

New Program

'Neighbors Gathering' to Get Underway Soon

"Neighbors Gathering," a socialization and exercise program for otherwise-homebound seniors and their caregivers, will begin early in the first quarter of this year in the Multipurpose Room.

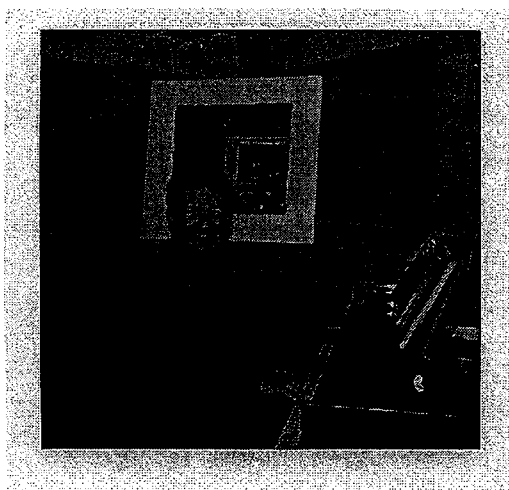
If you know a homebound elder, or their caregiver, who could benefit from this latter program, please call the director, **Winnie Adams**, 376-4656. A doctor's permission will be required for participants.

The program will be offered two days a week, five hours a day. It will provide gentle chair exercise for those who are up to it, talks by community and arts leaders, computer access in the new Computer Lab (see story, below), music, snacks, and lunch. Participants will be encouraged to share their skills and life experiences. Individualized attention will be aimed at helping each participant to live as fully as possible.

At least two adults will be supervising the program at all times.

Transportation will be available for those who need it.

Cost will be \$50 per five-hour session.



Christopher Peacock, above, and Gene Nery played selections from their newest album, *Silent Night*, at This Gifted Island Holiday Fair.

**This Gifted Island
Holiday Fair
A Huge Success**
Craftspersons, seniors,
and visitors gave glowing
reports of This Gifted Island,

(Continued on page 7, column 1)

New Computer Lab Closer to Reality

Two new computers with modems, monitors, keyboard, mouse, software, and a printer are being assessed, along with desk units that can be secured. And **Jack Conant** has volunteered to make the units lockable and put them on wheels.

So there is a good chance that our long-awaited computer lab will be up and running by the end of this month or early February! Equipment for the computer lab was enabled with a \$2,400 grant from the Orcas Island Community Foundation (OICF).

(Continued on page 5, column 2)

A Coordinator's Report

Joy in the New Year

What is joy? And how does it relate to how we operate?

Your Advisory Committee and staff are wrestling with questions of how to use our new facility so that costs balance expenses. The committee has voted to seek property tax-exempt status.

As we try to work within the usages permitted under this classification, one principle emerges, as sure a path to joy as it can be a guide to those who write and interpret tax laws:

We are here only to be truly helpful.

Helpfulness is a loving alternative to any negative perception. The vision of your Advisory Committee, staff, and members certainly is one of helpfulness. Here are a few examples from thousands of paid & volunteer hours you gave last year:

- ♦ **Trudy Erwin's** unique volunteering has enhanced the quality of our lives, both through playing "anything in the key of G" before Senior Lunches, and for the down-home beauty of her lobby installation, The Giving Orchard.
- ♦ One of our newest Advisory Committee members, **Rosalie Chantiny**, staged This Gifted Island, our holiday fair that raised more than \$4,000.
- ♦ **Tom Cannon** and **Austin Grant** have spent countless hours on our finances.
- ♦ **Barbara Ehrmantraut** has taken on the job of chairing our facilities management committee. **Kraemer Frenger** adds value to all he does, be it making salt boxes or giving advice.
- ♦ Our transportation program, under **Linda Tretheway's** care, is functioning very well and continues to attract excellent volunteers. And now that **Linda** has qualified as an instructor, the 55Alive! Defensive Driving Program will be offered quarterly to maintain a high level of seniors' skills.
- ♦ The front desk volunteers--**Joanne Bastron**, **Joy Bennett**, **Thelma Kallam**, **Anna Mae Kann**, **Pat Logan**, **Irene O'Neill**, **Barbara Pesola**, **Adele Pinneo**, **Fran Suzick**, **Dorna Theaman**, and

Betty Williams--have been learning our new telephone system beautifully. In addition, this hardy crew has served as envelope-addressers and telephone callers for numerous benefits including This Gifted Island baked goods sale and **Beth Jenkins'** annual end-of-year fund-raising appeal.

- ♦ Another capable volunteer, **Elizabeth Berdan**, has undertaken the job of Sunshine Lady, sending birthday and other cards regularly.
 - ♦ Our artists whose stimulating shows have graced the Lundeen Room: **Agnes Forbes**, **Richard Haffey**, **Jeannine Rodenberger**, **Bob Rodenberger** and **Richard Schneider** in recent months, and, in January, **Ed Peterson**!
 - ♦ **Mary Buscher**, our part-time office manager, has been keeping our nutrition reports up-to-date and fielding graciously a multitude of concerns.
 - ♦ **Joyce Rupp**, our "institutional memory," serves as Community Services Manager for other county services in addition to the three Senior Centers. Despite these large-scale responsibilities, she always has time for a friendly word or a suggested solution to problems.
 - ♦ Pinch-hitting wherever needed, **Cay Tretheway** has most recently catalogued the new movie collection donated by **Ron & Nancy Malzon**.
- More helpfulness is in store for 2003:**
- ♦ We are contracting with a highly qualified person, **Winnie Adams**, to manage Neighbors Gathering, an exercise and socialization day program to assist folks who would otherwise be homebound, and to give respite to their caregivers. (See story, Page 1.)
 - ♦ The equipment has been ordered for the computer lab donated by the Orcas Community Foundation! Orcas High School Key Club members will be available, when the equipment is purchased and set up, to teach seniors how to use the Internet, email, and other computer functions.
 - ♦ Classes and courses are being offered (See story, 7), and new ways of

(Continued on page 3, column 2)

FROM THE DESK OF LINDA T. . .

Happy New Year!

I love January. It is a time of new beginnings, reflections on the previous year, commitments to doing things differently. . . hopefully, better.

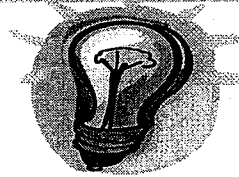
Pretty soon we will have been in our new building for a solid year. What a year it has been! New programs and classes, greater attendance at senior lunches, increasing numbers of volunteers. AND. . .there's plenty of room for even more.

We have already seen some success with our travel committee. Last year we went to a Mariner's game, revisited Harrison Hot Springs in Canada, attended a "Night of Giving" at the Auburn Supermall, and were treated to a few "mystery" trips by our ever imaginative and congenial **Dick Thompson**.

This coming year we hope to do more trips off-island, some of them involving seniors from the other islands, too. With more people signed up for some of these trips, we can perhaps travel further and have more elaborate excursions.

We also have plenty of room in the building for ongoing classes of 6-8 week duration. Ever wanted to learn how to make birdhouses? How about learning a new language? Sharing a favorite book? Listening to different kinds of music and learning about the cultures they come from? The possibilities are endless. If you have a particular interest and/or skill and would like to share this with others, let **Jan** or me know. If you would like to be the "teacher," let one of us know that, too. Or, if you know of someone who might be willing to lead a group through an adventure in learning, have them contact one of us.

There have been several days in the last year when every room was occupied and people were coming and going all day. It was noisy, busy, slightly crowded, and **WONDERFUL!** I look forward to much more of the same in the coming year.



(Continued from Page 2)

compensating the instructors are being set up to comply with property tax-exempt requirements.

- ♦ We now have a modest program of telephone reassurance, in which a few seniors, including **Mary Tinsman** and **Hazel O'Brien**, are contacting others each day.

Additional possibilities for helpfulness in the new year are unlimited. With the volunteer help of **Kate Schallie**, for instance, we are working to discover how a Faith In Action program can be set up in our community to provide in-home chore services and additional transportation by volunteers, above and beyond what we can do now.

So there's a lot of joy in what can sometimes be called **Mudville** at this time of year! Thank you deeply, named and you-know-who-you-are, for all your support and helpfulness! **JK**

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 February, 2003 issue: January 15. Email: jank@co.san-juan.wa.us

Remembering, With Love

Gail Brooks, 1953-2002

Mary Willis Fox, 1947-2002

Harry Greer, 1925-2002

Don McGillivray, 1915-2002


Kris Olson, 1928-2002

Buzz Sheehan, 19??-02

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

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

January cake Bakers:
Trudy & Wally Erwin,
Katie Jensen, Jan Koltun,
Maggie Schuler, Evelyn
Rutledge
Host & hostess: Wally &
Trudy Erwin

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary ** = schedule by calling 378-2163		1  Center Closed Happy New Year!	2	3 1--Movies & popcorn (MPR) 3:30 Seniors Alcoholics Anonymous (CR)	4
6 1 Caregiver Support (CR) 1-Bulding Man- agement Com- mittee (LR)	7 Library lady at lunch 7 PM Nicotine Anonymous (NA)	8 8:30 Tai Chi (CR) 10 SHHH (CR) 10:30 Dream Workshop with Pat Littlewood 1-3:30 Drawing w/ Caroline Buchanan	9 9:30 Advisory Committee	10 1--Movies & popcorn (MPR) 3:30 Seniors AA (CR)	11
13 1 Caregiver Support (CR)	14 Western Hearing Aid Clinic 10 Yoga with Winnie Adams 11 Massage with Winnie 7 NA	15 8:30 Tai Chi (CR) 10:30 Littlewood Dream Workshop 1-3:30 Buchanan Drawing Class 4 Elderlaw clinic	16	17 1--Movies & popcorn (MPR) 3:30 Seniors AA (CR)	18
20 1 Caregiver Support (CR) Center Closed-- Martin Luther King Day No Senior Supper	21 COSTCO Hearing Aid Clinic 10 Yoga with Winnie 11 Massage with Winnie Senior Lunch 7 NA	22 8:30 Tai Chi (CR) 1-3:30 Drawing with Caroline Buchanan	23 9-5 AARP 55-Alive! Defensive Driving	24 1--Movies & popcorn (MPR) 3:30 Seniors AA (CR)	25
27 1 Caregiver Support (CR)	28 10 Yoga with Winnie Adams 11 Massage with Winnie Birthday lunch 7 NA	29 8:30 Tai Chi 10:30 Dream Wkshp. 1-3:30 Drawing FOOT CARE CLINIC	30	31 FOOT CARE CLINIC 1--Movies & popcorn (MPR) 3:30 Seniors AA (CR)	

Bring A Dream Workshop--Pat

Littlewood, a licensed therapist whose groups have been well received over many years on Orcas, will present a six-session Bring A Dream workshop on successive Wednesdays beginning January 15, with the first week of February off.

Registration deadline for the workshop is Friday, January 9, at the Senior Center's normal 4 PM closing. A minimum of six persons is needed for this class, and she will accept a maximum of 10 persons.

Requirements for this workshop are: maintenance of confidentiality; and commitment to attend the six sessions, or most of them. Cost: \$42.

55-Alive Class--Linda Tretheway will offer the 55-Alive! AARP driver refresher course January 23 at an all-day session in the Lundeen Room.

Valuable for preventing accidents and for strengthening skills among mature drivers, this course also can save you money on insurance! Most insurance companies offer reduced premiums for drivers who have completed the course.

The class fills up fast; reserve now through the front desk, 2677. Bring lunch for this 9-to-5 class. Cost: \$10, to AARP.

Laugh & Keep Warm!--Seems as though we all could use a little extra humor in January, and the Friday films are guaranteed to delight your funny bone. Cost, with popcorn: \$1. Here's the schedule:

January 3—*Airplane!*

January 10—*Movie-goers' choice!*

Audience from January 3 will choose from the fabulous new movie donations by **Ron & Nancy Malzone**. The choosers also get to decide on the movies for January 31 and February.

January 17—*Sgt. Bilko*.

January 24—*My Blue Heaven*.

January 31—*Movie-goers' Choice!*

Want Ad

For future art exhibits, the visual arts group needs pedestals of different heights. Call **Ann Reardon**, 2707.

January

Menus



Friday, Jan. 3—Barbecued pork ribbers, half baked potato, Capri veggies, coleslaw, chocolate pudding;

Tuesday, Jan. 7—Baked chicken, mashed potato & gravy, Brussels sprouts, carrot & raisin salad, chocolate chip cookies;

Friday, Jan. 10—Pizza, salad bar;

Tuesday, Jan. 14—Chicken strips, mandarin orange salsa, rice pilaf, Capri blend veggies, romaine salad, peaches;

Friday, Jan. 17—Ham, scalloped potato; orange glazed carrots spinach salad, gingerbread;

Tuesday, Jan. 21—Pork loin with chunky apple chutney, mashed potato with gravy, peas & carrots, garden salad;

Friday, Jan. 24—Taco salad, Spanish rice, tropical fruit;

Tuesday, Jan. 28—Sturdy beef stew, biscuits, garden salad, apple & blueberry crisp;

Friday, Jan. 31—Golden Lite Fish, yams, Scandinavian veggies, tomato & zucchini salad, pears.

(Continued from page one, column 2)

Members of the Orcas High School Key Club wrote the grant proposal to OICF, and will serve as teachers to the seniors who want to learn to use the Internet, write letters, or make simple spreadsheets.

Lab hours will be announced in the February *Signal*. It is likely there will be a \$5 monthly user fee, although if enough people decide to take advantage of the lab, this could be reduced. Call the Front Desk for details after January 15.

Barbara Humes' Gift for January: Armenian Crispy Thin Bread

This whole wheat bread has a delicious nutty flavor.

- 2 pkgs. dry yeast
- 2 cups warm water
- 2 TB sugar
- 1 t salt
- 1/4 pound butter (or margarine), melted
& cooled
- 2 1/2 cups whole wheat flour, unsifted
with 5 TB gluten flour added (this helps
to raise whole wheat)
- 1/2 cup soy flour
- 1/2 cup wheat germ
- 3 + cups whole wheat flour, unsifted
- 1-2 t oil
- 1 egg beaten with 2 TB water
- 3/4 cup sesame seeds

In a large bowl, dissolve yeast in warm water. Stir in sugar, salt and butter. Add whole wheat, wheat germ and gluten flour. Beat well with electric beater. Keep beating and adding flour until it makes a fairly stiff dough.

Knead in bowl 5-20 minutes, adding flour as needed to keep from sticking. Pour 1-2 t oil over dough ball and turn to coat. Set in warm place for one hour.

Preheat oven to 450 degrees. Have one oven shelf down low, the second one up higher.

Punch dough down. Knead a few minutes. Divide into eight portions. On a floured board, roll out very thin in an oval 10-12" long. Place ovals on ungreased cookie sheets. With a pastry brush, spread a good amount of the egg/water mix, sprinkle well with sesame seeds and pat down to hold them in place.

Place the first sheet on lower rack for 5 minutes. Prepare second cookie sheet. Transfer first sheet to top rack and add second sheet to bottom rack. When top breads are browning nicely, remove them. Transfer bottom sheet to top rack and repeat until all are cooked.

Happy January Birthdays!

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

And Congratulations For Keeping each Other Warm all these Years!

Dean & Iris Reynolds	1/09/??
Gil & Jeanne DeLong	1/09/43
Wally & Trudy Erwin	1/10/77
Charles & Shirley Dever	1/17/44
Lester & Connie Newland	1/19/35
Vance & Antoinette	
Stephens/Botsford	1/24/98
Robert & Jody Hamaker	1/26/58
Andy & Joyce Nigretto	1/29/53
Dick & B.J. Arnold	1/30/60

(Continued from page one, column one)

the Nov. 30 fair chaired by **Rosalie Chantiny**, with help from **Fran Suzick**, **Pat Littlewood**, **Dora Blake**, **Phyllis Wilkinson**, **Beth Jenkins**, **Eleanor & Ed Peterson**, **Jo Ellen Moldoff**, **Jerry Baker**, **Elsie McFarland**, **Sheila Pringle**, **Hazel O'Brien**, **Harriette Mathews**, **Ronnie Thornton**, **Joanna Serwold**, **Betty Sumrall**, **Goodie Goodrich**, **Jan Wells**, and a host of other pals including a family from an island near Tacoma! The latter, **Claudia & Bill Jones** and their teen-agers, **Bronson & Julia**, were camping at Moran State Park, just happened by, and stayed to put away tables and help immensely with cleanup.

Linda Gillespie won the grand door prize, a week for two in a Sedona, AZ condo with \$500 roundtrip airfare donated by **Pat Pomeroy** of Coldwell Banker Orcas. **Linda** decided to take along her husband, **Terry**, who just happened to be our building contractor! One family, the **Bill Gincigs**, won two of the raffle prizes: a gift basket donated by island merchants (see below) and the moon photo signed by **Bill Anders**.

Sharon Heller won the Chamber Music Festival CD autographed by **Aloysia Freedman**, and **Anna Mae Kann** won **Joe Florin's** framed photo, *Oregon Grape*. **Glenna Richards** won the alpaca sweater donated by **Lisa George**, who also brought one of her flock to play with Santa, **Rusty Robertson**, in the lobby.

Larry McNair, on very short notice, used his engineering expertise to lay out a floor plan for the entire building, into which all the tables and booths fitted beautifully!

Island businesses who donated generously to the above-mentioned gift basket were: Orcas Homegrown, **Roses Breads & Specialties**, **Monkey Puzzle**, **Village Stop**, **Driftwood Nursery**, **Orcas Everlasting**, **Crow Valley Pottery**, **Star**

Sign Up for Classes Now!

Four classes are being offered in January, providing minimum registrations are met. Pre-registration is necessary.

Robin Kucklick will extend his tai chi session to eight weeks, beginning at 8:30 AM January 8 in the Lundeen Room. Cost: \$50. Class fees must be paid in advance. Sign up at the front desk for this popular discipline. Minimum: 15 students.

For **Pat Littlewood's Dream Workshop**, see story, Page 5.

Also on the 8th, 1-3:30 PM, **Caroline Buchanan** will begin the first of a four-part series of sketching workshops, which also may be taken singly. These Wednesday afternoon groups will focus successively on helping your hand and eye to move together; perspective; rapid or gesture drawing; and shading techniques. Cost for each class: \$45. Minimum: 10 students.

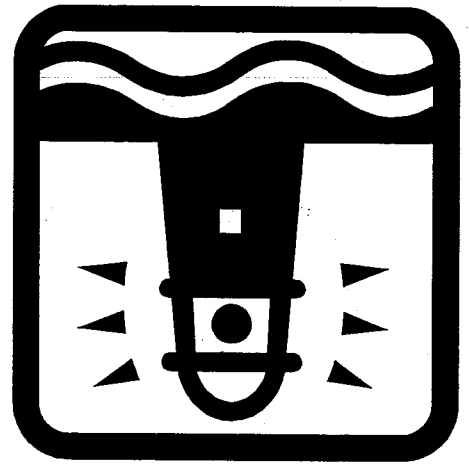
Winnie Adams' four-week yoga series, to start at 10 AM January 14, will be followed by her new half-hour class in self and partner massage. Cost for all four yoga groups: \$25. The first of the massage groups will be offered free. After that, the cost will be \$4 for each session. Minimum: 5.

Policy on class signups is that seniors 60 + have first preference, but if a group is not full by the end of the week preceding its start, anyone may join. Class fees are intended to pay the instructor a realistic plus a fair amount for operating costs.

Stained Glass, **Candace Susol**, and **Office Cupboard**.

Lorna Vester, of **Driftwood Nursery**, also donated **ponsettias** at cost, and the beautiful plants sold out early.

The fair was part of **Nonprofit Neighborhood Jamboree**, in which other nonprofits in the area participated. Representatives of this group—**Children's House**, **Salmonberry School**, **Orcas Center**, and **The Funhouse**—met afterwards and decided to do it again this year, and invite even more neighbors to join the fun.



Orcas Senior Signal

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

Bulk Rate
Non-profit
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Eastsound, WA 98245

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Sixth-Grade Waitpersons Much Appreciated!

Seven Orcas Island School sixth-graders served dinner, and made friends with the diners at Senior Supper last month. It is hoped that **Juliana Bate**, **Loralee Blankenship**, **Bradley Bruland** (wearing a 1940s-looking wide tie), **Tiffaney Crane**, **Jennifer Davis**, **Chelsea Marks**, and **Kate Pinardi** will make a return visit in February!

The supper was enlivened by **Nina Coffelt**, whose imaginative decorations went to one person at each table, and by **Bill Hagen** and **Jack Conant**, who presented a scene from Neil Simon's *Sunshine Boys*. Raffle prizes, much admired, were made by **Trudy Erwin**.

January's Senior Supper had to be scrubbed, due to a holiday conflict. However, it is planned to continue these third-Monday night dinners during all the rest of the year.

Credo

I am here only to be truly helpful.

I am here to represent Him who sent me.

I do not have to worry over what to say or what to do, because He who sent me will direct me.

I am content to be wherever He wishes, knowing He goes with me.

I will be healed as I let Him teach me to heal.

From A Course in Miracles

Orcas Senior Signal

Services We Offer

So much has been going on at your Senior Center--classes, programs and other new doings--that some of you may not know of the long-standing activities that we offer. To find out more about the starred programs, below, contact **Linda**; for the others, call **Jan**; both are at 376-2677.

- ◆ Case management
- ◆ Caregivers' network (includes cleaners & organizers with local references)
- ◆ Caregivers' support group (which includes present and former caregivers of family members)
- ◆ Friendly visitors
- ◆ Information and assistance with Medicaid and other federal, state, and local programs
- ◆ *nutrition, including home-delivered meals
- ◆ telephone reassurance
- ◆ *transportation

If you, or a friend, are interested in the new Adult Day Respite Program, see the story at top right of this page.

Courses and classes usually are offered as six or eight-week modules and are listed in your *Signal* and other local outlets during the weeks before they start.

(Continued on Page 5, column 2)

PIONEERS SOUGHT

Adult Day

Program to Begin

Neighbors Gathering, a program designed for homebound seniors and persons with disabilities, and for respite for their caregivers, will be offered at Orcas Senior Center on Mondays and Wednesdays, 9 AM-2 PM, beginning **February 17**, thanks to start-up funds from the **American Legion**, the **Lutheran Congregation**, and a state grant.

The program will offer, depending on individual needs, optional easy exercise, music, speakers from the community, intergenerational events with students, games, and activities that could include woodworking, sewing, art, computer projects, writing, story-telling, and armchair gardening.

Managing this project will be **Winnie Adams** and **Irene Ekberg**, who share extensive backgrounds in education, therapeutic yoga, and caregiving. Any volunteers who are interested in assisting will be greatly appreciated.

The respite program will be in the new building's multipurpose room, and will include a morning snack and lunch. Transportation will be available if needed. Cost for the five-hour program will be \$50. Participants must register in advance.

Limited scholarship funds may be available. For more information, call 376-4656.

FROM THE DESK OF LINDA T. . .

Many of you already know about our wonderful Transportation Program. We use our vans for a variety of activities... medical appointments, both on-island and off, recreational trips to the mainland or other islands, rides to and from senior lunch, to name a few. This program is supported through a grant from the Department of Transportation, membership dues for Senior Services of San Juan County, Inc. (which pay for insurance costs) and donations from the riders. Donations are suggested at \$1. for trips on the island and \$10. for off-island rides. We pick up the cost of gas and the ferry. Recreational trips off-island may cost a little more.

As much as we have our vans out there, serving our senior and disabled community, I am still surprised when I mention the availability of the vans to someone who has never heard of the program. I thought I'd take this opportunity, in this month's newsletter, to spread the word. Our motto is... "all the vans on all the roads all the time!"

Each of the three biggest islands in San Juan County has at least one van for transportation. Orcas is fortunate in that it has had three for many years. Let me introduce you to them...

The "White Whale" is a mini-van with a wheelchair lift. When a wheelchair is secured in the back of the van, we have room for 8 riders in addition to the driver. Without a wheelchair in the back, we can carry 10 passengers. This is the van you will see out and about on senior lunch days, picking people up from the Longhouse, Butler's Eldercare, and several private residences. We bring these folks to lunch and stop off at the market and post office on the way home in order for the riders to do shopping and pick up their mail.

"Big Red" is our 13-passenger van and the one we use most often for off-island trips, such as a week-end at Harrison Hot Springs, or a day at Safeco Field watching the Mariners play. (Look

in next month's *Signal* for information about our May 22 trip to a Mariners' game.) We have recently sent this van over to the Mullis Center on San Juan for them to use on a more regular daily basis, as they are short a van these days. We will be "borrowing" it back on occasion for off-island trips.

Finally, "Doc's" van was donated by the Russell family in memory of **Frank "Doc" Russell**, who passed away in 1995. We use this smaller, six-passenger van for individual on- and off-island medical trips, taking small groups to the Orcas Center for entertainment, or picking up folks who are not comfortable driving at night and taking them to such activities as the American Legion Steak Dinner (and home again).

Of course, no transportation program would be complete without safe and competent drivers. We are blessed with over a dozen volunteers who sign up ahead of time to drive for senior lunch and recreational trips (Lloyd Pinneo has already "volunteered" to drive us to the Mariners game in May) or who are willing to respond on short notice when someone needs to go off-island for a medical appointment or procedure.

All it takes to become a volunteer driver is a current driver's license, the ability to pass a CDL physical, a clean driving record and a background check. We ask all of our drivers to maintain confidentiality regarding the personal business of their passengers and we also provide CPR and first aid training annually in order that our riders may feel safe and secure in the event of almost any emergency.

Please think of Senior Services and our Transportation Program the next time you wonder how you can make it to that doctor's appointment in Mount Vernon, or the next time you'd like to come to Senior Lunch but don't have a way to get yourself there. All we ask is that you call ahead of time with sufficient notice so that we can line up a driver for you. Call **Linda** or **Mary** at 2677. See you in the van!

New Orcas

Officers, Delegates, Elected

The Orcas Advisory Committee (OAC) has elected a new slate of officers as well as delegates to the parent body, the Senior Services Council of San Juan County (SSC/SJC).

New OAC officers are: **Annette Mazzarella**, president; **Dick Thompson**, vice president; **Maggie Schuler**, secretary; and **Tom Cannon**, treasurer. Under local operating rules adopted by the OAC, **Barbara Ehrmantraut** will head the facilities management committee, which handles day-to-day building operations. **Rosalie Chantiny** will head the Friends of Orcas Senior Center, the group's fund-raising arm. **Ann Reardon** will handle the new Visual Arts Committee, which manages building exhibits.

