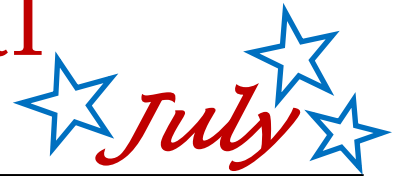


Woodmen Hall

# Lopez Island Senior Signal

July 2022



## A Note from Senior Services

*Greetings Seniors,  
We had a last minute presentation last month from the Wenatchee Valley College Chamber Singers. It was nice to have them here and I hope they return next year. Great music and energy from young people. Please watch the reader board for more upcoming events.*

*In person meals have begun on Thursdays and it is nice to see familiar faces and to meet some of the new people we haven't had the pleasure of meeting since the pandemic. Come join us and bring a friend. Our wonderful volunteers are working hard to keep the area clean and sanitized. We have decided to stick with one day a week for meals at the Senior Center for the month of July. Stay tuned for next month to see if we are going to expand to two days a week. Meals on Wheels home delivery will continue with two days a week as we have throughout the pandemic for those who are unable to shop, cook, or feed themselves for one reason or another.*

*Please support us by filling out the back page with your yearly renewal.*

*Sincerely,*

*Roni Becker-Wilkie  
Senior Services Specialist*

*360-468-2421, ronib@sanjuanco.com*



## Heat and Older Adults

People aged 65 years or older are more prone to heat-related health problems. Here are some tips to help you stay safe during the heat.

### Why are older adults more prone to heat stress?

- Older adults do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

### Stay cool, stay hydrated

- Stay in air-conditioned buildings as much as possible. If your home doesn't have a/c, ask about potential shelters ahead of time or pre-arrange to stay with family or friends who do have a/c in case of a heat wave.
- Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
- If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not do strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.

### Stay informed

- Check the local news for health and safety updates.
- **Seek medical care immediately** if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

Source: <https://www.cdc.gov/disasters/extremeheat/older-adults-heat.html>



**Sunshine is the best medicine.**

### What's Inside...

Services Information	2
Ops Comm/IslandRides	3
Lunch Menu/Events/SFMNP	4
Library/Book Sale	5
Hearing Loss/Alzheimer's	6
Services/References	7
Renewal Form	8

## San Juan County Senior Services

Senior Services are provided by the Human Services Division of the San Juan County Health & Community Services Department.

Barbara LaBrash, Human Services Manager  
 Roni Becker-Wilkie, Senior Services Specialist  
 360-468-2421, ronib@sanjuanco.com  
 Gail Leschine-Seitz, Aging & Family Case Coordinator  
 360-370-7528

**Newsletter:** The *Senior Signal* is published by San Juan County Senior Services and distributed free at the Senior Center and by mail. Contact Roni Becker-Wilkie to request copies. Mail submissions to PO Box 154 or email to ronib@sanjuanco.com by the 5<sup>th</sup> of each month for the following month's issue. The newsletter is also available at [www.woodmenhall.org](http://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](http://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 3<sup>rd</sup> Thursday of each month at 1pm.

Lopez Island District Committee Meetings are held on first Wednesday of each month at 10am.

Info: [lopezislandseniors@gmail.com](mailto: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](mailto: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](mailto:fcwaheart@gmail.com) website: [footcarewithaheart.com](http://footcarewithaheart.com)

## Message from Lopez Operations Committee

Here we are getting ready for our 4<sup>th</sup> of July weekend, picnics, fireworks, and all the associated fun. We will continue to have one onsite meal a week at the Hall on Thursdays through July. We would like to see a few more people come out for the Thursday meals. Tony the Cook is doing a great job and the ladies helping him are serving food and beverages directly to the tables, so for now one doesn't even have to leave their chair! Come get a delicious meal while enjoying the company of other island seniors.

