

# SENIOR SIGNAL



## Memberships Are Due

The 2013–14 membership year has begun, effective July 1, 2013. Have you turned in your membership form yet? If not, this could be your last chance to get the newsletter mailed to you!

In an effort to “clean up” an old and outdated newsletter mailing list, we are urging you to make sure you let us know if you want to continue receiving the newsletter by mail. We presently have over 800 names on the mailing list and, as you can imagine, this really adds up. Please make sure on your membership renewal form that you let us know how you would like to receive your newsletter going forward. We have three options for you: (1) mail, (2) email, (3) you can view it online at [www.orcasseniors.org](http://www.orcasseniors.org).

Make sure we hear from you soon . . . we don't want to lose you!

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*“Research shows that there are large gaps in what older men want and what they get when they visit healthcare providers.”*

## Hidden Health Concerns of Older Men

By Stephen Bentley, Orcas Advisory Committee Chair

Recent research shows that there are large gaps in what older men want and what they get when they visit health care providers.

If you scan a doctor's brochure rack or search “men's health” on the internet you will likely see common topics, such as heart disease and prostate cancer. These are, of course, important things to know about. But apparently they do not address the most common health concerns of

older men?

### What Men Really Want

A study by the National Institutes of Health, Institute on Aging asked 5000 randomly selected men aged 55 to 97 about their health concerns. Close to half of the men surveyed answered the questions. The results were reported a few months ago in *Medicare Made Easy* a blog published by the United Healthcare Insurance Company.

Please see *Great Articles* on page 4

# Serious Alerts for Seniors



## TELEPHONE SCAM ALERT

A number of “scams” have been brought to our attention in the past few weeks which should be brought to your attention.

Seniors are receiving telephone calls from someone claiming to represent Medicare. He/she will give a story that information is needed for your Medicare to remain valid. They make the situation sound very serious and urgent. During the conversation the person may ask for your address, bank account information, social security number, or other identifying information.

## CAREGIVER AND CONTRACTOR ALERT

This is important information you need to know if you use a housekeeper or caregiver paid a routine scheduled income. Unless they can provide the following: carry a minimum \$5,000 bond, submit a current Washington State background check every 12 months, and a UBI number (business license) they are NOT considered to be bona fide private contractors.

They can be fined and you are considered to be the employer unless they are an actual relative. Unsuspecting seniors just trying to get help at home are being subjected to penalties due to non-compliance with Labor & Industries, unemployment, IRS tax issues with retroactive consequences. This is happening frequently to seniors using caregiver lists or private individuals.

Also, it is mandatory that an accurate journal or Activities of Daily Living (ADL) notebook be maintained in the home. This is the clients property and should remain in your possession. You are entitled to receive a statement describing all work related costs. Both are considered to be lawful documents.

It was recently reported on a NW news channel

Medicare WILL NOT call you to obtain information.

The other scam involves someone making contact claiming you are going to receive a free Life Alert/Medic Alert system. Again, in the course of the conversation the caller will want to obtain information about you.

As a general rule DO NOT GIVE OUT ANY PERSONAL INFORMATION TO AN INCOMING CALLER. If you did not make or initiate the phone call, they do not need your information.

that home-owners are being dropped by their insurance companies and are finding it more than difficult to get re-insured by another. You can be affected if there is a claim brought about by someone injured unless that person is totally compliant with regulations regarding domestic workers.

Another matter is what to pay in-home workers. Agencies that hire employees charge too much and the workers don't earn a decent wage. Housekeepers average \$10 to \$12 an hour; caregivers about \$13 – \$15 an hour, 24 hour shift work about \$145 depending on the difficulty of care. You should always negotiate what is affordable balance by what the market will bear, especially in a rural community where most seniors live by simple standards.

The most important thing is to utilize only domestic helpers that are willing to protect you and themselves by being lawfully compliant.

*Source: Denise Zamora, elder care advocate.  
Published in John McKeon monthly newsletter.  
For further information call 360-724-4456*

# July 2013 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10am: TML	2 10am: Photo Club  12pm: Lunch  1pm: Songbirds Rehearsal  1pm: Parkinsons support group	3 10am-11am: Chair Yoga  11am: Watercolor Painting Group	4 10am: TML	5 12pm: Lunch  1pm: Crafty Afternoons  1:30pm: Strength Training	6
7	8 10am: TML	9 10am: Photo Club  12pm: Lunch  1pm: Songbirds Rehearsal	10 10am-11am: Chair Yoga  2pm: Afternoon Tea  4pm: Advisory Committee Meeting	11 10am: TML	12 12pm: Lunch  1pm: Crafty Afternoons  1:30pm: Strength Training	13
14	15 10am: TML	16 10am: Photo Club  12pm: Lunch  1pm: Songbirds Rehearsal	17 10am-11am: Chair Yoga  11am: Watercolor Painting Group	18 10am: TML  Outing: Mainland Shopping Depart 8:50am ferry	19 12pm: Lunch  1pm: Crafty Afternoons  1:30pm: Strength Training	20
21	22 10am: TML	23 10am: Photo Club  12pm: Lunch  1pm: Songbirds Rehearsal	24 10am-11am: Chair Yoga  12pm: Potluck	25 10am: TML  Outing: Burnaby Park, Vancouver, BC - Cost: \$30	26 12pm: Lunch  1pm: Crafty Afternoons  1:30pm: Strength Training	27
28	29 10am: TML	30 10am: Photo Club  12pm: Lunch  1:30pm: Wit, Wisdom and Wily Ways Storytelling	31 10am-11am: Chair Yoga	<p><i>The Burnaby Village Museum &amp; Carousel is both a themed attraction and professional museum. It provides a visitor experience as well as acting as a heritage resource for Burnaby, the Lower Mainland and the Province of BC. It is a community museum with an outdoor collection and exhibit areas along with an archives, gift shop, gallery, collection storage and community meeting spaces. The Burnaby Village Museum fosters a shared sense of community identity for the citizens of Burnaby and visitors alike. It encourages understanding, appreciation and enjoyment of and participation in Burnaby's unique history. <b>DEPART ON THE 7:15AM FERRY. RETURN ON THE 9:00PM FERRY. You are on your own for meals.</b></i></p>		

## *Men's Health* from page 1

The NIH study shows that the top three health concerns of older men are:

1. **Mobility impairment**
2. **Memory loss**
3. **Medication side effects**

Concerns about vision loss, hearing loss and falls closely follow the top three. The other leading issues included; incontinence, energy loss, anxiety and depression.

It somewhat surprised to me that health issues linked to independence and quality of life are the most important to older men. I thought illnesses like cancer, diabetes or heart disease would top the list. Interestingly, the NIH men's health results are not very different from what older women said they were most concerned about in a similar Canadian survey published in the *Canadian Medical Association Journal* in 2005.

### **What Doctors Do**

The NIH study also showed that men's top health concerns tend to be topics that are not being discussed with their health care providers. These quality of life topics have the lowest screening or counseling rates. For example, only 13% of the men answering the survey said their doctor gave them information about risk factors and screening for mobility impairment. Just 9% said they got this information about memory loss. Most men also reported that incontinence, energy, anxiety and depression issues, their other top health concerns, received too little attention in the doctor's office.

Why do these information gaps exist? It may be difficult for both patients and doctors to bring up what can be sensitive topics. In addition, doctor visits can be too short to get into this type of

discussion and, unfortunately, all indications are that patients are likely to receive less one-on-one time with their health care providers in the future. The NIH researchers conclude that health care needs a new approach to adequately address the real health concerns of older adults.

### **What You Can Do**

The patient-doctor relationship is a two-way street. You will get the most benefit from your doctor visits when you are engaged.

Do as much preparation as you can before your doctor visits. You may want to make a list of the things you want to talk about as well as a list of your medications and dosages. You can also read up on any health concerns you have. This may help you decide what questions you want to ask.

When discussing sensitive subjects with your doctor:

- Be open and honest.
- Use brochures or booklets to help introduce topics that may feel awkward.
- Use the Explain Back/Teach Back method. After the doctor tells you about your concern, diagnosis or a procedure explain back to the doctor what you think he or she said. This will allow you to check to see if you understood the information correctly and allow doctor to clarify anything you may have misunderstood.
- If you feel your doctor isn't taking your concerns seriously, you may want to change doctors.

Your health concerns deserve your doctor's attention—and yours. Many of your concerns may be prevented or treated. But first they have to be revealed.

# MEMBERSHIP RENEWAL

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

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

I wish to make an additional contribution to support the Orcas Island Senior Center:

- \$500 Raving Fan
- \$250 Benefactor
- \$100 Sustainer
- \$50 Advocate
- \$25 Nurturer
- \$ \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Birthday: \_\_\_\_\_ Phone: \_\_\_\_\_

Spouse/partner: \_\_\_\_\_

Birthday: \_\_\_\_\_ Anniversary: \_\_\_\_\_

I wish to receive the newsletter via:

- Email: \_\_\_\_\_
- Mail: \_\_\_\_\_  
Street or PO Box  
City State Zip
- Do not send the newsletter, I will read it online at [www.orcasseniors.org](http://www.orcasseniors.org)

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

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 or in lieu of the membership, 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 thank you in advance for your continued support.

## 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:** 1-800-290-3857

**SHIBA:** Medicare/insurance questions. Volunteers are available at the Medical Center Tues-days and Fridays by appointment. Call 376-2561

**Lifeline:** 1-800-290-3857

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

**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

**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 & 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 and to inquire about cost.

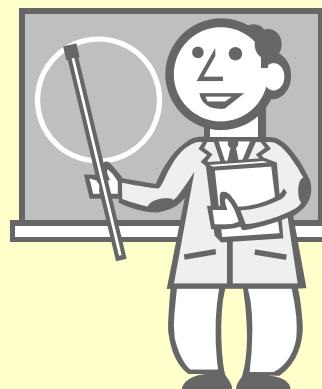
**Foot care nurses** are available every Tuesday and some Thurs-days/Fridays for routine foot care. Reservations are required by calling 376-2677. Cost is \$25.

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

## Teachers Wanted

The Orcas Senior Center has been the recipient of a generous donation from OCF. The donation makes it possible to present classes, workshops and seminars to our members at little or no cost. If you or someone you know has a special talent and would be willing to instruct a class or workshop for us, please have them call Marla at 376-2677.

Instructors will be paid for their time and materials will often be provided as well.



Senior Services of San Juan County  
Orcas Island Senior Center  
P.O. Box 18  
62 Henry Rd.  
Eastsound, WA 98245  
360-376-2677

Non Profit  
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Permit #10  
Eastsound, WA  
98245

## 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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### Orcas Advisory Committee

Chair: Stephen Bentley  
Lois Cornell  
Mary Greenwell  
Penny Hawkes  
Irene O'Neil  
Hawley Roddick  
Caroline Scott  
Michele Streich  
Jack Titus  
Magdalena Verhasselt  
Judy Zimmerman

Jane Heisinger,  
Asst. to Advisory Committee

Betsy Louton,  
Hearts & Hands Coordinator