Thanks was offered to **Beth Jenkins**, who has served as OAC chairman for the past three years, as well as having chaired the parent body (SSC/SJC). She was elected a delegate to this latter group, along with **Annette, Dick, Maggie, Tom**, and, as alternate, **Jan Wells**.

The resignation of **Lynn Schiager**, who has served as treasurer of SSC/SJC, was accepted with regret. She is working both as director of senior

Odds 'n Ends from Jan

Thanks! Last month, I forgot to thank some of the most important people who've helped the Senior Center since we opened nearly a year ago. **Kate Adams**, almost single-handedly, staged our opening reception last April, and what a community event THAT was! Thanks, **Kate**, for all you did!

And the bakers, who are too numerous to list even in tiny type, made our Holiday Fair a tasty and profitable event. Thanks, from **Rosalie Chantiny** and myself, for truly movin' & cookin'!

BENEFITS CHECK-UP Have you ever wondered if you are entitled to any government benefits that you are not presently getting? The National Council on Aging has come up with a unique website that lets you enter in your own information, in total privacy, to discover what benefits may be there for you, and what proofs (such as income) you may need to provide in order to obtain them.

ministries at the Community Church and as teacher of Spanish ESL and music in the Orcas School, and has served the Senior Center in numerous positions over several years. **Lynn** will continue to be involved in senior suppers as coordinator of servers.

Remembering, With Love

Inez Stearns, 1923-2002
Norma Beebe, 1923-2003
Phil Chamberlain, 1928-2003

The Website is www.BenefitsCheckUp.org, if you use a computer.

AND IF YOU DON'T, I'll be happy to help you check this out in my office, in confidentiality. And this is a good time to mention the computer lab, where you'll be able to use the Internet yourself to check such websites. The computers are ordered, the desks are here, and we hope that by mid-month we'll be able to bring in the Key Club youngsters to teach all of us how to use the Internet.

MANY OF YOU, from time to time, need someone to clean or organize your house. Some very good caregivers are currently available; call me if for names and local references.

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 March, 2003 issue: February 10. 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

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

February cake bakers:
Veronica Thornton, Pat
Logan, Carol Merrill,
Cay Tretheway, Faith
Deeds, Agnes Forbes

Hostesses: Cay Tretheway & LeOra Melvin (Tuesdays);
Dora Blake & Cay Tretheway (Fridays)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room NA = Nicotine Anonymous AA = Alcoholics Anonymous * = reservations at office (2677) necessary ** = schedule by calling 378-2163			Do you have an adventurous homebound friend or neighbor who might enjoy an exercise- socialization program? See story, Page One!		
3 1--Caregivers' support group (CR)	4 10--Yoga Library Lady at Senior Lunch 7 PM NA (CR)	5 8:30--Tai Chi (LR)	6	7 3:30--AA (CR)	8
10 Start of Neighbors Gathering 1--Caregivers' support group (CR)	11 9--Western Hearing Aid Clinic 11-1--Blood Pressure Clinic 7 PM NA (CR)	12 8:30--Tai Chi (LR) 10:30--Bring A Dream Workshop 10--SHHH (CR)	13	 3:30--AA (CR)	15
17 CENTER CLOSED President's Day 1--Caregivers' support group (CR)	18 9--COSTCO Hearing Aid Clinic 7 PM NA (CR)	19 8:30--Tai Chi (LR) 10:30 Dream Workshop 4--Elder LawClinic**	20 SIGN UP EARLY! Trip to Northwest Flower & Garden Show (3rd year)	21 3:30--AA (CR)	22
24 1--Caregivers' support group (CR)	25 Birthday Lunch 7 PM NA (CR)	25 8:30--Tai Chi (LR) 9:30--Foot care* 10:30 Dream Workshop	27	28 9:30--Foot care* 3:30--AA (CR)	

Another County Office Opens Here & Now

Orcas Islanders now can get their motor vehicle tabs through the Bureau of Licensing newly opened in the county wing. The office is staffed by **Gail Marple**, and is open 8:15 AM-11 AM and noon-4 PM, Mondays and Wednesdays.

Some of the additional transactions that you can do here are title transfers and vessel decals. Driver's license test booklets and other information are available at this office.

For driver's licenses, you'll still need to go to Friday Harbor. That office, in the new fire station on Mullis St. near the San Juan Senior Center, is open on the second and fourth Wednesdays of each month, so in February that would be Feb. 12 and 25, 8:30 AM-2:30 PM.

If your birthday is imminent, and it's one of those dates when your driver's license is due, give yourself the positive gift of escaping a major traffic ticket! Twice in the past few months, people have come into the senior center with horror stories of fines for out-dated driver's licenses.

In fact, if you want to stay on the road, the three best things you can do are: 1) keep that license current; 2) keep your car in shape; and 3) take **Linda Tretheway's 55-Alive!** driving seminar. She will be giving the latter again on Orcas in April, so watch the *Signal* for the date!

Another Kind of PC

Here is another sort of PC, thanks to **Scotty Emmes!** To find out what it is, check the bottom of page 6.

Specifications:

Standard Input

1. bilateral frontal whisker array
2. bilateral adjustable audio dishes (range 20-2,000 Hz.)
3. twin front-mounted odor-sampling devices
4. stereoscopic standing device with night vision

(Continued on Page 6)

February

Menus



Tuesday, Feb. 4—Savory chicken, mashed potatoes & gravy, Brussels sprouts, apricots;

Friday, Feb. 7—Florentine-style fish, rice pilaf, Italian veggies, Caesar salad w/tomato wedges, pears;

Tuesday, Feb. 11—Beef Stroganoff, broccoli Normandy, romaine salad, lemon pudding;

Friday, Feb. 14—Spaghetti, green beans, bread sticks, romaine salad, chocolate cake w/whipped cream;

Tuesday, Feb. 18—Chicken pot pie, carrot coins, spinach salad w/tomato wedges, apple cake;

Friday, Feb. 21—Lemon pepper fish, scalloped potatoes, mixed veggies, cole slaw, orange cake;

Tuesday, Feb. 25—Chicken lasagna, Italian veggies, bread sticks, garden salad, peaches;

Friday, Feb. 28—Teriyaki chicken, rice, Capri blend veggies, carrot & raisin salad, tropical fruit.

(Continued from Page One)

Currently, we are looking for a Spanish instructor to teach a paid conversational group for community persons in schools, medical and social services. And we need someone who knows how to play mah-jongg, to teach a free class for other players who have expressed interest.

Call Jan if you would like to take—or teach—a class!



Happy February Birthdays!

Walt Rutledge	2
Betty Lou Grant	2
Peggy Rodenberger	3
Werner Kundig	3
Rick Bronkey	3
Lois Sheedy	4
Andrea Hendrick	4
Beth Jurgensen	4
Ole Coleman	5
Pete McCorison	6
Kiko Harrison	7
Richard Griot	11
Al Englehartson	12
Larry Cornwall	12
Eleanor Peterson	12
Doug Pearson	12
Joan McMillen	14
Jane Bristow	16
Barbara Lutz	16
Clarena McLachlan	19
Merry Bush	20
Tom Cannon	22
Toby Hiller	22
Lee Gardiner	23
Doris Brain	24
Ron Malzon	24
Reba Lehmann	27
Evelyn Rutledge	27
Carl Poschman	27
Rosa Montgomery	28
Phyllis Wilkinson	28
Ann Sanchez	29

And Happy Anniversaries to:

Edson & Jane Kempe	1
Dick & Bobbie Hatrup	9
Bob & Harriet Miller	11
Toby & Karen Hiller	12
Bill & Margaret Tyree	13
Rick & Janet Bronkey	14
Andy & Agnes Forbes	14
Gene & Lois Baney	14
Bruce & Sharon Heller	20
Jim & Diane Baxter	27

SHIBA News from Peggy Griswold, Orcas SHIBA Volunteer

"Paying for Prescription Drugs" is the title of a recent publication by SHIBA (Statewide Health Insurance Benefits Advisors). It addresses the problem many of us, young and old, face.

There are prescription cards being created by pharmaceutical and retail companies. I would suggest that you check with the companies issuing the cards; some are free, while others cost an annual fee. The cards may save you money only in certain pharmacies. Check with the retail source you normally use before enrolling in any plan. Where you can get cards and how you may qualify is presented in the publication. This may fit your needs.

Most individual health insurance plans do not include prescription benefits. The Medigap plans H, I, and J do have benefits. So do some group plans and the Washington State Health Insurance Plan. Check your health insurance policy.

A copy of the SHIBA publication is available at the Senior Center, the Medical Center, and from me. I am available to meet with you on Fridays at the Medical Center. Call 376-2561 to schedule an appointment.

(PC, continued from Page 5)
Standard Output

1. internally mounted purrbox
 2. single speaker with separate growl mode
- System Software:**

Your PC will come preloaded with one of the following:

DOS—domestic shorthair

OS—other shorthair

MS—megasoft, installed in units with fuzzy covering

Your PC will automatically convert from laptop to desktop as needed. There are no user-serviceable parts inside.

This PC is: (turn page upside-down for correct answer):

(Answer: A Personal Cat)

AARP Tax Prep Aides to Visit

Need help with your taxes? Aides from the American Association of Retired Persons will be available, with laptop computers, at the Orcas Senior Center all day on March 18. Exact times will be determined when the new ferry schedule is out; in the meantime, call the Front Desk, 2677, to get on the wait list. You will be called back when the aides' arrival time is known.

The checklist below includes the items you need to bring with you so that the aide may help you to prepare your tax return:

Income

- ☐ W-2 and W-2P forms from each employer, if you earned a salary.
- ☐ Unemployment compensation statements (A-1099), forms reporting interest (1099-INT), dividends (1099-DIV), proceeds from sales (1099-misc), as well as documentation showing the original purchase price of your sold assets.
- ☐ 1099R form from the payer of your pension or annuity, especially if you had a portion withheld for income tax purposes.
- ☐ Social Security numbers for all dependents.

Payments

- ☐ A copy of last year's tax return (s) and preparation booklets, with supporting statements.
- ☐ All forms indicating federal income tax paid (including quarterly estimated tax payments).

Deductions

Most taxpayers have a choice of taking either a standard deduction or itemizing their deductions. If you have a substantial amount of deductions, you may want to itemize. You will need to bring the following information:

- ☐ 1098 form showing the amount of interest you paid on your home mortgage;
- ☐ Receipts or canceled checks for medical/dental expenses (including doctor and hospital bills and medical insurance

Barbara Humes:

To Stop A Cough

We have used this for years; do it whenever you have a cough.

There is measurable energy emanating especially from the thumb, pointer, and middle fingers of our hands.

Place the thumb, pointer, and middle fingers of each hand on each side of the "Adam's apple" on your throat. Sit quietly for five to ten minutes.

Alternatively, you can place fingers above and below the "apple."

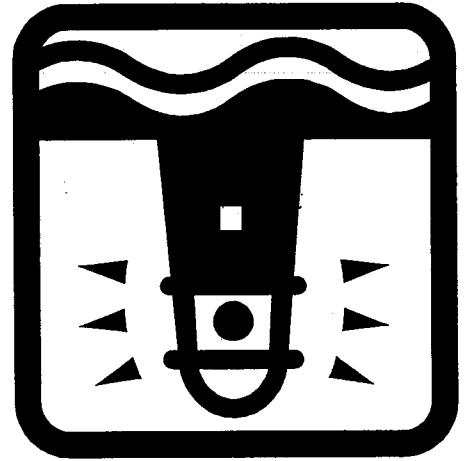
Doing this has never failed to stop a cough for me. It is especially handy in a meeting, and lets you sleep more at night. Do whenever needed.



- premiums), receipts for prescription medicines, costs of assisted living services, and bills for home improvements such as ramps and railings for people with disabilities;
- ☐ Receipts for contributions to charities;
- ☐ Receipts or canceled checks for income and property taxes you paid, as well as records of tax refunds;
- ☐ Papers to document how you lost money accidentally (theft, fire, etc.);
- ☐ Child or adult care provider information (name, employer ID, Social Security number).

Travelling to Missouri?

Nine-pound dog needs to go to Kansas City. Some airfare, or gas money available! Contact Joyce, 2677.



Orcas Senior Signal

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

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Non-profit
U.S. Postage Paid
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Eastsound, WA 98245

Page 8

Fit White Elephants Sought for Neighbors Gathering!

Do you have any white elephants that could become resources for Neighbors Gathering, our new exercise-socialization respite program? Best to call first, **Winnie Adams** at 4656, rather than bringing things in! Thanks! Here is the wish list that **Winnie and Irene Ekberg** compiled:

music CD's
instruments
sheet music (sing alongs)
copies of Rise Up Singing

wood working tools and materials
thermos
radio and cassette player
crock pot
balls
hand held weights
femo (clay)
beanie bags
sewing and needlework supplies
blankets, afghans
firm bolsters or pillows

Two small recliners
games
Boggle
checkers
dominoes
cards
puzzles
Art materials
an easel
white board
bulletin board
computer paper
rug (8'x 10')
gardening tools
planter boxes
soil
fertilizer
hose

Orcas Senior Signal

THE PIONEERS--

Participants in Neighbors Gathering, the new adult day respite program at Orcas Senior Center, enjoy a game of cards during the Feb. 17 Open House. Left to right: Diane Ansel, Bob Halvorson, Edith Hurlbut, and Barbara Ehrmantraut, with her grand-daughters, Brittany and Margo Karpiak.



Photo by Bob Gamble

Western Washington Univ. Professor, Students to Give Speech Reading Workshop

Dr. Rieko Darling, of WWU's Department of Communication Sciences & Disorders, will bring graduate students to present "Speech Reading and other Helpful Tips" 10-12 AM on Thursday, March 20, in the Lundeen Room.

Persons who are hard of hearing may find this session extremely helpful for learning how to improve reception of others' communications.

The normal March meeting of SHHH!, the self-help group for persons with hearing disabilities, will be canceled so members can attend the workshop, said Susan

Unique Art Exhibit Begins This Month

Gracing the Lundeen Room walls during March will be an exhibit of abstract art by Daniel William Cahill Kenney, an Orcas resident for the past quarter century.

The Visual Arts Committee, headed by Ann Reardon, has been working overtime to mount this show. Special thanks goes to Glenna Richards, who donated the foam board for the exhibit.

Most artists, coming to the San Juans, paint recognizable forms: trees,

(Continued on Page 6)

(Continued on Page 6)

Since Growth Happens, Let's Enjoy It!

As this is being written, I'm engaging in what's called "multitasking," filling in for a colleague on some jobs, counseling an out-of-state relative of an Orcas person, setting up a speech reading workshop, locating caregivers to attend a Bellingham conference. All in a sturdy day's work, which helps me understand how much we've grown in the past few years, and how much of our powers are needed to keep up with this growth.

Getting more paid manpower is impossible in this time of tight county budgets, says **Joyce**, my patient boss. The solutions that make sense are for our tiny staff to "work smarter," making better use of existing volunteers, and to add a few more volunteers in areas of peak demand such as transportation.

Spending a couple of hours calling our list of volunteer drivers, trying to get two drivers for next week, has renewed my appreciation for the good work **Linda** does in keeping the vans on the road much of the time. If new drivers volunteer, she would not need to spend so much time signing them up for each new trip, and each driver would be asked to make fewer trips. So, if in your heart of hearts you'd like to help us meet this challenge, step right up! You'll receive training and deep regard, both from the fine folks you drive and from ourselves.

Special events are another area in which your Advisory Committee will be looking for volunteers. We are fortunate that **Dick Thompson** will head up fund-raising, ably backed by **Rosalie Chantiny** and the Friends of Orcas Senior Center. They have some snazzy plans, and will need your help in carrying them out. I am extremely grateful to them, because this also frees me up to spend more time on our burgeoning service needs.

If growth is inevitable, let's enjoy it! All of us here at the Senior Center welcome your suggestions for attracting and caring for our volunteers. JK



Winnie's Corner

By Winnie Adams

This month has been a busy time, designing brochures, doing an island-wide mailing, and making many, many personal contacts to present information about Neighbors Gathering, your new adult day respite program for persons with handicaps and their caregivers.

Thanks to start-up funds, we were able to buy the initial supplies and set up our space so that it is inviting, and ready for a wide variety of activities.

Our request for volunteers has been answered with a good line-up of help. Support from the community continues to come to us in abundant proportions. The word of our program is gathering momentum as a result of volunteers, our mailing, and personal contacts.

Our First Day Open House brought together many of our volunteers, interested community members, and those who had worked to make this dream a reality. It was a spirited event complete with a ping pong game for a wheel chair-bound pioneer participant, an intergenerational domino game, live music by one of our active seniors, and the joy of fruition! Food was delicious!

We are off and running. We have only three pioneers at present and so are offering some financial incentives for the first month, including stays shorter than five hours for those who wish to "try us out."

Neighbors Gathering is being held on Mondays and Wednesdays from 10 to 3. If these hours don't work for you, please know that we can negotiate. We are truly a gathering! Please stop in any time to join any of our activities or just to say "Hi".

Want better balance?

Register at the Front Desk for **Robin Kucklick's** next Tai Chi series! The class begins 8:30 AM March 5. See you there!

After-Lunch Talks To Begin This Month

For Senior Lunches this month, we are trying something a little different; let **Linda** or **Jan** know what you think of it. Instead of trying to include speakers in the short time we all have together **before** lunch, we have asked a few adventurous souls to present short talks, perhaps 15 minutes, at 12:30 PM, **after** lunch.

Many of the talks will be on health matters; your suggestions for speakers are welcome. Call **Jan**, 2677, if there's someone you'd especially like to hear.

The first of these, on Tuesday, March 4, will be **Max Jones**, discussing the new information forms that can be posted on your refrigerator door, so that if you have an emergency requiring the EMTs, they will know how best to manage the situation. Don't stay home without one!

On March 25, **Andrew Stephens** will talk about "Physical Therapy & What It Can Do For You." Many of you may already have visited his physical therapy room at the Orcas Island Medical Clinic.

And on Friday, March 21, honoring Women's History Month, we will have a Herstory Luncheon. **Rosa Montgomery** will tell us about some of the changes from earlier days, which she observed during a recent visit to China, where she grew up as part of a missionary family. This special talk is part of the Women's History Month Calendar of Events.

Other Calendar items include:

An opening tea, March 4, 10 AM-6 PM, and display, "Women at the Table," at the Orcas Public Library. This exhibit will be open all month.

Also on March 4, **Antoinette Botsford** will present "The Pilfered Box: The Lost Journals of **Pauline Johnson**," at The Living Room, 7 PM.

Camp Orkila will host a "Women's Wellness Weekend" March 8-9; contact **Candace Crane**, 2678, Ext. 105.

At the Senior Center, 7:30 PM on Friday, March 14, Inquiring Minds Speaker-kayaker **Jennifer Hahn** will offer "Spirited Waters: Soloing Through the Inside Passage."

On March 25, local artist **Susan Slapin** will explore the life and work of selected women artists at the Orcas Library, 10:45-11:45 AM.

At the Living Room, 2-4 PM March 29, will be a Coast Salish weaving demonstration sponsored by the Samish Nation and the Orcas Historical Museum.

Call Early to Benefit From AARP Tax Prep

Trained tax helpers from the American Association of Retired Persons will be available, with laptop computers, at the Orcas Senior Center all day on March 18, with one-hour appointments from 9:30-2 PM. Call the Front Desk, 2677, to reserve your place as soon as possible, so the AARP will know how many workers to bring.

You'll need to bring your Social Security cards, copy of last year's tax return, W-2 and W-2P forms from each employer, if you earned a salary, unemployment compensation statements (A-1099), and, if applicable, these forms, which you can find at the Post Office: forms reporting interest (1099-INT),

Continued on Page 6)

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

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in the Betty Lundeen Room.
Want to know what's for lunch?
See Menus, Page 5

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

March cake bakers:
**Dora Blake, Pat
Logan, Bette
Frenger, Nina
Coffelt, and Carlene
Kim**

March host & hostess: **Walt &
Evelyn Rutledge**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary ** = schedule by calling 378-2163		<div>Have you checked out our great movie collection lately?</div>			1 Dan Kenney Art Exhibit (through March 31)
3 10-3-Adult Day Respite Program (MPR) 1-Caregivers' Support Group (CR)	4 GAME DAY - 9 - ON Library lady at Sr. Lunch 12:30-Max Jones post- lunch talk 7 PM NA	5 8:30 - New Tai Chi class begins	6 4:30 Spanish Class with Lisl Woolworth	7 3:30 AA (CR)	8
10 10-3-Adult Day Respite Program (MPR) 1-Caregivers' Support Group (CR)	11 GAME DAY - 9 - ON Western Hearing Aid Clinic* 7 PM NA	12 8:30 Tai Chi	13 4:30 Spanish Class with Lisl Woolworth	14 3:30 AA (CR)	15
17 10-3-Adult Day Respite Program (MPR) 1-Caregivers' Support Group (CR) 6-St. Patrick's Day Sr. Supper	18 COSTCO Hearing Aid Clinic* NO lunch AARP TAX Prep* 7 PM NA	19 8:30 Tai Chi 9-Advisory Committee 4-Elderlaw Clinic**	20 Mainland Shopping Day Senior Services Council 10-12-Speech reading workshop (LR) 4:30 Spanish Class	21 Herstory luncheon: Rosa Montgomery (See Story, P.3) 3:30 AA (CR)	22
24 See above 31 Mondays for normal schedules on these dates	25 GAME DAY Birthday lunch 12:30 Andrew Stephens talk: "Physical Therapy" 7 PM NA	26 8:30 Tai Chi <div>FOOT CARE CLINIC -- RESERVATIONS NECESSARY</div>	27 4:30 Spanish Class with Lisl Woolworth	28 <div>FOOT CARE CLINIC -- RESERVATIONS NECESSARY</div> 3:30 AA (CR)	29

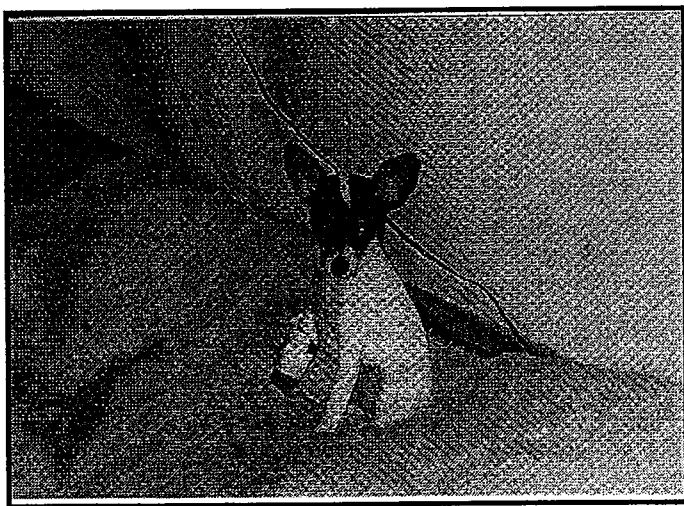
Donate, Give, Win & Use!

Dora Blake and her pals have come up with a delightful way to acquire table place settings needed for our lunches and suppers. As you may have noticed, the old pieces seldom match, and if the crowd tops 80, we run out of spoons first, then knives & forks. Raffles for beautifully-wrapped surprises are being held at sporadic mealtimes, when for a 50-cent ticket you may win something useful, beautiful, or both!

This is a real "Win and Use" situation, folks!

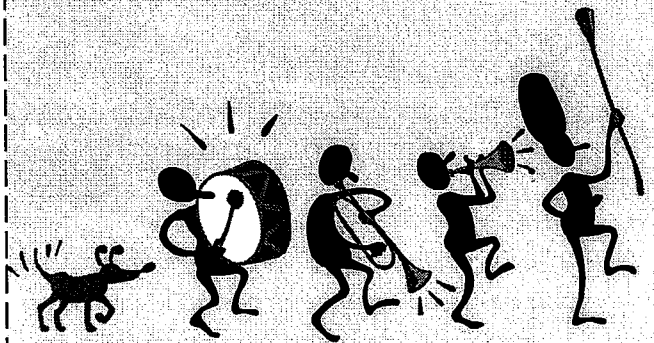
Dora's daughter, Barbara Padget, contributed the first raffle prize, a cookie jar full of cookies. It was won by Ann Slocombe, who returned from somewhere south of Shaw with her daughter, Terry, to cook during Amy Raven's absence this past month. The second prize, a serving tray donated by Arjean Filmer-Bennett, and a fancy can of tea that Dora added, was won by Veronica Thornton.

So far, upwards of \$58 has been collected towards the silverware. Mary Buscher is researching the catalog prices. If you have a prize you'd like to contribute, please let Dora know.



Laid up, but not for long!

March Menus



Tuesday, March 4—Garden tomato soup, turkey & cheese sandwiches w/ tomato & lettuce, ranger cookies;
Friday, March 7—BBQ pork ribbers, baked potato, bean medley veggies, romaine salad, apple & orange slices;
Tuesday, March 11—chicken strips, orange sweet potato, Italian veggies, tropical fruit salad;
Friday, March 14—pizza & salad bar;
St. Patrick's Dinner, March 17—corned beef & cabbage, red potatoes, carrots, Irish soda bread, pears w/ lime jello (See story, this page);
Friday, March 21—Stuffed green peppers, parslid red potato, Capri blend veggies, garden salad, applesauce;
Tuesday, March 25—**Birthday Lunch**—Salisbury steak, mashed potato & gravy, peas, Claremont salad, tropical fruit, cakes;
Friday, March 28—French dips *au jus*, potato wedges, peas & carrots, orange, banana & pineapple salad.

Can COPES Help YOU to Cope?

Columbia Legal Services has put out a booklet, now available at the Senior Center, that may clarify many questions about COPES, the program that pays for personal care for people in their homes, adult family homes, adult residential, and assisted living facilities. The acronym stands for "Community Options Program Entry System."

The program ordinarily can pay up to \$1,413.12 a month for in-home personal care and housekeeping services, after a thorough assessment of needs is made. Such services may include help with dressing, bathing, toileting, and health-related body care, meal preparation, shopping and cleaning. The dollar figure is based on up to 184 hours at \$7.68 an hour.

Financial eligibility requirements for COPES programs are described in the booklet, but generally must be less than \$1,656 income per month for a single needy person, although the Legislature has recently authorized the Department of Social and Human Services to provide some residential services to participants with income above that figure.

