

Senior Signal

September 2014

Managing Your Golden Years

The public is invited and encouraged to attend a free* educational seminar on "Managing Your Golden Years." Sponsored by members of the Orcas CARES Coalition (Lahari, Orcas Fire and Rescue, Orcas Senior Services, Orcas Medical Foundation and San Juan County Sheriff's Department) experts will be on hand in a panel discussion format to discuss various topics related to aging.

Topics presented will include:

Home Safety

Health

Grief

Asset Protection

Fraud Protection

Balance & Mobility

Life Forms

....and more

We will also give attendees a free lunch, blood pressure screenings, and lots of handouts of information you just may need today, or in days to come.

Preregistration is encouraged and, to reward you for signing up, all those who register ahead of time will be entered in a drawing for a gift basket. Sign up by calling the Senior Center at 376-2677 or email Marla Johns at marlaj@sanjuanco.com

** donations gratefully accepted to help offset the expense of the seminar*

September is Prostate Cancer Awareness Month

Should I Be Screened?

article credit:

http://www.pcf.org/site/c.1eJRIROrEpH/b.5802037/k.6B8C/Early_Detection__Screening.htm

The question of screening is a personal and complex one. It's important for each man to talk with his doctor about whether prostate cancer screening is right for him.

There is no unanimous opinion in the medical community regarding the benefits of prostate cancer screening. Those who advocate regular screening believe that finding and treating prostate cancer early offers men more treatment options with potentially fewer side effects.

Those who recommend against regular screening note that because most prostate cancers grow very slowly, the side effects of treatment would likely outweigh any benefit that might be derived from detecting the cancer at a stage when it is unlikely to cause problems.

Recent studies of screening in large U.S. and European populations have suggested that the benefits of screening may not occur for 10 or more years after screening, given the long natural history of prostate cancer. These studies also suggest that many men will need to be screened (over 1,000) and treated (nearly 50) to save one life from prostate cancer.

In 2012, the U.S. Preventative Task Force recommended against the use of PSA screening for healthy men of all ages, stating that the harms of screening outweigh the benefits. In contrast, physician-led groups, such as the American Society of Clinical Oncology and the American Urological Association, maintain that PSA screening should be considered in the context of a man's life expectancy and other medical conditions. Most experts agree that there is no role for PSA screening for men expected to live less than 10 years. Ultimately

Prostate Cancer Awareness (cont.)

decisions about screening should be individualized based on a man's level of risk, overall health, and life expectancy, as well as his desire for eventual treatment if he is diagnosed with prostate cancer.

The American Urological Association (AUA) Foundation changed and updated its screening recommendations on May 3, 2013. Better cancer specific blood and urine based tests are on the horizon. The PSA test remains an important tool in the diagnostic process. Men over 40 should discuss PSA screening with their physicians to determine if and when PSA screening is right for them, based on health and family history factors, they differ from those of the U.S. Preventive Services Task Force (USPSTF).

You can more about these recommendations here:

www.pcf.org/uspstf

It should be noted that these recommendations apply to *screening* only, i.e. testing of healthy men without symptoms. Once the diagnosis of prostate cancer is confirmed by biopsy, PSA is still routinely recommended and used for risk-assessment and post-treatment monitoring.

When to Start—and Stop—Screening

When to start screening is generally based on individual risk, with age 40 being a reasonable time to start screening for those at highest risk (genetic predispositions or strong family histories of prostate cancer at a young age).

For otherwise healthy men at high risk (positive family history or African American men), starting at age 40-45 is reasonable.

Guidelines differ for men at average risk. Some recommend an initial [PSA and DRE](#) at age 40, and others recommend starting at age 50. In general, all men should create a proactive prostate health plan that is right for them based on their lifestyle and family history.

When to stop screening is also controversial. Some groups propose 75 as a reasonable cut-off age. Other groups suggest this is an individual decision based on life expectancy and overall current health.

You can find a useful resource for making these decisions at the [U.S. Centers for Disease Control and Prevention site](#).

Where Can I Find Free Prostate Cancer Screening?

Zero: The Project to End Prostate Cancer often conducts free screenings: www.zerocancer.org.

Another route is through local hospitals and local prostate cancer support groups. Us TOO has information about support groups: www.ustoo.com.

The Prostate Conditions Education Council also lists screenings: www.prostateconditions.org/screening-site



In 2014 there will be an estimated 233,000 new cases of prostate cancer.

Prostate cancer makes up 14% of all cancer diagnosis.

Approximately 15.3 percent of men will be diagnosed with prostate cancer at some point during their lifetime.

The 5 year survival has increased from 66% in 1975 to 99.6% in 2006

Prostate Cancer is the most common type of cancer.

FOOD BANK STARTS SENIOR OUTREACH PROGRAM

Through a cooperative effort between the Orcas Island Food Bank (OIFB) and the Orcas Island Senior Services, a number of seniors who have trouble getting out of their home to go shopping or visit the food bank for one reason or another receive a personally-delivered bag of groceries every Friday morning.

This pilot program began when OIFB volunteers and board members noticed that seniors were not coming to the food bank. After two full months of outreach, the OIFB Board voted to continue with this outreach program as part of the Food Bank's mission.

The bags of groceries include staples, proteins and, when available, fresh produce and fruit. If a recipient cannot consume certain foods, is diabetic or has other special needs, those issues are taken into consideration as groceries are packed.

The initial recipients were people receiving meals on wheels from the Senior Center. Since then, a few more have been added as neighbors or friends noticed someone in a situation and notified OIFB volunteers or the Senior Center. Clients look forward to seeing the Food Bank volunteer and often remark, "This (service) is awesome!"

If you are aware of a senior or seniors who are unable or unwilling to leave their home and you feel they are not getting ample nourishment, please call Marla Johns at 376-2677 or Joanne Cundy at 425-239-0421.

Recipe Book's

The Life Enrichment Committee and the Friday craft group will be assembling recipe books for sale. 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.

Recipes' can be dropped off at the front desk or submitted by email to marlaj@sanjuanco.com

Regular Outings:

First Wednesday of Each Month: Bargain shopping at the Good Will in Mt. Vernon where we will take advantage of senior discount day (25% off every purchase)! We will also make a stop at a local park for a sck lunch picnic. Bring your lunch (or money). Trip cost is only \$10.

Third Thursday of each Month: 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.

Hearts and Hands

By: Didier Gincig

If you or anyone you know could benefit from a little help and company, please contact Didier Gincig at the Hearts and Hands office 376.7723 or e-mail him at heartsandhands@orcasonline.com. Trained volunteers are available for friendly visits, meal preparation, transportation, shopping/errands, respite care, light housekeeping, and chores/household repair.

If you or anyone you know would like to find out more information about volunteering with Hearts and Hands, please call or e-mail Didier. There will be a training in September. It's a great way to contribute and make a difference in someone's life on the island!

A Berry Good Season!

By Carol Simmer, RDN, WCOA Dietitian

We are berry snobs in Washington for good reason! This has been a great year so far for our bounty of strawberries, raspberries, and blueberries. We are proud of these berries' impeccable credentials: bursting with color and flavor, high in antioxidant activity, low in calories, and high in vitamin C. They are a good source of fiber, and are perfect for morning cereal or an afternoon snack.

The above trio of berries is not alone in the berry world. Blackberries, gooseberries, boysenberries, marionberries, currants, aronia berries (chokeberries), are others are grown in our area or brought-in for sale. Each have their own growing season, so check with the local produce or berry farms, nurseries and farmer's markets for what is available. Why not grow a less-known or harder-to-find berry, like the marionberry or aronia berry for fun and good eats! Cloud Mountain, Box Berry Farm, Barbie's Berries, and Joe's Garden are just a few spots in Whatcom Co. that sell both berries and berry plants from early spring to early fall.

The fresh berry season is coming to a close, but frozen berries and jellies and jams can be eaten year-round. Freezing preserves the fruit **and the nutrition** of the fruit so enjoy fruits, especially berries, all winter!

****Correction:**

In the June 2014 bulletin article, Men..Check Under the Hood More Often! I suggested that selenium would cut your risk for prostate cancer.

I was behind the times with this information.

*The SELECT trial (Selenium and Vitamin E Cancer Prevention Trial) ending in 2008 and updated in 2014 reveals that selenium has **no effect** on prostate cancer risk. The American Cancer Association suggests a diet high in vegetables, especially cruciferous vegetables, soy, dried beans and other legumes, and fish. Other nutrients are currently being studied on their effect (or not) on prostate cancer. Thank you to the senior who brought this to my attention!*

Comments or questions?

Email Carol, csimmer@wcco.org

September Menu



Tuesday	Friday
2 Chicken breast strips w/ honey mustard Broccoli florets Roasted potatoes Fresh fruit	5 Chicken fried steak Mashed potatoes w/ gravy Peas & Carrots Apple Cake
9 Roasted pork loin w/ apple chutney Mashed potatoes Peas & onions Tropical fruit	12 Turkey divan Cranberry sauce Baby red potatoes Garden salad Pumpkin cake
16 Shrimp salad Oatmeal bread Orange wedges	19 Fettuccini alfredo w/ chicken Broccoli florets Garden Salad Peach crisp
23 Florentine fish Roasted squash Spinach salad Sliced pears	26 Turkey meatloaf Mashed potatoes & gravy Italian green beans Garden Salad Fruit
30 Bratwurst served w/ sauerkraut Hot potato salad Sautéed squash Fresh apples	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October</h1> <p>*save these dates*</p>			1 10am: Chair Yoga Outing: Thrift Store Bargain Day! \$10 11:30am-4pm: Open art studio time	2 8am: Walking Club 10am: TML FREE	3 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	4
5	6 8am: Walking Club 10am: TML FREE	7 10am: Photo Club 12pm: Lunch Wear Pink for Breast Cancer Awareness Day 1pm: Songbirds Rehearsal	8 10am: Chair Yoga 11:30am-4pm: Open art studio time 2pm: Afternoon Tea 4pm: Operations Committee Meeting	9 8am: Walking Club 10am: TML FREE Bowling and Lunch in Friday Harbor. \$10 + price of lunch.	10 10am: Storytelling class 12pm: lunch 1pm: Betty Eagen's pottery class - \$10 4pm: Strength training	11
12	13 8am: Walking Club 10am: TML FREE	14 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	15 10-11am: Chair Yoga 11:30am-4pm: Open art studio time	16 8am: Walking Club 10am: TML FREE Mainland shopping. Depart 8:50am ferry. \$15	17 10am: Storytelling class 12pm: lunch – National “Wear Something Gaudy Day” (Prize for Gaudiest Outfit!) 1pm: crafty afternoon FREE 4pm: Strength training	18 10am-3pm Saturday scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
19	20 8am: Walking Club 10am: TML FREE	21 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	22 10-11am: Chair Yoga 11:30am-4pm: Open art studio time	23 8am: Walking Club 10am: TML FREE	24 10am: Storytelling class 12pm: lunch 4pm: Strength training	25 5pm Oktoberfest Dinner!! Cost is \$10 per person.
26	27 8am: Walking Club 10am: TML FREE	28 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	29 10-11am: Chair Yoga 11:30am-4pm: Open art studio time 12pm: Potluck Elder Law Clinic	30 8am: Walking Club 10am: TML FREE	31 12pm: Halloween lunch, costume parade and costume contest 1pm: crafty afternoon FREE 4pm: Strength training	

****Please note: Class prices listed are MEMBER PRICES. There will be an additional charge for non members. Classes listed as “free” are for members only.**

Special Event Descriptions

Please note: **You MUST sign up and pay for all outings in advance and it is “first come, first served.”** We have now added a minimum and maximum number of participants to each outing so you are aware of the restrictions. Payment is due at the time you sign up for the outing. Thank you for your understanding.



September 4, 2014

Orcas Island History Tour and lunch

Depart Senior Center at 10:30am

Minimum number of participants: none

Maximum number of participants: 9

Members: FREE

Non Members: \$5

Our own island history expert, Irene O’Neill, will be narrating the drive through Orcas Island’s historic sights. Learn a little more about the beautiful island community in which you live, and maybe share a few of your own island history stories as well! We will make a stop for lunch. **PACK YOUR OWN BROWN BAG LUNCH AND DRINKS.** We will provide a cooler to keep everything cold.



October 9, 2014

Friday Harbor Bowling & Lunch

Depart Senior Center at 10:00am

Minimum number of participants: 4

Maximum Number of participants: none

Members: \$10 + lunch

Non members: \$12 + lunch

Enjoy a lovely morning ferry ride to Friday Harbor for bowling and lunch. The group will decide on a lunch location when we arrive. After lunch, we will head over to the bowling alley and challenge ourselves and one another to a fun game or two of bowling.



Saturday October 25, 2014

5:00pm - Oktoberfest Dinner

Members: \$15

Non members: \$20

Join your friends for an Oktoberfest celebration dinner. Enjoy a meal of brats, sauerkraut, pretzel rolls, warm potato salad and German chocolate cake! We will also serve beer and apple cider. Don’t miss this fun evening!

Tuesday October 7
Wear Pink for National Breast Cancer Awareness Month



Friday October 17
National Wear Something Gaudy Day!! (Prizes Awarded for “most gaudy”)



Friday October 31
Halloween Costume Day (Prizes awarded for costumes)



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.

marlaj

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 \$40)
- 2nd Wednesday to Seattle and surrounding area (suggested donation \$60)
- 4th Wednesday to Bellingham and surrounding area (suggested donation \$50)

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 Center rocks – a hip place to be

(We do not mean rocking chairs and hip surgery!)

A Senior Center Regular Membership offers free and discounted classes, programs and services including yoga, strength training, art journaling, monthly Tea, trips and travels, foot care, a 10% discount at Ray's off regularly priced items, not including pharmacy, craft classes, a discount for room rentals, and access to the Athletic Club. Your membership fee supports the transportation program on Orcas Island, and is only spent on Orcas residents. We look forward to you joining us for some of our activities!

-- Magdalena Verhasselt, for the Senior Center Operations Committee

Yes, I/we want to join the Orcas Senior Center for 2014/15 (8/1/14-7/31/15)

Individual Membership (\$20) Couple Membership (\$35)

I/we wish to make an additional contribution to support the senior center.

\$25 \$50 \$100 \$250 \$500 \$ _____

Member Name: _____

Mailing Address: _____

Home Phone: _____ Cell Phone: _____

Email: _____

2nd Member: _____

How would you like to receive your newsletter?

Mail Email Do not send newsletter

As we experienced twice last year, island-wide emergencies place people at risk, especially those who live alone and have health problems. In an effort for Senior Services to increase the response to people in the event of emergencies, we would like to have the following additional information. Your answers are completely confidential and are optional. Thank you. ~Marla Johns, Orcas Island Senior Services Coordinator

Physical address _____

Do you rely on any potentially lifesaving equipment at home which relies on power/water (example: oxygen, nebulizer, cpap machines, etc.) circle one YES NO

Do you have an emergency pendant system? YES NO

In case of emergency, who would you like us to notify?

Name : _____ Relationship: _____

Phone: _____

Please make check payable to Orcas Senior Center – Mail to: PO Box 1653, Eastsound, WA 98245



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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RETURN SERVICE REQUESTED

ORCAS SENIOR CENTER

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.

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

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