

# Senior Signal

February 2015

## February is National Bird Feeding Month



Winter is hanging tough in much of North America - the cold temperatures are stagnant, the wind continues to whip and the snow is still flurrying. As we bundle up daily in wool coats, hats and mittens, it might be the time to stop and ask ourselves- "What about the birds?"

Consider that the average wild bird weighs less than two nickels and you'll realize that the winter can be a very punishing time for your backyard friends. Which is why in 1994, John Porter, Illinois' 10th District Congressman read a resolution that February would become National Bird Feeding Month.

According to U.S. Fish and Wildlife Service survey results, bird watching has become one of the most popular hobbies among Americans - about 47.8 million to be exact!

Bird feeding is an important hobby in that it provides birds with food, water and shelter and benefits the environment. Plus bird feeding is such an easy and inexpensive hobby to start. A simple tube or hopper feeder and a bag of seed, and you are ready to begin. However for most people, the interest grows and grows.

On February 23, 1994, Congressman John Porter from Illinois proclaimed February as National Bird-Feeding Month when he read a resolution into the Congressional Record. Since then, The National Bird-Feeding Society promotes the month long celebration by educating the public on the important aspects of the wild bird feeding and watching hobby. It is such a rewarding hobby to feed the birds in your backyard. It helps to get through our long cold winter months by watching the birds congregate to the bird feeder and flutter around with such enthusiasm after the feeder has been filled. Don't forget a heated bird bath for your yard if you are in a climate where the water freezes. Birds also depend on water during the winter months.

### Make Your Own Paper Carton Bird Feeder

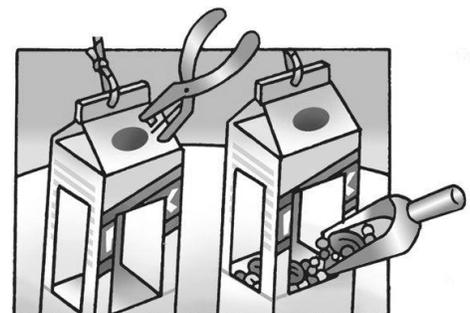
#### Materials:

- milk or juice paper carton
- 2 feet of ribbon
- acrylic paint
- brushes

#### Instructions:

- Cut large hole as shown in picture.
- Cut a hole at the top to pull the ribbon through and use to hang the carton.
- Paint the carton.

Hang when dry and fill with birdseed. Enjoy!



# Special Announcements

## New Senior Center Manager

Jami Mitchell is the new Senior Center Manager, replacing Jane Heisinger who is stepping away from that role after 7 years of service. For the past 12 years, Jami has worked at Doe Bay Resort, where she started at the front desk and eventually served as the General Manager.

Jami coordinates Doe Bay's annual music festival, Doe Bay Fest, and enjoys hiking, reading, and playing cards. She graduated from Smith College and later earned her Master's Degree from the University of Innsbruck in Austria. Here on Orcas, Jami served on the Funhouse Board of Directors for 6 years, until the birth of her second son, who is now 2 years old.

She and her husband, Fabrice, also have a 12 year old son who is in 6th grade at Orcas Island Elementary. Jami and Fabrice own an OPAL house and feel very fortunate to call Orcas home. Please say "hi" to Jami and introduce yourself. She looks forward to getting to know each of you and to serving as the new Senior Center Manager. Welcome aboard, Jami!

## Herb Garden Being Planted

Members of the Advisory Committee and volunteers at the Senior Center will soon be planting a raised herb garden. The herbs will be available for Joy, our cook, to use in our bi-weekly lunches. Any extra herbs will be set out for seniors to take and enjoy in their own kitchens.

Your help is needed on this project. Donations are needed:

- plants
- seedlings
- wine barrels
- chicken wire
- large pots

Please bring your donations to the senior center during regular business hours. Thank you!

## Lahari Offers Understanding Diabetes Course for Caregivers

Sally Coffin will be teaching a class, designed for caregivers, on Thursday, February 12<sup>th</sup>, from 1pm to 5pm at the Orcas Fire Hall Meeting Room. This 4 hour DSHS approved course qualifies for continuing education credits.

The course will cover how type 1 and type 2 diabetes affect everyday life of elderly clients and will elaborate on what to expect and how to cope with diabetes. Also this class will provide information about major complications related to the disease.

The cost of this class would typically be \$40 per person, but Lahari is fully funding the class at no cost to participants. If interested, you may sign up for the class by calling Lahari at 1-888-685-1475. For more information visit the Lahari website at [www.LahariOnOrcas.org](http://www.LahariOnOrcas.org).

## Inclement Weather Reminder

Just a reminder, the Senior Center follows school closure decisions. As a general rule, if the school is closed then the Senior Center is closed. This includes lunch days.

If you rely on Meals on Wheels delivery, please call the Orcas CARES 24 hour help number: 622-7065. The on call volunteer will make sure that you have a meal delivered.

**We are honored that, every holiday, the staff and children of *Orcas Christian School* recognize our seniors during a senior lunch. This Valentines Day, we want to recognize them too.**

**Please join us on THURSDAY FEBRUARY 12<sup>th</sup> at 11:00am to create Valentines Gifts for the school. They will be delivered Friday morning.**

## Not All Sweets Are Created Equal!

By Carol Simmer, RD/CD

Giving sweets to your sweetie this month is a fine tradition. You will have lots of choices so why not consider those with a health benefit as well as a gift of love and/or friendship.

Many ingredients in sweets contain plant substances that are known to lower the risk of cancer, heart and other chronic diseases. Of course some benefits may be outweighed by the fats and sugars they contain, but **in moderation**, there are some sweets you can feel good about.

Ginger, fresh and dried, has antioxidant properties. Gingerol, found in fresh ginger, is used for treating nausea and other digestive troubles. A fresh gingerbread, ginger cookies, or other desserts containing ginger such as pumpkin pie would be a wonderful gift.

Fruitcake is something you may be using as a doorstop since December, but the variety of fruits in fruitcake in their **dried form (not candied)** such as cherries, raisins, cranberries, figs, pineapple, citron, etc. all have vibrant color, excellent fiber, and antioxidant properties. Giving cookies, cakes, bars, or any dessert made with dried fruits is lovable.

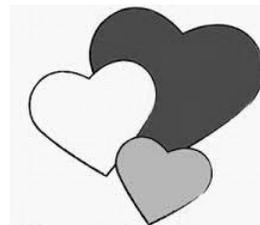
Mixed or Candied Nuts are always welcome in my house, by themselves or as an ingredient in cookies, cakes or just about anything. Most of the fats in nuts are mono- and polyunsaturated. These types of fats can lead to lower LDL (bad) cholesterol. Walnuts, for example, contain ellagic acid, which laboratory studies have found to kill certain cancer cells. Nuts are also a source of zinc, magnesium, vitamin E and selenium. A beautiful tin of nuts is a thoughtful gift.

Chocolate, of course, is the favorite gift of love. Although unromantic, the flavanoids, flavanols and procyanidins are powerful antioxidants found in the cacao bean. The darker the chocolate, the more powerful (is that sexy?) so look for high percentages of cocoa (over 60%) in the chocolates that you choose.

As with all foods, including sweets, variety and moderation are the keys to good nutrition. Have a sweet and healthy February!

Comments or questions? Contact Carol at [csimmer@wcoa.org](mailto:csimmer@wcoa.org).

# February Menu



Happy Valentine's Day

Tuesday	Friday
<b>3</b> Stuffed Bell Peppers Potatoes Au Gratin Garden Salad Fruit	<b>6</b> Baked Fish w/ Dill Cream Sauce Rice Pilaf Green Beans Garden Salad Banana Bread
<b>10</b> Taco Salad Cornbread Fresh Fruit	<b>13 Valentines Lunch</b> Shrimp Fettuccini Nantucket Veggies Caesar Salad Apricots Chocolate Cake
<b>17</b> Beef Stroganoff w/ Rotelle Pasta Broccoli Florets Garden Salad Fruit	<b>20</b> Garlic Herb Pork Mashed Potatoes & Gravy Peas & Onions Garden Salad Applesauce
<b>24</b> Oriental Chicken Salad Veggie Egg Roll Fresh Grapes	<b>27</b> Turkey & Cranberry Mashed Potatoes & Gravy Chef's Veggies Apple Cake

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8:30am: Walking Club  10am: TML FREE	3 12pm: Lunch  1pm: Songbirds Rehearsal	4 Bargain Shopping Day 8:45am ferry – 3:40pm ferry \$10	5 8:30am: Walking Club  9:30am: Advisory Committee Meeting  10am: TML FREE	6 12pm: lunch  1pm: crafty afternoon FREE  4pm: Strength training	7
8	9 8:30am: Walking Club  10am: TML FREE	10 12pm: Lunch  1pm: Songbirds Rehearsal	11 11:30am-4pm: Open art studio time  2pm: Afternoon Tea	12 8:30am: Walking Club  10am: TML FREE  11am: Make Valentines for OCS	13 12pm: lunch  1pm: crafty afternoon FREE  4pm: Strength training	14
15	16  Presidents Day – CLOSED	17 12pm: Lunch  1pm: Songbirds Rehearsal	18 11:30am-4pm: Open art studio time	19 8:30am: Walking Club  10am: TML FREE  Mainland shopping. Depart 8:50am ferry. \$15	20 12pm: lunch  1pm: crafty afternoon FREE  4pm: Strength training	21 10am-3pm scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
22	23 8:30am: Walking Club  10am: TML FREE	24 12pm: Lunch  1pm: Songbirds Rehearsal	25 11:30am-4pm: Open art studio time  12:00pm - Potluck	26 8:30am: Walking Club  10am: TML FREE  LaConner quilt museum & quilt store 8:45am ferry – 3:40pm ferry. \$15	27 12pm: lunch  1pm: crafty afternoon FREE  4pm: Strength training	28

# February

### 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 Didier Gincig 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:

- 1<sup>st</sup> & 3<sup>rd</sup> Wednesday to Anacortes, Mt. Vernon & Burlington (suggested donation \$40)
- 2<sup>nd</sup> Wednesday to Seattle and surrounding area (suggested donation \$60)
- 4<sup>th</sup> 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](http://www.orcasseniors.org)

RETURN SERVICE REQUESTED

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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](mailto:marlaj@sanjuanco.com)

Jay Savell –Cook

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

### **Orcas Island**

### **Operations Committee**

Patricia Ayers  
Bonnie Burg  
Beverly Jensen  
Maggie Kaplan  
Christina Orchid  
Aaron Redford  
Margo Rubel  
Jerry Todd  
Magdalena Verhasselt (chair)  
Judy Zimmerman

Jami Mitchell, Senior Center Manager

Didier Gincig, Hearts and Hands Coordinator