

Orcas Senior Signal

Vol VII, No. 1, January, 2002

360 376-2677 (V/TDD). FAX 360 376-5465

Building Dedication Now Set for April 6

After a delightful sneak preview of our new building late last month, the Advisory Committee and staff have decided to give it a "shakedown cruise" for the next couple of months, and to hold the formal dedication of the Orcas Senior Center and County Building on Saturday, April 6. Staff will move into the new building January 24-25.

The dedication will be, in part, a musical feast that will show off the acoustics of our Great Room! County department heads are being invited to be on hand to explain how their agencies will function in the new facility. You'll get a complete rundown of groups, times, and other events in the next two *Signals*.

One remarkable event at the dedication will be an exhibit called "Hands-On Healing," a group of photographs taken nearly 45 years ago by the award-winning photographer Ted Spiegel, of the late Dr. Malcolm Heath, his patients, and his family. He was one of the founders of the Senior Services Council, the non-profit which has built both Mullis Center in Friday Harbor and our new building. It is hoped that both family members and some of Dr. Heath's former patients will be on hand for the dedication.



Make Lunch Reservations, Please!

A good new year's resolution: reserve your place at Senior Lunch, and help us to use the food budget wisely to feed everybody. Call the office —376-2677—preferably the day ahead, but at least by 10 AM of the day you plan to attend.

You always can tell if several people haven't reserved: we run short on salad, or even on main courses! So please CALL ahead; Amy Raven will appreciate your courtesy!

Hughes Challenge Grant to Provide Sound System

Orcas Senior Center has a new goal: a \$10,000 challenge grant from C. Richard Hughes, and his son, Rick, in memory of their late wife and mother, Sally Sue Hughes. The match is for sound equipment, much of which is being built into the Great Room.

Some \$1,400 of the matching funds, and \$2,000 of the grant, already have been received, and are being put to use in the 12 speakers in the ceiling of the main room, and in a secure cabinet to hold other sound equipment. As the funds come in, the latter equipment will be purchased, along with wands for hearing-impaired persons.

Instrumental in designing the sound system has been Gordon Hayes, a professional who also has assisted Orcas Center in

Continued on Page 6, Column 2

'Wish List' Sought For Activities, Trips

What activities would benefit you, personally, in this new year?

My favorite, so far, would be a class to reduce the size of my belly and to help me stand up straighter. Yoga and tai chi both help with these desired outcomes. As the Pilates movements (for which there's also a good local instructor!) are known for building solid tummy muscles in a gentle manner, such a course could be called... 'Paunches Pilates'?

Seriously, we all can use a little firming and strengthening, and it's good news that many studies now show this can occur up through highest old age.

To reduce strains and sprains, and to keep our insurance costs as low as possible, we will require a doctor's okay to participate in exercise groups. They will be at a gentle level until the instructor can ensure that each person is doing the exercise in such a way as not to injure himself or others.

So please take a moment to fill out the survey on Page 7, and to return it to 208 North Beach Road before the first activities advisory meeting at 1 PM on Tuesday, January 15, in the old building. Thereafter, the activities group will meet on the third Tuesday of each month.

You'll notice that the activities and trips groups are meeting separately (trips will meet on the second Tuesdays, same time). You're welcome to join both, or to drop in on either for an occasional session when there's a point you'd like to get across.

Please be as specific as possible in this survey. For instance, under "cooking," we've heard it would be helpful to have a class in cooking for one, or for two. And there are a zillion card games. Let us know your favorites, and we'll try to find space and, if applicable, an instructor, either at no fee or at one that's affordable. JK

FROM THE DESK OF LINDA T...

As I sit here writing this column, it is the middle of December and we are busy tying up loose ends, getting ready for the big move into our new building later this month. By the time you are reading this, we will have had our "Preview Party" on December 29. Many of you have now had the opportunity to see for yourselves what a wonderful space we will occupy for all the things we are doing now and for all the programs and activities we are planning to add in the coming year.

We have already had two meetings of the Activities and Trip Planning Committee and there are so many ideas already on our list of "things to do" I can't wait to get started. With expanded facilities, we expect to be able to do so much more. We have decided to divide the one Planning Committee into two groups. One group will consist of those of you who are interested in suggesting and helping to organize trips both on and off the island. The other group will include those of you who are interested in suggesting and helping to implement various programs and activities to be held in our great new space. You are certainly welcome to participate in either group, or even both!

I am really looking forward to working with all of you in the New Year in the

Continued on Page 3, Column 1

Orcas Senior Signal

Jan Ferris Koltun, Editor

Linda Tretheway, Associate Editor

This newsletter is published monthly by Orcas Senior Services, P.O. Box 18, Eastsound, 98245. We invite contributions from all Orcas Senior Center members. **Deadline for the February, 2002 issue:**

January 18.

Email: jank@co.san-juan.wa.us

Thanks!

Thanks to all who helped on the "Lake Tahoe & More" trips raffle! Three winning entries were drawn Dec. 29 at the Sneak Preview; the winners will be announced in the February *Signal*.

In particular, thanks go to **Katie Jensen, Frieda Nichols, May Shiozawa** (whom we prevailed on to help after she won the quilt raffle!) and **Jan Wells**, who braved a chilly December Saturday morning at Island Market to sell nearly \$400 worth of tickets, and to the hard-working addressers (detailed in the December *Signal*), who sent out end-of-year appeals offering the raffle possibility.

And a special thanks to **Mary Buscher** and the intrepid office volunteers who filled out and folded a bajillion raffle tickets for people who mailed in their requests!

Continued from Page 2, Column 2

new building. Please do not hesitate to contact me, **Jan**, or **Mary** at the office if you are interested in being part of the planning process. The more the merrier!

P.S. Think about joining us for one of our trips in January. There's the monthly shopping trip to the mainland on the third Wednesday (think of all those post-holiday sales and specials!), and a special trip to the Frye Art Museum in Seattle on January 23. Be sure to sign up for a space early. LT

Remembering, With Love

Mildred Belke	1911-2001
Blanche Christiansen	1911-2001
Harold W. Daniels	1930-2001
Agnes Hiller	1915-2001
Lois Latshaw Shaepe	1934-2001

Happy January Birthdays to:

	January
Enid Blanc	1
Edward Coons	3
Bob Blanc	3
Dorothy Sexton	4
Calvin Blaine	4
John Poletti	5
Norma Beebe	7
Mary Jane Cheesman	7
Nina Coffelt	9
Ann Waltersdorph	9
Janet Bronkey	10
Elaine Jagels	13
Charlotte Brebner	13
Calvin McLachlan	14
Bob Meyer	15
Patricia Emery	15
Ellen Emery	18
Agnes Forbes	19
Katie Jensen	19
Tony Vita	19
George Arbuckle	20
Virginia Reagles	21
Austin Grant	22
Joyce Burghardt	22
Cis Kirtland	23
Peggy Enderlein	26
Bertie Millett	26
B.J. Bangert	27
Wes Pomeroy	27
Roy Blay	27
Craig Tedmon	28
Robert Bennett	29


Happy Anniversaries to:

Arthur & Helen Boyd	1/1/29
Gil & Jeanne DeLong	1/9/43
Wally & Trudy Erwin	1/10/77
Charles & Shirley Dever	1/17/44
Connie & Lester Newland	1/19/35
George & Gladys Brimhall	1/23/48
Andy & Joyce Nigretto	1/29/53

Host & hostess: Agnes &
Andy Forbes, thanks!

JANUARY, 2002

Orcas Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Marlene Shoemaker, Karin Fuhring, Dora Blake, Dean Buchan, and Veronica Thornton are our January birthday cake bakers, thank you!</p>		<p>1 Happy New Year! Office closed</p>	<p>2</p>
<p>6</p>	<p>7 1 PM Caregiver's Group</p>	<p>8 No Senior Lunch this week: Orcas Center Madrona Room closed 1 PM Trip Planning Group 4-7 PM Family Law Clinic (pro bono)</p>	<p>9 CO CL</p>
<p>13</p>	<p>14 1 PM Caregiver's Group</p>	<p>15 bacon & broccoli quiche, romaine salad, applesauce, coffee cake 1 PM Activities Planning Group</p>	<p>16 M Wes Clin</p>
<p>20</p> 	<p>21 Martin Luther King Day: Office Closed 1 PM Caregiver's Group</p>	<p>22 French dip sandwich au jus, Tater Tots, glazed carrots, apricots</p>	<p>23 F</p>
<p>27</p>	<p>28 1 PM Caregiver's Group</p>	<p>29 Senior Lunch: location to be announced! Birthdays! Stuffed peppers, roasted red potatoes, Italian veggies, almond cookies</p>	<p>30</p>

SENIOR SIGNAL PAGE 4 -5

r and Luncheon Menus

All meetings except Senior Lunches
are at the old Senior Center,
208 North Beach Road

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	3 9:30 Orcas Advisory Committee	4 Senior Lunch: fish sticks, scal- loped potatoes, veggies, coleslaw, pears	5
DSTCO Hearing clinic: make appt.	10	11 No Senior Lunch this week: Orcas Center Madrona Room closed	12
mainland shopping trip stern Hearing clinic: make appt.	17	18 minestrone, chicken salad, rolls, peach cobbler	19
rye Museum trip: Nicolai Fletchen Exhibit	24 Move-in day at 62 Henry Road!	25 Move-in day at 62 Henry Road! No Senior Lunch, due to move	26
31 <div>Foot care clinic: reserve ahead</div>			

Energy Assistance Program to Visit Orcas

Low-income elders wishing assistance with making their homes more energy-efficient or assistance with paying energy bills may sign up for January 23 Orcas appointments by calling the Opportunity Council's Energy Reception number, (360) 734-5121. Only a few appointments are available this year, and those will be 8:30-10:30 AM at Orcas Family Resource Center, 36 Peapatch Lane, Eastsound.

May Shiozawa Wins Dresden Plate Quilt

Out of more than 15,000 entries from all over the United States, **Dorothy Arbuckle** drew the name of a former student, **May Shiozawa**, to win the lovely Dresden Plate antique quilt. The drawing was made at Senior Lunch November 30, after **Kraemer Frenger** had spent several minutes mixing up the entries in a straw basket four feet in diameter.

Dorothy, who hand-stitched the quilt for which a relative cut the pieces many years previously from antique flour sacking, kept the audience in suspense for several minutes after she drew the winning raffle ticket.

"I don't believe it! Of all the people who could have won it, this makes me the happiest!" she exclaimed.

Contacted at home, **May** drove quickly to Orcas Center to accept her queen-sized prize.



Need A Little Extra Help?

Some of you already have used our "care list," of folks with local references who are available for part or full-time work. As we explain before giving out names, we don't function as an employment agency, but we maintain a list of potential helpers who have come into the office and filled out a form stating what sort of work they do, and listing references.

When you call, **Jan** will help you find someone who can "do" for you. Usually, she will give you two or three names, and references so that you can check on each person. Don't be shy about negotiating hourly wages, which for obvious reasons are somewhat less on the average during winter months than during our bustling summers.

A local employer called in recently to refer two Spanish-speaking persons, both of whom have done an excellent job of cleaning. So if you speak Spanish, or would like to practice, give us a call!

Continued from Page 1, Column 2

its acoustical acquisitions.

The sound system will make the Orcas Senior Center one of the best-equipped facilities in the county, and will greatly enhance the ability to host small theatre and music groups, both for practicing and for performing.

Several studies have established the positive effects of music--practicing, performing, and listening--on healthy aging. With such a strong sound system, it will be possible to attract research projects on the role of music in maintaining physical and mental well-being. JK

Activities, Trips Survey*

Please take a moment to check off activities and trips you might enjoy in the new building, or to suggest new ones. Mail or bring them in, or we'll pick them up at Senior Lunch. We'll review the answers at the first activities advisory session on Tuesday, January 15; the trips group will meet Tuesday, January 8. Both will meet at 1 PM in the old building.

Board games (please specify your favorites) _____
 Card games (specify) _____
 Cooking (what kind or aim?) _____
 Crochet, crewel, needlepoint, knitting (specify) _____
 Dancing (What kind?) _____
 Hand-built pottery _____
 Music (group piano lessons, string players, other? Specify & add your level of proficiency and instrument) _____
 Painting _____
 Pilates (abdominal and spine strengthening) _____
 Quilting _____
 Reading group or readers' theatre _____
 Service activities _____
 Tai chi _____
 Travel group (possibility of discounts here) _____
 Water color _____
 Yoga _____
 Other (use the margins, if you need to!) _____

Trips

Dinner Train _____
 Garden tours (local or mainland) _____
 Harrison Hot Springs _____
 Orcas opportunities for grandkids (Funhouse, possibly the new Christian School, Kaleidoscope, Children's House, with lunch and a speaker in Eastsound) _____
 Other museums (please specify) _____
 Seattle Museums (please specify favorites) _____
 Tulip tour in spring _____
 Vancouver museums (please specify favorites) _____
 Winery tour _____
 Other _____

What is/are the best time (s) for classes, for you? _____

It is likely that some of the instructors will need to charge a fee for classes, and that the Senior Center will need to add something to cover our share of lights and heat in the new building. What do you think might be an affordable fee for an hour-long class in the clean, comfortable new facility? _____

*See editorials, Page 2.

Senior Center
& Happy New

Year
in Advance

Orcas Senior Signal

Senior Services Council of San Juan County
P.O. Box 18
Eastsound, WA 98245

.....
• Bulk rate
• Non-profit
• U.S. Postage Paid
• Permit # 10
• Eastsound, WA 98245
.....



Host & Hostess: Kraemer & Bette
Frenger

February, 2002

Orcas Senior

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

Senior Lunches are on Tuesdays and Fridays, 11:30-1, at Orcas Center until we move into the new building. We'll announce the move ahead of time, and post it on our new Website (See Page 1). For lunch menus, see Page 3, Column 1. Please call 376-2677 if you're in doubt about the location of an activity. This is the last month of our Big Move! Thanks for your patience!!

3

4

5

6

Senior Lunch: for
menus, see Page 3.

10

11

1 pm Caregivers'
Support Group

12

Western Hearing Aid
Blood Pressure Check
Library Lady
Senior Lunch: Speaker:
Barry Acker
1 PM Travel Planning
Group

13

17

18

President's Day
Holiday: Center Closed

1 pm Caregivers'
Support Group

19

Senior Lunch: for
menus, see Page 3.

1 PM Activities
Planning Group

20

Ma

24

25

1 pm Caregivers'
Support Group

26

10:30 AM Introductory
Yoga with Winnie
Adams: Relaxation &
Better Breathing
Senior Lunch (birthday
lunch): for menus, see
Page 3.

27

SENIOR SIGNAL PAGE 4 -5

or Center Calendar

Cake Bakers: Agnes Forbes,
Evelyn Rutledge,
Mardi Lister, Jeanne DeLong,
Goody Goodrich

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

until we
and post
umn 2.
during



1

Senior Lunch: for
menus, see Page 3.

2

7

9:30 Advisory Com-
mittee

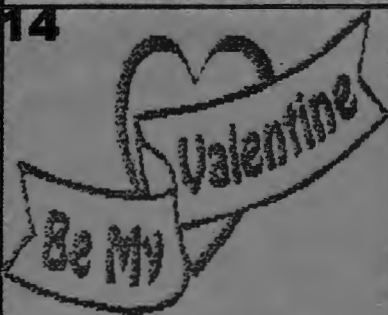
Trip to NW Flower &
Garden Show

8

Senior Lunch: for
menus, see Page 3.

9

14



15

Senior Lunch: for
menus, see Page 3.

16

21

inland shopping
Trip

22

Senior Lunch: for
menus, see Page 3.

23

28

ot Care Clinic: Reserve your
appointment: 2677

Casino Trip

(Continued from page 1)

for future usage. See Page 3 for trips.

Thanks to Pat Logan for helping to collate the survey results.

With only about 30 responses to the survey, it's still too early to tell what will prove popular. So we're including a new version of the activities survey again in this issue of the *Signal*, on page 7. The numbers after each activity indicate how many of you previous responders are interested in it.

Be sure to let Jan know of anyone whom you'd particularly like to lead classes, groups, and workshops.

For fee structures, to pay teachers as well as utilities, most respondents thought \$5/hour would be right. Some suggested a flat yearly fee that would cover two or three classes. The Building Operations committee currently is evaluating such possibilities.

Best times for activities seemed to be mid-day (10 AM-2 PM).

This survey seems to indicate the need for a drop-in area where members and their friends can play cards or other games (31 responses, suggesting nearly as many variations!). In response to that, the Great Room is the likeliest location, and we welcome any donations of cards or board games. We already have a few; check with Jan if you have one in mind to give.

As you'll see from the tabulation on the Page 7 survey, dancing is another area where many responders would like to do SOMETHING, without a lot of agreement on just what. That's par for the course at this stage of our development!

Welcome to what looks like an exciting journey of growth and fun! JK

Happy February Anniversaries!

	February
Dick & Bobbie Hattrup	9
Bill & Margaret Tyree	13
Andy & Agnes Forbes	14
Lois & Lowell Baney	14
Bruce & Sharon Heller	20

Photography, Poetry Contests—The National Council on Aging and the American Society on Aging are sponsoring two contests—poetry and photography—for Senior Center members. Theme of the contests is: "Crossing the Great Divide." Send entries, postmarked by March 15, 2002, to: Poetry/Photography Contest, c/o It's Never 2 Late, 3569 S. Pennsylvania St., Englewood, CO, 80110.

Participants may submit up to three previously-unpublished poems, 100 lines or less, based on this year's theme. Entries must be typed or legibly printed on 8.5x11" paper, one poem per page. (Longer poems may be on more than one page.). Submit three copies of each poem along with a cover sheet that lists the title of the poem, contestant's name, address, phone.

Photography entrants may submit up to three previously-unpublished photos, color or black and white, also based on this year's theme. All entries must be mounted on stiff, smooth foam or matte board and must be no larger than 24" on any side. On the back of each photo, print its title, the contestant's name, address, phone.

Winners will receive cash prizes and books. Entries become the property of NCOA and ASA, and will not be returned.

Happy February Birthdays!

Walt Rutledge	2
Betty Lou Grant	2
Peggy Rodenberger	3
Werner Kundig	3
Rick Bronkey	3
Lois Sheedy	4
Pete McCorison	6
Kiko Harrison	7
Al Englehartson	12
Larry Cornwell	12
Joan McMillen	14
Jane Bristow	16
Barbara Lutz	16
Clarena McLachlan	16
Toby Hiller	22
Lee Gardiner	23
Ron Malzon	24
Reba Lehmann	27
Evelyn Rutledge	27
Phyllis Wilkinson	28



Orcas Senior Signal

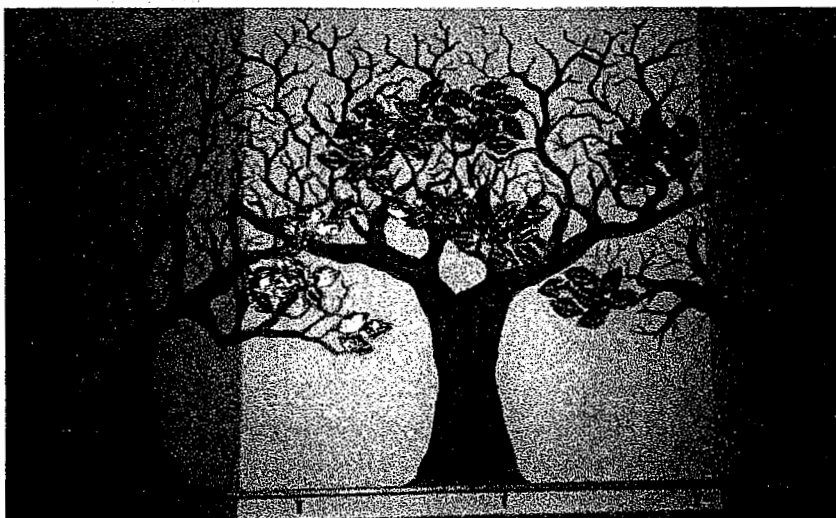
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Website: www.Orcaslibrary.org/community links or www.co.san-juan.wa.us/health/seniors

The 'Giving Orchard' in Our Front Lobby

This started out as a "Giving Tree" fund-raiser, but so many people gave that it has become a whole orchard! **Anita Orne** painted the trees; she has assisted **Trudy Erwin** in creating more than 400 individual leaf tiles containing names of those who contributed \$100-\$1,000 to the building fund. All the leaves



may not be completed for a few weeks; after that, if you have given and don't find your name there, please let **Jan** know and we'll fix it. Or, if you want to purchase a tile now or in the future, the money will go for needed equipment.

In this Issue

- Volunteer needs: See Pages 2 and 8
- New Groups Forming:
See Page 3 and Calendar (Pages 4-5)
- Prevent Identity Theft: Page 6
- Lunch Menus: Page 7
- Tax help: Page 7

March birthdays & anniversaries: Page 7

Thanks, Everybody!

Among recent financial gifts has been \$3,500 from the **Orcas Lions**, to match the **Hughes** sound system and hearing enhancement grant. The Lions also wanted to honor the late **Victor Hughes**, a former Lions President who sparked the initial hard-of-hearing equipment for Orcas Center.

Impressive, too, has been the **Orcas High School Key Club's** offer, not only to research and write grant proposals for a computer lab, but to teach seniors how to use the new equipment when they get it for us.

We are especially grateful to **Island Hospi-**

(Continued in column 2)

(Continued from column 1)

tal Health Foundation, for granting up to \$1,600 to frame and mat an outstanding exhibit to be shown at our dedication April 6; and to the **Orcas Island Garden Club** for offering to donate the proceeds from their forthcoming June 7-8 plant sale, Emporium, and auction (See story, page 8) for landscaping.

Time and energy gifts in recent days also leave us deeply thankful: to **Jim Newland**, for putting together a new desk and file cabinet; to **Russ Bruland**, **Chris Frank**, **Bill Humes**, **Mark Rice** and his crew, **Tom & Amy K. Raven**—to **Kraemer Frenger**, and to our Advisory Committee's busy Building Management Committee—**Barbara Ehrmantraut**, **Annette Mazzarella**, and **Susana Sharp**--and to our Advisory Committee President, **Beth Jenkins**, for handling many policy matters surrounding the move-in.

COLLABORATION IS A BEAUTIFUL THING

By Joyce Rupp, County Community Services Manager

Well, folks, here we are in the new **Orcas Senior Center/County Services Building**. I am driven to say a big **THANK YOU** to San Juan County government. As many of you know, the County owns just under half of this new building. They have been with us all the way through planning, design, funding, etc. County employees have contributed greatly to the success of this project. My personal thanks to Commissioner **John Evans**, Auditor **Si Stephens**, Admin. Services Director **Dave Zeretzke** & his capable staff of **Kandy Herschel** and **Heather Beck**, and Health & Community Services Director **John Manning**. We couldn't have done it nearly so well without you all!!

Next month I'll give you some idea how this public (County government) and private (Senior Services Council nonprofit corporation) partnership is envisioned to work. I think you will be surprised and impressed. Please, if you have questions or there is anything you don't understand, feel free to call me.

Surviving A Heart Attack

The story in the *Mullis Senior Signal* caught my eye last month, and I'd like to take this space to pass it on because it could save your life.

"All of a sudden, you start experiencing severe pain in your chest that begins to radiate out into your arm, and up into your
(Continued on Page 6)

REMEMBERING, WITH LOVE

George Brimhall, 1910-2002

FROM THE DESK OF LINDA T...

By the time you read this, we may have (hopefully) had a lunch or two in our new Senior Center and many of you will have been able to experience first-hand what a wonderful place it is to spend time.

This new space is going to create many opportunities to provide programs and activities that have only been dreams and wishes before. With these will also come more chances for many of you to volunteer your time and talents.

For example, we plan to expand the volunteer hours at the "front desk." We currently have coverage in the afternoons only. We need volunteers who would like to be greeters and receptionists in the mornings, too. Interested? Give us a call! Our new phone system, including voice mail, makes it a very easy and pleasant job.

To offer more trips off-island, we will need more drivers to volunteer their time behind the wheel. How would you like the "free" use of a van, a "free" ferry pass, and "free" gas for those off-island medical visits or recreational trips? All you have to do is let us know. No special license required.

We still need more greeters and hosts/hostesses for our lunches. It's a wonderful way to meet people and be in the middle of things.

Finally, we'd like to offer coffee and cookies or donuts in the mornings. We are looking for a few people interested in volunteering for this new job. (See story, Page 8.)

Orcas Senior Signal

Jan Ferris Koltun, Editor

Linda Tretheway, Assistant Editor

This newsletter is published monthly by Orcas Senior Services, P.O. Box 18, Eastsound, 98245. We invite contributions from all Orcas Senior Center members. April deadline: March 15.

Email: jank@co.san-juan.wa.us

Record Your Life Story

In the questionnaires that *Signal* recipients filled out during the past two months, several persons said they would like to join a writing group, and making a record for grandchildren was a popular suggestion. So a Wednesday group will begin at 10 AM March 6 and on subsequent Wednesdays with **Jan**, aimed at chronicling your Life Story, or that of your family. First meeting will be in the Lundeen Room; other gatherings will either be there or in the conference room, depending on availability of rooms and numbers of participants.

No writing experience is necessary. Participants should bring a notebook of their choice to the first meeting, and sharp pencils or pens. Exercises during the sessions will include finding the most important life occasions about which to write, selecting other materials, such as photos, special invitations, letters and other memorabilia to make a record for your children and grandchildren. How do you want the final record to look? Perhaps you'd like to make a tape or even a CD rather than a straight written story. We'll help you to figure it out.

As with other classes during this exploratory time, this class is free to all seniors (60+).

Medicare Highlights

This year, Medicare will cover two new services; medical nutrition therapy and glaucoma screening, under Part B benefits. The former is for people who have diabetes or renal (kidney) disease when a physician makes a referral. The glaucoma screening is for those who have diabetes mellitus, a family history of glaucoma, or are African-Americans aged 50 and over.

Orcas Strings to Sound Off

Ever play a stringed instrument?

Still have it around?

Well, pull it out and dust it off, because the Orcas Strings are starting up!

At 10 AM Friday, March 1, and subsequent Fridays if there is enough re-



sponse, **Katie Jensen**, autoharp, and **Jan Koltun**, mandolin, will meet all comers in the Lundeen Room to see what we can play. We'll have some sheet music for those who prefer it, some chords for play-by-ear, and plenty of suggestions for anybody who has ever thought they'd like to make music with a group.

Teachers, students, performers & shy types, practicers and slackards: all are welcome to join this free exploratory group.

The only ground rule is: no electronic devices! You who are into amplifiers: we'll help you start your own group!

