

Woodmen Hall

Lopez Island Senior Signal

March 2022



A Note from Senior Services



IMPORTANT DATES:

- Daylight saving time begins Sunday, March 13th; turn your clocks one hour ahead to start enjoying more evening sunlight!
- Happy St. Patrick's Day on Thursday, March 17th
- Hooray, spring starts Sunday, March 20th!

Some good news here at the Senior Center. First we have hired a new cook. His name is Tony and he and his wife have lived on the island for a couple of years. They have been working at the Watmough Farm, and he has previous cooking experience.

Our next good news is the hiring of Sandy as our new Events Coordinator. Sandy has lived on Lopez for many years. This position has been getting quite busy with people coming in to book various parties and events. It feels so good to start planning events again. If you have something in mind hurry up and get your event on the calendar. Call 360-468-3092.

Lastly, we have a machine to loan for someone having problems with reading. This machine will light up the page and magnify. Please call the number below for more information.

Sincerely,

Roni Becker-Wilkie
Senior Services Specialist

360-468-2421, ronib@sanjuanco.com



Memory Loss & Dementia: Toward Community Awareness & Support

March 5th @ 10:30am

Lopez Center for Community and the Arts

Caregivers, family members, and friends of those living with dementia are invited to participate in an educational opportunity on March 5th at 10:30am at Lopez Center for Community and the Arts. The free event will guide our community on how best to support people who are living with dementia.

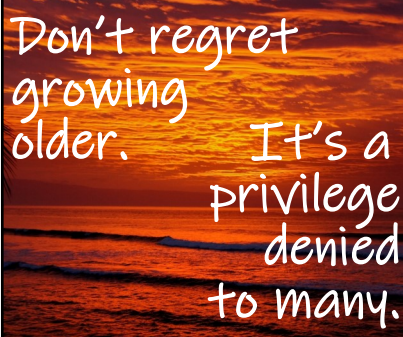
Participants will learn the basics of dementia, tips for communication, and how the creative arts can play a special role in health and well-being. This informative session will be led by Marigrace Becker, Program Manager of Community Education and Impact at the UW Medicine Memory and Brain Wellness Center. The talk includes a preview of Meet Me at the Movies, with a follow up event planned for April 2nd.

FRYE The programs are organized by the Frye Art Museum ART MUSEUM (www.fryemuseum.org) with co-hosts LIHHS, The Hamlet, LIFRC, Senior Services, and San Juan County Health, with special thanks to Kip Greenthal for fostering this wonderful opportunity.

Please note that proof of Covid-19 vaccination will be required at the door. Masks and social distancing will be required for everyone's safety. If Covid-19 cases surge again, the event may be postponed.

For more information or questions, please contact:

Roni Becker-Wilkie, Lopez Senior Services, 360-468-2421



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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
Mel Gaddis - Member at Large
Mary Ann Riggs— Member at Large
Sharon Bonelli - Member at Large
Debra Maggiora - Secretary
Patty Ward - 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 Support & Hospice 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.



Smart Driver Online Course

Become a Safer & More Confident Driver!

- The course is eight hours long and 100% online; complete the course at your own pace
- 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

\$23.95 for AARP members; \$29.95 for non-members

More information and register at:
<https://www.aarpdriversafety.org>

The AARP Smart Driver™ online course is recognized as an approved Senior Driver accident prevention course for drivers age 55 and older by the State of Washington, Department of Licensing. Insured drivers age 55 and older may be eligible for an appropriate reduction in automobile insurance premium charges after completing this course. Please check with your insurance company or agent for any additional requirements for eligibility.



FILM ENTRIES NOW OPEN FOR FRIDAY HARBOR FILM FESTIVAL

Friday Harbor Film Festival is seeking documentary feature and short films to include in the annual festival scheduled for October 21-30, 2022. Professional filmmakers, amateurs, and students are encouraged to submit their work for consideration. The submission deadline for features and short films is June 1, 2022. The student film deadline is September 1, 2022. Check out all the details and submit entries at filmfreeway.com/FHFF.



Thursday, March 17th

Message from Lopez Operations Committee

March will come in like a lion the way events are piling up. The number of COVID-19 cases in our County is still of concern but seems to have plateaued; of course, this is still a wait and see. Onsite community lunches remain on hold for now. The use of Woodmen Hall is still okay for events, but we are encouraging limited use of the kitchen.

