

March 2013

Senior Signal

MARCH FOR MEALS—Community Breakfast

Free Community Breakfast bringing awareness to the senior meal program.

- Wednesday, March 6th
- 8:00am-9:30am
- All community members invited to attend
- Cost: Donation to March for Meals

Join the Whatcom/ San Juan Senior Nutrition Program and Orcas Island Senior Center March 6th, for a Community Breakfast at the Center to benefit Meals on Wheels, and help ensure that no senior on Orcas Island goes hungry.

The breakfast is part of March for Meals, a national campaign to support Meals on Wheels and to raise awareness about senior hunger. The March for Meals campaign is gaining support from community members and local governments.

The Whatcom/ San Juan Senior Nutrition Program, which includes both Senior Center “Community” Meals and home delivered “Meals on Wheels” is a program

of the Whatcom Council on Aging (WCOA), a non-profit organization based in Bellingham.

Here in Eastsound, Senior Nutrition Program Cook, Jay Savell and his dedicated team of volunteers prepare and serve delicious and nutritious meals, two days a week to over 80 seniors. Volunteers deliver another 10 meals each meal day to Orcas Island homebound seniors. When asked about the importance of the Meals on Wheels Program, Jay replied, “Home delivered meals offer not just a nutritious meal, but a smile with a visit from one of our volunteers. This is a winning combination that islanders can’t do without.”

Last year, the Senior

Nutrition Program served over 95,000 Senior Community Meals and delivered over 57,000 Meals on Wheels to homebound seniors in San Juan and Whatcom Counties. The Program relies on volunteers and donations to continue to meet this critical need for seniors on San Juan Island and throughout San Juan and Whatcom Counties. With help from business partners and the community, we will continue to ensure that no senior in our community goes hungry.

For more information on how you can get involved in **March for Meals**, contact the Whatcom Council on Aging at 360-733-4030 ext #47028.

A Balanced Life

*By: Stephen Bentley
Orcas Advisory Committee
President*

Living a “balanced life”, according to the International Council on Active Aging (ICAA), is absolutely essential to successful aging. The ideas of “active aging” and “balanced life” can be summed up in the phrase “engaged in life” or “living each day intentionally”. Active aging describes individuals who live each day of

“Being prepared and having a plan to age well gives our lives purpose and reminds us to live each day intentionally”

life as fully as possible, balanced within several areas or dimensions of wellness.

Do you lead a balanced, active and engaged life? We will all go through periods when the balance of our lives gets out of whack. Any number of things can create this imbalance. It may be simple matters like seasonal changes and too many gray skies or more difficult life events like illness, surgery or the death of a friend.

In most instances, these events are just periods of time during which we heal. To help the healing process and get back on track it is

useful to evaluate all areas of wellness. You’ll want to see what you need to focus upon in order to regain a healthy balance in your life.

Fortunately, the ICAA has identified **seven dimensions of wellness**. It’s helpful to consider each of these dimensions when evaluating whether or not your life is balanced. They are:

1. **Physical Wellness:** Stay active! As little as 10 minutes of exercise three times a day, five days a week can meet the guidelines.
2. **Intellectual Wellness:** Keep your brain active! Learn a new activity, solve puzzles online or in newspapers, play games like chess, scrabble or bridge, study a second language, ...
3. **Social Wellness:** Stay connected! Volunteer in the community, take classes, visit with friends, join a book discussion group, ...
4. **Vocational Wellness:** If you’re not working, volunteer to help others, get involved in an avocation, develop your craft.
5. **Spiritual Wellness:** Connect to your spirit in ways that are meaningful to you; whether that’s through a place of worship, prayer, meditation or

simply a reflective walk in Moran State Park.

6. **Environmental Wellness:** Go green! Include nature in your life; plant a garden, arrange a bouquet of flowers, visit our local parks and walking trails. And make sure the indoor environment you live and work in is healthy.

7. **Emotional Wellness:** Engage in mindful activities such as yoga and t’ai chi, talk with your doctor, spouse or a trusted friend if you’re feeling low.

It seems to me, there are few stages in life, including aging, that are easy. We must be purposeful about how we age instead of being overwhelmed by it. Being prepared and having a plan to age well gives our lives purpose and reminds us to live each day intentionally.



~ March 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10a-12p: Knit & stitch 12p: Lunch (pulled pork w/ BBQ sauce, baked yam, broccoli normndy, apple cake) 1:00p: Crafts 1:30p: Strength training	2
Coffee and Tea in the lounge—Weekdays 9am-11am						
3	4 10a-12p: Creative writing 1p-3p: Movie: On Golden Pond	5 12p: Lunch (Italian chicken, mashed potato & gravy, mixed veggies, cranberry bar) 1pm: Walking club	6 8am-9:30am: Community Breakfast. (biscuits & gravy, scrambled eggs, sausage, juice, tea, coffee)	7	8 10a-12p: knit & stitch 12p Lunch (Florentine fish, scalloped potato, Nantucket blend veggie, coleslaw, fruit) 1p: Crafts 1:30p: Strength Training	9
10	11 10a-12p: Creative Writing 1p-3p: Movie: True Grit	12 12p: Lunch (beef stew, biscuits, spinach salad, tropical fruit) 1pm: Walking club	13 2p: Afternoon Tea	14 OUTING: Toulalip Casino (depart on 8:55 ferry, return on 3:05 ferry)	15 10a-12p: Knit & stitch 12p: Lunch (corned beef, cabbage & carrots, red potato, soda bread, lime jello w/ pears) 1pm: Painting Group 1:30pm: Strength Training	16
17	18 10a-12p: Creative Writing 1p-3p: Movie: Cocoon	19 12p: Lunch (chicken ala king, brown rice, Nantucket veggie, garden salad, orange sections) 1pm: Walking club	20	21	22 10a-12p: knit & stitch 12p: Lunch (lemon herb glazed Pollock, scalloped potato, peas & carrots, apricots) 1pm: Crafts 1:30p: Strength Training	23
24	25 10a-12p: Creative Writing 1p-3p: Movie: Amadeus	26 12p: Lunch (stuffed green peppers, steamed fingerling potato, mix veggie, pears) 1pm: Walking club	27 12p: Potluck	28 OUTING: Mainland Shopping (depart of 8:55am ferry, return on 3:05 ferry)	29 10a-12p: knit & stitch 12p: Lunch (spaghetti, whole green beans, garden salad, wheat bread stick, peaches) 1pm: Crafts 1:30p: Strength Training	30
31 Easter Sunday	Do you have an idea for a class? Would you like to start a club? We have room on the calendar for you! Please call Marla at 376-2677 to make arrangements.					

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:

1-800-535-5156

Lifeline:

1-800-535-5156

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.

Social Security:

1-800-633-4227

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 at 376-7723 for more information.

DSHS: Low income assistance. 378-4195

Medicare: 1-800-633-4227

Veterans Administration:
1-800-827-1000

Services We Provide

Lunch is served twice weekly 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 activities are offered daily at the Senior Center. Check out the calendar for details and events.

Senior Lunch Transportation is available. Call the front desk at 376-2677 before 10:30am on the day you would like to be picked up. Suggested donation is \$2

Transportation to Mainland Medical/Legal Appointments: Please schedule appointments on Wednesdays. The 1st and 3rd Wednesday we will drive to Anacortes, Mt. Vernon, and Burlington. The 2nd Wednesday to Seattle and surrounding areas. The 4th Wednesday to Bellingham and the immediate surrounding area. Call 376-2677 to schedule.

Foot Care nurses are available every Tuesday and some Thursdays/Fridays for routine foot care. Reservations are required by calling 376-2677. Cost is \$25.

Case Management services are available. To discuss needs and to schedule an appointment, call Marla at 376-2677

Granny's Attic

*Deliver Granny's
Attic donations
Tuesdays
beginning March
19 through April
23rd from 11am
-3pm*

Granny's Attic Sale is just around the corner. We will start accepting items on Tuesday, March 19th from 11 - 3. We will continue on Tuesday's for the following 5 weeks. The Sale is the last Saturday of April, **April 27**.

Remember, no clothing or electronics.

Granny's Attic is one of our largest annual fundraising events. Remember, one person's junk is another person's treasure! Mark your calendars for the sale.



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Puzzle solutions available at the front desk.



**Orcas Senior
Center**
62 Henry Road
P.O. Box 18
Eastsound, WA

360-376-2677



Orcas Senior Center

Orcas Senior Center NonProfit 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

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.

Mail submissions to: PO
Box 18, Eastsound, WA
98245.

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