

Senior Signal

October 2014

October is Breast Cancer Awareness Month



About 1 in 8 U.S. women — a little more than 12% — will develop invasive breast cancer over the course of her lifetime. In 2014, an estimated 232,670 new cases of invasive breast cancer were expected to be diagnosed, along with 62,570 new cases of non-invasive breast cancer (also known as carcinoma in situ). About 40,000 women were expected to die in 2014 from breast cancer, though there has been a decrease in death rates since 1989, with larger decreases in women under 50. These decreases are thought to be the result of treatment advancements, earlier detection through screening, and increased awareness. For women in the United States, breast cancer death rates are higher than death rates for any other type of cancer, besides lung cancer.

Except for skin cancer, breast cancer is the most commonly diagnosed cancer among American women. Just under 30% of cancers diagnosed in women are breast cancers. White women are slightly more likely to develop breast cancer than African-American women. However, in women under 45, breast cancer is more common in African-American women than white women. Overall, African-American women are more likely to die of breast cancer. Asian, Hispanic, and Native-American women have a lower risk of developing and dying from breast cancer.

As of 2014, there were more than 2.8 million women with a history of breast cancer in the U.S. This figure includes women currently being treated and women who have finished treatment. A woman's risk of breast

cancer approximately doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. Less than 15% of women who get breast cancer have a family member who has been diagnosed with it. About 5-10% of breast cancers are thought to be caused by inherited gene mutations (abnormal changes passed through families). Mutations of the BRCA1 and BRCA2 genes are the most common. Women with a BRCA1 mutation have a 55-65% risk of developing breast cancer before age 70, often at a younger age than it typically develops. For women with a BRCA2 mutation, the risk is 45%. An increased ovarian cancer risk is also associated with these genetic mutations.

The most significant risk factors for breast cancer are gender (being a woman) and age (growing older). Getting a high-quality screening mammogram and having a clinical breast exam on a regular basis are the most effective ways to detect breast cancer early. Checking one's own breasts for lumps or other unusual changes is called a breast self-exam, or BSE. This type of exam cannot replace regular screening mammograms or clinical breast exams. In clinical trials, BSE alone was not found to help reduce the number of deaths from breast cancer.

PreRegister for the AARP Smart Driver Course!

Orcas Medical Foundation together with the Senior Center is offering the AARP Smart Driver Course. Class will be **Wednesday November 5th from 9:00am-4:00pm**. Prices are \$20 for AARP members and \$25 for non members. Price includes lunch!! Class size is limited to 30, so don't delay in signing up.

According to aarpdriverssafety.org, the AARP Smart Driver™ Course is the nation's first and largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive safely on today's roads, allowing them to remain independent for many years to come. In fact, 97% of those who take it change at least one driving behavior. And the best part? There are no tests to pass - just useful information to keep you safe on the road!.

How the AARP Smart Driver Course will help you

- Update driving skills and your knowledge of the rules - and hazards - of the road.
- Learn about normal age-related physical changes and how to adjust your driving to compensate.
- Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.
- Get an insurance discount. Auto insurance companies in most states provide a multi-year discount to course graduates! (Some states may have restrictions on accepting an online driver improvement course for insurance discounts. Please consult your insurance agent for more information about discounts in your state.)

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.

Oktoberfest tickets on sale

Purchase your Oktoberfest tickets before we are all sold out!
Only \$10 (\$15 at the door). Tickets are limited in number so don't wait.
Available at the front desk.

Do I smell pizza?

Julie Meyers, MS, RD
Senior Nutrition Program Director

It's the middle of the afternoon on a crisp autumn day and the delicious lunch I enjoyed at the BSAC is still digesting as I stroll through town. As my senses take in the sights and sounds of the bustling street, food is the last thing on my mind. Whoa, what is that amazing smell? Mmmmmm pizza! A few minutes later I am halfway through a greasy slice that turned out to be not nearly as heavenly as its overpowering aroma. At this point my distended gut is repeatedly dialing my hypothalamus (master control center in the brain) to let me know that I am not only no longer hungry, but pretty darn full.

Many powerful factors, including sight, smell, time of day, portion size, and possibly even our birth order affect what, when and how much food we consume. However, we are not necessarily helpless to the sensory appeal of fresh baked pizza or apple pie. Below is a simple tool to help us become conscious of our hunger and satiety signals **before** we overeat, called "The Hunger and Fullness Scale." The scale is based on the one found in the book "Intuitive Eating" by Registered Dietitians, Evelyn Tribole and Elyse Resch.

Hunger and Fullness Scale

- 0 Empty/ Famished
- 1-2 Stomach rumbling hungry
- 3-4 Ready for a snack or small meal
- 5 Neutral
- 6-7 Satisfied
- 8-9 Overly full
- 10 Ready to burst

The goal is to try to stay between 3 and 7 as much as possible. Get too close to 0 and we are likely to chow -down on everything in our path. Get close to 10 and we are likely to feel like going into hibernation for a few months.

So the next time you smell pizza in the air or are ready to reach for that 3rd slice, take a moment to consciously tune into your hunger level. Already at a 6 or higher? It's probably best to remove yourself from the sensory appeal of the food. Give in anyway? Don't beat yourself up about it. We are becoming conscious eaters, not perfect eaters!

October Menu



Tuesday	Friday
	3 Stuffed Cabbage Roll Oven Roasted Potato Chef's Vegetables Garden Salad Sliced Peaches
7 Cornmeal Chicken Mashed Potato w/ Gravy Peas & Onions Garden Salad Banana Pudding	10 Swiss Steak Mashed Potato w/ Gravy Brussels Sprouts Garden Salad Tropical Fruit
14 Asian Chicken Salad Veggie Egg Roll Fresh Grapes	17 Chicken A La King Brown Rice Steamed Veggies Garden Salad Fruit
21 Sole Almandine Wild Rice Pilaf Scandinavian Veggies Garden Salad Fresh Melon	24 Turkey Mashed Potato w/ Gravy Green Beans Cranberry Sauce Pumpkin Cake
28 Greek Herb Pork w/ Tzatziki Sauce Pita Greek Salad Roasted Potato Apple Cake	31 Macaroni & Cheese Italian Sausage Links Carrot Coins Tomato-Cucumber Salad Fruit

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October</h1>			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 11:30-1pm. Drop off your artwork for the "Colors of the Seasons" show 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	9 8am: Walking Club 10am: TML FREE Bowling and Lunch in Friday Harbor. \$10 + price of lunch.	10 10am: Storytelling class 12pm: lunch 1pm: crafty afternoon FREE 3:15pm: activities committee meeting (see Maggie Kaplan for meeting location) 4pm: Strength training	11
12	13 8am: Walking Club 10am: TML FREE	14 10am: Photo Club 12pm: Lunch Dessert Potluck immediately following 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 5-7pm: Comparative Religions Class	23 8am: Walking Club 10am: TML FREE	24 10am: Storytelling class 12pm: lunch 4pm: Strength training	25 6pm Oktoberfest Dinner!! Cost is \$15 (\$20 at the door) 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 Day 5-7pm: Comparative Religions Class	30 8am: Walking Club 10am: TML FREE	31 12pm: Halloween lunch, costume parade and costume contest 1pm: crafty afternoon FREE 4pm: Strength training	

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<h1>November</h1> <p>**Save the Dates**</p>						1
2	3 8am: Walking Club 10am: TML FREE	4 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	5 10-11am: Chair Yoga 11:30am-4pm: Open art studio time 5-7pm: Comparative Religions Class	6 8am: Walking Club 10am: TML FREE	7 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	8
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30						

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.



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
6:00pm - 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 14 is National Dessert Day!!!
Please bring your favorite dessert to share and we will have a dessert potluck immediately following lunch service.

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



**World Religions Course
Wednesday's
5pm-7pm
October 22nd through November 19th
\$30 per person for members/\$50 non
members**

This course is designed to be a brief introduction to five of the world's major religions. Each lecture will cover the history, primary beliefs and essential practices of one of these traditions. The first will be on Judaism, it's beginnings with Moses and the differences between the three branches: Reform, Conservative and Orthodox. The next lecture will be on Christianity, beginning with the New Testament texts and extending to its division into Catholicism, Orthodoxy and Protestantism. The third lecture will be on Islam. We will discuss the Qur'an, the holy book of Islam, and the various histories and beliefs of Shi'i vs. Sunni Muslims. The last two lectures will cover the major religions of the east, Hinduism and Buddhism. Hinduism is a complex religion worshipping many gods who stem from one all-encompassing source. This sometimes baffling fact will be explained simply and briefly but hopefully in a comprehensible way. Buddhism, a reform of Hinduism, worships no god but is considered a religion because of its meditative practices leading to a transcendent understanding of reality. Distributed at the lectures will be a list of references in case anyone would like to pursue the study on their own. Considering the current state of world affairs, there will be a consideration of each religion's take on violence. Included in the discussion will be the scripture passages and the views of major thinkers within each tradition.

The course will be taught by Maura O'Neill, Ph.D. Dr. O'Neill is a retired teacher with her degree in Philosophy of Religion. she is the author of two books on women in world religions, *Women Speaking*, *Women Listening* and *Mending a Torn World*.

Pre-registration is required and payment is due at the time of registration.

**Tuesday October 7
Wear Pink for national Breast
Cancer Awareness Month**



**Friday October 17
National "Wear Something Gaudy
Day!!!"
Prizes awarded for most gaudy
outfit.**



**Friday October 31
Halloween Costume Day
Prizes awarded for costumes!!!**



Portland Rose Festival Trip

We will once again partner with Alki Tours on this great adventure to the Portland Rose Festival.

June 4 - 6, 2015

3 days

\$479 per person/double occupancy

Single supplement \$85

Whoever said "Life isn't a bed of Roses", clearly hasn't seen this tour. In 2015, the Rose Festival will celebrate 107 years of tradition, innovation and celebration-an event like none other!

A great two day tour. We will depart Orcas Island on June 4th and spend the night in Lynnwood. The official part of the tour begins with a train trip to Portland on June 5th. Once in the city, enjoy a scrumptious luncheon cruise along the Willamette River. Next, check into our lovely hotel- centrally located so that you can enjoy the festivities in town! The next day, celebrate the nation's second largest floral parade. You'll have the opportunity to wander amongst the amazing floats, see the craftsmanship and discover how they make them. Then we're off to the Coliseum where we'll watch the Grand Floral Parade from our reserved seats. Hurry, this trip sells out every year, so if you snooze, you'll lose!

REGISTRATION AND PAYMENT DUE BY DECEMBER 1, 2014. THIS TRIP IS LIMITED TO TEN PARTICIPANTS.

Do you have an idea for a class? Activity? Trip? Do you have a special talent or knowledge that you would like to share? The Life Enrichment Committee wants to hear from you!!!

Please fill out this information sheet and drop it off at the front desk. We will do our best to accommodate all requests.

I have a suggestion/idea!

I would like to lead an activity/teach a class

Contact Information _____

Name

Phone number

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 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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