Another mandatory part of the criteria for financial eligibility is resources. These include assets, property, and savings, and the limit for a single person is \$2,000. However, a spouse of a COPES recipient is allowed to keep substantially more resources and income.

If you, or someone for whom you are caring, is medically needy and you think they might qualify for COPES, contact Jan, 2677, and together we will figure out whether you might want to apply.

Sorry, no printed birthdays or anniversaries this month. Have happy ones anyway!

(Speech Reading Clinic, continued from Page 1)

Kosiur, president of the Orcas SHHH! Chapter.

Speech reading, which used to be called "lip reading," comprises a set of techniques by which persons with hearing loss can understand what others are saying.

The workshop, sponsored by Orcas Senior Center, is free, although donations would be appreciated to offset the visitors' ferry fares and lunches.

(AARP Tax Prep, continued from Page 3)

dividends (1099 DIV), proceeds from sales (1099-misc) as well as documentation showing the original purchase price of your sold assets; 1099R form from the payer of your pension or annuity, especially if part of it was withheld for tax purposes.

If you are claiming deductions, you'll need to bring the following: 1098 form showing the interest you paid on your home mortgage; and receipts or cancelled checks for medical/dental expenses, including doctor and hospital bills and medical insurance, and donations to charities.

(Dan Kenney, continued from Page 1)

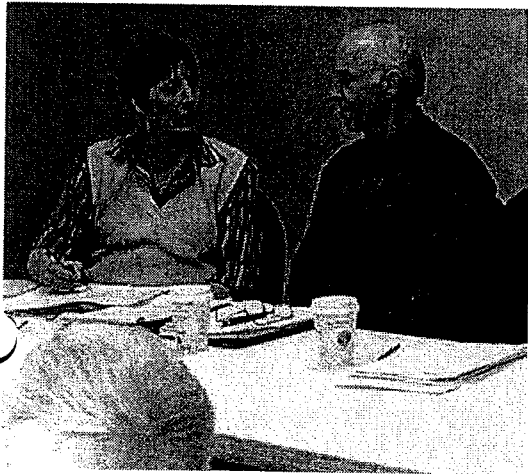
birds, old buildings. Instead, Dan's inspiration is abstract, although one can often distinguish familiar forms amid his geometric shapes.

He often paints with music, jazz or classical. His work is characterized by humor, both on the canvas and in the titles he chooses for his paintings, such as, "Lazarus, come forth, you rascal!"

A veteran of World War II service in Africa, Sicily, and Italy, he attended the University of California, and first came to the San Juans in 1973 in his converted Bristol Bay fishing boat.

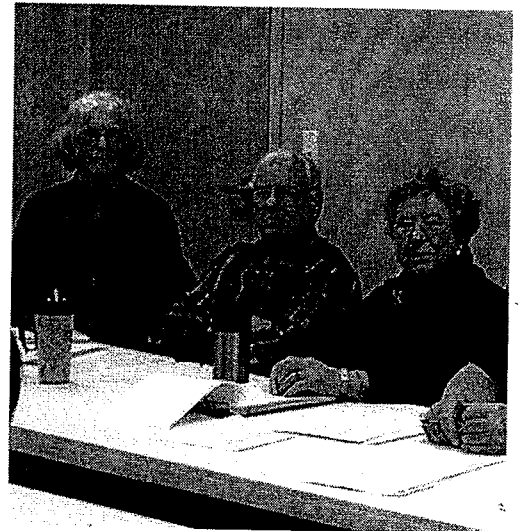


Left to right: **Kraemer Frenger**; **Annette Mazzarella**, new chairman; **Jan Koltun**, Senior Services Coordinator; **Maggie Schuler**, secretary; and **Beth Jenkins**, outgoing chairman.

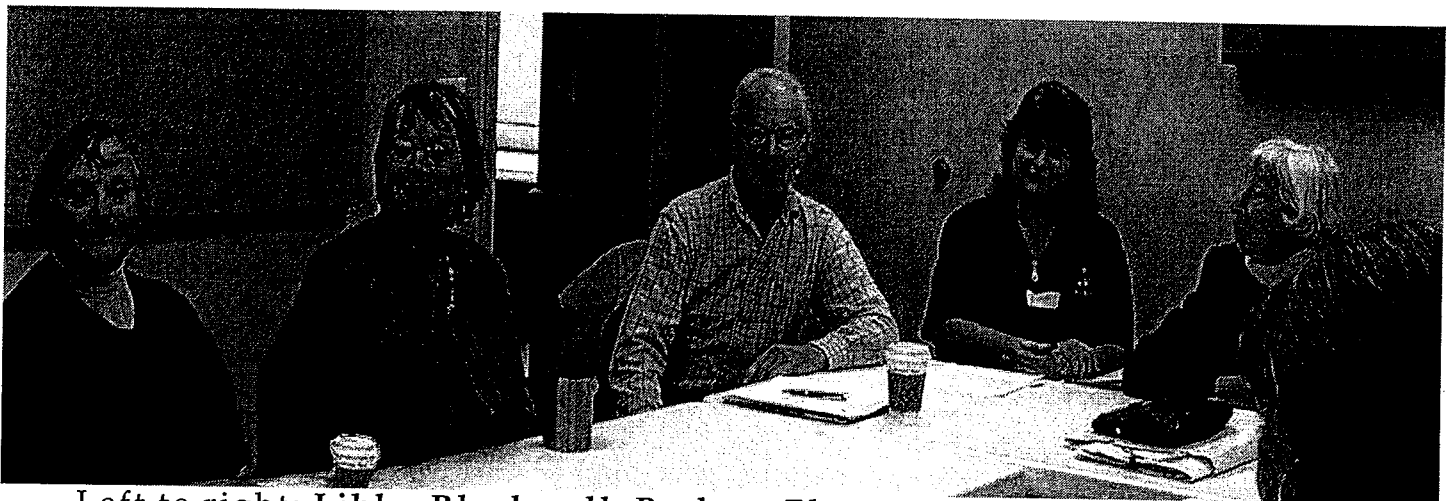


Linda Tretheway, Senior Services Specialist; **Dick Thompson**

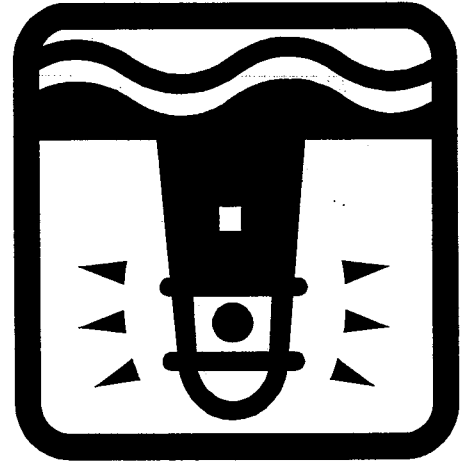
This is your advisory committee and staff! **Jack Conant** took these photos at their initial meeting of 2003, and even managed to be in one!



Jan Wells, **Bob Scott**, **Mardi Lister**



Left to right: **Libby Blackwell**, **Barbara Ehrmantraut**, **Jack Conant**, **Lynn Schiager**, outgoing secretary-treasurer; and **Rosalie Chantiny**, new chairman of Friends of Orcas Senior Center. Not pictured are **Tom Cannon**, treasurer; and **Sue Carroll**, bookkeeper.



Orcas Senior Signal

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

Page 8

New Spanish Class Aimed at Helping Hands

"Spanish for Health-Care & Service Professionals & Volunteers," an eight-week language class, will begin March 6, 4:30 PM, in the Conference Room.

Lisl Woolworth, a medical interpreter, will teach the hour-long class, aimed at everyone in the Orcas community who would like to improve contacts with Hispanic neighbors who may not yet have perfected their English skills. She will provide vocabulary aimed at class members' specific needs, be they helping a customer in a store or explaining what services may be available.

Participants must register in advance, either by sending a check, payable to Orcas Senior Services, to PO Box 18, Eastsound, or by coming in to the front desk at 62 Henry Rd. Cost for the class is \$40.

For further information, call Jan, 376-2677.

Bulk Rate
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Eastsound, WA 98245

Orcas Senior Signal

Neighbors Gathering To Offer Intelligent Fare

To add funds to reduce the cost of respite care, as well as to enrich the lives of elderly and disabled persons in our community, Neighbors Gathering will offer a series of classes, some with lunch, during April and May. The offerings are free for Neighbors Gathering participants. The general public is invited for small, varying fees. Pre-registration is necessary; call 2677 to register.

The class schedule and fees:

April 7 Monday, 10-11:30

AM—*Music for Health*. **Jan Koltun**, from her background of music

(Continued on Page 6)

Start Your Own Business on EBay!

Do you make, or collect, something you'd like to sell beyond Orcas? Or do you have a garage containing items that you no longer want but think somebody else might like?

Holly Larson, designated a PowerSeller by EBay (meaning she does over \$1,000 a month in sales), will use our new Computer Lab, April 17 and 24, 1-3 PM, to teach a two-part class in using the Internet marketplace for fun and profit. Cost: \$25, plus a \$5 lab fee. The class is limited to 15 persons.

(Continued on Page 7)

Hendrick Exhibit to Enliven Lundeen Room

Andrea Hendrick will exhibit her paintings, "WILDLIFE AND OTHER LIFE: Varying points of View," in the Lundeen Room through April. Her new satiric series called "Washington Botanica" surrounds portraits of **George Bush** and other administration figures with plants reflective of their individual characters.

Hendrick also paints subjects unrelated to politics, and many crows and local plants and berries show her "varied points of view." She has exhibited widely in major museums and galleries as well as creating a design studio in California specializing in commercial art for environmental, civil rights and educational organizations.

(Continued on Page 6)

Join Us to Banish Weeds!

Some folks promise a rose garden, but all we can offer is lots of weeds, lunch, and the promise of a job well-done! **Pierrette Guimond** will be the general for our first annual, and probably only once-annual, Away with Weeds party, 10-2 on Saturday, April 5, here.

Please bring wheelbarrows, asparagus knives, or shovels, and join us for any length of time you are able to share!

Master Gardener **Emily Reid** and others will help us identify what to pull, and representatives of 4-H and the Garden Club will be

(Continued on Page 6)

Orcas Advisory Committee Establishes Funding Plans

Your Advisory Committee has set itself the job of establishing a fund-raising program that will both provide adequate funds to operate and maintain this wonderful Center, and be repeatable from year to year.

To that end, Fund Raising Committee chairman **Dick Thompson** (also Advisory Committee VP), Friends of the Senior Center chairman **Rosalie Chantiny**, and I have met to get the basic program in order. We hope to establish three annual fund-raisers: a May event in conjunction with an alliance of neighborhood groups including Kaleidoscope, Salmonberry School and Children's House, this year a luncheon/fashion show (See story, Page 5); a July old-fashioned picnic complete with auctioned box lunches from famous island cooks and a raffle; and the Holiday Faire in late November. In addition, we are working on one-time spectaculars like a musical soiree sometime in the summer, a Fund Run in the fall, cooking classes in the fall, and a revisiting of the successful Sur la Table at Rosario.

We will ask you to participate as workers, cookie bakers, stamp-lickers, Friends, and of course enthusiastic participants whenever you can. After carefully tracking the costs of operating this new building and caring for it for the future, we have set ourselves an annual goal of \$45,000 in fundraising. That includes \$25,000 needed for our share of the operating expenses and \$20,000 which this year will finish paying off our loans on the construction, and in the future will go to establishing a fund for capital maintenance and improvements which will insure that the building is cared for properly over the years. **Tom Cannon**, our gifted and dogged treasurer, assures me that these goals are both prudent and achievable.

REMEMBERING, WITH LOVE

Charles Bommer Jr., 1948-2003
Maurice Bristow, 1918-2003
Karen Burch, 1949-2003
Burton A. Burton, 1928-2003
Nina Coffelt, 1924-2003
Jeri-An Dingman, 1911-2003
Pamela Dawn Hoyle, 1932-2003
Bob Schoen, 1919-2003
Craig Tedmon, 1919-2003
Mary Weaver, 1919-2003



Winnie's Corner

By Winnie Adams

As Neighbors Gathering enters its third month of offering respite care and enrichment programs for disabled and elderly persons in our community, we are pleased to offer an exhibit of paintings by artist **Bob Halverson** in the multi-purpose room. Don't miss it!

Edmona Saunders has been teaching oil painting on Wednesdays throughout March. A growing collection of the results is on display.

Also during March, **Irene and Winnie** began an eight-week course to complete their Nurses' Assistant Certification. We are spending lots of time on the water, as the class is held four times a week in Friday Harbor. Upon completion, we can qualify for HMO and other funds that will help people pay for the program.

Starting in April, we are offering a series of mini-courses available to

(Continued on Page 5)

Last year, without being very well organized, we raised about \$53,000 from all sources.

Thanks to you all! A good start has been made. — **Annette Mazzarella**, Advisory Committee Chairman

FROM THE DESK OF LINDA T. . .

Remember those old school lunches? A glob of this, a pile of that and a dollop of something else? All the same or similar colors, different foods indistinguishable from each other. Potatoes that tasted like peas and hot dogs that tasted like fish? Not to mention the hamburger patties that tasted like ???

Many people, when told about nutrition programs or subsidized hot lunches, flash back to those good old days when the cafeteria lunch may have been inexpensive, but, boy, was it awful.

Fortunately, for the senior citizens in San Juan County who choose to participate in our senior lunch program, the words "nutrition" and "subsidized" no longer have to raise the nasty spectre of days gone by.

Not only is the quality and variety of food (provided by Whatcom County Council on Aging, which manages the federal grant under which our senior lunch program is funded) exceptional, but, our cooks are people who have learned to prepare food with imagination and a flair towards flavoring often found in the best restaurants here on Orcas. In fact, many of you already know that **Amy K. Raven**, chief cook extraordinaire, has plied her wares at Rosario and Sunflower Café, to name a few.

We have been very fortunate to have **S. Jane Black** step in to help out part of the time while **Amy** has been on vacation the last month. **Jane** brings loads of experience with good ol' southern hospitality from her roots in Texas, Alabama and Georgia and has cooked at other places on the island such as Doe Bay Resort. And it was great fun to have **Terry and Ann Slocumb** back in the kitchen, also filling in for several meals in February.

For those who have not taken the opportunity to share a meal with us, I

would like to encourage you to do so. Not only do we serve a tasty, healthy, nutritious lunch for as little as \$3 for seniors 60 years and older (only \$4.50 for under-60s), we often have entertainment, interesting speakers and, always, lots of good conversation.

On the third Monday night of every month, except January and February, we have a Senior Supper (and no lunch the following Tuesday). There is usually a theme and door prizes. Music and other entertainment are frequently provided and young people from different youth groups and organizations act as servers. Dust off your old Stetson for our next western night or practice your hula for the next luau.

No reservations are necessary. Join us, please, and bring your friends. For more information, call **Jan, Linda, or Mary** at the Senior Center, 376-2677.

**CONGRATULATIONS,
LOPEZ SENIOR CENTER,
ON A FINE START ON YOUR
RENOVATION PLANS TO
ACQUIRE NEW
QUARTERS!!!**

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 May, 2003 issue: April 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

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

April Cake Bakers:
**Phyllis Wilkinson,
Faith Deeds, Cay
Tretheway, Carol
Merrill, Arjean
Filmer-Bennett**

April host & hostess: Gil &
Jeanne DeLong

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10 Yoga Library Lady at lunch 7 NA	2 8:30 Tai Chi 10-3 Neighbors Gathering (MPR)	3 Trip--Tulip Festival & Anacortes Quilt Walk 4:30 Spanish	4 3:30 AA	5 10 Away With Weeds!
7 10-3 Neighbors Gathering (MPR) 10-Music for Health (MPR) 1 Caregivers' group	8 Western Hearing Clinic 10 Yoga Blood Pressure Clinic 7 NA	9 8:30 Tai Chi 10-3 Neighbors Gathering (MPR)	10 Mainland Shopping Trip 4:30 Spanish	11 12:30 Luncheon Speaker Jen Vollmer (Historical Museum) 3:30 AA	12
14 10-3 Neighbors Gathering (MPR) 10 Bates supplemental exercises 1 Caregivers' group	15 CostCo Hearing Clinic 10 Yoga 12:30 luncheon speaker: Dr. Diane Boteler Trip--Tacoma Glassworks 7 NA	16 8:30 Tai Chi 10-3 Neighbors Gathering (MPR) 10 Mushroom Preview (LR)	17 1-3 PM EBay Class (See Story, Page 1) 4:30 Spanish	18 3:30 AA Good Friday	19
21 10-3 Neighbors Gathering (MPR) 10 Breathing & Gentle Stretching(MPR) 1 Caregivers' group 6 Senior Supper	22 10 Yoga No Senior Lunch 7 NA	23 8:30 Tai Chi 10-3 Neighbors Gathering (MPR) 11 Salmon in the Sound (Jim Youngren LR)	24 55-Alive! driver training (LR) Trip--Bow Casino 1-3 PM EBay Class 4:30 Spanish	25 Volunteer Appreciation Luncheon (LR) 3:30 AA	26
28 10-3 Neighbors Gathering (MPR) 10 The Way of Tea(Kandis Susol) MPR 1 Caregivers' group	29 10 Yoga 1 Cultivating Lavender (Susan Robins) (LR) 7 NA FOOT CARE CLINIC *	30 8:30 Tai Chi 10-3 Neighbors Gathering (MPR) 10 Genealogy Lunch w/Lopez seniors	ABBREVIATIONS: LR = Lundeen Room MPR = Multipurpose Room CR = Conference Room AA= Alcoholics Anonymous NA = Nicotine Anonymous * = reservations at office (2677) necessary		

Here's A Fashion Show With Heart!

"The Art and Heart of Fashion," a luncheon and raffle featuring the work of Orcas designers, craftspersons and shops, will be the Senior Center's major spring fundraiser, 11:30-1 PM May 3 in the Lundeen Room. Everyone is invited; reservations (\$25) are necessary.

The elegant party is part of the neighborhood nonprofit alliance's May Festival celebration that day, to include a Maypole at Children's House, a parade, and many booths around the nonprofits on North Beach Road.

Liane Olson is chairman of the event, according to **Rosalie Chantiny**, who heads Friends of the Senior Center. Additional committee members are **Peggy Hoyle**, **Nanae Nagaoka**, **Lorraine Wallenberg**, and **Cindy Gould**.

(See bottom of next column)

Raffles Successful; Silverware Being Ordered

With \$531.04 collected at this press time, matching silverware is being ordered for lunches and suppers! And **Dora Blake** and her volunteers managing the project are going on to add a few bowls and dishes needed by **Amy** for the kitchen, and then decide what else is needed.

The most recent raffle donors & winners are: four loaves of **Maggie Schuler's** home-made, 12-grain bread, enjoyed by **Dick Haffey**, **Cal & Clarena McLachlan**, **Veronica Thornton**, and **Karen Fuhring**; **Jeanne DeLong's** magnificent Northwest Native bowl and stand, won by **Emily Reid**; **Gladys Brimhall's** hot pads, won by **Don Montgomery**.

In addition, contributions for the Silverware Project were received from **Elaine Jagels**, **Ty Tyson** and **Barbara Rosenkotter**, and **Virginia Quealy**.

April Menus

Tuesday, April 1—Sloppy Joes on burger buns, green beans, tropical fruit;

Friday, April 4—Pork loin with cranberry glaze, mashed potatoes & gravy, winter mix veggies, gingerbread;

Tuesday, April 8—Herbed chicken, stuffed potatoes, Capri blend veggies, spinach salad, Jello with fruit;

Friday, April 11—Spaghetti, green beans, Romaine salad, garlic bread, tropical fruit;

Tuesday, April 15—cabbage rolls, red potatoes, baked squash, pea & cheese salad, Mandarin oranges;

Friday, April 18—taco salad, Spanish rice, corn bread, peaches, pears & apricots;

Monday night Dinner April 21—Ham & pineapple sauce, scalloped potatoes, mixed veggies, Millionaire salad, glazed spice cake;

Friday, April 25—Fish Florentine, rice pilaf, Italian veggies, Caesar salad with tomato wedges, oatmeal raisin cookies;

Tuesday, April 29—turkey Divan, baked potatoes, peas & carrots, corn bread, cranberry Jello.

(WINNIE'S CORNER, Continued from Page 2)

everyone in the community (See Story, Page 1). Our intent is to bring together those with disabilities and other members of the community, to share interesting topics. Lunch will be part of some sessions. All classes are free to Neighbors Gathering participants; small fees are asked for other community members.

(FASHION LUNCHEON, Continued)

There will be lots to look at, plus appealing raffle items! Only the first 96 responders can be accommodated, so get your reservations in early to the Front Desk. Checks for \$25—marked "fashion luncheon" on the memo line—may be sent to PO Box 18, Eastsound, 98245.

HAPPY APRIL ANNIVERSARIES TO:

John and Faith Deeds	04/09/88
Walter and Evelyn Rutledge	04/10/44
Ed and Eleanor Peterson	04/13/80

HAPPY APRIL BIRTHDAYS TO:

A. Bob St. Jean	1
Ann Wilde	1
Ingrid Karnikis	6
Jan Wells	7
George Lundstrom	8
Bill Tyree	8
Ann Reardon	8
Thomas Gahan	8
Eugene Crowe	9
Arteen Wood	11
Ed King	13
Bea Marcum	14
Nancy Schmidt	17
Arjean Filmer-Bennett	18
Gladys Gropper	18
Lina McPeake	19
Willi Kuehle	20
Kitty Curley	21
Brian Cleary	21
Fredrica Kundig	22
Edson Kempe	22
Pearl Muse	23
John Beckwith	23
Marianne Shelton	23
Bill McMillen	24
Kathleen Dewhurst	25
Betty Brazil	27
Cay Tretheway	29
Bill Montgomery	30
Jan Gage	30
Ilse Herz	30
Barbara Urschel	30
Margaret Wilson	30

LATE-BREAKING NEWS!!!

Our computer lab is up & running, thanks to the knowledgeable work of **Jack Conant** and others. Your staff is hoping to have the usage schedule ready by the time you read this. Call Jan for details!

(CLASSES, continued from Page One)

therapy classes with **Dr. Arthur Harvey** at the University of Hawaii, and with **Dr. Billie Thompson** of the Tomatis Center in Phoenix, will present, with research citations and CD samplings, ways that music can affect our health. \$5. MPR.

April 16, Wednesday, 10 AM—A *Preview of Mushrooms You'll Soon See*. **Robert Morgan**, Forest Service contract photographer, will give an overview of mushrooms in the North Cascades conservation areas. **Babs McCorison** and **Jack Culver** will comment on those which have been identified locally. \$5.

April 21, Monday, 10 AM—*Breathing and Gentle Stretching*. Yoga teacher **Winnie Adams** will introduce ways to enhance the body's energy and resilience. Bring three firm blankets and a
(Continued on Page 7)

(WEEDS, continued from Page One)

among the troops. **Molly Franklin, Jill Malaspina, Mardi Lister, Ruth Miller, Jackie Abell, Sheila Pringle**, and the entire **Uzek Susol Family** are among our core volunteers.

The overall plan for Away With Weeds is to pull the little critturs in the morning, eat heartily (hot dogs and potato salad) at noon, and lay down cloth, newspapers, and bark mulch in the afternoon.

Bring your garden gloves and determination to get those weeds out by the roots!

(EXHIBIT, continued from Page One)

Exhibits at the Senior Center are sponsored by the Visual Arts Committee chaired by **Ann Reardon**. She has been instrumental in transforming our walls into a handsome showcase for art, not a selling gallery, but a place to view and give thought to what our local visual artists express about the world.

(CLASSES, continued from Page 6)

mat to lie on. Exercises will be done on the floor or sitting in a chair. \$10.

April 23, Wednesday, 11-12:30 — *Salmon in the Sound*. **Jim Younggren** will discuss the ins and outs of starting a salmon hatchery, which he and his wife began here in the 1970s. He also will talk about Long Live the Kings, a non-profit group which is an outgrowth of the hatchery and which has proved effective in starting salmon runs throughout the Northwest. After lunch, participants will be given a full tour of the hatchery by **Michael O'Connell**, who tends the fish until their release. \$20 includes lunch and transportation.

April 28, Monday, 10-12:30 — *The Way of Tea*. **Kandis Susol** will present the ancient art of preparing and serving a bowl of tea in a highly ritualized ceremony. She will discuss symbolism of the practice and its related art forms. \$10 includes light lunch.

April 29, Tuesday, 1 PM — *Cultivating Lavender in the Pacific Northwest*. **Susan Robins**, who with her husband has more than 10,000 lavender plants under cultivation at their Pelindaba Farm on San Juan Island, will discuss the raising and usages of this unique herb. They make more than 70 products from their organic flowers and oils. \$5.

April 30, Wednesday, 10 AM — *Genealogy with Irene Ekberg*. For this introduction to the world of online genealogical research, primarily using Ancestry.com, participants are encouraged to bring any of their own family tree information, to begin constructing their own charts and to find more information online, using the Senior Center's new computer lab. \$10, with normal monthly \$5. computer lab fee waived for one-time users.

(EBay Workshop, Continued from Page One)

Holly, who worked at the Eastsound Post office for 24 years, was Postmaster at Shaw for seven years and at Deer Harbor for two years, retired last year to work with her husband, **Tom**, in their home pack-and-ship company. She also planned to clean out her closets and to finish a dollhouse on which she'd been working for a few years.

"I had also been selling a few things on EBay, and used books on Amazon, for a couple of years, and found it easy and fun to do," she said.

"When I found I could furnish my dollhouse with purchases from EBay more cheaply than through stores, I started buying large lots of dollhouse items. Then I sold the ones I didn't need and all the stuff I was finding in my closets."

The selling completely paid for finishing her dollhouse, and she enjoyed the process so much that she became a dealer for several dollhouse lines of merchandise and then opened her own EBay Store.

Her selling has dovetailed nicely with the shipping business, as she wraps and sends out anywhere from 20-40 boxes each week.

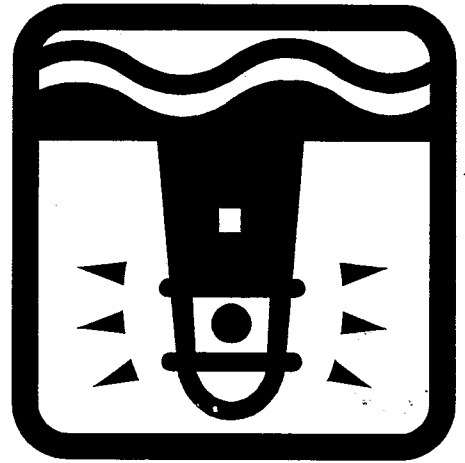
"The best part is that I do it at home, often in my PJs! It's a retirement dream come true," noted **Holly**.