New Medication Card For Low-income Seniors

Beginning March 1, low-income seniors will be able to buy a 30-day supply of a Pfizer prescription medicine for \$15. The new Pfizer Share Card can be used at retail pharmacies and will be available to Medicare recipients who have an annual gross income below \$18,000, or less than \$24,000 for couples. There is no enrollment fee for the card, which will cover more than 80 Pfizer medicines including drugs for Alzheimer's, diabetes, and high blood pressure.

Card applications are available by calling 1-800-717-6005 or on the Web at <http://www.pfizerforliving.com>.

Lunch host & hostess: Bette & Kraemer Frenger, thanks!

March, 2002 SENIOR S

Orcas Cal

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

Senior lunches are on Tuesdays and Fridays in the Betty Lundeen room, 11:30-1 PM. See Page 7 for menus. We put the menus there so you can clip them and stick the clipping on your refrigerator door.

Meet old friends
cards & games
daily

3

4

1 PM Caregivers' support group--conference room

5

10:30--Yoga relaxation & better breathing: with Winnie Adams: multipurpose room

Lunch programs:
Blood pressure check,
Library Lady

6

CostCo Hearing Reserve ahead

10 AM: Life Story group with Jan: Lundeen Room story, P. 3)

10

11

1 PM Caregivers' support group--conference room

12

Western Hearing Aid: Reserve ahead
County ballot collection at Senior Lunch

1 PM Travel planning w/ Linda:Lundeen Room

13

10 AM: Life Story group: conference room

17



St. Patrick's Day

18

1 PM Caregivers' support group--conference room

19

10:30 AM: Yoga with Winnie
Senior lunch speaker (11:50): Doug Bechtel
1 PM--Activities planning w/Jan: conference room

20

Mainland shopping trip

10 AM: Life Story group: conference room

24/31

25

1 PM Caregivers' support group--conference room

26

10:30 AM: Yoga with Winnie
AARP Tax help--conference room (all day)
Birthday lunch!

27

Foot Care

10 AM: Life Story group: Lundeen

adar

March cake bakers: Marylou Cobb,
Karin Fuhring, Nina Coffelt, Faith
Deeds, Veronica Thornton

THURSDAY

FRIDAY

SATURDAY

<div>1</div> <div>s and new for drop-in in the Lundeen room 00-11:30 AM.</div>	<div>1</div> <div>10 AM Orcas Strings with Katie & Jan (See story, P. 3): Lundeen Room</div>	<div>2</div>
<div>7</div> <div>9:30--Advisory com- mittee--conference room Mystery trip with Dick Thompson</div>	<div>8</div> <div>10 AM Orcas Strings</div>	<div>9</div>
<div>14</div>	<div>15</div> <div>10 AM Orcas Strings</div>	<div>16</div>
<div>21</div>	<div>22</div> <div>10 AM Orcas Strings 1 PM Newsletter folding party</div>	<div>23</div>
<div>28</div> <div>nic --reserve ahead</div>	<div>29</div> <div>10 AM Orcas Strings</div>	<div>30</div>
<div>om</div> <div>Passover begins</div>	<div>Good Friday</div>	

Prevent Identity Theft

This useful information comes from our Advisory Committee member, **Bob Scott**. It was of special interest to **Jan**, who placed her purse on the back of her car and drove off, thereby losing its contents.

Before your wallet is lost or stolen:

- Place its contents on a photocopy machine. Do both sides of each license, credit card, or other ID. This will enable you to know, should you ever need it, what you had in your wallet and all of your account and phone numbers to call and cancel.
- Keep the photocopy in a safe place.

Unfortunately the author of the article that **Bob** passed on, an attorney, had firsthand knowledge, because his wallet was stolen and within a week the thief(s) ordered an expensive monthly cell phone package, applied for a VISA credit card, had a credit line approved to buy a Gateway computer, received a PIN number from DMV to change his driving record information online, and more.

Here's some critical information to limit the damage in case this happens to you or someone you know. As everyone always advises, cancel your credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them easily. File a police report immediately in the jurisdiction where it was lost or stolen (On Orcas, call the sheriff); this proves to credit providers you were diligent, and is a first step toward an investigation (if there ever is one).

But here's what is perhaps most important:

Call the three national credit reporting organizations immediately to place a fraud alert on your name and Social Security number. The attorney had never heard of doing that until advised by a bank that

called to tell him an application for credit was made over the Internet in his name. The alert means any company that checks your credit knows your information was stolen and they have to contact you by phone to authorize new credit. By the time he was advised to do this, almost two weeks after the theft, all the damage had been done.

There are records of all the credit checks initiated by the thieves' purchases, none of which the attorney knew about before placing the alert. Since then, no additional damage has been done, and the thieves threw his wallet away; someone turned it in. It seems to have stopped them in their tracks.

The numbers are:

- Equifax: 1-800-525-6285
- Experian (formerly TRW): 1-888-397-3742
- Trans Union: 1-800-680-7289
- Social Security Administration (fraud line): 1-800-269-0271

(Continued from Page 2)

jaws. What can you do? Here's how to survive a heart attack when alone:

"Many persons are alone when they suffer a heart attack. Without help, the person whose heart stops beating properly, and who begins to feel faint, has only about 10 SECONDS LEFT before losing consciousness. However, these actions can help:

- 1) **Cough repeatedly and vigorously.**
- 2) **Take a deep breath before each cough.**

"Be sure the cough is deep and prolonged, as when producing sputum from deep inside the chest. Repeat the deep breath and vigorous cough every two seconds until help arrives, or until the heart is felt to be beating normally again.

"Deep breaths get oxygen into the lung and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm, ensuring survival until help can be summoned." JFK

(Continued in next column)

Happy March Birthdays to:

Diane Becker	1
Heather O'Malley	2
Rose Beckwith	2
Gunther Eschenbrenner	3
Lolly Halverson	3
Ellen Madan	4
Opal Jackson	6
Susana Sharp	6
Don Palmer	7
Elizabeth Waterman	7
D.E. Finkelnburg	9
Dora Blake	10
Ginny Robinson	13
Barbara Gudgell	14
Robert Todd	15
Tomue Vine	16
Sheila Pringle	17
Hattie Dixon	19
George Jensen	20
Edith Hurlbut	21
Louise Spencer	23
Mary Crosten	23
Alice Johnson	23
Lee O'Malley	24
Mary Hatten	24
Donna McKee	24
Jane McIlroy	27
Mary Frances Peden	27
Jeanne DeLong	29
Audrey Garrels	31

And Happy Anniversaries to:

George & Audrey Garrels	3/19/55
Kamala & Kiko Harrison	3/21/94
Kraemer & Bette Frenger	3/22/42

Missed First Class?

Come along anyway!

If you missed Winnie Adams' first deep breathing and relaxation session last month, you can still catch one of her three remaining free classes: 10:30-11:30 AM in the multipurpose room, March 5, 19, and 26.

Get your doctor's OK for this gentle, yoga-based exercise, for which no previous yoga training is required. Bring a small mat if you have one.

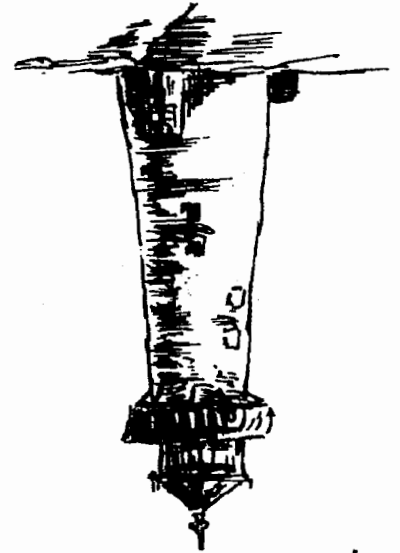
**March Senior
Lunch Menus**

Friday, March 1—macaroni 'n cheese, Caesar salad, mixed vegetables, chocolate pudding;
Tuesday, March 5—BBQ ribbers, baked potato, Capri vegetables, Claremont salad, peaches;
March 8—shrimp salad, garlic bread, apricots;
March 12—honey mustard chicken, scalloped potatoes, peas, coleslaw, apple cobbler;
March 15—corned beef cabbage, steamed potatoes, carrots, Irish soda bread, pear & lime jello;
March 19—taco salad, Spanish rice & beans, vanilla pudding;
March 22—salmon croquettes, rice pilaf, vegetables, pineapple & fruit jello;
March 25—spaghetti, green beans, garlic bread, Caesar salad, vanilla ice cream w/ strawberries;
March 29—teriyaki chicken w/ pineapple sauce, roasted red potatoes, Oriental veggies, fruit

**AARP tax help available
March 26 at Orcas Senior
Center**

Reserve your time slot now! Jim Kelley and his crew of tax preparation helpers from Skagit AARP will be here in the Conference Room March 26 to help you complete your tax forms. The volunteer tax assisters will prepare, from your documentation, simple forms such as 1040EZ, 1040A, 1040-V, 1040-ES, 2441, 8812, and 8863, but will not prepare business profit or loss, capital gains & losses, or more complex reports.

Call the Front Desk--376-2677--to obtain this worthwhile service.



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Orcas Senior Signal
Senior Services Council of San Juan County
P.O. Box 18
Eastsound, WA 98245

Page 8

Annual Garden Club Faire to Provide Landscaping

The Orcas Island Garden Club will hold its annual Faire in the Eastsound Village Square, 10 AM-4 PM on June 7-8. Proceeds from this two-day gala will go to landscape the grounds around the new Orcas Senior Center.

The Faire will feature gardens by local landscapers, plants, garden art and furniture, and books, sculpture, crafts, jewelry, clothing, paintings and gift items for sale. Delicious baked goods from Garden Club members will be offered along with beverages and grilled meats. Great bargains will abound for the Silent Auction.

There will be spaces for 20-25 independent vendors, accepted on a first-come, first-served basis. Setup can begin on Thursday afternoon and security will be provided Thursday and Friday nights.

The later-than-usual Faire date should help ensure good weather and more exposure to island visitors. For booth prices and applications, contact Gordon Greiner, PO Box 363, Deer Harbor, WA 98243, telephone 376-6503, or email kcgreiner@rockisland.com.

WANT AD

Would you enjoy presiding over coffee and cookies, one morning a week or even once a month? We'd like to offer such refreshments on a by-donation basis, and Amy K. Raven, our wonderful chef, has agreed to make the cookies. All that's needed is to put on the coffee and place everything out on the counter in the Lundeen Room, then sit back and enjoy a game of cards or whatever! Contact Linda, 2677, if this is a volunteer slot that might appeal to you!

Orcas Senior Signal

Vol VII, No. 4, April, 2002

360 376-2677 (V/TDD). FAX 360 376-5465

You Are Invited to Join the Fun

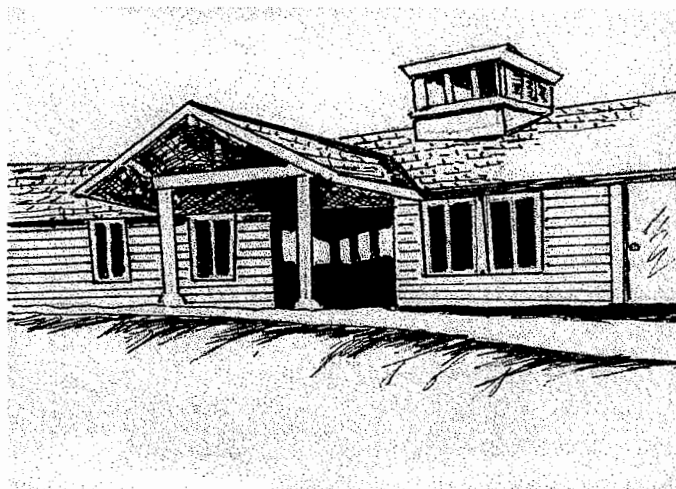
... at an historic event: dedication of the new Orcas Senior Center & County Building, at 11 AM, April 6. The Orcas Community Band, led by Karen Speck, will begin the festivities around 10:45, and the Olga Symphony will add some special notes to a unique occasion.

Advisory Committee member **Mardi Lister** made the drawing at the right, sketching from her car on some cold days last month!

Emily Reid and **Barbara Trunkey** are making floral arrangements, and **Mark O'Neill** is contributing one of his spectacular balloon displays. **Kate Adams** and a crew of kind-hearted friends are managing the refreshments to follow the ceremonies.

The dedication also will feature a photo exhibit on the practice of **Dr. Malcolm Heath**, one of the early instigators of the Senior Services Council of San Juan County, the nonprofit which built the new building. **Ted Spiegel**, who now lives in the Hudson River Valley, spent a week photographing the islands' first flying physician during the 1960s. The **Island Hospital Health Foundation** contributed funds to mat and frame the exhibit, which later will move on to island museums.

This event also will kick off the "Name Your Tree" campaign to complete our landscaping. It will also be featured at the Orcas Garden Club's two-day gala Faire in June.



See Page 8 for Volunteer Groups' Workshop, April 24!

Orcas Senior Marimba Group to Get Underway April 1

Orcas Marimba!, which began in the Seattle home of **Nancy Koenig** and her four children in 1990, will offer a great way to start the week: a 9 AM Monday session that will start with gentle stretching. First group will be April 1, and drop-ins are welcome on Monday mornings throughout the month.

Nancy began by building with the help of a friend, the initial set of child-sized, African-style marimbas. She taught her children to play, and then their friends from the Seattle Waldorf School. Soon they began to perform as the first Seattle Children's Marimba Group. It also had a support group that became music, family-style. Early sessions included 16 nursing mothers practicing in her living room with newborns and toddlers!

(Continued on Page 5)

April Fooled!

The useful can emerge from the hoax, which is what happened on this page last month. From another senior publication, I had picked up a small piece on what to do if you had a heart attack while you were alone. The article, purportedly from a Rochester (NY) hospital publication, advised coughing repeatedly and taking deep breaths until able to summon help.

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So I started looking for research studies on the subject of breathing and heart attack prevention. A reliable source for medical sleuths is Medline, www.nlm.nih.gov/medlineplus/ where you can get free access to article abstracts. Registration and, usually, financial outlay, is necessary to get the full texts.

Another good source is the National Institute of Complementary Medicine—www.nccam.nih.gov.

Obviously, nobody can do a valid study on whether deep breathing prevents heart attacks. If researchers set up a group, such as the mindfulness meditators, with instructions to do our thing when experiencing chest pain, the clinicians also would be setting the group up needlessly to expect

(Continued on Page 3, Column 1)

FROM THE DESK OF LINDA T....

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Without the thousands, no, tens of thousands of hours given by these dedicated volunteers towards raising funds, attending meetings, helping out around the office, driving vans—you name it, our volunteers have done it—I wouldn't be sitting here in my office at 62 Henry Road writing this column this month.

Last year, **Bette Frenger** was recognized as our Volunteer of the Year and her name is the first to have gone on our perpetual plaque, which hangs in the lobby. Who will it be this year? Be sure to come to lunch on the 27th to find out. Remember: call ahead to make a reservation.

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"Dancing" reminds me, the Activities and the Travel Committees are working hard on new ideas for classes, programs,

(Continued on Page 3, top of Column 1)

Orcas Senior Signal

Jan Ferris Koltun, Editor
Linda Tretheway, Associate Editor

This newsletter is published monthly by Orcas Senior Services, P.O. Box 18, Eastsound, 98245. We invite contributions from all Orcas Senior Center members. Deadline for the May, 2002 issue: April 17.

Email: jank@co.san-juan.wa.us

(Continued from Page 2, Column 2)
and trips both on and off the island. Trip planning happens after lunch on the second Tuesday of the month. Activity planning happens, same time, on third Tuesdays. The more the merrier! Bring your ideas to share and join the excitement as we expand our choices of things to do. If you are not able to make the meetings, feel free to drop in any time to see Jan, Linda, or Mary. Or, dial 376-2677 anytime. Now we have voicemail, so your calls are sure to get through!—LT

REMEMBERING, WITH LOVE

Arthur Boyd--1906-2002
Alfred Johnston--1909-2002
Margaret Knudson--1911-2002
Jean Wilson

(Continued from Column 1)

that they might experience a heart attack.

However, studies have been done with post-heart attack patients, to find out if recurrence can be prevented. Positive results were reported by van Dixhoorn, J.J., Kenneme Hospital, The Netherlands, in *J. Cardiopulm. Rehab.*, 1999 May-June, 19 (3): 178-85.

Several journal articles indicate the usefulness of retraining breathing patterns for persons with chronic obstructive pulmonary disease (COPD). There is growing evidence that effects of a heart attack can be mitigated if immediate medical attention is obtained, which doesn't really address the question of what to do if you are alone and far from telephone or other potential help.

It seems that nobody has gotten to the heart of the problem, if you'll pardon the pun. Keep trying!--JK



Thumbs Up!

When you see this friendly face around the halls, smile back! She is Janice Laursen of Five Star Cleaners, which won the contract to clean our new building. Welcome, Janice and Five Star!

On Thursdays at 10 AM, starting April 18, a host or hostess in the Lundeen Room will offer coffee, cookies, and your choice of card games, board games (Have you tried Orcasopoly?), or plain old gab. If this "flies," plans are to add morning sessions. Volunteer leaders needed! Call Jan or Linda, 2677.

Photography Contest

The Washington State Association of Senior Centers is offering its second annual photography contest, with a theme, "Beyond Description."

The winning photo will be announced at the WSASC annual conference in May and the photographer will receive a digital camera for his or her Senior Center.


Photos must be marked on the back with the name of the Senior Center; a maximum of three photos from each center will be accepted, and these will become the property of WSASC.

Contest deadline is May 3. Send photos to: Sue Padden, Des Moines Senior Center, PO Box 98576, Des Moines, WA, 98198. For further details, please call (206) 878-1642, or email suepadden@hotmail.com.

Senior Lunches are on
Tuesdays and Fridays, 11:30-1
PM in the Betty Lundeen Room.
Please reserve ahead by calling
376-2677. See Menus, Page 7.

April, 2002 Senior Signal Page 4
Orcas Activities Calendar
For detailed activity & trip
descriptions, see Pages 1, 3, & 5-8

April host & hostess: Cal
Clarena McLachlan
Birthday cake bakers:
Bette Frenger, Pat Logan
Clarena McLachlan, and
Veronica Thornton

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>9 AM Marimba! (LR)</div> <div>1 PM Caregivers (CR)</div>	<div>2Library lady at lunch (LR)</div> <div>4 PM - Elder/ family law clinic (CR)</div>	<div>3COSTCO HEARING (All day; reserve ahead)(MP)</div> <div>9 AM tai chi (LR)</div> <div>11 AM Life Story (CR)</div>	<div>49:30 Advisory Committee (CR)</div>	<div>510 AM Orcas Strings (LR)</div> <div>11 AM Pi- nochle class (CR)</div>	<div>611 AM Building Dedication</div> <div>Remember turn clocks ahead tomorrow (April 7)</div>
<div>8</div> <div>9 AM Marimba! (LR)</div> <div>1 PM Caregivers (CR)</div>	<div>910:30 Yoga (MP)</div> <div>11:30-1 PM Blood pressure check (in new clinic!)</div> <div>1 PM Trip Plan- ning (CR)</div> <div>Western Hearing Clinic (All day; reserve ahead)(MP)</div>	<div>10</div> <div>9 AM tai chi (LR)</div> <div>11 AM Life Story (CR)</div>	<div>11</div>	<div>12Quilt Show, Anacortes</div> <div>10 AM Orcas Strings (LR)</div> <div>11-3: Chart House Jewelry Benefit (LR)</div> <div>11 AM Pinochle class (CR)</div>	<div>13</div> <div>7 PM Pinochle Club (LR)</div>
<div>15</div> <div>9 AM Marimba! (LR)</div> <div>1 PM Caregivers (CR)</div> <div>6 PM Supper Social</div>	<div>16</div> <div>No lunch today</div> <div>10:30 Yoga (MP)</div> <div>1 PM Activities planning (Jan's office)</div>	<div>17</div> <div>9 AM tai chi (LR)</div> <div>11 AM Life Story (CR)</div> <div>Victoria trip</div>	<div>18</div> <div>10 AM Drop-in cards, games, Coffee & Cookies (LR)</div>	<div>19</div> <div>10 AM Orcas Strings (LR)</div>	<div>20</div>
<div>22</div> <div>9 AM Marimba! (LR)</div> <div>1 PM Caregivers (CR)</div>	<div>23</div> <div>10:30 Yoga (MP)</div>	<div>249 AM tai chi (LR)</div> <div>11 AM Life Story (CR)</div> <div>Foot Care Clinic--Reserve ahead!</div> <div>1-3 PM: Effective Group Work (LR)</div>	<div>25</div> <div>10 AM Drop-in cards, games (LR)</div>	<div>26</div> <div>10 AM Orcas Strings (LR)</div> <div>Volunteer Appreciation at Senior Lunch (LR)</div>	<div>27</div>
<div>29</div> <div>9 AM Marimba! (LR)</div> <div>1 PM Caregivers (CR)</div>	<div>30</div> <div>Birthday lunch (LR)</div>		<div>ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room</div>		

(Continued from Page One)

"This was the first ever (in the world as far as I know!) breastfeeding mom's and babes' marimba band," noted **Nancy**, who also is a sought-after caregiver by seniors. Many of the moms, she said, have remained friends and support for each other and continue to play the instruments.

After visiting Orcas to attend the wedding of friends, and performing and teaching at the Grange, encouraged by **Terry Anderson**, she moved here in 1997. **Koenig** and her children have been teaching and performing here ever since, at events such as Children's House May Day Festival, **Leslie Seaman's** "Concert in the Park" series, Deer Harbor Marina "Concerts on the Dock," weddings, and parties, in venues such as the Grange, the Living Room, and an open-air gazebo.

Nancy's hope is to keep bringing people of all ages together to share with each other marimbas and other arts activities. Although her Monday-morning group is for seniors, some youngsters from nearby schools may come to watch, and in the late afternoons some children's classes may occur here.

Another owner also has offered her set for use by participants, so more than one marimba will be available for practice and learning.

There will be a \$3-per-session fee for the Monday group, and scholarship fees are also available.

Orcas Strings to Continue

Orcas Strings, for guitar, mandolin, ukelele, bass, and any other "stringers," will continue to meet around 10 AM, Friday mornings, in the Lundeen Room. This FREE group is dedicated to playing anything possible in the key of G. Its purpose could be expanded. Join and find out what songs you have in common with anyone else who shows up!



Long-Awaited Tai Chi Class to Begin April 3

Robin Kucklick, who has studied tai chi for more than 12 years and has been teaching it for the past seven, will begin regular Wednesday-morning classes at 9 AM April 3 in the Lundeen Room. Cost will be \$5 per session. Partial scholarships may be available.

"Come with loose clothes and comfortable shoes," suggests **Robin**.

He is a student of Eastsound's **T.Y. Pang**, the Tai Chi Master honored both in this country and in his native China.

A centuries-old exercise, tai chi also is validated by modern health experts as enhancing balance and coordination, relieving stress, and promoting feelings of calmness and well-being.



PINOCHLE CLUB TO OFFER CLASSES, EVENING GATHERING

The Orcas Pinochle Club will hold its April meeting at 7 PM Saturday, April 13, in the Lundeen Room. Everybody is invited. The evening gathering will be preceded by two Friday-morning pinochle classes, to help you gear up.

"We have lots of beginners," said **Frieda Nichols**.

She or another club member will lead the Friday classes at 11 AM, April 5 and 12, in the Conference Room.

Participants are asked to bring finger foods to the evening occasion, and a card table if one is easily available. Suggested donation: \$1.

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Email: jank@co.san-juan.wa.us

Palmers' Explorations Result in Jewelry 'Finds'

Chart House Jewelry once again presents "All Things Bright and Beautiful," April 12, 11 AM -3 PM in the Lundeen Room. With prices lower than many of their mainland outlets, the **Palmers** still donate 15 percent of all proceeds to completion of the building. So come to look, browse, ask questions, and perhaps to find a special piece for yourself or for a friend!

Most tourists head for Mexico's sun and sand; **Capt. Don** and **Majeane Palmer** hop the next bus to the mountains where the historic silver cities of New Spain are preserved by decree of the Mexican Federal Government.

In 1574, the Conquistadors first began mining silver in Mexico. A third or more of all the silver ever mined in the world has come from these deposits. The first silver craftsmen opened their shops about 1930. A decade later, fine silver jewelry was being sold to Neiman Marcus, Saks Fifth Avenue, and other major stores.

Don's father cut and faceted gems as a hobby. **Majeane's** mother was a buyer. Their travels resulted in their present enterprise, Chart House Jewelry, based on Taxco's .925 fine silver and buying expeditions in native mercados. Today, they also offer jewelry from leading U.S. and Far Eastern sources.

WANT-YOU ADS

Thinking ahead to the Orcas Garden Club Faire June 6-7, proceeds of which will go toward landscaping our grounds, 2-3 persons are needed to take 10 fliers each to island businesses.

An organized person is needed to paint the Tank by May 25. Materials will be provided. Contact **Jan** at 2677.

MENUS

ORCAS LUNCH & DINNER DATES

Tuesday, April 2—minestrone soup, country chicken salad, lettuce & tomato, roll;

Friday, April 5—bacon & broccoli quiche, roasted red potatoes, carrots, romaine & tomatoes, coffee cake;

Tuesday, April 9—chicken strips, mandarin orange salsa, parsley potatoes, Capri blend, spinach salad, cookies;

Friday, April 12—meat loaf, mashed potato & gravy, peas, carrot salad, peaches, pears, & apricots;

Monday nite dinner, April 15—pizza & salad bar;

Friday, April 19—fish Florentine, roasted potatoes, orange-glazed carrots, cole slaw, pears;

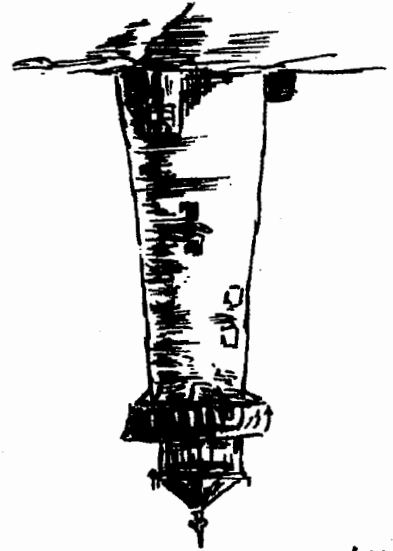
Tuesday, April 23—chili, hot dogs w/ cheese, diced onions & sauerkraut, cole slaw, jello w/ fruit;

Friday, April 26—chicken Reuben, rice pilaf, Italian veggies, apple sauce, chocolate chip cookies;

Tuesday, April 30—Birthday Lunch: lasagna, green beans, Caesar salad, garlic bread, peaches, birthday cake.



