



# Orcas Senior Signal

## Orcas Senior Center

November, 2022

### Launching the Living Well with Diabetes Support Group

Are you living with diabetes and interested in joining others who are also managing this disease? In hopes that peer support from people with similar goals and challenges will help motivate the group to live better with diabetes, Orcas Senior Center, in collaboration with Orcas Island Lions Club, will host a monthly diabetes peer support group, "Living Well with Diabetes," beginning **Monday, November 14 at 5pm** at Orcas Senior Center.

The group is for adults living with diabetes and aims to encourage and support behavioral changes leading to increased exercise and healthy eating habits. Anyone interested in participating is encouraged to attend.

For additional information, please contact Stephen Bentley at either 360-376-2299 or email [stephen@swbentley.com](mailto:stephen@swbentley.com).



Pictured clockwise from top: Eloise Monson with Jami Mitchell, volunteers Mary Nash and Genae Kaltenbach in the kitchen, and Suzanne Daniels enjoying tea and sandwiches. Thank you to every volunteer that helped make this such a success!

### Breakthrough Speech-Language Pathology

Speech-Language Pathologist, Libby Lewis, will offer free cognition and swallow screenings at Orcas Senior Center on **Monday, December 12**. Screenings involve a review of concerns, a brief one-page assessment of cognition or observation of consumption of one food and one liquid item. A discussion of next steps to consider will follow.

Libby will also give a **brief presentation about aging and memory at 1pm**. Join this discussion at Orcas Senior Center about normal memory changes with age and learn tips and tricks on how to manage them.

Libby provides speech-language services to adults throughout the region. Her services target assessment and treatment in the following areas: speech articulation, expressive and receptive language, cognition, voice, and swallow safety.

To schedule an appointment with Libby at OSC on Monday, December 12, please contact her at [libby@breakthrough-speech.com](mailto:libby@breakthrough-speech.com) or 360-230-8010. To learn more about Libby, visit <http://www.breakthrough-speech.com/>.

### Afternoon Tea is Set for Thursday, December 1

Tea is served! To the delight of many happy participants, Afternoon Tea has returned to the Orcas Senior Center. We are already looking forward to the next Afternoon Tea on **Thursday, December 1**. Mark your calendar now! Can you help make sandwiches or bake goodies? Contact Maggie Kaplan at [MKaplan@centurytel.net](mailto:MKaplan@centurytel.net) or 360-376-5372.

Can you volunteer to drive for senior meals or medical trips? Please ask Jami Mitchell for details: 360-376-7926 or [jamim@sanjuanico.com](mailto:jamim@sanjuanico.com).

### Quote for the Month . . .

*Thankfulness is the quickest path to joy.*

-Jefferson Bethke

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## ORCAS SENIOR CENTER

360-376-2677 [WWW.ORCASSENIORS.ORG](http://WWW.ORCASSENIORS.ORG)

### Nonprofit Status

The Orcas Senior Center, the Orcas District of the Senior Services Council of San Juan County 501(c)3, operates as a nonprofit organization. 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, by mail, and on our website. Please mail submissions to: PO Box 1146, Eastsound, WA 98245.

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### MEALS ON WHEELS AND MORE

Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging.

**Ian Cassinos**—Food Service Manager

**Mike Knight**—Cook

### ORCAS DISTRICT COMMITTEE

(the Orcas District of the 501(c)3 nonprofit organization)

Tom Eversole—Chair  
Elsie Pamuk—Vice-Chair  
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## Unpacking Studio Practices Beginners Art Workshop with Susan Slapin

Artist Susan Slapin will teach a one-time, two-hour beginners art workshop covering the basic elements of art line on **November 9, 12:45-2:45pm**. Each participant must provide their own materials, such as: sketchbook, pencils and pens, eraser, ruler, and mirror. Get your supplies at Office Cupboard, Tombow at [tombowusa.com](http://tombowusa.com), Faber-Castell at [fabercastell.com](http://fabercastell.com), or DICK Blick at [dickblick.com](http://dickblick.com).



