

Senior Signal

Summer 2014

Protection in the Summer

Heat is a potentially deadly problem—nearly 400 Americans die from heat waves each year. Most of them are elderly people who often don't realize when they are overheating and in danger.

Part of the problem lies in the fact that older people simply can't handle the heat as well as younger ones, because they don't sweat as effectively and have poorer circulation. Obesity, heart disease, dementia, diabetes and other chronic medical conditions can compound the risk. So can certain medications, especially diuretics or those prescribed for hypertension and Parkinson's disease.

To protect seniors, the standard advice is to get them into an air-conditioned building; have them dress lightly; and keep themselves hydrated.

But this is easier said than done, since poorer circulation also makes many seniors feel too cold in air conditioned spaces and want to reach for a sweater, even when it's hot out. And some seniors prefer other kinds of drinks to water, even though they may be too sugary for their sedentary lifestyles or filled with caffeine, which is dehydrating.

Lisa Clark, a Dallas physician who specializes in geriatric medicine, told AgingCare.com that caregivers should stay on the alert for signs of confusion or altered mental states in seniors who are out in hot weather, as it could be a sign of heat stroke. If the elderly person should collapse or pass out, "it's a medical emergency," Dr. Clark said, and 911 should be called immediately. While you are waiting for help, remove as much clothing as possible and pour cold water all over the elderly person's body. Should your relative come to, have a cold drink ready, as hydration is critical.

Here are some other tips to protect seniors from the heat:

--If elderly relatives complain of the cold indoors, turn up the air conditioning a bit. If they won't stay inside, have them sit on a shady porch under a ceiling fan or near a box fan.

--To keep the house cooler without running the air conditioning, close curtains or blinds on the east side of the home during the morning, and the west side in the afternoon.

--If the elderly person doesn't have air conditioning or refuses to use it in a heat wave, make sure they spend at least some time in a cool air-conditioned space like a mall or theater. "Even two or three hours a day can help," Dr. Clark said.

--Offer plenty of drinks that seniors prefer, but stay away from iced coffee and other highly caffeinated drinks, or sodas loaded with sodium, which is bad for heart health. Do not serve alcohol, which is dehydrating.

--Keep frozen treats available that have a high water and low sugar content, like sugar-free Popsicles (you can make your own using juice). Or serve fruit with a high water content, like watermelon.

--Seniors sometimes dress inappropriately for warm weather, so make sure that their clothing is lightweight, not form-fitting and light in color. Hats are useful, but make sure that they are loosely woven or ventilated so they don't trap heat and broad-brimmed so they shade the entire face.

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Special Announcements

Orcas Island Senior Center Membership

Due to changes in the newsletter mailing schedule, the 2014/15 membership information will be included in the August/September/October newsletter. Current memberships will be extended through August 1, 2014.

We are looking at some exciting changes coming to next years membership. We are excited to announce that dues paid for membership will now remain entirely on Orcas Island. Rather than to send membership dues to the tri-island Senior Council to be used for transportation expenses, the decision was made to allow each island to manage their own membership funds as well as their own transportation expenses.

There will be, no doubt, additional changes to membership announced in the fall newsletter; however we can also announce that members will be receiving the additional benefit of lower prices on activities, trips and classes. In future mailings, you will notice two rates for events that have a charge: one price for members, one price for non-members. Just one more way that we are working toward making your membership dollars work for you!

Plan now to become a member next membership year! What more is in store? Stay tuned and you'll soon find out.

Transportation

One important service that is provided by the Senior Center is transportation for Seniors. As we know, on and off island transportation is an ongoing challenge by all island residents. This is made even more complicated when you add to that the challenges that seniors face with driving in general.

At present, we offer off island medical trips at between \$20-\$25 depending on location of the appointment. However, the cost of one senior, one driver and our small van for a trip to Anacortes is \$28.65 just for ferry fare. This does not count the cost of fuel or maintenance on the vehicle. We have been offering the medical trip service regardless of ability to pay. You can see, this presents a challenge and leaves us operating transportation expenses in the red by the end of the year.

The Orcas Island Senior Center Operations Committee is currently looking at ways to modify the transportation to both continue to allow people to have their transportation needs met while being able to financially manage the obligations of the program. You will, no doubt, be seeing changes to the transportation program in the future. We also welcome your help and suggestions moving forward. Please let us know your ideas.

Regular Outings:

First Wednesday of each Month (May 7, June 4, July 2)

Bargain shopping at the Good Will in Mt. Vernon where we will take advantage of senior discount day! (25% off every purchase) We'll also make a stop at a local park for a sack lunch picnic. Bring your lunch (or money for lunch). Cost is only \$10.

Third Thursday of each month (May 15, June 19, July 17)

Make the stops at your favorite off-island shopping locations. Stock up on necessary supplies or browse the isles for treasures. We will also stop for lunch along the way. Cost is only \$15

Special Announcements (cont.)

