

**Woodmen Hall**

# Lopez Island Senior Signal

June 2022

## A Note from Senior Services



Greetings Seniors,  
At the writing of this newsletter the end of May we still have only had a few sunny days. What happened to spring? I guess I shouldn't complain because we might have another hot summer. Summer starts in just a few weeks Tuesday, June 21<sup>st</sup>.

It has been wonderful to reopen for lunches on Thursdays here at Woodmen Hall. The people who have come for lunch have been so appreciative for time out of the house and the opportunity to visit and enjoy meals with new and familiar Lopezians. It has been such a long time coming.

Our volunteers are very careful in the handling of food and drinks. Meals and beverages are served at the tables, which eliminates a lot of walking around to minimize the risk of infection. Tables are spread out, and there are less people at each table. We still have room if you are interested in joining us. We would like to see more of you.

Meals are going to continue in person for the month of June only on Thursdays for now. Home delivery will continue for those who qualify (unable to shop, cook, or feed themselves) on Tuesdays for those who are homebound.



**Sunday, June 19<sup>th</sup>**—  
Happy Father's Day to all the dads out there!  
Enjoy your special day.

Sincerely,

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

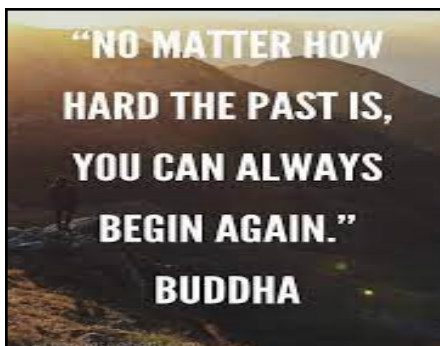
## 10 Warning Signs of Alzheimer's



Memory often changes as people grow older. Some people notice changes in themselves before anyone else does. For others, friends and family are the first to see changes in memory, behavior, or abilities. Memory loss that disrupts daily life is not a typical part of aging. People with one or more of these 10 warning signs should see a doctor to find the cause. Early diagnosis gives them a chance to seek treatment and plan for the future.

- **Memory loss that disrupts daily life:** forgetting events, repeating yourself or frequently relying on more aids to help you remember (like sticky notes or reminders).
- **Challenges in planning or solving problems:** having trouble paying bills or cooking recipes you've used for years.
- **Difficulty completing familiar tasks at home, at work, or at leisure:** having problems with cooking, driving places, using a cell phone, or shopping.
- **Confusion with time or place:** having trouble understanding an event that is happening later, losing track of dates.
- **Trouble understanding visual images and spatial relations:** having more difficulty with balance or judging distance, tripping over things at home, or spilling or dropping things more often.
- **New problems with words in speaking or writing:** having trouble following or joining a conversation or struggling to find a word you are looking for.
- **Misplacing things and losing the ability to retrace steps:** placing car keys in the washer or dryer or not being able to retrace steps to find something.
- **Decreased or poor judgment:** being a victim of a scam, not managing your money well, paying less attention to hygiene, or having trouble taking care of a pet.
- **Withdrawal from work or social activities:** not wanting to go to social activities that you usually participate in.
- **Changes in mood and personality:** getting easily upset in common situations or being fearful or suspicious.

Source: <https://www.cdc.gov/aging/healthybrain/ten-warning-signs.html>



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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 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 Tuesday 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

It finally happened. We had congregate meals this month on Thursday the 12<sup>th</sup> and again on the 19<sup>th</sup>. We have gotten the word to keep having them on Thursdays thru May and June. The plan now is to have them on both Tuesdays and Thursdays in July after the 4<sup>th</sup> of July weekend. I was proud of the work that Roni and the ladies did in getting everything set up. The hall really looked nice and that includes the lawn and grounds around the building. However, keep your eyes on the *Senior Signal* for any changes, as we are not completely free of COVID. We will try to keep you updated on any changes in masking or distance notices.

We have been working with the AAA (Area Agency on Aging) with the idea of providing more information on the programs and other health items that are available to us. We have always felt a little neglected in that area and hope to make up some ground. Again, any information about classes will be in the *Senior Signal*.

We are beginning to have events at the center again and response has been amazing. We held a couple in May and have more on the books for June and July. We just recently hired a new events coordinator who will be starting in June; her name is Arika Rapson. She is currently working at the school and has had experience in setting up events. We look forward to working with Arika in providing a wholesome and pleasant place for our members and non-members to meet and enjoy themselves. And a final thought, Roni has been gone for a couple of weeks and we are really glad to have her back.