The first session will concern the basics of EBay, and the second part will be the selling end. Participants are asked to bring something, or an idea of something they might like to sell, so they can practice setting up a business. There will be handouts, and a suggested text.

(CLASSES, continued)

May 7, Wednesday, 10 AM. *The Influence of Computers and the Internet on Economics and Politics*. **Joe Florin**, **Alan Fritzberg**, and **Chris Ledgerwood** each will present their observations from being professionally involved with computers, followed by discussion and time for questions. \$5.

Barbara Meyer
491 Pt. Lawrence Rd
Olga, WA 98279



Return Service
Requested

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

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

Page 8

Volunteer of the Year

Norma Beebe, a long-time volunteer and benefactor who died in February, has left \$25,000 in her will to the Orcas Senior Center. The funds will be used to pay down the building costs, which leaves about \$20,000 remaining in debt.

Tom Cannon, Orcas Advisory Committee treasurer, and **Annette Mazzarella**, OAC chairman, expressed deep appreciation for her generosity.

Norma liked to work one-on-one with people. Most recently, she had helped a nearly-blind person to read her mail, write her monthly checks, and do the small actions that prevent life from tumbling into chaos.

There is nobody like **Norma**. But each day around here brings fresh evidence of people's caring. Telephone reassurance calls to homebound persons, donations of bread from **John Baker the Baker**, van drivers, front desk staffers, weeders and bark mulchers and knowledgeable persons to help us plan and carry out the activities that keep us going so well.

The myriad talents and expertise among our volunteers needs to be celebrated! We are going to do just that at our annual Volunteer Appreciation Luncheon in the Betty Lundeen Room, April 25. At that occasion, a Volunteer of the Year will be named, and the individual's name will go on a plaque.

But in a larger sense, that individual will represent each of you who have given so much to make this place work, both before and after you. Your staff, friends, and the community as a whole, are deeply enriched by each of you. Thank you. — **Jan Koltun**

Orcas Senior Signal

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

Vol VIII, No.5, May, 2003

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

Top Volunteer Awards Go to Kallam, Erwin

During the annual volunteer recognition luncheon April 25, **Thelma Kallam** was honored as the Orcas Senior Center Volunteer of the Year, for outstanding work on the front desk and back-up jobs that included addressing thousands of envelopes for fund-raising appeals.

Annette Mazzarella, Advisory Committee chair, named **Trudy Erwin** as the first Agape (love) Award winner. This new award, voted upon by the Committee, will be given as the advisory group deems it applicable. In this case, it was given to honor **Trudy**, the woman responsible for The Giving Orchard, music at Senior Lunches and for the medallions given to all volunteers each year.

Both awards carry permanent recognition on brass plates inserted in wooden plaques placed behind the front desk.

Certificates of appreciation were awarded to the ten volunteers who put in the most hours during the calendar year 2002. **Thelma's** hours totaled 324. In descending order, the honorees and their hours were: **Cay Tretheway**, 278; **Pat Logan**, 213.5; **Trudy Erwin**, 179; **Tom Cannon**, 162; **Dick Thompson**, 155; **Susana Sharp**, 135; **Elizabeth Berdan**, 131; **Lynn Schiager**, 120; and **Gordon Hayes**, 115.

Senior Services Coordinator **Jan Koltun**, in presenting the awards, thanked Senior Center Specialist **Linda Tretheway** for dedicated work in compiling the volunteer statistics, and also for starting a new way to help staff and volunteers to track

(Continued on Page 5)

Notice an old look to this new issue of *The Signal*? It's because **Jan's** office computer crashed, right at deadline time! So she took the stories home to finish the edition you have in your hands, using last year's layout. One of **Linda's** computer discs also crashed last week, so if you see us looking unusually harried, a kind word will help!

New Walking Program to Encourage Fitness Close to Home

Want to get more fit while meeting old friends and new? Walkabout Orcas, a new, eight-week walking program to start later this month, is ready to help you do that!

Funded by Regence Blue Shield, with help from Orcas Island Medical Center, the Medical Guild, and San Juan County Health & Community Services, this free program aims to form walking groups in each Orcas village. **Lindalena Dingman** is managing the program, which offers pedometers, walking logs, and free blood pressure checks to all participants.

A measured course will be provided for each group. It is anticipated that members will meet daily at an hour on which they agree. To measure fitness improvements, each participant will have their blood pressure checked, free, at the Medical Center on three Thursday mornings during the eight-week program.

The walks will begin during the last week in May, on different days in each

(Continued on Page 7)

Jan's Edit

A I D: Attitudes, Imagination, and Dedication

It is a joy to honor the volunteers whose committed aid allows this Senior Center to open its doors! Indeed, you give new meaning to the word "aid," infusing it with your attitudes, imagination, and dedication.

You also save all of us money on our county taxes. Especially in this time of tight budgets, this is an enormous boon!

Unfortunately at a time when usage of senior facilities is expanding on Lopez, San Juan and Orcas, county budgets are shrinking due to the general economic slowdown. So every department is facing a time of prioritizing manpower needs. Volunteers—more than 110 of you—give us that extra edge of capability.

On the far side of Page 3, you'll see Want Ads for some of the specific needs we are facing at present. If you can help with any of them, please call Linda or me soon!

The awards on Volunteer Recognition Day were given to honor work primarily accomplished last year, and several more recent activities deserve note. **Pierrette Guimond**, the young-retired flight attendant, showed administrative skills that helped a crew of 40 to weed most of our grounds last month. She now is putting together an hour-every-other-week crew to weed regularly so the spring cleanup will take less time next year.

Daily, I am filled with wonder at the likes of **Mike Stohlmeier**, manager of Smugglers' Villas, who came in, saw that we needed a large fish tank, proceeded to provide it, set it up, and stock it. He drops by often to check on the fishes' condition.

REMEMBERING, WITH LOVE

Allan Alter, 1917-2003

Bayne (Bud) Badgley, 1926-2003

Anna Wychoff, 1919-2003

Other volunteer highlights this past month included the charming graphic designs made by **Peggy Hoyle**, for The Art & Heart of Fashion, and the imaginative work of the whole Friends committee for the May show and luncheon held as part of Nonprofit Neighborhood's May Day celebration. Continuing, thank heavens, are the Go Go Girls' raffles to provide new silverware and serving dishes. And what about **Ann Reardon's** continuing commitment to provide exciting art shows in the Lundeen Room! Check **Caroline Buchanan's** new show this month.

The most spectacular volunteer event of last month, next to the appreciation luncheon, clearly was the weeding party early in April. It saved us thousands of dollars we don't have anyway! To all of you, as well as those named below, thanks!

The Weeders: **Jackie Abell, Elaine Bowman, Jane Bristow, Merry Bush, Tom Cannon, Mary Lou Clever, Marylou Cobb, Bev Franklet, Molly Franklin, Kraemer Frenger, Karin Fuhring, Austin & Betty Lou Grant, Pierrette Guimond, Wayne Hazlett, Jan Helsell, Judy Jackson, Beth Jenkins, Margaret Jonas, Jan Koltun, Mardi Lister, Annette Mazzearella, Larry McNair, Jim & Ruth Miller, Bertie Millett, Don Montgomery, Sheila Pringle, Emily Reid, Nancy Schmidt, Jim Thoroughman, Jack Titus, Barbara Trunkey, Jan Wells, Peg Wareham,** and the Fur & Feathers 4-H Clubbers: **Miles McCloskey, Ashley McCloskey, Brittany Wachter, Lea Schmidt, Jenna Schmidt, Renae Harvey, Jacqueline Flowers, and Aaron Flowers.**

We'll Miss You!

Robin Kucklick's popular tai chi class has decided to take advantage of the warmer weather and meet outside on the Village Green. So the class will not be offered through the Senior Center this spring and summer. We hope they return in the fall! To participate, call **Robin** at 2501.



Winnie's Corner

By Winnie Adams, Director,
Neighbors Gathering Adult Day Program

In May a second month of mini-classes unfolds. Thanks to community generosity, we have a stunning diversity of topics again to enrich our Gatherings. (See schedule, below).

We continue to meet from 10-3 each Monday and Wednesday to provide respite care for caregivers and a variety of activities for homebound.

Both Irene and I are half-way through a Certified Nurses Assistant program given in Friday Harbor. With a CNA we qualify for secondary payment funds. We hope this will benefit many households and reduce the out-of-pocket cost of this program.

Many thanks to the able and remarkable presenters in April who donated to the success of our first month of classes. All classes are free to program participants.

If you have not yet joined us for one of the mini-classes, it's time to do so! You can get a feel for what this Respite Care Program offers.

The Neighbors Gathering Mini-class
May schedule:

Monday, May 5, 11-12:30 PM—A Preview of Mushrooms You'll Soon See. Robert Morgan, Forest Service photographer, will show slides taken all over the North Cascades. Babs McCorison and Jack Culver will comment on those which have been identified locally. \$5.

Wednesday, May 7, 10-11:30—The Influence of Computers and the Internet on Economics and Politics Joe Florin, Alan Fritzberg, and Chris Ledgerwood each will present their observations from being professionally involved with computers, followed by discussion and time for questions. This promises to be a thought-provoking panel discussion on a topic that involves all of us in the fast paced changes shifting our world just now. \$10.

(Continued on Page 6)

Volunteer Want Ads

Phone reassurance callers. Job description: make a two-minute call to one person, daily, at a time mutually agreed upon. Backup callers also needed, for summer vacation times. Commitment: 20 minutes/week. Contact: Jan, 2677.

Computer room director or co-directors. Job description: manage use of computer room in cooperation with staff. Be present to monitor room usage and effectiveness. Commitment (for co-directors): two hours/week. Contact: Jan.

Garden Crew (See Walloping Weeders story, Page 5). Job description: Weed grounds, bag weeds, remove for home mulch pile if wish. Tools provided. Commitment: one hour, every other week. Contact Pierrette Guimond, 4264.

Group leaders for Walkabout Orcas fitness program (See story, Page 1). Job description: lead a daily walking program near where you live, measure your progress with pedometers, encourage your neighbors to participate. Commitment: depends on length of program your group selects. Contact Lindalena Dingman, 4272.

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 & friends.

Deadline for the June, 2003 issue:

May 15

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

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

May, 2002 Senior Signal Page 4
Orcas Activities Calendar
For detailed activity & trip
descriptions, please see other pages

May host & hostess:
Kraemer & Bette Frenger
May birthday cake bakers:
Marylou Cobb, Betty Eagan,
Clarena McLachlan, Marlene
Shoemaker, Veronica Thor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room AA = Alcoholics Anonymous * = Reservations necessary; call 376-2677			1 1--EBay Class	2 3:30--AA	3 11:30--Art & Heart of Fashion* (LR)
5 10-3--Neighbors Gathering 11--A Preview of Mushrooms 1--Caregiver Group (CR)	6 10 --Yoga (MPR) 12--Library Lady (LR)	7 10-3 Neighbors Gathering 10--Influence of Internet on Economics & Politics (panel)	8 1--EBay Class	9 3:30--AA	10
12 10-3 Neighbors Gathering 10--Memory as Story--Botsford 1--Caregiver group (CR)	13 Western Hearing Aid Clinic* 10 --Yoga (MPR) Blood Presssure Check	14 10-11:30--SHHH Program 10-3 Neighbors Gathering 11--Simple Partner Massage (Winnie)	15 Mainland Shop- ping Trip Senior Services Council--Lopez	16 3:30--AA	17
19 10-3 Neighbors Gathering 10--Memory As Story--Botsford 1--Caregiver group (CR) 6--Senior Supper (LR)	20 CostCo Hearing Aid Clinic* 10 -- Yoga (MPR) No lunch	21 10-3 Neighbors Gathering 11--Tour, Crow Valley School	22 9--Advisory Committee	23 3:30--AA	24
26 Happy Memorial Day! Center Closed	27 10 -- Yoga (MPR) Walkabout Orcas Program Starts Birthday lunch	28 10-3 Neighbors Gathering: Paint- ing with Edmona Saunders <div>Foot Care Clinic*</div>	29	30 <div>Foot Care Clinic*</div> 12:20--Jean Henigson stdents: Mexican folk dance 3:30--AA	31

(Continued From Page 1)

their hours.

There now is a purple notebook at the front desk, with a page for each volunteer. If someone doesn't have a page, your staff will add one, Jan noted, adding that it helps everybody to keep accurate records of the caring work that occurs daily at the Senior Center. Staff and friends who know of service hours that a volunteer may have overlooked, are welcome to add to anyone's page, dating the addition to avoid duplication.

NEW ALZHEIMER'S SUPPORT HELPLINE OFFERED

If you know someone who needs assistance with Alzheimer's, call the **HELPLINE**, 1-800 848-7097, Monday through Friday, 8:30 AM to 5 PM.

This helpful service, which also may be reached by calling 206 363-5500, provides information about the disease and related disorders that cause memory loss; emotional support; publications; information; and ongoing assistance and support throughout the course of a loved one's illness.

Wanted: Walloping Weeders

Following a wily weeding which also involved laying cloth and bark mulch, **Pierrette Guimond** is starting the Walloping Weeders, a select group with the whacky responsibility of willing that the weeds will not win.

"Only one hour every other week is wanted for a few warriors to wean weeds so they will not weaken the grounds," said **Ms. Guimond** (or somebody).

Whomever you be, please call her at 4264, if your willpower is up to waging war on weeds!

May Menus



Friday, May 2—Teriyaki chicken, rice, Capri blend veggies, carrot and raisin salad, bread pudding;

Tuesday, May 6—shrimp salad, oatmeal bread, fresh fruit;

Friday, May 9—baked potato bar;

Tuesday, May 13—chicken Reuben, buttered spiral noodles, broccoli, applesauce bars;

Friday, May 16—breaded cod filets, rice pilaf, Scandinavian veggies, Caesar salad, peaches;

MONDAY NIGHT SUPPER, May 19—hamburgers w/ trimmings, baked beans, macaroni salad, watermelon;

Friday, May 23—ham, scalloped potatoes, glazed carrots, spinach salad, gingerbread;

Tuesday, May 27—turkey chop suey, rice, Oriental veggies, garden salad, fortune cookies;

Friday, May 30—BBQ pork ribbers, twice-baked potatoes, peas & carrots, coleslaw, peaches.

**A FEW TICKETS ARE STILL
AVAILABLE FOR 'THE ART & HEART OF
FASHION' SHOW MAY 3. WALK
RIGHT IN! HURRY!**

SHHH! to Meet May 14

Aaron McCrone and Terry Sanford, audiologists, will address the May 14 meeting of SHHH!, 10-11:30. Bring a brown bag lunch, with the possibility of meeting outdoors if the weather permits.

(Continued from Page 3)

Monday, May 12, 10-11:30—Memory As Story, Part 1 The art of storytelling is alive and well. Come ready to listen and share a few tales of your own. **Antoinette Botsford** (See biography in box below.) will facilitate, and if you wish, will suggest ways in which you can shape some of your own memories into stories that future generations will cherish. Optional homework for those who wish to attend both sessions. (see May 19) All levels of experience are welcome. If you have a tape recorder, please bring it, with batteries and tape. Everyone should have a notebook and pen. \$10. Limited to 12 participants.

Antoinette Botsford ("Storybird") roosts in Eastsound, but is often on the wing, telling stories in a wide reach of venues. Many of her performances grew from the memories passed on orally to her by relatives. She also is project director for the Orcas Island Historical Society's Oral History program.

Wednesday, May 14, 11-12—Simple Partner Massage In yoga classes and with the help of **Barbara Urschel**, **Winnie Adams** developed a series of partner massage techniques that friends, neighbors and fellow workers can use on each other. These are easy-to-do techniques, require little time and have a fantastic effect. **Winnie** will teach three techniques and there will be time to practice each with another student. No prior experience with massage needed. \$10

Monday, May 19, 10:00-11:30—Memory As Story, Part 2 See May 12 description. Note: You do not need to enroll in Part 1 to attend Part 2. \$10

Wednesday, May 21, 11-12—Tour, Crow Valley School Guided by two of the most wonderful historical docents, **Richard**

Schneider and **Bud McBride**, we will be taken through the school's history and artifacts. This is a great chance to see what outstanding treasures you have driven past for years! It will also give you an idea of educational fun to do with grandchildren this summer. *Donation to the Crow Valley Museum.*

Monday, May 26 Closed.

Happy Memorial Day!

Wednesday, May 28, 12:30-3—Painting with Edmona Saunders, who will present various techniques for painting miniature pictures with which you can decorate a brooch or furniture, or a book binding. Come with no confidence and leave with a finished painting you will like! **Edmona** has been teaching art for several years, and lives on Orcas. \$8 for class, \$2 for materials.

Monday, June 2, 11-12—Simple partner Massage. See course description under May 14. \$10.

Wednesday June 4, 11-12—Tour of Orcas Historical Museum. Museum director **Jen Vollmer** will take us on a special tour. This is a chance to ask questions about Orcas history and to take a close look at the exhibits under the guidance of the director. *Donation to Museum.*

Hear Ye, Hear Ye!

Remember to sign up for the fabulous trip to hear the Seattle Pops, May 24 (a Saturday)! Sign up early to ensure this trip will happen!



(Continued from Page 1)

village as group leaders are selected. Lindalena will support the volunteers with program materials, pedometers as long as they last, and the measured courses in each village area

To register for this free program, or to volunteer as a group leader (See Want Ads, Page 3), contact Lindalena at 376-4272, or sign up at the Orcas Senior Center Front Desk, 2677. All registrants will be contacted before the starting day, and program materials will be given out on the first session of each village group.



New Buchanan Drawing Class to Begin May 28

Caroline Buchanan will start another drawing series May 28. This one will be outdoors, weather permitting. It is a continuation of the winter series, or for anyone who has some drawing experience. Questions? Call her at 376-5509.

Her class will meet at the Center at 12:30, Wednesdays, from May 28-June 18. After some instruction, participants will proceed to the day's drawing location. The class will finish at 3:30 PM.

Topics to be covered will include drawing (old and charming) buildings, shorelines, rocks, trees, and distant islands, and boats, as well as interests expressed by the group. Materials needed are sketch-books, some pens and pencils and a sit-upon. Beach or folding chairs work well!

Car pooling is encouraged.

Class fee is \$120, payable to the Senior Center. If a student cannot attend a given class, he or she will need to find a substitute or draw from the waiting list. The class is limited to 16; register early to be assured a place.

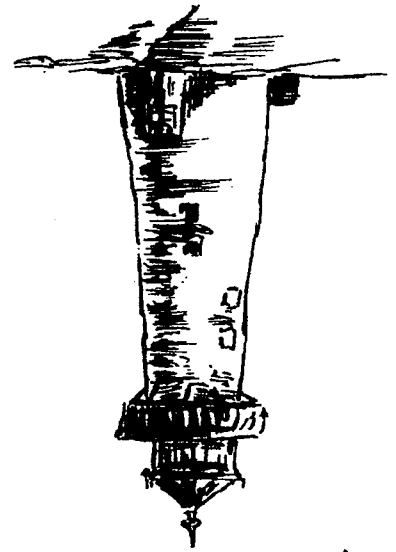
HAPPY MAY BIRTHDAYS!

		May
Don	Montgomery	1
Chuck	Montgomery	1
Bob	Cobb	1
Joy	Bennett	2
Anne	Boone	2
Geoff	Lemon	3
Claude	Rubeling	4
Jack	Titus	4
May	Shiozawa	5
Kamala	Harrison	5
Bud	McKee	5
Joyce	Pearson	5
June	Cale West	8
Marjorie	Bevlin	9
Babs	McCorison	9
Thelma	Kallam	11
Shirley	Aggas	11
Bruce	Ballanger	11
Frank	Trunkey	11
Anna Mae	Kann	14
Barbara	Fleming	14
Anne	Weingarh	15
Ashley	Wickes	15
Beverly	Slater	16
Dorothy	Brown	17
Erv	Harlacher	19
Phil	Burbo	20
Bob	Scharnhorst	21
Elizabeth	Bret	21
Dean	Buchan	24
Rod	Blanchette	24
Lee	Waltersdorph	25
Verna	Pehl	26
Sandy	Marshall	26
Barbara	Meyer	27
Bette	Frenger	28
Grace	Hendricks	29

Happy May Anniversaries!

May 14--Bob and Phyllis Henigson

May 26--Richard and B.J. Bangert

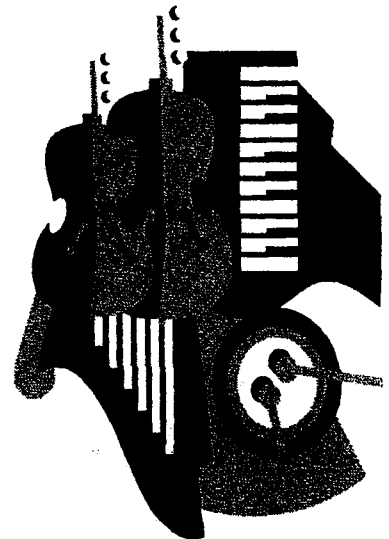


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Senior Services Council of San Juan County
P.O. Box 18
Eastsound, WA 98245

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**SAVE THIS DATE!
JUNE 1, 2003**

**ALOYSIA FRIEDMANN AND
JON KIMURA PARKER
OF THE ORCAS CHAMBER
MUSIC FESTIVAL WILL
PRESENT A CONCERT UN-
DER THE AUSPICES OF
FRIENDS OF THE ORCAS SE-
NIOR CENTER. TIME TO BE
ARRANGED.**



Orcas Senior Signal

Senior Center Hours 9 AM-4 PM, Monday-Friday
P.O. Box 18, 62 Henry Rd., Eastsound, WA 98245

A few seats may be open for the June 1 Friedmann-Parker concert! Call 2677.

Volume VIII, No. 6 • June, 2003

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

Day Program Lowers Fees

Neighbors Gathering has been a success in numbers of people who turned up to help, but we need more participants in this unique day respite program.

Indeed, if more folks don't show up to be cared for, Gathering will need to close its doors, despite the imaginative efforts of **Winnie Adams, Irene Ekberg,** and others.

It is uncertain whether the lack of participants is due to economics, or to a shift in demographics during the past two years. A needs assessment for the program, done in 2001 before the new building was completed, showed many potential users.

So the program managers have decided to lower the day fees dramatically, from the previous \$50., to \$30. for a five-hour day. This rate is far below comparable mainland centers, and well below current hourly caregiving prices. If enough people show up, it is likely that the program will apply for a Medicaid contract to provide free care for the most needy.

The lowered fees, along with monies collected from Neighbors classes and other community offerings, will enable the program to operate on Mondays and Wednesdays through July.

For the past few months, the program has been offering massage, talks by community leaders, tours, crafts, card games, and nutritious lunches. Two persons are on hand at all times.

For further information, contact **Winnie**, at 4656, or **Jan**, 2677. JK

Village Walking Groups Step Out Strongly!

More than 30 persons have joined the first six village walking groups in the new Walkabout Orcas fitness program, and more than 50 are expected to be in the program by early July, according to early registrations.

The program provides pedometers, measured walking courses, fitness logs, and free blood pressure checks as a way to measure improved fitness over the eight-week sessions.

During the last week of May, groups started in Eastsound, Sea Acres, Olga, and Orcas, and two more are scheduled to begin during the first week of June, according to **Lindalena Dingman**, program coordinator. She may be reached at 376-4272.

Part of a regional offering called Be Active for Life, the program is organized by **Melissa Gettman** of the San Juan County Public Health Department, through a Regence Insurance Company grant obtained by **Beth Gieger**, Orcas Island Medical Clinic, with assistance from the Orcas Medical Guild and the Orcas Senior Center.

'Thank you' Exhibit Hung in Lundeen Room

"Thank you, Orcas. This Retrospective is for you," noted **Carol Gill**, as a major showing of her work went onto the Lundeen Room walls May 29. Known for her painting of the Vashon, an icon signed by most of the living ferry skippers, she has exhibited widely and has

(Continued on Page 5)

FROM THE DESK OF LINDA T...

On the back page of this month's *Signal*, you will find an application for membership renewal for the year 2003-2004. Many of you receiving this newsletter joined last year and have been members of the Senior Services Council of San Juan County for many years.

Why become a dues-paying member of Senior Services?

We need your help to cover the costs of insurance on the vans and volunteer drivers in our Transportation Program. This program makes it possible for seniors and disabled persons without transportation, or who need help with an off-island medical appointment, to ride our vans for a nominal fee and to have someone along who can assist them. We also use our vans extensively to provide transportation for various recreational events, such as mainland shopping excursions, Seattle Pops concerts, a week-end getaway at Harrison Hot Springs, and many others.

This year, in addition to greatly expanding our list of merchants and businesses who are willing to provide a variety of discounts for goods and services to card-carrying Senior Services members, we are offering a "couples" membership for \$25 with the individual dues still at \$15. We hope this will encourage both partners in each eligible couple to become members. And, don't forget! For a small, suggested donation, your membership also gives you access to the Orcas Athletic Club during certain hours of the week to use the pool, weight room and other facilities.

Last year at this time, we began a new organization called "Friends of the Orcas Senior Center." This group is going strong and has been responsible for such successful fund-raising events as the Holiday Faire in 2002 and the Fashion Show held just this last month. Many more events are planned for the future as a way to have fun and, at the same time, generate the funds necessary to keep our Center operational and provide more new



Winnie's Corner

By Winnie Adams

Neighbors Gathering will see a change of staff in June. After five months of giving her creative and energetic best, **Irene Ekberg** is leaving the respite care program. She has completed the Skagit Valley College Certified Nursing Assistant class in Friday Harbor and will continue to offer home care in the community.

Carol Bee, whom many of you have known in the community, on stage and as the Orcas Librarian, will be joining me on Mondays and Wednesdays from 10:00-3:00. **Carol** brings a fount of abilities to our enrichment program for homebound persons and their caregivers.

Remembering, With Love

Lex Mottl, 1945-2003
Bernadine Brown Wynnyk, 1926-2003
Alma Wellman, 1902-2003

and exciting programs and activities. A separate mailing, later in the year, will be made to tell you more about the Friends and how you may become a member and express your support.

Orcas Island has a population of between 4,000-4,500 people. More than a third of that number are senior citizens 60 years of age or older. Last year we had slightly over 400 dues-paying members. Our goal this year is to increase our membership by at least 50 per cent (or more!) Please share this newsletter with your friends. We have extra copies we would be delighted to mail to them if they call the office, 2677.

Award Winners (See caption at right of page)



Thelma Kallam (l.) was honored as the Orcas Senior Center Volunteer of the Year, at the recognition luncheon April 25, and Trudy Erwin (r) was named as the first Agape Award winner.
Kraemer Frenger
Photos

Mary, We'll Miss Ye!

As everyone knows who's walked in the building recently, Mary Buscher is leaving us, the end of May, to be married and live in Newfoundland. She has managed the office, 20 hours a week, with good humor and great attention to detail. We miss her a lot, and we wish her a wonderful new life! JK

Fall-Proof Your Home: Here's How

To reduce your risk of falling, whether you're 30 or 90, here are a few simple tips from Dr. Andrew Weil, assisted by Barbara Ehrmantraut, RN:

- ☆ If you use a walking stick or quad cane, train it to stay by your side (Barbara), so you can be more stable at all times.
- ☆ Be sure stairs and hallways are free of obstacles and electrical cords.
- ☆ Place nonskid strips or bathmats in bathtubs and showers. If you have trouble getting in or out of the tub, install grip bars.
- ☆ Use nightlights generously so you don't fall on the way to the bathroom at night. Make sure that commonly used areas are well lit.
- ☆ Buy a step stool with handrails. Don't stand on chairs to reach high places.
- ☆ Permanently secure rugs to the floor or use nonskid rugs.

WANT ADS

Computer room director or co-directors. Job description: manage use of computer room in cooperation with staff. Be present to monitor room usage and effectiveness.

Commitment (for co-directors): two hours/week. Contact: Jan

Group leaders for Walkabout Orcas fitness program (see story, Page One). Job description: lead a walking program two days a week near where you live.

Commitment: 1-2 hours/week. Contact: Lindalena Dingman, 4272.

Garden crew. Job description: Weed grounds, bag weeds. Tools provided.

Commitment: one hour, every other week. Contact: Pierrette Guimond, 4264.

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 July, 2003 issue: June 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

June
SENIOR SIGNAL
Page 4
ORCAS ACTIVITIES
CALENDAR

June birthday cake
bakers: Marylou Cobb,
Betty Eagan, Clarena
McLachlan, Marlene
Shoemaker, Veronica
Thornton

June host & hostess: Betty
Eagan and Elizabeth
Berdan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Carol Gill Art Exhibit (all month) LR 10-3-- NEIGHBORS 1--Caregiver Group (CR)	3 Library Lady at lunch 7--NA	4 10-3-- NEIGHBORS	5	6 3:30--AA	7
9 10-3-- NEIGHBORS 1--Caregiver Group (CR)	10 Western Hearing Aid Clinic* 7--NA	11 10-3-- NEIGHBORS	12	13 3:30--AA	14
16 10-3-- NEIGHBORS 1--Caregiver Group (CR)	17 CostCo Hearing Aid Clinic* 7--NA	18 10-3-- NEIGHBORS	19 Mainland Shopping Trip	20 3:30--AA	21
23 1--Caregiver Group (CR) 10-3-- NEIGHBORS 6 PM Senior Supper	24 No lunch 7--NA	25 <div style="border: 1px solid black; padding: 2px; display: inline-block;">FOOT CARE CLINIC*</div> 10-3-- NEIGHBORS	26 9--Advisory Committee	27 <div style="border: 1px solid black; padding: 2px; display: inline-block;">FOOT CARE CLINIC*</div> 3:30--AA	28
30 10-3-- NEIGHBORS 1--Caregiver Group (CR)			ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room NA= Nicotine Anonymous; AA = Alcoholics Anonymous N neighbors=N eighbors Gathering day program * = reservations at office (2677) needed		

(GILL, Continued from Page One)

numerous paintings in private collections in this country and in England.

Her show was hung by Ann Reardon and the Visual Arts Committee. A reception, chaired by Glenna Richards, was to be held May 30, 5-7 PM, at the Senior Center. All are welcome.

She attended the Fine Arts Department of Carnegie and Mellon University, Pittsburgh, in the 1950s, and, later, painting and life drawing classes at the DeCordova and Dana Museum in Lincoln, Massachusetts.

A member of the Society of Western Artists (SWA), she has exhibited in several juried shows and was awarded several firsts including that of the SWA's San Francisco Hall of Flowers show in 1975. The latter show went on tour, with its final exhibit in Seattle's Frye Museum.

Locally, she has had one-woman shows in Friday Harbor's Cannery House, and has shown with Pallettes, Friends of Moran State Park's Art in the Park, and the Living Room.

"I moved to Orcas in December, 1975, fell in love with it the first time I drove off the ferry. I had come home," Carol noted; "So many good friends over the years and so much support the times I needed it."

"This show is to say 'thank you,' and to share the love I feel for the scenes and people in my life," she added.

"Some of you only know me from the 21 1/2 years at the school. [She retired last year as Administrative Assistant at the Orcas Grade School.] This is the other side of me."

Services We Offer

To find out more about the starred programs, below, contact Jan; for the nutrition and transportation, call Linda; both are at 2677.

- ☆Case management
- ☆Caregivers' network (home helpers with local references)
- ☆Caregivers' support group
- ☆Information and assistance with Medicaid and other programs
- ☆Telephone reassurance, friendly visits
- Nutrition, including home-delivered meals

Transportation

If you, or a friend, are interested in the Adult Day Respite Program, see the story, Page One, or Winnie's Corner (Page 2).

June Lunch Menus

Lunches are Tuesdays & Fridays; this menu calendar also includes June 23 Senior Supper. No Senior Lunch on Tuesday, June 24. Please note: Supper date is changed this month only to fourth Monday; next month it will return to third Mondays.)

3	Chef's salad Oatmeal bread Fresh fruit tray	6	Chicken strips Mandarin orange sl. Rice pilaf Capri veggies Romaine salad Peaches
10	Golden lite fish with Rice pilaf Scandinavian veggies Tomato & Zucchini salad Oatmeal raisin cookie	13	Chicken burger lettuce & tomato Baked beans Cole slaw Watermelon
17	Pork loin with cranberry glaze Mashed potato & gravy Winter mix veggies Gingerbread w/ whipped topping	20	Spaghetti Green beans Romaine salad Garlic bread Peaches
23	Roast beef Mashed potatoes & gravy Scandinavian veg. Garden salad Brownies	27	Barbecue pork ribbers Scalloped potatoes Broccoli Garden salad Apple cake

Happy June Birthdays!

Elizabeth Berdan	2
Roy Williams	2
June Magnuson	4
Harold Johnson	4
J. Chandra Hahn	4
Don Gerard	5
Carroll Swanson	6
Marilyn Erly	7
Lucile Willis	7
Marjorie Hayes	8
Patsy Kuehle	8
Harry Patton	9
Lorraine Marx	9
Howard Shirley	9
Muriel Silvertooth	12
Jane Kempe	12
Penny Cannon	13
Peter Huie	14
Roy Pringle	16
Sharon Buchan	16
Richard Greaves	20
Harriette Mathews	21
Pat Blay	21
Frances Lane	22
Don Palmer	22
John Erly	22
Richard Bronson	24
Veronica Thornton	24
Robert Lundeen	25
Carol Tully	26
Ed Lavender	27
Elsie McFarland	27
Anne Stowell	27
Richard Bangert	28
Buyral Madan	28
William James	28



& Happy June Anniversaries!

Wayne and Joan Haslett	2
Hugh and Andrea Hendrick	5
Richard and Ann Griot	7
Richard and Margaret Wilson	8
Don and Rosa Montgomery	10
Carl and Loretta Poschman	15
Calvin and Clarena McLachlan	17
Roy and Betty Williams	17
Erv and Norma Jo Harlacher	19
Rex and Maryln Stiffler	21
Dr. P.C. and Ann Wilde	22
Dick and Verna Pehl	24
Robert and Joy Bennett	27
Ric and Ann Sanchez	30
Bill and Hattie Dixon	30



Singing Churchmen Enliven Senior Supper

The Singing Churchman, a Gospel group from Orcas Island Community Church, presented six well-received selections at the May Senior Supper. This men's choral group, led by **Bob Rodenberger** and **Charles Selph**, performed with piano background by **Lynn Schiager**. They also will perform at noon, August 1, in the Brown Bag Concert at Emmanuel Church.

Servers at the supper were **Ashley McCloskey**, **Sydney Harris**, **Brittany Wachter**, and **Jay Boucher**. Jay's dad, **Rick**, also sang with the Churchmen.



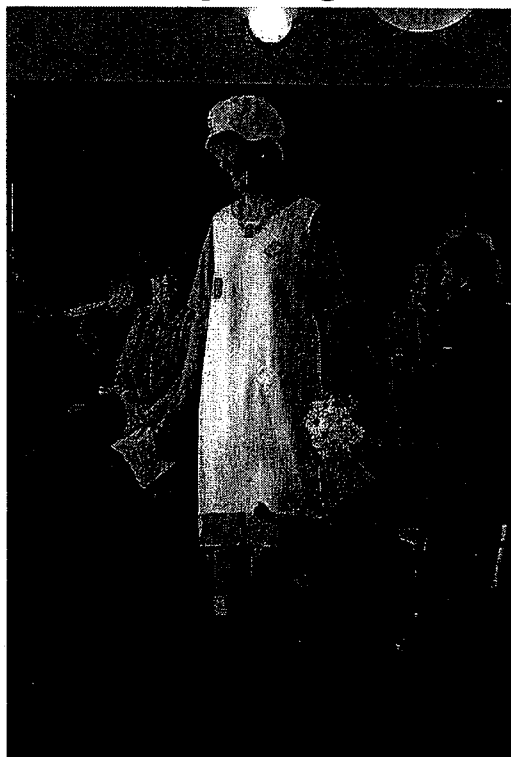
Kathy Youngren

A mix of design from local shops and artisans, museum-quality garments from islanders' closets, Christina's food, Peggy Hoyle's sense of fashion, Liane Olsan's organizational skills, and the dedicated efforts of Nanae Nagaoka, Emily Reid, and many more, The Art & Heart of Fashion was a light-hearted sell-out that bids strongly to become part of the annual neighborhood nonprofits' May Day celebration. The event was hosted by Rosalie Chantiny, chair, Friends of the Orcas Senior Center.

Photos by Margot Shaw



Pearl Muse



Bev Leyman



Pat Littlewood



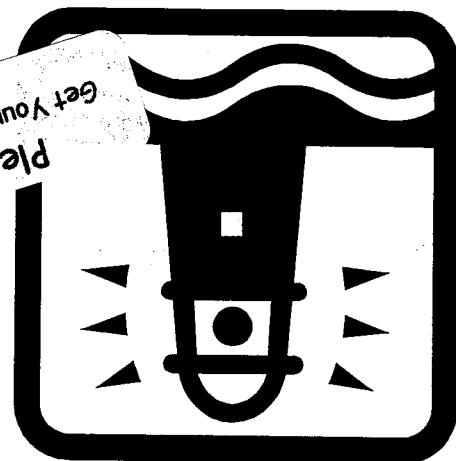
Duff Andrews



Cindi Gould

Jules and Devon
Mann (l-r)Annette
Mazzarella

Please RE-MEMBER!!!
Get Your Orcas Sr. Center Membership!



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Page 8

Keep our Transportation Program Going; Renew your Membership for 2003-2004!

Your basic membership fee goes to support the transportation program, including insurance for the vans and volunteer drivers. Your membership also brings you discounts with local merchants 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. (Another way to support senior programs is through Friends of the Orcas Senior Center, which will do a separate mailing later this year.)

Memberships run July 1-June 30. Please fill out the application program, below, to join or re-join the Orcas Branch, Senior Services Council of San Juan County, clip the form, and return it with your check (\$15 individual, \$25 couple) to Orcas Senior Services, PO Box 18, Eastsound, WA 98245.

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

Orcas Senior Signal

Senior Center Hours 9 AM-4 PM, Monday-Friday
P.O. Box 18, 62 Henry Rd., Eastsound, WA 98245

Volume VIII, No. 7 • July, 2003

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Lift Your Spirits with JB!

For a lift, stop at the front office to meet **JoAnne Bastron**! Our new office manager is a Michigan transplant via California. She was born and raised in Saginaw, where she lived for 40 years and raised four children. She brings a wealth of talent to the position.

"I was out scraping ice one day [in Michigan] when it got to me. I sold everything, and boarded the next plane for California with my cat," she says. She settled near her son and grandson, in the Newport Beach area, where she got a job with the library.

This energetic woman also got a part-time job with Disney Productions, playing Mickey, Minnie, and other characters on parade floats. "Whoever's night off it was, I did the part," she recalls.

She first came to Orcas in 1990 and "fell in love with the place." She moved here in 1996, after her husband died, and was thus able to be present for her grandson's 1997 graduation from Orcas

(Continued on Page 5)

Orcas Artists Paint Mexico!

The cheerful exhibit on the Lundeen Room walls during July is the work of two Orcas artists who live and work in Mexico in the winters, a goal many of us share!

Michele DeLong, a full-time artist, started painting south of the border a decade ago "all over. I try to go off the beaten path." Her work is at Chimayo's.

Anna Schieck, who has been a nurse at the Medical Center for nearly two decades, began painting in Mexico six years ago. "I'm self-trained, with great enthusiasm," she notes. She has had a one-woman show at the Colophon Café in Fairhaven's Village Books.

(Continued on Page 5)

Island-Grown Musical Benefit Set for July 12



Marion & Friend

You are invited to an Orcas-grown musical, "Hey God! Remember When?" at 7 PM Saturday, July 12 in the Lundeen Room. Story and music are by the principal performer, **Marion Gerard**.

Ron Myers will be the pianist, and **John Liger** the supporting performer.

A benefit for the Senior Center's special needs fund, the \$10 ticket includes the performance and dessert. **Eleanor Peterson** is chairman for the evening, assisted by **Majeane Palmer**.

For reservations and/or transportation, call 376-2677.



Learn to make lavender wands this summer, and you'll have gifts for many years to come!

A two-hour workshop 10 AM on Wednesday, July 9, in the Multipurpose Room, will give you the basics of interweaving lavender stalks and ribbon to produce fragrant, long-lasting sachets.

You'll need to bring 11 stalks of freshly-picked lavender (early morning is the best time to pick your supply), although there will be extras on hand in case you break one during the initial weaving. For the workshop's \$5 cost, Jan

(Continued on Page 5)

Computers & Us: The Learning Curve

Whatever you know about computers, there's always more to learn. Six months ago, after a meeting of our computer committee, I thought our grant-funded computer lab would be ready the next month. Boy, was I wrong!

As of July 1, our small Computer Lab is in place, with high-speed Internet access, for a small usage fee, \$5/month. For a variety of reasons including my own lack of computer knowledge, this project has taken so long that some of the high school Key Clubbers who wrote the original grant application have graduated!

However, they have generously agreed to return a few times this summer, to continue teaching anyone who wants to learn the mysteries of e-mail and computer searches. And Key Club will continue the project in the fall. I'll be contacting those of you who signed up for training, which of course is free and not attached to any usage fees. Anybody else who wants to learn from these bright high school folks this summer, please contact me at 2677.

We need computer-literate volunteers to staff the lab (See WANT ADS, next page). If anybody else would enjoy this hands-on work, please call!

If you are already computer-familiar and want to use the lab to write letters, search the Net, or send and receive email, there now is a sign-up sheet at the front desk. You can pay a month at a time, and reserve usage time for that month.

Also this summer, I'll be searching for free sources of computer programs, and listening for your input on those you'd like to use.

May all our learning curves be smoother from now on! JK

FROM THE DESK OF LINDA T...

July is a full and busy month. We have many celebrations right here on the island and we have also planned four interesting and exciting trips to the mainland. Choose one or all! Van cost is \$15 - \$20 depending on distance traveled. Additional costs for food, lodging and/or admissions will vary with each trip. Call - 2677 to reserve, or for more information.

A Day in Lynden (July 10) If you're looking for a glimpse of Holland, but only have a day to explore, a trip to Lynden may be in order. Located just south of the Canadian border, the town boasts authentic Dutch food and architecture, the Lynden Dutch Village with windmill, shops and theater, and the Lynden Pioneer Museum (admission \$1), one of the largest museums of its kind in this state. We leave on the 9:15 AM ferry, arriving in Lynden just in time for lunch. Shopping and touring the museum should provide a pleasant day to remember. The group will determine the return ferry. Go to <http://www.lynden.org> for more information.

Picnic at Lime Kiln Park and Westcott Bay Art Reserve (July 22) Join us for a lovely day on San Juan Island, picnicking in Lime Kiln Park with lunch boxes provided by Island Market (price to be determined later). Bring your binoculars for possible whale sightings and bird watching. After lunch, we will go on to The Westcott Bay Reserve which maintains an exhibit of more than 80 works of art scattered about the 19-acre site. Learn about Westcott Bay ecology, discover sculpture in natural settings, and appreciate the benefits of native plant landscaping. Easy-to-manuever paths wind through the reserve with plenty of opportunities to see, up close and personal, works of art by regional artists. Admission is by donation only. We will take the 10:40 AM ferry. The group will determine the return ferry. Check out www.wbay.org for a look at some of the sculptures you'll see.

Purple Haze Lavender Farm and Olympic Game Farm (Sequim) (July 26-

WANT ADS

27) This is our big overnight trip for the month. We will take the 9:15 AM ferry and get to the Lavender Farm in plenty of time to spend the afternoon touring 5 acres of organic lavender, viewing the Olympics from the fields, smelling fragrant bundles hanging in the drying shed, and shopping for lavender-inspired gifts. You will also be able to pick your own lavender bouquets! We will overnight at a local motel (call 2677 for location and room rates) and take off Sunday morning for the Olympic Game Farm on the Olympic Peninsula where we will get "face to face" with exotic, often endangered species. Both driving and walking tours are available, depending on the wishes of the group. Admission rates run between \$7 - \$12, for seniors, depending on the type of tour desired. We will return on one of the evening ferries Sunday night. Number of participants on this trip will be limited, so call and reserve a spot early!! Visit www.purplehazelavender.com and www.olygamefarm.com for more information. Mark your calendars! Orcas Island's own Jon Kimura Parker will be playing with the Seattle Symphony on Sunday, Sept. 21. We will take the morning ferry to arrive in time for the 2 PM concert. I am reserving 15 tickets and they will be snapped up quickly. Call 2677 to make your reservation soon!



By Winnie Adams

When I was in my twenties, my father developed Alzheimer's disease. As little was understood at that time about this form of dementia, my mother pioneered her own way through its cruel developments.

Some of you may remember my mother and father, Nancy and Fred Adams. Mother was a problem-solver, and I find some of her adaptations worth retelling, even these decades later.

Her first rule was "Don't cross the bridge until you come to it." She did not try to anticipate what my father was going to need; instead she stayed alert to changes and moved with the progression. When my father began wandering at night, she found herself sleeping lightly, worried about what he might get into unattended. Naturally, my mother became exhausted with no letup in sight. Her solution was a mat connected to a bell like those stores often have as you walk in. She put this by his side of the bed. When he got up he stepped on it, setting off the bell, which woke her out of even a sound sleep.

Dad knew at some level he was a burden and

Computer Room SYSSOP/s (director or co-directors)
Job description: manage use of computer room in cooperation with staff. Be present to monitor room usage and effectiveness.
Commitment: (for co-directors): two hours/week.
Contact: Jan (2677).

Garden Crew

Job description: Weed grounds, bag weeds. Tools provided or bring own.
Commitment: 1-2 hours/month.
Contact: Pierrette Guimond, 4264

Van Drivers

Job description: Relief drivers especially needed during the summer. At least one mainland trip per month except in special circumstances.
Contact: Linda Tretheway, 2677.

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

This newsletter is published monthly by Orcas Senior Services, PO Box 18, Eastsound, WA 98245. We invite contributions from all Orcas Senior Center members and friends. Deadline for the August, 2003 issue: July 15. Email: jank@co.san-juan.wa.us

(Continued on insert page)

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

July SENIOR SIGNAL
Page 4
ORCAS ACTIVITIES
CALENDAR

July cake bakers:
Dean Buchan, Dick
Hattrup, Bill Humes,
Pat Logan, Jack Titus

July host & hostess:
JoAnne Bastron, Cay
Tretheway

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July art exhibit: Orcas Artists Paint Mexico! Story, P.1	1 Library lady at lunch 7 -Nicotine Anonymous	2 Neighbors*	3 	4 CENTER CLOSED; HAPPY FOURTH! 3:30 Never Too Late AA	5
7 1 Caregivers' group Neighbors*	8 Western Hearing Aid clinic* Lexie Lamborn. luncheon speaker 7 NA	9 10 Lavender Wand Workshop* (Story, P. 1) Neighbors*	10 Trip to Lynden*	11 3:30 Never Too Late AA	12 7 PM-- Musical benefit: "Hey, God! Remember When?"*
14 1 Caregivers' group Neighbors*	15 Sr. Services Council meets (MPR) CostCo Hearing Aid Clinic* 7 NA	16 Neighbors*	17 Mainland shopping trip*	18 3:30 Never Too Late AA	19
21 1 Caregivers' group Neighbors* 6 Senior Supper	22 No lunch Lime Kiln Park picnic* 7 NA	23 <div>FOOT CARE CLINIC *</div>	24 55-Alive! driver training class*	25 9 Advisory Committee <div>FOOT CARE CLINIC *</div> 3:30 Never Too Late AA	26 Sequim lavender farms--overnight, + Olympic game farm*
28 1 Caregivers' group Neighbors*	29 7 NA	30 Neighbors*	31 	ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) are necessary ** = schedule by calling 378-2163	

thus always wanted to help. Mother engaged with his need to be contributing. If he wanted to work outdoors, she knew he could accomplish much if she helped assemble the tools and got him on course. When it came to the gutters and using the ladder...it was a difficult challenge to dissuade him. The path is not smooth.

He also liked to help by doing the dishes, but as he lost dexterity he broke the china. Mother bought Melmac and put the china away.

Anxiety is a natural symptom of confusion. A person with dementia knows his synapses aren't lining up quite right. He is missing part of the whole picture and becomes agitated about being adrift when those around him seem to know what is going on. My father could be calmed most of the time merely by listening to him, letting him speak of his concerns. It took some doing to listen to the music behind the misuse of words or phrases that goes with brain impairment, but often Mother was able to understand his intended thought, and emotionally he would relax just from having been listened to. Being listened to has a calming effect on all of us.

When Dad began to wander outside and became disoriented enough to be lost, Mother put bolt locks on the doors. She had the key on a bracelet, so Dad went out only with her. She could practice the piano, tend to paperwork, read, make meals without worrying he would disappear.

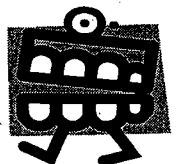
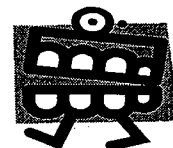
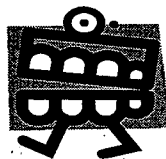
At one point my father developed an interest in the stove; he'd turn it on and then wander away. Mother was able to get a circuit breaker installed on the back of the stove. When she'd finished cooking, she flipped the circuit breaker, cutting off the electricity to the stove. One more anxiety alleviated.

Of course no one can provide total care for another. There are times when the caregiver needs a break or time to tend to his/her own needs. Mother had a circle of friends who gave her a few hours of relief in the early years (the idea of formal respite care, such as that provided by our Neighbors Gathering program, had not yet dawned). But eventually she had to hire help.

Studies show that if elderly, ill, or disabled people are kept at home, they are better cared for than if they are institutionalized. Studies also show, however, that caregivers tend to become stressed and exhausted and vulnerable to heart disease and illness themselves. For that reason respite care programs have become an important way to assist those dealing with the long-term care of a family member. The programs not only give caregivers time free of responsibility, they provide enrichment for the participants, who may feel isolated at home.

Although Neighbors Gathering is operating by reservation only during the summer months, it remains one of the programs offered at the Orcas Senior Center. When there is need, this program can be up and running on short notice. If you have need of Neighbors Gathering or know of someone who does, please get in touch with either the Senior Center (376-2677) or Winnie Adams (376-4656).

(Dental Service, Continued from Page 7)



If laboratory work is indicated as part of the treatment program, dentists whenever possible will use State Dental Laboratory Association laboratories participating in WSDA Outreach. These laboratories have agreed to reduce their charges by at least 25 percent for these patients.

WSDA Outreach qualification and forms may be obtained by calling 2677; ask for Jan.

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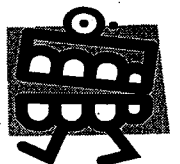
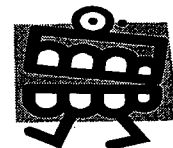
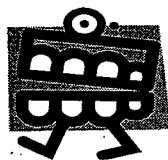
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(Bastron, Continued from Page One)

Island High School. Her son, **Randy Bishop**, is a musician who now lives in Mexico.

When she arrived, she bought This Blooming Island, the jam-&-jelly business started by **Eva North** and myself, and now owned by **Irene O'Neill's** daughter, **Lisa McLaughlin**.

JoAnne also auditioned for the musical, *Annie*, and in it performed three parts, including a singing role, with **Linda Tretheway**.

And she joined the Orcas Island Garden Club, "to meet people and stop killing plants." Her leadership qualities soon surfaced, and she served as chairman of the successful 2003 Garden Faire.

Her goals for this job include meeting everyone as soon as possible, and learning more about computers. She'll be serving as lunch hostess during July, along with **Cay Tretheway**, and is learning programs from **Linda**, thereby making a great start on both goals! — JK

(Art Show, Continued from Page One)

Both women have studied with **Roz Farbush** because they liked her use of color.

"We paint on the streets [in Mexico], not in the studio. You really get to know people that way," noted **Michele**.

San Miguel de Allende, the artists' colony, has been winter base for both women, and the July show reflects many scenes from that area.

The Visual Arts Committee has set the last Thursday of each month as the date for taking shows down (in the mornings) and putting up the new ones (afternoons), according to chair **Ann**. She may be contacted at 2707.

Glenna Richards will serve as the committee's reception hostess, according to Visual Arts Chair **Ann Reardon**.

Glenna pulled together the elegant welcoming for **Carol Gill's** show last month.

July Menus

Lunches are on Tuesdays and Fridays; this menu calendar also includes July 21 Senior Supper. No Senior lunch the following day, July 22.

1 Teriyaki chicken Rice, Capri veggies Carrot/raisin salad Chocolate cake, whipped topping	4 HAPPY Fourth of July!
8 Veggie lasagna Green beans Romaine salad Garlic bread Peaches	11 Stuffed green peppers Parslied red potatoes Italian veggies Garden salad Applesauce
15 Shrimp salad Oatmeal bread Fresh fruit salad	18 Hot pastrami sandwich Potato salad Mini-salad bar Fresh fruit tray
21 Beef potato pie Brussels sprouts Garden salad Apricots, peaches, pears	25 Cod filets Rice pilaf Scandinavian veggies Tomato & zucchini salad Oatmeal raisin cookies
29 Chicken Parmesan Buttered spiral noodles Capri blend veggies Broccoli salad Pears	

(Lavender Workshop, Continued from Page One)

will provide the ribbon, small rubber bands, and pins needed to complete your first wand. Written instructions also will be provided.

Come in or sign up by phone at the front desk, 2677, to learn a new skill that will provide pleasure for gift recipients as well as fragrance for your underwear!



Happy July Birthdays to:

William Marx	2
Bob Halverson	2
Eloise Monson	2
Kern Hendricks	4
Liz Clark Lemon	4
✓Maggie Kaplan	4
Maryln Stiffler	5
Beulah Swan	6
Frank Loudin	6
Beth Jenkins	8
Bruce Heller	8
Lorraine Lucas	9
Margaret Englehartson	10
Rusty Robertson	10
Glen Monson	10
Frank Rouleau	11
✓Shirley Guilford	13
John Suzick	14
Elaine Mowrey	15
Bill Hall	16
Mary Riveland	18
✓Joan Babcock	19
Joan Haslett	19
David Evans	19
Dick Pehl	20
Charlotte Gallemore	20
Alan Kaplan	21
Joseph Lane	23
Dick Haffey	24
Barbara Rosenkotter	24
Grace Kidder	27
Mary Lehmann	28
Lynn Schiager	30
Jan Koltun	30

And Happy JULY ANNIVERSARIES to:

Richard and Sandra Bronson	7/12
Buyral and Ellen Madan	7/14
John and Frances Suzick	7/14
Lew and Mary Lehmann	7/14
George and Ingrid Karnikis	7/21
Alan and Maggie Kaplan	7/30

Concert Raises Goodly Sum to Keep Doors Open

The June 1 concert by Chamber Music Festival principals **Aloysia Friedmann** and **Jon Kimura Parker**, with **Aloysia's** mother, **Leila Storch**, as a surprise addition, was an ear blessing. The sell-out festivities, chaired by **Rosalie Chantiny** and **Phyllis Henigson**, raised \$2,254.86 toward keeping the Senior Center's doors open for all sorts of activities.

Each selection held its own special magic, but none held a more remarkable past than "Morpheus," by the late **Rebecca Clark**. **Aloysia** told the group that **Rosalie** had first suggested it for her repertoire about two years ago.

Keeping the piece in her files, **Aloysia** decided to play viola as well as violin, and heard about an instrument made by the same family who had made her violin. She flew to Denver to test the instrument and found that it had previously been owned by **Rebecca Clark**.

The name rang a bell with **Aloysia**, who searched her files when she returned home with her new viola, found the piece that **Rosalie** had suggested to her, and fell in love with the previous owner's work as well.

Tickets go on sale July 16 for this year's Chamber Music Festival at Orcas Center. Festival dates are August 23, 24, 25, 26, 27, 29, 30, and September 1.

In addition, when **Jon Kimura Parker** plays with the Seattle Symphony on Sept. 21, a Senior Van will take the first 15 persons who reserve for that Sunday afternoon's concert, returning home the same evening, at reasonable cost. (See **Linda's** column, Page 2.)



Walking Groups Flourish in Villages

Six walking groups are active in the new Walkabout Orcas program and another was to begin early this month.

There's still room for individuals who want to participate in the program, according to **Lindalena Dingman**. Call her at 4272.

Some 50-60 people will complete the initial eight-week program, which includes blood pressure checks to help measure the changes in fitness levels. **Lindalena** plans to meet with all the groups on their last day to collect their walking logs. Each participant will receive a certificate of completion in addition to their pedometers.

Given the response, it is expected that this will be an ongoing program. Participants in the groups have reported they plan to keep on walking after the initial eight-week sessions.

Health Educator to Speak at July 8 Luncheon

Help to welcome back **Lexie Lamborn**, gerontologist and health educator, who will discuss "What to Do When You Have to Do It All" after Senior Lunch on Tuesday, July 8.

Lexie, based in Anacortes with private-practice services that include care management, bill-paying and money management, has conducted workshops here on the basics of end-of-life issues involving health care and finance.

She is secretary of the Washington Association of Professional Guardians, and vice president of the National Guardianship Association. She holds a Master's Degree in Public Health from the University of Hawaii.

Dental Outreach Program Provides Reduced Fees For Qualified Patients

WSDA Outreach, a program of the state dental association, is a reduced-fee dental care program for low-income elderly, disabled, and Alzheimer's patients. Services are provided by volunteer members of the group, which developed the program in cooperation with the state dental laboratory association and the Area Agencies on Aging.

To be eligible, senior citizens must be 65 or older, have an annual income under \$22,150, or a family income (two or more persons per household) under \$29,850, and no dental insurance or Medicaid coupons.

There is no age restriction for disabled or Alzheimer's patients.

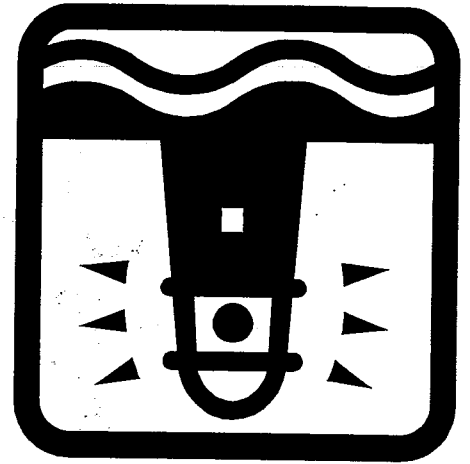
All patients must have their eligibility re-certified every 12 months.

The local office of Area Agencies on Aging determines the eligibility for all participants. When that is approved, patients will be given a list of participating dentists in their area to select from. At the initial visit, patients will present WSDA Outreach forms noting their eligibility to the dentist.

At the initial visit, the dentist has the right of acceptance or refusal of patients. If accepted, there are no limitations to the types of dental care available, and the choice of treatment plans is at the discretion of the dentist and patient.

Participating dentists reduce their usual fees by at least 25 percent for patients meeting the criteria for this program. Payment for services by the patient customarily will be at the time of treatment, although alternative financial arrangements are subject to mutual agreement between dentist and patient.

(Continued on Insert Page)



Orcas Senior Signal

Senior Services Council of San Juan County

PO Box 18
Eastsound, WA 98245

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Page 8

Please Re-Member! Renew Your Membership for 2003-2004 & Keep Our Vans Going!

Your basic membership fee goes to support the transportation program, including insurance for the vans and volunteer drivers. Your membership also brings you discounts with local merchants 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. (Another way to support senior programs is through Friends of the Orcas Senior Center, which will do a separate mailing later this year.)

Memberships run July 1-June 30. Please fill out the application program, below, to join or re-join the Orcas Branch, Senior Services Council of San Juan County, clip the form, and return it with your check (\$15 individual, \$25 couple) to Orcas Senior Services, PO Box 18, Eastsound, WA 98245.

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

Orcas Senior Signal

Senior Center Hours 9 AM-4 PM, Monday-Friday
P.O. Box 18, 62 Henry Rd., Eastsound, WA 98245

Volume VIII, No. 8 • August, 2003

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

New Equipment, Volunteer

SYSOPs Await You!

Even if you don't have the word "SYSOP" in your vocabulary (it means "Systems Operator"), the new Senior Center Computer Lab can give you the skills you need to meet new friends on the Internet, send and receive email on your own free account, search for information, explore interests, and even take, send & get photos to and from people around the world.

All this for \$5 per month, for seniors only. Such a deal!

The Computer Lab also will have some skills sessions by appointment, this month, with the Key Club youngsters who wrote the original grant applications for the two PCs and printer that now are fully assembled in the conference room. The source of this grant, the Orcas Island Community Foundation, earlier had funded purchase of AV equipment, the last monies of this latter grant was used recently to provide a good digital camera for the lab.

Volunteer SYSOPs will be on hand at least two mornings of the week in August. They, too, can get you started on emailing, and will puzzle through the camera directions with you. Others have indicated they would like to begin volunteering after the summer. For this month, **Dean Reynolds** will be on hand Monday AMs, and **Donna McKee** will be in Tuesday AMs. Key Club members are on call as needed, and will begin regular sessions, likely in late afternoons, this fall.

(Continued on Page 7)

Endowment Fund Started!

Now that our building is debt-free, the Orcas Advisory Committee has decided to start an endowment fund with the Orcas Island Community Foundation. The initial funding is \$5,000 from private gifts. These endowment funds, which can be augmented from future bequests or gifts, will help to ensure that the Senior Center building and programs will be cared for in the future.

On Page 3 is a form by which gifts may be made for endowment purposes.

Waterman Watercolors to Grace Lundeen Room

Look for **Liz Waterman's** August retrospective in the Lundeen Room! The show will cover 50-60 years of her painting.

Early on, as a student at Boston Girls' Latin School, she took a short-cut through the Museum of Fine Arts on her way home in the afternoons. **Winslow Homer's** splendid works of the Maine coast and Caribbean waters were hanging on the MFA's walls.

"Day after day I admired those works and knew I'd never be able to afford one so I decided I'd better learn to paint!" said **Liz**.

Later, she studied at the Massachusetts College of Art, married and moved to the West Coast, reared her

(Continued on Page 6)

A Gift to Give Up?

An 86-year-old man recently drove a bloody rampage that killed 10 persons and injured up to 45 others in Santa Monica. He had prior driving problems, including damaging his own garage. This gives all of us cause to ponder: when should people give up their driving privileges?

In our society, managing a car is often equated with full adulthood, which seems to me to be at the core of the problem. When persons are asked to give up driving—and this usually comes in the form of a letter from the state Dept. of Licensing, asking that they come in to be re-tested—many older folks feel they are losing a crucial function.

They are right. It is a loss not to be able to drive. Therefore, our society needs to help anyone for whom slowing reaction times make it unsafe to drive.

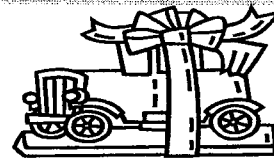
Here at the Senior Center, some of the ways we help include driving people—by reservation—to medical and other appointments, on and off the island, twice-weekly van trips to pick up mail and do the grocery shopping, and periodic 55-Alive! driving classes. We also are investigating ways to stimulate more use of insured private vehicles to help elders get around.

How do you know when you become an unsafe driver?

One way you'll know is when your friends, relatives, physician or clergy tell you that you are a danger to yourself and others.

Your own feelings are the most important way to know whether it's time to retire from driving. Some people report that they quit when they became uncomfortable or frightened behind the wheel.

Not everyone pays attention to these feelings. A former client in Hawaii, who had several automobile accidents, had such strong denial that when her daughter disabled the car, the woman called the car dealer and ordered a new one! Fortunately, her credit cards were maxed out and the



dealer passed on the opportunity to sell her a new vehicle.

Economics is another good reason for quitting. Many elders report that thousands of dollars saved from not having to own and operate a car allows them to use taxis, and to provide gas money for helpful neighbors and friends.

But what if you haven't had any accidents other than a minor scrape or dent, and are concerned that normal changes of aging may interfere with optimal driving? How much can you compensate for aging changes?

Our island deer, much maligned for the damage they do to our gardens and cars, serve an important function of sharpening our awareness. En route to work early today, I slowed to a halt twice and braked sharply once, thereby avoiding a doe and fawn and two other velvety beasts.

Use the check-list below* to let yourself know what actions you currently take to compensate.

- ☐ Have regular medical and vision checkups.
- ☐ Avoid driving in stressful traffic situations.
- ☐ Limit your driving to familiar areas.
- ☐ Keep an appropriate distance from the car ahead.
- ☐ Be aware of the whole traffic scene (including deer!)
- ☐ Don't drive when emotionally upset or not feeling well.
- ☐ Take medications in prescribed amounts and at specified intervals.
- ☐ Avoid driving after surgery until medically cleared.
- ☐ Avoid prolonged hours of driving.
- ☐ Have a passenger with you to help navigate.

Driving is a gift, and perhaps the greatest gift is to know when to give it up. May we all be so lucky as to know that! JK

*AARP 55 ALIVE Driver Safety Program, Student Workbook (Edition 5)

FROM THE DESK OF LT. . .

By now, you are probably familiar with the faces (and some of the names) of the many volunteers who give their time and talents to make our Senior Center the vibrant and exciting place it has come to be since we opened in February, 2002.

Each year in April, National Volunteer Month, we celebrate the efforts of our volunteers with a volunteer appreciation lunch during which we recognize especially those who have donated hundreds of hours as front desk volunteers, drivers, reassurance phone callers, envelope addressers, newspaper folders, and special-project folks such as Eleanor Peterson, Lois

Baney, Richard Hughes, Marion Gerard, Ron Myers, and John Liger, who recently put on a benefit musical that netted more than \$500 for our special-needs funds.

A major reason the Senior Center operates so well is because of all the "behind-the-scenes" people who make things happen so seamlessly that all you see are the results and none of the hard work that goes into the finished "product."

For example, isn't it nice to come to lunch with the tables all laid out and ready for you to just sit down and eat? Dora Blake faithfully shows up at 10:30 in the morning on lunch days and not only organizes the trays with silverware, napkins, salt & pepper, but sets them out as well.

Another intrepid

Volunteer Want Ads

Computer room SYSOPS. Help people go online, answer questions. Wednesday-Friday AMs available. Contact: Jan, 2677.

Financial Management Helpers. Qualifications include ability to serve as Social Security representative payee. Confidentiality a MUST. Contact: Jan, 2677.

soul, someone who will show up just about anytime he is called, is Jim Newland, my "honey-do" guy. He's the man who hangs things, repairs things, puts things together, moves things, patches and paints things and takes things away when we need them cleared out. Jim, together with Cay Tretheway, spent most of one day in July cleaning out the basement, rearranging all the building supplies, computer parts, and

(Continued on Page 5)

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, 2003 issue: August 15. Email: jank@co.san-juan.wa.us

My Endowment Gift

Enclosed is my gift in loving memory of:

(Print name of person being honored)

Send Memorial Card to:

Name

Address

City State Zip

Given by:

Name

Address

City State Zip

Leaf tile wanted? (For gifts \$100-\$1000) Name (s) for tile (if different than honoree above)

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 Cake Bakers:
**Gretchen Shelton,
May Shiozawa,
Carol Merrill, Dora
Blake, Don
Montgomery**

August Host & Hostess: Rex & Maryln Stiffler

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ABBREVIATIONS: LR= Lundeen Room MP= Multipurpose Room CR= Conference Room NA= Nicotine Anonymous AA= Alcoholics Anonymous * = reservations at office (2677) necessary		Computer lab is open Monday-Friday mornings, with staffing Monday & Wednesdays, 9 AM-noon, at present. Call 2677 to reserve! \$5/month gives you high-speed Internet access and your own email account.		1 Lunch guest speaker: Joanne Hoover, SHIBA	2
4 Pelindaba Farm Tour 1 PM Caregivers' Support Group (CR)	5 Library lady (Holly King) at lunch 7--NA	6	7	8 3:30 AA	9
11 1 PM Caregivers' Support Group(CR)	12 Western Hearing Cl.* Blood pressure checks 7--NA	13 1-3 PM Crafts workshop w/ Joyce Rupp* MP SJ County Fair (through Sat.)	14 Sr. Van travels to the County Fair!*	15 3:30 AA	16
18 1 PM Caregivers' Support Group (CR) 6 PM Sr. Supper	19 Costco Hearing Cl.* NO LUNCH 7--NA	20	21	22 3:30 AA	23
25 1 PM Caregivers' Support Group (CR)	26 Birthday lunch 7--NA	27 FOOT CARE CLINIC*	28 9--Advisory Committee (MP)	29 FOOT CARE CLINIC* 3:30 AA	30

(FROM THE DESK OF LT, Cont'd from Page 3)

medical equipment and making room for more storage shelves.

Our new computer lab volunteers, Dean Reynolds, Jack Titus, and Donna McKee, are making sense of our equipment, and helping the rest of us to do that too.

Carlene Kim, Cay, and Mary Ann Slabaugh are the very consistent kitchen helpers who work with Amy K Raven, chef extraordinaire, to get all the elements of our delicious lunches prepared on time and served hot and tasty.

Roger Congdon, our volunteer motor pool chief, keeps the vans in superb condition. Our volunteer drivers, too many to mention in this small space, will be the subject of one of my next columns.

Gordon Hayes has received recognition before for installing our state-of-the-art sound system. What you may not know is that he often stops by to check on it, make sure the settings are correct, and readjust things when necessary.

Each of you reading this newsletter may not know that several people put in a couple of hours each month to fold and label each copy mailed out. Frequent newsletter team members are: Elizabeth Berdan, Gladys Brimhall, Agnes and Andy Forbes, Bertie Millett, Veronica Thornton and Cay Tretheway, who even takes them home to complete if we can't assemble a team. Many others help occasionally.

Are you enjoying the birthday and anniversary cards that are sent out each month, along with an invitation to a "free" lunch? Our very own "Sunshine Lady," Elizabeth Berdan, is responsible for getting those written and mailed in a timely manner.

Reassurance calls are being faithfully handled by Hazel O'Brien and Iris Reynolds.

And, finally, do you ever wonder how the weeds are being kept down since our major weeding party back in April? Pierrette Guimond spends several hours a week, sometimes with a helper--most often, not--

August Menus

Lunches are on Tuesdays and Fridays; this menu calendar also includes August 18 Senior Supper. No lunch the following day, August 19.

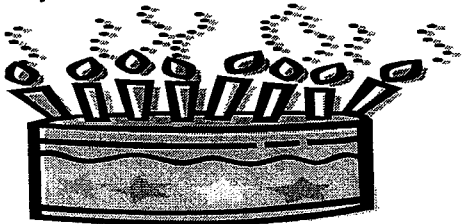
	1 Turkey with cranberry Mashed potato & gravy Mixed veggies Pumpkin cake
5 Cabbage rolls Parslied red potatoes Baked squash Pea & cheese salad Mandarin orange jello	8 Chef's salad Oatmeal bread Fresh fruit tray
12 Fish Florentine Rice pilaf Capri blend veggies Tomato & zucchini salad Tropical fruit	15 Taco salad Spanish rice Strawberry shortcake
18 (Sr. Supper) Chicken lasagna Green beans Garden salad Garlic bread Lime jello with pears	22 Pizza & salad bar
26 Barbecue pork ribbers Scalloped potatoes Peas & carrots Coleslaw Peaches, pears & apricots	29 Cook's Choice A bundle of laughter, tossed with smiles & topped off with friends gathering

going around the building extracting the offending flora and trimming back the edges.

These folks, and many more, are the "grease" that keeps this machine running smoothly and efficiently. When you see them, thank them.

Happy AUGUST BIRTHDAYS!

	August
Rudy Boyd	1
Edna Mentch	1
Bob Otis	1
Dorothy Arbuckle	3
Faye Finkelnburg	3
Barbara Jamieson	3
Mark Theaman	3
Lloyd Pinneo	4
Dorothy Wachter	8
Bill Harris	10
Elaine Bowman	11
Linda Tretheway	14
Diane Baxter	15
Judy Hughes	16
Norma Jo Harlacher	16
Sharon Heller	16
Jan Cleveland	16
Margaret Jonas	17
Bob Lucas	18
Eugene Herz	20
Mardi Lister	20
Joy Potts	21
Mary Lee Gorden	22
Anita Boldman	22
Mary Lou Clever	22
Lillian Rouleau	22
Don Shelton	22
Betty Marcum	22
Jo Anne Bastron	23
Marilyn Koral	24
Barry Hatten	24
Joanna Serwold	26
Dick Boberg	27
Tony Howard	27
Tom Slater	28
Myrna Wood	28
George Garrels	28
Sallie Ford Bell	28
Harlan Pederson	28
Dick Hattrup	28
Bernita Sedenko	29
Molly Roberts	29
Newell Emery	30
Josell McCoy	30
Clyde Brown	31



Happy August Anniversaries!

Bud and Donna McKee	8/01/53
Clyde and Dorothy Brown	8/04/35
Ron and Nancy Malzon	8/04/90
Robert and Barbara Tully	8/11/84
Dick and Madeline Haffey	8/14/50
John and Betty Burns	8/17/40
Bob and Barbara Otis	8/18/50
Tom and Sue Carroll	8/20/66
Bill and Eleanor Hall	8/22/53
Bill and Sharon Buchan	8/24/74
Dick and Claire Thompson	8/25/75
Tom and Evelyn Rodrique	8/26/00
Buzz and Melba Bosone	8/27/49
Don and Marian Gerard	8/27/60
Lee and Ann Waltersdorph	8/27/60
Captain Don and Majeane Palmer	8/28/64
Frank and Jan Loudin	8/29/58

Additional Merchant Discounts Offered

Three more merchants have offered 10 percent discounts since the list was sent out with the new membership cards. These valued supporters are:

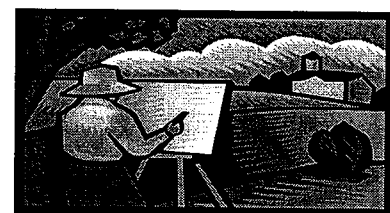
Ship Bay Oyster House
(cardholder only)
Orcas Home Grown
(for the deli only)
Cafe Jama

Sign Up for Pelindaba Farm Trip

By popular demand, Big Red van will go to Pelindaba farm on San Juan Island August 4, to watch the lavender harvest and tour this extraordinary place.

During the ferry trip, Jan will demonstrate crafts uses of lavender, including wand-making.

Cost: \$5. Leave Senior Center at 9:30; return on 5:35 ferry. Big Red holds 12, so sign up early!



(WATERMAN, Continued from Page One)

family in southern Oregon, and had numerous one-woman and group shows there and here on Orcas. Last September, she participated in the memorable Three Women Show, at Orcas Center, with Glenna Richards and Mardi Lister.

Not surprisingly, given the early Winslow Homer influence, watercolor is her chosen medium. "I like transparent water color, I don't use any white paint. The transparency of water color allows the paper to show through. It's still an ongoing learning experience," she notes.



Winnie's Corner By Winnie Adams

Family and neighbors are gathering frequently these long, bright days of summer. Mingled with the joy and ecstasy, some days I find it difficult to paddle my canoe long enough to keep up with the pack.

Here are some tips that work for me when I'm losing momentum:

First: drink lots of WATER.

Dehydration can interfere with normal cellular metabolism, and the liver's ability to distribute the glucose it stores for use between meals. When I am busy, it is easy to forget to stop for a good drink of water. (Carbonated drinks tend to dehydrate. Stick to nature's best.)

Second: BREATHE. Everything goes better with oxygen! When we are pushing ourselves to do our personal most we tend to breathe in the upper chest which allows only shallow breathing. Put signs up for yourself in the car, bathroom, at the kitchen sink, by the watering faucet, to remind yourself how delicious it is to take a truly hearty, long breath.

Third: When I lie down to rest I put my FEET UP. With your feet above your heart you will find energy recharges faster. On the couch you can use a couple of back pillows placed under your knees and calves. Lying on the floor you can use a low chair. Be sure to support lower legs all the way to your knees. It is best to bend the knees slightly so your leg weight will not over stretch the joint.

August is the month of berry heaven, of mid-summer's eve. Lie in the sun at some point each day and soak up the warm sense of well-being.

See you in the fall,
Winnie

(Continued from Page One)

However, once you have signed up and paid your \$5 to use the lab, you may sign up for hour-long sessions at any morning. Special six-month subscriptions, at \$25, also will save you (and us) having to remember to renew each month.

The system will work much like present swimming reservations; the front-desk has a log in which you may reserve a morning hour by calling in or dropping by.

When you use the Internet regularly, amazing events can happen! Some of you remember **Mary Dixon**, wife of former long-time Orcas deputy sheriff **Roger Dixon**. This creative woman, who lives with her family near Everett, has a most unusual hobby: Renaissance Faires. They are booked every weekend this summer, but there's a chance we might lure them to Orcas next summer.

Usually sponsored by the Society for Creative Anachronism, these Faires are put on by closely-knit rehearsal groups who perform everything from early music (on early instruments) to Mary's special interest: lavender wand-making. Their young daughters, by the way, perform at the Faires with **Mary**: one as an assistant wench and the other as a 250-year-old fairy.

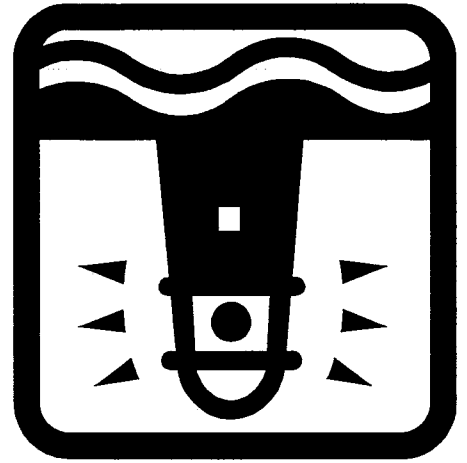
How did she connect with the Washington state groups? The Internet, of course.

So, whether your talents are writing groups, Renaissance Faires, horse breeding, or starting a small business, the Net can meet you where you are and allow you to deepen your old interests, or find new ones. It's an important way to keep your mind active. Some scholarships may be available to cover all or part of the \$5 monthly cost.

Call **Jan** if you need more information, or call the Front Desk, 2677, to sign up. Happy Netting!

REMEMBERING, WITH LOVE

Helen Boyd, 1907-2003
Hazel Sharp, 1911-2003
Dr. P.C. Wilde, 1921-2003



Orcas Senior Signal

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

Page 8

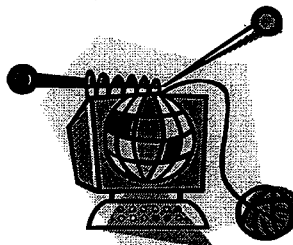
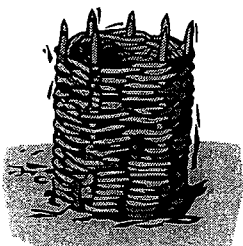
Bulk Rate
Non-profit
U.S. Postage Paid
Permit # 10
Eastsound, WA 98245



CRAFTS GROUP FORMING

Want to learn a new craft, or brush up on an old one? A group is forming to meet on the second Wednesday each month, with the first session to take place August 13, 1-3:00 PM, in the Multipurpose Room. A secondary purpose of this group could be to make items for the Holiday Fair the weekend after Thanksgiving, but it's also acceptable to make gifts that you want to give to friends or hosts.

Our own **Joyce Rupp** will host the first session, which will be on crocheted items. After that, group members will decide what they'd like to do in subsequent sessions. Sign up at the front desk.



Orcas Senior Signal

Senior Center Hours 9 AM-4 PM, Monday-Friday
P.O. Box 18, 62 Henry Rd., Eastsound, WA 98245

Volume VIII, No. 9 • September, 2003

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

'Early Music' Is a 'First' Offering

Come to listen and learn about our musical heritage!

In a ten-week course to begin September 25, 2-4 PM in the sound-friendly Lundeen Room, **Dennis Bonner** will discuss chants, chansons, madrigals, troubadour, lute, medieval dances, and much more.

These classes are a "first" provided here by Skagit Valley College under a special grant that keeps the costs as low as possible. Tuition is \$49.90. Registration is through the college; the course is listed in their fall catalog, where there is a registration form, or you may call 378-3220.

Coming Attractions

'History of the Mystery' to Benefit Open Doors

Mysterious Fridays will happen here, 1-2:30 PM, during October.

That's not a prediction from the ancients but a promise of lively reading and discussions when **Richard Fadem** presents "History of the Mystery," a three-part series beginning October 3 in the Lundeen Room.

He will focus on three "early and self-conscious" mystery writers in this course that will benefit Orcas Senior Center's ongoing needs to keep the doors open, lights & heat on.

He will focus on short fiction by **Edgar Allan Poe, Arthur Conan Doyle,** and **Robert Louis Stevenson.** A reading

(Continued on Page 5)

Once in Love with . . . Cooking? Come & Cook With Amy!

One of the highlights of September classes is sure to be Cooking with Amy. That's because **Amy K. Raven**, our Senior Lunch chef, has earned a place in our hearts and tummies as well. It is a pleasure to anticipate what she will next create.

For this six-week, Thursday morning series, 10-12 AM beginning Sept. 11, she plans to focus on meals that one or two persons can enjoy, along with shopping tips and much more. Cost: \$40, includes six lunches made during the morning classes.

Maximum number for this class is 15; minimum, ten. So register early to be assured a place! Call 376-2677.

CALLING ALL CRAFTERS!

Do you enjoy crafts, either for your own gifts or for providing a Senior Table for the Holiday Fair here on Thanksgiving Weekend, or for your own Fair table?

For September's Second Wednesday, 1-3:30 September 10, **Betty Eagan** will show all comers how to make boxes from old calendars, recycled gift or special-occasion cards, scanned photos or other treasures. Bring your favorite paper items and learn a beautiful craft!

Second Wednesdays are free; sign up is at the Front Desk. Bring extra rulers or scissors if you have them.

Anyone interested in contributing to the Seniors' table at the Fair, please call **Mardi Lister**, 2457. Whatever you want to contribute--jam, jelly, knitting, crochet, or weavings--is welcome.

New Venture with Skagit Valley College

An exploratory "first" will occur at the Orcas Senior Center September 25, when **Dennis Bonner** begins his ten-week course, Introduction to Early Music. (See story, Page 1). The classes, about the beginnings of our musical tradition, are sponsored by Skagit Valley College. We hope this will be the beginning of a long association to benefit everybody.

It's especially appropriate to begin with the early-music course because the **Betty Lundeen Room**, where it will take place, is so sound-friendly. From the enhanced ceiling speakers to our stereo system, the room is a triumph of good planning, fortunate economic circumstances, and generous donors.

Our new quarters also are the result of a new consciousness about aging: that later years can be a time of growth, giving and receiving rather than, as in earlier times, one of stultification and loneliness. My paternal grandmother, a courageous lady who moved here during her 80s from the metropolitan East Coast, was pretty much homebound during her time here (although she managed to keep house for an unmarried son and to do many small farm chores such as feeding the chickens and gathering eggs).

But I wish she'd also had the opportunity to visit with friends over beautifully-prepared lunches, and to take courses such as Early Music, or to enjoy the company of others in a crafts program such as our Second Wednesdays (See story, Page 4), or cooking with **Amy**, whom she would have loved, or indulging her taste for fiction in a class like **Richard Fadem's** History of the Mystery (See Coming Attractions, Page 1), **Caroline Buchanan's** painting classes, or to tour mainland malls with our congenial groups. (Our computer lab might have confused her, I'll concede!)

This generation of seniors, on all our culturally with-it islands, are the pioneers in a unique quality-of-life experiment. The results will shape how our children

REMEMBERING, WITH LOVE

Ed King, 1935-2003

Alan Kaplan, 1925-2003

Rosa (Dot) Walrath, 1914-2003

FROM THE DESK OF LINDA T

Last month I tried to identify as many people as possible who work behind the scenes here at the Senior Center, pitching in and doing a lot to keep things running smoothly. I know I must have forgotten some of you and I want you to know that you are appreciated as much as anyone else who helps out.

Sometimes people volunteer for things and we don't even know they're doing it! Some of you have demurred when asked to complete the front desk volunteer log, which lets us know what you have done and how much time you have spent doing it. You have said that you don't necessarily want any credit. You are happy to remain in the background.

I can appreciate that feeling.

But, let me tell you more about why it is important that we know about EVERYONE who volunteers and how much TIME they give us.

Volunteers are covered by San Juan County's L&I Insurance. This means that, if you are injured while doing something at the Senior Center or for Senior Services, your medical needs will be met with Workers' Compensation funds. The premium we pay for that insurance is based on the number of hours our

and grandchildren enjoy—or merely endure—the aging process. As a current children's song has it, "Come live like a warrior; then nothing will bore ya."

If anybody cannot afford one of the above classes—for which we have tried to keep the prices affordable—please talk with one of the staff about the possibility of full or partial scholarships.

So, warriors, join the fun! Register today for workshops, classes, and trips by calling the Front Desk: 2677. JK

VOLUNTEER WANT ADS

(LINDA T, continued from Page 2)

volunteers donate in each quarter. This is one reason we need your hours.

Another reason is that several of our programs are funded by grants. The grantors want to know how their money is being spent. We need your names and hours to satisfy the granting sources in order to demonstrate that we are meeting their requirements, in order to be considered for continued funding.

In addition, Jan and I are paid by the county to provide the best level of services we can muster to the seniors in our community. The involvement of volunteers is crucial to this effort. Our ultimate bosses, the Board of County Commissioners, use facts and figures to evaluate our success. When we can tell them our accurate numbers of volunteer hours, we are assuring the continuation of our programs and the ongoing funding for Senior Services.

Most importantly, we want to be able to thank YOU for all you do. So, please, let us know who you are and the hours you put in, by creating and/or filling out your page in the volunteer log at the front desk. Thank you.



My Endowment Gift

Enclosed is my gift in loving memory of: (Print name of person being honored) _____

Send Memorial Card to:

Name _____

Address _____

City State Zip _____

Given by:

Name _____

Address _____

City State Zip _____

Would you like a leaf tile in our Giving Orchard? (For gifts \$100-\$1,000) Name (s) for tile (if different than honoree above) _____

Weed pullers, half an hour a week. Contact **Pierrette Guimond**, 4264, or drop by (asparagus sticks & trowels on hand at Center).

Computer Room SYSOPS

Help people go online, answer questions.

Wednesday-Friday AMs

available. Contact: **Jan**, 2677.

Sign up for Symphony Trip

A few seats are left for the Seattle Symphony matinee performance on Sunday, Sept. 21, featuring **Jon Kimura Parker**.

Tickets, \$22.50, must be paid for immediately to reserve a seat. Cost of van transportation will be \$15, payable the day of the trip. The program includes **Mahler's** engaging "Symphony No. 1," **Samuel Jones' "Overture for Organ and Orchestra"** (World Premiere), and **Beethoven's "Choral Fantasy for Piano, Chorus and Orchestra."**

Orcas Senior Signal

Jan Ferris Koltun, Editor

Linda Tretheway,

Associate Editor

This newsletter is published monthly by Orcas Senior Services, PO Box 18, Eastsound, WA 98245. We invite contributions from all Orcas Senior Center members and friends. Deadline for the October, 2003 issue: September 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

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

September cake
bakers: Agnes
Forbes, Betty
Frenger, Madalyn
Haffey, Maryln
Stiffler,
Myrna Wood

September host & hostess: Andy
& Agnes Forbes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 LABOR DAY: Senior Center Closed	2 Library Lady at lunch 7 NA	3 DAN KENNEY DRAWINGS ON EXHIBIT ALL MONTH (LR)	4	5 3:30 Never Too Late AA	6
8 1 PM Caregivers' group	9 Western Hearing Aid Clinic* 7 NA	10 1-3:30 Making Boxes Workshop* (MPR)	11 10-12 Cooking With Amy* Seattle Zoo or Experience Music Trip*	12 3:30 Never Too Late AA	13 7:30PM Funhouse Benefit: Clancy, Cowdery & The Legion (LR)
15 1 PM Caregivers' group 6 Senior Supper (LR)	16 Costco Hearing Clinic* No Senior Lunch 7 NA	17	18 Monthly shopping trip* 10-12 Cooking With Amy*	19 3:30 Never Too Late AA	20 Tomorrow (Sunday) trip to hear Jon Kimura Parker with Seattle Symphony*
22 1 PM Caregivers' group	23 7 NA	24 FOOT CARE CLINIC *	25 10-12 Cooking With Amy* 2-4 PM Intro to Early Music (LR)	26 FOOT CARE CLINIC * 3:30 Never Too Late AA	27
29 1 PM Caregivers' group	30 Birthday Lunch 7 NA	ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary AA= Alcoholics Anonymous; NA = Nicotine Anonymous			Computer lab open Monday- Friday, 9-noon!

(COMING ATTRACTIONS, cont. from Page 1)

list for the course will be available at the front desk. Cost: \$15, or \$25 for sponsors.

Trudy Erwin will guide experienced potters and neophytes through the basics of making and firing a ceramic work, during a two-session workshop at The Right Place, Oct. 6-7, 1:30-2:30 PM. The cost, \$5, includes materials. Sign up at the front desk for these and other October offerings.

This is your year for watercolor! And this is the class that will get you started! **Caroline Buchanan** will present an intensive weekend, October 11-12, 9:30-3:30, for total beginners or those who want a solid review of the basic processes.

"When you can successfully run washes, wet blend, mix colors, glaze, handle your brush with skill, negative paint and dry paint, you can paint in watercolor," notes **Caroline**, who has been starting beginners for 25 years and is able to distill lots of confusing information into clear and enjoyable ways to master projects. Cost: \$130.

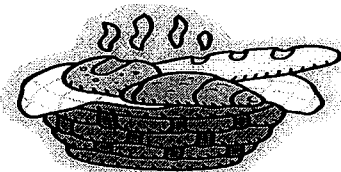
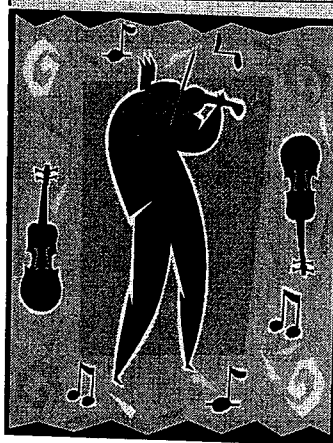
This workshop will be followed by Watercolor Wednesdays, a continuing class (9:30-3:30, October 15, 29, November 5 and 19) to keep your art skills growing. Bring lunch! Cost: \$180.

A special grant from the Washington State Commission for the Humanities will bring **Vivian and Philip Williams'** program, "Fiddling Down the Oregon Trail," to the Lundeen Room, 4-5:30 PM on Sunday, October 12. Using a variety of the actual instruments used by western pioneers, this couple recreates some of the spirit that got everybody this far! This program is free, although there will be a donation basket at the door.

September Menus

Lunches are Tuesdays and Fridays; this menu calendar also includes Sept. 15 (Monday night) Senior Supper. No lunch the next day!

2 teriyaki chicken rice Capri blend veg. carrot/raisin salad tropical fruit	5 breaded cod filets scalloped potatoes Scandinavian veg. coleslaw tropical fruit
9 beef stew biscuits broccoli & caulif. salad orange cake	12 shrimp salad oatmeal bread fresh fruit salad
15 meat loaf mash. potatoes & gravy peas & carrots garden salad pistachio pudding	19 ham w/pineapple sauce scalloped potatoes mixed veggies apple cake
23 herbed chicken stuffed potato Capri blend veggies spinach salad Jello with fruit	26 pork loin w/apple chutney mashed pot.w/grvy winter mix veggies gingerbread w/ whipped topping
30 spaghetti green beans Romaine salad garlic bread peaches	





Happy September Anniversaries to:

Bob and Jean McLaughlin	9/02/44
Bill and Barbara Humes	9/03/44
Doug and Faye Finkelnburg	9/04/48
Jim and Beverly Ohlman	9/04/66
Chase and Mary Riveland	9/07/91
Thornton and Claire Thomas	9/10/50
Bill and Joan McMillen	9/12/48
Joseph and Frances Lane	9/14/46
Robert and Mary Jane Schwarz	9/16/61
John and Lori Oakes	9/24/78

Winnie's Corner

By Winnie Adams

[Editor's Note: At our news deadline time, the future of Neighbors Gathering was still uncertain, due to under-enrollment, but staff is determined to offer some form of adykt day care or day respite if there is need. Please contact Jan, 2677, if you, or a friend, might be able to use such services at low cost. We are also hoping to offer Winnie's yoga class in October, if eight persons sign up for that; please contact the Front Desk to enroll in this healthy exercise!]

Sometime ago I read a short, delightful biography of the cellist **Pablo Casals**. I still recall what the writer described for his morning ritual, without fail, even into his 90's! First thing, he went to the piano and played a **Bach Fugue**, the same one every day of his adult life. **Casals** claimed he never played it the same way twice, that each time it was new to him. Now there is a man who started fresh each day!

My friend **Zeo** always went into his garden first thing. He was particularly interested in how his roses and bamboo were doing! The

(Continued on Page 7)

Happy September Birthdays to:

Hal Syrstad	1
Bill Humes	1
W. Lawrence Garvin	1
Ken Speck	2
Barbara Ehrmantraut	2
Birgitta Manthey	5
Robert Scott	5
Irma Quackenbush	5
Herlwyn Lutz	5
Elizabeth Roulac	6
Dale Ely	6
Barbara Buman	7
John Burns	9
Faith Deeds	9
Beverly Franklet	10
Jerry Schmidt	10
Thelma Bryant	11
Jackie Abell	11
Margo St. James	12
Lori Oakes	12
Tom Rodrique	14
Bill Potts	14
Charles Mottl	15
Marion Wiseman	17
Irene Syrstad	17
Barbara Humes	17
Wally Erwin	18
Doris Boyer	20
Margaret Coons	20
Trudy Jackson	21
Eleanor Hall	22
Peg Elliott	23
Margaret Tyree	24
Jim McKinnon	24
Thomas Ritter	25
Robert Tully	27
Mary Schoen	27
Gordon Hayes	30
Virginia Quealy	30
Mary Poletti	30
Adele Pinneo	30



Dan Kenney Thank-you Note, 2003

Thanks to Walkabout Group Leaders!

Walkabout Orcas was so successful that Regence Insurance has funded it for another year! **Lindalena Dingman**, its coordinator, is searching for indoor sites to walk this winter. Thanks also go to all the Walkabout group leaders: **Maureen Hannan, Jean Wellington, Joan Berkowitz & Jan Wells, Carlene Kim, Merry Bush & Joanne Johnston, Rebekah Selwyn**, and to **Lindalena** herself! Call her, 4272, if you would like to participate in a group near where you live.

(Continued from Page 6)

fragrance of a rose is definitely something worth getting up for!

And my friend **Jeannette**, now 92, tells me she lies in bed when she first wakes and counts how many different bird calls she can hear. She can't identify them all, but she enjoys counting how many different birds are in her yard.

These are a few first things to do in a day. I would like to invite any of you to write up your favorite "First things" to do in the morning. You may either mail them to me at: **W. Adams, PO Box 4, Orcas 98280**, or leave them at the Senior center in the large envelope on the reception desk.

I plan to print up your ideas and make them available for all of us.

Second Dan Kenney

Show to Focus on Drawings

During September the walls of the **Betty Lundeen Room** will vibrate with an unprecedented second show for Orcas artist **Dan Kenney**. Orcas Senior Center's Visual Arts Committee decided that it would take two separate shows to do justice to his large body of work.

While the first show focused upon Dan's abstract paintings, the new show is devoted to his drawings, more than 80 of them. Also highly abstract, these have whimsical, often perplexing, and always intriguing titles, such as "Low Unemployment Rate Beneficiary," and "Wind Against Current."

The 81-year-old artist has worked as a carpenter and boat repairer most of his life, to support his painting.

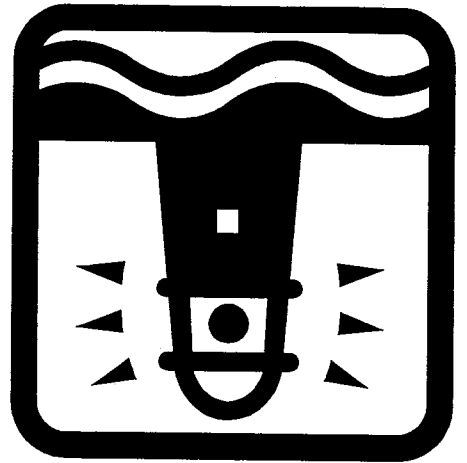
"The Visual Arts Committee felt Dan deserves this and more," said **Ann Reardon**, chairman of the committee.

Volunteers have made a small (10-painting) video of Dan's paintings, narrated by a friend who "discovered" Dan's treasurable collection. If you are interested in seeing the video, please come in; there is a small video player in the multipurpose room. It's a good idea to check first with the Front Desk to see if the room is in use.

The Visual Arts Committee has welcomed two new members: **Lois Baney** and **Marilyn Jackson**. **Lois**, former Director of the Sonoma County Arts Council, in Santa Rosa, California, has organized art festivals and run her own businesses. **Marilyn**, who served as District Librarian for the Orcas Schools for 16 years, sings in the Choral Society. Her sister, the late **Shirley Wright**, was a noted artist who lived on Lopez.

Come Prepared to Laugh!

John Clancy, Todd Cowdery, and **The Legion** (an improv group of high schoolers) will present a fund-raiser for The Funhouse, 7:30-9:30 on Saturday, Sept. 13, in the Lundeen Room. Tickets, \$8, at the door.



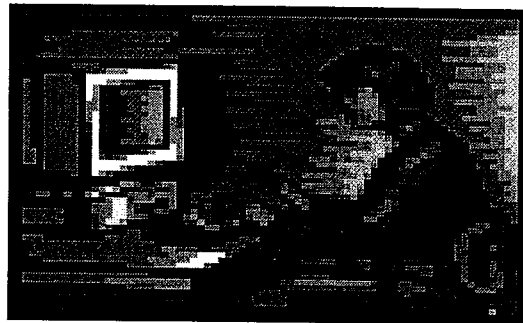
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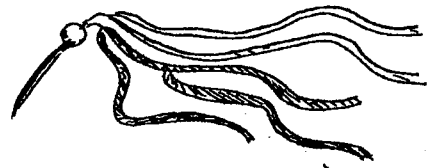
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Volume VIII, No. 11 • November, 2003

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

This Gifted Island Holiday Fair Plans Begin to Sizzle!

Like any fine dish, our annual Holiday Fair takes careful planning & such special ingredients as **Katie Jensen's** sweet kelp pickles! Since early September, co-chairs **Rosalie Chantiny** and **Pat Littlewood** have been gathering committee participants, finding door prizes and speciality items, and spurring on the process by which crafters' careful work becomes thoughtful gifts.



The fair, 10 AM-4 PM on Saturday, November 29, is part of a larger celebration by the Nonprofit Neighborhood Alliance, which this year will feature a Parade of Trees along North Beach Road, food, and children's activities.

Chris Peacock will again play, and sell his CDs, as will **John Liger** and **Those Guys from Orcas**. Two Hits & a Miss—**Esther, Isaac, and Matthew Olson**—will again add their splendid violins to delight all ages.

The senior crafts table will include special presents for grandparents to give their children's children, as well as such unique offerings as the aforementioned sweet kelp pickles, and lavender wands by **Emily Reid** and others.

Door prizes will include works by island artists, including a photo by **Joe Floren**, a boxed stainless steel flatware set for 12, a Northwest Coast Indian serigraph, a boat barbecue, a basket from island merchants, and much more.

Tables are assigned on a first-come, first-served basis to meet vendors' preferences.

'Hey, God!' Back to Delight, Enlighten

Marion Gerard, with the assistance of **Ron Myers** and **John Liger**, will present her delightful musical commentary on the joys and sorrows of family life, at 2 PM on Sunday, November 9, in the Lundeen Room.

The musical, *Hey, God! Remember When?* raised \$500 for our Special Needs Fund earlier this year. **Marion** wrote both the music and lyrics for the production, which returns by popular demand.

Benefit admission: \$10. Refreshments and coffee will be served at intermission.

November Art Exhibit: Northwest Coast Images

The November art exhibit in the Lundeen Room will comprise Northwest Coast Indian graphics collected by **Rosalie Chantiny** and her late husband, **John**, who enjoyed many northern forays while finding magnificent work.

Two of the prints will be door prizes in the November 29 Holiday Fair: *Frog*, by **Rande Cook**, and *We all Live Together*, by the Salish artist **Stan Greene**.

From the Advisory Committee

Non-Profit, not County, Built New Senior Center

In September, a front -page article in the *Sounder* cited a report from the State Auditor critical of the San Juan County Auditor. Mentioned specifically was the failure to go through a competitive bidding process for the building of the Orcas Senior Center & County Building, which is partly owned by the County.

The article did not make clear that it was the Senior Services Council of San Juan County, a non-profit corporation, that constructed the building, not the County. Funds were raised from private sources to purchase the land, design the building, and supervise the construction. Although competitive bids were not sought because the building was begun prior to finalizing all details of the complete project, a cost estimate was developed by a well-known estimating firm at the request of the County.

Although the County was initially interested in leasing office space from the Senior Services Council, further discussion established that the County preferred to purchase a portion of the building when it was completed. The agreement entered into specifically stated that the Council was solely responsible for supervising construction.

It was important to those of us who asked our neighbors to build this center for our seniors that the talent and resources of local businesses be used whenever possible. We wanted the money contributed to stay in the community. In fact, the architect, general contractor, and most sub-contractors were local firms. The General Contractor, Sound Construction, was awarded a cost-plus contract that included a guaranteed maximum cost and a fixed fee. This method of compensation is frequently used in large construction projects when the plans are

REMEMBERING, WITH LOVE

Peggy Rodenberger, 1929-2003

Margie Rodenberger, 1956-2003

John Burns, 1917-2003

Melba Bosone, 1928-2003

Duncan Taylor, 1932-2003

John Deeds, 1915-2003

Elsbeth Benson Kalahar, 1930-2003

Arnold (Pete) Petterson, 1916-2003

Ear Worms

In the *Boston Globe* a few days ago, I noticed an article to the effect that a marketing professor had just coined the term, "ear worm," signifying a few lines of music that stick in your ear so that you hear them repeatedly.

"Susan Osborn was talking about 'ear worms' 15 years ago," I remembered. "Nothing new here."

Then I started thinking about the "ear worms" I've enjoyed recently, and wondering if you have favorite ones? Are any of these familiar? This, from a recent wedding:

"From Thee I receive, to Thee I give,
Together we share, and from this we
live"

(Continued on Page 7)

subject to change during the building process.

We are delighted with our beautiful building. We feel we got good value for our donated money. The County is providing an increasing number of services locally, and recently became a 49 percent owner of the building.

Thanks, friends!

Annette Mazzarella, Chairman
Orcas Advisory Committee
Senior Services Council of San Juan
County

New Law Offers Help With Medications

A new Washington law will make prescription drugs more affordable to seniors, people with disabilities, and state health care programs. Gov. Locke signed into law Senate Bill 6088 last spring. It includes:

A Senior Prescription Drug Discount Program will make identified drugs available at a discounted rate to seniors who live at or below 300 percent of the federal poverty level. Seniors who participate in this program will pay an annual enrollment fee. The program is being developed by the Washington State Health Care Authority and the target date for its availability is April 1, 2004, according to **Kathy Leitch**, Assistant Secretary, Aging & Disabilities Administration, Dept. of Social & Human Services.

One section requires Area Agencies on Aging to inform and train groups of people 65 and older in the safe and appropriate use of prescription and nonprescription medications. This program, known as the Senior Drug Education Program, is slated to begin November 15. If there is sufficient local interest (contact **Jan**, 2677), we will offer the program through the Senior Center.

My Endowment Gift

Enclosed is my gift in loving memory of: [Please print name of person being honored]:

[Another Option] My gift is to honor a very-much-alive person: [Please print name]

Please notify the honoree or another person:

Name _____

Address _____

City _____ State _____ Zipcode _____

Given by:

Name _____

Address _____

City _____ State _____ Zipcode _____

A tile leaf in our Giving Orchard makes a delightful holiday gift! For gifts \$100-\$1,000, please print name for tile, if different than honoree above.

Want Ads

Computer Room Staff--
3 hours/week, mornings or early afternoons. Help people go online, answer questions. Contact **Jan**, 2677.

Old Radio Parts Wanted--
-If such tubes or bits & pieces are cluttering up your basement or kitchen table, call a newly-licensed "ham" who has a penchant for the old tube gear. Call **Mike** at 468-4274 or email michaelj@rockisland.com.

Weed Pullers Needed--
half an hour a week. Contact **Pierrette**, 4264, or drop by & pull! Asparagus sticks & trowels on hand at Senior Center.

(Continued on Page 5)

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, WA 98245. We invite contributions from all Orcas Senior Center members and friends. Deadline for the December, 2003 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

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

November cake bakers:
**Mary Lou Clever,
Emily Reid, Dick
Thompson, Pat
Logan, Veronica
Thornton**

November host & hostess: Cal &
Clarena McLachlan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room NA= Nicotine Anonymous += little office at north end of county wing * = reservations at office (2677) necessary					1
3 1 Caregivers' Group (CR)	4 Library Lady at lunch 7 NA+	5 9:30-3:30 Buchanan art class (MP)	6 10-12 Cooking with Amy 2-4 PM Early Music (Bonner) (MP)	7 10-2 Flu Clinic 1 KnitTING w/Ting (MPR)* 3:30 12-step group +	8 9 2 PM original musical, "Hey, God! Remember When? (LR)
10 1 Caregivers' Group (CR)	11 7 NA+	12 10-noon SH-H-H! (MP) 1-2:30 2nd Wednesday crafts group (MP)*	13 2-4 PM Early Music (Bonner) (MP)	14 1 KnitTING w/Ting (MPR)* 3:30 12-step group +	15
17 Trip to Tulalip Casino 1 Caregivers' Group (CR) 6 PM Senior Supper	18 NO LUNCH TODAY 7 NA+	19 9-5: 55-Alive! Driver Training (w/ Linda) (LR)* Foot care clinic*	20 Monthly shopping trip* 2-4 PM Early Music (Bonner)	21 Foot care clinic* 1 KnitTING w/ Ting (MPR)* 3:30 12-step group +	22
24 1 Caregivers' Group (CR)	25 7 NA+	26 Art Show change day	27	28 1 KnitTING w/Ting (MPR)* 3:30 12-step group +	29 10-4 HOLIDAY FAIR!



Life's Mirror

There are loyal hearts, there
are spirits brave,
there are souls that are pure
and true.

Then give to the world the
best you have and the best
will come back to you.

Give love, and love to your life
will flow,
a strength in your utmost need;
have faith, and a score of hearts
will show
their faith in your work and deed.
Give truth, and your gift will be
paid in kind,
and honor will honor meet;
and the smile which is sweet
will surely find
a smile that is just as sweet.
Give sorrow and pity to those
who mourn;
you will gather in flowers again
the scattered seeds from your
thought outborne,
though the sowing seemed
but in vain.
For life is the mirror of king
and slave,
'tis just what we are and do;
then give to the world the best
you have
and the best will come back to you.

—Madeline S. Bridges

Thanks, Jason!

A bright new face around the Senior Center, on Tuesdays and Thursdays is Jason Greene, our first student trainee from Orcas High School. He has been greeting lunch guests, helping with newsletter production, and using his organizing skills around the building. A round of applause for Jason!

November Menus

Lunches, nutritious & delicious, are Tuesdays and Fridays; this menu calendar also features Nov. 17 (Monday) night Senior Supper. No lunch the next day!

4 Beef Fajitas Spanish Rice Refried Beans Sherbet	7 Lemon Pepper Fish Scalloped Potatoes Broccoli Normandy Coleslaw Sugar cookie
11 Stuffed Peppers Red Potatoes Italian veggies Garden Salad Applesauce	14 Garden Tomato Soup Tuna Melts Spinach Salad Fresh Fruit
17 SUPER SUPPER Turkey & Dressing Mashed Potatoes w/ Gravy Cranberry Sauce Broccoli Pumpkin Pie	21 Pizza & Salad Bar Fresh Fruit
25 Teriyaki Chicken Red Potatoes Capri Veggies Carrot & Raisin Salad Tropical Fruit	28 No Lunch Holiday Weekend! Happy Thanksgiv- ing!

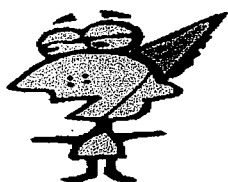
(WANT ADS, continued from Page 3)

Cleaning and other odd jobs: We have several able persons with local references, who can help with late fall chores such as gutters, organizing garages and spare rooms, late-fall garden chores, and the like, at reasonable prices. Call Jan, 2677.

(WANT ADS continued on Page 7)

Happy November Birthdays!

Robert Gropper	5
Carolyn Alter	5
Betty Eagan	5
Josie Barrow	8
Carol Ely	8
Jean Weir	10
Frances Harvey	11
Norm Carpenter	13
Jim Ohlman	13
Chase Riveland	13
Jack Sheedy	14
Bob Miller	19
Clyde Teague	19
Ric Sanchez	21
Lois Baney	22
Jean McLaughlin	23
John Abbenhouse	25
Bart Pontecorvo	25
Marguerite Gudgell	25
Rex Stiffler	25
Doug Schliebus	26
Marie Saltis	27
Monterey Bravinder	27
George Karnikis	28
Donna Ballanger	30
John Liger	31



Happy November Anniversaries!

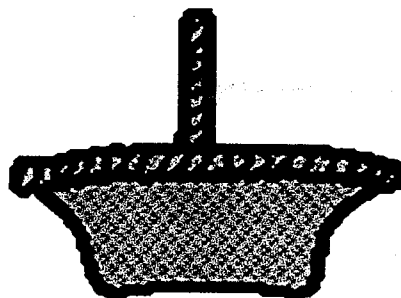
Dick & Mary Boberg	11/04/72
Bill & Marsha Harris	11/18/55
Doug & Joyce Pearson	11/21/64
Lee & Heather O'Malley	11/23/48
John & Rose Beckwith	11/24/55
Roy & Sheila Pringle	11/25/64
John & Marilyn Erly	11/27/??
William & Lorraine Marx	11/29/99

Indoor Walking Group To Start Nov. 5

Walkabout Orcas groups will be able to continue indoors this winter. Indoor walking at the Senior Center will begin at 1 PM Nov. 5, over a course measured by **Lindalena Dingman**, program manager.

You will be able to walk with your own group, or in mixed groups of about five persons. There is no charge for this program, which is sponsored by Regence Health Insurance with strong support from the Orcas Island Medical Clinic, and the County Public Health Department.

To make the Wednesday walks even more effective, easy isometric exercises will be explained by **Lindalena** and by **Jan Koltun**.



2nd Wednesday Crafts Group to Focus on Knitting, Raffia

Want a lot of change for no charge? Join our Second Wednesday crafts group!

Ting Zimmerman will be on hand for this monthly crafts session, 1-2:30 PM on Wednesday, Nov. 12, to work with beginners and experienced knitters alike.

Jan also will demonstrate a simple raffia weaving technique that may be used for table mats, baskets, or purses. You'll need to bring your own supplies for this: pick up a bundle of raffia at the Office Cupboard or mainland crafts supply store such as Michael's (Burlington, Bellingham), or order it on the Internet, and join us!

(Want Ads, Continued from Page 5)

Would you like to study Spanish or Greek with a college-level instructor at the Senior Center, at reasonable rates? Or might you be interested in hearing the Seattle Symphony perform Beethoven's Ninth in Seattle Jan. 4? In planning our winter classes and events, we welcome your input. Call Jan, 2677.

(Continued from Page 2)

Or how about:

Zerodakkus muchocrakkus
hallabaloozabub

That's the secret password that we
use down at the club.

Zerodakkus muchocrakkus
hallabaloozafan

Means now you are a member of
KING's Club with Stan.

Well beyond being mere advertising jingles (or devices to drive us nuts!), "ear worms" may be a way that our minds balance themselves from perceived daily stresses & strains. Keep singing yours, and let me know which ones you use!—JK



Tribute to Irving Berlin To Be Offered at Outlook

A Tribute to Irving Berlin, by **Sean Seman**, founder and artistic director of the Young at Heart Project, will bring seasoned talent to Outlook Inn at 3 PM Nov. 8, in a show free of charge to seniors.

Martha Farish, her partner **Joe Cohen**, and the Inn are sponsoring this event.

Seman, a vocalist and guitarist with 23 years of professional experience touring the U.S. and Canada, has many concert credits, including opening for **Doc Watson** and **Maria Muldaur**.

The Young at Heart Project may be reached through www.young-at-heart.org.

Class of 2004 Orcas Advisory Committee Ballot

Please vote for any or all of the five candidates listed below, and/or write in candidate (s), clip out this 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*.

Judy Binney

☐

Rebekah Selwyn

☐

Karen Hiller

☐

Patsy Stephens

☐

Dave McPeake

☐

Other

☐

Orcas Senior Signal

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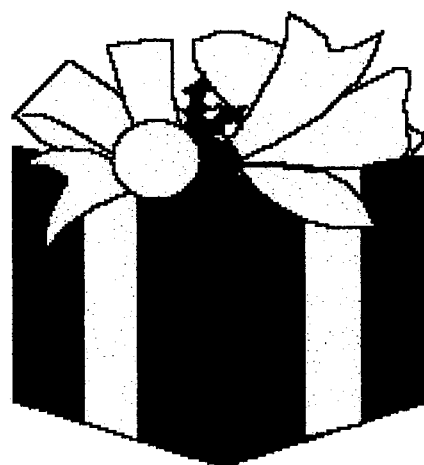
Come to delight in the arts of

This Gifted Island,
our festive Holiday Fair,
November 29, 10 AM-4 PM
at Orcas Senior Center.

Find the best presents from
imaginative craftspersons!

Lots of parking here &
around the neighborhood!

Prizes! Music! Food!



Orcas Senior Signal

Senior Center Hours 9 AM-4 PM, Monday-Friday
P.O. Box 18, 62 Henry Rd., Eastsound, WA 98245

Volume VIII, No. 12 • December, 2003

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Linda Tretheway Photo

MAKING SOAP--Jenny Welch, of Caprabella, puts finishing touches on one of the fragrant soaps for This Gifted Island '03, the Holiday Fair at Orcas Senior Center.

Classes, Courses On Hold Until January; Interest Groups Forming

With so many happenings in December, educational offerings are on hold until January and later. However, a few good probabilities are brewing. **Joellen Moldoff** may teach a journaling class, and there are discussions with **George Post** and **Robin Kucklick** about a tai chi workshop to be followed by regular practice with another group leader. We have talked with a leading basket-maker about doing a workshop. There may be a repeat of **Holly Larson's** popular class, How to Sell on EBay.

Another area, in which **Jan** is focused, is getting together a group to play old-time fiddle tunes. The music, including sheet music with both standard notation and tablature, is on hand, along with many CDs that can be loaned or copied for anyone interested in participating with a stringed instrument. Also in

This Gifted Island '03 Dedicated to Rosalie Chantiny

Some quick decisions to continue and dedicate This Gifted Island Holiday Fair '03, 10-4 PM Nov. 29, to its beloved founder, **Rosalie Chantiny**, were made after **Rosalie** died Nov. 18. More than 40 craftspersons, musicians, and dozens of volunteers will participate in the annual event.

Rosalie's co-chair, **Pat Littlewood**, along with **Roy and Sheila Pringle** and **Peggy Hoyle**, stepped up, assisted by **Pierrette Guimond**, **Adele Pinneo**, **Barb Pesola**, **Antoinette Botsford**, **Irene O'Neill**, and a host of others whom we hope to thank properly in a later edition.

Raffle prizes--always a highlight of This Gifted Island, this year include a week in a Jackson Hole condo, by an anonymous donor. Round-trip airfare to the Wyoming resort area for one of the winners was donated by **Coldwell Banker Orcas**.

Other prizes included 18 stainless steel place settings, boxed; paintings and photographs from artists whose works have been on the Lundeen Room walls during this past year; a merchants' basket, and two silk-screened

(Continued on Page 2)

(Continued on page 5)

Sacred Time

A Gregorian chant workshop in Seattle, during a recent weekend, started me thinking about the times in our lives that enlighten all other times. Holding your first-born child, for instance. Long talks with friends. Prayer. Meditation. Loving those who love you. Enjoying a painter's vision. Playing music. Walking around a still lake.

And death, a good death that concludes a well-lived life, brings its own sacred inspiration. **Rosalie Chantiny's** death was a time to reflect and accept her gift of meaningful aging. We all have received the gift of sacred time from her and from each person whose years are numbered in Remembering With Love (opposite column).

"The purpose of time is to learn how to use time," notes a current text. In sacred time, we are asked to listen and learn. May we, in our time on earth, profit from sacred time by learning and teaching the love that we have been taught. JK

(WINTER COURSES, Continued from Page One)

the music arena, a grant application is pending for a caregivers' class in using music for healing and growth. That could be expanded to provide the basic information and listening opportunities for personal or professional learning.

Go for Baroque!

A 10-week course, in which you will enjoy discussing and listening to music from one of the most creative eras in western music, will begin Jan. 15, 2-4 PM, in the Lundeen Room. **Dennis Bonner**, the instructor, will present the origins of the opera, symphony, oratorio, concerto, cantata and more. Sponsored by Skagit Valley College, the two-credit course requires eight registrants. To register, call 378-3220. Tuition: \$49.90.

Remembering, With Love

Rosalie Chantiny, 1921-2003

Bereth McLean, 1936-2003

Don Shelton, 1935-2003

Reminder: Pick Up Emergency Medical Forms at Front Desk

Orcas Island Fire Department L.I.F.E. forms, which you fill out with life-saving medical and other information for emergencies, are available at the Front Desk, along with envelopes and magnets so you can attach them to your refrigerator or other clearly-visible surface.

Also, **Terry Slocombe** is now the San Juan County coordinator for Lifeline, the emergency call button system. She may be reached, for demos and installations, at 378-9490.

Computer Skills

Our computer lab will continue to operate, with a skilled instructor on hand at least one morning a week and more as others volunteer. With our new software you'll be able to learn such programs as Word and Excel. For \$5 a month and check-out from the instructor, you'll be able to set up a free Internet account and use the Net for research, personal e-mail and other interests during most of the week.

If you are interested in these or other possibilities, please call to let us know. Call a friend who might be interested too; you can be the core of a new interest group! Your name(s) will be placed on a list, and when there is a critical mass of three or four persons, we can find a teacher for nearly any area in which you're interested.

Carpools Arranged

Carpools and other transportation can be arranged, at little or no expense, for all classes and workshops.

Grandparents Sought For Matching Program

In another island "first," the Orcas Island Recreation program is starting a program to match seniors who don't have grandchildren here with children who don't have grandparents here.

Didier Gincig, instigator of the program, envisions that it will bring generations together to share common interests. Participants in the match will agree to meet once a month (or more) to share time.

Seniors and children will complete interest inventory forms to indicate their interests, such as reading, cooking, playing cards—remember "Fish?"—going for walks, photography, writing, singing. Then Rec Program staff will match them. Men will be matched with boys, women with girls.

Staff from the Rec Program will be available to children, their families, and seniors to support the new relationships. There will be a meeting before the program begins, likely at the Senior Center, to answer questions and share information that will make the matches successful.

To get an interest inventory form, call the Rec Program Office, 376-5339. Your phone call can make a big difference in the life of a child and a senior.

Volunteer Want Ads

Computer Room Staff--3 hours/week, mornings or early afternoons. Help people go online, answer questions; learn to use our digital camera and show others how. Contact Jan, 2677.

Not Volunteer, But--We have a list of able persons with local references, who may be able to assist you with house & garden chores at reasonable prices. Call Jan, 2677.

Winter Weed Watchers (& pullers)--Half an hour a week. Contact Pierrette, 4264, or drop by & yank! Asparagus sticks & trowels on hand at Senior Center.

Entertainers for Senior Supper, 6 PM December 15 or January 19. Help perk up winter! Call Linda or Jan, 2677.

Orcas Senior Signal
Jan Ferris Koltun, Editor
Linda Tretheway, Jo Anne Bastron,
Associate Editors
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 January, 2004, issue: December 15. Email: jank@co.san-juan.wa.us

My Endowment Gift

Enclosed is my gift in loving memory of
(Please print name of person being honored):

(Another option) My gift is to honor a very-much-alive person (Please print name):

Please notify the honoree or another person:

Name _____

Address _____

City _____ State _____ Zipcode _____

Given by:

Name _____

Address _____

City _____ State _____ Zipcode _____



A tile leaf in our Giving Orchard makes a delightful holiday present! For gifts of \$100-\$1,000. Please print name for tile, if different than honoree listed above, and the person's address.

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 Cake
Bakers: **Barbara
Ellenwood, Dora
Blake, Clarena
McLaughlin, Carol
Merrill**

December hostess(es): **Marylou
Cobb & Friends**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1 PM Caregivers' Group (MP)	2 Library Lady at Lunch	3	4 2 PM Music Appreciation (Bonner)	5 3:30 12-step group	6 Decorating the Senior Center! 11 AM
8 1 PM Caregivers' Group (MP)	9 Western Hearing Aid Clinic* Blood Pressure Clinic At Lunch	10 Mystery Trip	11	12 3:30 12-step group 7:30 Dr. Wayne Suttles, "Ties Through the Islands" \$5 (Museum) (LR)	13
15 1 PM Caregivers' Group (MP) 6 PM Senior Supper	16 CostCo Hearing Aid Clinic* No lunch today	17 Footcare Clinic*	18 9 A M Orcas Advisory Committee	19 Footcare Clinic* 3:30 12-step group	20
22 1 PM Caregivers' Group (MP)	23	24	25  Merry Christmas! Senior Center Closed	26 3:30 12-step group	27
29 1 PM Caregivers' Group (MP)	30 Birthday lunch	31		ABBREVIATIONS: LR = Lundeen Room MP = Multipurpose Room CR = Conference Room * = reservations at office (2677) necessary	

(THIS GIFTED ISLAND, cont'd from Page One)

Native American prints from the Chantiny Collection, which had been displayed on the Lundeen Room walls until Nov.24.

Another feature, this year, will be "Time Out," a quiet place in the building where vendors and guests may settle in for tea and sandwiches. "Time Out" is organized by Irene O'Neill.

Musicians who will perform, as well as sell their CDs, included **John Liger and Those Guys from Orcas**, and **Christopher Peacock**. Two Hits and a Miss—**Matthew, Isaac, and Esther Olsen**— will play in the lobby.

This year's vendors, many returning from last year, include:

Sallie Bell Designs and Monkey. Puzzle items; **Oak Boesky**, fiber arts; **Antoinette Botsford**, jewelry; **Boy Scouts**, gourmet popcorn; **Ebba Brophy**, hand-painted ornaments; **Flo Bullock**, tie-dyed clothing and clay polymer and metal jewelry; **Merry Bush**, needlepoint, sewing, knitting, and woodcarving; **Children's House**, home-made bird houses;

Jill Curtiss, bracelets, necklaces, and earrings; **Andrea DuMont**, jewelry including beaded bags; **Trudy Erwin**, pottery; **Bill and Gail Glass**, fused glass jewelry and functional art glass, including lamps; **Kathleen Hendrickson**, scarves, tote bags, and crocheted snowflakes; **Tony Howard**, wood crafts, **Scott Jennings** (Pepper Moon), pepper jellies, seasonings, and gift baskets;

Rob Kirby, dressings and spices; **Jan Koltun**, lavender wands, sachets, neck rolls and small baskets; **Madrona Farms**, berry jams and syrups; **Rita McKinney**, art calendars; **Michaeline (Binka) Nicol**, sweets; **Orcas Historical Museum**, t-shirts, memberships, local history books; **Orcas Lions**, Orcasopoly, raffle tickets for a cord of wood; **Orcas Island Chamber Music Festival**, CDs;

Orcas Island Medical Guild, Christmas swags, bay leaf packages;

(Continued on Page 6)

December Menus

Lunches by our culinary artist, **Amy Raven**, are served at noon on Tuesdays and Fridays; this menu calendar also features Monday (December 15) Senior Supper. No lunch the next day!

2 Chicken strips Mandarin orange salsa Capri blend veggies Romaine salad Peaches	5 Breaded Cod with Tartar Sauce Scalloped Potatoes Peas & Carrots Tropical Fruit
9 Salisbury Steaks Mashed Potatoes & Gravy Peas Claremont Salad Peaches, Pears, Apricots	12 Chicken A La King Biscuits Italian Blend Veggies Mixed Fruit with Prunes ☺
15 Monday Nite Supper Lasagna Green Beans Garden Salad Garlic Bread Peaches & Pears	19 Bacon & Broccoli Quiche Roasted Red Potatoes Carrot Coins Romaine Salad with Tomato Chocolate Pudding
23 Golden Lite Fish Rice Pilaf Scandinavian Veggies Coleslaw Oatmeal Raisin Cookies	26 Sausage & Shells Broccoli Normandy Cornbread Apricots
30 Ham with Pineapple Sauce Baked Potato Baked Squash Applesauce Bars	

Happy December Birthdays to:

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
Robert Schwarz	9
Bill Buchan	10
Harvey Olsan	10
Louis Middleton	14
Arthur Lehwalder	15
Patty Thompson	16
Letitia Flint	17
Heidi Lindberg	17
Mary Tinsman	18
Don Reardon	19
Betty Burns	20
Gene Elliott	22
Gladys Brimhall	22
Virginia Mottl	22
Ed Peterson	22
Lea Anna Stewart	22
Dick Glidden	23
Carol Merrill	23
Beverly Ohlman	23
Mary Hillyer	24
Clara Appleman	24
Richard Staley	24
Ben Marcin	25
Richard Wilson	25
Noel Murchie	25
Bob Henigson	27
Ruth Bradford	28
Bill Dixon, MD	29
Dori Lansdowne	29
Evelyn Rodrique	30
Kraemer Frenger	30
Libby Blackwell	31

. . . And Happy Anniversaries to:

Roy and Pat Blay	12/06/61
Ben and Anne Marcin	12/08/45
Louis and Dorothy Wachter	12/12/54
Harvey and Liane Olsan	12/12/75
Mark and Dorna Theaman	12/13/??
Eugene and Ilse Herz	12/13/42
Duane and Beverly Franklet	12/17/55
Peter and Sandy Huie	12/20/??
Herlwyn and Barbara Lutz	12/22/??
Mac and Barbara Trunkey	12/26/59
Louis and Mary Lou Middleton	12/27/54
Bob and Enid Blanc	12/27/58
Thomas and Karen Ritter	12/27/62
Gordon and Marjorie Hayes	12/28/??
Doug and Judy Schliebus	12/29/72
David and Carole Grumney	12/30/61
Dave and Lina McPeake	12/31/65

(Continued from Page 5)

Maria Papademetriou, sculptural ceramics (raku fired), tiles and sterling silver jewelry;

Christopher Peacock, Pure & Simple Music CDs; **Loretta Poschman**, knitted and crocheted crafts including felted animals; **Sarah and Daniella Rivkin**, raku ceramics; **Jeannine Rodenberger**, hand-made, painted tiles and small watercolors; **Lesa Sevin**, dolls, cloth and paper prints; **Joyce Shaw**, hand-sewn items including placemats; **Susan Slapin**, original prints and greeting cards;

Nancy Spaulding, prints; **Gail Toombs and Stacey McBray**, framed original artwork, prints, cards, photos taken for holiday cards; **Jane Warner & Elijah Tholley**, African drums, baskets from Ghana; **Jenny Welch (Caprabella)**, soaps, lotions, toiletries, potpourris; **Jean Wellington and Nell Finley**, flannel nightgowns for men, women & children; doll clothes, and **Those Guys from Orcas** CDs.

SERVICES WE PROVIDE & WHOM TO CALL



Lunch: Served twice a week. Orcas lunches are Tuesdays and Fridays. No reservations needed.

Donation: \$3.

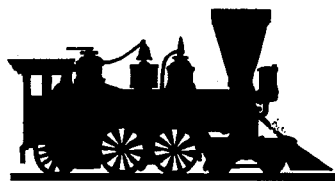
Home Delivered Meals are available for the homebound and can be delivered twice weekly. Additional

frozen meals also can be delivered. Call **Jan** to arrange. Donation: \$3.

Senior Suppers are served in style, third Mondays at 6 PM. Donation: \$5.

Senior Transportation: On lunch days volunteers provide transportation in vans.

They also stop, after lunch, at the post office, store, and for some individual needs such as picking up a prescription at the pharmacy.



Medical transportation on-island for non-emergency appointments with doctors and other practitioners. Transportation for mainland medical appointments is available upon request. Please try to give at least a few days' advanced notice, to **Linda, Jo Anne, or Jan**.

Senior Trips: Mainland shopping trips on the third Thursdays; reservations needed for these. Recreational trips about once a month, planned by the Travel Committee; check with Linda. Suggested donation for nonmedical mainland trips varies between \$12-\$20, depending on trip.

Information and Assistance: (Staff) This program will help you find needed information about services and resources.

Case Management services are available to assess and offer options to those in need. For this and **Respite**, call Jan for more information.

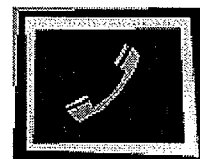
Blood Pressure Clinic Second Tuesdays around mid-day. Free. No reservations needed. **Mary Totten**, Public Health Nurse

Foot Clinics: Reservations needed, through the Front Desk. See the monthly *Signal* Calendar for clinic dates. Cost: \$12. Please remember to bring your own towel. **Barbara Fleming, RN**, and **Joanna Serwold, RN**.

Hearing Screenings by Costco and Western Hearing. Dates in monthly *Senior Signal* Calendar. Call Front Desk for appointment.

HELP IS JUST A CALL AWAY

Loan Closet: We have wheel-chairs, walkers, canes, crutches, shower stool, bedside commodes, and toilet seat risers available for temporary loan.



Special Needs Fund: Limited emergency assistance when no other funds are available. Call **Jan** for additional information and qualifications.

Weatherization Assistance to reduce energy costs. Income dependent. 1-800-649-5121.

Dental Assistance: Serves low-income seniors with up to 25 percent reduction in costs by participating dentists. Call **Jan**.

Lifeline Emergency Monitoring Service: Call **Terry Slocombe**, 378-9490.

P.A.L. Assistance with winter electrical costs. Call OPALCO 376-3550.

SHIBA: Medicare and insurance questions: Call the Medical Center, 2561, to make appointment with Peg Griswold.

DSHS Medicaid help. 378-4196.

Social Security: 1-800-772-1213

Medicare: 1-800-444-4606

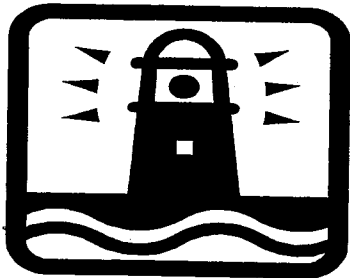
Veterans' Admin.: 1-800-827-1000

Orcas Senior Signal

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

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Eastsound, WA 98245

Temp, Return Service Requested



**Come to This Gifted Island
Holiday Fair '03**
for spectacular crafts, great
food (including Time Out for
sandwiches, and seniors' baked
goods table), music, many
prizes, and fun! Saturday,
Nov. 29, 10 AM-4 PM, at the
Senior Center