

# Senior Signal

November 2013

## **Aging in Place – A Shared Vision**

by: Marla Johns, Orcas Senior Services Coordinator

On Thursday, October 17<sup>th</sup>, a group of approximately 40 concerned island residents met at the Senior Center in a town hall forum. Hosted by both the County Senior Services as well as the non-profit Orcas Senior Center, we asked one question to get the discussion started: “What do you need to age in place on Orcas Island?”

As the discussion progressed, ideas and comments were written on large poster paper around the room. The information below is exactly, word for word, what was on each poster. The headings are in bold and underlined, with the bullet points identified beneath each heading.

### **Orcas Demographics**

- Median age approximately 60 years old
- 40% are 65+
- over 80 years old is the fastest growing population
- Approximately 150-175 people who meet HHS guidelines needing Assisted Living (2+ loss of ADL's)

### **What we show as valuable?**

- ? county budget
  - 126 times on roads than senior services
  - 4 times on prosecutors office than senior services
- 15% reduction in senior services budget while 24% increase in senior population
- Is there room for an initiative?

- How do we get “them” to listen?
- Can we have a tax district for senior services?
- Can we do a larger levy lift in future?

### **What is needed over the next 10 years to stay on Orcas as we age?**

- housing
- alternative living arrangements
- Longhouse
  - a good development to watch out for each other
  - 16 units
  - independent
- Investment in things that keep people in their own homes
- Partnership with “farm to cafeteria”
- \$\$\$
- Home modifications/adaptations
- Changes in county codes and designations
- Caregivers – quality, trained, credentialed

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## Aging in place (cont.)

- Education & training (to meet insurance mandates)
- Home health on island
- Housekeeping, repairs, maintenance
- Umbrella agency to satisfy regulatory bodies
- “Assisted Living without walls” concept
- transportation
- nutrition
- A louder voice!
- Partnership with on-island physicians to provide care at home
- Care for all levels (RN, caregiver, housekeeper, ADL’s, non skilled, etc.)
- Facility? group home, assisted living, ECF
- \*INCREASE \$\$\$ ON LEVY
- Social enrichment

### **Who should do what? Ideas:**

- “Beacon Hill” type project or umbrella agency
- Volunteer – retired professionals
- More “billable services” under current agencies and programs
- ensure senior services is on the levy and that it passes
- Community education is key to successful programming – perhaps a pamphlet

- Each of us tell 20 people who tell 20 more, etc.
- Press coverage continuing
- Increase county funding
- Work with the economic development agency to identify business opportunity
- Coordinate senior transportation need with the county transportation plan
- Coordinate with OPAL to increase senior housing
- Coordinate with food co-op, farm to cafeteria, hatchery, etc.
- Senior cooperative living environment
- Continue supporting current agencies and programs that meet the mission
- Develop training and agency oversight for caregivers. Include benefits and insurance.
- Determine support of a senior tax district for Orcas
- Hearing aids to give out for use at community meetings (like this one)
- Quarterly strategic planning specific to senior services

It is our desire that this first meeting was only the beginning of an ongoing discussion surrounding the needs of island seniors. As the fastest growing demographic in San Juan County, it is important that we all look forward toward creating and strengthening the infrastructure necessary to make aging on the island a realistic goal for everyone.

### Did you know . . .

The Pilgrim’s thanksgiving feast in 1621 occurred sometime between September 21 and November 1. It lasted three days and included 50 surviving pilgrims and approximately 90 Wampanoag Indians, including Chief Massasoit. Their menu differed from modern Thanksgiving dinners and included berries, shellfish, boiled pumpkin, and deer.

# What's Happening?

## Mainland Shopping

November 21st

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

Cost: \$10

## Holiday Festival of Arts

November 30<sup>th</sup>

10:00am-4:00pm

The Senior Center will again be hosting its annual Holiday Festival of Arts. jewelry, woodworking, arts, and crafts are some of the many things which will be on sale at our local artisans. More than fifty booths are available for your holiday shopping.

Mr. and Mrs. Claus will kick off the holiday season with their first appearance of the year. Bring the young ones in your life, or have your own picture taken and include with holiday cards.

Get a jump on your holiday shopping all while enjoying music, friends, fun and food! Panini's will be available for sale. There will be a silent auction as well as a quilt raffle. Come early for best selection!

## 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!

## Art Journaling

Class 4 – November 7, 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)

## VOLUNTEERS NEEDED

*"You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and to impoverish yourself if you forget the errand." - Woodrow Wilson*

Did you know that Orcas Island Senior Services and the Senior Center operate with less than one full time employee?!? Volunteers are the heart of the Senior Center and are vital to our successful programming. Some volunteer opportunities include:

Clerical Work

Drivers

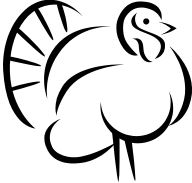


Fundraising Projects

Kitchen Help

Class Leaders

Building and Facility Maintenance

If you are interested in volunteering, please contact Marla at 376-2677 today!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>November</h1> 					<b>1</b> 9:00am-10:00am Yoga. FREE  12pm: lunch  1pm: crafty afternoon  4pm: Strength training	<b>2</b>
<b>3</b>  <b>Daylight Savings Ends</b>	<b>4</b> 10am: TML	<b>5</b> 10am: Photo Club  12pm: Lunch  1pm: Songbirds Rehearsal	<b>6</b> 10am-11am: Chair yoga FREE  2pm: Afternoon Tea  4pm: Advisory Committee Meeting	<b>7</b> 10am: TML  1pm-3pm: Art Journaling Class. FREE	<b>8</b> 9:00am-10:00am Yoga. FREE  12pm: lunch  1pm: crafty afternoon  4pm: Strength training	<b>9</b>
<b>10</b>	<b>11</b> 10am: TML	<b>12</b> 10am: Photo Club  12pm: Lunch  1pm: Songbirds Rehearsal  1pm: Parkinson's support group	<b>13</b> 10am-11am: Chair yoga. FREE  11am: Watercolor painting group	<b>14</b> 10am: TML	<b>15</b> 9:00am-10:00am Yoga. FREE  12pm: lunch  1pm: crafty afternoon  4pm: Strength training	<b>16</b>
<b>17</b>	<b>18</b> 10am: TML	<b>19</b> 10am: Photo Club  12pm: Lunch  1pm: Songbirds Rehearsal'	<b>20</b> 10am-11am: Chair yoga FREE  12pm: Potluck  Island Hearing	<b>21</b> 10am: TML  Mainland shopping. Depart 8:50am ferry. \$10	<b>22</b> 9:00am-10:00am Yoga. FREE  12pm: lunch  1pm: crafty afternoon  4pm: Strength training	<b>23</b>
<b>24</b>	<b>25</b> <b>Online Holiday Gift Catalog available at <a href="http://www.oicf.us">www.oicf.us</a> Donate to the Senior Center Today!</b>  10am: TML	<b>26</b> 10am: Photo Club  12pm: Lunch  1pm: Songbirds Rehearsal'	<b>27</b> 10am-11am: Chair yoga FREE	<b>28</b> Thanksgiving Holiday  	<b>29</b> Family Day Holiday	<b>30</b> <b>HOLIDAY FAIRE</b>

# November Menu

MON	TUESDAY	WED	THU	FRIDAY
				1 Tomato Vegetable Soup Chicken Salad Wrap Garden Salad Banana
4	5 Pork Loin w/ Apple Chutney Mashed Potatoes & Gravy Broccoli Normandy Strawberry Cake	6	7	8 Baked Cod w/ Steamed Cabbage Baked Potato Garden Salad Sliced Pears
11	12 Chicken Swiss Burger w/ Lettuce & Tomato Sweet Potato Fries Baked Beans Strawberry Shortcake	13	14	15 Beef & Biscuit Casserole Peas & Carrots Garden Salad Apple Crisp
18	19 Herb Baked Pork Chops Mashed Potatoes Carrot Coins Garden Salad Applesauce	20	21	22 Crab Topped Salmon Filet Wild Rice Pilaf Whole Green Beans Garden Salad Coconut Fruit Salad
25	22 <b>Birthday Celebration</b> Roasted Turkey with Cranberry Sauce Mashed Potatoes & Gravy Home-style Stuffing Peas & Pearl Onions Pumpkin Pie	27	28	29     **menu subject to change without notice

## Pumpkins Saved the Pilgrims!

Pumpkins were a staple for the Native Americans long before the pilgrims arrived. Thought to originate in Central America, pumpkins are now found in 6 out of 7 continents. Pumpkin soon became a staple for the whites as they struggled to survive in the New World. Pumpkins and gourds gave the natives and settlers not only a versatile food, but also tools for eating and carrying and storing. Even the dried pumpkin shells were cut and woven into mats! The flesh and seeds were very nutritious food staples all winter.

Think of all the good foods we make from pumpkin or add pumpkin to today...pie, custard, muffins, bread, soup, stews, ice cream, cookies, and just good baked pumpkin with butter, salt and pepper! Halloween and pumpkin-carving have always been favorite times in our house, but I think the pumpkin pie for Thanksgiving trumps the Jack O'Lantern!

Coming from Ohio, I thought Circleville Pumpkin festival was the best in the world! At least that is what I was told while growing up. Everything pumpkin could be found on the main street of Circleville. However, I just read about an event at the Pumpkin Fest in Conneaut Lake, PA. Circleville does not have a *1000 pound pumpkin drop*! This year cranes will drop 2 pumpkins, 1200 and 1300 pounds, on two cars! Hundreds of people come for this event. Hmmm, a new twist on demolition derby? Only in America!

The nutrition in pumpkin can't be beat! It has a good amount of protein, a good source of fiber for the GI tract, balanced amounts of calcium and phosphorus for our bones, low in sodium, but high in potassium, and a rich source of vitamin A for our skin, eyes, and immune system. I do think the pilgrims were very thankful for the pumpkin. Will you be including it in your Thanksgiving celebration?

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

# The Greatest Wealth is Your Health

By: Stephen Bentley

When we're young, we often take our health for granted. As we age, however, and life's aches and pains become more frequent and maintaining our health often becomes a challenge, both physically and *financially*.

Investing in your health at any age is your best financial strategy and there is no time when it is truer than during our retirement years. Here are five preventative measures you can take to help keep you – and your wallet – healthy as you age.

**Regular Medical Check-Ups** – One of the best investments you can make during your retirement is to stay on top of regular medical checkups and screenings. Many health conditions have early warning signs or can be prevented by going to your annual check-up.

Follow your doctor's recommendations for regular screenings, scans, and tests based upon your health, family history, and ethnicity. Talk to your doctor about getting flu and shingles vaccines. Routine exams and screenings are usually inexpensive and covered by Medicare. You'll find they will save you in health care costs in the long run.

**Lifestyle Changes** – It is essential to make a concerted effort to focus on a healthy lifestyle. There are plenty of low-cost and no-cost options.

Do you smoke? It's never too late to quit. The benefits of quitting smoking begin as soon as you have your last cigarette. After a year of not smoking, your risk for heart disease is lowered by 50 percent compared to when you were smoking. Need more convincing? The money you used to spend on cigarettes will stay in your wallet when you quit and can be used to purchase healthy food and other items that will lengthen your active life.

How about exercise? It's time to find a fitness plan that works for you and, most importantly, one that you can maintain. You don't need expensive equipment or a gym membership. Talk with your doctor before starting any new regimen, but you have plenty of low-cost options: walking, swimming, dancing, aerobics, biking, you name it. There are no membership fees to enjoy the great outdoors. You'll see and feel results in just a few weeks of 30-minute moderate exercise five times a week.

**Healthy Diet** – Along an exercise program, re-evaluating your eating and drinking habits can be a way to keep health costs down as you age. It's not about not having fun anymore; it's about using moderation with alcohol and unnecessary calories. You may be amazed at how much money you end up saving when you eliminate processed foods and how much extra energy you will have each day as a result. To better control what you're eating and save a few dollars here and there, why not save eating out for special occasions and, instead, get together with friends for a potluck dinner?

Our metabolism and digestive system often slow down as we age. Getting enough fiber, which is found in fruit, vegetables, and whole grains, is more important than ever. Eat smaller portions of meat and include less expensive and leaner sources of protein in your diet. We are more susceptible to dehydration as we age and the best way to stay hydrated is to simply drink water. Soft drinks, energy drinks and even fruit juices do not provide additional benefit and they are costly and full of unnecessary calories. Be sure to take a water bottle with you if you are going to be out and about, as they can be expensive to buy – not to mention environmentally costly to discard.

**Emergency Preparedness** – As we age, we are more likely to fall and to sustain a serious injury like a broken

## Your Wealth Is Your Health (cont.)

bone when we do. Take stock of your home's safety level. Check for adequate lighting inside and outside. Are there any loose rugs you could trip on? What about stairway rails or bathroom rails? Evaluate your home with a keen eye for anything that could be a potential hazard now or in the near future. Here on Orcas you may qualify for a free home safety check; ask about this service at the Senior Center. Be willing to invest a little on safety measures, you can potentially circumvent costly accidents or having to spend thousands on installing lifts and ramps for wheelchairs. An investment in your safety – particularly if you live alone – might also include research into an emergency alert device for a phone that you already own, or a medical alert system for inside the home. These devices can give you the peace of mind that comes from knowing that help will be on the way when you need it most.

**Attitude Adjustment** – Research indicates that the most important way to stay healthy is by keeping an active, positive mind. There is so much about our brains that we do not know, but we do know that there is a connection between what we put in it and what we get out of it. Don't let your mind stagnate. Forget the idea that "you can't teach an old dog new tricks." It's just not true.

Studies by the Center for Disease Control find that active seniors stay healthier longer. In addition to

staving off certain medical conditions and their resulting expenses, active seniors report increased feelings of connection with others and more positive emotional well-being than more sedentary seniors.

There are many ways to stay active after retiring without spending much money. Here are a few ideas to get you started thinking and, excitingly enough, they're all incredibly affordable:

- Volunteer here at the Senior Center or at another favorite charity or non-profit organization.
- Enroll in a continuing education class in a subject you have always wanted to learn such as art, music, or writing. Check the monthly calendar of activities here at the Senior Center or consider the 100's of free computer based education options offered by Coursera.com.
- Learn a new skill or take up a new hobby that doesn't require the purchase of much equipment such as gardening, playing bridge, or learning a foreign language.
- Join a book club

Most importantly, realize that, with a little planning and preparation, your retirement years can be a new and exciting chapter of your life, and, with a little bit of planning, your financial state won't have to limit your enjoyment.

### YOUR VOTES COUNT!!

With over 100 ballots turned in for the Advisory Committee Election, the results are not available as of newsletter press time. Election results will be posted at the Senior Center as soon as they are available. Thank you to all who voted.

Many thanks to: 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 for accepting your nominations.



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## **ORCAS SENIOR CENTER**

### **NON PROFIT STATUS**

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### **NEWSLETTER**

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

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## **Orcas Advisory Committee**

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Michele Streich  
Jack Titus  
Magdalena Verhasselt  
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