

Senior Signal

April 2014

Newsletter Changes on the Horizon

by: Marla Johns, Orcas Senior Services Coordinator

In an effort to expand our participation and increase our membership, we have decided to try a quarterly newsletter publication rather than a monthly publication. The quarterly newsletter will be an "all island" mailing rather than just to individuals who have signed up to be on our mailing list. This change will take effect beginning in May. You will now receive a newsletter for Summer (May, June, July); Fall (August, September, October); Winter (November, December, January); and Spring (February, March, April).

While we realize this will present new challenges, mainly the monthly calendars, we feel the benefits will outweigh those challenges. Since beginning this position almost two years ago, it has been my desire to reach the largest numbers of seniors possible. While we have maintained a mailing list of approximately 500 households, we know this is only less than one-fourth of the number of households on the island. Though each household does not contain a senior, everyone knows and cares about someone who may benefit from the services of the senior center or enjoy participating in our activities. We also believe that this will help us to grow our membership as we go into the next years membership drive.

Our thoughts and prayers go out to our neighbors in Oso, Arlington and Darrington.

As we look toward the next membership year, I am confident that using an island wide mailing will be the best way to reach a larger number of seniors. I believe the benefits of a larger membership will outweigh the challenges this will present. Each month, we will make copies of the monthly menu and updated calendars available at the senior center. They will also be available online at www.orcasseniors.org.

Through this process of change I look forward to hearing your feedback.

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April is National Poetry Month

In honor of National Poetry Month, the following poem was submitted for publication in this month's newsletter:

The Land That Made Me, Me

*Long ago and far away, in a land that time forgot,
Before the days of Dylan, or the dawn of Camelot
There lived a race of innocents, and they were you and me.*

*We longed for love and romance, and waited for our prince,
Eddie Fisher married Liz, and no one's seen him since.
We danced to 'Little Darlin' and sang to 'Stagger Lee'
And cried for Buddy Holly in the Land That Made Me, Me*

*Only girls wore earrings then, and 3 was one too many,
And only boys wore flat-top cuts, except for Jean McKinney
And only in our wildest dreams did we expect to see
A boy named George with lipstick, in the Land that Made Me, Me*

*We fell for Frankie Avalon, Annette was oh, so nice,
And when they made a movie, they never made it twice.
We didn't have a Star Trek Five, or Psycho Two and Three
Or Rocky-Rambo Twenty in the Land That Made Me, Me*

*Miss Kitty had a heart of gold, and Chester had a limp.
And Reagan was a Democrat whose co-star was a chimp.
We had a Mr. Wizard, but not a Mr. T,
And Oprah couldn't talk yet, in the Land That Made Me, Me*

*We had our share of heroes, we never thought they'd go,
At least not Bobby Darin, or Marilyn Monroe.
For youth was still eternal, and life was yet to be,
And Elvis was forever in the Land That Made Me, Me.*

*We'd never seen the rock band that was Grateful to be Dead
And Airplanes weren't named Jefferson, and Zeppelins were not Led.
And Beatles lived in gardens then, and Monkees lived in trees,
Madonna was Mary in the Land That Made Me, Me.*

*We'd never heard of microwaves, or telephones in cars,
And babies might be bottle fed, but they were not grown in jars.
And pumping iron got wrinkles out, and gay meant fancy-free,
And dorms were never co-ed in the Land That Made Me, Me.*

*We hadn't seen enough of jets to talk about the lag,
And microchips were what was left at the bottom of the bag.
And hardware was a box of nails, and bytes came from a flea,
And rocket ships were fiction in the Land That Made Me, Me.*

*T-Birds came with portholes, and side shows came with freaks,
And bathing suits came big enough to cover both your cheeks.
And Coke came just in bottles, and skirts below the knee,
And Castro came to power near the Land That Made Me, Me.*

*We had no Crest with fluoride, we had no Hill Street Blues,
We had no patterned pantyhose or Lipton herbal tea.
Or Prime-time ads for those dysfunctions
In the Land That Made Me, Me.*

The Land That Made Me, Me (cont.)

*There were no golden arches, no Perrier to chill,
And fish were not called Wanda, and cats were not called Bill.
And middle-aged was 35 and old was forty-three,
And ancient were our parents in the Land That Made Me, Me.*

*But all things have a season, or so we've heard them say,
And now instead of Maybelline we swear by Retin-A.
They send us invitations to join AARP,
We've come a long way baby, from the Land That Made Me, Me.*

*So now we face a brave new world in slightly larger jeans,
And wonder why they're using smaller print in magazines.
And we tell our children's children of the way it used to be,
Long ago and far away in the Land That Made Me, Me.*

Operating Budget Challenges

By: Stephen Bentley

The Orcas Island Senior Center, like many non-profit organizations, faces complex financial challenges. The realities of our budget limitations have become increasingly obvious as we have expanded services to our island's residents.

Government support for senior services has been reduced significantly in recent years. Paradoxically, this reduction of federal, state and county tax dollars is occurring at the same time as dramatic increases in the "senior" population. The demographic shift is evident on our island. Our Center's financial stress, however, may be less obvious due to the fantastic fund raising efforts of the Operations Committee and the continued generosity of our donors. Negotiating fiscal limitations is the responsibility of the Operations Committee and Center Staff.

Decisions regarding programs and budgets are a constant give and take. For example, we strongly believe the nutrition and transportation services provided by the Center are core to our mission to enhance the lives of older island residents. We intend to expand these programs although they both currently operate with significant financial deficits.

The need for senior oriented services is increasing. We plan to address our budget issues in two ways; increased fund raising and tightened management. As an example, you may have noted our recent Spring Celebration Brunch fund raiser. We are also making efforts to reduce food waste by increasing the frequency of deliveries and making investments to improve refrigeration and food storage.

In addition, we are investigating ways to operate our transportation services more efficiently. At the present time we rely on only two sources of transportation funding; annual Senior Center membership dues and rider donations. Paid Center memberships, however, have declined in recent years although participation in our Center's activities and programs has increased. We will attempt to reverse this trend during this year's membership drive. We are also reviewing all transportation program policies and procedures.

Your help and suggestions are essential. Please let us know your ideas.

What's Happening

Free Seminar

What Can You Do To Prevent Falls?

Thursday, May 1, 2014

10:00am-3:00pm

Skagit Valley College

Multipurpose Room – Knutzen Cardinal Center

2405 East College Way – Mt. Vernon, WA

**** You must pre-register.****

****See Marla for registration information.****

Elder Law Clinic

April 23, 2014

For appointment call: Cy Field 360-472-1223

Open Studio

Every Wednesday

11:30am – 4:00pm

Join other artists in an open studio time. Whatever your artistic medium, we invite you to join in our open studio time. A dedicated time each month to work on your project and to visit with other artists. We provide the space, you provide the talent!

Tax Preparation

Tuesdays 9am-4pm (By Appt.)

Every Tuesday from Feb. 11th – April 15th

Suggested Donation: \$5

Jim Biddick will again be doing taxes for Seniors. He will be available each Tuesday beginning February 11 through April 15. Call Jim at 376-2488. Suggested donation is \$5 and Jim donates all monies collected to the Senior Center.

Mark Your Calendars

4H Senior Dinners

5:30pm-7:00pm

May 21, June 18, and September 17

Seniors: \$5

Others: \$10

Art Journaling **NEW CLASS OPEN TO EVERYONE**

Second Thursday each month

1:00pm-3:00pm

\$5.00

An art journal is a journal or diary that has a strong visual element to it, an expression of your artistic creativity and imagination, not filled only with words like a traditional journal. It's a journal for using your art to express your memories, dreams, and thoughts. How you create the images, and what type of imagery you make, is entirely a matter of personal choice. There are no rules. You can paint or draw, use pen and ink, photos, collage, doodle, stickers... anything and everything.

Join in this monthly class. Your \$5 per month for this class helps to offset the price of materials. Please bring with you any photographs, collage materials, stickers, or any ephemera that you may have stashed around your house.

Granny's Attic is one of the largest fund raisers for the Senior Center. It is always held on the last Saturday in April. This year that falls on April 26th. The sale goes from 10 – 3. From 2 – 3, better items and furniture are 50% off and other items are \$5.00 a grocery bag.

We will be accepting items for the sale on Tuesdays from 10 – 3 beginning on March 18th and continuing until April 22nd. We don't accept clothing or appliances. We do accept children's books, cookbooks and table top books.

There will be many treasures at this wonderful event so put it on your calendar and come and support the Senior Center.

If you have furniture to donate, give Jane a call at 2677 for her to come and check it out.

Ongoing Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10am: TML FREE	10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	11:30am-4pm: Open art studio time Second Wednesday of the Month: 2pm: Afternoon Tea Second Wednesday of the Month: 4pm: Operations Committee Meeting Fourth Wednesday of the Month: 12pm: Potluck	10am: TML FREE Second Thursday of the Month: 1pm-3pm: Art Journaling Class. \$5 Third Thursday of the Month: Mainland shopping. Depart 8:50am ferry. \$10	11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	8

Scheduled Outings:

April 2

Bargain Day!

Thrift Store 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

April 17

Mainland Shopping

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

April 24

Bellingham Railway Museum

Current exhibits include: life on the passenger train from the golden age to Amtrak, railroad lanterns, centennial exhibit, Lionel & tinsplate trains, and ½ inch scale lumber models.
Cost is \$25

Hearts and Hands

By: Didier Gincig

As you may know, Didier Gincig is the new coordinator of Hearts and Hands. The program offers a volunteer once a week for an hour or two for friendly visits, respite care for care givers, meal preparation, transportation, light housekeeping, and help as needed. If you or anyone you know may be interested in being matched with a trained volunteer, call the Hearts and Hands office at 376.7723 or e-mail heartsandhands@orcasonline.com. Also, the program is always seeking volunteers who would like to offer time to be of service. Volunteers also benefit by through their service! If you would like to call to simply chat and get information about the program, give Didier a call or visit with him before or after Senior lunch on Tuesdays and Fridays.

April Menu

MON	TUESDAY	WED	THU	FRIDAY
	1 Chicken swiss burger With lettuce & tomato Mixed vegetables Potato salad Raspberry sherbet	2	3	4 Beef stroganoff Over brown rice Chef's veggies Garden salad Ambrosia
7	8 Asian chicken salad Oatmeal bread Fresh grapes	9	10	11 Herb pork chops Mashed potato & gravy Brussels sprouts Garden salad Applesauce
14	15 Curry chicken Over brown rice Spinach salad Apple cake	16	17	18 Glazed ham w/ pineapple Baked yam Nantucket vegetables Fresh baked roll Strawberry crème cake
28	29 Roast beef w/ Mashed potato & gravy Sautéed vegetables Garden salad Peach crisp	30		

**menu subject to change
without notice

"Added Sugars" to be listed on Nutrition Fact Labels soon!

By Carol Simmer, R.D.N.

April, with Easter baskets and pastries, is one of several months that we consume lots of sugary foods. Many of us are concerned about the amount of sugar added to the foods we buy and FDA has responded. In February this year the FDA released **proposed** changes in the Nutrition Facts label on packaged foods. One change includes the addition of "added sugars" under the Carbohydrate listing on the nutrition label. You will now be able to know how much of the total sugar in a food is "added sugar" and not natural sugar.

Natural sugars are found in fruit (fructose), and milk and yogurt (lactose) without any additional processing. Natural sugars are naturally in the food.. These foods (milk and fruits and vegetables for example) have healthy benefits (vitamins, minerals, and fiber). **Added sugars** are natural sugars that have been processed and added to a food giving it little or no added nutritional value except for calories. Before the label change, the total sugar listed on a label reflects both natural and added sugar.

For example, if you compare the added sugars in cereals or even soups, and all else being equal (serving size and general quality), why wouldn't you buy the one with less added sugar? Excess calories in our diets are linked to chronic diseases such as obesity, heart disease, and diabetes. Added sugars contribute to added calories! When the new labels show us how much sugar is being added to our foods, we can make better food choices for our health and show the food companies that we want less added sugar in our foods!

Reading the nutrition facts label for "added sugars" will be only one source of information you need to make wise food choices. You must read the ingredient list to determine which added sugars are in the foods you buy. Many added sugars have names that end with "ose". The names of a few added sugars include: dextrose, fructose, maltose, corn sweetener, corn syrup, honey, invert sugar, malt sugar, molasses, and syrup.

Ingredients in foods are listed in order of descending order by weight. If the first or second ingredient is a sugar, then you may want to avoid this product. **One way manufacturers avoid making sugar the first or second ingredient is by using two or three different kinds of sugar in a product.** By listing them separately, they will be farther down the ingredient list!

Be a smart shopper and know your sugars. Comments or questions? Email csimmer@wcco.org.

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

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.



Senior Services of San Juan County
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www.orcasseniors.org

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ORCAS SENIOR CENTER

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

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