

Senior Signal

November 2014

What the Heck is “Movember?”

Watching the news and television, there is lots of talk about “Movember.” What the heck is it?

Movember (a portmanteau from moustache and “November”) is an annual event involving the growing of moustaches during the month of November to raise awareness of men’s health issues, such as prostate cancer and other male cancers, and associated charities. The Movember Foundation runs the Movember charity event, housed at Movember.com. The goal of Movember is to “change the face of men’s health.”

By encouraging men (which the charity refers to as “Mo Bros”) to get involved, Movember aims to increase early cancer detection, diagnosis and effective treatments, and ultimately reduce the number of preventable deaths. Besides annual check-ups, the Movember Foundation encourages men to be aware of family history of cancer and to adopt a healthier lifestyle.

Since 2004, the Movember Foundation charity has run Movember events to raise awareness and funds for men’s health issues, such as prostate cancer and depression, in Australia and New Zealand. In 2007, events were launched in Ireland, Canada, Czech Republic, Denmark, El Salvador, Spain, the United Kingdom, Israel, South Africa, Taiwan and the United States. As of 2011, Canadians were the largest contributors to the Movember charities of any nation. In 2010, Movember merged with the testicular cancer event Tacheback.



In 2012, the Global Journal listed Movember as one of the world’s top 100 NGOs (non-government organizations). Using the tagline, “changing the face of men’s health” participants are encouraged not just to grow a moustache to raise awareness, but also to donate to a men’s health charity.

Not just men participate in “Movember!” Women who participate in Movember (called Mo Sistas) are dedicated to supporting the men in their lives by promoting the importance of men’s health. Mo Sistas are champions of Movember, rallying the men in their lives to join the movement, grow moustaches and have important conversations about men’s health.

The Movember community has raised \$559 million to date and funded over 800 programs in 21 countries. This work is saving and improving the lives of men affected by prostate cancer, testicular cancer and mental health problems.

The rules: (1) start with a clean shaven face on November 1st, (2) for the entire month, grow and groom your moustache, (3) no fake moustaches, (4) use the power of the moustache to spark conversations and encourage donations to men’s health charities, (5) at all times be a gentleman.

Now you know! The question is now, will you be a MoBro or a MoSista?



February 27, 1951 –
October 4, 2014

*Don't wait
until its too
late to tell
someone how
much you
love, how
much you
care.
Because
when they're
gone, no
matter how
loud you
shout and
cry, they
won't hear
you
anymore.*

It is with great sadness that we announce the passing of our Community Services Manager, Joyce Rupp, on October 4, 2014.

Taken from her memorial service program: Joyce Esderts Rupp was born on February 27, 1951 in Clinton, Missouri. Early in her life her parents divorced and so Joyce and her sister, Yvonne, came to live on their grandparents' farm. Her grandparents played a major role in her upbringing; but she could always count on her mother coming home on the weekends from her work in Kansas City. On the farm she was imbued with a strong work ethic.

Joyce went to school in Osceola, Missouri until her senior year, and then went to Kansas city to live with her mother, graduating from Westport High School. After a trip to Germany to discover where her family came from, she found work in Kansas city.

Around 1972 she met Bill Rupp and fell in Love. Bill was born and raised in Seattle and after having spent several years in the Midwest felt a strong urge to get back to the Pacific northwest. Joyce said alright but they would have to get married first. They married in a Swope Park ceremony and then backed all their belongings in a VW bug and came west to Seattle, settling in beautiful Ballard.

Bill had a dream of getting back to the land in the San Juan Islands. In pursuit of that they began looking for property and eventually bought six acres in the Doe Bay area on Orcas in 1976. they moved there in 1978, thinking of themselves as homesteaders, starting from a very primitive existence, and have been there ever since. In 1982 their son, Tom, was born and in 1987 Michael was born. Joyce took great joy in raising her boys, and in the last six years playing a major role in the upbringing of her granddaughter, Gema.

Joyce always had a job. She started out working at Rosario, running the laundry. Then she worked for Dave Church Realty, Templin's Grocery Store, and then at the liquor store when it was in the Post Office building. In 1985 she started at the old senior center working under Karen Goens.

When Karen left, Joyce assumed her position and began her long career serving the elderly. She also took great joy in serving the community in that capacity. In her work with the elderly Joyce would say frequently that old people were young people in old bodies. Sadly as Joyce got older, ill health took its toll. Those who knew her were amazed how she worked through the pain and just kept on truckin'.

Joyce was in a car accident on September 23, 2014 and succumbed to her injuries on October 4, 2014. She will be greatly missed.

What do you know about SNAP?

By Carol Simmer, RDN
Senior Nutrition Program

Perhaps you know SNAP as a sound made with the fingers or a popular breakfast cereal phrase, "Snap, Crackle, and Pop!" The **SNAP** I am referring to is the acronym for the Washington State **Supplemental Nutrition Assistance Program**, also known as the **Basic Food Program** or the **old Food Stamp Program**. SNAP helps people to afford a nutritious diet by providing eligible households with monthly benefits. The benefits are redeemed through an EBT card at participating grocery stores, convenience stores, and some farmers' markets. The EBT card works like a debit card!

Do I qualify? Eligibility is based on monthly income (before taxes), household size, and household expenses. Household expenses such as rent or mortgage, utilities, medical bills (including transportation costs and health insurance premiums), and child or adult dependent care are included.

How do I apply? You may apply by submitting an application in person at the local DSHS Community Services Office (CSO), or by mail, or online through the Washington Connection at www.washingtonconnection.org. You will be asked to provide your S.S. number as well as information about your income, resources, and living expenses. If you are age 60+ and have no earned income (such as from a job) you may be eligible to receive food benefits without completing an interview!

What can I buy with Basic Food benefits? Eligible foods include breads and cereals, fruits and vegetables, dairy products, meats, fish, poultry, eggs, seeds and plants that produce food for your household. Items **not** eligible include all prepared **hot** foods, vitamins, medicines, pet foods, soaps and paper products, alcoholic beverages, cigarettes and tobacco.

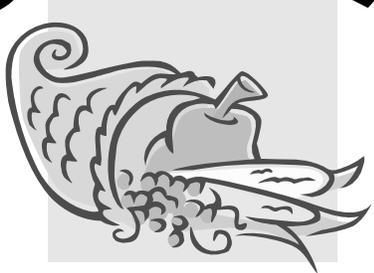
How and when are Basic Food Benefits delivered? Most applications are approved between 6 and 10 days. Benefits to your EBT card are issued between the first and tenth of each month. Any benefits remaining in your EBT account at the end of the month are carried over into the next month.

Where can I get more info about Basic Food? Call toll-free 1-877-501-2233 or online at www.foodhelp.wa.gov.

The SNAP or Basic Food program is a great help to many to put food on the table when income alone may not provide enough. Only one third of eligible seniors in the U.S. participate in SNAP. Take advantage of this program if you qualify!

DSHS CSO offices: Whatcom County, 1111 Cornwall Ave., Bellingham, 98225
San Juan County, 145 Rhone St., Friday Harbor, 98250

November Menu



Tuesday	Friday
4 Beef Stroganoff w/ Rotelle Pasta Broccoli Florets Garden Salad Fruit Crisp	7 Roasted Pork Loin w/ Apple Chutney Mashed Potatoes Peas & Onions Fruit
11 - Holiday 	14 Ravioli w/ Meat Sauce Italian Veggies Caesar Salad Breadstick Fruit
18 Baked Fish w/ Dill Sauce Roasted Yam Green Beans Garden Salad Tropical Fruit	21 – Thanksgiving Lunch Roasted Turkey Cranberry Sauce Mashed Potatoes & Gravy Seasonal Veggies Pumpkin Pie
25 Baked Ham Macaroni & Cheese Caribbean Veggies Spinach Salad Sliced Pears	28 - Holiday 

**Menu subject to change based on food cost & availability.

Holiday Portraits

Holiday Portraits will be available at the Senior Center.
 Up to four people can be included in each portrait setting.
 Packages will be available for pickup on December 1, 2014 at the Senior Center.

Choose from one of five backgrounds and from the following packages.

	Package Contents	Senior Center Members	Non Members
A	1 11X14 2 5X7 1 8X10 12 Wallet 24 Holiday Cards	\$40.00	\$50.00
B	1 8X10 2 5X7 12 Wallet 24 Holiday Cards	\$35	\$45
C	1 8X10 1 5X7 8 Wallet 12 Cards	\$25	\$35
D	12 Holiday Cards	\$15	\$20

Please have your portrait order form completed at time of session.
 Payment Due at time of portrait session.

Call Marla at 376-2677 to schedule your session.

Order Form:

Name: _____ Phone: _____

Mailing Address: _____

Package Selection: _____ Quantity: _____

Special Notes: _____

Photographer Use Only:

Photo numbers: _____ Background : _____

Special Notes:

BALLOT FOR ELECTION OF NEW 2015 ORCAS ISLAND SENIOR CENTER OPERATION COMMITTEE MEMBERS

Please vote for NO MORE THAN FOUR of the following candidates:

- Beverly Jensen
- Leif
- Erin Redford
- Margo Rubel
- Jerry Todd

The election will be held at the Senior Center November 3 - November 14; the ballot box will be located at the front desk. ONLY members can vote.

FOR PEOPLE WHO VOTE BY MAIL ONLY:

If you cannot vote at the center, you can mail in your ballot to: Senior Center Operations Committee, PO Box 1653, Eastsound, WA 98245. It must be postmarked by November 14, 2014. Since you must be a member to vote, members who mail in ballots must sign and print their name below so it can be compared to the membership list:

Name (please print): _____

Signature: _____

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



Senior Center Book Club

Meets the First Tuesday
of Each Month

10:00am – 11:30am

Fall/Winter Reading List:

Beloved by Toni Morrison
Discussion: November 4

The Alchemist by Paulo Coelho
Discussion: December 2

The Goldfinch by Donna Tartt
Discussion: January 6

Portland Rose Festival Trip

We will once again partner with Alki Tours for a 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 PARTICPANTS.

coverlayout.com

May your stuffing be tasty May your turkey plump,
May your potatoes and gravy Have nary a lump.
May your yams be delicious And your pies take the prize,
And may your Thanksgiving dinner Stay off your thighs!

Happy Thanksgiving

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 & Wednesday's 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.

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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
Orcas Island Senior Center
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Eastsound, WA 98245

360-376-2677

www.orcasseniors.org

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ORCAS SENIOR CENTER

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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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