

**Woodmen Hall**

# Lopez Island Senior Signal

**August 2022**

## SUMMER

### *A Note from Senior Services*

Hello Lopez Seniors,

In-person meals at the Hall are going smoothly. We have decided to continue in-person meals one day per week on Thursdays from 11:30am-12:30pm in August. Home delivery continues to be two days a week—Tuesdays and Thursdays—for those who are homebound and cannot shop or cook for themselves.

Come join us for lunch and perhaps stay for an event after. We try to have an interesting and informative event scheduled after lunch at least once a month. Last month, we had someone testing for memory and swallowing. Also Lopez Home Support & Hospice gave an update on what they are doing and the availability of volunteers here on the island. Do you know someone who would like a volunteer to come and visit them at home?

The Bingo board has been fixed so we can move forward with setting up days and times to begin playing again. Thanks to Charles Lyford. Hurray!

The Friends of Woodmen Hall will be having their annual Auction/Yard Sale the end of August - information inside.

I hope you were able to enjoy some of the 4<sup>th</sup> of July festivities. We had guests and we are still recuperating from all the fun and activities.

Sincerely,

*Roni Becker-Wilkie*

Senior Services Specialist  
360-468-2421, ronib@sanjuanico.com



### 988 Mental Health Crisis Line Transition

**988** is the new, nationwide easy-to-remember number to connect with the National Suicide Prevention Lifeline (NSPL) where compassionate, accessible care and support are available for anyone experiencing mental health-related distress.

People can use 988 if they are having thoughts of suicide, mental health or substance use crises, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

- 988 is confidential, free, and available 24/7/365. (The current NSPL number, 1-800-273-TALK (8255), will remain active as well.)
- Access to the NSPL is available via every land line, cell phone, and voice-over internet device in the US.
- 988 services are available in Spanish, along with interpretation services in over 250 languages.

The Lifeline works! It is an invaluable resource, helping thousands of people overcome distress and crisis every day. With the transition to 988, these life-saving services will be even easier to reach. The nationwide implementation of the 988 line is just the first important step in re-imagining crisis support in the US.



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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 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)



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

**We Deliver!**  
 As the pandemic evolves and persists in our small communities, we see that our access to local goods and services has modified as well. There are six fully electric powered Nissan Leaf providing free trips daily to seniors and folks who do not drive or prefer to have necessary supplies delivered. This option has been available for several years on San Juan, two years on Lopez and one on Orcas, and usage increases daily. In June alone, twenty-five drivers completed 791 trips averaging five miles each for which donations by riders averaged \$1.47 each. Support from local businesses, non-profits, WSDOT and volunteers makes this possible. Let us know if you would like to join our driving crew or offer other support assistance to keep this program growing. Just phone 360-317-3107 or visit our website [www.IslandRides.org](http://www.IslandRides.org).

**GET SCREENED FOR**  
**BREAST CANCER**

**Mammogram**  
**Van on Lopez**

**Thursday, September 22<sup>nd</sup>**  
 (& possibly the 23<sup>rd</sup> with enough interest)

Avoid having to go to the mainland for your mammogram. Call **1-888-233-6121** for an appointment and information. Please have your insurance information available if you have it. Cost is on a sliding scale.

**Transportation Vouchers are Available Again!**

The Transportation Voucher Program (TVP) provides vouchers to low income individuals, and islanders with ongoing medical travel needs or emergent situations, for on-island transportation via taxis/shuttles and for ferry tickets for off island travel. Most local taxi services and shuttles accept the vouchers. New clients welcome—Income must be less than \$25,000/year; proof of income and identification required. Those eligible receive \$300 worth of vouchers valid until June 30, 2023. Existing clients can request a second voucher at this time if needed. No proof of income needed for existing clients; just contact us to let us know you would like more vouchers. Don't need the full \$300 worth of vouchers? Emergency "as needed" vouchers may be available; contact Senior Services or the Family Resource Center.



