

Senior Signal

December is National Identity Theft Prevention Month

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According to recently released statistics from the Internal Revenue Service, more than 15 million people per year are victims of identity theft, with losses of more than \$50 billion. Identity theft occurs when a criminal uses another person's personal information to take on that person's identity, usually for financial gain. The following are 10 tips to helping protect yourself from identity theft:

Protect your Social Security Number. Don't carry your social security card or other cards that show your SSN.

Use caution when giving out your personal information. Scam artists "phish" for victims by pretending to be banks, stores, or government agencies. They do this over the phone, in emails and in postal mail.

Treat your Trash Carefully. Shred or destroy papers containing your personal information including credit card offers and "convenience checks" that you don't use.

Protect your postal mail. Retrieve mail promptly.

Discontinue delivery while out of town.

Check your bills and bank statements. Open your credit card bills and bank statements right away. Check carefully for any unauthorized charges or withdrawals and report them immediately. Call if bills don't arrive on time. It may mean that someone has changed contact information to hide fraudulent charges.

Check your credit reports. Review your credit report at least once a year. Check for changed addresses and fraudulent charges.

Stop pre-approved credit offers. Pre-approved credit card offers are a target for identity thieves who steal your mail. Have your name removed from credit bureau marketing lists. Call toll-free 888-567-8688

Ask Questions. Ask questions whenever you are asked for personal information that seems inappropriate for the transactions. Ask how the information will be used and if it will be shared.

Ask how it will be protected. If you are not satisfied with the answers, don't give out your personal information.

Protect your computer. Protect personal information on your computer by following good security practices. Use strong, non-easily guessed passwords. Use firewall, antivirus, and anti-spyware software that you update regularly. Download software only from sites you know and trust and only after reading all the terms and conditions. Don't click on links in pop-up windows or in spam email.

Use caution on the Web. When shopping online, check out a web site before entering your credit card number or other personal information. Read the privacy policy and take opportunities to opt out of information sharing. Only enter personal information on secure web pages that encrypt your data in transit. You can often tell if a page is secure if "https" is in URL or if there is a padlock icon on the browser window.

If you have been a victim:

- *Contact credit bureaus*
- *Close accounts*
- *File a police report*
- *Contact social security fraud hotline at 800-269-0271*
- *File a complaint with the FTC at 877-438-4338*

Thinking Red for the Holidays?



Think POMEGRANATES!

By Carol Simmer, RD/CD

Pomegranates may be a trendy "new" natural health food and also a beautiful symbol of the holiday season. A lovely red fruit, they can be used to decorate as well a contribution to holiday dining.

"New" is not a true description. Pomegranates are one of the oldest known fruits. Native to Persia, modern day Iraq and Iran, the pomegranate has been found in the writings and artifacts of many cultures and religions. Pomegranates are mentioned in the Book of Exodus and the Quran. Fossilized fruits have been identified in artifacts of the Early Bronze Age and in

the tombs of Egyptian mummies. Pomegranates were introduced into Latin America and California and Arizona by Spanish settlers in 1769.

One of the most nutritious fruits on the planet, pomegranates contain a wide variety of nutrients including high levels of flavonoids, polyphenols, potassium and vitamin C, and more antioxidants than red wine, green tea, blueberries, and cranberries! Eating the whole pomegranate seeds or *arils* gives you a good source of fiber and even protein, which is relatively unusual for a fruit. Drinking the juice alone is nutritious, but eliminates the fiber and some micronutrients found in the seeds.

Many studies are underway to discover if

pomegranates show benefits against heart disease, and several cancers. It is also being studied in relation to improving symptoms of depression and increasing bone mass. However, *many of the studies have not moved past the lab-rat stage* and more human clinical trials are needed.

