Other signs such as breaking out in a cold sweat, nausea, indigestion, heartburn or lightheadedness.

Know the Sudden Signs of a Stroke and Get Treatment FAST!—A stroke occurs when the flow of oxygen to a part of the brain is blocked. Without oxygen, brain cells start to die within a few minutes.

Strokes are treatable and the faster a person receives medical attention, the more likely they will recover! Call 911—BE FAST!

Visit www.heart.org and www.stroke.org for more information.

B	E	F	A	S	T
BALANCE LOSS OF BALANCE HEADACHE, DIZZINESS	EYES SUDDEN LOSS OF VISION IN ONE OR BOTH EYES	FACE DOES THE PERSON'S FACE LOOK UNEVEN?	ARM WEAKNESS	SPEECH DIFFICULTY	TIME TO CALL 911

Or Current Resident

Phone: 360-468-2421
 FAX: 360-468-3021
 Location: 4102 Fisherman Bay Road
 E-mail: ronib@sanjuanco.com
 Issue: February 2022
 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