**San Juan County Fair**  
**August 17-20<sup>th</sup>**  
**@ the Fairgrounds in Friday Harbor**

The Fair is back and in person! The theme for 2022 is "Two Little Ducks; Quack, Quack!"—a bingo reference for the number 22. Please visit [www.sjcfair.org](http://www.sjcfair.org) for more info on events, performers, volunteer and fundraising opportunities, and more.




**Fair Exhibit Entry Day**  
**August 16<sup>th</sup>, 9am-6pm**

Show us your talents: YOUR amazing creativity and talent are being called to display! Whether it be a painting, a fiber art or and prized animal, you can find a place for it at the Fair. All Open Class Entry Information available at [sjcfair.org](http://sjcfair.org).

**Need Off-Island Medicaid Transportation Assistance?**  
**Call 360-738-4554 or 1-800-585-6749**

**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.



**Creaky Yoga**

Creaky Yoga now meets 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 at [creakyoga.org](http://creakyoga.org), or email [creakyogateam@gmail.com](mailto:creakyogateam@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).



**Friends of Woodmen Hall Annual Yard Sale & Non Auction**  
**Sunday, August 28<sup>th</sup>**

The yard sale starts at 10am and the auction will begin at 11am. Please save your donations for us! We will be taking donations from Tuesday, August 23<sup>rd</sup> to Friday, August 26<sup>th</sup> from 9am-3pm. If you're not sure if we will accept your treasures, email us at [friendsowh@gmail.com](mailto:friendsowh@gmail.com) or call Gayle at 360-468-3266.

**Message from Lopez Operations Committee**

I am certain that most of us had a good time on July 4<sup>th</sup> and are ready for other summer activities. These past few days of warm weather have sure been nice, makes you want to get outside and enjoy the sunshine. We will continue to offer onsite community lunches on Thursdays through August. Come join us for lunch and some socializing! Catch up with old friends and meet some new ones. We hope you can participate in our Friends auction on August 28<sup>th</sup>!

Well, we finally got the Bingo board up on the wall and tested it. It worked and now we are ready to have some Bingo nights. Many thanks to Mel Gaddis, Bob Rainey, Carol Jones and Paul Berg for getting everything ready to go. However, we need operators to call out the numbers and in general run the games; if you are interested or have any experience, please give us a call at 360-468-2421. Leave your name and phone number, and we will get back with you.

It appears that the good weather has increased the yield from the "grow a row" gardens—what started out slow has grown into quite a harvest. We had leftover lettuce and chard this week. Remember that the produce comes in every Wednesday and the doors open at 10:30am. The line for produce starts at the main door and grows fast, so get there early.


I hate to say anything about this topic, but with the increase in COVID cases there has been some talk about wearing masks, but so far there have been no changes from the current policy.

*Carl Bender*  
 Chair, Lopez District Operations Committee

**Woodmen Hall Senior Center Community Lunch Menu**

**Thursdays in August; lunch from 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

August 4 <sup>th</sup>	August 11 <sup>th</sup>
Spaghetti w/ Meatballs Green Beans Caesar Salad Fresh Melon	Beer Braised Brats Red Sauerkraut Roasted Potatoes Glazed Parsley Carrots Peach Crisp
August 18 <sup>th</sup>	August 25 <sup>th</sup>
Country Fried Steak Yukon Mashed Potatoes Country Gravy Peas & Carrots/Salad Apple Crisp	BBQ Pulled Pork Veggie Kale Cabbage Slaw Fruited Jell-O Hawaiian Roll




**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 info, email [info@lopezlocavores.org](mailto:info@lopezlocavores.org) or visit [www.lopezlocavores.org](http://www.lopezlocavores.org).

**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.



This is Jeremy Ward, dressed as a dog for the 1977 rehearsal of *The Island of Zepol*. Seated at the back on the right is Mia Fragnoli.



**Connect with Your  
Lopez Library**  
360-468-2265  
<https://lopezlibrary.org>

### Hours

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

### Summer Reading Challenge

This year's Summer Reading Challenge is for all ages, from toddlers through adult! It's easy to sign up - online with our new Beanstack reading tracking app or pick up a paper packet at the front desk. Select a FREE BOOK when you sign up - yes, adults, too! The emphasis is on reading every day. Log the days you read to earn badges. The more days you read, the more chances you have to enter prize drawings.

