

Woodmen Hall

Lopez Island Senior Signal

May 2022



A Note from Senior Services



Greetings,
Well the day has finally arrived... the exciting news is that we will begin offering in-person community meals this

month! We are looking forward to seeing everyone again after such a long time.

Our meal days will change to Tuesdays and Thursdays. Starting with May we will begin on the 12th and have onsite community meals on Thursdays only for the rest of the month until we get "the hang of it". Home delivery will switch to Tuesdays and Thursdays starting the second week of May and continue on both days. In June, we will begin serving onsite community meals both Tuesdays and Thursdays. At the beginning of the COVID pandemic we were sending home 10 meals and feeding about 40 people here at Woodmen Hall. We are now sending home about 30 meals so it is more complicated getting them ready before providing onsite meals. Our plan is to open the doors at 11:15am and serve salad starting at 11:30am. Hot lunch will be served from 12-12:30pm. We ask that people coming for lunch take a seat and we will serve you so that there will not be touching of serving utensils. We are still in need of volunteers to serve and help with dishes. Seating will be limited in the beginning to encourage social distancing. Masks will be optional prior to food being served and COVID vaccination is encouraged.

Sunday, May 8th—Happy Mother's Day to all the moms out there! Enjoy your special day.

Monday, May 30th—Memorial Day-A time to remember those who served and sacrificed to keep us safe and protect our freedom.

Sincerely,

Roni Becker-Wilkie

Senior Services Specialist

360-468-2421, ronib@sanjuanico.com

Join Us for Our... Grand Re-Opening!

Lopez Senior Center Community Lunch Grand Re-Opening!

Thursday, May 12th

Additional May Dates: Thursdays, May 19th & 26th

We are excited to welcome you back to onsite community lunches after the pandemic hiatus! It will be great to see familiar faces again and also welcome newcomers! To allow for social distancing and health safety protocols, and accommodate everyone's varied schedules, we will serve lunch **between 11:30am-12:30pm**. The dining room will open at 11:15am but we encourage you to come later if that works better for you and your companions. Some key points:

- Remember to check-in; we must record meals served for funding. You will need to fill out an information form at your first visit.
- Meals are a suggested donation of \$5 or whatever is affordable for those 60 and over, and cost \$8.50 for those under 60. Cash or check.
- Salads and desserts will be pre-plated. Beverages offered are water, coffee and tea.
- Takeout option temporarily available for those who qualify and cannot attend onsite lunches; contact Roni before May 12th for eligibility details and instructions.
- Subscribe to the newsletter and check out the website for on-going lunch information and updates.

See you soon!

GOOD FOOD
is all the
sweeter
when
shared with
GOOD FRIENDS

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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

Tuesdays and Thursdays. \$5 suggested donation for seniors 60 and over, \$8.50 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. email: fcwaheart@gmail.com website: footcarewithaheart.com

Message from Lopez Operations Committee

For May we have some exciting news. We are currently projected to restart the community meals on May 12th. Notice that May 12th is a Thursday, and that our new lunch schedule will be Tuesdays and Thursdays. This change has been made to ease the burden for WCOA of having to obtain three cooks on the same day when more than one cook is absent. We will be serving one onsite meal one day a week on Thursdays for the remainder of May. This is in order to smooth out the lunch process. Roni has the kitchen volunteers ready, drivers lined up, and at this point it is a go. I am excited about seeing and talking with members that I haven't seen in two years.

We are also getting the hall ready. After the series of storms in April there was a lot of debris around the hall. A group of students asked to clean up as credits for their community service. How could you turn that down? They did a good job and following that the Friends of Woodmen Hall had the lawn mowed. It looked good until the next storm hit. Oh well, we will just keep working. We have continued to check other items like fire alarms and walkways.

I want to remind everyone that as the renting of the hall picks up, we still have the COVID problem with us. We are not exactly sure what kind of restrictions may be placed on the community meal opening, but we will comply with both the state and county guidelines. See you there for the reopening of onsite community meals!

Carl Bender
Chair, Lopez District Operations Committee

COVID Booster Vaccines

San Juan County Health & Community Services has opened COVID vaccination appointments for Friday, May 6th on Lopez. We will be offering first and second doses for those still needing them and also booster and second booster doses. Register at sjccovid.com while appointments are still available. You are eligible for a booster if it's been at least five months after completing your Moderna or Pfizer two dose series, or two months after receiving your J&J single dose.

You are eligible for a second booster if you are:

- Age 50 or older.
- Age 12 or older who is significantly immunocompromised (discuss with your health care provider if unsure).
- Anyone who received a primary and booster dose of the J&J vaccine at least four months previous.



Celebrate. Honor. Remember.

Monday, May 30th



IslandRides
360-317-3107
www.islandrides.org

Many trip requests during the pandemic have been to deliver essential food and prescriptions to islanders at home who are unable or choose not to drive and expose themselves to contagions. Just let the grocer or pharmacy know that you will be dispatching *IslandRides* to pick up your order. These deliveries can be just as important as a personal visit to the doctor or therapist.

