

# Senior Signal

March 2014

## **Give your words carefully – give your heart freely**

*by: Marla Johns, Orcas Senior Services Coordinator*

Many of you have heard me cheering on a good friend from my home town, David Wise. David is a young man who recently won a gold medal in the Olympics. He also happens to be a wonderful person – a good father, mentor to young people, great husband. David shared with me one time a story about how it was he became a professional athlete. At a church function when he was around thirteen years old, he was asked, along with a group of other young people, to stand up and answer some questions. He was asked, “what do you want to be when you grow up?” His answer was simple, “a professional skier.” His heart dropped when the audience laughed. Sure, they thought he was just being a cute kid with his head in the clouds, they didn’t mean any harm by their laughter; but it broke his heart.

That moment could have broken his spirit,

instead it motivated him to prove them wrong . . . and prove them wrong he did! He returned only a few days ago from Russia with a gold medal around his neck and a host of endorsement contracts to go along with his victory.

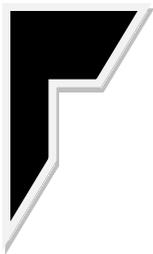
Similarly, my dad was a special education teacher for middle school students. He specialized in “emotionally disturbed” young people. These were often the kids who were forgotten, unless they were in trouble. Often from broken and damaged homes, they were difficult to educate and seemingly impossible to love. My dad’s firm belief however, was to believe in the possibility of what every single one of those children could do. He deeply and genuinely believed in the potential of the worst of the worst. Time and time again he invested his time, his money, and his heart to making sure that they all knew they had someone on their team.

Over and over and over again, I have heard stories from my dad’s kids (now adults) about the impact he had on their life. Often, they said my dad was the only person they ever felt had faith to believe they could be more than the label they had been given. Many, many of these kids are now college graduates, working people, responsible parents and spouses, and contributing members of their communities; due, in part, because just one person believed in them.

I share these two stories because they share a similar moral: choose the words you give to another person carefully, but give your heart away freely.

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## **Identity Theft: Protection & Recovery**

*By: Stephen Bentley*

Identity theft can happen at any time to anyone. Thieves are very creative and are always looking for new methods to access personal information for their own gain. The information thieves are looking for is not always clear – some things are obvious like Social Security numbers, others are not, like family relationships and insight on your personal life.

### **PROTECTION**

**Here are 10 important tips to follow for preventing ID theft:**

1. **Only carry what you need** - leave extra credit cards, checks and documentation with sensitive information (Social Security Cards) at home when shopping or leaving your home. When carrying Medicare information it is best to carry a copy and black out the first five numbers of the Social Security number which most hospitals will accept.
2. **Consider carrying your wallet in your front pocket**, in a neck pouch or in a fanny pack on the front of you.
3. **Never leave your purse or wallet unattended**, even at social or religious gatherings where you feel safe and comfortable - thieves can be lurking anywhere.
4. **Keep an itemized list of the cards you do carry** on a daily basis along with the check numbers you carry so that if your

belongings are stolen you can quickly call and report the stolen cards to the card companies.

5. **Before allowing company into your home**, always lock up personal information and laptops and log off and shut down your computers.

6. **Be especially cautious of using the ATM**. Try to always go into the bank, but if you do use an ATM, only use ones that are lit and take your receipt with you and shred it.

7. **Deter crime from your home** with lighting, radios and televisions. Use timers or motion detectors on outdoor lighting if you can afford it, or leave lighting on at night when you are away.

8. **Never give out personal information** to someone reaching out to you via phone, email, instant message, text message, door-to-door or through social media. If you receive a call from a company requesting personal information, inform them you will hang up and call their primary company phone number to ensure the call is legitimate.

9. **Use secure, non-personal passwords** that contain both capital and lower case letters, numbers and unique symbols (!\*@\$).

10. **Be cautious with your generosity** - make a charitable giving plan and do not deviate from it. Check out the legitimacy of every charity before giving them your hard earned money.

### **RECOVERY**

If your identity has been stolen, the sooner you discover it, the sooner you can take the steps

necessary to fix it. Do not let fear, ignorance or embarrassment keep you from doing what you need to do to protect your finances, your property and most importantly, yourself!

### **What victims should do next**

- 1. Let all of your creditors know that your ID has been stolen.** Be sure to keep track of who you talked to, when you talked to them and their job titles, and phone numbers. Remember, the sooner you notice and report any discrepancies on your accounts, the easier it is to dispute them.
- 2. Close your accounts.** Send confirmation that you are closing your accounts in writing, by certified mail, return receipt requested. Keep copies of everything.
- 3. When you open new accounts, put passwords on them** (do not use a password that relates back to personal information that someone can guess).
- 4. Contact the issuing agency of any IDs that were taken** - driver's license, state ID, employment ID. Do not just cancel and replace, ask the agency to put a caution or flag on your file so nobody else can get replacements.
- 5. File a police report** and make copies of that report to send to your creditors. Do this in person rather than using an automated report. If your police department does not take identity

theft reports, ask to file a "Miscellaneous Incident Report." If you are still unable to file a report, contact your state Attorney General to find out exactly what your state law is in regards to identity theft.

- 6. Find out from each creditor just what it is you need to do to clear up the mess,** and then do it, keeping track of everyone you talk to and everything you do.
- 7. Once all the disputed charges have been taken off your accounts** and everything is resolved, **have those companies send you a letter that states in writing that the disputed accounts are closed** and the fraudulent debts discharged. File and keep copies of these letters to use if this erroneous information reappears on your credit report.
- 8. Follow up to make sure everything has been taken care of** and keep checking your accounts regularly.
- 9. Report the theft or fraud to the three major credit bureaus.** Have them place a fraud alert on your account so that new lines of credit cannot be opened without explicit confirmation by you.
- 10. Do not fall for so-called credit repair scams.** The only information that can be removed from your credit report is inaccurate information, and that is something you can do for yourself.

**Consumers age 60 and older filed 52,610 complaints with the FTC about identity theft in 2012. That's 19 percent of all complaints the agency received on the subject.**

# SPRING CELEBRATION

A BRUNCH BY CHEF CHRISTINA ORCHID  
TO BENEFIT THE SAN JUAN SENIOR NUTRITION PROGRAM

## MENU:

- 
- SKAGIT STRAWBERRY BLINTZES
  - RED RABBIT FARM EGGS BENEDICT
    - BREAKFAST POTATOES
    - FRESH CUT FRUIT SALAD
    - THICK CUT BACON
      - OATMEAL
  - BAKED GOODS FROM BROWN BEAR BAKERY

10:00 AM - 1:00 PM

AT THE ORCAS ISLAND SENIOR CENTER // 62 Henry Rd

SATURDAY, MARCH 22, 2014

\$15 PER PERSON

FOR MORE INFORMATION, CALL 360-376-2677



# What's Happening

## **Mondays & Thursdays**

**10:00am**

**TML Class**

**FREE**

Class size is limited so please sign up at the front desk.

## **Songbirds (Senior Choir Group)**

**Rehearsal every Tuesday**

**1:00pm**

**Performance days/times vary**

Singing is not only fun, it's good for you! Using your singing voice is good for breathing, your posture, and even your memory. We welcome you to try out singing in the senior Choir, *The Songbirds*.

## **Yoga!**

**Wednesday's at 10am – Chair Yoga**

**Friday's at 11am – Yoga**

**FREE**



## **Art Journaling – open to everyone!!!**

**Thursday March 13<sup>th</sup>**

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

**\$5.00**

## **Potluck Lunch**

**March 26<sup>th</sup>**

**12:00pm-1:00pm**

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

## **Mainland Shopping**

**March 20<sup>th</sup>**

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

**Cost: \$10**

**\*\* Wear your lucky green and celebrate St. Patrick's Day at Lunch on Friday March 14<sup>th</sup>!\*\***

OPALCO has provided Lahari's Safe Homes Project with an ample supply of CFL light bulbs and the Orcas Island Fire Department has provided us with smoke detectors.

The Orcas Safe Homes project will install these new light bulbs and also check your smoke detectors to make sure that they are operating correctly. All at no cost to seniors or the disabled. First come, first served!

Call for an appointment at 1-888-685-1475.

Home Care Aid Certification Training is coming to Orcas! If you are interested in completing the 75 hour DSHS approved training, this course is for you. Funding will be provided by Lahari. Registration will be accepted, along with a \$25 refundable deposit, through March 8, 2014. Please call Sally Coffin for additional information and to register for this course at 376-9017 or email at [sycoffin@rockisland.com](mailto:sycoffin@rockisland.com). Hurry, registration is limited!

## **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	
						1	
2	3 10am: TML FREE	4 10am: Photo Club  12pm: Lunch  1pm: Songbirds Rehearsal	5 10am-11am: Chair yoga FREE  4pm: Advisory Committee Meeting	6 10am: TML FREE	7 11am: Yoga. FREE  12pm: lunch  1pm: crafty afternoon FREE  4pm: Strength training	8	
9	10 10am: TML FREE	11 10am: Photo Club  12pm: Lunch  1pm: Songbirds Rehearsal  1pm: Parkinson's support group	12 10am-11am: Chair yoga. FREE  2pm: Afternoon Tea  4pm: Operations Committee Meeting	13 10am: TML FREE  1pm-3pm: Art Journaling Class. \$5	14 11am: Yoga. FREE  12pm: lunch  1pm: crafty afternoon FREE  4pm: Strength training	15	
16	17 10am: TML FREE	18 10am: Photo Club  12pm: Lunch  1pm: Songbirds Rehearsal	19 10am-11am: Chair yoga. FREE	20 10am: TML FREE  Mainland shopping. Depart 8:50am ferry. \$10	21 11am: Yoga. FREE  12pm: lunch  1pm: crafty afternoon FREE  4pm: Strength training	22	
23	24 10am: TML FREE	25 10am: Photo Club  12pm: Lunch  1pm: Songbirds Rehearsal'	26 10am-11am: Chair Yoga FREE  12pm: Potluck  Island Hearing 378-2330 to schedule appointment	27 10am: TML FREE	28 11am: Yoga. FREE  12pm: lunch  1pm: crafty afternoon FREE  4pm: Strength training	29	
30	31 10am: TML FREE	<h1>March</h1>					

# March Menu

MON	TUESDAY	WED	THU	FRIDAY
3	4 Chicken Enchilada Casserole Spanish Rice Garden Salad Pineapple Chunks	5	6	7 Herb Roast Chicken Mashed Potatoes & Gravy Brussels Sprouts Garden Salad Apple Cake
10	11 Bacon & Broccoli Quiche Garden Salad Baby Carrots Strawberry Cake	12	13	14 Corned Beef & Cabbage Steamed Red Potatoes Carrot Raisin Salad Irish Soda Bread Fruited Green Jell-O 
17 St. Patrick's Day	18 Philly Cheesesteak Sweet Potato Tots Cabbage & Kale Slaw Watermelon	19	20	21 Tuna Noodle Casserole Steamed Broccoli Garden Salad Breadstick Banana Pudding
24	25 Baked Cod Roasted Red Potatoes Broccoli Normandy Garden Salad Fruit Salad	26	27	28 Taco Salad Cornbread Fresh Fruit
31				

\*\*menu subject to change without notice

## Enjoy the Taste of Eating Right

By Carol Simmer, RD/CD

"Enjoy the Taste of Eating Right" is the theme for 2014 **National Nutrition Month**. Started in March 1973 as "National Nutrition Week", it became a month-long observance in 1980. The change was in response to growing public interest in nutrition. The nutrition and education information campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Sponsored by the Academy of Nutrition and Dietetics, formerly the American Dietetic Association, *National Nutrition Month highlights the Academy's mission to promote optimal nutrition and well-being for all people.*

Locally, the WCOA Nutrition Program is celebrating National Nutrition Month with our own **March for Meals campaign! Join us to March for Meals in the St. Patrick's Day Parade and join us for other events in March to promote senior nutrition!**

The logo for NNM this year depicts many foods that are healthy, TASTE GOOD and LOOK GOOD. Make a commitment this month to "get out of your eating rut" and try a different food or food cooked in a new way. Need a new recipe or menu idea? Email Carol and she will help. [csimmer@wcoa.org](mailto:csimmer@wcoa.org). Check-out the website: [eatright.org/nnm](http://eatright.org/nnm) for other tasty tips.

Find out more from the Washington State Apple Commission website: [www.bestapples.com](http://www.bestapples.com) Comments? Contact Carol at [csimmer@wcoa.or](mailto:csimmer@wcoa.or)

### 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.

**Limited 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 Anacortes, Mt. Vernon & Burlington (suggested donation \$20)
- 2<sup>nd</sup> Wednesday to Seattle and surrounding area (suggested donation \$30)
- 4<sup>th</sup> 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



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

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360-376-2677

www.orcasseniors.org

**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

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- Mary Greenwell
- Penny Hawkes
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- Adele Pinneo
- Margo Rubel
- Mary Tanner
- Patty Thompson
- Jerry Todd
- Magdalena Verhasselt
- Judy Zimmerman

Jane Heisinger, Asst. to Advisory Committee

Didier Gincig, Hearts and Hands Coordinator