### Programs

There's A LOT to do at the library this summer, for all ages!

**\*Explore the Creative Corner** - Oodles of craft supplies available for you to get creative whenever the library is open.

**\*Weekly Story Times** - Join Miss Jane for interactive story times on Wednesdays: 10:30am for the littlest tots, 11am for ages 4 and up.

**\*Never Too Old Book Club** - August 3rd, 5pm - Do you enjoy reading young adult and middle grade books? Join Ingrid and Beth to explore the relevance and diversity of these books and authors.

**\*Writers' Open Mic** - August 4<sup>th</sup>, 5:30pm - Join other writers to share your written work.

**\*Literary Salon** - August 10<sup>th</sup>, 5pm - Come together to share the best of your most recent reads, or come for recommendations.

**\*Bingo Night!** - August 15<sup>th</sup>, 5:30pm - All ages welcome!

**\*Teddy Bear Picnic** - August 17<sup>th</sup>, 11am - All are welcome for teddy bear-themed stories, music and movement outside on the lawn.

See our **Summer Programs & Events** brochure at <http://lopezlibrary.org/summer/>

We look forward to seeing you at your library!



### National Immunization Awareness Month

*A note from San Juan County  
Health and Community Services*

Coronavirus vaccinations have been at the forefront of our immunization discussions over the past year and half; however, it is important to keep up with vaccinations to protect against other diseases as well. The CDC recommends the following vaccines for older adults:

- **Coronavirus vaccine**—Initial and booster vaccinations are currently available, and new booster vaccines may become available in the coming months to better protect against newer variants. Consult with your medical provider and/or check out the SJC website [www.sjccovid.com](http://www.sjccovid.com) for upcoming vaccine clinics. You may also request to speak with a County Public Health Nurse by calling 360-378-4474 for questions about current recommendations for this vaccine.
- **Flu shots**—Get one yearly to help protect yourself against new strains. The best time to get a flu vaccine is mid-fall so that you are protected through late spring. Watch for announcements regarding fall flu vaccine clinics, or set up a fall appointment with your medical provider or local pharmacy.
- **Pneumococcal**—To prevent lung and blood-stream infections. One or two doses for everyone 65+, or younger if you have certain medical conditions or other risk factors.
- **Shingles**—Many of us had chicken pox as children; because of this, we are at risk for shingles which is an extremely painful infection that presents as a rash and involves nerve pathways. This is a two-dose series for people 50+, or younger for those with certain medical conditions or other risk factors.
- **Tetanus-Diphtheria-Pertussis (Tdap)**—This helps prevent whooping cough, a very contagious respiratory disease. Get one every 10 years unless you have a specific kind of injury.

Contact your health care provider for information and an appointment. Ask for a copy of your immunization record to keep track of what you have had. Some vaccines may also be offered by local and mainland pharmacies. Visit <https://www.cdc.gov/vaccines/adults/rec-vac/index.html> for more info.

## Food Safety – Lettuce Edition

By Lynn Grieger, RDN, CDCES, CPT, CHWC  
<https://foodandhealth.com>



Leafy green vegetables like lettuce are nutrient powerhouses, packed with fiber, Vitamins A and K, folate and antioxidants. They are also low in calories and contain no fat, saturated fat, or cholesterol and are very low in sodium. Yet foodborne illness is a real and dangerous possibility if food safety guidelines aren't followed during growing, harvesting, transporting lettuce, both at the grocery store and in your own kitchen.

According to the Centers for Disease Control and Prevention (CDC) each year 31 known foodborne pathogens (bacteria, viruses, and parasites) cause an estimated 9 million illnesses. Unspecified agents account for an additional estimated 37 million illnesses, for a total of 48 million illnesses.

In 2019-2021, there were 9 multistate foodborne illness outbreaks related to lettuce. Harmful germs often found on lettuce include *E. coli*, *Salmonella*, *Listeria*, norovirus, and *Cyclospora*.

**To prevent foodborne illness while enjoying lettuce, follow these recommendations:**

- Prewashed greens don't need to be washed again if the label states ready-to-eat, triple washed or no washing necessary.
- Wash all other leafy greens before cutting, eating, or cooking with them. Follow these steps:
  - Wash your hands with soap and water.
  - Remove and throw out the outer leaves of the plant.
  - Remove and throw out any torn or bruised leaves.
  - Rinse everything under cool, running water and gently rub the leaves to remove germs and dirt.
  - Dry the clean lettuce on a paper towel or in a salad spinner.
- Store lettuce in a clean refrigerator with the temperature set to 40°F or colder.
- Use separate cutting boards and utensils for produce and for raw meat, poultry, seafood, and eggs. If that isn't an option, prepare produce before working with raw meat.
- Wash utensils, cutting boards, and kitchen surfaces with hot, soapy water after each use.
- Refrigerate cooked or cut produce, including lettuce, within 2 hours (1 hour if the food is exposed to temperatures above 90°F, like a hot car or picnic).

### Frequently Asked Questions:

- Is organic lettuce safer? No. Organically grown lettuce can still be contaminated by parasites, bacteria and viruses.
- Is lettuce grown in a greenhouse (or hydroponically) safer? No. It's always possible for lettuce to become contaminated.
- Should I soak lettuce before washing? No. If you soak lettuce in a sink, germs in the sink can cause contamination. If you soak lettuce in a bowl, germs on one leaf can spread to another leaf.
- Should I wash lettuce with vinegar, lemon juice, soap, or produce wash? It's fine to use vinegar, lemon juice,

or produce wash but there aren't any studies that show these remove more germs than plain running water. It's not recommended to use soap or bleach to clean lettuce or any other type of produce.

- How do I keep lettuce in my garden safe to eat?
  - Plant your garden away from compost bins, manure piles, and animal pens. Animal waste can contain harmful germs that can contaminate growing lettuce.
  - Water your garden with clean, drinkable water. Keep storm runoff or any other type of dirty water away from the parts of plants you will eat.

Including a variety of different types of nutrient-dense lettuce into your weekly food choices is an important way to reduce chronic health risk. It's essential to make sure that you clean, prepare, and store lettuce in ways to reduce the risk of foodborne illness. An ounce of prevention is worth a pound of cure!

## "When Shopping for Funeral Services, Be Wary"

- by Ann Carrns from the *Seattle Times*

A summary by CENTS

The funeral and cremation service industry has increased in demand since the pandemic. People shopping for funeral or cremation services are in a vulnerable position and may be unfamiliar with the process which can lead to overpaying or being scammed. Many companies such as Legacy Cremation Services and Heritage Cremation Provider have been under investigation by the Justice Department on behalf of the Federal Trade Commission for withholding family member's remains until members pay inflated costs. This predatory behavior is illegal but unfortunately, very common. Not only this, but cremation service providers may say that they offer local services nearby, but in fact, they are just a middleman and arrange services much further away. Many customers have been forced to travel long distances to obtain remains.

To avoid being scammed or taken advantage of when choosing a cremation provider, it is important to contact several providers and ask for the location of the cremation center and request a visit. However, be aware, that not all providers have the same location for both cremation services and funeral homes and it may not be designed for tours. However, if the provider refuses to give a physical address, this is a red flag for scams.

It is also important to know that there are still funeral benefits for deaths related to COVID-19 from the Federal Emergency Management Agency (FEMA). They are paying up to \$9,000 in funeral expenses for deaths that occurred after January 20, 2020. Applicants can call 844-684-6333. There is no application fee. The government has issued a warning to be wary of scam calls, emails and mailings that offer funeral benefits. It is important to know that FEMA will not contact you until you apply for benefits.

Lastly, if you have seen such scams, you may file a complaint at [reportfraud.ftc.gov](https://reportfraud.ftc.gov).

## 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, August 17<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-Wilkie 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

**New Incentive: 10% off Woodmen Hall Rental with Subscription**

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: August 2022  
Website: www.woodmenhall.org

P.O. Box 154  
Lopez Island, WA 98261

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY