

Senior Signal

MAY 2013

Goodness & Kindness Will Always Prevail

By: Marla Johns, M.S. BSW
Orcas Senior Services Coordinator



As I put together this months' newsletter, I cannot ignore the events that are unfolding in the world around us. My thoughts and heart

were called to our neighbors on the East Coast; and then my arms had to stretch to enfold those in Texas into my heart as well.

The front page article of the May newsletter was to be a tribute to the men and women in our community and the nation who serve as Peace Officers, as **May 15th is National Peace Officers Day** and the week of May 7-16 is celebrated as Peace Officers Week. Around the nation, brothers and sisters in blue will gather to celebrate the lives of those who gave all for their communities. Of course, as the wife of a career police officer, this annual event takes on a special meaning for me and for my family.

As I watch the events of this week unfold across our country, I was struck by one common denominator: as people fled the scenes of disaster, the first responders were running toward them. The goodness of these brave men and women far outweighs the evil actions carried out that day.

Stories of the week unfold and we hear time and time again about the kindness of strangers. A city with a population of over 600,000 became a small community in an instant. Hands reached out, homes were opened, and hearts were softened. As a small town in Texas huddled together in a stadium, re-

sponders from across the State drove hundreds of miles to help a neighbor they had never met and would likely never see again.

Time and time again throughout history we find examples of people choosing to act with kindness and goodness in the face of tragedy and adversity. In the Diary of Anne Frank she writes, "In spite of everything, I still believe that people are really good at heart. I simply can't build up my hopes on a foundation consisting of confusion, misery, and death."

I encourage you all, spread acts of kindness wherever you go and reward kind acts when you see them. All too often we focus on the negative behaviors we see around us and forget to focus on the positive. Just last week, I was off island shopping and was witness to a young man helping an older woman load her groceries into her car in the rain. Working quickly he loaded her car and then returned her cart for her. That act was given without thought of payment or reward for himself; but was merely to help another human being. I am proud to say that young man was my son.

You're never "too old" to show random acts of kindness to another human being. Never "too old" to demonstrate goodness prevailing. Share a smile with a stranger; you just might be the only person to smile at him that day. Going to the city? Put change in a parking meter you pass that is about to expire. Leave a kind note in a library book when you return it for the next person who reads the book to find. Send a thank you card to a Veterans Hospital thanking the Veterans for their service. These are just a few simple ideas to share Orcas Island Goodness with those around you.

It is my hope the world could come to show the same kindness to one another each day; and not just when tragedy strikes.

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"Happiness needs sadness. Success needs failure. Benevolence needs evil. Love needs hatred. Victory needs defeat. Pleasure needs pain. You must experience and accept the extremes. Because if the contrast is lost, you lose appreciation; and when you lose appreciation you lose the value of everything."

Can Diet Help Prevent Alzheimer's Disease?

By: Stephen Bentley
Orcas Advisory Committee Chair

We all know that poor nutrition is often associated with poor health. But, is the reverse true? Does good nutrition lead to good health? Can we improve our health through changes in our eating habits? I think there's no doubt about it! Of course we can.

Years ago, I worked for Nathan Pritikin. You may remember Nathan's bestselling book, The Pritikin Program of Diet and Exercise or his Longevity Centers. He was also popular on the daytime TV talk-show circuit of the late-1970's. Pritikin reasoned that people could prevent and even reverse heart disease through a diet very low in fats and high in complex carbohydrates. Nathan's nutrition ideas were radical at the time and his diet program was rigidly strict. Today, his nutrition theories while generally considered correct are seen as somewhat too inflexible.

I only have an interested layman's knowledge of nutrition science. Cooking is my hobby. I find meal preparation creative and fun. My goal at every meal is to prepare something both delicious and healthful.

Recently, I read about ongoing research findings suggesting nutrition may stave off Alzheimer's and other forms of dementia. Numerous studies suggest certain foods may help protect against mental decline and even help prevent diseases which effect cognitive function. The thinking is that because Alzheimer's is identified with inflammation, foods with anti-inflammatory properties may be able to delay age-related cognitive disorders.

Here is a list nine commonly available foods that research suggests could help prevent mental deterioration. They all taste good and are easily found in our Pacific Northwestern cuisine.

The entire list appeals to me. So just for the health of it, I'm going to add these foods to my shopping list as often as my budget allows.

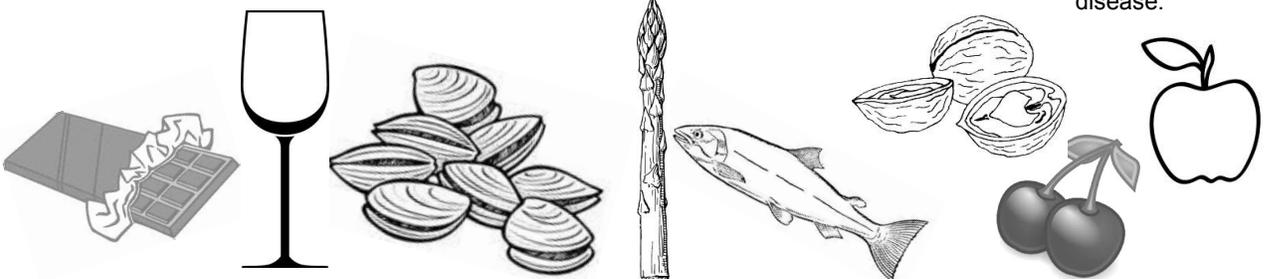
1. **Dark chocolate.** Studies show that the flavonoids in cocoa increase blood flow to the brain and may help to protect against conditions that reduce cerebral blood flow, such as dementia and stroke.
2. **Red wine.** Drinking wine in moderation can protect cognitive function and decrease the risk of Alzheimer's disease and dementia. This is due to the high levels of flavonoids and possibly other polyphenols such as resveratrol in red wine.
3. **Clams.** It's thought that when vitamin B12 levels are low, blood levels of homocysteine will raise, significantly increasing the risk for dementia, heart attack and other ailments. Clams contain 98.9 micrograms of vitamin B12 in just a 100-gram serving, or 1,648 percent of the recommended dietary allowance.
4. **Asparagus.** One study found that individuals who were deficient in folate, a form of vitamin B9, were 3.5 times more likely to develop dementia. One cup of asparagus will take care of nearly 66 percent of your daily folate needs.
5. **Wild salmon.** According to one

study, an average of three servings of oily fish a week adds up to an almost 50 percent lower risk of Alzheimer's disease and dementia. The reason is the omega-3 fatty acid and other nutrients such as vitamin D and B12 can help to prevent neurodegenerative disorders.

6. **Walnuts.** In moderation, walnuts were found to help improve motor and cognitive skills in older rodents, due, it is believed, to a combination of polyphenols, omega-3 fats and other bioactive substances.

"Numerous studies suggest certain foods may help protect against mental decline and even help prevent diseases which effect cognitive function."

7. **Cherries.** The antioxidant compounds, anthocyanin's, which give cherries their bright red color, possess anti-inflammatory properties that could work like pain medications but without the nasty side effects.
8. **Turmeric.** A study found that curcumin in turmeric, commonly used in curry dishes, removes plaques from the brain. Plaques are thought to contribute to the degradation of brain cells and lead to Alzheimer's disease.
9. **Organic Apples.** The skins of apples contain quercetin which was found, in studies conducted by Cornell University, to protect the brain from damages associated with Alzheimer's disease.



Orcas CARES Partnership



Orcas Island Senior Services has entered into a partnership with the Orcas Island Fire Department and the San Juan County Sheriff Department's Orcas Island Deputies to provide emergency response services to Seniors on Orcas Island. Additionally, the partnership is working to link all providers of services to Seniors in a more coordinated approach.

Through the partnership, volunteers and staff will be available after-hours and on weekends in the event of an emergency or unforeseen need. First responders will have access to the Orcas Cares Staff for such things as assisting family in the event of a death of a loved one, home hazards which may impact the safety of a Senior, coordinating transportation and care in the event of an unforeseen hospitalization, or a Senior who is having difficulty maintaining their independ-

ence at home.

As part of the partnership, we are assisting Seniors in completing necessary EMS forms. The forms would be kept in your home and available for Emergency Services to access in the event of a medical emergency. We strongly encourage all of you to complete the EMS forms and are available at the Senior. There will be more information regarding this effort in the coming weeks.

TML Class is Back

Christopher Evans will be offering Transformational Movement Lessons (TML's) at the Senior Center twice per week during the month of May. Christopher, a licensed massage practitioner of The Healing Arts Center, is certified with 820 hours of training in the Anat Baniel Method, based on the work of Moshe Feldenkrais. The method accesses the remarkable capacity of the human brain to form new neurological connections and develop new movement patterns, reaching levels of performance never thought possible, through the process of attentive movement.

Participation in the Transformational Movement Lessons greatly enhances flexibility, strength, coordination and wellbeing. TML's do not involve stretching or holding of positions. Therefore it does not stress muscles and joints and is very safe. The benefits are attained by constantly introducing new movement patterns instead of repeating and holding set poses. All the movements are done slowly and gently allowing for change and improvements to be realized instantaneously.

Since the method addresses learning and the underlying principles of harmonious, effective movement and action, in effect the program can be useful for everyone. These programs have helped people overcome pain, reverse the symptoms of aging, re-discover vi-

tality, improve performance and discover the joy and pleasure of movement.

Regarding the use of TML for Seniors, Christopher says, "TML lessons take place lying on the floor for the most part, and sometimes sitting or standing. I will talk students through a planned sequence of movements. Each new movement is repeated and explored through variations, allowing the student to become familiar and begin to "play" with unaccustomed movement relationships. New learning at the level of the nervous system begins to occur, replacing habitual patterns of moving that limit our experiences and bring tension, pain, or injury. The classes are non-competitive and the students are encouraged to explore the movement sequences within their own capacity, moving gently and slowly in order to pay attention and become aware of subtle differences and changes. Each lesson presented is different in its focus and effect; they are generally organized around an action or theme (for example, transitioning from sitting to standing or rolling from the floor into standing), covering a wide range of common human functions. The learning from each lesson is generalized, so all lessons create improvements in awareness, comfort, flexibility, attention, breathing, range of motion, and quality and ease of movement.

Christopher will teach a series of 8 TML classes during the month of May. Classes will be held Mondays and Thursdays at 10 am and will continue till the end of the month. Classes are intended to be affordable for all at only \$60 for the 8 class series. Although the series is open to everyone, the primary target are those 50 – 75 years of age, who are looking to gain more neurological control over their body.

For more information contact Christopher Evans at 298-6102.

To sign up for classes sign up at the senior center or call 376-2677

Discount Tickets Available

Vouchers for discount tickets are available for many Orcas Center productions at the Senior Center. Vouchers allow for the purchase of a ticket for only \$5.

This month, discount vouchers are available at the Senior Center for:

- *Oliver!* May 9-11 & 16-18
- Ruthie Foster—May 19th
- National Theatre Live *This House*—May 23rd

Thank you Orcas Center
for this wonderful partnership!

May 2013

SUN	MON	TUE	WED	THU	FRI	SAT
			1 8:30a-9:30a: Breakfast 10a-11a: Chair Yoga 1P: Brain Fit- ness week 3	2 10A: TML	3 12P: Lunch 1P: Strength Training 1P: Inspired Afternoons	4
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> See Page 5 for Lunch Menu </div>						
5	6 10A: Creative Writing 10A: TML	7 10A: Photo Club 12P: Lunch 1P: Songbirds Rehearsal 1P: Parkinsons	8 10a-11a: Chair Yoga 10a-12p: Wa- tercolor Paint 2P: Afternoon Tea	9 10A: TML 2PM: Care- giver Support Group	10 12P: Lunch 1P: Strength Training 1P: Inspired Afternoons	11
12 Happy Mother's Day	13 10A: Creative Writing 10A: TML	14 10A: Photo Club 12P: Lunch 1P: Songbirds Rehearsal	15 10a-11a: Chair Yoga 1P: Brain Fit- ness week 4 5:30p-7p: FREE Senior Dinner	16 Outing: Main- land Shopping. Depart 8:50a ferry 10A: TML	17 12P: Lunch 1P: Strength Training 1P: Inspired Afternoons	18
19	20 10A: Creative Writing 10A: TML	21 10A: Photo Club 12P: Lunch 1P: Songbirds Rehearsal	22 10a-11a: Chair Yoga 12P: Potluck 1P: Brain Fit- ness week 5	23 10A: TML	24 12P: Lunch 1P: Strength Training 1P: Inspired Afternoons	25
26	27 HOLIDAY	28 10A: Photo Club 12P: Birthday Lunch 1P: Songbirds Rehearsal	29 10a-11a: Chair Yoga 1P: Brain Fit- ness week 6	30 10A: TML 1P-3P: On Is- land Outing: Steve Emms wood working workshop tour.	31 12P: Lunch 1P: Strength Training 1P: Inspired Afternoons	

24 Hour Bug or Something You Ate?

BY Carol Simmer, RDN

What seems to be the flu may be foodborne illness, commonly called food poisoning. Mishandling of food, utensils, or cooking/holding temperatures are the leading causes of foodborne illness. Reviewing and following the procedures for food safety can help prevent

45 million foodborne illnesses, 325 hospitalizations and 3000 deaths *each year* according to the CDC!

Hand washing (or not!) is the main culprit in spreading bacteria and viruses. Hand washing rules include: wash in warm, soapy water for 20 seconds before preparing foods and after handling raw meat, poultry and seafood. Always wash your hands after switching tasks such as handling raw food or soiled dishes and then cutting raw vegetables or handling clean dishes or utensils. Separate soiled and clean tasks with hand washing and/or using clean disposable gloves! Remember to wash hands and change gloves after coughing or sneezing and/or touching your face, especially when working around food.

Prevent cross contamination by: storing raw meats **BELOW** cooked foods in the refrigerator so juices don't drip onto other foods; place washed produce into clean storage containers, not back into the original ones; use one utensil to taste and another to stir or mix food; use clean scissors to open bags of food; wear a disposable glove if you have a sore or cut on your hand; and use clean dish cloths and towels **EACH DAY!!**

Cook to Proper Temperatures! Harmful bacteria are destroyed when food is cooked to proper temperatures. A meat thermometer is the only reliable way to ensure safety.

Ground meats 155 degrees
DANGER ZONE for bacteria growth:
41 to 135 degrees.

Steaks/chops 145 degrees

Poultry 165 degrees

Do no keep foods in danger zone more than 4 hours!!

Keep foods above 135 degrees F to serve.

Chill foods promptly and refrigerate below 41 degrees. A refrigerator

thermometer is a **MUST!** For additional information about safe storage and handling of food, go to:

www.homefoodsafety.org or
www.eatright.org

Comments or questions? Contact Carol at csimmer@wcco.org

May Menu

Tuesday's

May 7:

Ham with Pineapple
Baked Potato Half
Mixed Veggies
Garden Salad
Apple Cake

May 14:

French Dip on Roll
Nantucket Blend Veggie
Coleslaw
Spiced Applesauce

May 21:

Chicken Ruben
Roasted Red Potatoes
Capri Veggies
Applesauce

May 28:

Baked Cod
Scalloped Potatoes
Dinner Blend Veggies
Garden Salad
Tropical Fruit

Friday's

May 3:

Sweet & Sour Meatballs
Brown Rice
Snow Peas
Mixed Green Salad
Fruit Crisp

May 10:

Curry Chicken
Brown Rice
Steamed Broccoli
Spinach Salad
Cranberry Bar

May 17:

Lemon Herb Pork Chops
Rice Pilaf
Nantucket Veggies
Peaches & Pears

May 24:

Beef Stroganoff
Rotelle Pasta
Dinner Blend Veggies
Tropical Fruit

May 31:

BBQ Chicken
Baked Yam Half
Whole Green Beans
Waldorf Salad

MAY 15TH
5:30-7:00PM
FREE SENIOR DINNER
PREPARED AND
SERVED BY THE ORCAS
ISLAND 4H CLUB

Caregiver Support Group Begins May 9, 2013

Second Thursday of each month

2pm-3pm

Caregiver is defined as “an individual, such as a physician, nurse, or social worker, who assists in the identification, prevention, or treatment of an illness or disability. An individual, such as a parent, foster parent, or head of household, who attends to the need of a child or dependent adult.

Simply put, caregivers can be daughters, wives, husbands, sons, grandchildren, nieces, nephews, partners, and friends. While some people receive care from paid caregivers, most rely on unpaid assistance from their family members, friends, and/or neighbors.

Caregivers manage a wide range of responsibilities. In your family, for example, a caregiver is the person who buys groceries, cooks, or does laundry. The caregiver may help a care-receiver get dressed, take a shower or take medicine. Perhaps you are talking with doctors, care managers, and managing money or appointments. All of these tasks are “caregiving” for another person.

In small doses, these jobs are manageable. But having to juggle competing caregiving demands with the demands of your own life on an ongoing basis can be quite a challenge.

With the 65+ age group expected to double to 70 million by 2030, family caregivers increasingly provide care for aging parents, siblings, and friends, most of whom have one or more chronic conditions, and who wish to remain in their own

homes and communities as they age. Others belong to the “sandwich generation,” caring for children and parents at the same time.

Caring for someone with Alzheimer’s Disease, other dementias, or other brain-impairing disorders can be more stressful than caring for someone with a physical impairment. Caring for someone with a cognitive disorder can be a 24/7 job due to the unpredictability of the care recipient’s behavior.

Caregivers living in rural settings face unique challenges. These include fewer available formal services, fewer physicians and health education services, transportation difficulties, weather problems in winter, geographic distance and isolation.

For some people, caregiving occurs gradually over time. For others, it can happen overnight. Caregivers may be full-or part-time; live with their loved one, or provide care from a distance. Caregivers provide a wide range of services and, for the most part, are unpaid. Caregivers provide, without pay, the vast majority of healthcare in this

county.

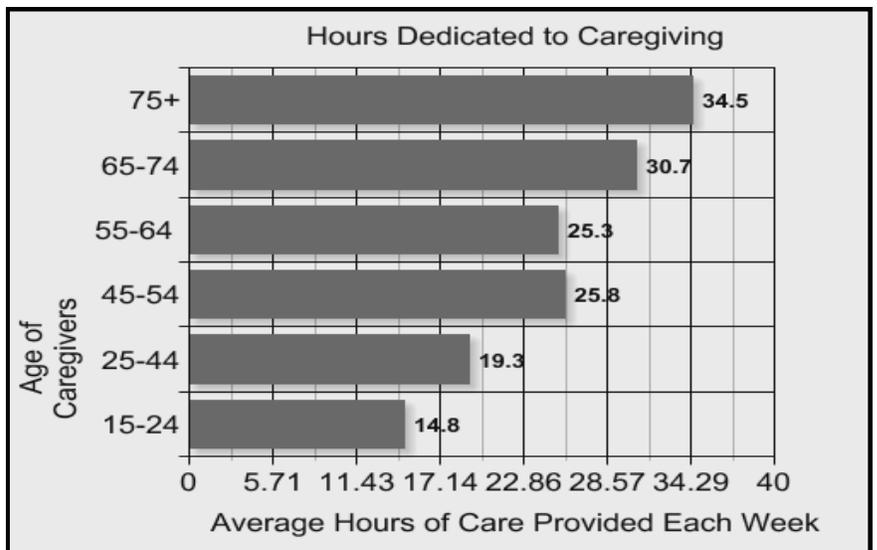
Caregiver services were valued at \$450 Billion per year in 2009. The value of unpaid family caregivers will likely continue to be the largest source of long-term care services in the U.S.

Our support group can offer guidance on:

- ◆ Who to call for legal advice
- ◆ Respite care
- ◆ Financial and insurance information
- ◆ State Medicaid assistance
- ◆ Placement issues
- ◆ Feelings of guilt and anger
- ◆ Veteran’s benefits
- ◆ Clinical studies
- ◆ Latest Alzheimer’s drugs that are available
- ◆ Companionship
- ◆ Comfort

AND SO MUCH MORE!

We hope you will join us for this monthly meeting and begin the process of caring for yourself as much as you care for those you love.



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 10am-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: 1-800-290-3857

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

SHIBA: Medicare/insurance questions. Volunteers are available at the Medical Center Tues-

days and Fridays by appointment. Call 376-2561

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 companionships. Call Betsy Louton at 376-7723

DSHS: Low income assistance. 378-4195

Veterans Administration: 1-800-827-1000

Services We Provide

Lunch: 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 376-2677 to make arrangements.

Life enrichment activities are offered daily at the Senior Center. Check out the calendar on page 4 for details and events.

Lunch Transportation is available. Call the front desk at 376-2677 by 10:00am on lunch days to schedule. Suggested donation is \$2.

Transportation to mainland medical/legal appointments is available. Please schedule appointments on Wednesdays.

- 1st and 3rd Wednesday we will drive to Anacortes, Mt. Vernon and Burlington.
- 2nd Wednesday to Seattle and surrounding areas.
- 4th Wednesday to Bellingham and the immediate surrounding area.

Call Marla at 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.

MOTHERS DAY

MAY 12TH!!!

Your Mother is Always With you . . .

Your mother is always with you...

She's the whisper of the leaves

As you walk down the street.

She's the smell of bleach

In your freshly laundered socks.

She's the cool hand on your brow

When you're not well.

Your mother lives inside your laughter.

She's crystalized in every tear drop.

She's the place you came from,

Your first home . . .

She's the map you follow

With every step you take.

She's your first love

And your first heart break...

And nothing on earth can separate
you.

Not time. Not space...

Not even death...

Will ever separate you

From your mother...

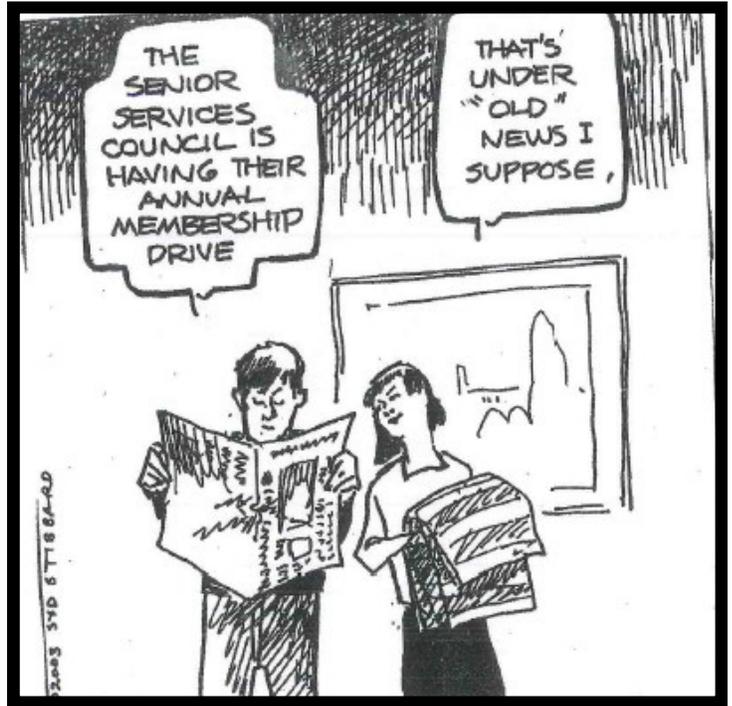
You carry her inside of you.

(Author Unknown)

MEMBERSHIP RENEWAL

It's that time again! Membership renewal is due for the 2013/14 year. Membership is good from July 1, 2013-June 30, 2014. The annual membership of \$15 per person or \$25 per couple goes to support the Senior Transportation Program which is managed by the Senior Services Council. This serves to maintain the mechanics of the vans, gas, insurance fees, registration fees, ferry fare assistance, and trip assistance.

In addition to the membership fee, we are hoping you will consider an additional contribution which will be used exclusively by the Orcas Senior Center. The Orcas Senior Center uses these contributions for regular operating expenses, programming costs, activities, and events. We look forward to announcing contributor benefits in the June newsletter and thank you in advance for your continued support.



Join Us—Renew Your Membership - Make a Contribution

YES! I/we want to renew our membership in Senior Services of San Juan County for the 2013/14 membership year. Enclosed is my membership of:

- Individual membership (\$15)
 Couple membership (\$25)

I/we wish to make an additional contribution to support Senior Services on Orcas Island:

- | | |
|---|--|
| <input type="checkbox"/> \$500 Raving Fan | <input type="checkbox"/> \$50 Advocate |
| <input type="checkbox"/> \$250 Benefactor | <input type="checkbox"/> \$25 Nurturer |
| <input type="checkbox"/> \$100 Sustainer | <input type="checkbox"/> \$ _____ |

Last Name _____ First Name _____

Birthday _____ Email _____

Spouse/partner _____

Birthday _____ Anniversary _____

Phone (____) _____ Address _____
Street or PO Box

City _____ State _____ Zip _____

**Send your tax deductible contribution & membership to:
 Orcas Senior Center—PO Box 18—Eastsound, WA 98245**

May Birthday's

Joy Bennett—2
Anne Boone—2
Gwyneth Burrill—5
Buzz Casson—18
Lois Cornell—12
Bill Felber—22
Erv Harlacher—19
Beverly Jensen—25
Irene McKinley—26
Joan Miller—7
Jim Munson—16
Barbara Otis—11
Philomena Robinson—22
Rose Schreiber—5
May Shiozawa—5
Beverly Slater—16
Harvey Smith—10
Jim Sutherland—14
Mac Trunkey—11
Tom Tweddell—24
June West—8
Linda Wilkins—12
Mark Wilkins—29
Arthur Winer—5
Judy Winer—14
Sue Wood—15

**Birthday lunch will be celebrated
May 28th!**



Dementia Care for Caregivers

Thursday

May 30, 2013

1:00pm-5:00pm

Eastsound Fire Station

Qualifies for 4 hours DSHS approved continuing education.

Class size limited.

To register call Sally Coffin, RN at 376-9017

Caregiver education funded by Lahari

We Need You!!

Front desk volunteers

Advisory Committee Members

Class facilitators

Project leaders

Office Assistance

Drivers

Senior Services Council of San Juan County
Orcas Island Senior Center
62 Henry Road
P.O. Box 18
Eastsound, WA 98245

Phone: 360-376-2677

Non-Profit Organization US Postage PAID Permit #10 Eastsound, WA 98245
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Check Us Out on the WEB!
Orcasseniors.org

Orcas Senior Center

Nonprofit Status

The Senior Services Council of San Juan County, Orcas Island Branch 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. It is also available on our website.

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

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