The BINGO board has been repaired and we are working on getting started playing again. We still need someone to call out the numbers, so if anyone has had any experience or feels they can do the job, please call Woodmen Hall at 360-468-2421. The plan is to return to Saturday night games unless the hall is rented that evening. We will keep you posted on developments. We would like to look into any other activities that you may be interested in, so please let either myself (360-468-3901) or Events Coordinator Arika Rapson (360-468-2839) know your ideas and we will see what we can do.

Another reminder that COVID is still with us. If that is not bad enough, now we must be aware of monkey pox and bird flu. Wish those critters would keep these health problems to themselves. Most of us have enough to worry about with diabetes and heart problems. Oh well, the rule continues to be to wear your masks if you are moving around inside the building. Remember that we sanitize all the tables and chairs after every use.

I hope to see you at lunch on Thursdays!

*Carl Bender*

Chair, Lopez District Operations Committee

### Transportation Vouchers are Available Again!

New clients welcome... or give Roni or the Family Resource Center a quick call to reapply if you are in need of additional funds. This program provides vouchers to low income individuals for on-island transportation via taxis/shuttles and for ferry tickets for off island travel. Income must be less than \$25,000/year; proof of income required for new applicants only.

### Need Off-Island Medicaid Transportation Assistance?

**Call 360-738-4554 or 1-800-585-6749**



**IslandRides**  
**360-317-3107**  
[www.islandrides.org](http://www.islandrides.org)

In June, *IslandRides* completed 21 months of continuous daily ride services by volunteers on Lopez Island! They have provided over 3,000 trips including 1,000 safe, no-contact deliveries during the pandemic. Call 360-317-3107 to speak to a driver and get a ride any day of the week. If you are without a car or not driving for any reason and still need to get to the Clinic, LVM, Pharmacy, Library, Post Office, Dump, or Thrift Shop, the zero-emissions electric Raven could be your best solution. More drivers are always welcomed, and shifts are normally only four-hours so consider this opportunity to assist your neighbors on the island.

Curt VanHying, Board Chair, with one of our Leaf electric vehicles



## HEAT EXHAUSTION OR HEAT STROKE?

### HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

### HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses

### HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°  
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

### HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated





### Community Lunch Menu

**Thursdays in July—lunch served 11:30-12:30pm**

Age 60+ - \$5 suggested donation; under 60 - \$8.50  
Takeout Option Available – Call by 9am on the lunch day or sooner to order

July 7 <sup>th</sup>	July 14 <sup>th</sup>
Chicken & Dumplings Carrots Spinach Salad Fruit Cobbler	Taco Salad Corn Bread Refried Beans Fruited Jello or Grapes Coffee Cake
July 21 <sup>st</sup>	July 28 <sup>th</sup>
Pub Fish Tri Color Potatoes Caribbean Veggies Apple Crisp	Ruben Style Chicken Sweet Potatoes Peas Peach Crisp



**HAPPY  
4<sup>TH</sup> OF  
JULY**


### Independence Day Celebrations

Organized by Lopez Lions Club

**Fun Run/Walk**—8:30-10am  
starting at Banner Bank; 5K and 10K routes and a short "1 mile romp"; pre-register by July 3<sup>rd</sup>

**Parade**—Themed "On the Road Again"; 11am-12pm from IMC to Lopez Village Park

**Fireworks**—10:15-11pm @ Fisherman Bay



### Grow-a-Row Continues

**Wednesdays through November 16<sup>th</sup>**

The Locavores will be at Woodmen Hall from 9-10:30am to accept clean, ready-to-package fresh produce from home gardeners. Then, from 10:30-noon, the produce will be available at Woodmen Hall on a first-come, first-served basis for community members. Priority will be given to Meals on Wheels participants and some of the produce will be delivered to them with their hot lunch. For more information, please visit [www.lopezlocavores.org](http://www.lopezlocavores.org) or email [info@lopezlocavores.org](mailto:info@lopezlocavores.org).



**breakthrough  
SPEECH**

### Free Memory & Swallow Screenings

**at Woodmen Hall**  
**Thursday, July 28<sup>th</sup>**  
**starting at 12:30pm (after lunch)**

**Screenings will be in a private office setting**

Have you noticed changes in your memory and thinking skills? Find that you're coughing while eating or drinking? Have your memory and/or swallow safety checked by Speech-Language Pathologist Libby Lewis from Breakthrough Speech, LLC. Libby will provide a free assessment of your cognitive or swallow function and advise you in next steps to improve these challenges. **Appointments last 20 minutes and must be reserved.** Call Libby at 360-230-8010 or go to [www.breakthrough-speech.com](http://www.breakthrough-speech.com) to schedule your appointment today!



### Friday Harbor Film Festival Director Series 2022

Friday Harbor Film Festival's Director Series offers feature films that will each run for two weeks on the website, [www.fhff.org](http://www.fhff.org). Each offering will open with a free screening on the opening Thursday evening between 6:30-9pm. From Friday through the closing Wednesday, each film is available on demand for \$1.95. Scheduled July films are:

June 30<sup>th</sup>-July 13<sup>th</sup>: *Haida Gwaii: On The Edge Of The World*

July 14-27<sup>th</sup>: Double Feature: *The Breach* and *The Wild*

July 28<sup>th</sup>-August 10<sup>th</sup>: *The Babushkas of Chernobyl*



### 2022 Senior Farmers Market Vouchers

Eligible seniors can apply to receive \$80 in vouchers redeemable at Farmers Markets. To be eligible, you must meet all of the following:

- Be 60 years old or older (55+ if Native American)
- Be a resident of Washington State
- Have an income below:
  - \$25,142 Annual or \$2,096 Monthly for 1 person
  - \$33,874 Annual or \$2,823 Monthly for 2 people
  - Add \$728 monthly for each additional person

Applications are available now for a limited time; please contact Roni Becker-Wilkie at 360-468-2421 or [ronib@sanjuanico.com](mailto:ronib@sanjuanico.com) to arrange to fill out an application. No proof of income needed. Vouchers will be mailed out.



**Connect with Your Lopez Library**

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

**Hours**

Monday-Friday 10am-5pm  
 Saturdays 10am-2pm

**Programs**

There's A LOT to do at the library this summer, for all ages! See our Summer Programs & Events brochure at <http://lopezlibrary.org/summer/>.

**New Technology**

The library has recently acquired some great new technology thanks in part to a grant through the American Rescue Funds Act, all of which is available for patrons to checkout and/or use at the library. We have:

- 12 Wi-Fi Hot Spots, which allow you to connect to the internet via cell signal. These are great if you don't have Wi-Fi at home or are taking a short trip and need connectivity while you travel.
- 5 Apple iPads, wireless mice and wireless keyboards that are compatible with these devices.
- 4 Lap Desks for use in the library or at home.
- Web Cams that are compatible with PC and Mac platforms.
- Several ring-lights with tripods, which can be used with either iPhones or androids for well-lit video presentations or meetings. The ring lights come with a remote that turns your phone's record mode on or off. These are great for video blogging, Facebook live casting, Zoom meetings, or just to send a video message to a friend or loved one.
- For use in the library, wireless phone chargers are throughout the building for easy charging of your devices while you read.
- USB card readers and USB hubs for check-out.

For more information about our technology, come to the library or call 360-468-2265 and ask for Sam Bernardi.



**Annual Friends of the Library**

**Book Sale**

**Monday July 4<sup>th</sup> - 9am-3pm**

**@ Lopez Community Center for the Arts**



**COVID Info & Vaccines**

Booster vaccines are recommended; check with local providers or on the SJC website [sjccovid.com](http://sjccovid.com) for the latest information and available vaccine/booster clinics..

**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](mailto: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, pictured above, was the 1972 5th & 6th grade class Christmas program. L-R Belinda Ritchey, Jodee Olson, Susan Coleman, Rusty Ward, Joan Coleman, Cathy Poole, Bill ?, Scott Alexander, Back row L-R Jon Pierre Franklin, Steve Cable.