The fee for the workshop is \$20. There is a six-person maximum participation limit, and deadline to enroll is Monday, November 6. For inquiries, please contact Susan Slapin directly by emailing her at [susan@susanslapin.com](mailto:susan@susanslapin.com) or call 360-298-2868.

To learn more about Susan, please visit her website at [susanslapincontemporaryabstracts.com](http://susanslapincontemporaryabstracts.com).

## Grannie's Closet in the lobby of OSC!



Grannie's Closet offers household décor, kitchen, and vintage items, crafting supplies and much, much more. Located in the front lobby of the Orcas Senior Center, Grannie's Closet occupies only a few shelves. But with a constantly changing array of items, it's worth checking what's new on a regular basis.

Grannie's Closet is self-service, and each item is labeled with a suggested donation. All the profit goes directly to support the Or-

cas Senior Center, and all the items are donated to the Orcas Senior Center.

Please come in and have a look! If you have items you wish to donate, you may leave them at the front desk. Check us out!

## Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3<sup>rd</sup> Thursday of every month, at 1pm.  
Orcas District Committee meetings, held 2<sup>nd</sup> Thursday of every month, at 11:30am.  
Info: 360-376-2677 or email [admin@orcasseniors.org](mailto:admin@orcasseniors.org).

## Tell Us What You Think...

San Juan County Senior Services has a feedback form for you to let us know how we are doing. We take your comments seriously and strive to better serve the people of this community. The forms are available by emailing Jami at [jamim@sanjuanco.com](mailto:jamim@sanjuanco.com) or call her at 360-376-7926.

## SHIBA Medicare Virtual Presentations



Are you new or planning on enrolling in Medicare? You probably know Medicare has its own vocabulary and rules, and the Statewide Health Insurance Benefits Advisors (SHIBA) are here to assist with your Medicare questions. The San Juan County SHIBA volunteers will be hosting free Zoom presentations on **Thursdays, November 3 and 17 at 1pm.**

Learn how Medicare works, what coverage options are, and when you must act to avoid penalties. To register for the presentation or for a free and unbiased appointment, email [orcasshiba@yahoo.com](mailto:orcasshiba@yahoo.com) or call 360-376-5892.

## One Way to Check If It's a Scam By Ask Amy from The Seattle Times\*

A Summary by CENTS

A person writing to the columnist, Ask Amy, received a call from Publishers Clearing House, a marketing company, claiming that they won millions of dollars. The next day, the person received a letter confirming the prize money and instructions on what to do next. Instead of calling the number on the letter, the person called AARP's fraud hotline. AARP is a nonprofit that can check for any scams and when you call 877-908-3360, a live person can help investigate the situation. AARP let the person know that Publishers Clearing House never calls or writes before appearing at a person's door to announce the win.



\*September 20, 2022

## COVID Booster Vaccines

Interested? Make an appointment for the booster clinic on Orcas **Wednesday, November 9** at the Orcas Center. Book an appointment at [sjccovid.com](http://sjccovid.com) or call 360-378-4474 to register for the booster clinic by phone.

## COOK NEEDED FOR SENIOR MEALS!

Now hiring kitchen assistance for Senior Lunch and Meals on Wheels on Orcas. Responsible cook/dishwasher needed Monday, Wednesday, and Friday, 8am-3pm. Wage is DOE. **For more information, please call Ian Cassinos at 360-746-3495 or send an email to [icassinos@whatcomcoa.org](mailto:icassinos@whatcomcoa.org).**

## Thanksgiving and Foodborne Illness

By Meals on Wheels & More!



For most people, Thanksgiving is the largest meal they cook and/or eat all year. However, from shopping for ingredients to reheating leftovers, there are many opportunities for foodborne illness to occur. While we may become wiser with age, older adults are also at increased risk for foodborne illness and often take longer to recover. Luckily, a few food safety tips can allow people of any age to enjoy holiday meals safely.