There are some good bills for seniors in the legislature this year. However, because this is a short session and the main concern is rebalancing the budget, some will be put off until next year. One being backed by our legislatures and AARP is to put limits on the price of drugs. Two others have to do with both increasing the wages and providing more training for health care workers.

There will be some new faces around Woodmen Hall this year. We have a new cook who I am sure Roni will tell you about. Our events coordinator has moved on to new work activities and we are in the process of interviewing a replacement. Additionally, one person on the board, Barbara Andrews, has resigned, and we are looking for a replacement. Barbara will be missed as she has been a board member for many years. Anyone interested in being a board member should contact either myself at 380-468-3901 or leave a message at 360-468-2421.

Carl Bender

Chair, Lopez District
Operations Committee





March for Meals and More

Julie Meyers, Meals on Wheels & More Director

March is a special month for Senior Nutrition Programs. Not only is it National Nutrition Month®, but it is also the national “March for Meals” campaign. Each March since 2002, Meals on Wheels programs have come together to celebrate the local community organizations, businesses, all levels of government, and individuals that collaborate to ensure that seniors receive the meals and other services they need to remain healthy and independent.

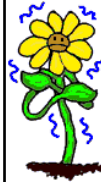
This March also marks two years since we put Senior Community Meals on hold in San Juan County due to the COVID-19 pandemic. While we do not have a date yet for when we will welcome you back inside the senior center for meals, we are encouraged by the recent COVID-19 data that suggests that the Omicron wave may have peaked with infections on the decline. We know that seniors miss gathering with friends for a freshly prepared meal at the Senior Center and we miss seeing your smiling faces as well. However, we must continue to balance the need for social connection with the risk of spreading COVID-19 among vulnerable older adults. We continue to monitor the data and look to the CDC, state and local government and health department for guidance, including changes in mask requirements, and hope to announce a reopening date soon.

Please share your feelings about returning to the Center for lunch and other activities by completing the enclosed short survey and returning it to the Senior Center. Your input will assist in our reopening planning.



What Gardening Can I Do Now?

Contributed by Master Gardener Alice Deane



BRR! It is still officially winter but we gardening types are chomping at the bit. The seed catalogs have arrived, the seed racks are up in the local businesses and we want to get out there and get our hands in the dirt. But unless you have a greenhouse (luckily I do) you need to put on the brakes for a bit longer. We can get cold weather in this month as I’m sure you remember, even if you’ve tried to forget!

Here are a few ideas to keep you happy. It is indeed time to buy seeds, some things are already sold out, due to the big interest in growing your own brought on by the pandemic. And this is time to plan. As for me, it’s time to consider which crops to plant and where to do it. I keep a garden journal where I record each season’s plantings so I can successfully rotate my crops to protect them from disease. If you are growing in containers you can do this by merely putting fresh soil in the pots. There are resources with information about how long you should go before planting a crop in the same place again. And some vegetables don’t need the rotation.



I know there are a lot of you out there who have limited space and limited sunlight, and container planting is a great way to avoid those limitations. You can always plant a pot of salad greens, or put a bush tomato or squash in a container. You can grow peas up along a fence. Just make sure your plantings are protected from deer, which isn’t as much a problem now that so many died off in that virus last year. I wouldn’t expect to be completely deer-free however, I still have them in my yard, and when the fawns arrive there will be many more. I urge you to not feel intimidated. Feel bold and experiment! I’ve seen that in European countries folks squeeze plants onto tiny balconies and itty bitty little yards. We can take a page from their playbook.

If you’re looking for ideas and techniques, I’ll remind you again about Linda Gilkeson and her marvelous monthly newsletter *Linda’s List*. Just go to her website www.lindagilkeson.ca and sign up for free, it shows up in your inbox every month, just when you are wondering what to do next in your garden. She lives on Salt Spring Island so her climate is just like ours. I’ve just finished rereading her wonderful book, *Backyard Bounty* which you can order from her website too. She calls herself a lazy gardener which really appeals to me, probably to you too. And remember our Master Gardener community is here to help you out. Look at www.mgfsjc.org which is our website. There are lots of good tips and also a place to ask questions. Let’s get started!



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/hca>.



Connect with Your Lopez Library



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

Now Open Mondays 11-5!
TUESDAYS 11-6
WEDNESDAYS 11-5
THURSDAYS 11-5
FRIDAYS 10-2
SATURDAYS 10-2

The Board of Trustees of the Lopez Island Library is thrilled to announce the appointment of Darren Hoerner as Director of the Lopez Island Library. Like many Lopezians, Darren has a diverse past and unique set of talents. He holds a Master's Degree in Library and Information Science from the University of Washington and 25 years experience with public libraries.