Why eat alone?
Join old friends
& new when this
year's monthly
Senior Social
Suppers begin,
7 PM Monday,
April 15. You
also are wel-
come to reserve
ahead for
Senior Lunches,
11:30-1 PM
Tuesdays &
Fridays in our
sparkling new
quarters!



Orcas Senior Signal
Senior Services Council of San Juan County
P.O. Box 18
Eastsound, WA 98245

Bulk rate
Non-profit
U.S. Postage Paid
Permit # 10
Eastsound, WA 98245

Executive Coach Offers April 24 Workshop for Volunteer Leaders

Page 8

Leaders of Orcas Island's 77 nonprofit organizations, including many Senior Center members, are invited to a workshop contributed by **Gary Ranker, PhD**, an internationally-recognized executive coach, 1-3 PM April 24 in the Lundeen Room.



"Flex Your Altruistic Muscles: Effective Participation in Voluntary Organizations," is the focus of Ranker's workshop.

Forbes Magazine listed the New York-based Ranker as one of the top five executive coaches for 2000. His clients include GE, Sony, and other firms. He is cited as "a pioneer in the field of personal and team coaching" by *Financial Times Knowledge*, a firm which provides financial training for executives in banking finance, business, and the law.

The son of Deer Harbor resident **Bea Ranker**, a retired college dean, Gary specializes in coaching clients to analyze their corporate political environment and develop concrete strategies to achieve goals. He assists clients to better understand the effects of their interpersonal behavior, in order to leverage strengths and to increase productivity.

Prior to his current coaching work, he was president of Hallmark Cards—Germany, and also headed Textron, Inc. companies in Australia and New Zealand.

The workshop is free. A donation basket at the door will benefit the Senior Center's building & equipment funds.

See Mini-Benefit,
Page 5

Orcas Senior Signal

Senior Center Hours: 9-4, Monday-Friday

Vol VII, No. 5, May, 2002

360 376-2677 (V/TDD). FAX 360 376-5465

A BIT FROM BETH

'Friends of Orcas Senior Center' Forms

What a landmark we have just crossed! The building is open and in use, and we are grateful to all who have contributed to its construction.

But—as you know—we (the Orcas Senior Services Advisory Committee) are not a profit-making business, and we will have electric bills, propane bills, cleaning bills, and many other expenses to keep the building open.

The annual dues for members of the Orcas Senior Services are now \$15 a year, which goes exclusively to maintain the fleet of vans (gas, repairs, tires, and insurance) for transportation to lunches and outings. Dues are due by June 30, as you will see on Page 7.

We are forming a new organization to be called the Friends of the Orcas Senior Center, which we hope will think of ways and means to raise funds for our needs. We do have two small offices that are rented; we have many groups asking to rent the Betty Lundeen and other rooms for meetings, and we hope the Friends will help us to plan for other events to take place in the building. Come to our mini-benefit, May 16, for an earful of our splendid acoustics!

If you would like to be a charter member of Friends of the Orcas Senior Center, please send a donation (\$200 for Contributing, \$100 for Sustaining, and \$20 for Nurturing), and we will be pleased to count you among our very best friends!

In the landscaping plan are 35 trees, which may be sponsored for \$200 a tree; an engraved metal tag with the designated name will be placed on each tree. And if your name is not on a ceramic leaf in our atrium "orchard," you may buy a tile for \$100-\$1,000.

If you are planning a large party, a homeowners' association meeting, or a gathering of any sort, do visit to see how well we can accommodate your group in any of our three rentable rooms.

Let us know if you would like to have certain classes or programs offered. This is a building dedicated to the health and welfare of seniors. Let's put it to use!--Beth Jenkins

See
Dedication
Photos,
Page 6

Yoga For The Young At Heart! New Teacher and Day

Winnie Adams will be spending more time on Waldron this summer and will therefore be unable to teach her very successful yoga class. But a strongly-qualified yoga teacher has come forth to teach this motivated group!

Tiffany Loney, who conducts classes for all ages in yoga and dance, will be teaching at 10 AM on Fridays, in the

(Continued on Page 5)

Music, Music, Music!

Did you know that music—whether listening or performing—improves all other areas of communication? Now that we have both the place and the equipment, maybe this is a good time for you to explore the personal growth that playing with a group can offer.

Presently, two groups welcome you to Orcas Senior Center: marimbas on Mondays at 10 AM, and Orcas Strings on Fridays at 10. Anybody who has ever tinkered with a xylophone will love marimbas, and **Nancy Koenig** is an experienced and patient teacher. Her goal is, one day, to form a youngsters/oldsters marimba band. Part of her collection of marimbas is in the multipurpose room, along with one loaned by **Trudy Erwin**. Wander in and enjoy!

Katie Jensen, autoharp, guitar, and **Noel Murchie**, ukelele, are the talents behind Orcas Strings, which meets at 10 AM on Fridays and has been known to provide Senior Lunch music with the aid of **Lester Newland** on bones and **Trudy** on piano, ukelele, or accordion. It's a good time to dust off your old fiddle, guitar, or uke, and come in to play. **Katie** also brings instruments, such as washboard and gut bucket, for anyone who drops in.

We also have two pianos, one in the multipurpose room courtesy of the **Coffelt** family, and one in the Lundeen Room given by **Howard** and **Janet Shirley**.

One of the biggest barriers to playing music, for many of us, is a low opinion of our own abilities. As with most beliefs, it's likely true if you think it is. So is, or can be, the opposite to this or any negative opinion!

Barry Green, a fine musician and teacher, with **W. Timothy Gallwey** applied **Gallwey's "Inner Game"** tennis approach to music. He has a formula for successful performance, whether of a scale, a chord, or a symphony:

$$P = p - i$$

In this formula, "P" stands for "performance," which doesn't necessarily mean playing at Carnegie Hall. It does mean what you feel, achieve, and learn. The small "p" refers to "potential," your natural capabilities. The "i" means interference, your capacity to get in your own way.

Self-interference, **Green** understood, is giving in to the conflicts that exist in your own head. These can be any kind of thoughts, from the self-congratulatory "Wow! I played that really well!" or doubts about your abilities, fear of forgetting or playing out of control.

His approach: notice the thoughts and play through them. That seems to work in many areas of life!

"Taking up music" in our later years can be immensely rewarding, and there is ample research indicating that older persons can and do learn well. **Dr. Arthur Harvey**, a University of Hawaii professor, taught nuns in their 70s and 80s to play recorder, and they welcomed their new performing skills as "gifts from God."

Whatever your musical interest—playing, listening, or learning—let us help you to explore it. If you have an idea for a class or workshop, or would like to suggest a performer whom you would like to hear in the acoustically-exciting Lundeen Room, please call **Jan** or **Linda**, or drop by to talk about it.

Orcas Senior Signal

Jan Ferris Koltun, Editor

Linda Tretheway, Associate Editor

This newsletter is published monthly by Orcas Senior Services, P.O. Box 18, Eastsound, 98245. We invite contributions from all Orcas Senior Center members. Deadline for the June, 2002 issue: May 15.

Email: jank@co.san-juan.wa.us

Lots of May Birthdays!

Happy Birthday to:

May

Helen Boyd	1
Robert Cobb	1
Don Montgomery	1
Chuck Montgomery	1
Pat Pomeroy	1
Joy Bennett	2
Anne Boone	2
Claude Rubeling	4
May Shiozawa	5
Kamala Harrison	5
Bud McKee	5
Joyce Pearson	5
June Crinkley	6
June Cale West	8
Marjorie Bevin	9
Barbara McCorison	9
Herlwyn Lutz	9
Thelma Kallam	11
Shirley Aggas	11
Bruce Ballanger	11
Mac Trunkey	11
Andy Nelson	15
Anne Weingarth	15
Beverly Slater	16
Dorothy Brown	17
Bill Urschel	17
Erv Harlacher	19
Phil Burbo Bell	20
Bob Scharnhorst	21
Elizabeth Bret	21
Dean Buchan	24
Rod Blanchette	24
Lee Waltersdorph	25
Verna Pehl	26
Barbara Meyer	27
Bette Frenger	28
Grace Hendricks	29
Juanita Swanson	30

And Happy Anniversary to:

May

Richard and B.J. Bangert	26
--------------------------	----

FROM THE DESK OF LINDA T. . .

I think I've said it before, and I still can't say it enough. . . I am so grateful for all the wonderful people who volunteer their time and talents to this special organization. Many of you have stepped forward to help with the daily tasks (front desk, driving, lunch set-up, lunch clean-up, newsletter folding, etc.) that need to be done in order that things around here run as smoothly as they do. Thank you all, again.

Did the rest of you know that we also have plenty of projects, one-time efforts, that we could use some help with? For example, we have stacks of pictures and newspaper clippings to be put into our scrapbooks. We'll provide the books and the glue, and even some help with the names of the folks in the photos! This is something that could be done by one or more interested people.

Do you like to decorate, or dream up decorations? We need that for special events and holidays.

Do you enjoy talking on the phone? As many of you know, there are several merchants in town who offer discounts to Senior Services members. We'd like to see that list grow. We would love for someone to volunteer to call the businesses on the island to offer them the opportunity to give back to the seniors by way of discounts for shopping with them. Anyone interested in making those contacts?

Can you think of any other ways to become more personally involved? Talk to Jan or me, and we'll help you find a way that fits your interests and needs.

We can always use more people to join in on the second and third Tuesdays to help plan, respectively, trips and activities. If you meetings aren't your thing, please feel free to call me, Mary, or Jan at 376-2677. Remember, this is YOUR Senior Center. Let us know what YOU want and how we can make it all that it can be.

Senior Lunches are on Tuesdays and Fridays, 11:30-1 PM in the Betty Lundeen Room. Please reserve ahead by calling 376-2677. See Menus, Page 5.

May 2002 Senior Signal Page 4
Orcas Activities Calendar
 Senior Center Hours: 9-4, M-F

May host & hostess: Gi
 Jeanne DeLong
 Birthday cake bakers
 Elaine Bowman, Mary L
 Clever, Nina Coffelt, Ar
 Filmer-Bennett, Katie Je

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room For Orcas Center offerings, call 376-ACT-1		1 9 AM tai chi LR CostCo Hearing Screening--Reserve	2 9:30 Advisory Committee	3 10 AM Yoga--MP 10 AM Orcas Strings--LR	4 2:30 P Came matin Orcas Cente
6 10 AM-- Ma-rimbas--MP 1 Caregivers' group--CR	7 11:30-1--Blood pressure checks, at clinic Library lady at lunch	8 9--tai chi	9 Casino trip	10 10--Yoga 10--Orcas Strings	11 OPAI Annu Ferry Meeti 7 PM Pinock Club potluc
13 10 AM-- Ma-rimbas 1 Caregivers' group	14 Western Hear-ing--Reserve 1 Pm Trip Planning Group	15 9--tai chi SafeCo field trip 4-7 PM--Elderlaw Clinic	16 7 PM--Senior Center Benefit: Sharon Abreu, Michael Hurwicz, & cast of <i>The Great Climate Caper</i> . \$5	17 10--Yoga 10--Orcas Strings	18 7:30 PM Choral S 25th An sary Co Orcas C (+ Sund matinee
NATIONAL SENIOR CENTER WEEK					
20 10 AM-- Ma-rimbas 1 Caregivers' group 6 PM Sr. Sup-per	21 NO LUNCH 1 PM Activities Planning Group	22 9--tai chi	23 Seniors' Day at SafeCo Field: Mariners vs. Tampa	24 10--Yoga 10--Orcas Strings	25 Puentes Brother (Cuban traditio music) Center, PM
27 1 PM Caregivers SR. CENTER CLOSED: MEMORIAL DAY	28 BIRTHDAY LUNCH	29 9--tai chi Foot Care Clinic -- Reservations needed	30	31 10--Yoga 10--Orcas Strings	

(YOGA, Continued from Page One)

Multipurpose Room. Her aim: "a gentle restorative class for those who want to achieve a sense of well being."

"Yoga," Tiffany notes, "is a perfectly enjoyable exercise program that builds strength, flexibility and balance in the body. This class will focus on breathing and relaxation while increasing your range of motion."

"We have the ability to revitalize the body through the integration of breath and movement while bringing to ourselves a greater sense of harmony, Tiffany comments. "Yoga has been a gift in my life and a gift we can continually give to ourselves. Yoga can become a way of seeing and being in all aspects of our lives."

Suggested donation: \$3/class. Wear comfortable and loose clothing. Drop-ins are welcome.

Elderlaw Clinic to Begin May 15

Mitchell Herzog, JD, will begin offering a free Elderlaw Clinic under the auspices of the San Juan County Bar Assn., 4-7 PM on the third Wednesday of each month at the Orcas Senior Center. In half-hour meetings, he will advise on advance directives, and other benefits.

Call the Clerk of Superior Court, 378-2163, to reserve.

May Senior Lunch Menus

- Friday, May 3—Salisbury steak, mashed potatoes & gravy, peas, apricots, applesauce bars;
- Tuesday, May 7—chicken a la king, biscuits, Italian veggies, orange slices, and banana pudding;
- Friday, May 10—beef fajitas, Spanish rice, refried beans, sherbet;
- Tuesday, May 14—herb chicken, mozzarella stuffed potatoes, Capri veggies, spinach salad, apricots;
- Friday, May 17—primavera-style fish;
- **Monday night dinner, May 20**—pork loin with cranberry glaze, mashed potatoes & gravy, carrots, garden salad, applesauce;
- Friday, May 24—stuffed green peppers, roasted red potatoes, Italian veggies, garden salad, pears;
- Tuesday, May 28—turkey divan, roasted red potatoes, cranberry sauce, garden salad, pumpkin cake;
- Friday, May 31—teriyaki chicken w/ pineapple, rice, Oriental veggies, tomato/zucchini salad, fortune cookies.

Producers, Cast, to Present Musical Mini-Benefit May 16

Sharon Abreu, Michael Hurwicz, and the cast of their musical, *The Great Climate Caper*, will present a mini-benefit for the Orcas Senior Center at 7 PM on Thursday night, May 16, in the Lundeen Room.

Cast of the original musical, which will be presented in its entirety at The Grange May 18-19, in addition to **Abreu and Hurwicz**, includes nine youngsters: **Jasmine Cline, Piper Fohrman, Monique Hakes, Cassie Lindgren, Jennie Petro, Colin Sherburne, Sadie Telleson, Katie Troutman, and Ariana Wilson.**

The group has been rehearsing at the Senior Center in late afternoons, to the delight of desk volunteers and staff. The work is written by **Abreu**, who has played concerts with **Pete Seeger** and who has appeared at the United Nations, and **Hurwicz**, best-known on Orcas for his 1991 role in *Godspell*!

Tickets, \$5, include light intermission refreshments. To reserve, call 376-2677.



A Grand Dedication!

April 6 was a gala day, and these photos only begin to capture the flavor of it! At top, left to right, **Beth Jenkins, John Evans, Bob Lundeen, and Austin Grant** do the symbolic ribbon-cutting, on a spectacular box filled with balloons and designed by **Mark O'Neill**.

At top, left, **Gordy Hayes** waves from the closet he designed to hold the

comprehensive sound system he engineered for the building. In the photo at far left, **Margaret Jonas, left, and Mary Lou Clever** cozy up to O'Neill's balloon "butler." To the right of that photo, **Ken Speck** warms up for his stint with the Orcas Island Community Band, conducted by **Karen Speck**. **Ken**, wearing two hats as usual, also presented a \$3,500 check from the **Orcas Lions** as their gift to match the **Hughes** family grant for the sound system. In the photo at left, left to right, **Joyce Rupp, Commissioner John Evans, and the county's Dave Zeretzke** exchange a few words as **John Abbenhouse, seated, enjoys the festivities**. PHOTOS BY KRAEMER FRENGER AND JAN KOLTUN



It's Time to Renew Your Membership and (or) Become a Friend of the Orcas Senior Center

Your basic membership fee goes to support your transportation program, including insurance for the vans and volunteer drivers. We've tried to keep the dues down, but, primarily due to higher costs for insurance, it had to be raised to \$15 per person for the coming year. This also includes special rates on classes and workshops, and access to many meetings, such as Pinochle Club, held at the Center. Your membership also brings you monthly issues of this newsletter and, for a small suggested donation, access to the Orcas Athletic Club during certain hours of the week, to use the pool, weight room and other facilities, and discounts with local merchants.

Memberships run July 1-June 30. Please fill out this application form for 2002-2003 membership in the Orcas Branch, Senior Services Council of San Juan County, clip, and return with your \$15 check to Orcas Senior Services, P.O. Box 18, Eastsound, WA 98245.

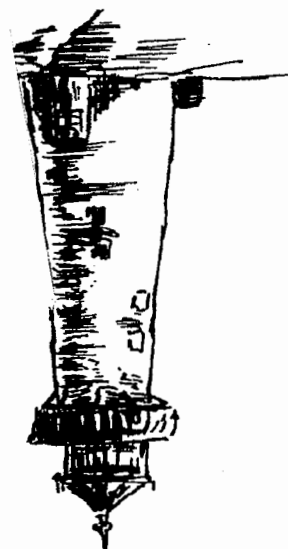
And a new group is forming this year: Friends of the Orcas Senior Center, to help us raise money and plan for an exciting future. ~~You don't have to be 60+ to join the Friends!~~ As a Friend, you'll be among the first to know of special events and gatherings that merit your interest.. So, if you possibly can, fill out the "Extra," below, and we'll send you our tax-deductible thanks!

Name _____
Address _____
Birth Date _____ Telephone _____ E-Mail _____
Spouse or partner (if applicable) _____
Anniversary (if applicable) _____
Winter address (+ date of usual departure) _____
Name, telephone or a friend or neighbor who could check on you in case of emergency (optional) _____

Extra! Extra!

Yes, I'd like to become a member of Friends of Orcas Senior Center: (Check one)

- ☐ Contributing (\$200)
- ☐ Sustaining (\$100)
- ☐ Nurturing (\$20)



Orias Senior Signal
Senior Services Council of San Juan County
P.O. Box 18
Eastsound, WA 98245

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Orcas Senior Signal

**Garden Club Faire June
7-8! See back page.**

Senior Center Hours 9 AM-4 PM, Monday-Friday

Vol VII, No.6, ~~January~~ ^{June}, 2002

360 376-2677 (V/TDD). FAX 360 376-5465

Activities--new, old, and planned--Add Up to A Fruitful Summer at Orcas Senior Center

Among new offerings this June: drop-in staffed by friendly volunteers, the long-awaited Pilates body conditioning, comedy writing, a hands-on, hand-built pottery class, a Strawberry Social, and the AARP 55-Alive! defensive driving class.

Except for the drop-in group, most classes, clinics, and workshops require advance reservations: call 376-2677 to reserve. The Center's policy is to serve seniors (60+) first, but if space is not reserved by the day a class is to begin, others are welcome. Scholarships are available for some classes.

You can change your posture, and achieve flexibility and balance along with streamlining your paunch, by working with **Jane Alden**, a professional actress for more than 30 years and a trained Pilates instructor (See story, Page 3). She will begin teaching this unique system of stretching and strengthening exercises June 4. After the introductory session, during which she will evaluate your needs, be prepared to commit to six weeks, twice a week. Cost: \$70.

Lindalena Dingman is serving as the volunteer organizer for the drop-in group at 10 on Wednesday mornings starting June 5. This will include coffee and cookies (\$1 donation), games ranging from pinochle to Orcasopoly, depending on participants' wishes. A good chance to gab with friends new and old, this will be right after **Robin Kucklick's** popular tai chi class in the Lundeen Room (\$5/session).

Also on June 5 at 10 AM, participants
(Continued in Column 2)

in the Hearing Loss Forum will learn about the hearing enhancement equipment built into our new building. **Gordy Hayes**, who designed and installed the sound systems, will be on hand to show people around. Sponsored by the nonprofit Self Help for Hard of Hearing People, Inc., this is free to all. Call **Susan Kosiur**, 376-5746.

Trudy Erwin and **Betty Eagan** will team up for the Clay Builders Workshop, four sessions beginning 1-3 PM June 11, continuing through June 13, 18, and 20. During the first two sessions, participants will build pottery, which will be fired and ready for them to glaze during the last two sessions. Workshop cost, \$30, includes materials and firings.

Pat Logan, **Carlene Kim**, **Dick Thompson**, and **Bertie Millett** are teaming up to present a Strawberry Shortcake Social at 1 PM, June 12, in the Lundeen Room. Volunteers are sought to make this one memorable! \$2.

What makes things funny? Bring your favorite 10 one-liners (avoiding the off-color) June 13, 10-11-30 AM, as **Dixie Walmsley** & friends present "Exploring Humor: A Writers' Group." (See Page 6) Donation: \$2/session.

Linda Tretheway, now a certified AARP driver trainer, will present the day-long AARP 55-Alive! class, limited to 20 participants, in the Lundeen Room, 9-5 on June 20. This can update your driving skills and may save you money on your insurance. Cost: \$10.

Inside : other Activities & Occasions!

Enjoy the Nurturing & Growing Season!

It's healthy to express skepticism now & then without being altogether cynical, I thought recently when a small delegation of young adults suggested they would like to help the seniors make an organic garden around the new building.

I could be wrong, but my impression is that many seniors already have served their time in gardens large and small. One of the best farmers I know has largely traded in his tools and likes to swim now-a-days. Others have told me that maintaining small home gardens is quite enough, thanks.

However, our new Senior Center does need to be landscaped, and we are most grateful to the Orcas Island Garden Club for dedicating the proceeds of their Garden Faire, June 7-8 in the Eastsound Village Green, to that end. They also have invited us to add to the loot by staffing a booth to sell home-baked goods at the Faire. Several of you have signed up to help with that; bakers and booth tenders are needed.

A one-shot baking or selling seems more attractive, to some of us, than rotovating, manuring, planting, weeding and then canning, preserving, and finding someone to take the excess produce!

It is undeniably the growing and nurturing season. In the field outside my window, two Canadian geese are tending their three goslings. They steer their progeny up to the top of the premises, well away from those gosling gobblers, the otter that lurk in the marshy pond below.

However, in our later years we get to decide what aspects of ourselves we want to nurture. "We have a life of the mind, and it is because of . . . our mental lives that we can invent—and daily reinvent—ourselves," writes William H. Calvin in *How Brains Think*. His newest book, *A Brain for All Seasons*, is one I'm taking on vacation later

(Continued in mid-Column 2)

REMEMBERING, WITH LOVE

Bob Crinkley	1924-2002
John Fuhring	1923-2002
George Glenn	1912-2002
Max LeRoy Hurlbut	1915-2002
Robert Joppa	1923-2002
Charles Leshner	-2002
Mildred Machell	-2002
Bill Muse	1933-2002

(Continued from Column One)
this month.

What this adds up to is a big cheer for all the new activities at the Senior Center this summer. From the smorgasbord on Page One, as well as the ongoing offerings, you can do a lot of nurturing & growing in this season. Enjoy yourselves! JK



Orcas Senior Signal

Jan Ferris Koltun, Editor
Linda Tretheway, Associate Editor

This newsletter is published monthly by Orcas Senior Services, P.O. Box 18, Eastsound, 98245. We invite contributions from all Orcas Senior Center members and friends.

Deadline for the July, 2002 issue:
June 12.

Email: jank@co.san-juan.wa.us

Lunch Reservations No Longer Needed

Your staff has decided to dispense with lunch reservations, at least for the summer. We'll still need to keep track of who comes, so names will be checked off as you pay for lunch.

Tell us if you like or dislike the new plan, the food, or even us. (Be gentle!) Comment cards are available at the front desk.

Pilates Proudly Presented!

Jane Alden, who has studied and practiced the Pilates method of body conditioning for 14 years, is offering an introductory six-week class, to integrate breath control and strengthening the abdominal muscles for improved balance and posture.

"As a professional performer, I have studied nearly every form of body work there is, including ballet, modern dance, jazz, tap, aerobics, yoga, and some Alexander Technique, but it was not until [I discovered Pilates] that everything seemed to fall in place," notes this actress and teacher.

Small exercise mats will be needed for the class; they may be purchased for \$19.95 at Orcas Sporting Goods in Eastsound. Cost of the 12-session class is \$70, payable at the first meeting, 10-11:30 AM on June 4.

Joseph Pilates began developing his exercise system in Germany in the early 1930s. Plagued by asthma and rickets as a child, his method was a determined response to these environmentally-influenced disorders. Interned during World War I, he taught his method to others and doctors noticed that he helped patients to maintain health during the 1918 influenza epidemic.

When he immigrated to New York City and opened his first studio in 1926, his method became popular quickly with dancers such as Martha Graham and George Balanchine, and later with athletes.

FROM THE DESK OF LINDA T...

POP QUIZ on Driving Safety!

What is the 4-Second Rule?

Never heard of it? Remember the old way of judging the distance you should maintain between your car and the car ahead of you? One car length for every ten miles per hour of speed you are traveling. Well, that one's out the window and the new method for judging following distances is called the "4-Second Rule."

Want to learn more about changes in the Washington State Drivers' Guide and, perhaps, get a discount on your automobile insurance?

Once again, we are offering the AARP "55-Alive Defensive Driving" course through Senior Services. I recently became qualified as an AARP instructor and will be conducting the class all day on Thursday, June 20th, at the Senior Center in the Lundeen Room.

Please call Senior Services at 376-2677 for details and to reserve a space. The cost is \$10, checks made payable to AARP. We will have a short lunch break; bring your own brown bag. Coffee, tea and cookies for breaks will be provided. Class size is set at 20, so reserve early.

Also, be sure to check your calendar for June's trip schedule. The Trip Planning Committee (Pat Logan, Carlene Kim, Bertie Millett and Dick Thompson) has been thinking of places to go and things to see, as far ahead as September. If you'd like to share some of your ideas, be sure to come to our meetings on the second Tuesdays of the month after Senior Lunch.

CALLING ALL GUYS!

Your thoughts are needed! Where would you like to go on trips? Call to let us know, or show up for travel group meeting on those second Tuesdays!

Senior Lunches are on
Tuesdays and Fridays, 11:30-1 PM
in the Betty Lundeen Room.

See Menus, Page 5.

Reserve ahead for classes, clinics,
and workshops; call 376-2677*.

June, 2002 Senior Signal Page 4

Orcas Activities Calendar

For detailed activity & trip
descriptions, please see other pages

June host & hostess:
Dick and Madeline Haffey
June birthday cake bakers:
**Mary lou Cobb, Jeanne
DeLong, Pat Logan, Pearl
Muse, Veronica Thornton**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room		* The exception is Elder Law Clinic, third Wednesdays; call Superior Court Clerk, 378-2163, to reserve for free half-hour sessions sponsored by SJC Bar Association..			1
3	4	5	6	7	8
1--Caregiver Group (CR)	10-11:30 Pilates class (MPR) 12--Library Lady (LR) 1 PM Activities/program group, (CR)	CostCo Hearing Clinic--all Day 9--Tai Chi (LR) 10--Drop-in (LR) 10-11:30--SHHH Hearing Loss Forum (CR)	9:30--Advisory Committee (CR) 10-11:30--Pilates Class (LR)	10 AM Yoga (MPR) 10:30--Orcas Strings (LR)	Volunteers needed for Senior Booth at Garden Club Faire. Proceeds to provide our landscaping!! Call Jan: 376-2677!
10	11	12	13	14	
1--Caregiver group (CR)	10-11:30 Pilates (MPR) Western Hearing Aid Clinic; All day 11:30-1--B.P check 1 Trip group 1-3 (MPR) Clay Builders	9--Tai Chi 10--Drop-in (LR) 1--Strawberry Shortcake Social--(LR)	10-11:30--Pilates Class (LR) 10-11:30 Exploring Humor: A Writers' Group (CR) 1-3 PM Clay Builders (MPR)	10 AM Yoga (MPR) 10:30--Orcas Strings (LR) <i>Flag Day</i>	15
17	18	19	20	21	22
1--Caregiver group (CR) 6 PM Supper (LR)	10-11:30 Pilates (MPR) 9--Mystery Trip! no lunch today 1-3 PM Clay Builders (MPR)	9--Tai Chi (LR) 10--Drop-in (LR) 4-7 Elder Law Clinic (CR) * Reserve by calling 378-2163	9-5--AARP 55-Alive! Class (LR) 10-11:30--Pilates Class (MPR) 1-3 PM Clay Builders (MPR)	10 AM Yoga (MPR) 10:30--Orcas Strings (LR) <i>Summer Solstice</i>	
24	25	26	27	28	29
1--Caregiver Group (CR)	10-11:30 Pilates (MPR) Birthday lunch	Foot Care Clinic (MPR)		10 AM Yoga (MPR) 10:30--Orcas Strings (LR)	
		9--Tai Chi (LR) 10--Drop-in (LR)	10-11:30--Pilates Class (LR) 10-11:30 Exploring Humor (CR)		

SENIOR SIGNAL - PAGE 5

Save These Dates!

The trip planning group is going to town!

In addition to their Strawberry Shortcake Social (Story, this page), these folks —**Dick Thompson, Carlene Kim, Pat Logan, and Bertie Millett**—are planning a potluck picnic at the Senior Center on our normal Senior Lunch day, July 12, and a trip to the Northwest Washington Fair in Lynden August 22. And in September, there will be a three-day trip to Harrison Lake, for the sand sculpture competition, with a stay at Harrison Hotel the first night, in Leavenworth the second night, and a look around Stevens Pass on the third day. This will be around September 18-21, with the exact dates depending on the days hotel reservations can be made.

The Regulars!

Among the offerings on our calendar this month are some worth your attention that have been around for awhile! New-comers are welcome in all groups listed below. Call the Front Desk (2677) to sign up!

Tiffany Loney will continue her yoga classes at 10 on Fridays (\$3/session), and **Robin Kucklick** will continue his 9 AM Wednesday tai chi group (\$5/session). **Nancy Koenig's** marimba group will move to a new day and/or time in June; call 2677 for details. Orcas Strings begin strumming at 10:30 on Fridays. Singers are welcome here, too!

Elderlaw Clinic to Continue

Mitchell Herzog, JD, will continue offering free half-hour sessions of the Elderlaw Clinic, sponsored by the San Juan County Bar Assn., 4-7 PM on the third Wednesday of each month at the Orcas Senior Center. He will advise on advance directives and other benefits.

To reserve a session, call the Clerk of Superior Court, 378-2163.

June, 2002

June Menus

Tuesday, June 4—chef's salad, fresh fruit tray, garlic bread;

Friday, June 7—baked potato bar;

Tuesday, June 11—cabbage rolls, minestrone, spinach salad, corn bread, fruit cocktail with mandarin oranges;

Friday, June 14—meat loaf, mashed potatoes & gravy, Capri veggies, garden salad, apple cake;

Monday, June 17—**SUPER SUPPER SOCIAL**: roast beef, mashed potatoes & gravy, veggies, garden salad, pistachio pudding;

Friday, June 21—pizza & salad bar;

Tuesday, June 25—honey mustard chicken, Hawaiian rice, carrots, garden salad, tapioca;

Friday, June 28—lemon pepper fish, scalloped potatoes, peas & carrots, cole slaw, jello with pears.



You're Invited to The Strawberry Shortcake Social!

WHO: You & your friends

WHAT: Delicious shortcake

WHEN: Wednesday, June 12, 1 PM

WHERE: Lundeen Room; if the weather's sunny, out on the patio too

WHY: Just for fun

HOW: You need to sign up by Friday, June 7, so the committee can order sufficient strawberries.

HOW MUCH: \$2.

HOW ABOUT THAT! We need volunteers for preparation, serving & cleanup. Thanks!

Happy June Birthdays to:

Jack Culver	2
Roy Williams	2
Elizabeth Berdan	2
Bobbie Hattrup	3
Joe Nichols	3
June Magnuson	4
Harold Johnson	4
Andy Nigretto	5
Carroll Swanson	6
Lucile Willis	7
Marilyn Erly	7
Paul Loudin	7
Howard Shirley	9
Gladys Gisel	10
Muriel Silvertooth	12
Norman White	12
Jane Kempe	12
Penny Cannon	13
Pat Blay	16
Roy Pringle	16
Susan Chamberlayne	17
Shirley Stevens	17
Richard Greaves	20
Harriette Mathews	21
John Erly	22
Frances Lane	22
Majeane Palmer	22
Katherine Wood	23
Richard Bronson	23
Veronica Thornton	24
Ed Lavender	27
Gil DeLong	28
Connie Newland	28
Richard Bangert	28
Buyral Madan	28

And Happy June Anniversaries to:

Don & Rosa Montgomery	6/10/45
Bill & Hattie Dixon	6/30/45
Calvin & Clarena McLachlan	6/17/50
Roy & Betty Williams	6/17/50
Dick & Verna Pihl	6/24/50
Wayne & Joan Haslett	6/2/52
George & Dorothy Arbuckle	6/30/53
Rex & Maryln Stiffler	6/21/57
George & Dorothy Hungar	6/26/69
Robert & Joy Bennett	6/27/74

Enjoy the Fun!

A writers' group for both experienced and inexperienced scribblers will try out two sessions in the Conference Room at the Senior Center, June 13 and 27, and if you enjoy it, will continue on the second and fourth Thursdays. Your nominal donation, \$2, will cover coffee, lights & heat, at least for the time being.

As the late **Milton Berle** said, "Don't overanalyze comedy. If you keep picking at it, it will disappear. Be satisfied with the knowledge that you said something, made some face, or did something mysterious that made everybody laugh!"

So the focus, at least for the first two sessions, will be to find humor in new places, to lighten and brighten your day, and to laugh with old and new friends. We may take turns reading from the text, the *Comedy Writing Workbook* by **Gene Perret**, one of **Bob Hope's** lead joke writers. You don't need to purchase it, although Darvill's can find it for you.

To start off the group with a chuckle, bring your favorite one-liners. Sorry, off-color and demeaning humor styles aren't invited to this party! However, the art of the funny put-down will continue to be appreciated, as in, "I wish you were here yesterday; I was out of town."

Facilitators for the group are **Dixie Walmsley**, **Barbara Humes**, **Jan Koltun**, and **Ingrid Karnikis**.



It's Time to Renew Your Membership and (or) Become a Friend of the Orcas Senior Center

Your basic membership fee goes to support the transportation program, including insurance for the vans and volunteer drivers. We've tried to keep the dues down, but, primarily due to higher costs for insurance, it had to be raised to **\$15 per person** for the coming year. It also includes special rates on classes and workshops, and access to many meetings, such as Pinochle Club, held at the Center. Your membership also brings you monthly issues of this newsletter and, for a small suggested donation, access to the Orcas Athletic Club during certain hours of the week, to use the pool, weight room and other facilities, and discounts with local merchants.

Memberships run July 1-June 30. Please fill out this application form for 2002-2003 membership in the Orcas Branch, Senior Services Council of San Juan County, clip, and return with your \$15 check (or checks, if you are part of a couple) to Orcas Senior Services, P.O. Box 18, Eastsound, WA 98245.

A new group is forming this year: Friends of the Orcas Senior Center, to help us raise money and plan for an exciting future. You don't have to be 60+ to join the Friends! As a Friend, you'll be among the first to know of special events and gatherings that merit your interest. So, if you possibly can, fill out the "Extra," below, and we'll send you our tax-deductible thanks!

Number of memberships _____ @ \$15 each _____

Name _____ Birth Date _____

Address _____

Spouse or partner (if applicable) _____ Birth Date _____

Anniversary (if applicable) _____ Telephone _____ E-mail _____

Winter address (+ date of usual departure) _____

Name, telephone or a friend or neighbor who could check on you in case of emergency (optional) _____

Extra! Extra!

And/or:

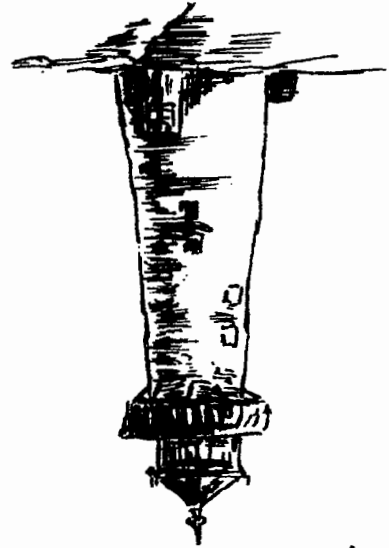
Yes, I'd like to become a member of Friends of Orcas Senior Center:

☐ Contributing (\$200)

☐ Sustaining (\$100)

☐ Nurturing (\$20)

Total Amount Included for Basic Membership(s)
and/or Friends: _____



Oreas Senior Signal
Senior Services Council of San Juan County
P.O. Box 18
Eastsound, WA 98245

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Permit # 10
Eastsound, WA 98245

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Orcas Senior Signal

Senior Center Hours 9 AM-4 PM, Monday-Friday

Vol VII, No.7, July, 2002

360 376-2677 (V/TDD). FAX 360 376-5465

Advisory Committee Votes

Thanks to Gorden Hayes

The Orcas Advisory Committee, in its June meeting, unanimously passed a resolution thanking **Gordon Hayes** for his exceptional work in designing and installing the sound system for our new building.

A veteran Las Vegas sound engineer, he has selected each component of the system, tested it endlessly, and installed it with the aid of volunteers such as **Frank Michaels** and **Mark O'Neill**. Not so incidentally, **Gordy** is willing to work with and train persons who could manage the equipment for special occasions. So if you have a bright grandchild or young friend who would like a "leg up" on some career skills, please contact him through **Jan** or **Linda**.

"The sound system is clear, distinct, and should overcome a host of users' hearing problems," he said. He has installed part of it in a secure closet in the Lundeen Room, thanks to a grant from **Richard** and **Rick Hughes** in memory of **Sally Sue Hughes**. The grant was matched by many local contributors.

Much of the system cannot be seen. An inductive loop, behind the acoustical tiles in the main ceiling of the Lundeen Room, enhances reception for those with some hearing loss. (Carpeting and wall panels, also used for art displays, also serve to promote hearing.)

Anyone with moderate hearing loss will benefit from the system's capability to pick up, on a pocket-sized FM receiver through an attached ear bud, sound that is being broadcast from two hard-of-hearing (HOH) transmitters. These can transmit to

(continued on page 3, column 2)

OICF Funds Two Projects to Benefit Seniors

The Orcas Island Community Foundation, during ceremonies June 6 in the Lundeen Room, awarded grants to 10 community groups, including \$3,352 to the Orcas Senior Center for audio-visual equipment, and \$2,400 to the Orcas High School Key Club for a unique project in which students will assist seniors in learning to use e-mail and the Internet.

This latter endeavour, suggested by **Kay Grossman** and mentored by **Moriah Armstrong**, has involved Key Club members in researching and writing grant requests for four computers and other equipment that will be installed in the Senior Center. The Key Clubbers will then teach all comers how to use the equipment. This will include two MacIntosh computers, to be purchased from the OICF grant, and two PCs, which will be bought when another grant is made. Two grant requests by the Key Club members still are outstanding.

Key Club members responsible for the research, writing, and budget work necessary for the Orcas Island Community Foundation Grant are: **Julianne Garritan**, **Caitlan Greene**, **Kate Hanson**, **Elizabeth Nelson**, **Madeline Tuson-Turner**, and **Katie Wrightsman**.

Each Key Club member in turn was responsible for individualizing the grant application to their specific foundation. **Katie Wrightsman** was the final editor for the Orcas Island Community Foundation Grant with the assistance of **Moriah Armstrong**, Director of Orcas Island Prevention Partnership.

End Adult Abuse: A Continuing Opportunity

Recently the Orcas Congregation of the Lutheran Church, in deciding where to spend some charitable outreach funds, selected two programs: Senior Services' planned adult day respite and Anita Castle's assistance to abused and battered women. Both were wise decisions, expanding our ways to care.

Both programs can be life-changing. Both depend on all of us to identify and bring to helpers' attention those persons who need help.

While the day respite program likely will not begin until fall (Call Jan or Joyce to inquire, 376-2677), and the battered women's program is very much in existence (crisis line telephone 376-1234), both programs remind us that we are all partners against adult abuse.

"Neglect" is often a component of adult abuse. This can occur when a burned-out caregiver may forget to do the grocery shopping one week, or, more commonly, when a depressed elder simply stops doing the activities of daily living: bathing, cooking, shopping, cleaning, picking up the trash, even answering the telephone. Alcohol or drug abuse can be a component of both kinds of neglect.

Suspected abuse should **always** be reported. Neglect often is a judgement call, but if an elder's situation makes you uneasy, it is always appropriate to call one of us and ask for a friendly visit to the person who may need help.

The biggest barrier to eliminating abuse and neglect is our own denial: trying to forget that it exists in our society. We would all like to think, and often it is true, that we live in the most caring place in the world. It takes each of us to create this place, each day.

Our state's Aging and Adult Services

Administration last year received more than 11,000 calls about suspected abuse or neglect of an adult living in the community. Another 9,000 calls concerned care or suspected abuse in an adult family home, boarding home, or nursing facility.

To report a suspicion of abuse or neglect, call one of the numbers above or toll-free, 1-866-ENDHARM (1-866-363-4276). Calls can be placed from either in-state or out-of-state to report suspicions of abuse or neglect of a vulnerable person living in Washington.

Callers speak with an operator, who will connect them to the direct number for making an abuse or neglect report. The answering service operates seven days a week, 24 hours a day.

July is Adult Abuse Prevention month in Washington State. For more information about adult abuse, call 1-800-422-3263 and ask for the Adult Abuse packet, or visit the AASA website at www.aasa.dshs.wa.gov. JK

REMEMBERING, WITH LOVE

Harry G. Hiller	1913-2002
Velma Tolrude	1914-2002

Orcas Senior Signal

Jan Ferris Koltun, Editor
Linda Tretheway, Associate Editor

This newsletter is published monthly by Orcas Senior Services, P.O. Box 18, Eastsound, 98245. We invite contributions from all Orcas Senior Center members and friends.

Deadline for the August, 2002 issue: July 18.

Email: jank@co.san.juan.wa.us

July, 2002

FROM THE DESK OF LINDA T...

It's hard to believe that we have been in our new building for five months already! The first few months were spent settling in, getting boxes unpacked, figuring out how to use the new phones, where the bathrooms are... you know, all the growing pains we go through in moving into a new place.

In these last couple of months, many more changes have occurred. Have you noticed? **Robin Kucklick** and his merry helpers have created an instant landscape around the building, complete with blooming rhodies and other interesting trees and plants. Of course, along with the lovely plants come not-so-lovely weeds. Anyone interested in venting their frustration doing some vigorous weeding? Let **Jan**, **Linda**, or **Mary** know.

Many thanks to my excellent, exuberant, enthusiastic, enjoyable group of volunteers, **Tom Cannon**, **Agnes Forbes**, **Andy Forbes**, **Lloyd Pinneo**, **Chris Thompson**, **Jim Thoroughman**, and **Cay Tretheway**, who showed up on a Saturday in June to dismantle 60 dining chairs and put them together again with the correctly upholstered seats and backs. Can you imagine... 60 chairs in under three hours! And, I got it all on tape. Stay tuned for the premier showing sometime soon on our new audio/video equipment.

Finally, I hope you have taken the time to look through the Travel and Activities Book **Pat Logan** has put together to facilitate signing up for one of the many interesting trips, classes or programs we are sponsoring. It's sitting on the reception counter. Check it out. Also, take time to scan the bulletin board outside the Lundeen Room. We try to post items of interest to seniors and it is constantly changing. We are asking that all materials be reviewed by **Jan** or **Linda** before they go up.

Have a Happy Fourth of July! See you at the Parade...

SENIOR SIGNAL - PAGE 3

(Continued from page one, column one)

the entire building. All are up to standards of the American Disability Act.

There are 10 receivers. The receivers can receive up to six different frequencies, although at present we are using only two.

These receivers are connected to the user's ears by ear bud packets. Some may wish to purchase their own reusable ear buds, for about \$2; there are different kinds for varied degrees of hearing loss.

The versatile system is not confined to those with hearing loss. It includes a tape player and recorder, so that important occasions in the Lundeen Room can be preserved, a CD receiver, hand-held wireless mikes, and extensive controls to produce sound mixes appropriate for any audience.

"I didn't start out as a sound engineer, but I needed to earn a living," said **Gordy**. Born in Idaho Falls, reared in Logan, Utah, he moved at age 16 with his family to Las Vegas. He worked his way through the University of Nevada as a motion picture projectionist, and also as a stagehand at the Reno Little Theatre.

After college, he found himself at Las Vegas Desert Inn, when a "hot young star" named **Betty Hutton** came onstage. "She had come from Hollywood, where everything was prerecorded, and she had previously only needed to lip synch and dance.

"She wanted to move that technology onstage. So I got myself down to Hollywood, found out what they were doing, and brought that back to the Stardust Theatre in Las Vegas, which opened in 1958."


The Stardust was built to bring the Casino de Paris from France, with elevators that brought complete acts, including an ice rink, up from the basement, and such performers as **Marge** and **Gower Champion**.

In his long career, **Gordy** has worked with nearly everybody in show biz. He was "most impressed" with **Noel Coward**, because "night after night he would take an
(continued on Page 8)

Senior Lunches are on
Tuesdays and Fridays, 11:30-1
PM in the Betty Lundeen Room.
Reservations needed only for
groups of 6 or more. See
Menus, Page 7.

July, 2002 Senior Signal Page 4
Orcas Activities Calendar
For detailed activity & trip
descriptions, please see Page 5

July host & hostess:
Walt & Evelyn Rutledge
July 30 cake bakers: Doris
Blake, Cay Tretheway, Lind
Tretheway, Evelyn Rutledge
Agnes Forbes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1 PM caregivers (CR)	2 Library lady at lunch 10:30A Pilates 4 PM Family Law Clinic (CR)	3 CostCo Hearing (CR) 9 AM Tai Chi (LR) 9:30 AM Advisory Committee (CR) 10 AM Drop In (LR)	4  Office closed	5 10 AM Yoga (CR) 10:30--Orcas Strings (LR)	6 10-4 His- toric Day Fair Communi- ty Parade starts at noon
8 1 PM caregivers (CR)	9 Western Hear- ing (CR) 10:30A Pilates (MPR) 11 AM Blood pressure check 1 PM Travel planning (LR)	10 9 AM Tai Chi 10 Drop In (LR) 10 Peer Counseling training (CR)	11 10 AM Exploring Humor (CR) 10:30A Pilates (MPR)	12 10 AM Yoga (CR) 10:30 AM Orcas Strings (LR)	13
15 1 PM caregivers (CR) 6 PM Senior Supper (LR)	16 NO LUNCH 10:30A Pilates Port Townsend day trip	17 9 AM Tai Chi 10 Drop In (LR) 10 Peer Counseling training (CR) 4--Elder Law Clinic (CR)	18 10:30A Pilates (MPR)	19 10 Yoga (CR) 10:30--Orcas Strings (LR)	20
22 1 PM caregivers (CR)	23 10:30A Pilates (MPR)	24 9 AM Tai Chi Mainland shop- ping--Bellis Faire or Bow Casino 10 Drop In (LR) 10 Peer Counseling training (CR)	25 10 AM Explor- ing Humor (CR) 10:30A Pilates (MPR)	26 10 AM Yoga (CR) 10:30 AM Orcas Strings (LR)	27
29 1 PM caregivers (CR)	30 10:30A Pilates Birthday lunch!	31 10 Drop In (LR) 10 Peer Counseling training (CR) Foot Care Clinic, July 31- August 1.	<div> ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room </div>		

Orcas Garden Club

Faire a Huge Success!

The Orcas Garden Club Faire, held on the Eastsound Village Green June 7-8, earned a great deal of the monies needed to landscape the Senior Center grounds. The exact amount was not available at newsletter deadline time, but unofficial estimates were in the neighborhood of \$5,000. More precise figures will be in the next *Signal*.

Many Senior Center members, some of them Garden Clubbers as well, donated cookies, time, and art to the Faire. Thanks go to cookie bakers and booth staffers including: **Elizabeth Berdan, Monterey Bravinder, Mary Buscher, Sue Carroll, Rosalie Chantiny, Marylou Cobb, Barbara Ehrmantraut, Agnes Forbes, Bette Frenger, Maggie Kaplan, Jan Koltun, Mardi Lister, Peggy McCormick, Joyce Rupp, Fran Suzick, Dick Thompson, Veronica Thornton, Barbara Trunkey, and Jan Wells.**

Future Travels

... include a trip to the Northwest Washington Fair in Lynden August 22, leaving on the Redeye, stopping on the way home at the Adaleen Ice Cream Shop in Lynden. Cost: \$17. Save September 18-19 for the trip to Harrison Hot Springs, for the sand sculpture competition, with a two-night stay at the famed Harrison Hot Springs Resort, and a possible Heritage Ramble Tour at Kilby Store and Farm. Cost of the package will be in next month's *Signal*. On October 22, we'll travel to Oak Harbor, Coupeville, Fort Casey, and Ebey's Landing. Cost: \$17.

Strawberry Social Merits Repeat!

About 50 persons applauded the "strawberry shortcake social" June 12; might it might become an annual event? Thanks go to **Pat Logan, Cay Tretheway, Thelma Kallam, Marylou Cobb, Ronnie Thornton, and Chris Thompson!**

July Menus

Tuesday, July 2—shrimp salad, oatmeal bread, fresh fruit tray;

Friday, July 5—salmon boats, clam chowder, carrot & raisin salad, fresh fruit;

Tuesday, July 9—spaghetti, green beans, Caesar salad, garlic bread, chocolate cake;

Friday, July 12—barbecued chicken, roasted red potatoes, vegetables Capri, pea 'n cheese salad, sliced cantaloupe;

Monday night dinner, July 15—beef Stroganoff, broccoli Normandy, romaine salad, lemon pudding;

Friday, July 19—healthy baked fish, red potatoes, peas, carrot/raisin salad, watermelon;

Tuesday, July 23—taco salad, strawberry shortcake;

Friday, July 26—pork loin w/ cranberry, mashed potatoes w/ gravy, carrots, garden salad, applesauce bars;

Tuesday, July 30—ham, scalloped potatoes, mixed veggies, cucumber & onion salad, carrot cake.

Peer Counseling Group to Begin July 10

Mary Ann Riggs L.C.S.W., will lead a four-week training session for volunteer peer counselors, beginning at 10 AM July 10 in the Conference Room.

The four-hour sessions will cover such areas as disabilities, existing services, and counseling techniques. When trained, each volunteer will be assigned to a senior who could use a little help.

The program, funded under a Federal grant to North Islands Mental Health, is intended to build support networks. The peer counselors will continue to meet after the training session, to support each other as they work in the community.

A few places are available for the training. Interested persons should contact **Riggs**, at 378-0000, or **Jan Koltun**, 376-2677.

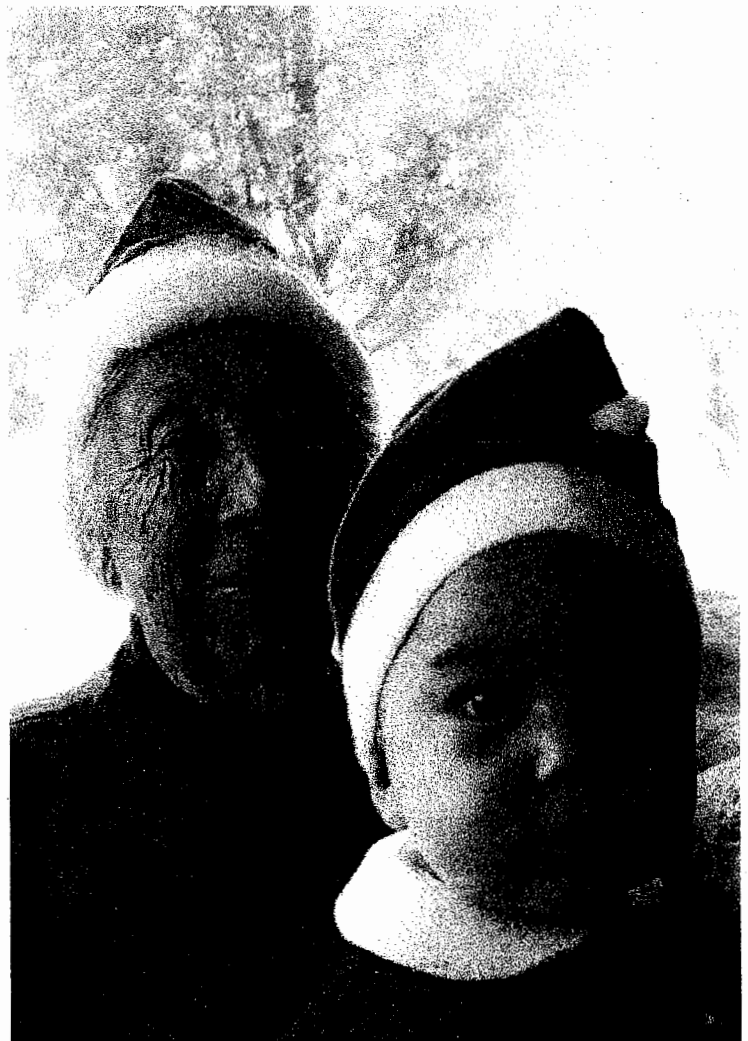
Happy July Birthdays to:

Eloise Monson	2
Moe Schaeffer	3
Kern Hendricks	4
Maggie Kaplan	4
Maryln Stiffler	5
Bruce Heller	8
Glen Monson	10
Margrit Englehartson	10
Frank Rouleau	11
Shirley Guilford	13
Chris Gower	16
Mary Riveland	18
Harry Greer	18
David Evans	19
Joan Haslett	19
Dick Pehl	20
Dick Doty	20
Bob Halverson	21
Joseph Lane	23
Dick Haffey	24
Mayme Nielsen	25
Marlene Shoemaker	25
Ann Burdick	26
Grace Kidder	27
Mary Lehmann	28
Steve Hopkins	29
Lynn Schiager	30
Jan Koltun	30
George Hungar	31

and Happy Anniversaries to:

Buyral & Ellen Madan	7/14/45
Lewis & Mary Lehmann	7/14/46
Robert & Mary Schoen	7/21/46
Richard & Sandra Bronson	7/01/64
Bill & Barbara Urschel	7/18/81
Alan & Maggie Kaplan	7/30/88

BUTLER ELDERCARE
 an Adult Family Home
 has an opening for your elderly loved one
 in a quiet family setting with 24 hour care
 near Eastsound call 376-6468

Jane Kempe Photo Places
First in State Contest

Jane Kempe, the Deer Harbor artist whose water colors and prints are often admired—and purchased—at shows, has excelled in a new media: photography! Her photo, above, placed first in the Washington Association of Senior Centers' annual contest, titled "Beyond Belief."

The photo is of her mother, **Eugenia**, 93, and **Eugenia's** great grandson, **Alaska Kempe**, aged one.

The win carries with it a \$350 award for the photographer's Senior Center. It will be used to purchase or to help build computer carts when the new computer lab becomes available. (See story, page 1)

It's Time to Renew Your Membership and (or) Become a Friend of the Orcas Senior Center

Your basic membership fee goes to support the transportation program, including insurance for the vans and volunteer drivers. We've tried to keep the dues down, but, primarily due to higher costs for insurance, it had to be raised to **\$15 per person** for the coming year. It also includes special rates on classes and workshops, and access to many meetings held at the Center. Your membership also brings you monthly issues of this newsletter and, for a small suggested donation, access to the Orcas Athletic Club during certain hours of the week, to use the pool, weight room and other facilities, and discounts with local merchants.

Memberships run July 1-June 30. Please fill out this application form for 2002-2003 membership in the Orcas Branch, Senior Services Council of San Juan County, clip, and return with your \$15/per person cash, check, or money order to: Orcas Senior Services, P.O. Box 18, Eastsound, WA 98245.

A new group is forming this year: Friends of the Orcas Senior Center, to help us raise money and plan for an exciting future. You don't have to be over 60 to join the Friends! All are welcome! As a Friend, you'll be among the first to know of special events and gatherings that merit your interest. So, if you possibly can, fill out the "Extra," below, and we'll send you our tax-deductible thanks!

Number of memberships _____ @ \$15 each = _____ (enclosed)

Name _____ Birth Date _____

Address _____

Spouse or partner (if applicable) _____ Birth Date _____

Anniversary (if applicable) _____ Telephone _____ E-mail _____

Winter address (+ date of usual departure) _____

Name, telephone or a friend or neighbor who could check on you in case of emergency (optional) _____

Extra! Extra!

And/or:

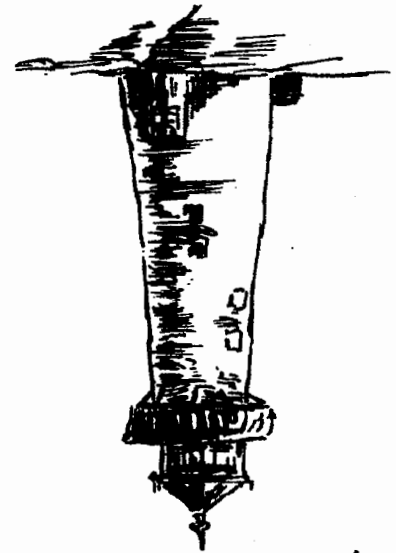
Yes, I'd like to become a member of Friends of Orcas Senior Center:

☐ Contributing (\$200)

☐ Sustaining (\$100)

☐ Nurturing (\$20)

Total Amount Included for Basic Membership(s)
and/or Friends: \$ _____



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(continued from page 3, column 2)

Page 8

audience of strangers and turn them into friends."

Gordy met his wife, **Marjorie**, in 1965, when she was in the service end of show biz, in a Las Vegas club. "We spent a few years getting acquainted, and married in 1969," he notes happily.

Incidentally, **Joyce Rupp** recalls hearing impressive stories about Gordy from **Marjorie** on a ferryboat ride all the way from Anacortes to Orcas. "I was a little surprised, on meeting him, to see he wasn't **Abraham Lincoln**, **Clark Gable**, and **Mahatma Ghandi** rolled into one person, but decided that I prefer Gordy just as he is," she remembers.

When Gordy and **Marjorie** retired to Orcas about 10 years ago, he went to see the late **David York's** production of *Godspell*. It featured a number of Orcasians including **Michael Hurwicz**, **Margie Rodenberger**, and **Abby Rueb**.

"I sat and listened to the sound problems, and said to myself, 'People need me here,'" Gordy recalls. "Then I met **Eleanor Peterson** in the office and said, 'I'd like to volunteer.' I wrote on the form, 'I'm a broken-down old stagehand from Las Vegas. I can still do things, but not as fast.'"

"**Susan Malins**, the Orcas Center director, picked up on that and I did a lot of things including a center-stage speaker cluster that was intended to be temporary, still is there, and will be until the new addition is completed."

Gordy didn't retire; he re-treaded. He has accomplished more in the past decade than many do in a whole career. The Orcas Center and Orcas Senior Center's sound systems are potent reminders of a solid professional's impact on a whole community. **JK**

Volume VII, No. 8

August, 2002

360 376-2677 (V/TDD) FAX 360 376-5465

P.O. Box 18, 62 Henry Rd., Eastsound, 98245

Senior Center hours: 9 AM-4 PM, Monday-Friday

Orcas Senior Signal



Photo by Cay Tretheway

CHAIR CREW--These hardy souls put together the remaining dining room chair seats, ensuring uniform color in the dining room. They did 60 chairs in under three hours. Left to right, rear, are Lloyd Pinneo, Chris Thompson, Tom Cannon, Andy Forbes. Front row, (L-R,) are Agnes Forbes, Linda Tretheway, and Jim Thoroughman.

Bring—And Count— Blessings!

Several faiths now are represented at Senior Lunch. We want to use traditional Christian blessings sometimes, and the all-inclusive moment of silence. We'd also like to ask anyone willing to "say grace," to contact **Jan** or **Linda** (beforehand, so we can call on you). We welcome diversity; it reminds us of each person's uniqueness!

Best Days for Appointments

Mondays, Wednesdays, and Thursdays are the best days for your volunteer drivers to take you to mainland appointments; the vans are needed for Senior Lunch on Tuesdays and Fridays.

(Continued in column 2)

GardenClubPresents

\$6,400 for Landscaping

You may have seen it in the *Sounder*: the Orcas Island Garden Club raised \$6,400 at its June Garden Faire, and donated the entire proceeds from the plant sale and silent auction to our landscaping! **Ed Peterson**, acting Advisory Committee chairman, expressed gratitude to **Gordy Greiner**, chair of the event, and to **Barbara Trunkey**, who managed the silent auction.

(Continued from column 1)

If you remember this when you make the next doctor date for which you need transport, that will help us to help you!

Volunteers Invited to Sept. 9 Picnic

Art exhibits by fine artists (who just happen to be seniors) grace the new picture panels in the Lundeen Room. Movies and other special presentations enrich our lives (see **Linda's** column, next page).

Amidst it all, **Wendy Stephens**, my counterpart on San Juan Island, made an important point the other day. "I hope we don't forget senior *services* while making our senior *centers*," she said.

How right she is! To serve everyone, we must balance activities and services. That's why you'll hear more, in the next few weeks, about the planned adult day respite program. Services are why we need your help, however you are able to give it.

If you already are a volunteer, or think you might enjoy working with us and want to find out more, you are invited to our first Volunteers' Picnic, to be held this year at 1 PM Monday, September 9, at the historic North Beach Inn near Eastsound. As we don't want to over-run this lovely retreat with cars, shuttle van service will be provided. Please contact **Jan** or **Linda**, or sign up at the front desk and specify what you'd like to bring.

During the picnic, the newly-revised Volunteer Handbook will be available. Later that week, we'll offer training sessions.

Some of our specific volunteer needs:

- ♦ drivers, for medical appointments here and on the mainland, senior lunches, and shopping;
- ♦ front desk receptionists ensuring that callers hear a friendly, knowledgeable voice instead of an answering machine;
- ♦ phone volunteers to make daily reassurance calls;
- ♦ newsletter folders;
- ♦ guest columnists (150 words +/-);
- ♦ activities planners and facilitators;
- ♦ visual arts committee, to oversee planning and hanging exhibits with staff help;
- ♦ talent for our next fund-raiser, which will be a theatrical event with a dinner in our own building. Details will be announced next month, but we are currently looking for a team to sell program ads, a great one-shot job for you who don't want to be tied down to weekly activity;
- ♦ set-up and table clearing for senior feasts;
- ♦ one-time theme and program developers for suppers;

REMEMBERING, WITH LOVE

Alvina Burnham
1910-2002

•

Helen Gehrke 1914-
2002

•

George Jenkins
1921-2002

•

- ♦ popcorn makers for movie afternoons & evenings;
- ♦ weeders for our grounds;
- ♦ raffle managers;
- ♦ leaders for Friends of the Senior Center;

And, by the way, our Advisory Committee (AC) soon will appoint a nominating committee for AC positions that will come vacant later this fall. It is logical that these slots will be filled by leaders of the Friends group.

We cherish our volunteers! Please join us, and enjoy the picnic! JFK



FROM THE DESK OF LINDA T. . .

August 5 marks our six month-iversary in our new building. In some ways, it seems like it was just yesterday we were packing up in the old building and carting boxes down to 62 Henry Road. On the other hand, we are getting so comfortably settled in, it almost feels like we've been here forever. And, we're still getting used to new ways of doing things.

• • •

First of all, even though we now have some dedicated and very capable front desk volunteers, who answer phones and greet visitors most mornings AND afternoons, occasionally we still find ourselves with no phone coverage. Thank goodness for voice mail! Now, I know some of you much prefer talking to a "live body" and we prefer making that personal connection with all our callers as soon as they call. However, sometimes it just can't happen. We strongly encourage you to leave a message in voice mail. We return all calls within one working day.

• • •

(Continued in column 2)

(continued from column 1)

How about making our Senior Suppers a year-round event? In the past we have only held them on the third Monday of the months of April through October, to coincide with longer days during daylight savings time. Would you like to try a supper every month of the year with a movie shown afterward, complete with popcorn? We can still offer van service to those who don't drive and those who don't drive in the dark. Please give us your feedback on this.

• • •

We will soon be getting the audio-visual equipment for which we received grant money from the Orcas Island Community Fund. With our 100" (diagonal measurement) screen, DVD/VCR player, and high-tech projector, we can show movies, slides, computer generated graphics. . .you name it! How about Friday afternoon movies after lunch? Let us know your favorites. If they're out there on DVD or Video, we can get them.

• • •

Remember... this is YOUR Senior Center. The folks on various committees are full

(Continued in column 3)

Seniors Asked to Attend Chamber Rehearsal

Once again, Orcas seniors are invited to attend a special rehearsal of the Orcas Chamber Music Festival, in late August. This happy tradition is surviving! The specific time and date will be announced at Senior Lunch, and also posted on the Lobby bulletin board.

The rehearsal will take place directly after lunch. Transportation will be provided.

(Continued from column 2)

of plans for classes, programs and trips. How about you? What would you like to see happening here? Feel free to contact Jan, Linda or Mary anytime with your ideas.

Orcas Senior Signal
Jan Ferris Koltun, Editor
Linda Tretheway,
Associate Editor

This newsletter is published by Orcas Senior Services, PO Box 18, Eastsound, WA 98245. We invite contributions from all Orcas Senior Center members and friends. Deadline for the September, 2002 issue: August 16. Email: jank@co.san-juan.wa.us

Senior lunches are on Tuesdays
& Fridays, 11:30-1 PM
in the Betty Lundeen Room.
Want to know what's for lunch?
See Menus, Page 5

August SENIOR SIGNAL
Page 4
ORCAS ACTIVITIES
CALENDAR

August hostesses:
Elaine Bowman &
Bertie Millett; cake
bakers: Charlotte
Butler, Bette Frenger,
Goody Goodrich,
Mayme Nielsen,
Veronica Thornton

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room			1 Foot care: all day by appointment 9:30--Advis'y Comm. (CR) 10:30--Pilates (MP)	2 10--yoga (CR) 7-8:30 PM--Integrative Approach to a Healthy Life (LR)	3
5 1 PM--Caregivers' group (CR)	6 10:30-Pilates (MP) Library Lady at Lunch 4 --Family Law Clinic	7 8 AM--Lions Board (MP) 9--Tai Chi (LR)	8 10 -- Humor group 10:30-Pilates (MP)	9 10--Yoga (CR)	10
12 1 PM--Caregivers' group (CR)	13 Western Hearing(CR) 10:30-Pilates (MP) BP Clinic during lunch	14 9--Tai Chi (LR) San Juan County Fair Opens	15 10:30--Pilates (MP) 2 PM -- ChalkPastels w/Susan Slapin--Reserve (MP)	16 10--Yoga (CR)	17
19 1 PM--Caregivers' group (CR)	20 CostCo Hearing (CR) NO LUNCH 10:30-Pilates (MP)	21 9--Tai Chi (LR) 4--Elder law clinic (MPR) -Candidates' forum (LR)	22 10:30-Pilates (MP) 10--Humor Group (LR) N.W.Wash. State Fair Trip	23 10--Yoga (CR)	24
26 1 PM--Caregivers' group (CR) 6 PM--Senior Supper Theme: Beach Party!	27 10:30-Pilates (MP) BIRTHDAY LUNCH (LR)	28 9--Tai Chi (LR) <div> FOOT CARE CLINIC -- RESERVATIONS NECESSARY </div>	29 10:30-Pilates (MP)	30 10--Yoga (CR)	31

You & Your Enzymes

By Barbara Humes

Dr. David Williams' Health

Newsletter reports on several world-wide studies of enzymes, showing how their activity relates to our vitality. Enzymes give energy and help our bodies to heal. As we get older, enzyme activity decreases. So how can we help to increase such activity?

First, he says, eat more fresh raw fruits and vegetables which give maximum variety of trace materials, vitamins and compounds now known to prevent cancer and a host of other diseases.

One prevalent compound called indole-3-carbinol is present especially in cabbage, broccoli, bok choy, Brussels sprouts, cauliflower, cress, kale, mustard, radish, horseradish, turnips, rutabaga, and kohlrabi. How many of these do you eat—raw—daily? Weekly?

In addition to enzymes, Vitamin A, the wound healer and protector against cancer, comes to us in carrots, winter squash, sweet potatoes, pumpkins, tomatoes, spinach, lettuce, asparagus, broccoli, cauliflower, peas, corn, and beans.

Notice how many carry the colors orange, yellow, or red, as do the fruits: oranges, apricots, cranberries, purple and red grapes, nectarines, strawberries and watermelon. Add to these less deeply colored but helpful produce such as fenugreek, pineapple, figs, mangos, and pears, onions, garlic, and sprouts from vegetable seeds, to give your bodies a real dietary boost.

Exclusive retreats around the world are reinstating earlier healing methods of serving only raw fruits, vegetables, and freshly-made juices as primary healers.

(Continued in column 2)



August Menus

Friday, August 2—chef's salad, peaches, pears & apricots, apple cake;
 Tuesday, August 6—chicken lasagna, green beans, garden salad, garlic bread, peaches;
 Friday, August 9—vegetable soup, tuna sandwich w/leaf lettuce & tomato, fresh fruit;
 Tuesday, August 12—stuffed green peppers, parboiled red potato, Capri blend veggies, garden salad, pears;
 Friday, August 16—chicken strips, mandarin orange salsa, rice pilaf, veggies, peaches;
MONDAY NITE SUPPER, August 19—
 Beach Party! Lemon pepper fish, scalloped potatoes, peas & carrots, slaw, jello with pears;
 Friday, August 23—baked potato & salad bar;
 Tuesday, August 27—meat loaf, mashed potatoes & gravy, peas, carrot/raisin salad, peaches, pears & apricots;
 Friday, August 30—chicken tortilla casserole, Sicilian blend veggies, garden salad, mandarin orange jello

(Continued from column 1)

We have all retreated to this wonderful island and we can, if we so choose, follow their lead by increasingly eating more raw fruits and vegetables, and in so doing increase our healthy enzyme supply.



Happy August birthdays and anniversaries to:

Birthdays

Rudy Boyd
Faye Finkelnburg
Dorothy Arbuckle
Deceased ~~Barbara Schweitzer~~
Bill Harris
Elaine Bowman
Marcialee Lambiel
Linda Tretheway
Diane Baxter
Jan Cleveland
Norma Jo Harlacher
Sharon Heller
Judy Hughes
Jack Helsell
Quentin Rochefort
Duayne Stevens
Margaret Jonas
Phebe Congdon
Eugene Herz
Catherine Kingsbury
Mardi Lister
Joy Potts
Betty Marcum
Lillian Rouleau
Mary Lou Clever
Joanne Bastron
Barry Hatten
John Greever
Inez Stearns
Joanna Serwold
Dick Boberg
Mary Roebuck
Sallie Ford Bell
George Garrels

1 Tom Slater
3 Dick Hattrup
3 Myrna Wood
7 Molly Roberts
10 Bernita Sedenko
11 Newell Emery
13 Clyde Brown

Anniversaries

16 Rose & Quentin Rochefort 8/04/39
16 Buzz & Melba Bosone 8/27/49
16 Madeline & Dick Haffey 8/14/50
16 Donna & Bud McKee 8/01/53
16 Jan & Frank Loudin 8/29/58
16 Lee & Ann Waltersdorph 8/27/60
16 Claude & Ruth Rubeling 8/16/63
17 Majean & Don Palmer 8/28/64
18 Sharon & Bill Buchan 8/24/74
20 Dick & Patty Thompson 8/25/75
20 Ron & Nancy Malzon 8/04/90

Weatherization

Program Offered

With our great summer weather, it's easy not to think about weatherization of our homes, but if cold air was costing you a bundle in heating last winter, you might want to investigate the free program offered by the Opportunity Council of Whatcom and San Juan Counties.

Want to know if you qualify? A confidential call to Jan, 376-2677, or to Lewis Hutchison, 1-800-649-5121, ext. 327, will determine eligibility.

For qualified owners and tenants (latter with landlord approval), work on mobile, manufactured, and site-built homes can include insulation, weatherstripping, and more.

Free Seminar to Present Health-Retreat Therapies

Miguel Lanzagorta, MD, Director of Medical Outreach for Sanoviv Health Retreat in Baja California, will present a free seminar, "An Integrative Approach to Regaining A Naturally Healthy Life," on Friday, August 9, 7-8:30 PM at the Senior Center.

He will discuss how complementary and alternative medical therapies are combined with conventional medical treatments to provide an integrative model of whole body treatment at the retreat, a licensed hospital offering anti-aging/wellness programs and comprehensive health assessments, as well as diagnostics and treatment for degenerative diseases and cancer.

Still Time to Renew Your Membership and (or) Become a Friend of the Orcas Senior Center

Your basic membership fee goes to support the transportation program, including insurance for the vans and volunteer drivers. We've tried to keep the dues down, but, primarily due to higher costs for insurance, it had to be raised to **\$15 per person** for the coming year. It also includes special rates on classes and workshops, and access to many meetings held at the Senior Center. Your membership also brings you monthly issues of the *Orcas Senior Signal*, discounts with local merchants and "deals" (such as the small-portion Senior Breakfasts at the A-1), and, for a small suggested donation, access to the Orcas Athletic Club during certain hours, to use the pool, weight room, and other amenities.

Memberships run July 1-June 30. So if you haven't done so already, please fill out this application form for 2002-2003 membership in the Orcas Branch, Senior Services Council of San Juan County, clip, and return with your \$15 check (or checks, \$30 per couple) to Orcas Senior Services, PO Box 18, Eastsound, 98245.

And a new group is forming this year: Friends of the Orcas Senior Center, to help us raise money and plan for an exciting future. You don't have to be 60+ to join the Friends! As a Friend, you'll be among the first to know of the special events and gatherings that merit your interest. So, if you possibly can, fill out the "Extra," below, and we'll send you our tax-deductible thanks!

Number of Memberships _____ @ \$15 each

Name _____ Birthday _____

Address _____

Spouse or partner (if applicable) _____ Birthday _____

Anniversary (if applicable) _____ Telephone _____ Email _____

Winter address (+ date of usual departure) _____

Name, telephone of a friend or neighbor who could check on you in
emergency (optional) _____

Extra! Extra!

And/or:

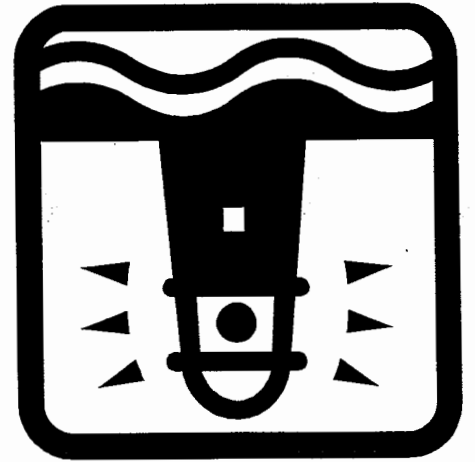
Yes, I'd like to become a member of Friends of Orcas Senior Center:

☐ Contributing (\$200)

☐ Sustaining (\$100)

☐ Nurturing (\$20)

Total amount included for Basic Membership (s)
and/or Friends: _____



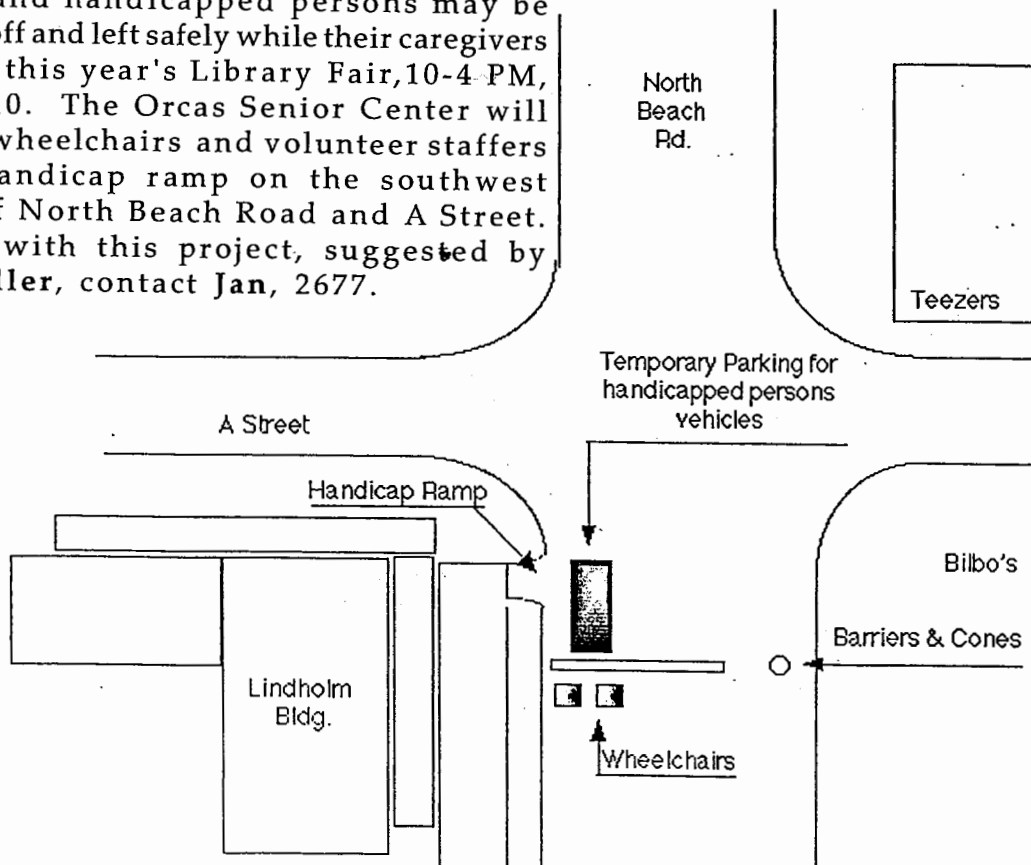
Orcas Senior Signal

Senior Services Council of San Juan County
PO Box 18
Eastsound, WA 98245

Bulk Rate
Non-profit
U.S. Postage Paid
Permit # 10
Eastsound, WA 98245

Page 8

Elderly and handicapped persons may be dropped off and left safely while their caregivers park for this year's Library Fair, 10-4 PM, August 10. The Orcas Senior Center will provide wheelchairs and volunteer staffers at the handicap ramp on the southwest corner of North Beach Road and A Street. To help with this project, suggested by Toby Hiller, contact Jan, 2677.



**Handicapped Access
Improved for Library Fair**

Olga Symphony to Enliven Volunteer Picnic

For the listening joy of our volunteers, and for those who think you might enjoy working with Senior Services staff, the Olga Symphony (all or part) will play at our first Volunteers' Picnic, 1-3 PM Monday, September 9, at North Beach Inn.

To ensure the peaceful privacy of the Inn's guests, shuttle transportation will be provided between the Center and the resort, near Eastsound. Vans will leave regularly after 12:45.

Please sign up at the Front Desk, either in person or by phone, and specify whether you'd like to bring salad, sandwiches, or dessert.

The newly-revised Volunteer Handbook will be available at the picnic.

Some specific volunteer needs:

- ❖ Drivers, for medical appointments here and on the mainland, senior lunches, and shopping;
- ❖ Front desk receptionists ensuring that callers hear a friendly, knowledgeable voice instead of an answering machine;
- ❖ Phone volunteers to make daily reassurance calls;
- ❖ Newsletter folders;
- ❖ Guest columnists (150 words +/-);
- ❖ Activities planners and facilitators, including persons to run our new multimedia equipment and sound system;
- ❖ Visual arts committee, to oversee planning and hanging exhibits with staff help;
- ❖ Help with our next fund-raiser, Senior Moments, Sept. 21 (*See story, back page*);
- ❖ Set-up and table clearing for senior lunches & suppers;
- ❖ One-time theme and program developers for suppers, benefits;
- ❖ Popcorn makers for Funny Friday Films (*See Page 5*);
- ❖ Weeders for the building grounds;
- ❖ Leaders for Advisory Committee & for Friends of the Senior Center (*See Story, Page 2*)

Here's How You Can Save on Rx Meds

Even if your income is normal or above average, prescription drugs can take a big bite. Ironically, Medicare, the program for which most persons 65 and over are eligible, does not pay for meds.

But there are several ways that Medicare recipients can reduce drug costs: programs with income guidelines; insurance coverage; buyers' clubs and purchasing alliances; disease-and-disability-related programs; free and/or subsidy programs; clinical drug trials; and purchasing in Canada. The *Signal's* limited space does not permit us to offer detailed information about the three latter categories. However,

Continued on Page Seven

New Ways to Obtain Medicaid Prescriptions

It was difficult for many Medicaid clients to learn, last month, that the islands' pharmacies no longer are accepting Medicaid to pay for prescription medicines.

However, there is some hope. Safeway and RiteAid, in Anacortes, accept Medicaid, and the former will mail medications if the recipient sends (to Safeway Pharmacy, 911 11th St., Anacortes, 98221) a book of postage stamps, the original prescription, and a copy of their Medicaid statement indicating coverage.

In a crunch, Orcas Senior Center volunteers will pick up a prescription from Anacortes on one of their regular trips taking people to their doctors. But as the drivers often are in a time bind to meet ferry schedules, we suggest you try other methods first.

Peg Griswold, the Orcas SHIBA volunteer who advises seniors on their insurance options and other aspects of medical coverage, forwards this advice to Medicaid clients:

- Do not wait for your prescription (Rx) to be exhausted before seeking a refill. Your next monthly refill can be picked up at your pharmacy when you are down to your last seven days of your current Rx.
- If you transfer your Rx, have the new pharmacy contact your old one to get your Rx information. Even if your old pharmacy refused you service, it must pass the information on to a new pharmacy if requested. You also can ask your doctor to call your Rx to the new pharmacy.
- If you have any questions or concerns about getting Rx drugs in your area, call the Medicaid Customer Service Center on its toll-free hot line: 1-800-562-3022. The hot line is open 7 AM-7 PM weekdays. JFK

Heads-Up for Leaders!

Here's a heads-up for those of you who might want to exercise your leadership talents! Our Advisory Committee's nominating committee is contacting potential candidates for five three-year positions. Candidates are nominated in October, voted on by newsletter ballot in November, and installed in December.

Responsibilities involve monthly meetings and the effort to improve functioning of one area of our operations: your choice as to which part of the elephant you want to figure out! Three-year terms provide the chance to select a project or area of responsibility and see it to fruition.

The Nominating Committee has identified five areas where leadership is especially needed: **fund-raising; endowment; facility management; liaison with the Medical Center and Healing Arts Center; and marketing.** Leave a note with your suggestions and interests at the Front Desk for **Mardi Lister**, the Nominating Committee chair, or email her at mardi@rockisland.com.

The new Friends of the Orcas Senior Center group also needs leadership; it is envisioned as a fund-raising group and will receive help both from staff and from the Advisory Committee member who has chosen fund-raising as his or her particular bailiwick. If this area interests you, please contact the current Advisory Committee chair, **Beth Jenkins**, by leaving a call for her with our Front Desk, 2677. JFK

REMEMBERING, WITH LOVE

Helen Burger, 1914-2002
 Leonard Dobson, 1913-2002
 Millie Flaherty
 Vera Maupin, 1910-2002
 Jayne Orleans, 1927-2002
 Barbara Pontecorvo

FROM THE DESK OF LINDA T. . .

As many of you know, we are no longer collecting grocery receipts to be turned in for a matching donation from Island Market to our building fund. Over the last several years, Island Market has generously donated over \$35,000 for the new Senior Center based on the equally generous donations of grocery receipts by our many supporters. It is time, now, to pass on the benefits of this relationship to another organization. As of July 1, OPAL became the new participant in the matching program.

How can seniors continue to make good use of their grocery receipts? Under the new arrangement between OPAL and Island Market, only receipts collected and donated by OPAL members are acceptable. Since not everyone might be able to afford to pay for membership in OPAL, the grocery receipts you donate to OPAL will count as "barter" for your membership, as OPAL representative **Karen Slabaugh** explained at a recent Senior Lunch.

Another opportunity for seniors to contribute to our larger island community is the chance to help out at the Orcas school library on certain days when younger children are scheduled to spend part of their class time checking out books, and hearing stories. According to **Terry Hopkins**, who works at the school library, many of these children have limited access to their own grandparents, many of whom live far away. Wouldn't it be fun and heartwarming to help a small child with their own reading skills, finding a particular book, or reading out loud to a group of interested and attentive kindergarteners? Think about it. If you are interested, please call **Terry** at 2905, the school library's direct line.

What do **Minnie Pearl**, **Bette Davis**, the **Bobbsey Twins** (**Bert and Nan**) and **Oscar** all have in common? Those are the names of our fish who grace the lobby area of our Center. If you've noticed the fish, you may have noticed that they are growing. Either that, or their tank is shrinking. **Tracie Schulze**, former owner of **Merlin's Pet Store**, noticed and has donated a 30 gallon tank with all the paraphernalia that goes with it. Now all we need is a small table big enough to hold it. It must be sturdy enough to hold 600 pounds of water and be at least 32" long and 14" wide. If you have such an item, looking for a good home, please contact **Linda, Jan or Mary** at 376-2677. We'll even pick it up!

Tuesday, September 17, is a day you should note on your calendars. Beginning at 2:00 PM in the Lundeen Room, the Daughters of the American Revolution (DAR) will be hosting a program reviewing the book, "Longitude" by **Dana Sobel**. This program will explore and explain how the concept of longitudinal measurements was developed and evolved into widespread and popular use for identifying precise locations on the planet. This program is open to any and all who are interested in history and is free to the public.

Orcas Senior Signal

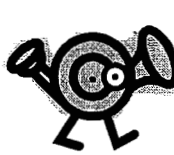
Jan Ferris Koltun, Editor
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Senior lunches are on
Tuesdays & Fridays, 11:30-1
PM in the Betty Lundeen
Room. Want to know what's
for lunch? See Menus, Page 5

September **SENIOR SIGNAL**
Page 4
**ORCAS ACTIVITIES
CALENDAR**

September host & hostess:
Kraemer & Betty Frenger
September cake bakers:
**Faith Deeds, Clarena
McLachlan, Marlene
Shoemaker, Evelyn
Rutledge, Madelyn Haffey**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2  Office closed <i>Labor Day</i>	3 12 N-- Library Lady (LR) 2--Marimbas! (MPR) 7--Nicotine Anonymous (CR)	4 9--Tai chi (LR)	5 9:30 Advisory Committee (LR) 2-Marimba (MPR)	6 1PM--KICK- OFF: Funny Friday Films w/popcorn (See Story, p.5 for exact films & dates)	7 <i>Rosh Hashonah Begins</i>
9 1-VOLUNTEER PICNIC: North Beach Inn 1--Caregivers' Support Group (CR)	10 * Western Hearing Aid (CR) 10--B.P. Clinic 2--Marimbas! 7--Nicotine Anonymous (CR)	11 9--Tai chi (LR)	12 2-Marimba (MPR)	13 1--Funny Friday Films w/Popcorn (MPR)	14 9:45-5:45-- HEALING LIFE'S HURTS: an ecumenical workshop (See story, p. 5)
16 1--Caregivers' Support Group (CR) 6--Senior Supper (LR) <i>Yom Kippur</i>	17 *CostCo Hearing (CR) 12--DAR Program (LR) 2--Marimbas! 7--Nicotine Anonymous (CR)	18 *HARRISON HOT SPRINGS TRIP 9--Tai chi (LR) ** 4-7--Elder Law Clinic	19 2-Marimba (MPR)	20 1--Funny Friday Films w/Popcorn (MPR)	21 7--SENIOR MOMENTS with the Ageless John Clancy & Todd Cowdery. Fall benefit (LR)
23 1--Caregivers' Support Group (CR) <i>Autumn Begins</i>	24 Birthday Lunch (LR) 2-Marimbas! 7--Nicotine Anonymous (CR)	25 9--Tai chi (LR) <div>* FOOT CARE CLINIC WITH MOLLY</div>	26 2-Marimba (MPR)	27 1--Funny Friday Films w/Popcorn (MPR)	28
30 1--Caregivers' Support Group (CR)	<div>* = Reservations at office (2677) are necessary ** = Schedule by calling 378-2163</div>		<div>ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room</div>		

'Funny Friday Films' to Begin Sept. 6

Movies for \$1? A bonus bag of popcorn for \$1? Come & help kick off this festival at 1 PM Sept. 6 and subsequent Fridays in the Multipurpose Room!

Any profits, aside from those needed for lights and heat, will go to help purchase light-blocking shades. In the meantime, we'll "make do" with scrounged curtains.

Kicking off the series, on Friday, September 6, will be "Cool Runnings," the film critics have dubbed "Rocky on Ice!" It was inspired by the true story of Jamaica's first Olympic bobsled team. It features a quartet of previously-unheralded actors led by John Candy.

Subsequent Friday offerings:

Sept. 13—"As Good As It Gets," with Jack Nicholson and Helen Hunt;

Sept. 20—"Sleepless in Seattle," with Tom Hanks and Meg Ryan;

Sept. 27—"Grumpy Old Men," with Walter Matthau, Ann-Margret, and Jack Lemmon.

ECUMENICAL WORKSHOP TO BE OFFERED SEPT. 14

Fr. Matthew Linn, a member of the Association of Christian Therapists, will present "Healing Life's Hurts," an ecumenical workshop open to everyone, in the Senior Center, 9:45 AM to 5:45 PM on Saturday, September 14.

As a team with Dennis and Sheila Linn, he has authored 18 books including the award-winning *Good Goats: Healing Our Image of God*. Since 1970, he has taught courses and given workshops in over 50 countries. He focuses on integrating physical, emotional, and spiritual healing, which can help participants to discover new gifts for relating to God, community, others, and to their deepest selves.

Cost of the workshop, including lunch, is \$25 in advance (by September 7) or \$30 at the door. To register, call Maggie Schuler, 376-5312.



September Menus

Tuesday, September 3—Cook's choice: lasagna, salad, veggies, fruit crisp;

Friday, September 6—Salisbury steak, mashed potatoes & gravy, winter mix veggies, apricots;

Tuesday, September 10—shrimp salad, oatmeal bread, fresh fruit tray;

Friday, September 13—bacon & broccoli quiche, roasted red potatoes, carrots, romaine & tomato salad, coffee cake;

Monday Night Supper (Wild West theme) September 16—beef stew with potato, biscuits, broccoli, garden salad, fruit;

Friday, September 20—salmon boats, clam chowder, carrot & raisin salad, watermelon slices;

Tuesday, September 24—roast beef, mashed potatoes & gravy, veggies, garden salad, apple cake;

Friday, September 27—fish Florentine, rice pilaf, Italian veggies, Caesar salad with tomato, pears.

Ron Slabaugh to Sing At Senior Feast

Ron Slabaugh, for whom an early hero was Pete Seeger, will sing "Songs About Rivers" at Senior Supper, 6 PM on September 16. His repertoire will include at least one work by Mike Hurwicz.

Best known to many as the "package delivery man," Ron also plays guitar, holds a PhD degree, and has done post-doctoral work in family-practice medical education.

Save the date, and help to welcome Ron on the 16th!

Happy September Birthdays to:

Lawrence Garvin	1
William Humes	1
Kris Olsen	1
Barbara Ehrmantraut	2
Robert Scott	5
Elizabeth Roulac	6
John Burns	9
Faith Deeds	9
Bev Franklet	10
Jackie Abell	11
Thelma Bryant	11
Mary Henderson	12
Margo St. James	12
Lori Oakes	12
Bill Potts	14
Jan Helsell	15
Charles Mottl	15
Doris Boyer	16
Barbara Humes	17
Barbara Wheeler	17
Marion Wiseman	17
Wallace Erwin	18
Daryl Davenport	19
Margaret Coons	20
Ann Hagen	20
Gertrude Jackson	21
Peg Elliott	23
Margaret Tyree	24
Thomas Ritter	25
Mary Schoen	27
Mary Poletti	30

And Happy Anniversaries to:

Bill & Barbara Humes	9/3/44
Doug & Faye Finkelnburg	9/4/48
Thornton & Claire Thomas	9/10/50
Bill & Joan McMillen	9/12/48
Frances & Joseph Lane	9/14/46

Membership Applications Still Welcomed!

Your membership application for 2002-03 is still welcomed! The price—\$15 per person—goes to pay insurance for our hard-working vans and all the miles they cover in taking seniors to lunch, shopping, and to mainland and local medical appointments.

Not sure if you've already joined? Check the date on your membership card; all current cards should be out by now. Or give us a call: 2677.

Looking Ahead

It's time to start thinking about fall and winter activities you might like to see happening here at the Center. You'll preview our new high-tech audio-visual equipment at 1 PM on Friday, Sept. 6, as the "Funny Friday Film Series" presents movies on our 100" screen.

Winnie Adams will begin her popular yoga series in October, and **Jan** is ready to contact any teachers you might suggest for other programs. Or, if you'd like to teach a class, call her at 2677.

We have a working fireplace in the Lundeen Room. How about "Sa-mores" with roasted marshmallows some Friday evening? Waffle breakfasts or Friday night fish fries as fund-raisers for the sundries we still seem to need?

Don't be afraid to use your imagination and come up with anything that might tickle your fancy. Let **Jan** or **Linda** know your program preferences. With your help, fall and winter will be full of warmth and cheer here at the Senior Center!

Agnes Forbes Show to be September Feature

The Lundeen Room walls will be graced, during September, with **Agnes Forbes'** recent work. Aspects of her paintings may be familiar from shows at Orcas Center, local banks, and private collections.

WANT AD

WANTED: Small, sturdy table for new 30-gallon fish tank in Senior Center Lounge. Must be 32-36" long, 12-16" wide, and able to bear 600 lbs. Call **Linda** at 2677.

Continued from Page One

if you call Jan at 2677, or Island Hospital's SHIBA telephone (360 299-1300), she, or they, will give you that information. Below, you will find out how to contact many programs:

Income Guidelines For Medicare enrollees who meet the guidelines below, these phone numbers and Websites may help:

- **Together Rx Card** A joint effort of seven major pharmaceutical companies. Offers 20-40 percent savings on brand-name drugs made by Abbot, Astra-Zenica, Aventis, Bristol-Meyers Squibb, Glaxo-Smith-Kline, Johnson and Johnson, and Novartis for individuals with annual gross income under \$28,000 or couples under \$38,000. www.TogetherRx.com or 1-800 865-7211.
- **GlaxoSmithKline Orange Card** 30-40 percent discounts for singles with income under \$26,000 or couples under \$35,000. No enrollment fee. www.managedcare.medscape.com or 1-888 ORANGE6.
- **Eli Lilly** One month's supply of each prescription for \$12, for individuals with incomes below \$18,000 or couples under \$24,000. www.lillyanswers.com or 1-877-RX-LILLY.
- **Novartis** www.novartis.com/carecard or 1-866-974-2273.
- **Pfizer** offers a 30-day supply of more than 80 Pfizer drugs at \$15 each for individuals whose income is below \$18,000, or \$24,000 for couples. Contact www.pfizerforliving.com or 1-800 717-6005.

Insurance Coverage Study your plan's benefits carefully; ask your SHIBA volunteer to help you interpret the fine print, including its formulary (list of covered drugs).

Buyers' Clubs & Purchasing Alliances

For varying fees, you can join such groups; before you pay, check to see what discount is available on the medications you take. The groups, their Websites, toll or toll-free phones, include:

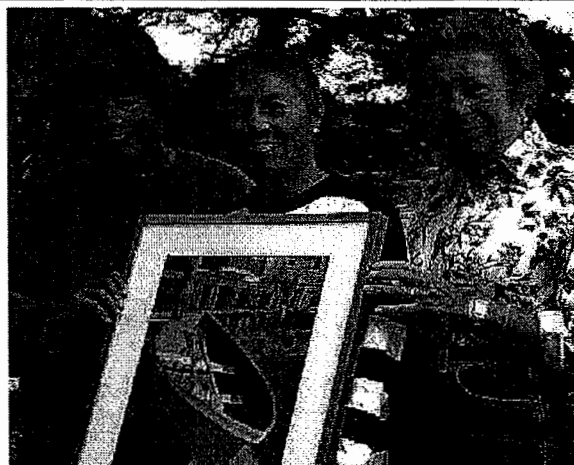


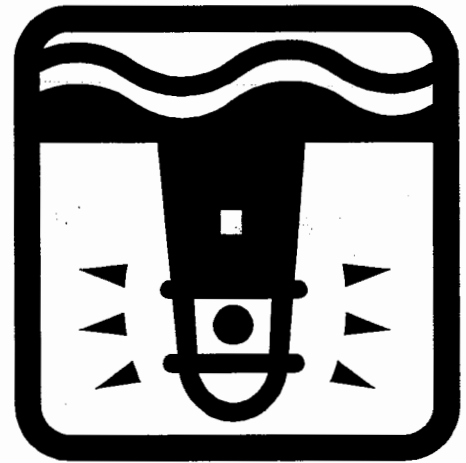
Photo by Linda Tretheway

THAT'S WHO WE ARE--Liz Waterman, Glenna Richards, and Mardi Lister (l to r) are presenting their paintings this month and next at Orcas Center, where there will be a drawing for note cards of their works, at the opening reception Sept. 6, 5-7 PM.

- AmNet Rx Savings Card Program**
www.AmNetrx.com (1-800-535-1310);
AARP Member Choice www.aarp.org (1-800-439-4457);
American Savers Business Alliance
www.rx.com;
Health Alliance
www.soundplanninggroup.com (206-650-7507);
Peoples Prescription Plan (1-800-308-5500);
Pequot Pharmaceutical Network (1-800-219-1226);
Script Miser Pharmacy Network FAX 650 558-5957;
Your Plan (Merck Medco) 1-877-733-6365.
- Disease-and-Disability-Related Programs**
- **ADAP (AIDS Drug Assistance Program)** 1-800-272-2437 press option 2, or www.doh.wa.gov/cfh/hiv_aids/Client_Svcs/default.htm
 - **Medication Assistance Program, National Organization for Rare Disorders** 1-800-447-6673 or www.rarediseases.org;
 - **Leukemia Society of America** 1-206-628-0777;
 - **ESRD (End Stage Renal Disease or kidney failure)** has a specific set of rules in the Medicare program. 1-800 MEDICARE, ask for the Centers for Medicare and Medicaid Services.

Continued in next column

Barbara Meyer
491 Pt. Lawrence Rd
Olga, WA 98279



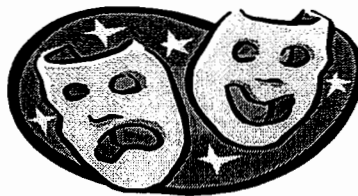
Orcas Senior Signal

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Promise: Memorable 'Senior Moments' Sept. 21

"Senior Moments With the Ageless John Clancy, Todd Cowdery, & The Receptionists" will be the raiser, Sept. 21 at 7 PM in Sanders is stage manager; director. **Thelma Kallam** is other will be a mystery!



Tickets for the one-time either through the Front Desk, reservation on the cut-off below, 98245. Sponsor tickets are \$50/person; general admission, which includes intermission dessert by **Amy Raven**, is \$15.

Senior Center's fall fund-the Lundeen Room. Lynda Mark O'Neill will be tech one of the receptionists; the

performance may be obtained or by mailing your check and to PO Box 18, Eastsound,

Count Me In for the Ageless Clancy & Cowdery and the Receptionists, Sept. 21 at 7 PM!

I would like _____ sponsor tickets @ \$50.
and/or _____ general admission tickets @ \$15 (includes dessert);
My check for _____ is enclosed.

Please mail this with your check to: Orcas Senior Center, PO Box 18, Eastsound, 98245. Your tickets will be held for you at the door.

Orcas Senior Signal

Senior-to-Senior Journal Project Needs YOU!

The Funhouse Discovery Center has designed a new program to help bring together older teenagers and older adults. Frequently these two generations do not connect as often as do other age groups. Because of this, seniors sometimes feel skeptical or even frightened of teenagers, who in turn may marginalize the usefulness and incredible resource of people who have been through so many experiences, observes **Jeanne Beck** of The Funhouse.

Many teens can't imagine that someone 75 years old could ever have known the exhilaration of scoring a touchdown, the anxiety of having a fight with a boyfriend, the humiliation of failing a class, or the frustration of thinking your parents don't understand you. And many seniors can't imagine the depths of understanding, caring, and perception that many teens possess. The Journal Project is designed with the belief that these two generations have much to teach each other.

Here's how the Journal Project will work: The Funhouse will anonymously match a high school senior (some eleventh-graders may want to participate) with an adult senior. The pair will write back and forth, weekly, in a journal.

In this two-person interactive diary, they will talk about what's going on in their lives and how they feel about it. Each week's new entry may be met with advice or understanding words, stories, airing of frustrations, or all of the above.

The content will be strictly confidential between just the two participants, per an agreement that both will sign. Each week, a Funhouse courier will pick up and deliver each journal to its proper recipient:

(Continued on Page 8)

FALL BACK!

**REMEMBER to return to
Pacific Standard Time
on Sunday, October 27!
Set your clocks back one
hour when you go to
sleep on Saturday
night!**



Thanks to You, We're Up & At 'Em!

The incredible Orcas spirit has shown up in the increased help needed to run our new building! We welcome each of you, and there's still room for more!!

Some of the new & old faces you see at the front desk include **Barb Pesola**, who also is a friendly visitor for a housebound elder! The morning and afternoon crews of regulars and backups include **Joanne Bastron**, **Elizabeth Berdan** (who primarily is serving as our Sunshine Lady, organizing birthday and anniversary cards and lists), **Thelma Kallam**, **Pat Logan**, **Irene O'Neill**, **Adele Pinneo**, **Fran Suzick**, and **Dorna Theaman**. Due to vacations and illness, we can use a few more good persons here as well as on the roster of drivers. New among the drivers are **John Beckwith**, **Doug Finkelnburg**, and, on home-delivered meals, **Don McLean**.

Thelma Kallam not only sets and keeps up high standards on the desk, she spoofed the whole process when she played The Receptionist in the "Senior Moments" benefit last month with **John Clancy** and **Todd Cowdery**! She, and they, kept the full-house audience in stitches! We look for a repeat of

REMEMBERING, WITH LOVE

Alton L. Magnuson, 1925-2002
Delores Thome, 1909-2002
Wheeler Jefferson Manis, 1923-2002

Clancy & Cowdery's great improv theater in November, and will try to persuade **Thelma**, and **Adele Pinneo**, to add their talents to that event.

"Senior Moments," which made more than \$2,000 toward building expenses, received outstanding help also from **Don McLean**, who performed his piano magic; **Lynda Sanders**, the producer; **Mark O'Neill**, sound and lighting, and from **Mary Ann Slabaugh**, **Cay Tretheway**, **Irene O'Neill**, and **Barbara Jamieson**.

Ann Reardon is going to be the new head of our visual arts committee, and the exciting works scheduled for the next months include those of **Richard Haffey** and **Jeannine Rodenberger**. We've been fortunate to have delightful exhibits on our new picture panels; these have included **John Oakes**, **Bob Rodenberger**, **Richard Schneider**, **Ted Spiegel**, and, until mid-October, **Agnes Forbes**. She also has donated a wonderful still life of fruits, which you have to join the

kitchen crew to see. **Agnes** is also responsible for the fresh popcorn and temporary window shades that make Friday films such fun.

And speaking of kitchen crew, how about **Cay Tretheway**! Along with **Carlene Kim**, **Cay** gives incredible energy and hours helping **Amy K. Raven** with lunch prep and serving, and **Dora Blake**, **Elaine Bowman**, **Goodie Goodrich**, and **Al Englehartson** with cleanup. **Kraemer Frenger** has, in addition to serving as half of the host-and-hostess team last month with **Bette**, spelled the staff in making announcements, made salt boxes and other prizes for Senior Supper, and performed countless other "small jobs" that add up to a cheerful operation.

Our monthly dinners, will continue through the winter this year, thanks to our new volunteer driver! (See **Linda's** column.) In October we'll hear the exceptional family trio of violinists: **Matthew**, **Isaac**, and **Esther Olson**. You've

(Continued on Page 7)

FROM THE DESK OF LINDA T. . .

Some of us noticed the leaves beginning to fall in August and wondered about an early autumn. No need to wonder any more. We're well past the autumnal equinox and fall is definitely here.

Let's make October "Bring a Friend" month. Many of you have friends who regularly come to senior lunch and other activities. Many of you probably have friends who haven't been to see us, yet. This newsletter reaches about 600 people who live on Orcas Island. We would love to see that every adult, 60 and over, receives a copy. You can help us make sure that our senior population is served well. Tell your friends about our active seniors. Bring someone to lunch who hasn't been here before. Encourage a friend to attend Tai-Chi or Yoga with you. Or get a few people together to drop by, pull a puzzle out of the cupboard and "hang out" for awhile. There is room for everyone.

Remember... this is **YOUR** Senior Center. Use it. Let us know what you would like to see happening here. Feel free to call **Jan, Mary, or Linda** at **2677**, any time, day or night (we have voice mail)!

We're planning a big, pre-holidays shopping trip

to Auburn at the "Super Mall" next month. The folks at the mall stay open late into the evening for shoppers and, also, provide entertainment and special programs. This will be an overnight trip. Check the front desk at the Senior Center for a sign up sheet.

Eleven of us had a wonderful time at Harrison Hot Springs Resort last month. One highlight was dinner (complete with scrumptious desserts) and dancing one night in the Copper Room. The international sandcastle competition was fascinating. The pools were healing, soothing and relaxing. Our driver, **Dick Thompson**, made sure everyone got to see and do as much as they wanted, including stopping at Edaline's Dairy on the way home for some of the best ice cream around. The folks at the resort treated us like royalty: excellent meals, nice rooms, helpful sightseeing suggestions. **Shutterbug Cay Tretheway** used up half a dozen rolls of film recording the entire three days. Watch our lobby bulletin board for photos of the trip.

We now have a driver for Senior Supper! She is **Emily Carpenter**, mother of **Finn** and wife of **Tim**, an Orkila manager. Welcome, **Emily!**

Linda to Offer 55-Alive Class This Month

Linda Tretheway, who earlier this year became certified to offer the 55-Alive! AARP driver refresher course, will present this information October 17 at an all-day session in the Lundeen Room.

Valuable for preventing accidents and for strengthening skills among mature drivers, this course also can keep money in your bank account! Most insurance companies offer reduced premiums for drivers who have completed the course.

The class is filling up fast, so reserve now. Bring lunch for this 9-to-5 class. Cost is \$10, payable to AARP.

Orcas Senior Signal
Jan Ferris Koltun, Editor
Linda Tretheway,
Associate Editor

This newsletter is published by Orcas Senior Services, PO Box 18, Eastsound, WA 98245. We invite contributions from all Orcas Senior Center members and friends. Deadline for the November, 2002 issue: October 16. Email: jank@co.san-juan.wa.us

Senior lunches are on Tuesdays
& Fridays, 11:30-1 PM
in the Betty Lundeen Room.
Want to know what's for lunch?
See Menus, Page 5



October host &
hostess: **Jeanne & Gil
DeLong.** Birthday
cake bakers: **Jeanne,
Nina Coffelt, Katie
Jensen, Norma
Beebe, and Karin**

Fuhring

Monday Tuesday Wednesday Thursday Friday Saturday

1-Caregivers (CR)	1 10-Yoga (MP) Library Lady at lunch 2-Marimbas (MP) 4-Family Law Clinic (LR)** 7-Nicotine Anonymous (CR)	2 8:30-tai chi (LR)	3 9:30-Advisory Committee 10-12 -B.P. at Medical Center	4 12:40-Friday Filmfest: "My FairLady-Part I"	5
7 1-Caregivers (CR)	8 Western HearingAid Clinic * 10-Yoga (MP) B.P.: Public Health Clinic 7-Nicotine Anonymous (CR)	9 mainland shopping trip 8:30-tai chi 10-SHHH! (MP) 1 -Play w/ Chalks & Pastels (MP)	10 10-12 -B.P. at Medical Center 7- Joe Gaytos, DVM: "West Nile Virus" (LR)	11 12:40-Friday Filmfest: "My FairLady-Part II"	12
14 1-Caregivers (CR)	15 10-Yoga (MP) CostCo Hearing Susan Kosiur, luncheon speaker 7-Nicotine Anonymous (CR)	16 8:30-tai chi 4-7-Elder Law Clinic (CR)** 7-candidates' forum (LR)	17 10-12 -B.P. at Medical Center 9-5-AARP 55-ALIVE! CLASS	18 10-Class, "Cartoons & Caricatures" (CR) 12:40-Friday Filmfest: "Cocoon" (MP)	19 11-Ask the Audiologist
21 1-Caregivers (CR) 6-Sr. Supper w/Haffey Matching Game and Olson Trio	22 10-Yoga (MP) 12:45- Pat Littlewood: Bring A Dream 7-Nicotine Anonymous (CR)	23 8:30-tai chi	24 10-12 -B.P. at Medical Center	25 10-Class, "Cartoons & Caricatures" (CR) 12:40-Friday Filmfest: "Steppin' Out"	26
28 1-Caregivers (CR) Daylight Saving Time started yesterday (Oct. 27)	29 10-Yoga (CR) 10-2 Flu shots (MP) 7-Nicotine Anonymous (CR)	30 8:30-Tai chi	31 10-12 -B.P. at Medical Center	ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room B.P. = Blood Pressure * reservations at office (2677) are necessary; ** = schedule: call 378-2163	

FOOT CARE CLINIC -
RESERVATIONS
NECESSARY

Artist to Offer New Workshop

Susan Slapin, whose work may be seen at Artists in Residence gallery (North Beach Rd. and A St, southwest corner) and many other venues up and down the West Coast, will offer "Play With Chalk and Pastels," a two-hour workshop, 1-3 PM Wednesday, October 9, in the Multipurpose Room.

One of **Slapin's** goals for her classes is for all participants, whatever their skills, to "know the freedom to express without judgement."

She holds a degree in art from Marylhurst College, has served as artist in residence for various programs in Oregon, Washington, and California, and has work in the Museum of Northwest Art, LaConnor.

Cost of the workshop, \$20, also covers materials to be used during the session. Sign up early at the front desk.

Friday Films to Continue

Fridays, right after lunch, with popcorn (**Orville Redenbacher's** 90 Percent Fat Free) will be our continuing movie series, beginning with "My Fair Lady" in two parts, October 4 and 11 at 12:40 PM.

Subsequent offerings will be "Cocoon" on Oct. 18 and "Steppin' Out" (in which **Liza Minelli** teaches a group of seniors how to tap dance) Oct. 25.

Thanks to **Agnes Forbes**, who found and made temporary light-blocking curtains of khaki-colored canvas for the Multipurpose Room! She has sewn seams so they fit neatly along small pressure rods. We are grateful to her, and to **Andy Forbes** and **Kraemer Frenger**, for assistance in mounting the curtains.



October Menus

Tuesday, October 1--BBQ ribbers, scalloped potatoes, Capri veggies, jello with fruit.
 Friday, October 4--chicken, enchiladas, Spanish rice, refried beans, pineapple, oranges & bananas.
 Tuesday, October 8--cabbage rolls, minestrone soup, spinach salad, cornbread, fruit cocktail w/mandarin oranges.
 Friday, October 11--turkey divan, red potatoes, peas & carrots, cranberry sauce, pistachio pudding.
 Tuesday, October 15--meat loaf, mashed potatoes & gravy, Capri veggies, garden salad, apple cake.
 Friday, October 18--breaded cod filets, scalloped potatoes, peas & carrots, cole-slaw, peaches.
SENIOR SUPPER, Monday, October 21--hot pastrami sandwich, vegetable soup, fruit tray, sherbet.
 Friday, October 25--savory chicken, stuffed potato, spinach, Waldorf salad.
 Tuesday, October 29--stuffed green peppers, red potatoes, broccoli Normandy, pears.

Daffodil Bulbs Offered

Bill and Barbara Humes are offering daffodil bulbs, free to the earliest responders! Call them at 4370.

Happy October Birthdays to...

Stanley Englehartson	02
Jim Allan	04
Annie Allan	05
Sara Jane Johnson	06
P.C. Wilde	06
Annette Clark	06
Irmgard Conley	06
Joyce Nigretto	06
Frank Bret	07
Gudrun Goodrich	07
Harriet Miller	07
Harold Asper	08
Sandra Bronson	08
Andy Forbes	09
Maurine Taylor	10
Bhoddie Bruce	13
Jolea Cameron	13
Eileen Dean	13
Claire Thomas	14
Wally Barrow	14
Janet Finnerty	14
Betty Williams	15
Marion Gerard	16
Karen J. Key Speck	16
Peggy McCormick	16
Ann Griot	19
John Babcock	20
Wally Campbell	20
Betty Hall	20
Karen Ritter	21
Sarah Geiser	24
Virginia Wyckoff	24
Lewis Lehmann	24
Judith Owens-Lancaster	25
John Deeds	26
Charles Dever	28
Marsha Harris	28
Kenneth Day	29
Elaine K. Omer	30
Beatrice Ranker	30
Frances Suzick	31
Barbara Trunkey	37

And Happy Anniversaries!

Josie & Wally Barrow	10-06-51
Lillian & Frank Rouleau	10-07-50
Lolly & Bob Halverson	10-26-51
Eloise & Glen Monson	10-31-71



VOLUNTEER PICNIC at North Beach Inn last month brought together **Mary Gibson Hatten**, left, the inn-keeper, and **Jane Barfoot Hodde**, who worked at the Inn when **Ed & Edna Gibson**, Mary's parents, first opened its dining room in 1932. **Jane** is the mother of **Irene O'Neill**, our Friday front desk volunteer.

Wildlife Veterinarian To Discuss WNV

Joe Gaydos, a wildlife veterinarian from the University of California at Davis Wildlife Health Center, will present a talk with slides on West Nile Virus October 10, 7 PM in the Lundeen Room.

He currently is based at West Sound, working for the Marine Ecosystem Health Program, which conducts scientific research on key indicators of ecosystem health in marine protected areas.

His talk is free and open to the public. There will be a donation basket to defray the heat & lights cost.

Winnie's Back!

Winnie Adams will teach her gentle yoga class every Tuesday, starting at 10 AM October 8 in the Multipurpose Room. She has a way of showing people how to relax tense muscles for easier movement.

Charge for the class is \$5 per session. Bring a small mat.

Pat Littlewood To Present Dream Talk

"I dream. So does everybody. It's always useful to pay attention to what dreams are telling us," says **Pat Littlewood**, PhD, a licensed psychologist who has studied and worked with dreams for 25 years. She has led an ongoing dream group on Orcas for nearly a decade.

You are invited to bring a dream to share at her "Bring A Dream" talk, October 22 in the Lundeen Room. There is no charge for this discussion.

"Some societies determine everything by using dreams, while we sometimes treat them as a bit of undigested beef," she says. "We can use dreams to enrich our lives."

Nominating Committee To Present Slate

Each year, five new members are elected to the Advisory Committee, which sets policy for the Senior Center. Present committee members, five of whom will rotate off their three-year terms, are: **Libby Blackwell, Tom Cannon, Marylou Cobb, Barbara Ehrmantraut, Kraemer Frenger, Austin Grant, Beth Jenkins, Mardi Lister, Annette Mazzarella, Ed Peterson, Lynn Schiager, Bob Scott, Susana Sharp, and Jan Wells.**

Mardi, Nominating Committee chair, will present a slate of candidates at the October 3 A.C. meeting. Elections will be in November; candidates assume office in December. Information and ballots will be in the November *Signal*.

Anyone 60 or over is eligible to vote. By November 1, ballots also will be at the front desk. The committee is considering other means to assure voting by the widest representation of Orcas seniors.

Cartoon/Caricature Series to Begin October 18

Do you know the difference between a cartoon and a caricature? Want to try them yourself, for fun or profit? Here's your chance!

Richard Haffey, whose drawings will be on the Lundeen Room walls between mid-October and late November, will teach a three-week class, "Cartoons & Caricatures," beginning at 10 AM Friday, October 18, in the Conference Room.

Haffey, who has drawn cartoons since he was little, had an extensive career in advertising design. He and his wife **Madeline**, an Eastsound girl, retired to Orcas from the Los Angeles area.

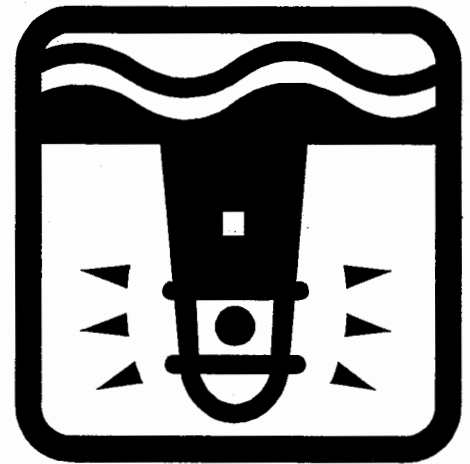
In addition to the "Senior Moments" cartoon he drew for the Senior Center's recent benefit, he has enlivened many good-cause occasions and other festivities by drawing caricatures of the guests.

Bring a soft-lead pencil to the class, along with a notebook if you want to record and save your work. Single sheets of drawing paper also will be provided. Cost per session: \$6, or \$15 for the three sessions (October 18, 25, November 1).

(Continued from Page 2)

enjoyed them at Senior Lunches as well!

This month, we're getting underway with two projects: the Senior-to-Senior Journal Project detailed on Page One; and a new telephone reassurance group. The latter is designed to ensure that folks who are living alone will hear a warm, friendly voice in the mornings! If you know anybody who perhaps should receive such a wake-up call, or if you would like to be among the persons making the calls, or both of the above, contact me (**Jan**), thank you! **JFK**



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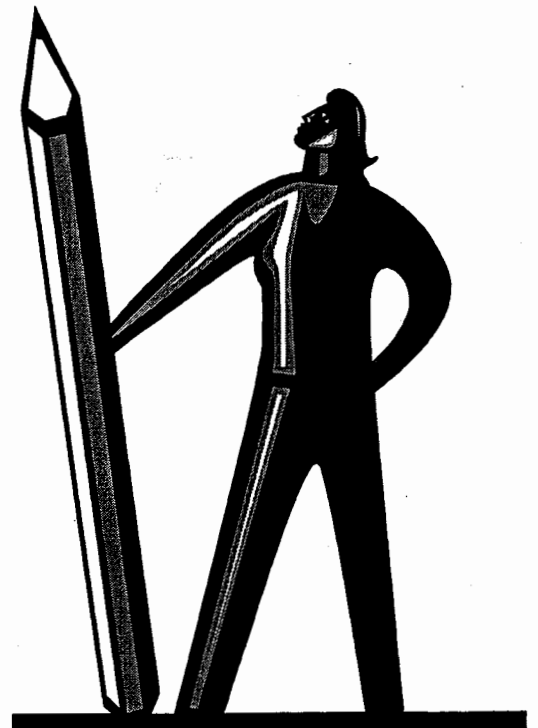
Page 8

(Continued from Page One)

adult seniors have the journals over weekends, high school seniors during the week.

Now the exciting part: During the whole school year, each person's identity will be a secret. Then, at a spring luncheon sponsored by the Funhouse, each will meet the other in person for the first time, and each will be given a copy of their journal, which surely will become one of each participant's most treasured possessions. ONLY with the permission of both parties, a few of these journals may end up being shared with others or, who knows, maybe even turned into a book some day.

If you might be interested in making this unique Orcas Island social experiment, we urge you to contact **Jan Koltun** at the Senior Center, 2677, or **Jeanne Beck** at The Funhouse, 7177!



Nominating Committee Presents Slate

Each year, five new members are elected to the Orcas Advisory Committee (AC), which owns and sets policy for the Senior Center. In addition, others are elected to fill places of persons who have found themselves unable to serve. Please use the ballot on Page 7 to select from the slate of eight candidates presented by **Mardi Lister**, Nominations Committee chairman, to the AC in October.

Beth Jenkins and **Libby Blackwell**, who have served three-year terms, agreed to serve again if elected. In addition, the candidates are: **Rosalie Chantiny**, **Jack Conant**, **Maggie Schuler**, **Dick Thompson**, **Peg Wareham**, and **Liz Waterman**.

See Page 7 for biographical sketches of the candidates. Be sure to vote, and send or bring your ballot to the Orcas Senior Center Front Desk (Address is on ballot.). Write-ins also are accepted.

Present AC members, in addition to **Beth** and **Libby**, are: **Tom Cannon**, **Marylou Cobb**, **Barbara Ehrmantraut**,

(Continued on Page 7)

Senior Center to Stage Holiday Fair Nov. 30

The annual Holiday Fair, the traditional crafts fair held at the Orcas School, this year will be staged on the Saturday after Thanksgiving, November 30, 10 AM-4 PM, by and at the Orcas Senior Center, with **Rosalie Chantiny** as chairman.

Rosalie, who several years ago served as chair of the Orcas Advisory Committee and once again has agreed to stand as a candidate for that group (see Nominations, above), has been active with the Chamber Music Festival and many other successful community efforts.

Theme of the fair, This Gifted Island, reflects the quality and diversity of Orcas craftspersons and also, according to **Chantiny**, "the hope that many of you will bring your friends, family and guests to find exciting holiday gifts."

The fair also will be part of a wider celebration on that Saturday, November 30, Neighborhood Nonprofit Jamboree, in which many of the not-for-profit institutions that have built in the North Beach-Mount Baker Road area will participate. **Orcas Center** will hold its Arts Bazaar; **Salmonberry School** will serve an international lunch; and at press time the Fire Department was considering the possibility of holding a

(Continued on Page 3)

Drop-in Class News

Nov. 1, 10 AM, is the last day to take advantage of **Richard Haffey's** cartoon class in the Conference Room!

Haffey, whose drawings grace the Lundeen Room walls between mid-October and late November, has drawn cartoons since he was little, and had an extensive career in advertising design. He has enlivened many good-cause occasions by drawing caricatures of the guests.

Bring a soft-lead pencil to the class, along with a notebook if you want to record and save your work. Single sheets of drawing paper also will be provided. Cost: \$6.

Yoga, Tai Chi Classes--Winnie Adams and Robin Kucklick are teaching two of the most popular classes at the Center. Both are offered on a drop-in basis; no prior experience is needed other than your doctor's okay. Each costs \$5 per session; scholarships are available.

Winnie's gentle yoga class begins at 10:30 AM on Tuesdays. Bring a small mat for her sessions. **Robin's** tai chi starts at 8:30 AM on Wednesdays in the carpeted Lundeen Room.

Nearly 20 senior seniors, at *Signal* deadline time, and 32 high school seniors, have signed up for the Funhouse Discovery Center's Senior-to-Senior Journal Project. During the next six months, one of each kind of senior will be paired with "the other kind" to share, anonymously, journal writing and comment. Next spring, the pairs will meet for the first time at a luncheon.

As you can see from the first sentence, there still are a few slots for older folks; call **Jeanne Beck**, 7177, if you would like to be part of this Orcas "first."

Pat Littlewood's Bring A Dream workshop was so intriguing that participants asked to schedule it regularly! Another session will be offered in January; watch for it in the December *Signal*!

So much news this month that **Linda** and **Jan** didn't have space for their columns! We'll be back next month!

Supermall Trip Planned for Nov. 10-11

Join intrepid driver **Dick Thompson** on Sunday, November 10 for a fun-filled night of special discounts, door prizes and holiday entertainment at the Auburn Supermall from 7-11 pm.

Then spend the night at the Best Western Peppertree Auburn Inn and enjoy a breakfast buffet the next morning before returning to Orcas on Monday, November 11.

Get your holiday shopping done early and save. We'll visit factory outlets, clearance stores and many other shops while enjoying holiday carolers and musical performances.

Mini-suites at the Peppertree Inn are \$50 (+ tax). The rooms come with either one king-sized bed or two doubles. Rooms can be shared or reserved for individuals. The \$50 package includes the room (for up to four people), tickets for the Supermall event and a complimentary breakfast buffet. Cost for the van ride to Auburn will be \$15 per person.

Our van will leave on the 1:50 p.m. ferry on Sunday and return on the 3:25 p.m. ferry the next day, arriving back home at 4:40 pm.

Reservations are necessary. Please sign up and pay a deposit of \$25 by Monday, November 4. For more information, call **Linda** (376-2677).

Slapin Students to Play Again!

Susan Slapin will offer her delightful "Play With Chalk and Pastels," a two-hour workshop, 1-3 PM Wednesdays, November 13 and 20, in the Multipurpose Room. The class falls just in time to make a picture for gifting someone you love during the holidays. Can't you just hear a grown-up grandchild saying, in 40 years' time, "My grandmother made this when I was nine!"

Cost of the workshop, \$20, also covers materials to be used during the session. Sign up early at the front desk.

(Continued from Page One)

pancake breakfast and **Children's House** was planning to participate.

Thanks to our front desk volunteers, letters have gone out to many island craftspersons, and a registration form (see Page 6) is included with this edition of the *Signal* in case you know — or are! — somebody who might want to participate.

Barbara Trunkey, that florigenic female, will be in charge of decorations.

Santa will not only make an early appearance at This Gifted Island, but will sit (in the Multipurpose Room) for photos with youngsters, who will receive the traditional candy canes. **Santa** was last seen talking to **Rusty Robertson**, a fisherman who looks a lot like him except for the North Pole resident's rotund shape.

A different sort of portrait will be offered, either at the fair or by appointment afterwards. **Dick Haffey**, whose class and caricatures have graced the conference and Lundeen Rooms this past month, will "draw you," the perfect gift for anyone!

Door prizes, at press time including a \$250 alpaca sweater and an island photograph by **Joe Florin**, will be announced at 3:30 PM on Nov. 30.



Matthew, Isaac, and Esther Olson, above, performed for Senior Supper last month, and may appear at This Gifted Island. Professional violinists, they have studied with many teachers including **Doris Preucil**, and are registered Suzuki teachers. They have played in the U.S. and abroad as soloists, in chamber groups, and in orchestras, the Bowdoin Music Festival, the Kansas City Chamber Orchestra, the Kansas City Opera Orchestra, and the Kansas City Ballet Orchestra where **Matthew** is concertmaster and **Esther** is assistant concertmaster.

(Continued from Column One)

Admission to This Gifted Island will be \$1 or two cans of food for the Food Bank. Either cash or cans will qualify you for the raffle!

Chairmen are being sought for several activities, including baked goods, that will directly benefit the seniors' coffers. Front desk volunteers are calling all our members to sign up to bring baked goods, especially small cinnamon rolls and other goodies that can be consumed on the spot, near the espresso machine!

Irene O'Neill will chair the popular cotton candy machine for Olga Community Club.

REMEMBERING, WITH LOVE

Robin Coventry, 1946-2003

Orcas Senior Signal
Jan Ferris Koltun, Editor
Linda Tretheway,
Associate Editor

This newsletter is published by Orcas Senior Services, PO Box 18, Eastsound, WA 98245. We invite contributions from all Orcas Senior Center members and friends. Deadline for the December, 2002 issue: November 15. Email: jank@co.san-juan.wa.us

Senior lunches are on Tuesdays
& Fridays, 11:30-1 PM
in the Betty Lundeen Room.
Want to know what's for lunch?

See Menus, Page 5

Regular meetings: Caregivers'
support, Mondays at 1 PM;

Nicotine Anonymous, Tues. 7 PM

November **SENIOR SIGNAL**
Page 4
ORCAS ACTIVITIES
CALENDAR

November host &
hostess: **Doris Blake &**
Phyllis Wilkinson

November
cake bakers: **Pat**
Logan, Mary Lou
Cobb, Agnes Forbes,
Betty Frenger,
Veronica Thornton

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * reservations at office (2677) are needed ** = Schedule by calling 378-2163				1 10--Cartoons & Caricatures 1:45 --Friday Filmfest	2
4 1-- Caregivers' support group (CR)	5 10:30 Yoga (MP)	6 8:30 AM Tai Chi	7 9:30-- Advisory Committee (MP)	8 1:45 --Friday Filmfest	9 Supermall shopping trip begins tomorrow (Sunday, the 10th) on the 1:50 PM ferry!
11 Center closed: Veterans' Day 1--Caregivers' support group 4:40 PM: Supermall shoppers arrive home	12 10:30 Yoga (MP) B.P.: Public Health Clinic Western Hearing all day (CR)*	13 8:30 AM Tai Chi 1-3 Playing with chalks & Pastels (MP)	14	15 1:45 --Friday Filmfest 6 PM: Clancy & Cowdery Supper Theatre!	16
18 1--Caregivers' support group 6 PM Senior Supper (LR)	19 10:30 Yoga (MP) No Senior Lunch Today 10-2--Senior Services Council (LR)	20 8:30 AM Tai Chi 1-3 Playing with chalks & Pastels (MP) 4-7 Elder Law Clinic (CR)**	21	22 1:45 --Friday Filmfest	23
25	26 10:30 Yoga (MP) Birthday lunch FOOT CARE CLINIC*	27 8:30 AM Tai Chi	28 Thanksgiving holiday-- Center Closed	29 Center closed except for Craftspersons' setups	30 10-4: This Gifted Island Holiday Fair and Nonprofit Neighborhood Jamboree!

Happy November Birthdays To...

November

Melba Bosone	03
Robert Gropper	05
Carolyn Alter	05
Betty Eagan	05
Ruth Rubeling	06
Josie Barrow	08
Jean Weir	10
Michael Jonas	10
Maurice Bristow	11
Francis Harvey	11
Frieda Nichols	11
Velma Doty	13
Jim Ohlman	13
Chase Riveland	13
Jack Sheedy	14
Nancy Malzon	14
Sharon Greer	17
Carol Clark	18
Carl Nordstrom	18
Marguerite Olson	18
Bob Miller	19
Norman Harrison	20
Ric Sanchez	21
Lois Baney	22
Jean McLaughlin	23
John Abbenhouse	25
Marguerite Gudgell	25
Rex Stiffler	25
Louis Wachter	27
Marie Saltis	27
Monterey Bravinder	27
George Karnikis	28
Jan Loudin	29
Allan Alter	30
Donna Ballanger	30

And Happy Anniversaries to:

Dick & Mary Boberg	11/04/72
Jane & Maurice Bristow	11/06/43
Bill & Marsha Harris	11/18/55
Doug & Joyce Pearson	11/21/64
Lee & Heather O'Malley	11/23/48
John & Rose Beckwith	11/24/55
Roy & Sheila Pringle	11/25/64
John & Marilyn Erly	11/27/??
William & Lorraine Marx	11/27/??



November Menus

Friday, November 1—Florentine style fish, parshied potatoes, orange-glazed carrots, cole slaw, pears;

Tuesday (5th)—Chicken strips, Mandarin orange salsa, rice pilaf, Capri veggies, peaches;

Friday (8th)—Lasagna, green beans, Caesar salad, garlic bread, pears;

Tuesday (12th)—Cook's choice, pizza & salad bar!

Friday (15th)—Beef stew w/ potatoes, biscuits, green beans, tossed salad, orange cake;

Monday dinner (18th)—Turkey, mashed potato & gravy, dressing, cranberry sauce, broccoli, pumpkin pie;

Friday (22nd)—Beef fajitas, Spanish rice, refried beans, sherbet;

Tuesday (26th)—Chicken & dumplings, winter mix, spinach salad, citrus jello w/pears.

**HAPPY THANKSGIVING FROM
AMY K. RAVEN!**

WANTED!

Helpers for This Gifted Island, the November 30 holiday fair. Please call
Rosalie Chantiny, 376-2592

ANNOUNCING This Gifted Island Holiday Crafts Fair 2002 at Orcas Senior Center



Rosalie Chantiny, chairman, and the Selection Committee are happy to invite you to participate on November 30, the Saturday after Thanksgiving, in This Gifted Island, a traditional crafts fair in the beautiful new Orcas Senior Center, including the county wing, 62 Henry Road, Eastsound.

There will be ample space for 40 exhibitors. The committee plans local, inter-island, and mainland publicity. There will be music and other entertainment, to include a Children's Gifts room and, of course, the traditional photos with Santa and candy canes; and door prizes. On this day, This Gifted Island is proud to be part of the Nonprofit Neighborhood Jamboree, a wonderful place to bring family, friends and guests to start the holidays!

Table spaces, many with wall display panels behind them, will be \$25., and craftspersons are welcome to share 2.5x6-foot tables. Twelve-foot booths, of your construction, are \$50. The only additional charge is, to Orcas Senior Center, 10 percent of your proceeds AFTER your first \$100. Honor system? You bet!

For your convenience, the Senior Center doors will be opened for set-up during 10-4 on Friday preceding the fair and at 7:30 AM on Saturday. Displays need to be broken down and moved out by 6 PM. You may unload in front of the main door on Nov. 30, but please relocate your vehicle to the St. Francis Catholic Church parking lot, across North Beach Road, so that This Gifted Island patrons may park easily near the building.

REGISTRATION FORM (PLEASE ENCLOSE CHECK)

Name _____

Address _____

Phone _____ E-Mail _____ Table (s) @ \$25. _____ Booth(s) @ \$50. _____

Type of craft, description (may be used in publicity; feel free to add description on back of this page)

AMOUNT ENCLOSED _____ Your check and application may be sent to Orcas Senior Center, PO Box 18, Eastsound, WA 98245. The Chamber of Commerce has kindly offered to take calls for us this year; please call them at 360 376-2273 if you have any questions or special needs.

(Continued from Page One)

Kraemer Frenger, Austin Grant, Mardi Lister, Annette Mazzarella, Ed Peterson, Lynn Schiager, Bob Scott, and Jan Wells. Marylou has completed a three-year term. Four members of the AC, **Diane Baxter, Susana Sharp, Howard Shirley, and Lee Wrenn,** resigned during 2002, leaving additional spaces.

Anyone 60 or over is eligible to vote. By November 1, there also will be ballots at the front desk, and the committee is considering other means of assuring voting by the widest representation of Orcas seniors.

Brief notes about each Orcas AC candidate:

Libby Blackwell, a former Peace Corps administrator, has served as president of League of Women Voters and, currently, as president of AAUW. She headed the successful La Table benefit for the seniors last fall.

Rosalie Chantiny, a retired teacher, has headed the Chamber Music Festival, and currently is chairing This Gifted Island, the seniors' holiday fair, Nov. 30 in our new building;

Jack Conant has served as president of Kiwanis. A retired airline pilot, he operates an island business, Lock Pickers, and has helped the seniors with the new web site.

Beth Jenkins, Advisory Committee chairman for the past three years, has been a town administrator in Colorado. She has been instrumental in reorganizing the by-laws for the Senior Services Council of San Juan County.

Maggie Schuler puts in a lot of mileage as one of our volunteer drivers. She organized the recent "Healing Life's Hurts" seminar at the Senior Center and brought one of her show llamas (and donated its fleece!) to help raise money at our benefit "Scratchin' for Cash."

Dick Thompson puts in local and mainland mileage in his volunteer driving stints. He is known for imaginative excursions. This retired executive also has served on the governing body of his church.

Peg Wareham, a retired nurse and one of the island's first EMTs, has served as a caregiver and organizer of many island events over the years.

Liz Waterman, a former social worker and administrator, is an artist whose work most recently appeared at Orcas Center in the exhibit: "Who We Are," with **Mardi Lister and Glenna Richards.**

Class of 2003 Orcas Advisory Committee Ballot

Please vote for five candidates listed below and/or write in a candidate, cut out the ballot, and mail to PO Box 18, Eastsound, 98245, or bring it to the Senior Center, 62 Henry Road, Eastsound, by November 15. The results will be announced in your December *Signal*.

Libby Blackwell ☐

Maggie Schuler ☐

Rosalie Chantiny ☐

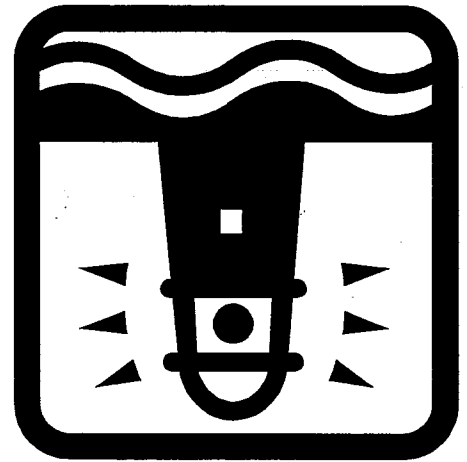
Dick Thompson ☐

Jack Conant ☐

Peg Wareham ☐

Beth Jenkins ☐

Liz Waterman ☐



Return Service
Requested

Senior Services Council of San Juan County
PO Box 18
Eastsound, WA 98245

Orcas Senior Signal

Page 8



You are invited
to Supper Theatre
Junior & Senior Moments
with John Clancy & Todd
Cowdery & The
Receptionist (s)

Friday, November 15, 6 PM

Admission: (includes supper by Lisa
McLaughlin): \$15.

Cash wine & juice bar.

Reservations helpful! Call 376-2677.

You may pay at the door or send check
to Orcas Senior Center, P.O. Box 18,
Eastsound, WA 98245



Orcas Senior Signal

New By-Laws Adoption Adds

All Nominees to Advisory Committee

Adoption of new by-laws by the San Juan County Senior Services Council (SJC/SSC), at its meeting November 19 on Orcas, resulted in all eight vote-getters being added to the Orcas Advisory Committee, rather than five.

Each year, five new members are elected to the Advisory Committee, which owns and sets policy for the Senior Center. Fifteen members comprise the committee, and previously up to 21 could be seated.

The by-laws change, worked on for the past two years by present committee members, five of whom will rotate off their three-year terms, provides for a maximum of 20 members. The 2003 Advisory Committee will be 18 persons.

Elected last month, in addition to incumbents **Libby Blackwell** and **Beth Jenkins**, were: **Rosalie Chantiny**, **Jack Conant**, **Maggie Schuler**, **Dick Thompson**, **Peg Wareham**, and **Liz Waterman**.

They will join present committee members: **Tom Cannon**, **Barbara Ehrmantraut**, **Kraemer Frenger**, **Austin Grant**, **Mardi Lister**, **Annette Mazzarella**, **Ed Peterson**, **Lynn Schiager**, **Bob Scott**, and **Jan Wells**.

Mardi served as Nominating Committee chair.

Volunteers, Artisans, Donors

Produce Gala Holiday Fair

You could pet an alpaca, buy imaginative local crafts, or win a warm winter week in Arizona with airfare paid, or a signed moonshot photo by **Bill Anders**, at This Gifted Island, the holiday fair at Orcas Senior Center, 10-4 on Saturday, November 30.

Pat Pomeroy of Coldwell Banker Orcas Island donated \$500 toward round-trip airfare to Arizona for two persons. (Average individual coach fare is around \$250.) And an unnamed donor gave a week's use (March 8-15) in the elegant vacation site, **Los Abridados**, in Sedona, Arizona.

Lisa George will bring two of her alpacas to the event, and also has donated a \$250 alpaca sweater. Additional prizes include a basket of gifts from island businesses, including **Crow Valley Pottery**, **Office Cupboard**, **Tres Fabu**, **Cottage Gift Shop**, and **Orcas Everlasting**, a **Joe Floren** photo, and a signed **Chamber Music Festival** CD.

Winners will be listed in the January *Signal*.

(Continued on Page 7)

Alternatives to Growing Old

Funny Papers + Classes = Growth

After church on Sunday, while I was growing up, my mother always made a quick stop at Templin's Store to pick up the newspaper. (She also picked up one for Great Aunt Jean, who did not believe in going into a store on Sunday, but who nonetheless loved reading the Sunday paper). The most wonderful part of the heavy newsprint stack, for me, was what we called the "funny papers," the full section of comic strips.

And the "funnies" influenced me a lot, especially **Mary Worth**, the social worker, and **Brenda Starr**, the red-headed newspaper reporter. Life has been a blend of both, ever since!

But growth from passively reading the comic strips would have been small, had I not been fortunate enough to participate over the years in lots of classes and courses, some experiential, some involving intense listening and note-taking. What these latter have given me—still do—is the sure knowledge that, at any age, I can learn and grow, and that THAT is the same for all of us. The variety of classes also has given me enormous appreciation of excellent instructors.

We are exceptionally fortunate, here at the Orcas Senior Center, to have three

very talented teachers presenting classes in January. (See story, Pages 5-6).

Caroline Buchanan will give a four-session series to teach you how to draw, on Wednesday afternoons, beginning January 8. The incredibly graceful **Robin Kucklick** will begin, on January 8, another six-session group of tai chi classes on Wednesday mornings. And on Tuesday, January 14, **Winnie Adams** will begin a four-week series of her special brand of yoga for beginning seniors and others.

We are indeed lucky to have instructors of this caliber who are willing to give us their time so affordably. A class makes a great holiday gift—to yourself or anyone—because the results can last a lifetime.

The Senior Center's policy on all classes is that they are first offered to seniors (60-plus), with others accepted if the class does not reach capacity the day before it begins. Because of being the "new kid on the block," most classes have not filled entirely with seniors, so there's a good chance that you'll get in if you reserve early and get on a waiting list if need be. Call our Front Desk, 2677, to get on the list.

Can it be that the best alternative to growing old is growing, period?

So plan ahead to treat yourself to some growing! All of us at your Senior Center look forward to working with you. A Merry Christmas, happy Chanukah, comfortable Kwanzaa, and a charitable Boxing Day, plus a safe & happy new year to everyone! JK



Remembering, With Love

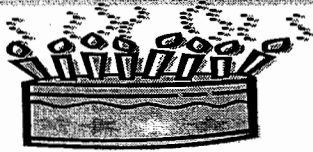
Millie Flaherty 1921-2002

Ruth Rubeling, 1923-2002

Opal Jackson--1909-2002

Mayne Nilsen--1914-2002

Bill Urschel--1917-2002



Happy December Birthdays to:

	December
Dick Thompson	1
Wayne Haslett	3
Hugh Hendrick	4
Karin Fuhring	4
Pat Logan	6
Buzz Bosone	7
Jane Barfoot-Hodde	8
Duane Franklet	8
Leora Melvin	9
Bill Buchan	10
Louis Middleton	14
Arthur Lehwalder	15
Patty Thompson	16
Letitia Flint	17
Heidi Lindberg	17
Don Reardon	19
Robert Hamaker	19
Betty Burns	20
Rosalie Chantiny	20
Gene Elliott	22
Gladys Brimhall	22
Virginia Mottl	22
Ed Peterson	22
Gloria Johnson	23
Carol Merrill	23
Beverly Ohlman	23
Mary Hillyer	24
Clara Appleman	24
Richard Wilson	25
Noel Murchie	25
Bob Henigson	27
Bill Dixon, MD	29
Dori Lansdowne	29
Kraemer Frenger	30
Libby Blackwell	31

Happy December Anniversaries to...

Roy and Pat Blay	12/06/61
Dorothy and Louis Wachter	12/12/54
Eugene and Ilse Herz	12/13/42
Beverly and Duane Franklet	12/17/55
Herlwyn and Barbara Lutz	12/22/00
"Mac" and Barbara Trunkey	12/26/59
Louis and Mary Lou Middleton	12/27/54
Enid and Bob Blanc	12/27/58
Thomas and Karen Ritter	12/27/62

FROM THE DESK OF LINDA T...

Holiday Greetings to all of you and yours from me and mine. What a year this has been! Moving, settling into our new building, offering programs such as tai-chi, yoga, and art classes, showing movies after lunch on Fridays, holding fundraisers with the likes of John Clancy, Todd Cowdery, the Olga Symphony, and others. There have actually been days when every room in the building has been buzzing with activity. It is a dream come true.

And, there is so much more to come in 2003. Of course, we are always open to your requests for programs, classes and activities. This place could be humming 8 hours a day, 5 days a week with all sorts of things going on. It's YOUR senior center. Let us know how you want to use it.

Many people may not know that the Lundeen, Multi-purpose and Conference rooms are also available (for reasonable fees) to other non-profit organizations, private parties, and businesses for their events. Senior Services members receive a special discount. Please send all inquiries to Linda at 2677.

(Cont. on P. 6)

'Small Gem' Greatly Enjoyed

Junior & Senior Moments, November 15, was a small gem! Adele Pinneo got lots of laughs as The Receptionist, as John Clancy and Todd Cowdery performed their unique brand of community improvisational theatre.

The show was supper theatre, catered by Lisa McLaughlin with a memorable dessert by volunteers Jan Wells and Audrey Stupke.

Invaluable assistance in moving tables and chairs was provided by the Orcas Boy Scouts: Chase, Reid, and David Cooper; Scott Wrobel, Thane Sweet, and J.B. Bitzer. We are very grateful to them, and to their leader, Mike Cooper.

Orcas Senior Signal
Jan Ferris Koltun, Editor
Linda Tretheway,
 Associate Editor

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Senior lunches are on Tuesdays
& Fridays, 11:30-1 PM
in the Betty Lundeen Room.
Want to know what's for lunch?
See Menus, Page 5

December **SENIOR SIGNAL**
Page 4
ORCAS ACTIVITIES
CALENDAR

December host &
hostess: **Agnes &
Andy Forbes**
December cake bakers:
Kraemer Frenger,
Dick Thompson,
Barbara Humes,
Katie Jensen

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 1--Caregivers' support group (CR)	3 10:30--Yoga (MPR) 7--Nicotine Anonymous (CR)	4 8:30--Tai Chi (LR)	5 9:30-- Advisory Committee; WELCOME NEW MEMBERS!	6 12:45--Friday filmfest-- story, P. 5	7
9 1--Caregivers' support group (CR)	10 10:30--Yoga (MPR) Western Hearing Aid Clinic 7--Nicotine Anonymous	11 8:30--Tai Chi (LR) 10--SHHH*** Orcas Chapter	12	13 12:45--Friday filmfest	14
16 1--Caregivers' support group (CR) 6--Senior Supper w/The Sunshine Boys	17 10:30--Yoga (MPR) CostCo Hearing Aid Clinic 7--Nicotine Anonymous	18 8:30--Tai Chi (LR) 4--Elder Law Clinic (CR)**	19	20 12:45--Friday filmfest	21
23 1--Caregivers' support group (CR)	24 10:30 Yoga (MPR) 7--Nicotine Anonymous	25 Christmas Day (office closed)	26 <div>FOOT CARE CLINIC -- RESERVATIONS NECESSARY</div>	27 12:45--Friday filmfest	28
30 1--Caregivers' support group (CR)	31 Birthday Lunch New Year's Eve		<div> ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary ** = schedule by calling 378-2163 ***SHHH= Self Help for Hard of Hearing </div>		

December Movies: Antidote to Holiday Busy-ness!

What? Movies in the middle of shopping, cleaning, Christmas cards, and everything else? Yup!

Old-time and not-so-old-time films — a collection of which has been donated by **Ron & Nancy Malzon**, thanks! — are meant for relaxing. They are a super antidote to all the holiday fuss. And for \$1 you get not only the movie, but great popcorn.

Shown at 12:45 PM in the Multipurpose Room on Fridays throughout the month, this filmfest will begin Dec. 6 with "Tea for Two," the 1950 Warner Brothers musical starring **Doris Day** and **Gordon MacRae**.

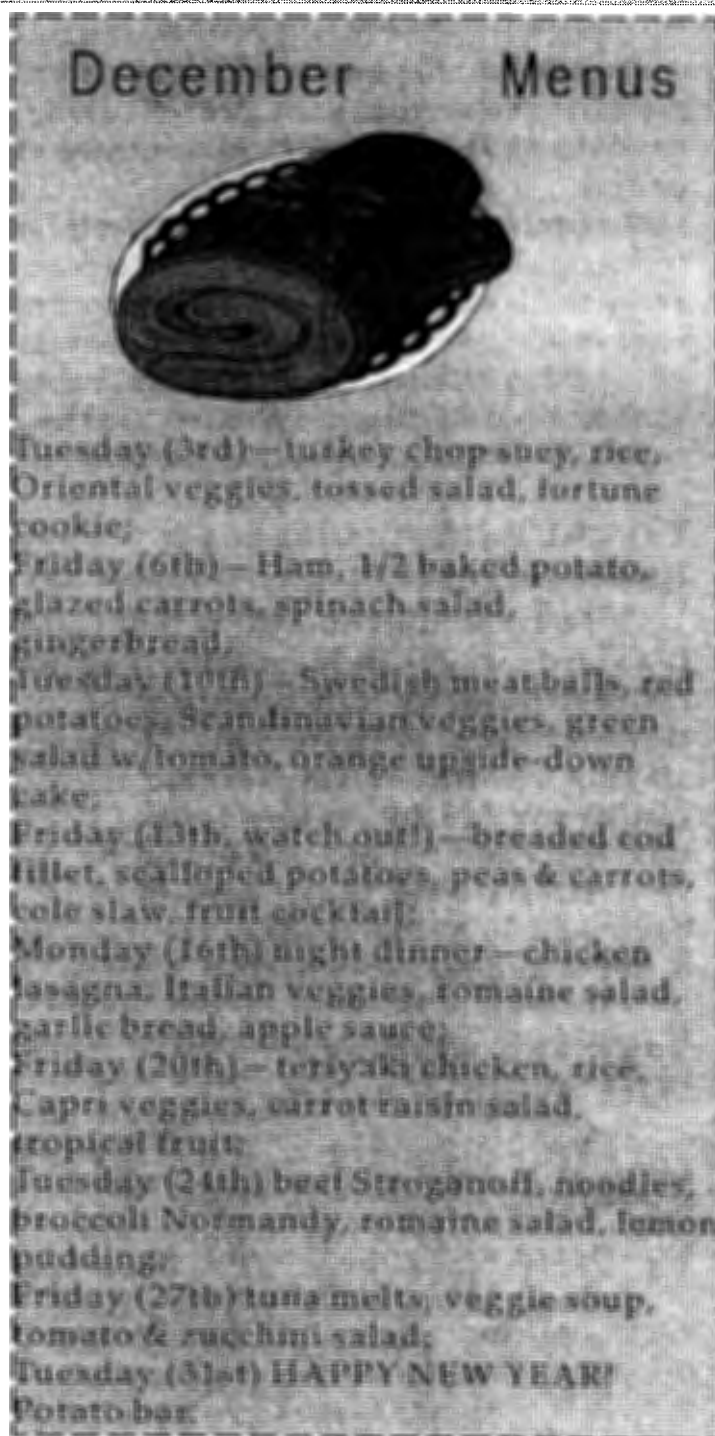
Additional movie dates are:

Dec. 13 — Universal Productions 1936 musical, "Show Boat," with **Irene Dunne** and **Allan Jones**; Dec. 20 — Paramount Pictures' 1983 "Trading Places," with **Eddie Murphy** and **Dan Ackroyd**; and Dec. 27 — M-G-M's 1941 hit, "Chocolate Soldier," with **Nelson Eddy** and **Rise Stevens**.

Three Classes To Begin in January Drawing with Caroline Buchanan

This acclaimed artist, teacher herself of such accomplished Orcas artists as **Marcia Spees** and **Jeannine Rodenberger**, is offering four Wednesday afternoon classes, 1-3:30 PM during January. Each costs \$45, or the series is \$120.

The first, January 8, titled "Get on a line and just keep going," aims at starting lifetime habits. The learning goals are to access your right brain, get your eye and



hand moving together, and to draw without "thinking."

"Draw buildings that look right without vanishing points," is the subject of the second session, on January 15. "Understand the concept and the buildings come naturally," notes **Caroline Buchanan**.

(Continued on Page 6)

(CLASSES--Continued from Page 5)

The Jan. 22 session will focus on rapid or gesture drawing, which can be used for any sort of subject including people.

On January 29, the teacher will focus on shading techniques, to discover and practice a number of different ways to give added dimension to your drawing.

Bring a sketchbook, pen and pencil to the classes; Office Cupboard has the supplies.

Tai chi with Robin Kucklick

Many studies now show that tai chi is a sturdy way to prevent falls. **Robin's** classes, through gentle repetition of flowing moves, are a good investment in staying well through highest old age. And at any age, increasing your flexibility and balance is a big help.

His six-week winter session will begin at 8:30 AM on Wednesday, January 8, in the Lundeen Room. Cost: \$30.

Yoga and Massage With Winnie Adams

Winnie will begin a four-week yoga series at 10 AM Tuesday, January 14. Cost is \$20 for the four sessions. No prior experience with yoga is required.

At 11 AM on Tuesdays, she will offer a new half-hour class in self and partner massage. These classes will give you simple techniques to make yourself more comfortable, and learn to understand your body's aches & discomforts and how to relieve them, as well as short, easy ways to make others feel better as well.

The first massage class will be offered free, so that anyone can try it out to see if these techniques help them. After that, the cost will be \$3 for each session. You may want to bring a partner or a friend, although this is not necessary.

PASSPORTS TO BE PROCESSED HERE DEC. 6

Jack Casey, Deputy Clerk of the San Juan County Superior Court, will be on Orcas, at the Senior Center, to process passports December 6, 2002, 10AM-3 PM.

Applicants will need picture ID (driver's license), Certified Birth Certificate from Government, two (2) passport photos, and two checks or money orders. If anyone has Questions? Call **Jack** at 378-2163 or email him at jackc@co.san-juan.wa.us.

(LINDA--Continued from P. 3)

Planning a week-end anniversary party? Wedding reception? Let us know how we can meet your needs.

In November I attended a meeting of the Project PAL council at OPALCO. I was aware of the PAL program, but didn't really have a grasp of the details. I'd like to share with you what I learned.

Unfortunately, there are people living in San Juan County who are, for various reasons of fixed limited income, illness, disability, unemployment, etc., economically challenged when it comes to paying bills for the basics of shelter, food, utilities, and so on.

Fortunately, Project PAL is a program designed to help out with electric bills. Folks who need assistance may apply for a "grant" which is then directly applied to the outstanding utility bill. Applications are available from OPALCO. We also have the forms here at the Center.

Another positive side to Project PAL could benefit even more people. Everyone who gets an OPALCO bill can participate

(Continued on Page 7)

If you have any questions about either class, feel free to call **Winnie** at 376-4656. Doctor's permission is required for the yoga class.

Two school classes are making and selling crafts for special projects. Mrs. Russillo's fifth-graders will sell ornaments and cookie mix to help pay for their spring trip to Washington, D.C. And third-graders, aided by Suzanne Morrissey, will hold a gingerbread house raffle and sell home-made gingerbread men to pay for their Seattle Aquarium overnight.

Local artisans are presenting an unusually wide selection of their work at This Gifted Island. These include:

Ginny & Bob Bivaletz, functional stoneware pottery; **Merry Bush & Sandra Osterhouse**, needlepoint, hand-crafted Santas, baby quilts; **Bob & Meg Connor**, Our Farm's suet balls, wreaths, and ornaments; **Robin Duis & Alana Leeper**, scarves, wraps, candles, lavender products, beading; **Trudy Erwin**, pottery; **Rebecca Evans**, stained glass boxes and kaleidoscopes; **Marcia Gillingham & Kathy Hendrickson**, jewelry, scarves;

Diane Irwin, jewelry with semi-precious stones and antique pieces; **Scott Jennings**, Pepper Moon products; **Keith Jones**, local honeycomb honey; **Madrona Farms**, organic berry jams, jellies and syrups; **Nanae Nagaoka**, quilting; **Binka Nicol & Patty Brogi**, candied fruit cake, LaFamiglia dressings, dips;

Orcas Island Medical Guild, jewelry, Christmas decorations, bay leaf clusters and swags; **Chris Peacock**, CDs; **Maria Papademetriou**, ceramic sculpture, functional pottery, sterling silver jewelry; **Cindy & Randy Pence**, home improvements, skate and snowboarding items;

Loretta Poschman & Valerie Tincknell, knit and crocheted crafts, felted stuffed animals, potholders, dishcloths and hot pads, stained glass accessories and ornaments;

Jeannine Rodenberger, hand-painted tiles and watercolors; **Gail Toombs** (Orcas Island Flower Co.), dried flowers and topiaries, also matted and framed Toombs prints; **Joyce Shaw**, hand-sewn items including placemats and napkins;

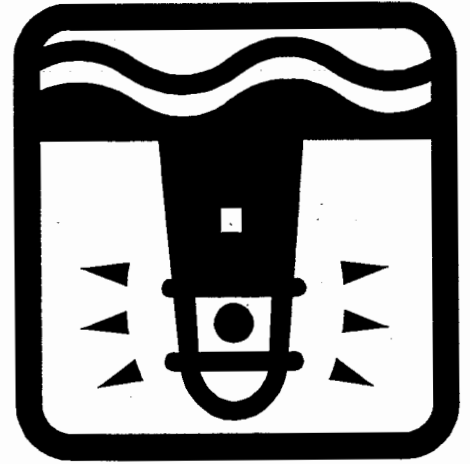
Cathy Vierthaler & Audrey Wells, hand-knit & woven accessories, hand-dyed scarves, beaded barrettes, accessories; **Martha Warachowski**, turned wood Christmas ornaments; **Jenny Welch**, Caprabella goat milk soap and sundries.

Rosalie Chantiny served as chairman for This Gifted Island. Her generous volunteers at *Signal* deadline time included (more complete list next month!): **Gerry Baker** (Orcas Chamber of Commerce), **Joanne Bastron**, **Mary Buscher**, **Mary Lou Cobb**, **Barbara Ehrmantraut**, **Lisa George**, **Kathy Grant** (Orcas Photos), **Pat Littlewood**, **Jill Malaspina**, **Larry McNair**, **Eva North**, **Hazel O'Brien**, **Eleanor Peterson**, **Roy & Sheila Pringle**, **Rusty Robertson**, **Maggie Schuler**, **Fran Suzick**, **Jim Thoroughman**, **Linda Tretheway**, **Barbara Trunkey**, **Lorna Vester** (Driftwood Nursery), and **Jan Wells**.

(LINDA--Continued from P. 6)

in the "Round Up" program. You can decide to have the amount of your OPALCO bill "rounded up" to the nearest dollar each month. The additional pennies are added to the fund from which the grants are drawn. The average addition to your yearly bill would only be about \$6. If every OPALCO member takes part, makes a wonderful gift, the whole year through.

I join Jan and the rest of the staff and volunteers in wishing all of you the very best in 2003.



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Senior Services Council of San Juan County

Orcas Senior Signal

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Join the Leaf Watchers!

Our staff enjoys seeing you thoughtful donors look for your leaves on **Trudy Erwin's** splendid Giving Orchard in the front lobby. If you haven't purchased your leaf yet, or if you have and now want to give one to everybody on your Christmas/holiday list, there's still room! We'll add more trees as needed! Leaves, all the same size, are \$100-\$1000, wherever in that range you want to give!

Proceeds go to pay off our building completely, and after that may be used for endowment or for special needs, depending on what our Advisory Committee decides. Contact **Jan**, 2677, to join the leaf watchers!

Know anyone?

Know anyone who might like a daily reassurance call, or are you an angel who might like to make one, or both? We have set up a small reassurance network, and would love to add you to it, by mutual consent with the person at the other end of the line! Call **Jan**, 2677.