

Senior Signal

June 2015

LUNCH THREE DAYS A WEEK!

Efforts to expand our lunch program from twice per week meals to three times per week have been successful. Beginning **July 6, 2015**, lunch will be served at the Orcas Senior Center on Monday, Wednesday and Friday.

Due to a contribution from the County, as approved in the levy lid lift, as well as with a grant received from Orcas Island Community Foundation; we are able to subsidize a third meal each week. Orcas Island Senior Center averages almost 200 meals per week being served in the twice weekly meal service. Given the numbers served and the consistency of the large numbers of attendees, it was only natural to see an expansion of the program.

The three weekly meals will begin in July 2015. Due to the Independence Day holiday we will be closed on July 3, 2015. Therefore, the meal service change begins on Monday, July 6, 2015. Meals will continue to be served Tuesday and Thursday through the month of June.

The *Meals on Wheels and More* program is an effort of cooperation between San Juan County, Whatcom County and the Senior Center. *Meals on Wheels and More* supports the health and independence of the older adult populations of Whatcom and San Juan Counties by providing nutritious food, social connection, nutritional education and counseling services. Every meal we provide meets at least one third of a senior's daily nutritional requirements.

Seniors are at increased risk for malnutrition for multiple reasons including:

- chronic or acute illnesses
- decreased ability to shop for and to prepare healthy meals
- depression
- lack of funds

It is our goal to ensure that ALL Whatcom and San Juan County seniors have access to the nutrition they need to remain healthy and independent in their homes as long as possible.

Orcas Island Senior Services is proud to be the first in San Juan County to expand the nutrition program to add additional meal services. We would like to thank all of our partners and those who provided the donations to make this expansion possible.

We look forward to seeing you at lunch!

Join Me For Lunch



BEGINNING JULY 6, 2015

LUNCH WILL BE SERVED

**MONDAY
WEDNESDAY
FRIDAY**

12:00noon

Upcoming lunch service dates:

June 2
June 5
June 9
June 12
June 16
June 19
June 23
June 26
June 30
July 6
July 8
July 10
July 13
July 15
July 17
July 20
July 22
July 24

Special Announcements

Summer Time Health Tips

Danger: Heat exhaustion

Action plan: Your internal cooling system doesn't work as well as you age, so if you're feeling dizzy or light-headed and your skin is clammy, those are sure signs you're becoming overheated. Immediately find shade and elevate your feet, then rehydrate with cool water. (Avoid ice water, which is not as easily absorbed.) Pouring cool water on your wrists and feet can also help lower your body temp more quickly.

Danger: Ticks

Action plan: Ticks can transmit diseases and are notoriously hard to avoid, but tucking long pants into your socks and wearing long-sleeved shirts are a good first defense. Plus, consider planting American beautyberry. Crush the leaves and rub them on your skin to release chemicals that repel ticks and also mosquitoes, advise scientists at the U.S. Agricultural Research Service. If you do find a tick, use tweezers to grasp it as close to the skin as possible and pull up with steady, even pressure, making sure you get the whole bug. Clean the bite and your hands with rubbing

alcohol or soap and water. If the area shows a target-shaped rash afterward, see your doctor — it could be a sign of Lyme disease.

Danger: Blisters on your feet

Action plan: Try to avoid popping a blister, because the fluid-filled sac serves as a germ shield. To dull the pain and speed healing, soak the area in cool green tea, brewed strong. Down a glass while you're at it; green tea is a powerful anti-inflammatory.

Danger: Lost in the Woods

Action Plan: Never leave to go hiking without telling someone where you are going and approximately what time to expect you to return. Do a bit of recon before you hit the trail, making note of its creek crossings and sharp turns in case you need to backtrack, says Rebecca Jensen, a navigation instructor at Northwest Trail Runs in Seattle. Or use the sun and a watch to find your way. First, align the hour hand with the sun. (Or put a twig in the dirt and align the hour hand with its shadow.) Bisect the angle between the hour hand and the 12 o'clock mark. That will be due south; due north is opposite. If you've been wandering awhile and still have no idea where you are, stay put. It will be easier to find you.

Volunteer Drivers Needed!

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

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 every other wee. See the calendar for dates and call 378-2330 to schedule your appointment.

State Park Free Days!

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

Summer Fruit- It is *Hot* on the Grill!

By Carol Simmer, RDN
Meals on Wheels and More!

Put zest in summertime by grilling the fabulous fruits we can find in Washington State and especially Whatcom and San Juan Counties.

Grilled Fruit is not hard to do and it makes a great summertime dessert or an interesting antipasto when paired with cheese. Add grilled fruit to a hearty salad or serve it as a side dish on its own.

Washington's Farmers markets are a great place for locally grown fruits and vegetables. Many Whatcom County farmers markets and U-Pick farms can be found on the Food & Farm Finder printed each year by Sustainable Connections online at www.sustainableconnections.org then click on Food and Farm Finder. Check online for the farmers markets on San Juan Island, www.sjifarmersmarket.com, Orcas Island, www.orcaslandfarmersmarket.org, and Lopez Island, www.lopezfarmersmarket.com.

Choose fruit to grill that is ripe but firm. If the fruit needs to be sliced, such as pineapple or melon, I suggest slices at least ¼ inch thick. The grill needs to be **clean, hot, and well-oiled** or sprayed with a non-stick spray. If the grill is not hot enough you may not get nice grill marks that make grilled fruits and vegetables so appealing. Do not leave fruit on the grill unattended! Fruit's naturally high sugar content will allow it to burn quickly! Some fruits need no marinade or basting, but a light brushing with a vegetable oil makes sticking a non-problem. Fruits like strawberries can be skewered for a great presentation (soak wooden skewers to prevent burning). A marinade for fruits, especially strawberries, is 2 teaspoons each of lemon juice, vegetable oil, and sugar. After grilling, drizzle with a touch of aged balsamic vinegar-yum! If a grill is not available, don't despair! Use the broiler in the oven to get a similar result. Again, watch the fruit carefully to prevent burning.

As always, colorful fruits and vegetables are chock-full of healthy antioxidants and fiber. Enjoy the bounty of the summer harvest! Comments or questions? Contact Carol at csimmer@wcoa.org.



| Tuesday | Friday |
|--|---|
| 2 Shrimp Salad Texas Toast Fresh Grapes | 5 Turkey Pot Roast Mash Potatoes & Gravy Broccoli Florets Garden Salad Raspberry Sherbet |
| 9 Baked Potato Vegetarian Chili with Cheese & Sour Cream Broccoli Florets Sliced Pears | 12 Chicken Swiss Burger (garden burger available) Lettuce & Tomato Potato Salad Fruited Jello |
| 16 Roasted Pork Loin with Apple Chutney Wild Rice Pilaf Green Beans Fruit | 19 Baked Fish with Dill Cream Sauce Green Beans Garden Salad Mixed Fruit |
| 23 Turkey Cranberry Mash Potatoes & Gravy Seasonal Veggies Strawberry Cake | 26 Chicken Taco Salad Cornbread Orange Wedges |
| 30 French Dip Sandwich Au Jus Roasted Potatoes Coleslaw Fruit | |

****Salad bar will be served from
11:30am-12:00pm only****

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--------|-----------------------------|--|---|---|---|--|--|
| | 1 10am: TML FREE | 2 12pm: Lunch 1pm: Songbirds Rehearsal | 3 Bargain Shopping Day 8:45am ferry – 3:40pm ferry \$10 10am-3pm: Island Hearing 11:30am-4pm: Open art studio time 10am: Chair Yoga | 4 10am: TML FREE | 5 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training | | |
| 5 | 6 10am: TML FREE | 9 12pm: Lunch 1pm: Songbirds Rehearsal | 10 11:30am-4pm: Open art studio time 10am: Chair Yoga 2pm: Afternoon Tea | 11 10am: TML FREE | 12 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training | 13 | |
| 14 | 15 10am: TML FREE | 16 12pm: Lunch 1pm: Songbirds Rehearsal | 17 11:30am-4pm: Open art studio time 10am-3pm: Island Hearing 10am: Chair Yoga | 18 10am: TML FREE Mainland shopping. Depart 8:50am ferry. \$15 | 19 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training | 20 10am-3pm scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on! | |
| 21 | 22 10am: TML FREE | 23 12pm: Lunch 1pm: Songbirds Rehearsal 1pm: Book Club | 24 11:30am-4pm: Open art studio time 10am: Chair Yoga 12:00pm - Potluck | 25 10am: TML FREE | 26 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training | 27 | |
| 28 | 29 10am: TML FREE | 30 12pm: Lunch 1pm: Songbirds Rehearsal |  | | | | |

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.

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.

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

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