Recipe Book's

The Life Enrichment Committee and the Friday craft group will be assembling recipe books for sale at the August Library Faire. Please bring a copy of your favorite family recipe which you would like to share with the island. All recipes' will be typed and bound into a book whose proceeds will benefit the activities fund at the Senior Center.

Please submit recipe's no later than July 15, 2014. Recipes' can be dropped off at the front desk or submitted by email to marlaj@sanjuanco.com

A special thank you to all who made the Granny's Attic Sale a huge success again this year! First, to the volunteers who donate countless hours to accept donations, sort and price them, set up the sale and then clean up. To those who donated gently used and new items for sale, thank you. And for all of those who spent a part of their Saturday browsing the isles and taking home treasures, thank you as well. Granny's Attic is the largest fundraiser of the year for the Senior Center and it would not be possible without each and every one of you.

Teachers/Class Leaders Needed

We are looking for people interested in leading a class or group. We are able to offer a small stipend for your time, thanks to a generous grant from OICF.

If you have a talent, interest, hobby, or skill to share with others, please call Marla at 376-2677 or by email at: marlaj@sanjuanco.com



Cruise & Train Trip Date Change and Sign Up Extension

If you signed up for the overnight rail to cruise vacation in May, the date has changed. We will now depart on September 21st and return on September 22nd. We will board the cruise ship in Seattle the morning of September 21st and cruise to Vancouver, arriving the morning of September 22nd. Spend the day enjoying Vancouver before boarding the afternoon train to return to Mt. Vernon where you'll be met by the Senior van to bring you back to the Senior Center. Cost is \$335.00 per person (double occupancy).

In order to attend, you must have paid in full no later than May 15, 2014. We will also need a copy of your current passport or enhanced drivers' license by the May 15, 2014 deadline as well. If you have questions or need further information please contact the front office at 376-2677

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>MAY</h1>				1 10am: TML FREE	2 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	3
4	5 10am: TML FREE	6 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	7 Outing: Thrift Store Bargain Day! 11:30am-4pm: Open art studio time	8 10am: TML FREE 1pm-3pm: Art Journaling Class. \$5	9 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	10 HAPPY MOTHERS DAY! 
11	12 10am: TML FREE	13 10am: Photo Club 10:30am: *NEW* Fiction Book Club 12pm: Lunch 1pm: Songbirds Rehearsal	14 11:30am-4pm: Open art studio time 2pm: Afternoon Tea 4pm: Operations Committee Meeting	15 10am: TML FREE Mainland shopping. Depart 8:50am ferry. \$10	16 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	17 10am-3pm Saturday scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
18	19 10am: TML FREE Outing: Spy Exhibit & D. Day Normandy IMAX movie at Pacific Science Center	20 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	21 11:30am-4pm: Open art studio time 5:30pm – 7pm: 4H Dinner	22 10am: TML FREE	23 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	24
25	26 10am: TML FREE	27 10am: Photo Club 10:30am: Book Club 12pm: Lunch 1pm: Songbirds Rehearsal	28 11:30am-4pm: Open art studio time 12pm: Potluck 7pm: Classic Movie Night. Audience will vote for which movie to watch. FREE!	29 10am: TML FREE	30 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	31

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22	23 10am: TML FREE	24 10am: Photo Club 10:30am: Book Club 12pm: Lunch 1pm: Songbirds Rehearsal	25 11:30am-4pm: Open art studio time 12pm: Potluck	26 10am: TML FREE	27 11am: Yoga. FREE 12pm: lunch 4pm: Strength training 6pm-9pm: Sock Hop! Dance the night away Refreshments available for nominal price.	28
29	30 10am: TML FREE		JUNE			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10am: Photo Club 10:30am: Book Club 12pm: Special July 4 th Picnic Lunch at Moran State Park Pavilion	2 Outing: Thrift Store Bargain Day! 11:30am-4pm: Open art studio time	3 10am: TML FREE	4 HOLIDAY 	5
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27	28 10am: TML FREE	29 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	30 11:30am-4pm: Open art studio time11	31 10am: TML FREE	<h1>JULY</h1>	

Special Outings



Spy Exhibit & IMAX Movie "D Day Normandy"

Pacific Science Center – Seattle

May 19, 2014 - Depart on 8:50am ferry

Cost is \$40 which includes ferry, transportation, movie and spy exhibit.

