



# Orcas Senior Signal

## Orcas Senior Center

July, 2016

### Art Auction July 9!

The Orcas Senior Center is proud to present our very first Art Auction, featuring over 200 paintings, photographs, and prints. Bidding has begun! Stop by soon to place your bid in the silent auction and to see our amazing display of artwork, Monday – Friday, 9am – 4pm.

The Live Auction on Saturday, July 9<sup>th</sup> will highlight some of our most unique and exquisite pieces and will begin at approximately 6pm on the night of the event. To allow time to view all that is on display and give everyone an opportunity to place their bids, doors will open at 4:30pm. We will be offering wine (2 tickets included on the back of every entry ticket) as well as hors d'oeuvres by Christina Orchid. The evening will begin and end with live entertainment by musical guests Skye Hovelman and Paris Wilson. We will close the evening with tea, coffee and baked delectables. Our guests will have 15 minutes after the Live Auction closes to place their final bids for the silent auction pieces.

Tickets for the event are \$20 in advance and \$25 at the door and may be purchased at the Orcas Senior Center, Monday – Friday from 9am – 4pm or at Darvill's Book Store. All proceeds will benefit the Orcas Senior Center, one of our island's most vital organizations. *A very special Thank-you to those who have donated their art and who have so skillfully created this spectacular display for all of us, young and old, to enjoy!*

Admit One

### Art Auction IS HAPPENING NOW!

Bidding is open, drop-in and check out the show!  
Live Auction Sat., July 9, with food, wine, and  
**ART ART ART.**  
Tickets are \$20 in advance and \$25 at the door.

Admit One



Thank-you to volunteers Robbie Walker, Suzanne Lamb, Jacqueline Kempfer, Rosemarie Altberg, and Heidi Lindberg (not pictured) for your expert work in hanging this amazing show for our Senior Center.

### Quote for the Month . . .

*Deep summer is when laziness finds respectability."*

- Sam Keen

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## ORCAS SENIOR CENTER

### Nonprofit Status

The Senior Services Council of San Juan County, Orcas Island Branch, operates as a 501 (c)3 corporation. Donations are tax deductible. Please include us in your will and estate planning.

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

#### Wendy Stephens

Senior Services Manager

(360) 378-2677

email: [wendys@sanjuanco.com](mailto:wendys@sanjuanco.com)

#### Jami Mitchell

Senior Services Specialist

(360) 376-7926

email: [jamim@sanjuanco.com](mailto:jamim@sanjuanco.com)

#### Vacant at time of Printing

Aging and Family Case Coordinator

#### Jay Savell – Cook

Meals provided through a partnership with Whatcom Council on Aging.

(360) 376-2677

### Orcas Island Operations Committee

Patricia Ayers  
Bonnie Burg  
Maggie Kaplan (chair)  
Christina Orchid  
Margo Rubel  
Doug Schliebus  
Judy Schliebus  
Jerry Todd

Arron Redford, Orcas Senior Center Manager  
[orcasseniorecenter@gmail.com](mailto:orcasseniorecenter@gmail.com)

Didier Gincig, Hearts and Hands Coordinator  
[orcasheartsandhands@gmail.com](mailto:orcasheartsandhands@gmail.com)

## Spotlight on a Volunteer

Milly Vetterlein has been a dedicated and enthusiastic volunteer at the Senior Center for many years, including playing a crucial role in our annual Granny's Attic rummage sale and spearheading the new project The Waiting Room (see page 4). This brief biography is a chance for our community to get



to know a little more about this fantastic volunteer.

Milly Vetterlein grew up in Chestnut Hill, Philadelphia, where she managed cultural exchange. She then spent 25 years in Portland, Maine, where she coordinated the Portland Symphony String Quartet. Her experience in Public Relations brought her to tour Brazil, where she spent time in the port city Recife, Portland's sister city, established in 1537. There she developed an admiration for Baroque Churches. She now listens to medieval music classical piano and Gregorian chants.

