

# Senior Signal

September 2013

## It's Been One Year!

by: Marla Johns, Orcas Senior Services Coordinator

It is hard to believe but it has been one year since I started my position as the Coordinator at the Orcas Senior Center. What a whirlwind it has been! I feel really good about where we are one year later, and I feel energized thinking of what I hope to accomplish in the next few years.

The things this year that I am most proud to say we have accomplished are:

- An expanded life enrichment calendar to include a minimum of one activity or event each day.
- Receipt of a generous grant from OICF specific to Life Enrichment programming.
- Coordination and implementation of the Orcas CARES Partnership.
- Completion of the TCARE assessment training (this program allows for access to Family Caregiver Support funding).

- Reformat newsletter to include an electronic format. This both reduces the expense of production and postage as well as expands the audience.

I look forward to an even brighter future at the Orcas Senior Center. In the coming months/years, I intend to:

- Expand our volunteer base.
- Develop a plan to better organize, screen and assist in training island caregivers.
- Continue in developing, expanding and strengthening our life enrichment programming.
- increase meal service and meals on wheels
- develop a respite and/or "adult day care" program.

I want to thank you for welcoming me with such open arms, both in the community and at the Senior Center. I have enjoyed getting to know so many of you and you have made the transition to Orcas Island a real joy. I just can't wait to see what the next year brings and I am honored to share this time with all of you.

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## You Voted . . . We Counted



**Her Name:  
Beluga**

## Ever Wonder . . . . ?



Why the sun lightens our hair, but darkens our skin?

Why women can't put on mascara with their mouth closed?

Why don't you ever see the headline "Psychic Wins Lottery"

Why is 'abbreviated' such a long word?

Why is it that doctors call what they do 'practice'?

Why is lemon juice made with artificial flavor, and dish washing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavored cat food?

Why didn't Noah swat those two mosquitoes?

Why do they sterilize the needle for lethal injections?

You know that indestructible black box that is used on airplanes . . . why don't they make the whole plane out of that stuff?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If con is the opposite of pro, is Congress the opposite of progress?

If flying is so safe, why do they call the airport the terminal?

Did you know . . .

Adults age 65+ make up 16.1% of the U.S. workforce!

## Highlighting Audiology!

Stacie Baisch earned a Bachelor's degree in Communication Sciences and Disorders from Western Washington University in 2002 and a Doctor of Audiology degree from Northwestern University in 2006. While at Northwestern, she did research in the areas of emerging hearing aid technologies and speech understanding in complex acoustic environments.

After completing studies for her doctorate, she worked with a neuro-otology specialist in Seattle, providing diagnostic services for patients suffering from hearing and balance disorders and rehabilitative services for hearing aid and cochlear implant recipients.

She has now returned to the San Juans to open Island Hearing Healthcare in Friday Harbor. At Island Hearing, she continues to pursue her interests in hearing aid technology and has developed an acclimatization program that helps maximize benefit and acceptance of new technologies. Although based in Friday Harbor, she has made visits to Orcas Island for five years and is now offering monthly visits to Lopez Island.

Stacie has established a local, independent hearing clinic that gives her the freedom to choose the latest technologies from any hearing aid manufacturer, as well as the flexibility to customize the fitting and acclimatization of each hearing aid to the individual patient. She works in conjunction with primary care physicians, otologists, and therapists to meet the goal of comprehensive care.

*We are grateful to have the honor of hosting Dr. Stacie Baisch at the Orcas Senior Center on the 4<sup>th</sup> Wednesday of each month for scheduled appointments. To schedule an appointment call the front desk at 376-2677 or contact Island Hearing Healthcare at 298-1369*

# What's Happening?

## Art Journaling

**2<sup>nd</sup> Class: September 12th**

**1:00pm-3:00pm**

**Cost: FREE**

Art journaling is combining art and writing...it is a way to express yourself in art and words through a multitude of art techniques and experiences. September is the second in the six session course. You need not have attended session 1 to join now, but the class is nearly full! Please call 376-2677 if you are interested to see if there is still room available.