- Separate raw meat, poultry and seafood from other foods in your grocery cart and in the refrigerator.
- If purchasing a fresh turkey, use within 4 days of purchasing. Frozen turkeys may be purchased up to a year in advance.
- The safest way to thaw frozen turkey is in the refrigerator. Allow 24 hours for every 5 pounds of turkey. Keep your thawing turkey in the bottom of your fridge on a tray that can catch drips.
- Prevent cross-contamination by washing hands frequently. Raw meats should always be kept on separate surfaces. Also, countertops, cutting boards, and utensils should be sanitized after each step in the food preparation process. Chlorine-based sanitation wipes work best for surfaces. **Do not wash your turkey** before cooking. Rinsing raw poultry can cause bacteria to be splashed around the kitchen.
- Cook turkey thoroughly. Use a digital thermometer to ensure that the turkey has reached 165 degrees in the thickest part of the breast, wing and thigh. Stuffing, whether inside or outside of the bird must also reach 165 degrees to kill harmful bacteria.
- Don't leave leftovers out for more than 2 hours.
- Chill leftovers quickly in shallow containers to halt bacteria growth. Cut turkey off the bone before refrigerating and store stuffing separately from meat. Leave warm foods uncovered in the fridge until a temperature of 41 degrees is reached and then cover. Cool leftovers completely before packing and freezing in airtight containers. Leftovers will last up to 4 days in the fridge.
- Always reheat leftovers to 165 degrees to kill any harmful bacteria (This applies to all leftover food at any time of year).

**Have a happy and safe Thanksgiving!**

## Senior Lunch In Person on Mondays in November

Salads served at 11:30am and hot entrees served at Noon. Age 60+ - \$5 suggested donation.

November 7	November 14	November 21	November 28
Chicken Pot Pie Garden Salad Cookies	Salmon Filet Wild Rice Pilaf Cauliflower & Broccoli Kale Citrus Salad Banana Pudding	BBQ Chicken Roast Potatoes Peas & Carrots Coleslaw Lemon Bars	Chicken Sausage Gumbo Brown Rice Garden Salad Peach Crisp

## Welcome to the ORCAS SENIOR CENTER Family

*Jennifer Welch, Susan Kosiur,  
Anthony Terndrup, Sam Windsor, Erma  
Windsor, and Donald Bushnell!*

Not a "friend" or need to renew?  
Go to [orcasseniors.org/friend](https://orcasseniors.org/friend).

### Classes with Joan Roulac by Zoom

Quiet the mind and strengthen the body with Joan Roulac's Ease Please four-week Qigong series. These 15-minute sessions will gently loosen muscles, strengthen immunity, build balance, and increase energy. This virtual series begins **Wednesday, November 2 at 9am** by Zoom. The fee is \$40 for the series.

**Relieve Arthritis Pain and Increase Joint Mobility**, a four-week series, starts **Tuesday, November 8 at 12:30pm** via Zoom. Learn ancient and modern energy healing techniques that decrease pain and increase mobility in this seated practice. Series fee is \$75.

Joan started teaching T'ai Chi Chih after becoming a Certified Teacher in 1987, and now leads Zoom classes around the world. For inquiries and registration, contact Joan Roulac directly by calling 360-298-2789 or email her at [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).

### Gentle Feldenkrais Class In Person

Orcas Senior Center and Andrea Preiss, Feldenkrais practitioner and therapeutic eurythmist, invite you to join a six-session movement class at Orcas Senior Center **Tuesdays in November, 11am-12pm**. Mainly in sitting position, the gentle exercises of the Feldenkrais Method and eurythmy, will help enhance your mobility, stability, balance, and vision. Series fee is \$72 (\$60 for friends of OSC) or drop in for \$12 per session (\$10 for friends of OSC). Please wear comfortable clothing and non-slippery shoes.

Andrea is a physical therapist that has been practicing the Feldenkrais Method and eurythmy for nearly 40 years. Certified in Germany in 2002, Andrea taught at various locations throughout Seattle and started a private practice in 2019.

For inquiries, please contact Andrea at 206-383-7705 or email [andrea-preiss@sound-movement.org](mailto:andrea-preiss@sound-movement.org). To learn more about Andrea go to <https://sound-movement.org/>.



