

# Senior Signal

January 2013

## January is Glaucoma Awareness Month

*An important time to spread the word about this sight-stealing disease*

Information obtained from [glaucoma.org](http://glaucoma.org)

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of *preventable* blindness. Moreover, among African American and Latino populations, glaucoma is the leading cause of blindness, and it is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 2.2 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of

*continued on page 2*

## A New Year . . . A New Committee!

*Orcas Senior Advisory Committee welcomes a new President and bids a fond farewell to the outgoing President and board members.*

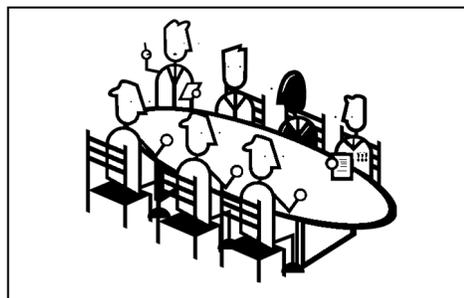
January begins a new year at the Senior Center; and a new reign as well. Beginning January 1, 2013 the Orcas Senior Advisory Committee will be led by the new president, Stephen Bentley. We are excited to begin a new chapter and know that Stephen has wonderful new ideas and enthusiasm for representing the Seniors of Orcas Island. The Committee also welcomes Lois Cornell as a committee member.

With every "hello" there is a "good-bye." We bid a fond farewell to outgoing president Magdalena Verhasselt and to board members, Milly Vetterlein and Gwyneth Burrill. All have served on the committee and have worked hard to keep the Orcas Senior Center thriving. We are honored, however, that although they will not be serving as official committee members, all have agreed to continue volunteering for projects and supporting our efforts.

Thank you to all of our 2013 Committee members for your commitment and dedication to the Orcas Senior Center.

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blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision.

### **What is Glaucoma?**

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease

### **Types of Glaucoma**

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma. Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

### **Facts and Statistics**

In the United States, approximately 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness. Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you

have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Glaucoma is the leading cause of blindness among African-Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma.

### **Risk Factors**

Are you at risk for Glaucoma? Those at higher risk include people of African, Asian, and Hispanic descent. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss.



## **VOLUNTEERING SHOWS VARIOUS HEALTH BENEFITS**

By: Stephen Bentley  
Orcas Senior Advisory Committee President

Everyone knows that volunteering benefits society, but there's a lot of evidence showing that it also benefits the volunteer, not just emotionally but also health-wise. Research is showing that those who volunteer live longer, and this is particularly true for seniors. Volunteering ends some of the social isolation that seniors' experience, especially for those who are no longer working or as involved with their families. It's a way for seniors to use the skills they've learned—through work, while raising a family and even from life skills that are earned from 60 or more years of coping with life's challenges.

A report by the Corporation for National and Community Service, "Health Benefits of Volunteering," states that "those who volunteer have lower mortality rates, greater functional ability and lower rates of depression later in life than those who do not volunteer.

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*"Those who devote a 'considerable amount of time' to volunteer activities are most likely to exhibit positive health."*

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Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, whether because they are more likely to face higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing." Those who devote a "considerable amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health," the report states.

According to a recent study by Senior Corps, a nationwide group that connects seniors with volunteer opportunities, seniors who volunteers in social programs not only maintain good brain function, but their brain function and cognitive ability may actually increase. Another study suggests that volunteering is the only productive activity proven to help prevent frailty among seniors. Perhaps this is related to the fact that when we spend more time in the community, we feel more connected to the world and thus happier.

**If you are interested in becoming a volunteer at the Orcas Senior Center, please call the Senior Services Coordinator, Marla Johns, at 360-376-2677**

**Many opportunities are available.**

### **Happy Birthday to you . . .**

Rachel Adams	Lennie Evans	Bonnie Johnson	Jo Myers	Margaret Tyree
Mary Lou Amadon	Marj Franke	Bettye Johnson	Peg Nicol	Robert Walker
Harold Asper	Patricia Frances	Michael Jonas	Glenna Richards	Dixie Walmsley
Florence Bullock	Mary Gardner	Willi J. Kuehle	Judy Richardson	Ann Waltersdorph
Gordon Buman	Marion Gerald	Sally Larson	Molly Roberts	Norma Jean Watson
Jim Calhoun	Ann Griot	Gloria LaValle	Joni Cady Rosevelt	William Yarlott
Mary Ann Carpenter	Pierrette Guimond	Cyrus Lemmond	Laura Selwyn	Caroline Yarnall
Gordon Carver	Kathy Wehle Haynie	Bev Leyman	Judith Slater	Norm Zimlich
Suzan Chamberlayne	Faith Heath	Wally Logan	Ken Speck	
John Cook	Bob Henigson	Robert Lucas	Elizabeth Star	
Janice Cook	Jean Henigson	Janet Lum	Marlia Starwater	
Gayle Corbn	Carmen Izakson	Buyral Madan	Katie Thomas	
Helen Bee de Booor	Katie Jensen	Alison Magner	Chris Thomerson	
Kathleen Dickinson	Alfred Johnson	Dominique Marushka	Patty Thompson	
Barbary Ehrmantraut	Betty Johnson	Vincent Monaco	Edith Thomsen	

## 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.

### LIFE ENRICHMENT

Life enrichment activities are offered daily at the Senior Center. Check the calendar for details and events.

### 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 4<sup>th</sup> 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



# JANUARY 2013

Sunday	Monday	Tuesday	Wednesday
		<b>1</b> CLOSED – NEW YEARS DAY	<b>2</b> 9am-11am: Coffee & tea in the lounge
<b>6</b>	<b>7</b> 9am-11am: Coffee & tea in the lounge  9:30am: TML exercise class  1pm: Movie <i>Vertigo</i> Considered to be Alfred Hitchcock's greatest achievement. Set among San Francisco's renowned landmarks, James Stewart plays Scottie Ferguson, an acrophobic detective hired to shadow a friend's suicidal wife, played by Kim Novak. The detective must also unravel the secrets of the past to find the key to his future. (Movie is free, treats are available for \$1 each)	<b>8</b> 9am-11am: Coffee & tea in the lounge  12:00pm: Lunch Chicken apple salad with bleu cheese, mini croissant, fresh fruit salad, cookie (suggested donation \$5)  1pm: Table Games – Stay after lunch and invite your friends for some friendly competition! Bring your own favorite card game, dominos, or board game or use some of ours.	<b>9</b> 9am-11am: Coffee & tea in the lounge  2pm: Afternoon Tea – Join us for our monthly favorite – a real afternoon tea! Enjoy piano music, snacks, tea and, of course, good conversation. You'll even take home a goodie bag for you to enjoy later in the evening. This popular event is enjoyed by all.
<b>13</b>	<b>14</b> 9am-11am: Coffee & tea in the lounge  9:30am: TML exercise Class  1pm: Movie <i>My Fair Lady</i> Winner of eight academy awards. Staring Rex Harrison and Audrey Hepburn. A misogynistic and snobbish phonetics professor agrees to a wager that he can take a flower girl and make her presentable in high society. (Movie is free, treats are available for \$1 each)	<b>15</b> 9am-11am: Coffee & tea in the lounge  12:00pm: Lunch Swiss steak, mashed potato & gravy, broccoli Normandy, garden salad, apricots (suggested donation \$5)  1pm: Table Games – Stay after lunch and invite your friends for some friendly competition! Bring your own favorite card game, dominos, or board game or use some of ours.	<b>16</b> 9am-11am: Coffee & tea in the lounge
<b>20</b>	<b>21</b> CLOSED MARTIN LUTHER KING DAY	<b>22</b> 9am-11am: Coffee & tea in the lounge  12:00pm: Lunch Parmesan Chicken, roasted red potato, carrot coins, tropical fruit (suggested donation \$5)  1pm: Table Games – Stay after lunch and invite your friends for some friendly competition! Bring your own favorite card game, dominos, or board game or use some of ours.	<b>23</b> 8:00am-9:30am: BREAKFAST!! Our first ever breakfast! Enjoy a fresh host breakfast cooked by our resident chef, Jay Savall. He will prepare a menu that everyone will enjoy. Depending on popularity, we will hope to make this a monthly event. (Suggested donation \$3)
<b>27</b>	<b>28</b> 9am-11am: Coffee & tea in the lounge  9:30am: TML exercise class  1pm: Movie <i>To Kill a Mockingbird</i> Atticus Finch, a lawyer in the depression-era south, defends a black man against an undeserved rape charge, and his kids against prejudice. (Movie is free, treats are available for \$1 each)	<b>29</b> 9am-11am: Coffee & tea in the lounge  12:00pm: Lunch Taco Salad, Fruit (suggested donation \$5)  1pm: Table Games – Stay after lunch and invite your friends for some friendly competition! Bring your own favorite card game, dominos, or board game or use some of ours.	<b>30</b> 9am-11am: Coffee & tea in the lounge  12:00pm: Potluck Bring your favorite potluck dish to share and enjoy with one another. This monthly event is growing each month. What a treat to sample one another's favorite creations. You may even want to bring the recipe to share!

# JANUARY 2013 (cont.)

Thursday	Friday	Saturday
<p><b>3</b> 9am-11am: Coffee &amp; tea in the lounge</p> <p>10am: TML Exercise Class</p>	<p><b>4</b> 9am-11am: Coffee &amp; tea in the lounge</p> <p>10am – 12:00pm: Knit and Stitch. Bring your crochet, knitting, sewing, or other handy work to work on with friends. Swap tips and tricks, as well as laughter and fun. (free)</p> <p>12:00pm: Lunch Hamburgers with lettuce, tomato, onion on multi-grain bun, baked beans, millionaire salad (suggested donation \$5)</p> <p>1pm: Strength Training exercise class</p>	<p><b>5</b></p>
<p><b>10</b> 9am-11am: Coffee &amp; tea in the lounge</p> <p>10am: TML Exercise class</p> <p>8:00am – 4:30pm: Outing - Whatcom museum of history and art (Gas and ferry are free. The museum cost is \$8 per person and you'll be on your own for lunch)</p>	<p><b>11</b> 9am-11am: Coffee &amp; tea in the lounge</p> <p>12:00pm: Lunch Florentine fish, scalloped potato, peas &amp; carrots, cole slaw, cookie (suggested donation \$5)</p> <p>1:00pm: Craft Project – Card Club Please join us in making the birthday cards for January birthdays. Once cards are made, they will be signed, addressed and mailed! A great way to put a smile on someone's face, while enjoying the great company of others. (free)</p> <p>1pm: Strength Training exercise class</p>	<p><b>12</b></p>
<p><b>17</b> 9am-11am: Coffee &amp; tea in the lounge</p> <p>10am: TML Exercise class</p> <p>8:00am – 4:30pm: Outing – Mainland Shopping (free)</p>	<p><b>18</b> 9am-11am: Coffee &amp; tea in the lounge</p> <p>12:00pm: Lunch Pork loin with apple chutney, mashed potato &amp; gravy, peas, apricot crisp (suggested donation \$5)</p> <p>1:00pm: Craft Project – Glass Painting. No experience necessary. Take completed project home. (free)</p> <p>1pm: Strength Training exercise class</p>	<p><b>19</b></p>
<p><b>24</b> 9am-11am: Coffee &amp; tea in the lounge</p> <p>10am: TML Exercise class</p>	<p><b>25</b> 9am-11am: Coffee &amp; tea in the lounge</p> <p>12:00pm: Lunch Turkey with cranberry sauce, mashed potato &amp; gravy, broccoli Normandy, pumpkin cake (suggested donation \$5)</p> <p>1:00pm: Craft Project – Hot Mats. Using beach pebbles, create a hot mat to use at home. A wonderful way to bring the outdoors in, while creating a useful project as well. (free)</p> <p>1pm: Strength Training exercise class</p>	<p><b>26</b></p>

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Eastsound,  
WA (360)  
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Interested in  
newsletter advertising  
or activity  
sponsorship?  
Call Marla at  
360-376-2677

Activities Registration

In an effort to better prepare for activities and events, we are asking that people pre-register if you think you would like to attend. This will enable us to purchase supplies and plan space for all events and activities. We will also be having friendly reminder calls for the events that you express an interest in. You can mail or drop this pre-registration form at the front desk. Thank you!

Name:

Phone:

Email:

Activity/Event(s) Interested in Participating In:

***Please note: Not turning in the pre-registration form will not exclude your participation. This is for planning and reminder purposes only. Thank you.***

## **ORCAS SENIOR CENTER**

### **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.

### **NEWSLETTER**

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## **Advisory Committee**

**Chair: Stephen Bentley**

Lois Cornell

Dale Ely

Mary Greenwell

Penny Hawkes

Irene O'Neil

Hawley Roddick

Caroline Scott

Michele Streich

Jack Titus

Magdalena Verhasselt

Judy Zimmerman

Advisory Committee Asst.: Jane Heisinger

Hearths & Hands Coord.: Betsy Louton

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