## Caregiver Class:

**Creating Safe Environments for Clients and Caregivers  
September 12<sup>th</sup>**

**1:00pm-5:00pm**

**Cost: FREE**

**(fully funded by Lahari for Caregivers on Orcas Island)  
DSHS approved for 4 hours of Continuing  
Education**

This class provides an overview of the client with physical limitations and safety issues in the home setting. Topics will include promoting and maintaining physical strengthening; use of mobility aids; awareness of body mechanics; promoting and maintaining skin integrity; awareness of home safety issues and those most at risk for injury; and introduction to emergency preparedness. Class size is limited. Please call Sally Coffin at 376-9017 to register.

## "Those Guys From Orcas" Perform!

**September 13**

**1pm-2pm**

**Cost: FREE**

Each member brings a full plate of talent, skills, viewpoint, and diversity to every performance. They all share an intense love of music, a strong sense of humor, and a willingness to try things musically that "just can't be done." The group has evolved from an all-male barbershop quartet to include both genders and a much broader range of style and material.

## Mainland Shopping

**September 19th**

**Depart 8:50am ferry – Return 3:50pm ferry**

**Cost: \$10**

## Scrapbook Madness

**Saturday September 28<sup>th</sup>**

**9am-9pm**

**Cost: Senior Center Members: FREE**

**Under age 60/Non Members: \$20**

Join other islanders who love to scrapbook just like you do! Bring your scrapbook supplies and you'll get a table to work on for the day. We will also have an "up for grabs" table, so if you have any extra supplies that you would like to get rid of you can place them there. Looking for that perfect sticker to finish your page? Check out the up for grabs table and maybe you'll find it. PARTICIPANTS MUST SIGN UP IN ORDER TO ENSURE SPACE FOR EVERYONE.

## Mark your calendar – Beginning October 3<sup>rd</sup>

Richard Fadem's literature class begins again. The time will be 10am-12:30pm weekly each Thursday for six weeks. the books to be discussed are "Age of Innocence" by Edith Wharton and "American Pastoral" by Phillip Roth. Cost is \$30.

## Art Journaling Class 2 – September 12, 2013

**Returning students . . . don't forget to bring:**

1. your ephemera choices
2. your painted pages
3. scissors or exacto knife
4. newspaper to cover the tables

**CLASS SIZE IS LIMITED TO 20 so  
make sure we know you are coming!**

## CRAFTERS NEEDED!

**Fridays from 1pm- 3 (ish)**

**The Friday crafters group will be making different Christmas ornaments each Friday afternoon. We will be selling the ornaments at the Holiday Faire in November. No experience necessary and all supplies are provided. You can even take one home for yourself each week!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  LABOR DAY HOLIDAY	3 10am: Photo Club  12pm: Lunch  1pm: Songbirds Rehearsal	4 10am-11am: Chair Yoga FREE  1pm-4pm: Wine & Cheese Reception for Art Display by Joyce Greene FREE	5	6 9:00am-10:00am Yoga. FREE  12pm: lunch  1pm: crafty afternoon	7
8	9	10 10am: Photo Club  12pm: Lunch  1pm: Songbirds Rehearsal	11 10am-11am: Chair yoga FREE  11am: Watercolor painting group  2pm: Afternoon Tea  4pm: Advisory Committee Meeting	12  1pm-3pm: Art Journaling Class. FREE  1pm-5pm: Caregiver Class Cost: FREE (funded by Lahari)	13 9:00am-10:00am Yoga. FREE  12pm: lunch  1pm – 2pm: “Those Guys From Orcas”  1pm: crafty afternoon	14
15	16	17 10am: Photo Club  12pm: Lunch  1pm: Songbirds Rehearsal  1pm: Parkinson’s support group	18 10am-11am: Chair yoga. FREE	19  Mainland shopping. Depart 8:50am ferry. \$10	20 9:00am-10:00am Yoga. FREE  12pm: lunch  1pm: crafty afternoon	21
22	23	24 10am: Photo Club  12pm: Lunch  1pm: Songbirds Rehearsal’	25 10am-11am: Chair yoga FREE  12pm: Potluck	26	27 9:00am-10:00am Yoga. FREE  12pm: lunch  1pm: crafty afternoon	28 9am – 5pm SCRAPBOOK MADNESS!
29	30	<div style="border: 1px solid black; padding: 20px; width: fit-content; margin: 0 auto;"> <h1 style="margin: 0;">September</h1> </div>				