Try new ways to eat pomegranates. Delicious eaten out of hand, they also can be sprinkled in salads and desserts. A lovely appetizer is goat or cream cheese spread on bruschetta and topped with minced red onion, parsley, and pomegranates! Did you know that Grenadine syrup is thickened and sweetened pomegranate juice? Grenadine makes a

"Remember . . . pomegranate juice stains EVERYTHING. Protect your clothing and work surfaces."

How to Seed a Pomegranate

- (1) Cut off the stem end (about $\frac{1}{2}$ to 1 inch from stem) so the seeds are visible
- (2) Score the pomegranate peel with a knife all around the fruit into quarters. Do not cut into the fruit.
- (3) Fill a large bowl with enough water to cover the pomegranate.
- (4) While holding the fruit under water, gently pull the white pulp membranes apart, starting at the cut end. The arils (seed castings) will fall to the bottom of the bowl. The white pulp will float to the top and be discarded.

Services We Provide and Who to Call

LUNCH AND MORE

Lunch is served twice a week at each Senior Center. Orcas Island serves lunches on **Tuesdays & Fridays** 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 of \$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, Activities & Outings

Transportation to most Senior Center activities is provided. Please check calendar for weekly outings schedule as well as activities at the Center. Please call at least 24 hours in advance if you would like a ride to any of the scheduled activities or outings.

FOOT CARE

Nurses available every Tuesday and some Thursdays/Friday's for routine foot care. Reservations are required by calling 376-2677. Cost is \$25

ELDER LAW

Half-hour pro-bono sessions with Cy Field, Attorney. Reservations are 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 from 10-11am.

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

Weatherization Assistance: 1-800-649-5121

Lifeline: 1-800-635-6156

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

SHIBA: Medicare/insurance questions. Volunteers are available Tuesdays and Fridays at the Medical Center. Call 376-2561 for an 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 Administration: 1-800-827-1000

DSHS: Low income assistance. 378-4196



ACTIVITIES DESCRIPTIONS

MONDAY MOVIES – 1PM MONDAYS

Join us each Monday for a free movie. Popcorn, drinks, candy available for \$1. This month's movies are:

Dec. 3: *Oh God* ("You're the assistant manager of a supermarket. You have a lovely wife and kids. And you've just had an interview with God, who's recruited you to carry his message to all human kind. His wife and kids think he's crazy. Others brand him a fanatic and a nuisance. But God always sees the bright side and *Oh, God!* makes a very charming, very persuasive case for his viewpoint.

Dec. 10: *It's A Wonderful Life*
Voted the #1 most inspiring film of all time!

Dec. 17: *White Christmas*
Bing Crosby and Danny Kaye sing and dance through this holiday classic. It's the stuff dreams are made of.

Dec. 24: NO MOVIE

Dec. 31: *The Buddy Holly Story*
This Oscar-nominated film takes us through the life of Buddy Holly and his hits such as "That'll Be the Day," "It's So Easy," and "Peggy Sue." By age 22 Buddy Holly had it all, until tragedy ended a brilliant career . . . but not his music.

TUESDAY LUNCH – 12PM TUESDAYS

See calendar for menu

TUESDAY FREE CRAFTS – 1PM TUESDAYS

Dec. 4: cards, tags & gift wrap

Dec. 11: Holiday wreaths

Dec. 18: Ornaments and Topiary's

WEDNESDAY – MORE FOOD!!!

Dec. 12: 2pm - Afternoon Tea.

This is a monthly tradition at the Senior Center! Relax in the company of friends, enjoy lovely music, and be served a collection of sandwiches, scones, and desserts. FREE!

Dec. 19: Cookie Exchange. Bring 2 dozen cookies (all the same kind) that you enjoy baking. You will then

exchange them for samples of other peoples creations. Please Sign Up for this event. LIMITED TO 12 people.

Dec. 26: 12pm -Monthly Potluck!
Bring your favorite potluck dish to share and enjoy in the company of friends.

THURSDAY OUTINGS

Dec. 6: Outing to Friday Harbor for the afternoon. Have lunch and stroll the streets of town in search of that perfect present . . . for yourself, or someone else!