Darren began work in his capacity as Director on February 14th and is eager to meet people and hear how the library can better serve our community. "We moved to Lopez first and foremost because of the incredible community. We wanted to live in a place where people look out for each other, help each other, and work together to solve problems. I am honored to have the opportunity to do this in an official capacity at our island library."

With this appointment, Claudia Rempel, who has been serving as Interim Director, will resume her role of Operations Manager, a key leadership position at the library. The Board recognizes Claudia for taking on increased responsibilities over the last two years. Her outstanding leadership successfully carried the library through very trying times.

The Board thanks the community for its ongoing support of the library and wishes the new Director well.

Seattle Arts & Lectures Presents

Michael Schur in Conversation
Friday, March 4th, 7:30pm

Mira Jacob
Tuesday, March 8th, 7:30pm

Daniel James Brown
Tuesday, March 15th, 7:30pm

Please see the library website for details.



IslandRides
360-317-3107
www.islandrides.org

IslandRides is developing new riding clients and new delivery opportunities on three main islands in San Juan County. As drivers gain experience, our neighbors without vehicles are learning about the daily accessibility and freedom they now have to get to appointments and make connections which were previously difficult, expensive, or impossible without imposing on others. Now, our neighbors without cars can phone anytime to schedule an on-island trip or call during the day when a ride is needed. Expensive, right? No, the trip is paid by grant funds, and you may donate if you wish at the time of your ride or delivery. Island residents can call senior centers for rides to off-island medical appointments, depending on volunteer availability, receive ferry tickets from the resource centers if they are low income and, in rare cases, use flight services; however, these services are not widely known (or available) and many people must rely on friends or family for off-island transportation or, in some cases, may skip therapy.

If you would enjoy helping folks on your island by driving occasionally with a new, environment-friendly Nissan Leaf, just make the call or connect via the internet at www.IslandRides.org. Join the growing team of over twenty volunteers making new friends and serving a vital community need. *IslandRides* drivers have provided 874 trips during January of which 174 were deliveries without a passenger. Getting to medical appointments and accessing needed medication and nutrition are essential and being accomplished safely even during the pandemic. On Lopez call 360-317-3107.

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.



The Friends of Woodmen Hall

We are collecting stories about your experiences at the Hall in order to make an historical display. We want your story! Tell us what the event was and when. We appreciate lots of details and photos if you have them.

You can send your story to Patty Ward (frnstone@rockisland.com) or call her at 206-412-8162 and set a time for an in person or phone interview. Thanks for sharing with us.

Anyone know what was happening in this photo? Names? Date?



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.

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>.

alzheimer's association®

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

10 Warning Signs of Alzheimer's

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor. Upcoming presentations available include:

- [March 2, 10-11am](#)
- [March 8, 1-2 pm](#)
- [March 23, 10-11:30am](#)
- [March 29, 1-2 pm](#)

These presentations will be offered via webinar or phone. You will receive a link to join after you register. Register today by going to alzwa.org/education or calling our 24/7 Helpline at 1-800-272-3900.

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).



Lopez Red Cross

We are recruiting more volunteers. If you are interested in volunteering, please contact 425-238-3349 or email JoinUsNW@redcross.org. American Red Cross

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, March 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



SHIBA Welcome to Medicare Presentation

Monday, March 21st @ 1pm via Zoom

Is this the year you join Medicare? Depending on your circumstances you may be enrolled automatically or you may have to submit an application. To make an informed decision about your coverage choices, you will need to understand a lot of new information. Medicare has its own vocabulary and rules. There are deadlines you need to meet and penalties (some lasting a lifetime) for not doing things at the right time.

You will have to choose among several ways to receive your coverage. Medicare covers most health issues, but not everything is covered. There are also federal and state programs available to help people with very low incomes and limited assets pay their Medicare premiums, copays and deductibles.

SHIBA volunteers are here to make the transition easier for you. Join us for an online presentation on **Monday, March 21st 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 shibasjco@yahoo.com** or **call 360-376-5892**. We will need your name, phone number and email address 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. SHIBA has trained volunteer counselors available on the 3 major islands in San Juan County. Call the local SHIBA office at 360-376-5892 to schedule your free personal, confidential, unbiased counseling session. In San Juan County SHIBA is sponsored by the Inter Island Healthcare Foundation.

Or Current Resident

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