# September Menu

MON	TUESDAY	WED	THU	FRIDAY
2	3 Salmon burger w/ lettuce & tomato Baked beans Carrot raisin slaw Sliced pears	4	5	6 Turkey meatloaf Mashed potatoes & gravy Baby carrots Garden salad Fruit crisp
9	10 Grilled ruben or grilled cheese Tomato soup Garden salad Fresh fruit	11	12	13 Herb roasted chicken Baked yam Brussels sprouts Apple cake
16	17 Taco salad Texas toast Fresh fruit	18	19	20 Asian steak & peppers over brown rice Oriental veggies Sesame coleslaw Mandarin oranges
23	24 <b>Birthday Celebration</b> Baked cod Steamed red potatoes Nantucket veggies Garden salad Orange sections	25	26	27 Turkey Cranberry Mashed potatoes & gravy Garden salad Nantucket veggies Pumpkin cake
30				

\*\*menu subject to change without notice

## Mindful Eating

By: Victoria Do, Nutrition Intern, WWU

Mindful eating is a concept which involves being fully aware of what is happening within and around you when you eat, no matter when and where that is. It includes noticing smells, colors, flavors, textures, and temperature of your food. It means chewing slowly, swallowing, and getting rid of distractions while eating. Many social and environmental factors can stand in the way of being able to accurately decode your body's signals of being hungry or full.

Mindful eating helps you break free from routine eating habits, such as grabbing a cookie every time you walk through the kitchen, by examining thoughts, feelings, and internal pressures that affect how and why you eat. Mindfulness is awareness without criticism or judgment. In mindful eating, we are not judging ourselves or comparing ourselves to anyone else. We are simply witnessing the many sensations and thoughts that come up as we eat. Mindful eating is not a diet; it is a part of a healthier lifestyle.

Many seniors who took the survey of preferences for nutrition education cited "weight management" as important. Weight management is not just about what you eat, but how you eat! Did you know it takes about 20 minutes for the brain to register fullness?

Eating is a natural, healthy, and pleasurable activity. Eating with your full attention will allow you to slow down and have optimal satisfaction and enjoyment without eating to excess. Knowing what satisfies you and getting the most pleasure from your eating experiences are key factors for lifetime weight control. For example, do you like a mix of cold versus hot foods as you eat, or all cold then hot, or vice versa? Do you like to end your meal with something crunchy or sweet to feel satisfied? The next time you sit down to have a meal, remember to take time, pay attention to your body's signals, and enjoy the process.

Comments or questions? Email Carol at [csimmer@wwcoa.org](mailto:csimmer@wwcoa.org)

# Joint Replacement Surgery

By: Stephen Bentley

My wife's knee joints have been causing her a great deal of trouble. On a recent vacation her mobility was severely compromised by "bone on bone" pain. Not surprisingly, the diagnosis turned out to be arthritis. Susan is a very active woman and hobbling around on gimpy knees isn't in her retirement plan. So we began to investigate the option of knee joint replacement surgery.

Arthritis is the main reason for joint replacement surgery. Today over 32 million people in the U.S. are affected by arthritis. Eighty percent of those have some limitation in their movement and 25 percent are not able to perform major Activities of Daily Living (ADLs). Factors that put us at risk for getting arthritis are genetics, activity level, prior joint injuries, and the normal process of aging that involves the degradation of cartilage.

