

Senior Signal

January 2014

Winter Safety Tips

by: *Marla Johns, Orcas Senior Services Coordinator*

The cold wintery weather is upon us. Though a frosty morning may be beautiful to look at, it can be dangerous to navigate. Here are some tips to help keep you safe and warm this winter.

1. Avoid slipping on ice. Icy, snowy roads and walkways make it easy to slip and fall. Unfortunately, falls are a common occurrence for seniors, especially during the wintertime. Falls can cause major injuries such as fractures, head injuries and cuts. These injuries, especially in older adults, can be fatal. To avoid falls, make sure to wear shoes with good traction and non-slip soles, and stay inside until the roads are clear. Replace worn cane and walker tips. Also, place a chair inside of your doorway so you can sit down and take off your shoes as soon as you return indoors. Wet soles can lead to slippery floors inside as well.

2. Dress for warmth. Don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. You should also use a scarf to cover your mouth and protect your lungs.

3. Fight wintertime depression. Having difficulty getting out and about during the winter can increase isolation and loneliness. Check in with family and neighbors regularly and keep busy.

4. Check the car. Have your car serviced before bad weather. Make sure to check the oil, tires, battery and wipers.

5. Prepare for power outages. Winter storms can lead to power outages. Keep flashlights and a battery powered radio within easy access. Keep a supply of non-perishable foods that can be eaten cold as well.

6. Eat a varied diet. Dieticians recommend consuming Vitamin D rich foods during the winter because our exposure to sunlight is limited.

7. Prevent carbon monoxide poisoning. Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important thing to keep in mind is to ask for help. If you need help with clearing snow or ice, arranging rides or keeping warm, please call us. We are here to help! Keep warm and stay safe.

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Break Out of Your Comfort Zone

By: *Stephen Bentley*

I will admit it. I like the familiarity of my comfort zone. It is called a “comfort zone” for a reason – it’s comfortable there. However, a comfort zone can also be a deceptive trap that turns “living” into mere “existence.”

Comfort zones are full of routines; they’re familiar – the same-old, same-old. Comfort zones develop slowly – almost imperceptibly. All too often, the air in the comfort zone can get stale, the “flow” of life begins to stagnate, and personal growth comes to a gradual halt. In some cases, personal growth can even shift into reverse.

So, if you’re languishing in a stagnant comfort zone, ignore your inner voice saying, “Stop! It’s dangerous beyond this point!” Try any of these eight “ideas” to inspire yourself to move forward and live a more enriched life.

1. Reconnect with your spiritual side in whatever way you find fulfilling. If you’ve been away for a while, consider going back to your place of worship. Marvel at the beauty of our island paradise. Learn to meditate and practice it every day. Your spiritual life is just waiting to be developed into a strength that will serve you and others in times of need and, of course, in times of thanksgiving.

2. Volunteer to help your favorite charity or cause. There are many nonprofit organizations, including our senior center, that rely heavily on volunteer support to provide badly needed services. Volunteer and move yourself from mere survival mode to significance.

3. Get physical and feel stronger. Make it a point to get 30 minutes of exercise a day, five

days a week – even if it’s in 10-minute increments. Move! Feel your body come alive in its movement. Dance! Feel the grace of motion that your body is capable of. Stretch like a cat and wake your body up from head to toe.

4. ”The best way to make a friend is to be a friend.” Be a friend! Do things together and for each other. Go places and share memories. Learn about the variety of personalities and the ones you “click” with and those you don’t.

5. Open your door and go outside. Smell the fragrances in the air. Close your eyes and listen to the sounds of nature. Fill your lungs with fresh air and use your outside voice. See the colors of nature from brilliant sunrises and sunsets to the deep greens and blues of Moran State Park or Turtleback Mountain. Wonder at the nighttime sky. Awaken your senses in the world outside. It waits just outside your door.

6. Listen to your feelings. Share them with a trusted friend or relative. Life has its ups and downs and having someone to share them with helps us work through the emotions that are involved. Talk to a professional if you’ve been feeling down. Emotions should not be ignored any more than a pain in your chest.

7. Stretch your intellectual muscles by learning something new. Take a class at our senior center or through on-line education educational sites like Coursera.com. Read! Join a book club. Find someone who can teach you something new.

8. Let your innate creativity flow. Paint beautiful paintings, write inspirational words, dance the dance of your life. Appreciate the talents of others. Remember family traditions and values and teach them to your grandchildren. Explore cultures different from your own. Enjoy their food; learn about their values and traditions. Appreciate the diversity in life and celebrate it in all its glory.

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What's Happening

Art Journaling – class 6 of 6

Thursday January 9th

1:00pm-3:00pm

FREE

This is the final class in the first series open to returning students. Don't forget to bring your ephemera choices, painted pages, scissors or exacto knife, and some newspapers to cover the tables. **Note: BEGINNIG IN FEBRUARY THIS CLASS WILL BE OPEN TO EVERYONE EACH MONTH. THERE WILL BE A NOMINAL FEE TO COVER SUPPLIES.**

Potluck Lunch

January 18th

12:00pm-1:00pm

Bring your favorite potluck dish to share and enjoy lunch with friends.

