

Woodmen Hall

Lopez Island Senior Signal

April 2022



A Note from Senior Services



Hello Seniors, As of the writing of this newsletter, the state and local mask mandates have been lifted and there are no new COVID cases on Lopez Island. We seem to be heading in the right direction. I am sure we are all glad to have that behind us so that we can get out and about again and start visiting with friends and family. If you missed out on the Dementia Seminar on March 5th, you are one of the few; the event was a huge success and we have received a lot of positive feedback. Thank you to Isaac Berg for making a video of the event. The link is at the bottom of the next article for you to watch on your computer at home. Or, if you go to www.woodmenhall.org, you can open it from there or copy and paste from there to your computer. Enjoy.



Thanks to the Lopez Academy for volunteering to clean up our yard. It looks great! Happy Easter on the 17th and Earth Day on the 22nd!

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

Meet Me at the Movies

Saturday, April 2nd, 10:30-11:30am

Lopez Center for Community and the Arts

Adults living with memory loss, their care partners, family, and friends are invited to participate in a fun and uplifting film program on Saturday, April 2nd at 10:30am at Lopez Center for Community and the Arts.

Come participate in "Meet Me at the Movies," led by Mary Jane Knecht, Manager of Creative Aging Programs at the Frye Art Museum. This program celebrates the wonder of film and its ability to connect us with memories. Theme-based film clips are shown, followed by facilitated audience discussion. Designed for people living with memory loss, this program can be enjoyed by all who like movies.

This free program is organized by the Frye Art Museum 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.

Masks are required for everyone's safety please.

Link for video of previous Dementia Seminar on 3/5/22:

<https://youtu.be/HSnbfqzZ1QY>



Lunch Re-opening Update: The current goal is to resume onsite senior community lunches at Woodmen Hall starting in May. Stay tuned for more information in the May newsletter. We are actively planning for the re-opening and are eager to welcome you back to the Center. If you are interested in volunteering, please contact Roni Becker-Wilkie asap at 360-468-2421 or ronib@sanjuanco.com.



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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.



Message from Lopez Operations Committee

March came in like a lion and went out in a more normal fashion. Let us hope that April is closer to normal. This is important to the people who have a lot of clean up to do around our houses. As you know we had to cancel the St. Patrick's Day dinner which we had hoped to resume this year. Maybe next year, but we still need someone who is willing to lead this activity. Since we opened the hall to other activities our event calendar is filling up fast. This is good news since the rentals help pay both the operational costs and a portion of the food costs.

With the colder part of the year past, we are picking up some of the maintenance activities that were ignored. Luckily my inspection of the outside of the building and grounds revealed very few outside problems. Just normal activities like cleaning up the tree debris that fell during the storms. We have been in contact with the Red Cross about locating a storage shed on our property, but more information will be forthcoming. The new storage shed would be smaller than the existing sheds. We are still waiting to learn when we can begin congregate meals. Our program partners are talking about when and how; we will pass the information on as soon as we get it. We will need some volunteers who can help serve meals and greet people.

Carl Bender

Chair, Lopez District Operations Committee



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.



IslandRides
360-317-3107
www.islandrides.org

Lopez Without Emissions

Transition Lopez Island is a part of an international movement that steps up to address the big challenges we face, to reimagine a resilient future starting at the local level. Studies show the internal combustion engine (ICE) to be the largest pollution source in our region. The group's Transportation & Energy Team has been grappling with ways to reduce greenhouse gas emissions by encouraging transition to sources of clean energy and a shift away from gas-powered vehicles. They supported the School District's purchase of the first electrically powered school bus in the county and are currently working with State representatives on a new County-wide transportation initiative.

Did you know that Lopez has its own rideshare program available to every resident? *Transition Lopez Island* applauds *IslandRides* for its groundbreaking decision to use all electric vehicles in its fleet.

Now that *IslandRides* has been established on Orcas and Lopez in addition to San Juan, with daily volunteer staffing and a new, long-range electric Nissan Leaf many of us will be changing how we get to the Village to do errands. The Leaf will be capable of taking two or three passengers per trip once COVID and masking protocols are lifted. You may donate if you choose, but the ride to your appointment and back home is prepaid by grant funds. Daily cost for the long, 220-mile full charge is very low and saves the *IslandRides* non-profit over \$500 per month per vehicle for gas and oil which is not needed. The only maintenance required is annual tire rotation.

IslandRides' non-profit mission continues to be to assist rural island residents of any age and capacity with access to essential community services and events on-island with the lowest possible cost per trip and lowest environmental impact. There are now over twenty drivers helping out by driving the new Nissan Leaf for a shift per week. Safety protocols have kept them and our passengers infection-free.

For more information, please visit www.islandrides.org or call 360-317-3107 for your next errand on the island.



Rider Melba Gaddis with driver Jerry Manion

Phase Out of 3G Cellular Services May Affect Seniors

Submitted by the Orcas Senior Center

Do you or a loved one rely on a cell phone for emergency purposes? Do you or a loved one use a medical device that sends information to your health care professional via cellular service? Do you or loved a one use a medical alert system in case of emergencies? If so, these devices may not work in the very near future even to dial 911. The Federal Communications Commission (FCC) announced that many cellular services, including AT&T, Verizon, and T-Mobile plan to phase out their 3G networks this year. According to a 2018 market analysis conducted by OpenSignal, about 20 percent of Americans continue to use 3G networks. If you or a loved one are one of these people, it's time to upgrade your devices.

Most newer devices operate on 4G or 5G services, however, to find if a cell phone or other device will be phased out of a 3G network and how to upgrade your device, contact your network provider or other device provider. If you or a loved one rely on a medical device to send information to a health care provider, contact the health care provider for guidance. To read more about the phase out of 3G service from the FCC, visit <https://tinyurl.com/2y82wk55>. If you or your loved one is a senior or an adult with a disability and need help navigating this transition, contact Roni Becker-Wilkie at Ronib@sanjuanico.com.

Compliments of Island's Weekly

AARP Informational Classes & Events for Seniors

AARP Washington offers a variety of free informative and fun virtual classes, lectures, and movie screenings, including a driver safety course, nutrition and fitness seminars, virtual dance parties, etc. Check out the latest offerings at <https://states.aarp.org/washington/events-wa>.



Household Hazardous Waste Clean-up

The Lopez Island Household Hazardous Waste event will be on **Saturday, June 25th, 10am-2pm**. Mark your calendar now.

Free Covid Tests Available

I want to share two websites where households can order FREE at-home Covid tests and the easiest way to report a positive result. Kits can be ordered through the State of Washington and also through the federal government. Please consider ordering tests so you have them on-hand when needed. Both programs tend to ship rather quickly, with test kits arriving in about a week via the postal service, but supplies may be limited. The site for reporting is also listed below. Please feel free share this information with friends and family.

Washington State program:
<https://sayyescovidhometest.org/>

Federal Program:
Earlier this year, all households in the US could place one order for tests. Now, a second order may be placed for each household.
<https://www.covidtests.gov/>

If you test positive:
To report a positive result and view guidance on what to do regarding Isolation, please visit the county website below.
<https://www.sanjuanico.com/1668/2019-Novel-Coronavirus>

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.



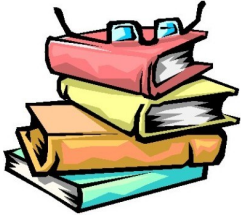
Anyone know what was happening in this photo? Names? Date?

Last month's answer was the local 4-H painting the building as a project.

Connect with Lopez Library

360-468-2265

<https://lopezlibrary.org>



MONDAYS	11-5
TUESDAYS	11-6
WEDNESDAYS	11-5
THURSDAYS	11-5
FRIDAYS	10-2
SATURDAYS	10-2

New Mask Protocols

San Juan County has lifted the indoor mask mandate, so currently the wearing of a mask is an individual choice. Please be kind and support the safety of all community members.

Take IslandRides to the Lopez Library!

Did you know that our island has its own rides program available to every resident? *IslandRides* can bring you to the library for free or a small donation. Call 360-317-3107 daily from 11am-3pm for door-to-door service in an electric car. You can also email IslandRidesLopez@gmail.com to schedule a trip.

Drivers are receiving Spanish-language training. Donations accepted, but not necessary. *IslandRides* is a non-profit group serving the island. Contact Curt at cvanhyning@gmail.com (360-317-8399) or visit <https://islandrides.org/> for more information. *IslandRides* thanks Lopez Lions, Lopez Island Family Resource Center, Senior Services, Lopez Island Hospital District, OPALCO, volunteer drivers, and other donors for their support.

Creative Corner

Have you visited the Creative Corner in the Sun Room? Filled with a bounty of art supplies, papers, yarn, felt, rubber stamps, stickers, and more, you can create to your heart's content. Additionally, April will feature "Poetry by Typewriter" complete with prompts to type your own poem on a genuine IBM Electric.

Property Tax Deductions for Seniors

Property tax deductions are available for seniors and disabled persons that earn less than \$40,000 per year. You may be eligible for a retroactive refund as well. For more information or to apply, please contact Annie Minich in the San Juan County Assessor's Office at either 360-370-7530 or anniemi@sanjuanco.com.

You can also learn more at: <https://www.sanjuanco.com/DocumentCenter/View/21633/Publication---Property-Tax-Exemption-for-Senior-Citizens-and-Disabled-Persons?bidId>

Ideas to Save Energy and Prevent Waste

- Drive an electric vehicle or walk/bike when you can
- Unplug appliances when not in use; they waste energy even when they're turned off
- Wash laundry in cold water, fix leaky faucets, and install energy efficient shower heads
- Turn off the heat dry function on your dishwasher; this will save about 15% energy
- Grow your own vegetables and fruit and plant trees
- Recycle, reuse, reduce whenever you can; decrease plastic use, avoid toxic products
- Buy local and exchange with others
- Use reusable shopping bags
- Switch to LED lightbulbs
- Unsubscribe from junk mail



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).

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.



Serving Whatcom & San Juan Counties

Break that Fast

Julie Meyers, RD
Meals on Wheels and More

This April marks an important month of fasting and feasting for Muslims, Jews, and Christians around the world as they observe Ramadan, Passover, and Easter respectively.