**** Please pack a lunch to eat along the way as we will not have time to stop for lunch****

First we will watch D Day Normandy described as: *June 6, 1944: The largest Allied operation of World War II began in Normandy, France. Yet, few know in detail exactly why and how, from the end of 1943 through August 1944, this region became the most important location in the world. Blending multiple cinematographic techniques, including animation, CGI and stunning live action images, D-Day 3D: Normandy 1944 brings this monumental event to the world's largest screens for the first time ever. Audiences of all ages, including new generations, will discover from a new perspective in breath-taking IMAX® 3D how this landing changed the world. Exploring history, military strategy, science, technology and human values, the film will educate and appeal to all. Narrated by Tom Brokaw, D-Day 3D: Normandy 1944 pays tribute to those who gave their lives for our freedom. A duty of memory, a duty of gratitude. Not rated. Runtime: 45 min.*

After the movie, we will have time to browse the Spy Exhibit. *SPY: The Secret World of Espionage*, offers guests the first-ever public exhibition of treasures from the collections of the CIA, the FBI, the National Reconnaissance Office (NRO) and H. Keith Melton, the renowned author, historian and international authority on spy technology. Guests will see real gadgets and artifacts from spies and spy catchers. They will observe spy technologies and learn the tools-of-trade, some recently declassified. This once-in-a-lifetime exhibition grants guests unprecedented access into the world of espionage



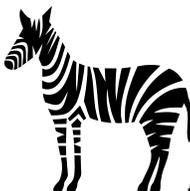
Seattle Mariners Game

June 17, 2014

Depart on early ferry for 12:40pm game time

Cost is \$50 which includes ferry, transportation, parking, admission ticket to lower level seat, hot dog and soda at the game.

Watch as the Mariners take on San Diego at home! Be sure to bring extra money for souvenirs and other meals. We have purchased ten tickets at the discount price so the first ten people to sign up and pay will be able to attend the game.



Woodland Park Zoo

July 16, 2014

Depart on 8:50am ferry

Cost is \$30.00 for seniors and \$25.00 for children ages 3-12 which includes ferry, transportation, admission and parking.

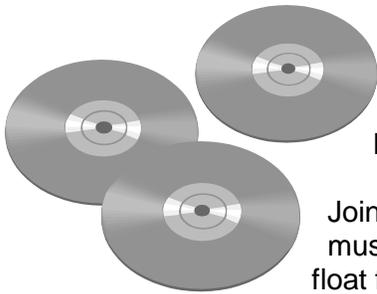
We encourage you to ring along your grandkids, nieces, nephews, or neighbor kids for a day at the zoo, but kids of all ages are welcome! You'll be on your own for food and spending money, so please plan accordingly. Be sure to check the weather report and come dressed for the day – including very comfortable walking shoes!

Special On Island Events



Classic Movie Night
Wednesday May 28, 2014 – 7:00pm
Free!!

We will bring a selection of three classic movies and the audience will vote on the movie shown. Feeling adventurous (and not too sleepy)? We may even make it a double feature! We will provide free popcorn and will have other snacks and beverages for sale. We also don't mind if you bring your own snacks . . . especially if you bring enough to share with us all!



1950's Sock Hop
June 27, 2014
6pm-9pm
FREE entry to the sock hop

Join us as our DJ spins records in an old fashioned Sock Hop. We will provide the music, you provide the dancing! You may even want to plan on grabbing a root beer float from our "diner" if you get thirsty.



4th of July BBQ
Moran State Park
Tuesday July 1, 2014
12:00pm

We will move our regular lunch service to Moran State Park and enjoy a friendly BBQ celebration. You'll be able to park your car at the Senior Center and be shuttled in the van if you choose. We will have a sign up sheet with designated arrival times at the front desk. We will even have a row boat and a pedal boat available if you would like to enjoy some time on the water.

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

Merts Taxi offers free transportation to and from the ferry terminal for all Island Hospital and Island Hospital affiliated appointments. Call 360-293-0201 to schedule.

Weatherization Assistance 1-800-290-3857

SHIBA volunteers can assist with Medicare enrollment, choosing a secondary plan, and the affordable healthcare enrollment. Available at the Medical Center Tuesday's & 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

Orcas Safe Homes -- A free program to assist Orcas Island seniors to identify and correct safety and health hazards in their homes. Call 1-888-685-1475 for an appointment.

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 (suggested donation \$20)
- 2nd Wednesday to Seattle and surrounding area (suggested donation \$25)
- 4th Wednesday to Bellingham and surrounding area (suggested donation \$25)

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.



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

360-376-2677

www.orcasseniors.org

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ORCAS SENIOR CENTER

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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

Marla Johns, M.S., BSW – Orcas Senior Services
Coordinator (360)376-2677 or by email:
marlaj@sanjuanco.com

Jay Savell –Cook

(services provided through a partnership with Whatcom Council on Aging)
(360) 376-2677

Joyce Rupp – Project Manager

(360)370-0591 or by email: joycer@sanjuanco.com

Orcas Operations Committee

Chair: Stephen Bentley

Pat Ayers

Ginger Cecere

Lois Cornell

Mary Greenwell

Penny Hawkes

Beverly Jensen

Maggie Kaplan

Christina Orchid

Adele Pinneo

Margo Rubel

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Magdalena Verhasselt

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Didier Gincig, Hearts and Hands Coordinator