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SENIOR SERVICES OF SAN JUAN COUNTY
ORCAS ISLAND

November 2012

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Senior Signal

HOLIDAY FESTIVAL OF ARTS



The Senior Center will again be hosting its annual Holiday Festival of Arts. Jewelry, woodworking, and glass are some of the many things which will be on sale by our local artisans. More than fifty booths are available for your holiday shopping.

Get a jump on your holiday shopping all while enjoying music, friends, fun, and food! Panini's will be available for sale. There will be a silent auction to include a doll with hand made clothing, print by Frank Loudin, a craft basket from Moon Glow, and many wonderful prizes. Raffle tickets will be sold. Enter to win a tool basket, a hand made quilt by Karen Blinn, a knitted blanket and pillows by Magdalena Verhasselt, and more! Come early for best selection. Admission is free!



Mr. and Mrs. Claus will kick off the holiday season with their first appearance of the year. Bring the young ones in our life, or have your own picture taken and include with holiday cards.

Holiday Festival of Arts
Saturday
November 24, 2012
10:00am—4:00pm

Tel: 360-376-2677

FAX: 360-376-5465

orcasseniors.org

ORCAS ADVISORY COMMITTEE

- Stephen Bentley
- Gwyneth Burrill
- Dale Ely
- Mary Greenwell
- Penny Hawkes
- Irene O'Neill
- Hawley Roddick
- Caroline Scott
- Michele Streich
- Jack Titus
- Milly Vetterlein
- Judy Zimmerman

Chair: Magdalena Verhasselt

Advisory Committee Asst.: Jane Heisinger

Orcas Senior Signal

The newsletter is published by San Juan County Senior Services with a grant from the Northwest Regional Council. The Senior Signal is distributed free at the Senior Center and by mail. The Signal may also be read online at: orcasseniors.org

Mail Submissions to:

P.O. Box 18
Eastsound, WA 98245

Non-Profit Status

The Orcas Island Senior Services Council of San Juan County operates as a 501 (c)3 corporation. Donations are tax deductible within the limits of the law.

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360-370-0591
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360-376-2677
Jay Savell, Cook

THANK YOU, THANK YOU, THANK YOU!

The landscape in front of the Senior Center has a new look! After ten years of plant growth and erosion due to the steepness of the bank, it was time to make some changes. This was truly a community project and we are deeply grateful to those who generously donated to this project. A very big thank you to Island Excavating for donating a large load of rocks, to Michael Budnick for giving us two days of work moving those rocks into place, and to Charlie Nigretto, who accepted a truck load of branches free of charge. Also thanks to members of the Senior Center's Advisory Committee who labored for two days as Michael's helpers. We hope you like our new look!

An extra thank you goes out to the Big Band Bash Committee members and volunteers. The dance was held on Saturday October 20th at the Senior Center. 55 attendees enjoyed appetizers, wine, beer, an amazing dinner, and sounds of the Big Band Era. A special thank you to Barbara Pesola, Jay Savell, the High School football team, the High School Key Club, Judy Zimmerman, Ilene O'Neil, Bruce Pavitt, and especially Jane Heisinger! Be on the lookout for more opportunities to dance the night away!!!



DID YOU KNOW?

- Minnesota is the top turkey producing state in the country.
- Besides the cranberry, there are only two other fruits native to North America: the blueberry and coconut.
- The average person consumes almost 4,500 calories on Thanksgiving Day. (over twice the recommended daily intake)
- Canada celebrates Thanksgiving the second Monday of October to celebrate the harvest and blessings of the year.

PHYSICIANS ORDERS FOR LIFE-SUSTAINING TREATMENT

For patients nearing the end of life, the right level of care may not be simply "more" care— even for the critically ill. All too often there are no conversations with family or caregivers about end-of-life medical interventions and patients may be subjected to unwanted, ineffective treatments to sustain life against their wishes. That's why patients now have access to Physicians Orders for Life-Sustaining Treatment (POLST), a standard medical order form that lays out the specific types of life-sustaining treatments a critically ill patient does or does not want.

A POLST is different from a *healthcare directive, advanced directive or power of attorney for healthcare decisions*. The POLST is signed by patients and physicians, moves with patients as part of their medical records and must be honored across all care settings. It summarizes the wishes of patients regarding multiple life-sustaining treatments. Washington is now one of 32 states to honor POLST directives. The green forms are usually obtained by a patient's healthcare provider. POLST forms are also available at the Orcas Senior Center.

SERVICES WE PROVIDE & WHO TO CALL

LUNCH & HOME

Lunch is served twice a week at each Senior Center. Orcas Island serves lunches on **Tuesday's and Friday's** at noon. Suggested donation is \$5 however **no senior will be denied a meal due to inability to pay.**

Home delivered meals are provided each lunch day from your senior center. Please call to make arrangements.

TRANSPORTATION

Senior Lunch Transportation: If you would like a ride to lunch call the front desk at 376-2677 before 10:30am on the day you would like to be picked up. Suggested donation \$2.

Mainland Medical/Legal Appointments: Call Marla at 376-2677 at least one week in advance. Suggested donation to Anacortes is \$15, Burlington/Mt. Vernon \$18, Seattle \$20.

Mainland Shopping: A mainland shopping trip is scheduled each month. See activities calendar for date. Suggested donation of \$20.

Activities/Outings: Transportation to most Senior Center activities and outings is available. Call Marla at 376-2677 to arrange.

FOOT CARE

Nurses available every Tuesday and some Thursdays/Friday's for routine foot care. Reservations required by calling 376-2677. Cost is \$15.

ELDER LAW

Half-hour pro-bono sessions with Cy Field, Attorney. Reservations required. Usually the 4th Wednesday every other month. Check calendar for date. Call 376-2677 for an appointment.

HELP IS JUST A CALL AWAY

Mobility Equipment: Available for loan maintained by the Lions Club at the Senior Center. Preferred pick up Wednesday and Friday 10-11am.

Special Needs Fund: Limited emergency assistance when no other funds available. Call Marla for information/qualifications. 376-2677

Weatherization Assistance: 1-800-649-5121

Dental Assistance: 25% reduction from local dentists for those who qualify. Call Marla at 376-2677

Lifeline: 1-800-635-6156

P.A.L.: Assistance with electrical costs. Call OPALCO 376-3552

SHIBA: Medicare/insurance questions. Volunteers Tuesdays and Fridays at the Medical Center. Call 376-2561 for appointment.

Hearts & Hands: Trained volunteers provide 1-2 hours per week of practical assistance such as respite, errands, housework, meal preparation, shopping and companionship. Call Betsy Louton for more information 376-7723

Social Security: 1-800-772-1213

Medicare: 1-800-633-4227

Veterans Administrations: 1-800-827-1000

DSHS: Low income assistance. 378-4196