### Silver Swans Virtual Ballet with Emily Anton

Join Emily Anton for Silver Swans, an hour of basic and gentle ballet for older adults on **Wednesdays, 11am-12pm** by Zoom. Improve your mobility, posture, stability, and balance with this movement class that has been specially designed for seniors. Rediscover your love for ballet or find it for the first time! Fees are \$75 for 5-classes or \$15 per class. To register and other inquiries, contact Emily at [emilyanton@me.com](mailto:emilyanton@me.com) or 541-441-0022. Adults of all ages welcome.



Emily Anton has toured the United States dancing ballet professionally for over ten years, taking residency in New York City, the San Francisco/Bay Area, and Seattle. Emily has a Bachelor of Arts degree in dance and movement, studied anatomy and physiology, Hellerwork Structural Integration, Franklin Method, and BodyTalk. To learn more, visit her website at [emilyanton.com/dancer](https://emilyanton.com/dancer).

### Virtual Chair Yoga and Slow Yoga with Susie Frank

Chair Yoga, offered virtually on **Wednesdays, 10:45-11:30am**, is a gentle technique allowing seniors and persons with disabilities to practice balance poses without the risk of falling with the use of a chair as support.

Slow Yoga, offered virtually on **Wednesdays and Fridays, 9:30-10:30am**, also incorporates the use of props and supports to help gain access to postures safely and mindfully. It is ideal for those new to yoga or those seeking a slower more supported practice.

Susie suggests a \$10 donation per class, but nobody will be turned away for lack of funds. Contact Susie directly for participation and payment inquiries at 360-298-4484 or [sissooz@yahoo.com](mailto:sissooz@yahoo.com).

### Fall Back and Change your Batteries

Changing the clocks is a good time to change your smoke alarm batteries and check detectors to verify they are all in good working order. It is good practice to change those batteries twice a year, and for 10-year batteries or hard-wired alarms, take the opportunity to verify they are working. According to the Orcas Island Fire & Rescue (OIFR), "roughly half of home fire deaths result from fires reported between 11pm and 7am when most people are asleep."



## IslandRides History and Update



By *IslandRides*

*IslandRides* started out as the 'RoundTowner on San Juan Island, providing rides to those in need around Friday Harbor. Shortly before the pandemic started, the organization re-branded as *IslandRides* and set a goal to expand service throughout San Juan

Island and to both Lopez and Orcas. Thanks to a combination of government, business, private donor and user donation funding, *IslandRides* achieved those goals and has been steadily expanding service.

Recently, *IslandRides* has been busy planning for the next few years of operations and applying for additional potential funding to help ensure we can continue to provide this valuable service to island residents in need. Due to growing demand for our services on Orcas, *IslandRides* will be participating in the Orcas Island Community Foundation's GiveOrcas Holiday Campaign.

For more information, visit [www.islandrides.org](http://www.islandrides.org). If you are interested in becoming a volunteer driver for *IslandRides*, please contact us; we can work with your schedule. **To schedule a ride or delivery on Orcas, call 360-672-2201.**

## Island Hearing Healthcare



Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare will offer hearing appointments at Orcas Senior Center on **Thursday, November 10** and the first Thursday of each month moving forward. Services available include hearing tests, consultations, hearing aid programming, and other hearing aid services. Clean and checks of hearing aids, as well as general consultations will be offered free of charge.

To schedule an appointment and other questions please contact Stacie directly at 360-378-2330 or send an email to [islandhearing@gmail.com](mailto:islandhearing@gmail.com). To learn more about Island Hearing Healthcare, go to [islandhearing.net](http://islandhearing.net).

## Life Line Screening Event

By *Life Line*



The mission of Life Line Screening is to provide affordable and

convenient health screenings that supplement your traditional healthcare. Life Line Screening will offer these non-invasive and painless health screenings at Orcas Senior Center on **Tuesday, November 15**. These screenings will help identify dangerous plaque buildup or blockage, a major risk factor for stroke and heart disease. The screenings are accurate, affordable and will give you valuable information about your health that you can share with your doctor.

Life Line will offer a package of five screenings to identify risk for stroke, heart disease and other chronic conditions, including **Carotid Artery Screening (Plaque), Peripheral Arterial Disease Screening, Abdominal Aortic Aneurysm (AAA), Atrial Fibrillation, Osteoporosis Risk.**

These five vital screenings take 60-90 minutes to complete. Get pricing information and register by calling toll free 1-888-653-6441, text the word "circle" to 797979, or online at <https://lisa.social/HS>.

## Public Notary Service

Do you need documents notarized? Drop by Orcas Senior Center on **Monday, November 14, 9:30am-1pm** for notary services provided by Lisa Spesard.



If you have questions, contact Lisa Spesard at 360-865-4193 or by sending an email to [notary2thesanjuanislands@rockisland.com](mailto:notary2thesanjuanislands@rockisland.com).

You can also visit Lisa's website for more information: [www.notary2thesanjuanislandswashington.com](http://www.notary2thesanjuanislandswashington.com).

Notary services are available the second Monday of every month at Orcas Senior Center. Thank you, Lisa!



# Volunteers Needed!

## Join us in serving our island seniors!

Help your local senior center provide essential services by:

- Becoming a Meals on Wheels driver
- Helping in the kitchen
- Supporting the front office
- Providing transportation to medical appointments
- And more!



**Scan this code to open our page!**

We need your help to provide critical services to seniors in our community. Become a volunteer today and make a difference!



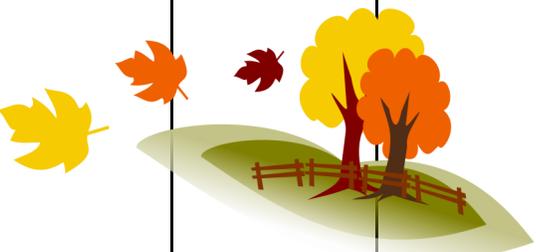
**Orcas Island Senior Center**  
62 Henry Rd  
Eastsound, WA 98245

For more information, contact Jami Mitchell  
[jamimesanjuanco.com](mailto:jamimesanjuanco.com)  
360-376-7926



# November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Our aim is to host in-person lunches on Mondays November 7, 14, 21, and 28. Salads served at 11:30am. Hot entrees served at Noon.		<b>1</b> National Cinnamon Day 	<b>2</b> Meal on Wheels 9a: Ease Please Qigong 9:30a: Slow Yoga 10:45a: Chair Yoga 11a: Ballet	<b>3</b> 9:30a: Zumba Gold 1p: Medicare Presentation	<b>4</b> Meals on Wheels 9:30a: Slow Yoga 10:30a: Ukuleles	<b>5</b> 9a: Virtual Zumba
<b>6</b> Daylight Savings Time Ends 	<b>7</b> Meal on Wheels 9:30a: Watercolors 11:30a: Senior Lunch! 1p: Ukuleles 2p: Caregivers	<b>8</b> Election Day 9:30a: Zumba 11a: Feldenkrais 12:30p: Arthritis & Joint Mobility	<b>9</b> Meal on Wheels 9a: Qigong 9:30a: Slow Yoga 10:45a: Yoga 11a: Ballet 12:45p: Art Workshop 1p: Age, Me Too	<b>10</b> Island Hearing by Appointment 9:30a: Zumba Gold 11:30a: ODC Meeting 1p: Quilting	<b>11</b> CLOSED 	<b>12</b> 9a: Virtual Zumba 
<b>13</b> World Kindness Day 	<b>14</b> Meal on Wheels 9:30a: Notary! 9:30a: Watercolors 11:30a: Senior Lunch! 1p: Ukuleles 2p: Caregivers 5p: Diabetes	<b>15</b> Life Line Screenings 9:30a: Zumba Gold 12:30p: Arthritis & Joint Mobility Class	<b>16</b> Meal on Wheels 9a: Ease Please Qigong 9:30a: Slow Yoga 10:45a: Chair Yoga 11a: Silver Swans Ballet	<b>17</b> 9:30a: Zumba Gold 10am: Chronic Pain Support Group 1p: Medicare Presentation 1p: SSCSJC Board Meeting	<b>18</b> Meals on Wheels 9:30a: Slow Yoga 10:30a: Ukuleles	<b>19</b> 9a: Virtual Zumba 
<b>20</b> National Puzzle Week 	<b>21</b> Meal on Wheels 9:30a: Watercolors 11:30a: Senior Lunch! 1p: Ukuleles 2p: Caregivers	<b>22</b> 9:30a: Zumba Gold 11a: Feldenkrais 12:30p: Arthritis & Joint Mobility Class	<b>23</b> Meal on Wheels 9a: Qigong 9:30a: Slow Yoga 10:45a: Chair Yoga 11a: Ballet 1p: Age, Me Too	<b>24</b> CLOSED 	<b>25</b> CLOSED	<b>26</b> 9a: Virtual Zumba
<b>27</b>	<b>28</b> Meal on Wheels 9:30a: Watercolors 11:30a: Senior Lunch! 1p: Ukuleles 2p: Caregivers	<b>29</b> 9:30a: Zumba Gold 11a: Feldenkrais 12:30p: Arthritis & Joint Mobility Class	<b>30</b> Meal on Wheels 9:30a: Slow Yoga 10:45a: Chair Yoga 11a: Silver Swans Ballet			

## Fun and Connection at the Orcas Senior Center

### Watercolors Art Class

Are you interested in exploring your artistic side? Orcas Senior Center is hosting a **watercolors class for beginners on Mondays, 9:30-11am**. Basic supplies are required to participate and the cost per class is \$5. There is a limit of eight people per session so please reach out to instructor, Robbie Walker, to join.



To learn more about supplies needed and other details, reach out to Robbie directly at 360-376-7714 or [robbielouwalker@orcasonline.com](mailto:robbielouwalker@orcasonline.com).

### Age, Me Too, a Group for Woman

Are you interested in joining a group of women for an honest conversation about the complexities of aging? **Age, Me Too** is a discussion of women, for women that meets the **second and fourth Wednesday of each month, 1-3pm at Orcas Senior Center**. You must be willing to get vulnerable and be eager to open up for a truthful discussion about learning to navigate the complexities of getting EVEN older. Expect heavy conversations, but laughs are strongly encouraged.

To participate, reach out to Programs & Activities Coordinator, Steven Ziegler, at 206-413-6156 or email [steven@orcasseniors.org](mailto:steven@orcasseniors.org).

### Living Well with Diabetes Support Group

Are you living with diabetes and interested in joining others who are also managing this disease? In hopes that peer support from people with similar goals and challenges will help motivate the group to live better with diabetes, Orcas Senior Center, in collaboration with Orcas Island Lions Club, will host a monthly diabetes peer support group called **“Living Well with Diabetes” beginning Monday, November 14 at 5pm at Orcas Senior Center**.

The group is for adults living with diabetes and aims to encourage and support behavioral changes leading to increased exercise and healthy eating habits. Anyone interested in participating in the “Living Well with Diabetes” peer support group is encouraged to attend.

For additional information, please contact Stephen Bentley at 360-376-2299 or [stephen@swbentley.com](mailto:stephen@swbentley.com).

### Ukulele Kanikapila

Join the ukulele Kanikapila, Hawaiian for “play music,” on **Mondays, 1-3pm at Orcas Senior Center**. The first half hour is a lesson or two and then everyone has the opportunity to play. Adults of all ages with all levels of ukulele expertise are welcome, as per requested by group, please be prepared to show your vaccination card at your first session. For inquiries, please contact Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).



## CURRENT SERVICES WE PROVIDE

**Community Lunch** is on track to continue in person on Mondays, November 7, 14, 21, and 28. In the near future, our aim is to again host multiple Senior Lunches each week.

**Home delivered meals** are provided to seniors 60+ on Monday, Wednesday, and Friday for those in need. Please call Jami Mitchell at 360-376-7926 to get registered for meal support from Meals on Wheels.

**Case Coordination and Caregiver Resources:** Services are available to assess and offer options for those in need. Contact Heidi Bruce at 360-370-0591 or [heidib@sanjuanico.com](mailto:heidib@sanjuanico.com) for more information.

**Transportation assistance for medical appointments** is available. Call Jami Mitchell at 360-376-7926 to request a ride or to volunteer as a driver.

**Home Maintenance & Repair** pilot program helps seniors and adults with disabilities secure contractors and assure that work is done well and in a timely manner. Subsidies are not available at this time. Contact Allan Rosato at 360-643-4419 or [HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org).

**Foot care** services are provided by Footcare with a Heart, LLC by appointment only. Masks are required. For appointments and fee schedule, please contact Erica Bee at 360-622-8234.

**Programs and activities** onsite at the Orcas Senior Center are reopening on a case-by-case basis. Some in-person activities and “hybrid” (a combination of in-person and Zoom) activities are being offered. Go to our Calendar of Events at [orcasseniors.org](http://orcasseniors.org) for the latest offerings. Contact Steven Ziegler at [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org) or 206-413-6156 for more information.

**Companion Services** are available. Buddy Check-In volunteers are continuing to call their buddies for enriching conversation and companionship for seniors. Are you interested in being matched up with a Buddy volunteer? If so, contact Jim Glozier at [Jim@orcasseniors.org](mailto:Jim@orcasseniors.org) or 360-919-9318.

## COMMUNITY RESOURCES

*Throughout the pandemic, many organizations adapted how they operate and continue to evolve. Below is a list of some new, continuing, and suspended resources. Contact the service for the most updated information.*

**Lions Club Mobility Equipment:** Mon., Wed, & Fri. 10-11a, and also by appointment. Stephen Bentley, 360-376-2299.

**Orcas Island Food Bank:** Next door to the Community Church. Mondays 3-6:30pm, and Tuesdays and Fridays from 12-6:30pm. For questions or more info, please call and leave a message at 360-376-4445.

**Orcas Food Co-op:** To arrange for home delivery or curbside pick-up; [www.orcasfood.coop](http://www.orcasfood.coop) or call 360-376-2009.

**OPAL Community Land Trust:** Struggling to make rent or a mortgage payment? OPAL is here to help. Call 360-376-3191 or email [opalclt@opalclt.org](mailto:opalclt@opalclt.org).

**Orcas Community Resource Center:** OCRC works to ensure that all Orcas Islanders have access to services and support for their well-being. Call 360-376-3184 or email [jana@orcascrc.org](mailto:jana@orcascrc.org).

**Weatherization:** 1-800-290-3857, or via OPALCO: 360-376-3500 or Orcas Community Resource Center at 360-376-3184 or [info@orcascrc.org](mailto:info@orcascrc.org).

**Medicare/SHIBA:** Volunteers assist with Medicare enrollment, choosing secondary plans, and affordable healthcare. Medicare help is available for FREE by appointment. Call 360-376-5892 or email [orcasshiba@yahoo.com](mailto:orcasshiba@yahoo.com).

**Energy Assistance:** Need help with electric bills? Call OPALCO at 360-376-3500 for eligibility and to apply.

**Veterans Administration:** 1-800-827-1000, or call 360-370-7470 or email [veterans@sanjuanco.com](mailto:veterans@sanjuanco.com).

**SAFE San Juans:** Domestic violence and sexual assault services to survivors and loved ones; 360-376-5979. SAFE San Juans has a 24-hour crisis line on each island. For Orcas, call 360-376-1234.

**Orcas Safe Homes:** 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](http://OrcasCaregivingConnection.org) is an online directory of local caregivers and resources for caregiving on Orcas. Call 1-888-685-1475 for more information.

**Orcas Door to Door:** Services have resumed. Call for on-island transportation assistance: 360-622-2929.

**IslandRides:** Daily rides and deliveries by donation: 360-672-2201. More volunteer drivers are welcome.

**Mert's 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.

**Hearing Screenings:** Stacie Nordrum of Island Hearing Healthcare has November appointments: 360-378-2330.

**Social Security:** 1-800-772-1213 or online via [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

**Mental Health Crisis hot line:** Call the 24-hour mental health crisis line: 1-800-584-3578 or go to [www.imhurting.org](http://www.imhurting.org).

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Or Current Resident

Phone: 360-376-2677  
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SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY