

# Senior Signal

March 2015



*Serving Whatcom &  
San Juan Counties*

**Spring Brunch**  
**with Chef Christina Orchid**  
*A Benefit for*  
*Meals on Wheels and More*

Saturday, March 21<sup>st</sup>  
Orcas Island Senior Center  
10am-1pm

Advance: \$15; \$7 kids 10 & under  
At Door: \$20; \$10 kids

Celebrate the first day of spring with a delicious brunch prepared by Orcas Island celebrity chef, Christina Orchid and help raise money for Meals and Wheels and More on Orcas Island.

The brunch menu will feature the following:

SKAGIT STRAWBERRY BLINTZES  
RED RABBIT FARM EGGS BENEDICT  
BREAKFAST POTATOES  
FRESH CUT FRUIT SALAD  
THICK CUT BACON  
OATMEAL AND  
FRESH BAKED PASTERIES

The brunch is part of the Meals and Wheels and More Program's 3<sup>rd</sup> annual March for Meals campaign, a national campaign to raise awareness about senior hunger and funds for senior meals at the local level.

**In 2014 the Meals on Wheels and More Program served 7,700 nutritionally balanced Senior Community Meals at the Orcas Island Senior Center and delivered more than 1,000 Meals on Wheels to homebound seniors living throughout the island.** Meals are currently offered Tuesday and Friday at noon at the Orcas Senior Center. All meals are offered on a donation only basis to adults age 60 and over.

Brunch tickets can be purchased from the Orcas Island Senior Center, Monday - Friday, 9am-4pm.

For more information, call 360-376-2677

# Special Announcements

Understanding Dementia  
A Community Education Opportunity  
March 14, 2015  
10:00-3:00  
Orcas Senior Center  
Free of Charge

Understanding Dementia will provide a basic understanding of dementing illnesses and teach you how to interact and communicate with people with whom you live, work, and play. You will discover how the most common type of dementia, Alzheimer's Disease, can impact many aspects of the day to day lives of people you love. Learn about caregiver techniques to manage behaviors and to assure good communication. Find out what you can do to make your neighbor's life a little better. Finally, understand how to think about long term options for care and services.

Shelly Zylstra is the Planning Director at the Northwest Regional Council. She has worked with older adults for nearly 30 years and now has become one! She is a popular speaker throughout the United States because she doesn't charge any fees or honorariums!

## 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 Jay, 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!

## Island Hearing

If you need an appointment with an audiologist there is no need to travel off island! Stacie Baisch with Island Hearing visits the Orcas Senior Center twice per month. See the calendar for dates and call 378-2330 to schedule your appointment.

## Lunch & Sightseeing on San Juan Island

Thursday March 26, 2015  
Depart on 10:35 ferry and Return on 5:25pm ferry

We will head first to the San Juan Island Mullis Center for lunch. After lunch, plan for a sightseeing tour around the island. Highlights to include Roche Harbor, the sculpture park, Lime Kiln Lighthouse, and more!

***Reminder: If you are due/overdue for your annual health exams and screenings, please schedule today. Talk to your doctor about scheduling your colonoscopy, mammogram, blood work, and other routine preventative examinations.***

**Diabetes and Dietary Supplements- Facts from Fiction**

Carol Simmer, RDN

It is hard to know exactly where to look for trustworthy sources when researching dietary supplements. **Food** is always the **best source** of vitamins and minerals for safety and absorption. However, the variety of foods we eat may not be adequate to give us a sufficient amount of certain nutrients. The October 2014 issue of Diabetes Management gives a look at supplements commonly used in diabetes. It addresses the facts and/or myths about their usefulness. I will comment on two supplements in this article and more in future articles.

When starting a new supplement of any kind one should record his/her blood sugars daily, and record any new physical observations such as dizziness, shortness of breath, diarrhea etc., for at least two to four weeks. Since supplements increase or decrease the absorption of other medications, **your doctor should always be asked before a change.** Your pharmacist can also give you advice.

**Chromium** is a mineral the body needs in trace amounts to help metabolize carbohydrate, fat, and protein. Food sources of chromium include broccoli, meat, whole grains, and certain fruits, spices, and other vegetables. It can be difficult to determine if you are deficient in chromium because there is no good test for measuring levels in the blood. There are mixed reviews whether chromium supplements can help reduce insulin resistance which is a risk factor for diabetes, especially Type 2. The American Diabetes Association does **not** currently encourage the use of chromium supplements. Chromium is often included in multivitamin/mineral supplements in the recommended AI (Adequate Intake) range of 21 to 45 mcgs. Caution is to be used for chromium supplements if also taking thyroid medications. It can reduce its effectiveness.

**Magnesium** is a mineral that acts as a **coenzyme**, a chemical the body required to activate enzymes. Enzymes are special proteins that speed up biochemical reactions in the body for the body to function properly. Every cell in the body needs magnesium to communicate with other cells. The body needs magnesium to convert glucose into energy as well as to store glucose in the liver and muscles for later use. Many foods such as leafy green vegetables, dried beans, oatmeal, fortified cereals, seafood, and nuts and seeds contain good sources of magnesium. The current FDA for magnesium is 30 to 420mg/day for men and 30 to 320mg/day for women. Magnesium should be taken with food and can cause diarrhea. Liquid **magnesium citrate for daily supplementation is NOT recommended because it can cause severe diarrhea!**

In future articles I will address other supplements of interest. Please send comments or question to [csimmer@wcco.org](mailto:csimmer@wcco.org)

# March Menu



Tuesday	Friday
<b>3</b> Sweet & Sour meatballs Brown Rice Asian Veggies Cucumber Salad Mandarin Oranges	<b>6</b> Salmon Filet Wiled Rice Pilaf Whole Green Beans Garden Salad Coconut Fruit Salad
<b>10</b> Chicken Salad Wrap Tomato Veggie Soup Fruit Cookie	<b>13 Happy Pi Day</b> Baked Cod Roasted Yam Green Beans Garden Salad Apple $\pi$ Pi
<b>17</b> Corned Beef & Cabbage Steamed Dill Reds Irish Soda Bread Fruited Green Jello	<b>20</b> Florentine Fish Roasted Potatoes Brussels Sprouts Garden Salad Sliced Pears
<b>24</b> Country Fried Steak Mashed Potatoes & Gravy Peas & Carrots Apple Cake	<b>27</b> Shrimp Salad Oatmeal Bread Orange Wedges
<b>31</b> Turkey & Cranberry Mashed Potatoes & Gravy Nantucket Veggies Pumpkin Bars	

\*\*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  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  10am-3pm: Island Hearing  2pm: Afternoon Tea	12 8:30am: Walking Club  10am: TML FREE	13 10am: Food Handlers Class  12pm: lunch  1pm: crafty afternoon FREE  4pm: Strength training	14
15	16 8:30am: Walking Club  10am: TML FREE	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 Brunch 10am-1pm
22	23 8:30am: Walking Club  10am: TML FREE	24 12pm: Lunch  1pm: Songbirds Rehearsal	25  11:30am-4pm: Open art studio time  10am-3pm: Island Hearing  12:00pm - Potluck	26 8:30am: Walking Club  10am: TML FREE  Outing: San Juan Island lunch and sightseeing	27  12pm: lunch  1pm: crafty afternoon FREE  4pm: Strength training	28 10am-3pm scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
29	30 8:30am: Walking Club  10am: TML FREE	31 12pm: Lunch  1pm: Songbirds Rehearsal	<h1>March</h1>			

## 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  
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Eastsound, WA 98245

360-376-2677

[www.orcasseniors.org](http://www.orcasseniors.org)

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### **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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(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