Dec. 13: Lets show Eastsound what the Senior Center is all about! Meet at the Center and then head to town. Visit our local merchants and then meet up at Portofino's for lunch on us!

Dec. 20: Monthly mainland shopping trip. The gas and ferry fare are on us ☺

FRIDAY LUNCH – 12PM FRIDAY'S

see calendar for menu

FRIDAY FROLICS!!

Dec. 7: 10:30am – Join us to learn how to give a gentle shoulder and neck massage without hurting yourself. You will also be treated to massage as your classmates practice on one another.

Dec. 7: table games after lunch. Bring your favorite game or use ours . . . spend the afternoon!

Dec. 14: 1pm -Join the *Turtleback Brass Quintet* second annual Christmas Sing Along!! Song sheets will be passed out and everyone can join in (or just listen, if you wish) singing favorite carols.

Dec. 21: table games after lunch

Dec. 28: table games after lunch

A Few Little Changes

You may have noticed a few little changes to the newsletter. Many people have asked so to address some of the changes . . .

Birthdays & Anniversaries: After the turn over in the coordinator position, the current and updated mailing list was unable

to be accessed. We have completely redone the list and the birthdays and anniversaries will begin appearing in the January newsletter again.

Font size and white space: the newsletter is being printed with a larger font size and

more "white space" now. This makes reading easier for some visual impairments.

Spotlights on Volunteers and Seniors: Will begin appearing in the January newsletter again. This was a simple oversight with the changing of staff.



Oral History Project Begins January 2013

"Every time an old person dies, it is as if a library had burned down." – African Proverb

The Orcas Senior Center will begin an ongoing Oral History Project in January. Everyone has a story to tell. The purpose of the Oral History Project is to provide you with an opportunity to tell stories of your life. You will have an opportunity to work with an author and teacher if you choose to write your story. We will also have a video camera and an audio recorder available, so you can tell your story through an audio or video interview. Participants will receive copies of the story you create to share with your family. We will also catalog stories and create a library for the community here at the Senior Center. You will contribute to the preservation part of that "library" when the memories of the individual

die with him or her.

We envision school children using the library for school projects, and for historians to learn about the people of Orcas Island. It will also be an opportunity to create something for your families to pass down from generation to generation.

Imagine someone who experienced everything from traveling by oxcart to flying in transoceanic jets. A person who lived through the stock market crash, the Great Depression, the Midwestern dust storms of the 30's, World War II, the Korean War, and all the wars since. Someone who watched McCarthy hearings on TV, experienced the resignation of Richard Nixon, grieved at the assassination of John F. Kennedy; passing down the stories to future

generations. It is important that these memories do not die with the people who lived them.

"When my father died he left us letters, poems, and stories he had written. We were given a brief life history of his, but also the stories of the family heirlooms that he handed down to us. We learned things about my dad he never told us when he was alive. It's a treasure beyond words." Marla Johns, Orcas Senior Services Coordinator.

Details will be in the January newsletter, but please begin thinking of stories you want to share.

DIDYOU KNOW . . .

If you purchased everything in the song *12 Days of Christmas* it would cost \$107,300!!!



Orcas Senior Center

ADVISORY COMMITTEE

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Hawley Roddick

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Michele Streich

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Hearts & Hands Coord.: Betsy Louton

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Mail submissions to:

PO Box 18, Eastsound, WA 98245

Or by email to marlaj@sanjuanco.com

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Joyce Rupp, Project Manager

360-370-0591

Marla Johns, Orcas Senior Services Coord.

360-376-2677

Jay Savell, Cook

Volunteer Opportunities:

We always need volunteers. Immediate volunteer needs include:

- Web site maintenance
- Instructors/class leaders
- Drivers

If you are interested in volunteering please contact Marla at 376-2677 or by email at marlaj@sanjuanco.com



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