Whether or not you observe one of these religions, you likely participate in a daily fast every night between dinner (or your midnight snack) and whenever you finally break your fast the next day.

Breakfast is my favorite meal of the day. Don't tell my boss, Chris Orr, but I will be late for work before I skip breakfast. Besides enjoying typical breakfast foods, I rely on a hearty breakfast (and strong coffee) to help me face whatever the day throws at me for the next 4-5+ hours before lunch. If I go too long after waking up before eating breakfast (or too long between breakfast and lunch) I am more irritable than usual and have trouble concentrating.

My personal experience reflects the scientific research, which has shown that skipping breakfast disrupts circadian rhythms involved in eating and fasting including regulation of blood sugar. Breakfast has also been shown to help with concentration and memory. If that isn't enough to convince you to start eating breakfast, people who skip breakfast are at higher risk for developing both type 2 diabetes and coronary heart disease.

Although eating breakfast may not help you lose weight, people who eat breakfast are less likely to overeat later in the day. Breakfast also provides a great opportunity to start the day with important nutrients including calcium, vitamin D, vitamin C, and fiber.

For a healthy breakfast that will keep you going all morning long, include a source of protein such as eggs, dairy, nuts, or nut butter. Protein not only provides the building blocks for your muscles, it takes longer to digest than carbohydrates and will help prevent that mid-morning blood sugar drop. Add fiber and nutrient-rich whole grains such as oatmeal, or whole grain bread. Increase the fiber, vitamin, and antioxidant punch of your breakfast with some fresh or frozen fruit (or veggies) and/or even a small glass of orange juice.

Not into traditional breakfast fare? Leftovers from dinner will work just fine. Or, maybe try a fruit, yogurt and peanut butter smoothie. Throw in some ice, a little juice or milk and a handful or two of spinach if you dare. I promise, you won't even taste it. I love frozen berries in smoothies in lieu of ice. However, they can get kind of pricy. Berry season can't come soon enough! If you have never been a breakfast eater, it is okay to start small. Try a piece of toast with cheese or peanut butter.

Got a great idea for quick and nutritious breakfast? Email me at jmeyers@whatcomcoa.org.



Planning for the Aging Process

By Emily Hill, CENTS intern

Planning for the aging process simply means planning for your future. A well thought out plan will benefit you as you continue to age and can ensure peace of mind.

One of the most important things you can do to plan for the aging process is to create an estate plan. An estate plan is a compilation of certain legal documents that plan for a future incapacitation and/or death. Through these documents, you can designate certain people to receive your assets and handle your financial, legal, and personal matters after your death or incapacitation. Some of the most common estate planning documents, which a lawyer can create for you, are listed below:

- **Last Will and Testament:** this document states your intentions for how your assets should be distributed after your death.
- **Living Will for Health Care:** this document allows you to dictate the type of life-sustaining treatment you wish to receive at the end of your life. This is different from a Do Not Attempt Resuscitation Order, but you can have both in place.
- **Medical Power of Attorney:** this document grants another person the authority to make healthcare decisions for you if you become incapacitated.
- **Financial Power of Attorney:** this document grants another person the authority to make financial decisions for you if you become incapacitated.
- **Trust:** this document grants a Trustee the authority to hold property/assets for the benefit of certain beneficiaries.

In addition to estate planning, you should also keep all your important documents (social security card, birth certificate, bank account information, etc.) together in one place, like a fireproof safe. You should also write your passwords down and keep the list in a secure location. Consider telling a trusted family member or friend where to find these documents, in case you are not able to physically locate them yourself.



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, April 20th @ 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

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: lopezionsclub@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



Spring 2022 Great Islands Clean-up: All Hands on Deck!

The Great Islands Clean-up is back in person! Come join your fellow islanders for the 2022 Spring Great Islands Clean-up on **Saturday, April 23 between 10am and 2pm**. This year's theme, *All Hands on Deck*, celebrates our collaborative efforts as a community to keep our oceans and roads plastic and litter free.

We look forward to seeing community members and visitors alike at this annual event. Check the [Great Islands Clean-Up Facebook page](#) for regular updates.

Meet at 10am at Lopez Village Park to pick up trash collection equipment and receive beach and roadway assignments. Bring your collected trash back to Lopez Solid Waste by 2pm. Contact [Larissa](#) at larissam@lopezsolidwaste.org for more information.

Please take pictures of your clean-up adventures and email

them to Katie at katief@sanjuanco.com. Tag us on Facebook and Instagram with #GICU2022.

In addition to initiatives aiming at keeping our beaches clean and free of plastics and other waste, in the following month, San Juan County will be spearheading a countywide campaign to *Secure Your Load for Safer Roads*. The *Secure Your Load* campaign will focus on educating residents and visitors on the importance of, and how to, secure any items in, or on, your vehicle to keep it from becoming road or beach waste.

Or Current Resident

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 Location: 4102 Fisherman Bay Road
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P.O. Box 154
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SENIOR SERVICES COUNCIL
 OF SAN JUAN COUNTY

Bulk Rate
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 98261