When someone has severe and chronic joint pain due to arthritis, they should work with a doctor to determine the best approach for dealing with it. Usually the initial recommendation is for patients to reduce their pain with over-the-counter pain relievers or anti-inflammatory medications and to begin altering their lifestyles; joint replacement surgeries are a last resort.

## Lifestyle Changes to Try Before Surgery

Before considering surgery, doctors will suggest you make changes to your lifestyle, including:

- Activity modification – No participation in impact sports. Instead, choose activities like swimming, walking, kayaking or a stationary bike for exercise.
- Weight loss – Extra weight can put an extraordinary strain on joints.
- Bracing – A doctor-prescribed or over-the-counter brace from the drugstore offers support.
- Cane/walker – Helps take weight off the affected joint and decreases pressure on the distressed area.
- Physical therapy – Helps strengthen the joint.

If there is no relief from pain after a person has attempted these lifestyle changes and pain relieving medications aren't effective the doctor will reassess the need for surgery to replace the joint(s).

Another possible procedure, short of surgery, is a series of visco-supplementation (joint fluid) injections into the knee joint to mitigate the loss of cartilage. These injections are made once a week for 3 or 4

consecutive weeks. Studies have shown pain relief for up to 6 months.

## Common Misconceptions about Joint Replacement

Joint replacement surgery patients often say they are much better off after their surgery, this leads others to gravitate toward the same option. However, orthopedic surgeons usually are not quick to put you in their surgery schedules. Patients may feel ready, but there is a great deal of misinformation circulating about joint replacements that need to be considered. The most common misconceptions are:

1. **Better post-operative range of motion.** This is just not true, Dr. Kevin Bozic, MD, MBA, Vice Chairman of UCSF's Department of Orthopedic Surgery wrote in *"Osteoarthritis: Care in the 21st Century: Remarkable Advances in Joint Replacement"*. "While joint replacement is an option that will take away the pain for patients, increased range of motion is not a reality with these surgeries. Whatever your range of motion is before the surgery, it will remain the same after the surgery. You just won't have the pain associated with the movement anymore. The main goal of joint replacement surgery is to relieve pain."
2. **Activity level increase.** This is a tricky one because it really depends on the patient. Some doctors don't limit activity levels, but most prescribe non-impact style activities after surgery to prolong the durability of the new joint. This could be viewed as a decrease in activity level. However in many cases, without joint pain, the patient is able to resume and perhaps increase their activity level.
3. **Diagnosing with MRI.** According to Dr. Bozic, there is no need to go to the trouble or expense of getting an MRI to determine if you have arthritis. A simple x-ray shows a doctor very clearly if a joint is arthritic. However, even if the x-ray confirms an arthritis diagnosis, a doctor will typically not perform surgery unless lifestyle modifications and/or anti-inflammatory drugs have been tried and have not reduced the pain.

## Traditional and Total Hip and Knee Joint Replacements Explained

**Hip** – The hip is a ball-and-socket joint: The rounded head of the leg's femur bone fits into a pocket in the pelvis called the acetabulum. In a total hip replacement, the surgeon removes the entire head and neck of the femur and replaces it with a half-sphere-

shaped metal or ceramic ball on top of a long stem, which is anchored deeply into the femur. The acetabulum is capped with metal and plastic. A total hip replacement can last up to two decades, but to reduce the risk of loosening, it marks the end of high-impact activities such as running, jumping, and singles tennis. Traditional hip replacement hospital stays average four to five days. Many patients need extensive rehabilitation afterward.

**Knee** – The knee is a hinge joint where the thigh bone (femur) meets the large bone of the lower leg (tibia). During a total knee replacement, the diseased or injured knee joint is replaced with an artificial implant. The surgeon will remove the end of the femur bone and replace it with a metal shell. The end of the lower tibia is also removed and replaced with a durable plastic piece with a metal stem. If the underside of the kneecap is diseased or injured, a plastic "button" may also be added under the kneecap surface so it rides smoothly on the other implant components.

Both hip and knee replacement surgeries should not be taken lightly, they are major surgeries. Each takes a toll on the body. Recovery times last many months and place a heavy burden on the patient, the family and other caregivers. Recoveries involve significant physical therapy. The ultimate success of the surgery depends on how committed a patient is to the healing process. The more active a patient is in their rehab, the more likely they are to experience a positive outcome for themselves and feel that the trouble of the surgery was worth the risk and hardships.

#### **HELP IS JUST A CALL AWAY**

**Mobility Equipment** is available for loan, maintained by the Lions Club, at the Senior Center. Preferred Pick up Wednesday & Friday from 10am-11am.

**Special Needs Fund** has limited emergency assistance when no other funds are available. Call Marla for information at 376-2677

**Weatherization Assistance** 1-800-290-3857

**SHIBA** volunteers are available at the Medical Center Tuesday's and Fridays by appointment. Call 376-2561

**P.A.L.** offers assistance with electrical costs. Call OPALCO at 376-3552 for eligibility requirements and to apply.

**Social Security** 1-800-633-4227

**Hearts & Hands** offers trained volunteers to 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 for information.

**Veterans Administration** 1-800-827-1000

#### **SERVICES WE PROVIDE**

**Lunch** is served twice weekly on *Tuesday's and Friday's* 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.

**Lunch transportation** is available. Call the front desk at 376-2677 by 10:00am on lunch days to schedule.

**Transportation to mainland medical/legal appointments** is available. Please schedule appointments on Wednesdays as follows:

- 1<sup>st</sup> & 3<sup>rd</sup> Wednesday to Anacortas, Mt. Vernon & Burlington
- 2<sup>nd</sup> Wednesday to Seattle and surrounding area
- 4<sup>th</sup> Wednesday to Bellingham and 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 schedule an appointment call Marla at 376-2677.

**Orcas CARES:** Emergency response service and partnership with local island agencies including Lahari, Orcas Fire and Rescue, Hearts & Hands, Medical Foundation and San Juan County Sheriff's Office.

## Elections for Orcas Senior Advisory Committee

Its been a while, but it is time for elections! The By-Laws for the Orcas Senior Advisory Committee state that every October members of the committee will be elected. Members are asked to serve a term of three years. At the end of the three years, if re-nominated, they may run again.

Committee members who have not yet reached the three year commitment and will continue to serve are:

Lois Cornell  
Mary Greenwell  
Penny Hawkes  
Caroline Scott  
Judy Zimmerman

Committee members whose terms are ending but can be re-nominated are:

Stephen Bentley (current committee Chair)  
Hawley Roddick  
Michele Streich  
Jack Titus  
Magdalena Verhasselt

We have ten committee vacancies to fill (five for the outgoing committee members and five currently empty positions) All current members of the Orcas Island Senior Center can nominate a committee member. In order to nominate, please fill out the form at the bottom of this page. Nominees will be contacted and asked to accept the nomination. Each nominee will then answer a brief question and their answers and information will be included in the October newsletter along with a voting form.

Committee members are expected to attend the monthly committee meeting, serve on sub-committee's as able, provide recommendations and assist in making decisions for the Orcas Island Senior Center.

Please contact any committee member or talk to Marla for further information. Your nominations are very important and the committee members seek to fulfill the mission of the Senior Center and represent you, the membership. Thank you for your thoughtful consideration.

### Nomination Form

My Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

I hereby nominate \_\_\_\_\_ for a position on the Orcas Island  
Nominee Name & telephone number

Senior Services Advisory Committee.

I believe he/she is a good candidate for Committee membership because: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Signature



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## **ORCAS SENIOR CENTER**

### **NON PROFIT 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

### **YOUR STAFF**

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## **Orcas Advisory Committee**

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

Jane Heisinger, Asst. to Advisory Committee

Betsy Louton, Hearts and Hands Coordinator