# HSDC

Hearing, Speech & Deaf Center

## Free Hearing Loss Consultations

*Contributed by Joel Bergsbaken  
Associate Director- Deaf/Hard of  
Hearing Services, Hearing, Speech & Deaf Center*

Hearing changes as we age. For some it changes a lot, leaving them uncomfortable communicating, which can lead to isolation. Family members experience this loss as well, as they struggle to stay connected to their loved one. The Hearing Speech and Deaf Center in Bellingham is a non-profit that provides life-changing support for those that experience hearing change, and their families and friends. We provide free consultations about understanding hearing change, effective communication techniques, and available technology. These free consultations are also available for friends and family members. Contact us at [bellingham@hsrc.org](mailto:bellingham@hsrc.org) or 360-647-0910 (VP:360.255.7167/TTY:360.647.8508). You can also visit [www.hsrc.org](http://www.hsrc.org) to learn more.



## Welcome to Medicare Seminar

Are you joining Medicare this year? To make an informed decision about your coverage choices, you will need to understand a lot of new information. SHIBA volunteers are here to make the transition easier for you. Join us for an online presentation **Tuesday, July 19<sup>th</sup> at 1pm**. Come learn how Medicare works, what your coverage options are and when you must act to avoid penalties. **To register, for the seminar, email [shibasjco@yahoo.com](mailto:shibasjco@yahoo.com) or call 360-376-5892.** We will need your first and last name, your phone number and your 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.

Call the local SHIBA office at **360-468-4015** to schedule your free personal, confidential, unbiased counseling session with Mac Langford. In San Juan County SHIBA is sponsored by the Inter Island Healthcare Foundation.

# 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.

July subjects available include:

- Understanding Alzheimer's and Dementia
- 10 Warning Signs of Alzheimer's
- Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning
- Managing Money: A Caregivers Guide to Finances
- Healthy Living for Your Brain and Body: Tips from the Latest Research
- Effective Communication Strategies
- Living with Alzheimer's: Younger Onset
- Understanding and Responding to Dementia-Related Behavior

You can go to [www.woodmenhall.org](http://www.woodmenhall.org) to download these seminars.



## Creaky Yoga

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](http://creakyyoga.org), or contact [creakyyogateam@gmail.com](mailto: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

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, July 20<sup>th</sup> @ 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](mailto: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](mailto: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](http://www.imhurting.org)

**Lopez Family Resource Center:** (360) 468-4117

**Island Air Ambulance:** [www.islandairambulance.com](http://www.islandairambulance.com), ph. 360-378-2376

# LOPEZ ISLAND SENIOR CENTER

## Join Us – Renew Your Association – Contribute

Yes, I/we want to join/renew association with the Lopez Island Senior Center for 2022/2023. (July 1, 2022 through June 30, 2023).

( ) \$20 for an Individual ( ) \$30 for a couple

I/we wish to make an additional contribution to support Senior Services on Lopez Island.

( ) to Lopez Senior Center \$ \_\_\_\_\_

( ) to \_\_\_\_\_ \$ \_\_\_\_\_ Please specify

Make check payable to Lopez Island Senior Center for enrollment plus any donation.  
Gifts are fully tax deductible 501(c)3.

Last name \_\_\_\_\_ First Name \_\_\_\_\_ Birthday \_\_\_\_\_

Spouse \_\_\_\_\_ Birthday \_\_\_\_\_

Street Address : \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address : \_\_\_\_\_ Phone \_\_\_\_\_

Mailing Address (if different) \_\_\_\_\_

**Mail to: Lopez Island Senior Center; PO Box 154, Lopez Island, WA 98261**

Or Current Resident

Bulk Rate  
Non-Profit  
U.S. Postage  
PAID  
Permit #15  
Lopez Island, WA  
98261

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

P.O. Box 154  
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY