

Senior Signal

October 2013

Six Steps to Prevent a Fall

by: Marla Johns, Orcas Senior Services Coordinator

I attended a fall prevention symposium on September 26th and really learned a lot about falling. Though we cannot prevent fall (autumn) from coming, we just may be able to prevent falling in our own home! Did you know that every 15 seconds an older adult is seen in an emergency department for a fall-related injury?

Here are just six simple things you can do to help prevent becoming one of those statistics:

1. **Find a good balance and exercise program.** Look to build balance, strength, and flexibility. Look into the TML, strength training and/or yoga classes offered at the senior center.
2. **Talk to your health care provider.** Ask for an assessment of your risk of falling. Share your history of recent falls.
3. **Regularly review your medications with your doctor and pharmacist.** Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
4. **Get your vision and hearing checked annually and update your eyeglasses.** Your eyes and ears are key to keeping you on your feet.
5. **Keep your home safe.** Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
6. **Talk to your family members.** Enlist their support in taking simple steps to stay safe.

Falls are not just a seniors' issue.

For more information or further questions, please call me or come by the office.

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Highlight on TML

Christopher Evans, LMP, is a massage therapist and movement educator with 10 years experience in the field. He will offer a new series of movement classes (TML's) at the Senior Center throughout October. Classes take place on Mondays and Thursdays.

Lessons take place lying on the floor for the most part, and sometimes sitting or standing. I 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 movement that limit our experiences and ultimately 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. Although the movements are often novel, each lesson presented covers a wide range of common human functions, making the movements relative to your life. The learning from each lesson is generalized, creating overall improvements in awareness, comfort, flexibility, attention, breathing, range of motion, and quality and ease of movement.

After 5 years of offering classes at the Senior Center, isn't it time for you to check it out for yourself?

Classes begin October 3rd and are \$60 for eight classes.

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!

Did you know . . .

There are roughly 14,000 adults age 65+ enrolled in college in the United States?

Volunteer Appreciation Dinner

The Senior Center Advisory Committee will host a volunteer appreciation dinner on Saturday, October 19, 2013 from 5:30 until 9:00 PM. All volunteers who have contributed this past year will receive an invitation. The dinner is an "invitation only" event . . . the only way to be invited is to volunteer!

Approximately 100 volunteers and guests will be treated to a 4 course dinner prepared by chef Bill Patterson of Sazio's at Night restaurant. The evening will begin with a wine and hors devours reception in the Senior Center's lobby. Dinner will then be served at 6:30 PM in the Lundeen room.

Following dinner the Center's "Volunteer of the Year" for 2013 will be named during a short presentation. In addition, other outstanding contributors to our programs and activities will be recognized and all who have contributed time and energy to the Senior Center will be honored.

Our guests will be entertained throughout the evening by nostalgic music of the 1940's, 50's and 60's. The evening will provide wonderful opportunities for dancing and celebrating warm and enduring friendships.

Are you a volunteer? Watch your mailbox for your invitation!

What's Happening?

Each Thursday in October

Literature Class

10:00am-12:30pm

Cost: \$30

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.

Medicare Open Enrollment

October 4th

1:00pm-3:00pm

FREE

You are invited to a free presentation on the 2013 Medicare Open Enrollment Period. The presentation will be made by volunteers in the SHIBA (Statewide Health Insurance Benefits Advisors) Program. Topics to be covered include changes to the 2014 Medicare Part D benefits, Extra Help program for the Part D benefits, how to choose a Prescription Drug Plan and a Medicare Advantage Plan, and what to watch out for. SHIBA is a free, unbiased service of the Washington State Office of the Insurance Commissioner. The SHIBA program on Orcas Island is sponsored by Island Hospital.

Flu and Pneumonia Shots

October 11th

10:30am-2:30pm

Stop by before or after lunch and get your annual flu shot. If you are in need of a pneumonia shot, those will be available as well. According to the CDC website, flu shots are recommended for all adults age 50 and over and pneumonia vaccines for adults age 65 and older.

Art Journaling Class 3 – October 10, 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
5. your covered envelopes (if you want a prize)

Eight Simple Things You Can Do to Protect Your Heart, Joints, and Brain ...

October 14th

5:00pm – 7:00pm

FREE

The most common concerns I hear about aging are fatigue, painful joints, unpleasant side effects of heart medication, memory loss, and fear of dementia. Fortunately, there are some easy, relatively inexpensive things you can do to prevent these problems, and decrease or even reverse them if you already have them.

Join Olga Naturopathic Physician Dr. Alexandra Gayek for a lively discussion of this popular topic, and come away with some practical pearls. Alexandra Gayek, ND, is a licensed Naturopathic Physician practicing in Olga. Because this class will happen during the dinner hour, feel free to bring a bag supper.

Mainland Shopping

October 17th

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

Cost: \$10

AED/CPR Training

October 18th

1:00pm

FREE

Orcas Senior Center received an AED (automated external defibrillator) generously donated by Dr. Greg Ayers. One of our partner agencies, Orcas Island Fire and Rescue, will be on hand to teach us how to effectively perform "compression only CPR" as well as how to use our new AED device. This short but effective program can save a life.

TOWN HALL MEETING

"The Future of Senior Services"

October 24th

5:30pm – 7:30pm

Together with councilman Rick Hughes, the Orcas Senior Center will host a Town Hall Meeting. We heard you during the community conversations say that the future of senior services on the island is important to you. We want to hear more! Please bring your ideas and insight as we begin planning and developing a strategic plan for the next 1, 3, 5 and even 10 years. We will be asking the audience questions as well as inviting public comment. All ages are welcome and encouraged to attend.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	2 10am-11am: Chair Yoga FREE	3 10am: TML	4 9:00am-10:00am Yoga. FREE 12pm: lunch 1pm: crafty afternoon 4pm: Strength training	5
6	7 10am: TML	8 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	9 10am-11am: Chair yoga FREE 2pm: Afternoon Tea 4pm: Advisory Committee Meeting	10 10am: TML 1pm-3pm: Art Journaling Class. FREE	11 9:00am-10:00am Yoga. FREE 10:30am-2:30pm: Flu/Pneumonia Vaccines 12pm: lunch 1pm: crafty afternoon 4pm: Strength training	12
13	14 10am: TML 5pm: Eight simple things to protect your heart, joints & brain.	15 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal 1pm: Parkinson's support group	16 10am-11am: Chair yoga. FREE 11am: Watercolor painting group	17 10am: TML Mainland shopping. Depart 8:50am ferry. \$10	18 9:00am-10:00am Yoga. FREE 12pm: lunch 1pm: AED & CPR training 1pm: crafty afternoon 4pm: Strength training	19 Volunteer Appreciation Dinner
20	21 10am: TML	22 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal'	23 10am-11am: Chair yoga FREE 12pm: Potluck Island Hearing	24 10am: TML 5:30pm: Town Hall Meeting "The Future of Senior Services"	25 9:00am-10:00am Yoga. FREE 12pm: lunch 1pm: crafty afternoon 4pm: Strength training	26
27	28 10am: TML	29 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal'	30 10am-11am: Chair yoga FREE	31 10am: TML	<div style="border: 1px solid black; padding: 20px; display: inline-block;"> <h1>October</h1> </div>	

October Menu

MON	TUESDAY	WED	THU	FRIDAY
	1 Beer Brats served w/ red sauerkraut Hot Potato Salad Green Salad Apple Crisp	2	3	4 Chef Salad Fresh Melon Oatmeal Bread
7	8 Chinese BBQ Pork Brown Rice Veggie Egg Roll Mandarin Oranges Fortune Cookie	9	10	11 Homemade Meatloaf Mashed Potatoes & Grav Baby Carrots Broccoli Bacon Salad Apple Cake
14	15 Turkey Club Wrap Garden Salad Multi-Grain Chips Fresh Fruit	6	17	18 Homemade Meat Lasagna Italian Vegetables Caesar Salad Garlic Bread Fruit Crisp
21	22 Beef Stroganoff Rotelle Pasta Brussels Sprouts Garden Salad Orange Sections	23	24	25 Salmon Filet Baked Potato Green Beans Garden Salad Fruit
28	29 Birthday Celebration Birthday Celebration <i>Halloween Lunch</i> Black Cauldron Stew w/ Onion Eyeballs Spooky Garden Salad Graveyard Biscuits Mystery Dessert			**menu subject to change without notice

Words into ACTION!

By Carol Simmer, RDN October 2013

We all say that we “should” get more exercise (activity), but do we? One of our staff in the Nutrition Program, Lenny Surdi, puts his words in action! Lenny, sixty five years old, prepares over 150 Meals on Wheels bags each week, and delivers about 1/3 of them throughout Whatcom County. Since over ninety percent of our MOWs are a frozen product, Lenny spends many hours in our commercial freezer. He needs to stay fit for this job!! It is rigorous, both mentally and physically! Knowing his job’s physical demands, he engages in regular exercise at a gym and does as much **bicycling** as he can, **his passion!** Lenny also takes his nutrition very seriously, eats regularly and always includes fruits and vegetables and legumes and lean proteins daily. He knows how important it is to keep his body fueled and hydrated for energy.

Lenny tested his endurance, strength, and flexibility (the description of “fitness”) on August 25, 2013, when he took the *Woods to Woods Classic* challenge. The Challenge is an activity of EverybodyBike, a program that promotes bicycling for daily transportation in Whatcom County. Without pre-tour conditioning, Lenny bicycled 65 miles throughout Whatcom County visiting 13 Woods Coffee Shops from Badger Rd. in Lynden to Boulevard Park in Bellingham within six hours. He didn’t complain of soreness on Monday morning and the smile on his face told us how proud he was of this accomplishment. I challenge you as seniors to follow his example and put more activity in your life. Lenny has a very physical and important job, cares for his 90 year old mother and is helping raise three year old twins! None of us should complain about “not having time” to get fit. Lenny says he does his daily routine and eats well not only to “stay fit for his job, but to preserve his quality of life as long as possible.”

Thanks, Lenny, for being a great role model! Comments or questions? Contact Carol at wcoa.org.

The Challenge of Long Term Care

By: Stephen Bentley

By any measure, current prospects for long-term care (LTC) are not encouraging. Last month, the federal Long-Term Care Commission published its full report but it did little to indicate relief will occur any time soon. First, the sheer size of the aging baby boomer population means a greater need for LTC while, at the same time, the pool of qualified caregivers is shrinking.

Among its recommendations, the Long-Term Care Commission endorsed the delivery of more community based long-term care services; integrating long-term care more closely with medical care; improving standards for home-care workers; and creating a standardized assessment of the need for services. But, most importantly, the members could not agree on a way to finance expanded long-term care coverage.

Several commission members claimed a public insurance program is unaffordable. Instead they urged the private market to supply a solution to the aging population's need for affordable long-term care. That prospect, however, seems unlikely.

LTC insurance policies are expensive and premiums have been rising dramatically. Policies are becoming more restrictive, insurers have been exiting the market, and bureaucratic red tape makes it difficult for many individual and families to receive expected benefits.

Financially, the only way to make private insurance work is to spread risk over a wide base of policy holders. But the high cost of long-term care coverage makes it unlikely that millions of healthy people will purchase policies. This was the economic calculus that doomed the Class Act, the voluntary long-term care insurance program that was originally part of the Affordable Care Act.

Aging and Unprepared Population

More than 12 million Americans rely on long-term care services, and the number is expected to expand sharply as baby boomers age. Only impoverished older Americans and people with disabilities receive funding for long-term care through state Medicaid programs. Medicare does not ordinarily pay for long-term care.

By 2030 the number of Americans age 65 and older is projected to be about 72 million, or about 19 percent of the total U.S. population. By 2050, when the last baby boomers turn 85, the number of Americans age 65 and older is projected to grow to almost 89 million, or about 20 percent of the total U.S. population. At the same time, the number of Americans who need LTC is expected to increase from approximately 12 million today to 27 million.

Many boomers have not been realistic about retirement costs and, due to insufficient savings, are not prepared for their retirements much less the potential costs of LTC. Between 2004 and 2008, the number of seniors at risk of outliving their resources increased by nearly 2 million households. More than one out of every three seniors was determined to be economically insecure in 2008.

Shortage of Care Workers

The overall labor pool of qualified LTC workers will be smaller in the future when compared to the increase in older people. Long-term care in the United States faces what many describe as a "crisis" in its workforce. Dr. Robyn Stone, a noted researcher and leading international authority on aging and long-term care policy, stated in her testimony before the Senate Special Committee on Aging, "There is a well-documented shortage of competent professionals and paraprofessionals to manage, supervise and provide long-term care services in facility-based and home care settings..."

Added to that is the fact that the population of 85+ Americans is expected to expand from 4.2 million in 2000 to 7.3 million in 2020, half of whom are likely to need long-term care through assisted living or nursing home care. As a result, the impact of workforce insufficiencies is clear.

Today, elderly spouses struggle to care for each other and adult children strain to balance jobs, the needs of frail parents and their own children. Untold numbers of aging Americans don't get enough care, and caregivers suffer from stress and depression, endangering their own health.

Changes in Long-term Care Insurance

In the last two years, many of the big insurance companies, including MetLife and Prudential, have stopped selling new LTC insurance policies. Experts blame declining revenues on insurers' underestimation of the number filed claims; underpriced policies, particularly for those sold more than a decade ago; and low interest rates over the last four years, which means lower returns on investments made by the insurance companies and significant impact on the reserves needed to pay future claims.

To compensate for these losses, most major insurers are raising their rates for policyholders, requesting average increases of 20 to 28 percent. For those who can't afford to pay the increase, this means dropping the policy and losing any money already invested.

For females, the news is even worse. Because women outlive men on average by five to seven years and represent almost 80 percent of the population in

assisted living facilities, they cost insurance companies more. As a result, Genworth, the nation's largest LTC insurance provider, plans to increase rates for single women by as much as 40 percent.

Is there a way forward? The Long-Term Care Commission recommended two options: convening a White House conference on aging to consider long-term care policies, and establishing yet another advisory committee to continue its work. "But", said committee member Dr. Joanne Lynn, a geriatrician who directs the Center for Elder Care and Advanced Illness at the Altarum Institute, "the administration has shown no interest in having that happen, and here we are on the cusp of the largest generation in history growing old."

Lacking government initiatives local communities and non-profit organizations throughout the country are making efforts to address this critical issue. Here on Orcas our strategy is to help islanders "age in place". The Senior Center's staff, the Center's Advisory Committee, the San Juan County Senior Council and the Northwest Regional Council on Aging are pooling ideas and resources to expand our senior nutrition programs and respite care services for caregivers and their clients. Increasingly, coordination and support provided by organizations like Orcas Fire and Rescue, Lahari, Orcas Medical Foundation, Orcas Island Community Foundation and the Lions Club are addressing the LTC needs of elderly island residents. But, there is much to be done; we'll need your support.

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:

- 1st & 3rd Wednesday to Anacortes, Mt. Vernon & Burlington
- 2nd Wednesday to Seattle and surrounding area
- 4th 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.

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.

Elections for Orcas Senior Advisory Committee

Nominations are in and all Senior Center members are asked to participate by casting your ballot. Advisory committee members will serve for a term of three years. The primary functions are:

- To make decisions regarding local activities: participates in planning, fundraising and implementing.
- Takes on responsibility for major tasks such as: building committee, maintenance committee, program committee, special events.
- Makes decisions regarding Senior Center activities and programs.
- May serve on the activities planning social events.
- Participates in fundraising for senior services council expenses like vans, operations and nutrition.
- May accept a term as representative to the county-wide Senior Services Council of San Juan County.
- Offers assistance as needed to the Coordinator whenever possible.
- May study legislative issues affecting seniors and may assist in lobbying and education efforts.

From the nominees to the right, please select the FIVE nominees whom you feel would serve the Senior Center and the Advisory Committee best.

**Ballots will be accepted until
October 31st at 4:00pm.**

Ballot

**Ballots will be accepted until
October 31st at 4:00pm**

Please vote for the FIVE CANDIDATES you would like to see serving on the Advisory Committee.

- Pat Ayers
- Ginger Cecere
- Penny Hawkes
- Beverly Jensen
- Maggie Kaplan
- Leif
- Christina Orchid
- Adele Pinneo
- Margo Rubel
- Mary Tanner
- Patty Thompson
- Jerry Todd
- Magdalena Verhasselt

Five Benefits of Yoga for Seniors

1. **You get the benefits of movement without the strain.** Regular exercise reduces the risk of death by a third and cuts the risk of chronic disease by 40 percent. yoga can be an excellent low-impact exercise option.
2. **Increased flexibility** - The gentle stretching of yoga poses can go a long way in helping you develop greater flexibility, which can ensure that you maintain a good range of motion as you get older. Yoga exercises parts of the body that may not be exercised in any other programs, such as spinal flexibility.
3. **Yoga can relieve menopausal discomfort** – Certain yoga postures can also help ease the hormonal fluctuations of menopause. Some poses may help with hot flashes, anxiety and painful cramps.
4. **Promotes good bone health** – Gentle yoga is not only safe for those with osteoporosis, but can also be effective in preventing and slowing bone density loss. A study in bone mineral density showed that two years of yoga to people with an average age of 68 actually showed an increase in bone.
5. **Yoga keeps the mind sharp** – When your body functions better, you're going to feel better. You have more energy, vitality, and can even help out one's moods. Keeping centered and energized helps you to stay focused and aware.



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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

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

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Betsy Louton, Hearts and Hands Coordinator