*Carl Bender*  
Chair, Lopez District Operations Committee



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

Last year in April, Orcas *IslandRides* service had not started yet and Lopez service was just seven months underway. Every month this year creates new records as the ride programs on Orcas and Lopez combined approach the monthly trips provided on San Juan. In April, there were 431 trips documented on San Juan and 427 on the other two islands. The zero-emissions electric Nissan Leafs traveled 4,192 miles for islanders who do not drive. The average trips length is just under five miles. There is no charge. Donations are accepted—but not expected. All riders must be vaccinated and wear masks while in the *IslandRides* vehicles. Service is provided seven days per week, 11am-3pm. Due to high demand, at least one hour notice is usually required or you can schedule a ride by appointment. Don't drive but want to attend community lunches at the senior center? Give us a call; please call ahead so we can fit you in the schedule.

Orcas Island driver Stephen Shafer helps Wally Lum load a wheelchair from the Orcas Senior Center/ Lion's Club medical supply closet into an *IslandRides* vehicle.



## Lopez Island Household Hazardous Waste Clean-up

This annual event is your opportunity to legally and responsibly dispose of poisonous, flammable, corrosive or other hazardous chemicals at the solid waste disposal site.

**Households—Saturday, June 25<sup>th</sup>, 10am-2pm**

NO CHARGE at this year's roundup for HOUSEHOLDS disposing of 25 gallons or less of hazardous waste. Your disposal costs are being paid by the San Juan County Solid Waste Program and Washington Department of Ecology.

**What can I bring?** Pesticides, fungicides and other poisons, gasoline and other used fuels, wood preservatives, solvents and thinners, pool and photo chemicals, resins, corrosives, degreasers, cleaning products, mercury, rechargeable batteries, propane cylinders, and aerosols.

**What not to bring?** The following are not accepted at the roundup:

- Flares, explosives, or ammunition—deliver these to the Sheriff's Office
- Antifreeze, motor oil (unless the oil is mixed with water or other fuels), and vehicle batteries – recycle at your island's solid waste facility during regular business hours
- Spent fluorescent light tubes and bulbs – bring to Ace Hardware or OPALCO
- We encourage you to take latex and oil-based paints and stains to the solid waste site on dates outside of this event to leave enough room for other products

## Community Lunch Menu

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

Age 60+ - \$5 suggested donation; under 60 - \$8.50  
 Takeout Option Available – Call by 9:00am on the lunch day or sooner to order

June 2 <sup>nd</sup>	June 9 <sup>th</sup>	June 16 <sup>th</sup>
Pulled Pork with BBQ Sauce Parsley Potatoes Green Beans Applesauce Green Salad/Carrot Raisin Salad	Pineapple Ginger Chicken Jasmine Rice Asian Vegetables Tropical Fruit Asian Slaw	Roast Beef Mashed Potatoes & Gravy Capri Vegetables Cookies Caesar Salad/Fresh Fruit Salad
June 23 <sup>rd</sup>	June 30 <sup>th</sup>	
Curry Chicken Served over Baby Spinach Fresh Fruit Salad	Pork Loin w/ Apple Chutney Wild Rice Pilaf Steamed Broccoli Birthday Cake	Takeout meal option temporarily available; call by 9:00am or sooner to order.



## 2022 Senior Farmers Market Vouchers

Eligible seniors can apply to receive \$80 worth of vouchers redeemable for produce at the Orcas, San Juan Island, and some off island Farmers Markets. To be eligible, you must meet all of the following criteria:

- 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 to arrange to fill out an application. No proof of income needed. Vouchers will be mailed to you.



## 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](http://lopezlocavores.org) or email us at [info@lopezlocavores.org](mailto:info@lopezlocavores.org)



## 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).



## COVID Booster Vaccines & Free COVID Tests

COVID booster vaccines are recommended for those who are eligible; check with local vaccine providers or on the San Juan County website [sicccovid.com](http://sicccovid.com) for appointments and eligibility information.

**Free tests**—Washingtonians can order up to five free COVID at-home test kits, delivered to their homes, at [www.sayyescovidhometest.org](http://www.sayyescovidhometest.org).

You can also order eight more at-home COVID tests to your doorstep, at no cost, from the federal government. Go to <https://www.covid.gov/tests> and follow the instructions. If you can't order online, call the hotline toll-free at 1-800-232-0233 and follow the prompts to order the tests.

