

Senior Signal

April-May 2015

Announcing a new Senior Center membership perk! Orcas Center's Subsidized Ticket Program for Senior Center Members

Orcas Center is offering a new and improved Subsidized Ticket Program available to Senior Center members. \$5 subsidized tickets are available to Senior Center membership cardholders for all regular Orcas Center-produced events. (Performances presented by community groups and NOT by Orcas Center are always noted with an asterisk* on Orcas Center's website and Centerline newsletter. Special Events such as the upcoming *Across the Universe* benefit concert and Orcas Center's Annual Gala & Auction are not included in this program.)

In the past, you were required to procure an official voucher from the Senior Center, which you would then redeem at Orcas Center for your discounted ticket. It's now even easier to enjoy enriching arts performances at the special price of just \$5 per show! Simply bring your current Senior Center membership card and present it to the Orcas Center Box Office and request a Senior Center rate for any Orcas Center-produced performance. Each Senior Center membership cardholder may purchase one \$5 subsidized ticket per show. Please note that all subsidized tickets are based on availability and sold on a first come, first served basis.

Orcas Center is aware that some Senior Center members may have more difficulty in getting around town. Requiring a trip to procure your ticket and another to see a show is tough for some of you. For those Seniors who find it difficult to get out and about, Orcas Center is offering you a special mode of procuring your ticket. Just call Orcas Center's Box Office directly and request a ticket for your desired performance. They will hold your ticket, and you can pick it up at the Box Office under Will Call. You still need to bring your Senior Center membership card when you pay for your \$5 subsidized ticket!

In this and future Signal newsletters, you will find a listing of all upcoming Orcas Center-produced performances that are available to you via this great new program. Make sure to review that month's offerings, and mark your calendars for all of the wonderful programs that spark your interest. Enjoy!

Orcas Center's Box Office is currently open Wednesday, Thursday, and Friday afternoons from 12 pm – 2pm, and one hour prior to each performance. For those of you who plan to call in your request for a seat due to limited mobility, please call 376.2281 x.1 during those same operating hours.

April Events

National Theatre Live *The Hard Problem*

Thursday, April 16, 7:30 pm,
On Screen Center Stage

Orcas Choral Society performs Bach's *Mass in B minor*

Saturday, April 18, 7:30 pm
& Sunday, April 19, 2:00 pm,
Center Stage

The Met: Live in HD *Cavalleria Rusticana and Pagliacci*

Sunday, April 26, 1:00 pm,
On Screen Center Stage

May Events

National Theatre Live *Man and Superman*

Thursday, May 21, 7:30 pm,
On Screen Center Stage

Center Stage Open Mic Saturday, May 23, 7:30 pm, Center Stage

Come to the inaugural Center Stage Open Mic! An evening of local talent, hosted by Gordon Koenig and Anita Orne. (Tickets to this performance are by donation only, and are available the night of the event. No need to secure a special Senior Center rate.)

The Bolshoi Ballet *Ivan the Terrible*

Saturday, May 30, 6:30 pm,
On Screen Center Stage

Special Announcements

Spring is here and it's time to clean out the attic! The Orcas Island Senior Center is already filling up with innumerable donations of interesting and unique (gently used) items for our annual Granny's Attic Sale, to be held April 25 from 10am-3pm.

This annual sale is one of the largest fundraisers of the year for the Senior Center, and the Operations Committee greatly appreciates your contributions. As usual, we would like to encourage you to begin your spring cleaning and contribute to this fun and fabulous fund raising event which supports the Senior Center and its programming. We depend on your support to make this the "sale of the season."

Drop off days for donating items are on Tuesdays from 10am to 3pm at the Senior Center until April 21st. If you have larger items such as furniture please call Jami Mitchell at 376-2677 to arrange someone to come out and take a look at the items to see if they will work for the sale. Please note that we do not accept clothing, small appliances, or large electronics.

If you have any questions, please contact Jami Mitchell via orcasseniorecenter@gmail.com or at 376-7929. Thank you for your donations, and we hope to see you at the big sale!

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.

Ned Brown, professor of geology, author of book "Geology of San Juan Islands", is giving a free lecture on the geology of the San Juan Islands.

Senior Center

6:00pm

Thursday, May 21st

Senior Center Book Club

Spring & Summer Reading List

April : Year of Wonders

Geraldine Brooks

July: In Paradise

Peter Matthiessen

May: Let the Great World Spin

Colum McCann

August: Remembering Babylon

David Malouf

June: All the Light You Cannot See

Anthony Doerr

September: The Girl on the Train

Paula Hawkins

Third Tuesday of Each Month

1:00 PM

Orcas Island Senior Center

State Park Free Days!

April 22: Earth Day

May 10: Sunday Spring Day

June 6: National Trails Day

June 13: National Get Outdoors Day

Aug. 25: National Park Service Birthday

Sept. 26: National Public Lands Day

Nov. 11: Veterans Day

Avocado- the Old, but “New” Trendy Food!

By Carol Simmer, RDN
Meals on Wheels & More!

Cinco de Mayo, May 5th, is celebrated in the USA with fantastic Mexican foods, especially guacamole, the flavorful avocado dip! The day commemorates May 5, 1862 when a rag-tag Mexican army fended off a French army attack on the Provincial town of Puebla.

The avocado, grown in subtropical regions, was introduced into the USA from Mexico in the 19th century. Today, ninety five percent of the avocados grown in the USA are grown in southern California! The avocado’s popularity is surging, not only because of guacamole, but because of the versatility and health benefits of this fruit.

Why eat avocado? Let me count the reasons!

1. It is **delicious** with its subtle flavor and creamy texture. (It can be used in sweet and savory foods!) Recipes for desserts, beverages, sandwiches, salads, and spreads featuring avocado can be found on the websites listed below.

2. Its high, but **healthy fat** content enable it to replace other high fat ingredients (mayo, margarine, butter, sour cream) in many recipes, especially dips, smoothies, and spreads.

3. Its **high vitamin/mineral content, good protein, and high fiber** content make it a healthy ingredient in main dishes, salads, and cool soups- perfect for vegetarian and non-vegetarian meals. Heating avocados for long periods of time or at high temperature is not recommended.

4. The avocado contains 20 vitamins and minerals, **NO cholesterol or sodium**, and **only 50 calories per ounce** (about 1/5 avocado).

How do you choose and store an avocado? A ripe avocado yields to gentle pressure when held in the palm of the hand. If you need to ripen one at home, store it in a bag with a banana or apple. A ripe avocado can be stored in the refrigerator for 2-3 days. A *cut*, ripe, avocado needs to be sprinkled with an acidic juice (lemon, lime, vinegar, tomato), then wrapped in plastic wrap and/or air-tight container and stored in the fridge where it will keep well for one day. If the ripe avocado is *peeled and cut*, it is best stored by pureeing with the acidic juice (1 tbsp per 1 avocado) to keep it from browning. This mixture also freezes well! Find more information about how to cut and use avocados at these websites:
www.avocadocentral.com and
www.loveonetoday.com

Questions or comments? csimmer@wcoa.org

April Menu

Tuesday	Friday
7 Taco Salad Cornbread Fresh Fruit	10 Lemon Pepper Fish Roasted Potatoes Steamed Broccoli Spinach Salad Fruit
14 Macaroni & Cheese Italian Sausage Link Carrot Coins Cucumber Salad Fruit	17 Turkey Meatloaf Mashed Potatoes & Gravy Green Beans Garden Salad Peach Slices
21 Beef Enchilada Casserole Refried Beans Steamed Veggies Jicama Citrus Slaw Sliced Apples	24 Reuben Style Chicken Tri Color Potatoes Peas & Onions Garden Salad Tropical Fruit
28 Asian Chicken Salad Veggie Egg Roll Fruit	

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

May menu will be available for pick up after May 1st at the Senior Center or online at www.orcasseniors.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 3px solid black; padding: 20px; text-align: center;"> <h1 style="font-family: cursive;">April</h1> </div>			1 Bargain Shopping Day 8:45am ferry – 3:40pm ferry \$10 11:30am-4pm: Open art studio time 10am: Chair Yoga	2 10am: TML FREE	3 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	4
			5	6 10am: TML FREE	7 12pm: Lunch 1pm: Songbirds Rehearsal	8 11:30am-4pm: Open art studio time 10am-3pm: Island Hearing 10am: Chair Yoga 2pm: Afternoon Tea
12	13 10am: TML FREE	14 12pm: Lunch 1pm: Songbirds Rehearsal	15 11:30am-4pm: Open art studio time 10am: Chair Yoga	16 10am: TML FREE Mainland shopping. Depart 8:50am ferry. \$15	17 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	18 10am-3pm scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
19	20 10am: TML FREE	21 12pm: Lunch 1pm: Songbirds Rehearsal 1pm: Book Club	22 11:30am-4pm: Open art studio time 10am-3pm: Island Hearing 10am: Chair Yoga 12:00pm - Potluck	23 10am: TML FREE 12pm: Lunch	24 CLOSED	25 GRANNY'S ATTIC 10am-3pm
22	27 10am: TML FREE	28 12pm: Lunch 1pm: Songbirds Rehearsal	29 11:30am-4pm: Open art studio time 10am: Chair Yoga	30 10am: TML		

May 9 1-5pm: Lahari is hosting a presentation of *The Longest Loss: Alzheimer's Disease and Dementia*, produced by the Hospice Foundation of America. The program will identify how family caregivers and medical professionals and can best help patients, families and themselves cope with loss and grief associated with Alzheimer's Disease or other dementia.

The 2 & 1/2 hour DVD will be followed by 30 minute live panel of local dementia care and hospice providers. Event location is the Mufti-Purpose Room in the Orcas Senior Center. Continuing education credits can be applied for by professionals, however the general public is also encourage to attend. More information can be found at www.LahariOnOrcas.org.

Did you know . . .

May 4th is International Fire Fighters Day
and
May 15th is National Peace Officers Day

Take a moment to say thank you to the men and women of Orcas Island Fire and Rescue and San Juan County Sheriff's Department!

Volunteer Drivers Needed!

Volunteer drivers for lunch deliveries and for medical trips are needed. Please see Marla for more information.

Urge Congress to Support the Older Americans Act

The Older Americans Act (OAA) expired in 2011, and Congress has to restart the reauthorization process in 2015. The Senate has started quickly with a January markup, but we need the full Senate and House to keep the momentum going.

Also, funding for OAA programs has not kept pace with the increasing numbers, need, and diversity of the senior population, and it is still threatened by automatic cuts imposed by sequestration.

Contact our representatives today. A sample letter is below:

Dear [Decision Maker],

As a constituent committed to improving the lives of older Americans, I'm writing to urge you to reauthorize and invest in the Older Americans Act (OAA), so it can continue to help millions of older Americans remain healthy, economically secure, and independent in their homes and communities.

Since 1965, the OAA has provided services and supports that improve seniors' lives. These include meals, health programs, support for family caregivers, help with benefits, job training and employment, senior centers, transportation, and protection against abuse.

I have seen the struggles of older adults and their families in my own community, and the ways that the Older Americans Act has helped them remain healthy, safe and independent in their own homes.

I urge you to support these important programs by reauthorizing the OAA, making needed investments, and protecting funding from sequestration. Not only will this benefit the seniors of our community, but it will also save taxpayer dollars by enabling seniors to stay out of nursing homes, prevent hunger and malnutrition, manage chronic health conditions, remain in the workforce, and avoid abuse, neglect and exploitation.

Thank you for your attention to this important issue, and I look forward to your reply.

*Sincerely,
[Your Name]
[Your Address]
[City, State ZIP]*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>May</h1>					1 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	2
3	4 10am: TML FREE	5 12pm: Lunch 1pm: Songbirds Rehearsal	6 Bargain Shopping Day 8:45am ferry – 3:40pm ferry \$10 11:30am-4pm: Open art studio time 10am: Chair Yoga	7 10am: TML FREE	8 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	9 5pm-7pm Pub Style Trivia (with Dave Page) Beer, wine, snacks accompany a trivia game with prizes! Cost is \$10 each
10 Happy Mothers Day!	11 10am: TML FREE	12 12pm: Lunch 1pm: Songbirds Rehearsal	13 11:30am-4pm: Open art studio time 10am-3pm: Island Hearing 10am: Chair Yoga 2pm: Afternoon Tea	14 10am: TML FREE	15 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	16 10am-3pm scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
17	18 10am: TML FREE	19 12pm: Lunch 1pm: Songbirds Rehearsal 1pm: Book Club	20 11:30am-4pm: Open art studio time 10am: Chair Yoga 5:30pm – 4H Dinner \$5	21 10am: TML FREE AARP 55 and Alive Driving Class Mainland shopping. Depart 8:50am ferry. \$15	22 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	23
24	25 CLOSED	26 12pm: Lunch 1pm: Songbirds Rehearsal	27 11:30am-4pm: Open art studio time 10am-3pm: Island Hearing 10am: Chair Yoga 12:00pm - Potluck	28 10am: TML 5pm: OUTING to the Orcas Hotel for Prime Rib	29 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	30 Ballroom Dance Lessons followed by open dancing.
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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.

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
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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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Orcas Island

Operations Committee

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

Jami Mitchell, Senior Center Manager

Didier Gincig, Hearts and Hands Coordinator