Milly found her way to the San Juan's by way of Elder Hostel and a friendship with Emily and Patsy Stevens. She took the "beautiful leap" from the confining and grisly Maine winters to our island ten years ago. She promptly joined the Senior Center board, where she served for eight years. Presently she arranges flowers at the Episcopal church, carrying out her mother's artful influence, keeping bright the spark of her first job as a teen, being a florist assistant.

Milly now enjoys two Shih Tzu dogs, is a biography and memoir reader, and follows Donna Hill. She is the author of a short story and poetry collection "In Sight of Goodwill Island" which takes its title from an Albert Einstein quote, "How I wish that somewhere there existed an island for those that are wise and of good will."

### Where there's a Will, there's a Way

Join us for a hands-on workshop Monday, July 11, from 1-3pm for step by step instructions in filling out an Advanced Directive or Living Will. Each participant will be guided through the simple, yet deeply thought provoking, process of completing this form, led by Hilary Walker. Participants will go home with a copy to share with loved ones, their physicians and others.

Please visit [endoflifewa.org](http://endoflifewa.org) to print out a copy of the Advanced Directive. Copies will be available for people unable to bring their own. Class size is limited, so please pre-register at the front desk or by calling 376-2677. Class fee is \$15/person. Please notify Jami or Arron if you would like to take advantage of a subsidy to assist with payment. All ages are welcome to attend!

### FREE Whale Watching Trip!

We are thrilled to announce that Deer Harbor Charters has graciously offered to host a FREE Whale Watching trip for Senior Center members on Sunday, July 17. We will meet at the Senior Center at 11am to drive to Deer Harbor and board the boat. We will be back at the Senior Center by 5pm that evening. Please bring a sack lunch & snacks, water, clothing for all weather, and your binoculars if you have them. Our nature cruise will include beautiful points of interest seen best from the water, so please take advantage of this opportunity for a free boat tour in your own local waters.

Space is limited, so pre-register for this amazing trip at the front desk or by calling 376-2677. Big thanks to Nate Averna and Deer Harbor Charters for hosting this event especially for Orcas Seniors. We love our community!

### Mended Hearts Meeting

Mended Hearts is a support group for anybody living with heart disease. The network is comprised of heart patients and caregiver volunteers who provide support and hope to patients and their caregivers from the diagnosis of heart disease through treatment and beyond. To learn more about the group and its mission to support patients with a heart disease diagnosis, please join us for a free presentation by local coordinator Rick Rubin on Wednesday July 13 after lunch at the Senior Center. The talk will begin at 12:45pm and all are invited to attend.

Now meeting regularly on Orcas, the Mended Hearts support group gathers the 4<sup>th</sup> Thursday of each month, currently at the Eastsound Fire Station. More information is available at [www.mendedhearts-bellingham.org](http://www.mendedhearts-bellingham.org).

As Rick Rubin says, "your heart is life itself." For more information about Mended Hearts and their local activities, please contact Rick Rubin at 360-378-3774, and attend his free talk here on Wednesday, July 13.

### Stay Cool with the Bounty of the Season!

*By Carol Simmer, RDN*

Summertime gives us many choices in fruits and vegetables. When combined with lentils, whole grains, or beans, the combinations are endless. Here are a few suggestions, but I would like to hear your special summer fruit and veggie recipes.

**Try a wrap:** Make a Caesar salad (Romaine lettuce, chopped tomato, chopped onion, parmesan cheese, Caesar salad dressing); place on a tortilla and roll it up! Add chicken, tuna, or other cheese if desired.

**Combine greens, nuts, and fruit:** We serve a lovely kale citrus salad that also contains walnuts (or any nut of choice) oranges, and cranberries that is a hit at our senior center lunches! Mix your own combo of greens, fruits (strawberries, apples, pears, grapes, etc.) and nuts. A citrus salad dressing makes these salads pop!

**Carol's taco salad:** Combine equal amounts of low fat cream cheese and low fat sour cream; add Worcestershire sauce and cumin powder; blend well and spread onto a platter or plate (make ahead and refrigerate). Top with shredded lettuce, chopped tomatoes, onions, canned beans of choice (rinsed and drained), shredded cheddar cheese and lots of salsa. Serve with tortilla chips or thick crackers or toasted French bread rounds.