Mainland Shopping

December 19th

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

Cost: \$10

SAVE THE DATE:

May 16, 17 & 18

Train trip and cruise ship!

Cost: \$250 per person (plus port fees and taxes)

We will depart Friday afternoon and head to Seattle for an overnight stay in a hotel. In the morning, we will board the Cascade Train for a scenic train trip to Vancouver, BC. Upon arrival, we'll board the sky train over to Canada Place where we will board our overnight cruise onboard the *Grand Princess*. The Grand Princess will take you in style back to Seattle. On the trip enjoy a health spa, casino, sparkling pools, numerous dining options and Broadway-style entertainment. Pre-register at the front desk. Payment is due by January 15th.

*Did you know . . .
Tuesday, January 21st is
National Hug Day?*

Top Ten New Year's Resolutions:

1. Spend more time with family and friends
2. Get more exercise
3. Quit smoking
4. Enjoy life more
5. Quit drinking
6. Lose weight
7. Get out of Debt
8. Learn Something New
9. Help others
10. Get organized

Did yours make the list?

SNOW CLOSURES –

As a general rule, if the schools are closed due to snow/weather then we are closed as well. Call ahead to make sure . . . 376-2677

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid gray; padding: 20px; text-align: center;"> <h1>January</h1> </div>			1 HOLIDAY <i>A HAPPY NEW YEAR</i>	2 10am: TML FREE 	3 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	4
			5	6 10am: TML FREE	7 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	8 10am-11am: Chair yoga FREE 2pm: Afternoon Tea 4pm: Advisory Committee Meeting
12	13 10am: TML FREE	14 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal 1pm: Parkinson's support group	15 10am-11am: Chair yoga. FREE 11am: Watercolor painting group 12pm: Potluck	16 10am: TML FREE Mainland shopping. Depart 8:50am ferry. \$10	17 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	18
19	20 HOLIDAY Martin Luther King Day	21	22 Island Hearing 378-2330 to schedule appointment	23 10am: TML FREE	24 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	25
26	27 10am: TML FREE	28 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal'	29 10am-11am: Chair Yoga FREE	30 10am: TML FREE	31 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	

January Menu

MON	TUESDAY	WED	THU	FRIDAY
		1	2	3 Teriyaki chicken Brown rice Oriental vegetables Cucumber salad Fruit cocktail
6	7 Beef & barley soup Ham & swiss sandwich Garden salad Fresh fruit	8	9	10 Homemade meat lasagna Italian vegetables Caesar salad Garlic bread Pears
13	14 Pot roast Mashed potatoes & gravy Steamed baby carrots Garden salad Fruit	15	16	17 Cabbage rolls Baked yam Dinner blend veggie Garden salad Apple cake
20	21 Meatloaf Mashed potatoes & gravy Baby carrots Garden salad Sliced peaches	22	23	24 Florentine fish Scalloped potatoes Sautéed squash Garden salad Apricots
27	28 French dip sandwich w/ Au Jus Sweet potato fries Kale & cabbage slaw Tropical fruit	29	30	31 Turkey & cranberry Mashed potatoes & gravy Nantucket vegetables Pumpkin cake

**menu subject to change without notice

Falling for Apples

By Carol Simmer, RD/CD

Isn't it exciting to see baskets and baskets of beautiful apples in the fall and winter? We can purchase those "hard to find" varieties we love, like Gravenstein and Melrose! Our best recipes for apple pie and crisp are reborn, but I would encourage you to use apples in other ways. Try blending cooked apples or applesauce with carrot or squash soups for example. Applesauce and other pureed fruits and vegetables can be substituted for a portion of fat in some baked dessert recipes, too!

Apples have a very long history! Remember Adam and Eve? We humans have long known the delicious benefits of the apple. The science of **why** the apple is so nutritious has been determined in the last 30 years. Researchers from several well-known institutions like Cornell University have found that the antioxidants and phytonutrients (found primarily in the apple's peel), are helpful in the prevention and treatment of heart disease, cancers of the lung, prostate, colon, and breast.

The sweet goodness of an apple can substitute for a high-fat dessert and those sweet complex carbohydrates give the body a longer, more even energy boost. The pectin (soluble fiber) of the apple aids in digestion and may trap cholesterol!

Boron is a trace element found in apples that is necessary in the hardening of bone. I am sure you are aware of the high risk of osteoporosis in adults!

The apple sounds like the perfect fruit, and maybe it is! It is highly portable, can be eaten cooked or raw, and requires few or no utensils to enjoy it.

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.

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 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



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NEWSLETTER

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

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