## Connect with Your Lopez Library

360-468-2265

<https://lopezlibrary.org>



### New Hours

Monday-Friday 10am-5pm

Saturdays 10am-2pm

### Volunteers Needed

The 4<sup>th</sup> of July book sale is happening this year! We're looking for volunteers to help pull off this great, community event. Volunteers are needed for activities on the day of the event. Volunteer roles include setting up tables, putting out books, monitoring and replenishing tables during the sale, greeting people, or breaking down and cleaning up after the sale. If you are interested, please contact the Friends of the Lopez Island Library at [friends@lopezlibrary.org](mailto:friends@lopezlibrary.org)

### Large-Print Books

The library has over 300 books in large print, including fiction, nonfiction, and biography. Give your eyes a break and check them out!

### Programs

How to Avoid Internet Scams (and what to do if you get scammed) on Friday, June 3rd at 3pm in the Library and on Zoom. Call the Library at 360-468-2265 or visit <http://lopezlibrary.org/no-scams/> to sign up for the program.

### Summer Activities

A variety of summer program activities are now available for children, teens, and families. Please visit <http://lopezlibrary.org/> for more information.

### 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](mailto:IslandRidesLopez@gmail.com) to schedule a trip.

**Emergency Supplies:** A reminder to take stock of your emergency supplies on hand and refresh as needed. Replace water that has been sitting for a long time and expired foods and medications. Keep in mind that many staples (e.g., cereals, crackers, granola bars) can have a short shelf life; only a few months for some foods. Also check you pet supplies and batteries.

## 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.

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



## 5 Things You Need to Know About Shingles

Shingles, also called herpes zoster, is a disease that triggers a painful skin rash. It is caused by the same virus as chickenpox, the varicella-zoster virus. After you recover from chickenpox (usually as a child), the virus continues to live in some of your nerve cells. For most adults, the virus is inactive and it never leads to shingles. But, for about one in three adults, the virus will become active again and cause shingles; your risk increases as you age. Although there is no cure, shingles can be prevented and treated. Here are five things you need to know about shingles:

1. Anyone who has recovered from chickenpox, and even children, can get shingles.
2. Symptoms of shingles include burning or shooting pain, tingling or itching, chills, fever, headache, upset stomach, and rashes or blisters that develop on one side of the body, usually on your face or around your waist. Medications may help.
3. Healthy adults age 50 and older should talk to their healthcare professional about getting the shingles vaccine to reduce their risk.
4. Generally shingles is not contagious, but a person with active shingles can spread the virus when the rash is in the blister phase. It's important to keep the rash covered.
5. Most cases of shingles last 3-5 weeks. Most people get shingles only one time, but, it possible to have it more than once.

If you would like to get the vaccine, or think you might have shingles, talk to your doctor as soon as possible.

Source: <https://www.nia.nih.gov/health/shingles>



## Preventing Tick Bites

### What is a Tick?

Ticks are small blood-feeding parasites and some species can transmit diseases to people. Some species of ticks perch on the edge of low-lying vegetation and grab onto animals and people as they brush past. Other ticks are associated with rodents and their nests, and at night they venture out to feed. Once aboard, ticks crawl to find a good spot to feed, then burrow their mouthparts into the skin for a blood meal. Their bodies slowly enlarge to accommodate the amount of blood ingested. Ticks feed anywhere from several minutes to several days depending on their species, life stage, and type of host.

### What Tick-borne Diseases Occur in Washington?

In the Pacific Northwest, relatively few tick-borne disease cases are reported each year in comparison to other regions of the United States. In Washington, the tick-borne diseases known to be acquired include: babesiosis, Lyme disease, Rocky Mountain spotted fever, tick-borne relapsing fever, tick paralysis, and tularemia.

### Tips to Stay Safe in Tick Habitats:

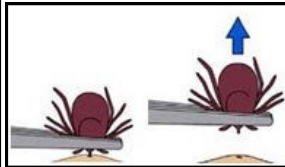
- **Know where to expect ticks.** When possible avoid wooded areas as well as bushes, tall grass, and dead leaves. Walk in the center of trails, especially in the spring and summer when ticks are most active.
- **Wear appropriate clothing.** When you are in tick habitats wear light-colored, tightly woven long pants and a long-sleeve shirt. Tuck your pant legs into socks or boots, and your shirt into your pants. This helps keep ticks on the outside of clothing where it is easier to see them.
- **Use tick repellent,** and carefully follow instructions on the label. Apply an EPA-approved repellent that is effective against ticks. Help children apply and avoid applying to hands of infants and young toddlers since they often put their hands in their mouths.
- **Check clothing and gear** after being in areas with ticks. Anything could carry ticks into your home where ticks can bite even after your adventure is done. Carefully examine coats, camping gear, and daypacks.
- **Shower soon after being outdoors.** Showering within two hours of coming home can reduce your risk of getting Lyme disease and may help reduce the risk of other tick-borne diseases. Showering can wash off unattached ticks, and it is a good opportunity to do a tick check.
- **Check your body thoroughly.** Be sure to double-check yourself and family members after every outing into tick territory. Carefully inspect in and around your hair, head, neck,

ears, under arms, inside the belly button, around the waist, between the legs, and behind the knees. Ticks can be very small before they feed; look for what may appear as a new freckle or speck of dirt. Continue checking for two to three days after returning from areas with ticks.

- **Don't forget to check your pets!** The western blacklegged tick and western dog tick have a particular taste for dogs and are carriers of Lyme Disease. Run your fingers through your pet's fur with gentle pressure to feel for any small bumps. Don't forget to check in their ears and between their toes. Visit [CDC's tips on where to check your pet for ticks](#) for more information.

### How to Safely Remove an Attached Tick:

Avoid folklore remedies to remove a tick. Hot matches or coating the tick's body with petroleum jelly, soap, or nail polish do little to encourage a tick to detach from skin. In fact, they may make matters worse by irritating the tick and causing it to release additional saliva, increasing the chance of transmitting disease. Your goal is to remove the tick as soon as possible. Do not wait for it to detach. Follow these steps on how to safely remove a tick:



- Use fine-tipped tweezers to grasp the tick as close to the skin surface as possible.
- Pull upward with steady, even pressure. Avoid removing the tick with bare hands. Don't twist or jerk the tick; this may cause the mouthparts to break off and remain in the skin. If this happens, remove the mouthparts with clean tweezers. If you are unable to remove the mouth easily, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.

If you develop a rash, fever, or flu-like illness within several weeks of removing the tick, see your healthcare provider. Tell the healthcare provider about your recent tick bite, when the bite occurred and where you most likely acquired the tick. If possible, save the tick for identification.

### Symptoms of Tick-borne Diseases:

Many tick-borne diseases can have similar signs and symptoms. If you get a tick bite and develop the symptoms below within a few weeks, see your healthcare provider. The most common symptoms of tick-related illnesses include:

- **Fever/chills.** All tick-borne diseases can cause fever.
- **Aches and pains.** Tickborne diseases can cause headache, fatigue, and muscle aches. People with Lyme disease may also have joint pain.
- **Rash.** [Lyme disease](#), [Southern tick-associated rash illness \(STARI\)](#), [Rocky Mountain spotted fever \(RMSP\)](#), [ehrlichiosis](#), and [tularemia](#) can cause distinctive rashes.

Source: <https://doh.wa.gov/community-and-environment/pests/ticks>

## 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, June 8<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 VanHuyning

**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

## Action Steps for Preparing for a Loved One's Dementia Decline

- If not done already, consult a health care provider for an assessment
- Discuss when to stop driving
- Complete health care planning documents: health care directive and healthcare power of attorney
- Complete a General Durable Power of Attorney for dealing with financial and related matters
- Complete an estate plan
- Encourage family and friends to visit regularly
- Have a family meeting
- Consider joining a family/friend caregiver support group

For information on our local Family/Friend Caregiver Support Group and/or to get a copy of the Washington State Dementia Road Map and Legal Planning Toolkit, please contact SJC Aging & Family Case Coordinator Gail Leschine-Seitz at 360-370-7528 or [gail@sanjuanco.com](mailto:gail@sanjuanco.com).



## Dementia Legal Planning

Offered virtually via Zoom  
**Wednesday, June 22<sup>nd</sup> 12-1:30pm**

Receive FREE education and guidance around the topic of legal planning when memory concerns are present. This presentation is designed for people living with dementia, individuals caring for someone with dementia, and those concerned about the potential for memory loss to impact their lives in the future. Topics covered may include:

- Durable Power of Attorney
- Health Care Directive
- Wills
- Long Term Care/Medicaid Planning

**To register: [NWRCdementia@dshs.wa.gov](mailto:NWRCdementia@dshs.wa.gov)**

Space is limited for this session, so you may be placed on a wait list for a future date.

About the presenter: Barry Meyers is Certified as an Elder Law Attorney by the National Elder Law Foundation, Emeritus\*. Mr. Meyers has practiced law since 1983 and elder law since 1992. He received his undergraduate education at the University of Southern California, a Masters degree from the University of California, Davis, and his law degree from Whittier College School of Law.

Or Current Resident

SENIOR SERVICES COUNCIL  
 OF SAN JUAN COUNTY

P.O. Box 154  
 Lopez Island, WA 98261

Phone: 360-468-2421  
 FAX: 360-468-3021  
 Location: 4102 Fisherman Bay Road  
 E-mail: [ronib@sanjuanco.com](mailto:ronib@sanjuanco.com)  
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 Website: [www.woodmenhall.org](http://www.woodmenhall.org)

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