**Tuna, white bean, dill, spinach, and beet salad:** Combine white beans, tuna (drained and flaked), and chopped red onion; whisk together 3 T. honey Dijon-style mustard, 2 T. mayo, 1 T cider vinegar, 1 tsp dill, and ½ tsp lemon-pepper seasoning. Gently toss dressing with tuna. Chill. Line salad plates with fresh spinach; top with a few pickled beets and add tuna mixture on top. Garnish with fresh dill and/or black pepper.

Note each of the above has a variety of veggies and fruits, nuts and legumes. Variety is key to any satisfying meal. Variety also adds the nutrition benefit of antioxidants. A glass of milk or other calcium-rich drink would complete the nutrition profile of most hearty salads.

Don't forget to send me your favorite summer recipes! Comments?  
Email Carol, [csimmer@wcco.org](mailto:csimmer@wcco.org).

## Wine and School

Our on-island field trip for July is going to be a fun one! Please join us for a visit to the Crow Valley School followed by a wine tasting at the Orcas Island Winery on Friday, July 15, from 1-3:30pm.

We'll begin our trip at the Crow Valley School Museum, met by a museum docent who can elaborate on the displays and share additional points of interest about this historical land mark built in 1888. We'll have the chance to get our museum passports validated – please see the "Passport into History" story on the right for more details about that program.

Following our visit to the school, we'll move on to the Orcas Island Winery just down the road. There we'll have a chance to taste the wares, and hear about this father-son boutique winery started in 2011. The wine tasting is optional, just \$5 paid directly to the winery. Even if you choose not to partake, the Orcas Island Winery will be an interesting stop for a behind the scenes look into this unique project on our beloved island.

This field trip is FREE (wine tasting is \$5 paid per person directly to the winery). Our van will depart from the Senior Center at 1pm on Friday, July 15. Please pre-register at the front desk or by calling 376-2677.

## Mobility Equipment Program at the Senior Center

The Mobility Equipment Program is a vital service offered in collaboration between the Orcas Island Lions Club and the Senior Center. The services offered help people increase their mobility and make it easier to remain in home. Many people use the equipment following hospital stays and are short term users grateful for a temporary loan to aid recovery.

Formerly, the equipment was stored down in the basement, but is now more accessible thanks to the Lions Club volunteers that built closets on the main level of the building. Lions regularly maintain the equipment and are available to offer basic advice and check outs Wednesday and Friday mornings from 10 to 11am. Equipment can be checked out anytime the Senior Center building is open Monday-Friday 9a-4p. A wide variety of mobility equipment is available to borrow for as long as needed at no charge for islanders. The equipment inventory includes electric wheelchairs, lightweight, foldable transfer wheelchairs, regular and specially sized wheelchairs, electric scooters, walkers, crutches, various kinds of canes (such as 3-pronged, which offer more stability), knee walkers, bath chairs and benches, commodes and grab bars - all on loan free of charge.

Contributions to the Lions Club and Senior Center are always welcome to help with the ongoing costs of maintaining the equipment in tip top shape. They also are glad to accept and repair good usable mobility equipment. Thanks to all who help to keep this great service available!

## Passport into History



Make 2016 a year to visit the historical museums in the San Juan Islands and qualify for a chance to win one of three island getaway packages! The historical museums on Orcas, San Juan, and Lopez Islands, in collaboration with the San Juan Visitor's Bureau, have launched a special "Passport into History" program. Passports are free to pick up at the museums and will be validated when you visit Crow Valley School Museum (Orcas Island), Lopez Island Historical Museum, Orcas Island Pioneer Museum, and the San Juan Historical Museum. With a stamp from each island, you are eligible to win a getaway for two, which includes two nights' lodging, dinner for two, and fun local extras. The drawing will be held at the end of the year.

In July we'll tour the Crow Valley School Museum (see story to the left), which is a chance to get your passport validated. You can also join our field trip to San Juan Island in the fall and get your passport validated while we are there!

## THE WAITING ROOM

Open the 1<sup>st</sup> Saturday and Sunday of the month  
9am – 2pm  
Larson Storage Unit #56




Look forward to an ever changing  
inventory of furnishings and  
decorative items each month!

**Book Sale!** Mon. – Fri., July 11<sup>th</sup> – 15<sup>th</sup>, 9am – 4pm, and Sat., July 16<sup>th</sup> 10am -3pm. All proceeds support the Senior Center! Questions? Call Doug McDonald at 206-818-5470. Thank you for your participation!

# July Lunch Menu

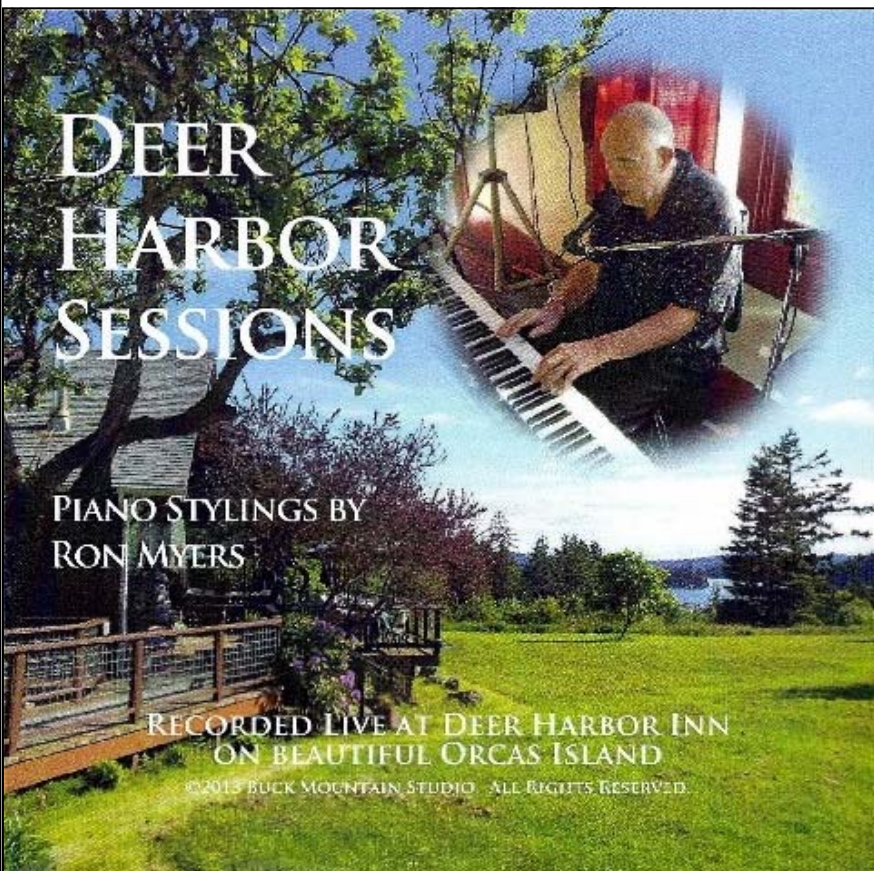


MONDAY	WEDNESDAY	FRIDAY
		<p style="text-align: right;"><b>4<sup>th</sup> of July Lunch 1</b></p> <p style="text-align: center;">Bacon Cheeseburgers Potato Wedges Garden Salad Strawberry Yogurt Parfait</p>
<p style="text-align: right;">4</p>  <p style="text-align: center;"><i>Happy 4th of July</i></p>	<p style="text-align: right;">6</p> <p style="text-align: center;">Beef Stroganoff Over Rotelle Pasta Green Beans Garden Salad Fresh Grapes</p>	<p style="text-align: right;">8</p> <p style="text-align: center;">Turkey Meatloaf Mashed Pot. &amp; Gravy Nantucket Veggies Garden Salad Sliced Peaches</p>
<p style="text-align: right;">11</p> <p style="text-align: center;">Chicken Cobb Salad w/ Oatmeal Bread &amp; Fresh Fruit</p>	<p style="text-align: right;">13</p> <p style="text-align: center;">Pub Style Fish &amp; Chips Baby Carrots Coleslaw Fresh Melon</p>	<p style="text-align: right;">15</p> <p style="text-align: center;">Spaghetti &amp; Meat Sauce Italian Vegetables Caesar Salad Banana Pudding</p>
<p style="text-align: right;">18</p> <p style="text-align: center;">BBQ Chicken Roasted Potatoes Steamed Veggies Broccoli Bacon Salad Fruit Cocktail</p>	<p style="text-align: right;">20</p> <p style="text-align: center;">Chicken Fettuccini Italian Veggies Caesar Salad Fruit Crisp</p>	<p style="text-align: right;">22</p> <p style="text-align: center;">Florentine Fish Garlic Dill Potatoes Brussels Sprouts Garden Salad Sliced Pears</p>
<p style="text-align: right;">25</p> <p style="text-align: center;">Sesame Ahi Tuna Salad w/ Mixed Greens Sesame Vinaigrette Veggie Spring Rolls Fresh Fruit</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">Lemon Pepper Fish Baked Yams Steamed Veggies Garden Salad Fruit</p>	<p style="text-align: right;">29</p> <p style="text-align: center;">Turkey &amp; Cranberry Mashed Potatoes &amp; Gravy Nantucket Veggies Pumpkin Cake</p>

All menus subject to change due to food cost and availability.



Ron Myers began private classical training at the age of six and continued for the next eleven years. During high school, Ron played with various bands, choirs, and was a regular pianist for two years on a weekly radio



show. A forty-year professional career in aviation precluded music as a full-time endeavor. He served in the United States Air Force for 31 years, and as he was afforded the opportunity to travel worldwide, he always found a piano to play. Dance bands, radio shows, piano bars, weddings, variety shows, and theatre productions have all contributed to his musical experience.

Ron favors love songs and standards of the twentieth century, but enjoys playing all types of music. We are very fortunate here at the Senior Center to have him as a regular accompaniment to our Senior Lunches. Please note that if you purchase one of Ron's CD's during lunch at the Senior Center, \$5 from every sale goes to support our Senior Center.

Thank-you Ron, for sharing with us your fantastic Spirit of Service.

### SERVICES WE PROVIDE

**Lunch** is served three times weekly on Monday, Wednesday and Friday 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 for medical appointments** is available, scheduled as volunteers are available: Call the front desk at 376-2677 to schedule.

- Anacortes, Mt. Vernon & Burlington (suggested donation \$40)
- Bellingham and surrounding area (suggested donation \$50)
- Seattle Area (suggested donation \$60)

**Foot care nurses** are available every Tuesday and some Thursdays/Fridays for routine foot care. Reservations are required by calling 376-2677. Cost is \$27.

**Case Coordination:** Services are available to assess and offer options for those in need. Call Larry Hughes at 370-0591.

**Orcas CARES:** Emergency response services and partnership with local island agencies including Lahari, Orcas Fire and Rescue, Hearts & Hands, Medical Foundation and San Juan County Sheriff's Office.

## HELP IS JUST A CALL AWAY

**Mobility Equipment** is available for loan, maintained by the Lions club, at the Orcas 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 assist with Medicare enrollment, choosing secondary plans, and affordable healthcare enrollment. Available at the Medical Center Tuesdays & Wednesdays 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** 1-800-772-1213

**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.

**Caregiving Information:** OrcasCaregivingConnection.org is an online directory of local caregivers and resources for caregiving on Orcas. Call 1-888-685-1475 for more information.

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Or Current Resident

SENIOR SERVICES COUNCIL OF SAN JUAN COUNTY
P O Box 1653 Eastsound, WA 98245
Phone: 360-376-2677 Location: 62 Henry Rd Email: jamim@sanjuanco.com Issue: July 2016 Website: www.orcasseniors.org