

# Senior Signal

August 2015

## Orcas Senior Center Membership Drive!!!

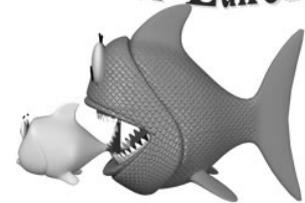
*Together, we make Orcas Great!!*

It's membership time at the Orcas Senior Center. Your 2015-2016 membership help strengthen this vital community hub. Benefits of membership include access to the Athletic Club, \$5 tickets for Orcas Center shows, 10% discount at Rays (excluding wine and pharmacy), free and discounted classes, trips and travel, 10% Eastsound Kennel discount, and more.

Please consider making an additional donation above the cost of the annual membership in support of the Senior Center and Orcas elders.

We sincerely appreciate your support and contribution.  
Thank you!

## Join Me For Lunch



Lunch is served every  
Monday, Wednesday & Friday.  
11:30am - 12pm: salad bar  
12pm : lunch

**BEGINNING WITH  
THE SEPTEMBER  
NEWSLETTER . . .**

**NEWSLETTERS  
WILL ONLY BE  
MAILED TO SENIOR  
CENTER MEMBERS.**

Extra copies will be  
available for pick up and  
can be downloaded at  
[www.orcasseniors.org](http://www.orcasseniors.org)



# Special Announcements

## **Reminder: Orcas Center has a new 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.

Orcas Center's Box Office is currently open Wednesday, Thursday, and Friday afternoons from 12 pm – 2 pm, 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 x1 during those same operating hours.

## **August *Wild & Precious***

Saturday, August 1, 7:30 pm, Center Stage  
Written and Performed by Steven Cadwell, *Wild and Precious* celebrates, dramatizes and educates about the arc of the last 50 years of Gay Liberation. It is a multi-media, poememoir in two acts, which includes original songs, photographs, costumes, stories, and poems. Sponsored by Orcas LGBT Fund.

## **Clarification on Mert's Taxi Service** *(exert from email submitted by Barbara Trunkey)*

"The cab is free to islanders ONLY if you really have an appointment with the HOSPITAL. They use public donated funds for this service, and are very reluctant to pay for someone cheating. He charges the customer ( \$13 each way) . If someone uses the cab and lies about their appointment, Mert does not get paid. A properly eligible service ride reimburses him at exactly the same rate as you pay. A cheater costs him money and time.

So- if we want this service to continue, we need to understand what the coverage really is. It is a good service- even paying both ways between ferry and hospital, using Merts saves you money over summer rates for a car drive on, and best of all , walk on any ferry , no reservation needed.. . .Check with the physician when making an appointment to see if they will pay for the cab!!

I told Mert that I would try to have this matter clearly posted at the senior center."



## **Volunteer Drivers Needed!**

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

## **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 week. See the calendar for dates and call 378-2330 to schedule your appointment.

**Songbirds are taking a much deserved rest.**

**Rehearsals will resume in September.**

**New and old members please mark your calendars.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Swiss Steak Mashed Potatoes & Gravy Green Beans Garden Salad Fruit Cocktail	4	5 Shrimp Salad Oatmeal Bread Fruit	6	7 Mediterranean Chicken Couscous Sautéed Squash Tomato and Feta Salad Apricots
10 Ham & Pineapple Baked Yam Caribbean Veggies Spinach Salad Sliced Pears	11	12 Tomato Vegetable Soup Chicken Caesar Wrap Fresh Grapes Chocolate Chip Cookie	13	14 Beef Stroganoff w/ Rotelle Pasta Green Peas Garden Salad Sliced Peaches
17 Baked Cod Wild Rice Pilaf Whole Green Beans Garden Salad Coconut Fruit Salad	18	19 Taco Salad Cornbread Fresh Fruit`	20	21 Turkey & Cranberry Mashed Potatoes & Gravy Seasonal Veggie Apple Cake
24 Ravioli w/ Meat Sauce Italian Veggies Caesar Salad Breadstick Fruit	25	26 BBQ Pulled Pork Brown Rice Veggies Garden Salad Raspberry Sherbet	27	28 Roasted Pork Loin w/ Apple Chutney Mashed Potatoes Peas & Onions Fruit
31 Tuna Noodle Casserole Broccoli Florets Garden Salad Apple Crisp	<h1>August Menu</h1>			

### Ancient Power Packed Seeds Aids Modern Diets!

By Carol Simmer, RDN - Meals on Wheels and More!

Have you heard of Amaranth, Chia, Quinoa, Flax and Hemp seeds? These are the new but quite “old” seeds that are making nutrition headlines because of their fiber and complete protein (amino acids profile).

These **Super Seeds** can substitute in recipes for gluten, nut and egg allergies, and they are excellent sources of fiber, unlike animal protein. All are cholesterol free. Here are some facts and tips on how to use them.

Amaranth and quinoa are not true grains, often called pseudo-cereals, and belong to the plant family that also includes beets, chard, spinach, and others. Amaranth, quinoa, and chia have their origins in Mexico and South America. Amaranth was grown and used by the Aztecs for centuries until the Spaniards banned its use. Amaranth flour can be mixed with other flours in breads and baking to increase protein. Amaranth can be cooked as a hot cereal, or popped like popcorn for a snack or a crunchy topping. Quinoa and amaranth porridge are wonderful first solids for babies because they are not likely to cause an allergic reaction and have a smooth texture.

Quinoa can be purchased as seeds, flakes, and flour. Quinoa seeds have a soapy, bitter-tasting coating (to keep birds from eating them), but a thorough rinse

makes the strong taste easy to remove. Most quinoa sold in the USA is pre-rinsed, but you can rinse it again if you choose.

Chia and flax seeds have a gelatinous quality when soaked in water and can be used in smoothies and even substituted for eggs in recipes. Soak chia for at least 10 minutes and stir while soaking. Chia, as a natural thickener, is perfect for making jams, syrups, and puddings without other starches and gelatins. Who knew a jam could be a high protein food!

Flax seeds need to be ground for best digestion and absorption of its nutrients. Ground flax seeds, flax oil, and hemp seeds are excellent sources of omega 3 fatty acids, powerful anti-inflammatory agents! Flaxseed meal and oil can be sprinkled on hot and cold foods and used in granola.

Hemp seeds or shelled hems seeds (called hemp hearts) can be eaten as is like nuts without the fear of nut allergies. Hemp hearts are creamy when blended, and are crunchy when baked. Crunchy hemp hearts are good by themselves or added to other seeds as a snack. Although hemp seeds are related to marijuana, they are not considered a drug because they have only miniscule amounts of the active chemical THC.

Add **Super Seeds** to pack **super nutrition** in your diet! Comments or questions? Email [csimmer@wcco.org](mailto:csimmer@wcco.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 12pm: Lunch	4 10am: TML FREE	5 Bargain Shopping Day 8:45am ferry – 3:40pm ferry \$10  10am-3pm: Island Hearing  12pm: Lunch	6 10am: TML FREE	7 12pm: lunch  1pm: Doe Bay Fest Field Trip. FREE  4pm: Strength training	8
9	10 12pm: Lunch	11 10am: TML FREE	12 12pm: Lunch  Island Hearing 10am-3pm	13 10am: TML FREE  2pm: Afternoon Tea FREE	14 12pm: lunch  4pm: Strength training	15
16	17 12pm: Lunch	18 1pm: Book Club  10am: TML FREE	19 12pm: Lunch	20 10am: TML FREE  Mainland shopping. Depart 8:50am ferry. \$15	21 12pm: lunch  4pm: Strength training	22 10am-3pm scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
23	24 12pm: Lunch	25 10am: TML FREE	26 12pm: Lunch  Island Hearing 10am-3pm	27 10am: TML FREE	28 12pm: lunch  4pm: Strength training	29
30	31 12pm: Lunch					

# *August*

# Orcas Senior Center Membership

**Together, we make Orcas great!**

Your membership helps strengthen this vital community hub. Benefits of membership include access to the Athletic Club, \$5 tickets for Orcas Center shows, 10% discount at Ray's (not including pharmacy), free and discounted classes, trips and travels, and more.

**Please consider making an additional donation above the cost of the annual membership in support of the Senior Center and Orcas elders. We sincerely appreciate your contribution!**

Jami Mitchell, Senior Center Manager

**Yes, I/we want to join the Orcas Senior Center for 2015/2016 (8/1/15 – 7/31/16)**

Individual Membership (\$20)

Dual Membership (\$35)

I/we wish to make an additional contribution to support the Senior Center.

\$25

\$50

\$100

\$250

\$500

\$ \_\_\_\_\_

Member Name: \_\_\_\_\_

2<sup>nd</sup> Member: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Would you like to receive our newsletter?  Mail  Email  Do not send newsletter

*Island-wide emergencies place people at risk, especially those that live alone and have health problems. In an effort for Senior Services to increase response in the event of emergencies, we request the following information. Your answers are completely confidential and are optional. Thank you.*

*~Marla Johns, Orcas Island Senior Services Coordinator*

Physical Address: \_\_\_\_\_

Do you rely on any potentially lifesaving equipment at home which relies on power/water?

(Examples: Oxygen, nebulizer, cpap machines, etc.)

Circle one: YES NO

Do you have an emergency pendant system?

Circle one: YES NO

On case of emergency, who would you like to be notified?

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

**Please make your check payable to:**

**Orcas Senior Center. Mail to: PO Box 1653, Eastsound, WA 98245**

*page intentionally left blank*



### 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 *Monday's, Wednesday'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 1653  
62 Henry Rd.  
Eastsound, WA 98245

360-376-2677

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

**RETURN SERVICE REQUESTED**

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 1653, 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  
Larry Hughes  
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