Since school has resumed, *IslandRides* has delivered fresh lunches every day from the Lopez School kitchen to the Lopez Preschool and Lopez Island Academy students. The photo below is of Anne Hall delivering lunches to happy Academy students.

As demand for personal, door-to-door transportation increases, more volunteer drivers are needed on all three islands. If you are able to commit to one shift weekly, driving folks on-island to shopping or medical appointments, we need your help. Just email islandrides@gmail.com or check the IslandRides.org website for more details. You may also dial 360-298-6108 to apply.

Please call *IslandRides* directly for rides to community meals starting Thursdays on May 12th.



Lopez Island Academy Students
with Driver Anne Hall

Community Lunch Menu

Thursdays in May—lunch served 11:30-12:30pm
 Age 60+ - \$5 suggested donation; under 60 - \$8.50

May 12 th	May 19 th	May 26 th
Beef Burgundy Over Rice Baby Carrots Garden Salad Strawberry Crème Cake	Sweet & Sour Chicken Brown Rice Asian Veggies Garden Salad Cinnamon Pears	Chicken Parmesan Buttered Noodles Italian Green Beans Caesar Salad Peach Crisp

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.



FRIDAY HARBOR FILM FESTIVAL DIRECTOR SERIES

Friday Harbor Film Festival's 2022 DIRECTOR SERIES offers not-to-be-missed feature films that will each run for two weeks on the website, www.fhff.org. Continuing through October 5th, each offering will open with a FREE scheduled screening on the opening Thursday evening at 6:30pm, as well periodic livestream Q&As throughout the year with a special guest knowledgeable about the film's subject. From Friday through the closing Wednesday both the film and recorded special event will be available on demand for only \$1.95. Outstanding movies from past festivals, celebrating our tenth year, will represent FHFF themes: Explorers & Adventures, Things to Consider, and Tales from the Heart.

The Friends of Woodmen Hall

We are collecting stories about your experiences at the Hall in order to make a 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. Last month's photo was Howard & Mary Harris' 65th Wedding Anniversary lunch. Limo driver was Ron the Barber.



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

Household Hazardous Waste Clean-up

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




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).



Mental Health Awareness Month

May is Mental Health Awareness month so it is a good time to evaluate your well-being, especially if you have faced challenges during the pandemic which has been stressful for everyone. Mental health issues can have all kinds of different causes. In fact, they usually aren't caused by just one thing. Multiple factors—social, physical, and psychological—can interlink and lead to mental conditions that interfere with a person's life. Even if you're currently a healthy senior, mental health problems may develop in you or someone you care about at some point in the future. Be aware of the risks and warning signs, and prevention and treatment options.

Risk Factors:

- Medical problems
- Loss of independence
- Loss of close friends or family members
- A drop in economic status
- Loneliness or social isolation
- Periods of heightened stress
- Elder abuse or neglect
- Poor nutrition
- Family history

Some Common Warning Signs:

- Noticeable changes in mood, energy level, or appetite
- Feeling flat or having trouble feeling positive emotions
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Anger, irritability or aggressiveness
- Ongoing headaches, digestive issues, or pain
- A need for alcohol or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Feeling flat or having trouble feeling positive emotions
- Engaging in high-risk activities
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Unusual thinking or behaviors that concern other people

Prevention & Treatment:

- Get help immediately if you're in distress: Don't wait, especially if you're contemplating suicide. Call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Or go to the ER.
- Remember that you're never too old to make lifestyle changes.
- Eat a healthy diet.
- Stay physically active.
- Maintain good sleeping habits.
- Exercise your mind.
- Take care of medical issues right away.
- Get the support of friends and family.
- Stay involved.
- Talk with your doctor. Get a second opinion.
- Follow through with your treatment.
- Seek additional assistance from support groups, help lines or counsellors if needed. Some resources are listed on the next page.

Be proactive when it comes to your mental well-being. And don't be afraid to talk about it. You have every right to do whatever you can to feel your very best.

Sources: NIMH » Older Adults and Mental Health (nih.gov) and Seniors' Mental Well-Being | What Everyone Should Know (greatseniorliving.com).



OFFICE of the INSURANCE COMMISSIONER

Welcome to Medicare Seminar

Are you joining Medicare this year? Depending on your circumstances you may be enrolled automatically by Social Security 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. 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. SHIBA volunteers are here to make the transition easier for you. Join us for a free online presentation on **Thursday, May 12th at 1pm**. Come learn how Medicare works, what your coverage options are and when you must act to avoid penalties. **To register for the free presentation, email shibasjco@yahoo.com or call 360-376-5892.** 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.

Check Your Vitamin B12 Levels for Better Health

By Susy Hymas, Meals on Wheels and More

Several months ago when my husband was due for his annual checkup, I recommended that he add a vitamin B12 check to his blood work. Like so many of us over the age of 60, he does not have the energy he used to for his physical outside work, which he continues to do part-time. However, he had been unusually tired in the evenings.

Well my husband's B12 blood test came back quite low. His doctor recommended a series of vitamin B12 shots to boost his levels. So far he has received three injections and I am quite impressed with the results. Does he still get tired? Yes. But he definitely has more energy and just feels better.

Vitamin B12 plays important roles in the human body, primarily the formation of red blood cells and proper function of nerve cells. Vitamin B12 deficiency can result in the following:

- **Anemia**—Low B12 levels can lead to anemia (low red blood cell count) causing fatigue or shortness of breath.
- **Neuropathy**—Because it is related to formation of nerve cells, low levels can lead to neuropathy including tingling, numbness, burning, poor balance and trouble walking.
- **Memory problems**—Because B12 affects nerve function, cognitive function can be impacted.

Natural dietary sources of vitamin B12 animal foods, including meats, dairy, and seafood. Some processed grains are B12 fortified. It can be particularly challenging for vegetarians (particularly vegans) to get enough B12. However, even older adults who regularly consume animal foods are at risk for B12 deficiency.

As we age the body's ability to absorb vitamin B12 from food decreases. Stomach acid and enzymes are necessary for our bodies to absorb B12. As we get older, we have less stomach acid and lower levels of enzymes. B12 absorption is not just impacted by aging, but also by antacids and other medications, alcoholism, GI surgeries, and other health conditions that impact absorption, such as colitis and Crohn's disease.

The good news is, vitamin B12 deficiency is very treatable. First get a blood test. If your levels are low your doctor will prescribe supplementation. Intramuscular shots are a good solution because they bypass any concerns for absorption problems in the stomach. Oral supplements can also be used to treat B12 deficiency, but they rely on absorption in the GI track and may take longer to work than intramuscular shots. Sometimes oral supplements are recommended following shots to maintain blood levels. Although toxicity from B12 supplements is unlikely, ask your medical provider before taking B12 supplements.

At our house we continue to eat a balanced diet and will get our Vitamin B12 levels checked regularly. If you have questions feel free to contact me at shymas@whatcomcoa.org.



Coming Soon: 2022 Senior Farmers Market Coupon Applications

We are still waiting for 2022 information and applications for the Senior Farmers Market Nutrition Program (SFMNP); those clients who participated last year will be contacted when the new applications are available. If you did not participate last year but would like to this year, please contact Roni. The SFMNP provides eligible low-income seniors with coupons that can be exchanged for fruits, vegetables, and other approved food items at farmers markets and farm stores.

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.

Upcoming online webinars include:

- 10 Warning Signs of Alzheimer's—May 10, 12-1pm or May 18, 1-2:30pm
- Advancing the Science: The Latest in Alzheimer's and Dementia Research—May 17, 12-1pm
- Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning—May 4, 12-1pm | or May 4, 1-2:30pm]
- Effective Communication Strategies—May 25, 12-1pm or May 31, 12-1pm
- Healthy Living for Your Brain and Body: Tips from the Latest Research—May 3, 10-11 am
- Legal and Financial Planning for Alzheimer's Disease—May 25, 1-3:30pm
- Legal Planning for Alzheimer's Disease—May 4, 4:30-6pm
- Managing Money: A Caregivers Guide to Finances—May 17, 4:30-6pm
- Understanding Alzheimer's and Dementia— May 24, 1-2:30pm
- Understanding and Responding to Dementia-Related Behavior—May 9, 10-11:30am or May 12, 1-2:30pm

Community Services and References



Home Delivered Meal Service

Please contact San Juan County Senior Services Specialist Roni Becker Wilkie at 360-468-2421 or ronib@sanjuanco.com if you are in need of home delivered meals right now or know someone who may need them. Meals are delivered Tuesdays and Thursdays.

Caregiver Support Group

We will meet online via Zoom on Wednesday, May 18th @ 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



GROW-A-ROW RETURNS !

**Now On Wednesdays
May 11- Nov 16**

The Locavores will be at Woodmen Hall from 9 to 10:30am accepting cleaned and ready-for-packaging fresh produce from home gardeners.

From 10:30 to noon, at Woodmen Hall, the cleaned and packaged produce will be available

to the community on a first-come-first-served basis. Priority will be given to Meals On Wheels participants. Some of the produce will be packaged separately and will accompany their food delivery.

For more information please see our website: lopezlocavores.org or email us at info@lopezlocavores.org

Or Current Resident

Phone: 360-468-2421
 FAX: 360-468-3021
 Location: 4102 Fisherman Bay Road
 E-mail: ronib@sanjuanco.com
 Issue: May 2022
 Website: www.woodmenhall.org

P.O. Box 154
 Lopez Island, WA 98261

SENIOR SERVICES COUNCIL
 OF SAN JUAN COUNTY

Bulk Rate
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 Lopez Island, WA
 98261