

Senior Signal

January 2015

A Simple Way to Save Money

If putting a little money away for a rainy day is one of your new years resolutions, try this tip. Simply take a jar and glue the lid on tight. Cut a small hole in the lid (just enough to put in some money). Using the chart below, deposit the amount indicated each week per year. At the end of the year you'll have a little unexpected nest egg! You may want to start the savings at week 52 and go backwards so that you're putting in less money during the holiday season....You're also more likely to be more motivated to save in the beginning of the year. It's easy to fall off track midway through, but not if you know the weekly deposit is getting lower rather than increasing!

52 Week Money Challenge

WEEK	DEPOSIT AMOUNT	ACCOUNT BALANCE	WEEK	DEPOSIT AMOUNT	ACCOUNT BALANCE
1	\$1.00	\$1.00	27	\$27.00	\$378.00
2	\$2.00	\$3.00	28	\$28.00	\$406.00
3	\$3.00	\$6.00	29	\$29.00	\$435.00
4	\$4.00	\$10.00	30	\$30.00	\$465.00
5	\$5.00	\$15.00	31	\$31.00	\$496.00
6	\$6.00	\$21.00	32	\$32.00	\$528.00
7	\$7.00	\$28.00	33	\$33.00	\$561.00
8	\$8.00	\$36.00	34	\$34.00	\$595.00
9	\$9.00	\$45.00	35	\$35.00	\$630.00
10	\$10.00	\$55.00	36	\$36.00	\$666.00
11	\$11.00	\$66.00	37	\$37.00	\$703.00
12	\$12.00	\$78.00	38	\$38.00	\$741.00
13	\$13.00	\$91.00	39	\$39.00	\$780.00
14	\$14.00	\$105.00	40	\$40.00	\$820.00
15	\$15.00	\$120.00	41	\$41.00	\$861.00
16	\$16.00	\$136.00	42	\$42.00	\$903.00
17	\$17.00	\$153.00	43	\$43.00	\$946.00
18	\$18.00	\$171.00	44	\$44.00	\$990.00
19	\$19.00	\$190.00	45	\$45.00	\$1,035.00
20	\$20.00	\$210.00	46	\$46.00	\$1,081.00
21	\$21.00	\$231.00	47	\$47.00	\$1,128.00
22	\$22.00	\$253.00	48	\$48.00	\$1,176.00
23	\$23.00	\$276.00	49	\$49.00	\$1,125.00
24	\$24.00	\$300.00	50	\$50.00	\$1,275.00
25	\$25.00	\$325.00	51	\$51.00	\$1,326.00
26	\$26.00	\$351.00	52	\$52.00	\$1,378.00



Special Announcements

**Don't forget . . . the ferry reservation system is in effect beginning
January 5, 2015.**

In addition to making sure you have reservations, please see the following information posted on Orcas Issues (<http://orcasissues.com/reservation-system-change-terminal-protocol>):

– from Laurel Rust, Orcas Ferry Terminal –

The ferry reservation system begins January 5, 2015. This does NOT mean you have to make reservations to travel off-island, only that it is an option. However, how traffic is handled at the Orcas ferry terminal will change starting January 5.

EVERY vehicle coming through the landing MUST now stop at the booth in the upper lot, no matter if you are traveling inter island or to Anacortes, or if you have reservations or not. This includes medical priorities and folks who need the elevator or restroom. Please slow down and be alert as you turn off the county road and enter the access lanes into the upper lot– there may be a ferry worker out on the road or in the access lanes sorting out traffic. This includes anyone driving through the access lanes who is not going to the ferry.

To expedite things, please have your reservation info readily accessible and in hand.

Please use the county road to enter the access lanes, rather than coming up the hill by the hotel. We need to keep everyone in line in the order in which they arrived, and coming up by the hotel will be considered cutting in line.

Medical priorities, please be aware that you will now need to make reservations through the reservation system, rather than relying on your medical priority status.

Please share this information with off island visitors.

Hearts and Hands Volunteers Available

By: Didier Gincig

If you or anyone you know would appreciate getting to know a new Hearts and Hands volunteer, please contact Didier at 376.7723 or talk to him at the Senior Center at Senior Lunch. We have two young high school students who are available once a week for an hour or two to offer good company and a helping hand. We also have some adults, men and women, available to be matched with someone who could benefit from some pleasant company and a helping hand. The process is that I meet with you or someone you know and see what we can do to be helpful. I introduce you to a volunteer that could be a good match and we try it out and see if it's a good fit. Some of our matches have been going on for years!

Marketing Creates a False Security of Nutrition!

By Carol Simmer, RDN
Senior Nutrition Program

The new year is often a time when resolutions are made about getting smarter about our money and our health. The October 2014 Nutrition Action Health Letter of CSPI really hit the mark with their input on "How the Food Industry Converts Diet Advice into Profits"! **Health professionals all agree that we would be healthier if we followed the guidelines of:**

- **Make half your plate Veggies and Fruits**
- **Eat more Fish**
- **Eat more Nuts**
- **Eat more Fiber-rich foods**
- **Eat more 100% Whole Grains**

Marketers are happy to push these ideas with buzz word like "made with whole grains" and "contains one full serving of vegetables", and anything that mentions "Omega-3, gluten free or high fiber". We see these phrases or words on labels and think these processed foods will make us healthy instead of eating real foods!

Another way marketers turn powder into gold is to say, "Eat my pasta or chips with added dried veggie powder to get a portion of your daily veggie amount"! Who are they kidding? Buy pasta or chips or other processed foods for their flavor or color but **not** for their veggie amount. For instance the half serving of veggies reported in a 200 calorie cup of a popular multicolored pasta has the vitamin A content of a **sixth of a baby carrot** (and no fiber)!

Health benefits from dietary fiber in whole foods are real and plentiful as opposed to *processed* fibers in powder form. *Dietary fiber* from food gives us normal bowel function, optimal nutrient and water absorption, and a sense of fullness. Processed fiber powders in chips, juices, and cookies can claim **few** of these healthy benefits. For example, processed fibers (in the amount usually eaten) have been shown to **do nothing to improve satiety** over the same foods without the powder! Real high fiber foods like fruits and nuts, **100%** whole grains, and all vegetables will give you more nutrients with FEWER calories per gram than any processed food with added fiber powder **and** be more satisfying!

Reading labels for ingredients is essential for discovering how marketing can mislead us. The **food promoted on the front label should be in the top three ingredients** on the list of ingredients. **If not, there is not much there.** Nuts and whole grains are particularly misrepresented. For example almonds and walnuts are rich in fats that help lower LDL or bad cholesterol. Almond milk is promoted as drinking liquid almonds. In reality, one cup of almond milk has 4 almonds! Marketers have found they can sell more by "**added value**" to the product. If a product has some healthy food such as walnuts or blueberries or pomegranates or whole wheat on the front label, they can demand and get a higher price! Read your ingredient list to make sure you get what you are paying for! Comments or questions? Email: csimmer@wccna.org



Tuesday	Friday
	2 Turkey Divan w/ Cranberry Sauce Brussels Sprouts Garden Salad Sliced Peaches
6 Shrimp Salad Tomato Soup Oatmeal Bread Orange Wedges	9 Chinese BBQ Pork Fried Rice Veggie Egg Roll Mandarin Oranges Fortune Cookie
13 Turkey Meatloaf Mashed Potatoes & Gravy Crinkle Cut Carrots Garden Salad Tropical Fruit	16 Rueben Style Chicken Baby Red Potatoes Cook's Choice Veggies Garden Salad Fruit
20 Sole Almandine Wild Rice Pilaf Baby Carrots Garden Salad Raspberry Sherbet	23 Ravioli w/ Meat Sauce Italian Veggies Caesar Salad Apricots
27 BBQ Chicken Roasted Potatoes Broccoli Florets Kale & Cabbage Slaw Grapes	30 Pork w/ Apple Chutney Mashed Potatoes & Gravy Green Beans Garden Salad Applesauce

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 3px solid black; padding: 20px; width: fit-content; margin: auto;"> <h1>January</h1> </div>				1 CLOSED Holiday	2 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	3
4	5 8am: Walking Club 10am: TML FREE	6 10am: Photo Club 10am: Book Club 12pm: Lunch 1pm: Songbirds Rehearsal	7 11:30am-4pm: Open art studio time	8 8am: Walking Club 10am: TML FREE	9 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	10
11	12 8am: Walking Club 10am: TML FREE	13 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	14 11:30am-4pm: Open art studio time	15 8am: Walking Club 10am: TML FREE Mainland shopping. Depart 8:50am ferry. \$15	16 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	17
18	19 8am: Walking Club 10am: TML FREE	20 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	21 11:30am-4pm: Open art studio time 2pm: Afternoon Tea	22 8am: Walking Club 10am: TML FREE	23 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	24 10am-3pm scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
25	26 8am: Walking Club 10am: TML FREE	27 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	28 12pm: Potluck 11:30am-4pm: Open art studio time	29 8am: Walking Club 10am: TML FREE	30 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	31

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.

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
Orcas Island Senior Center
P.O. Box 18
62 Henry Rd.
Eastsound, WA 98245

360-376-2677

www.orcasseniors.org

NON PROFIT
ORGANIZATION
US POSTAGE
PAID
Permit #10
Eastsound, WA
98245

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

Marla Johns, M.S., BSW
Orcas Senior Services Coordinator
(360)376-2677
email: marlaj@sanjuanco.com

Jay Savell –Cook

(services provided through a partnership with Whatcom Council on Aging)
(360) 376-2677

Orcas Operations Committee

Pat Ayers
Lois Cornell
Mary Greenwell
Penny Hawkes
Beverly Jensen
Maggie Kaplan
Christina Orchid
Adele Pinneo
Margo Rubel
Mary Tanner
Patty Thompson
Jerry Todd

Magdalena Verhasselt (chair)
Judy Zimmerman

Jane Heisinger, Building Manager

Didier Gincig, Hearts and Hands Coordinator