

SENIOR SERVICES OF SAN JUAN COUNTY

ORCAS ISLAND SENIOR SIGNAL



Senior Center Hours 9 am - 4 pm, Monday - Friday
PO Box 18, 62 Henry Road, Eastsound, WA 98245
360-376-2677 (V/TDD) FAX 360-376-5465

Website: www.orcasseniors.org

Volume 12 Issue 1

January, 2007

FROM LINDALENA DINGMAN, NEW CHAIR OF THE ADVISORY COMMITTEE...

The beginning of a new year gives us many opportunities for starting fresh. 2007 sees the introduction of new officers on the Advisory Committee along with 3 new members. In addition to myself as the new chairperson, Wally Logan is our vice-chair, B.J. Arnold is our (continuing) secretary, and Carol Ely is our new treasurer. Bob Otis and Maggie Schuler have ended their terms with the Committee and will be greatly missed. We also welcome three new members who bring a diversity of experience and interests... Penny Hawkes, John "Fritz" Kraetzer and Darrel Suthergreen.

Remaining on the Committee, looking forward to another great year, are: Helen Bee, Jack Conant (ad hoc member), Ellen Emery, Marilyn Erly, Jane Heisinger, Beth Jurgensen, Dave McPeake, and Patsy Stephens, chairperson for the last 2 years. We are very grateful for the continuity and dedication provided by these volunteers who give so much of their time and energy to raising the funds necessary to keep the Senior Center building up and running in good shape.

Our meetings are on the fourth Thursday of the month at 8:30 a.m. All are welcome to attend. Please consider joining us and sharing in the planning.

Lindalena Dingman...

POPULAR TAI CHI CLASSES BEGIN AGAIN JANUARY 8th

The Chinese say that those who practice *T'ai Chi* will attain the pliability of a child, the vitality of a lumberjack, and the wisdom of a sage.

Joan Roulac begins her 3rd year at the Orcas Senior Center sharing *T'ai Chi Chih* in a new 8 week series beginning Monday, January 8, in the Lundeen Room. Joan became an Accredited Instructor in 1987, and has been practicing and passionately sharing this form ever since.

T'ai Chi Chih, a simple form of *T'ai Chi*, is a series of 20 gentle, flowing rhythmic movements that are repetitive and easy to do for all ages and levels of fitness. Men and women well into their 80's can easily reap the rewards of renewed balance, coordination, strength, sharpened mental focus, and serenity through regular *t'ai chi* practice.

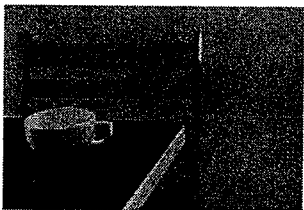
Medical studies are now evaluating the physical, emotional and mental benefits of *t'ai chi*, and they seem to prove that people actually can improve with age by practicing this soft, non-martial art form.

In one large Mayo Clinic study, those practicing *t'ai chi* reduced their risk of falling by about 47%. Studies prove that more than 30 percent of people age 65+ have at least one fall each year. Falls are the leading cause of accidental injury deaths among people 75 and over, and are only second to car accidents for those ages 55 - 74. Falls also cause the majority of hip fractures, which can often mean an end to independent living.

T'ai Chi continued on Page 7



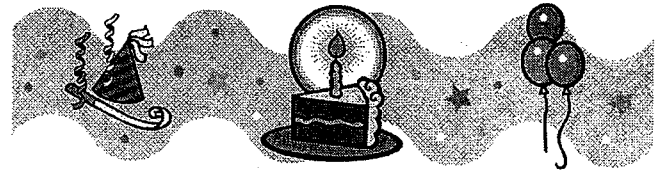
MENU for JANUARY 2007

2	5
Ham Chop Suey Rice Salad Fortune Cookies	Florentine Fish Rice Pilaf Italian Veggies Cole Slaw
9	12
Italian Chicken Dressing & Gravy Mixed Veggies Garden Salad Oatmeal Cookies	Beef Enchiladas Spanish Rice Refried Beans Sherbet
16	19
Chicken Broccoli Cheese Bake Peas & Carrots Garden Salad Peaches & Pears	French Dip au jus Potato Wedges Spinach Salad Fruit Cocktail with Mandarin Oranges
23	26
Bratwurst Red Cabbage Sauerkraut Hot Potato Salad Apple Cake	Cabbage Patch Soup Grilled Cheese Sand. Garden Salad w/ Tomato Wedges Chocolate Cake
30 BIRTHDAY LUNCH Teriyaki Chicken Wild Rice Oriental Veggies Mandarin Green Salad Upside Down Cake	

REMEMBERING WITH LOVE

Marjorie Cooper 1911 - 2006

JANUARY 2007 BIRTHDAYS AND ANNIVERSARIES



BIRTHDAYS

- 1 - Enid Blanc
- 2 - Marlia Starwater
- 3 - Ed Coons, Bob Blanc, Ron Myers
- 4 - Calvin Blaine, Rachel Adams, Gayle Benton
- 5 - Ting Zimmerman, John Poletti
- 6 - Sandi Dillard
- 7 - M. J. Cheesman, William Burlew
- 8 - Marcy Lund Parker, Mike Wiley
- 9 - Ann Waltersdorph, Andrea Wilson
- 10 - Janet Bronkey
- 12 - Lavon Nelson
- 13 - Elaine Jagels, Caroline Yarnall
- 14 - Al Scott, Cal McLachlan
- 17 - Jack Conant
- 18 - Joan Glidden, Ellen Emery, Stan Moldoff, Phyllis Henigson
- 19 - Agnes Forbes, Katie Jensen, Tony Vita
- 20 - Tom Carroll
- 21 - Barbie Benshoof, Diane James, Virginia Reagles
- 22 - Austin Grant, Virginia Rohrman, Joyce Burghardt
- 23 - Cis Kirtland, Carl de Boor, Virginia Erhardt, Chris Jensen, Loretta Poschman
- 24 - Pam Doerr, Joni Cady
- 26 - Peg Enderlein, Scotty Emmes, Bertie Millett
- 27 - Karen Hiller, B.J. Bangert, Wes Pomeroy, Roy Blay, Jackie Hoag
- 28 - Jim Dingman, Joyce Green, Jim Biddick
- 29 - Robert Bennett
- 30 - Nancy Stephens, Ruthie Newman, Jack Gilman
- 31 - Bill Trogon, Jim Dagnon

ANNIVERSARIES

- 01/01/63 Ron and Vicki Montgomery
- 01/04/80 John and Annette Mazzarella
- 01/21/82 Dubi and Carmen Izakson
- 01/24/99 Vance Stephens and Antoinette Botsford
- 01/25/67 Doug and Ida Rae McDonald
- 01/26/58 Robert and Jody Hamaker
- 01/26/68 Ron and Judy Wallace
- 01/28/67 David and Kathryn Dilling
- 01/29/53 Andy and Joyce Nigretto
- 01/30/60 Dick and B.J. Arnold

Senior Lunches are on
Tuesdays & Fridays, 11:30,
in the Betty Lundeen room.
Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR January 2007

January Cake Bakers:
Mary Meyer, Sandy Huie,
Cecelia Schwanke, Peg
Wareham, Irma Quacken-
bush

Host & Hostess: Pete & Sandy Huie

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NEW YEAR'S DAY CENTER CLOSED	2 SHIBA* 6pm- (MP) Toastmasters	3	4	5	6
7	8 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	9 SHIBA* 6pm- (MP) Toastmasters	10 WESTERN HEARING* 1pm - Oil Painting class*	11 Trader Joe's and Tulalip Casino Trip*	12	13
14	15 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	16 SHIBA* 6pm- (MP) Toastmasters	17 1pm - Oil Painting class*	18	19	20
21	22 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	23 SHIBA* FOOTCARE* 6pm- (MP) Toastmasters	24 FOOTCARE* ELDERLAW * 1pm - Oil Painting class*	25 FOOTCARE*	26	27
28	29 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	30 SHIBA* 6pm- (MP) Toastmasters	31 1pm - Oil Painting class*			

ABBREVIATIONS: LR = Lundeen Room; MP = Multipurpose Room; CR = Conference Room

* Reservations must be made by calling Senior Center at 376-2677

** Payment due at sign-up for all recreation, shopping trips, classes, etc.

*** Medical transportation paid at time of trip.

ORCAS SPA AND ATHLETICS Update... As many of you already know, we have several memberships with OSA which may be used by members of Senior Services. What you may not know is that OSA is offering discounted memberships to Seniors for only \$36 per month and a \$36 initiation fee, which is waived for Senior Services members. If you go to OSA more than 3 times a week, this membership may be more economical for you. Also, you can access OSA seven days a week for more hours. Think About It!

SHIBA NEWS UPDATES...

Basic Health Plan (BHP) is accepting applications: BHP is accepting applications for the additional 6,500 slots provided during the last legislative session. Eligible folks who are interested in applying may download the application or apply online basichealth.hca.wa.gov. Folks who don't have Internet access may call Basic Health at 1-800-660-9840.

Important information regarding 800 Medicare: Clients and SHIBA staff who contact 1-800-MEDICARE for assistance with a prescription drug (Part D) plan or a Medicare Advantage plan will need to provide their plan number. Medicare Advantage plan numbers begin with an H, and Part D plan numbers begin with an S. For example, Secure Horizons plan is H5435 and Humana Standard plan is S5884. You can find plan numbers on the back of the *Medicare & You* booklet at <http://www.medicare.gov/publications/pubs/pdf/10050.pdf> or on your plan's membership card.

Important information about the generic drug for Plavix and Medicare Part D coverage: Clopidogrel, the generic version of Plavix, was removed from the market due to a patent dispute. For this reason, Part D plan information on www.medicare.gov currently does not list Clopidogrel. Once the generic becomes available on the list, Medicare will add Clopidogrel back to its list of drugs Part D plans may cover. In the meantime, Part D plans may still cover Clopidogrel. But they must also continue to cover the brand drug Plavix under their plan's formulary and at the same tier level. Plans may **not** discontinue the coverage of Plavix, change the tier level, or change the utilization management for the drugs.

New Web site helps consumers plan for long-term care: Health and Human Services (HHS) offers a new long-term care planning Web site at www.longtermcare.gov. The site offers information about long-term care planning, services and financing options, and tools to help folks start the planning process.

Continued next column

Continued from column 1

Insurance Commissioner launches new online insurance consumer complaint guide: The new guide allows consumers to search online for their auto, health and homeowner insurance company, and compare the company's number of complaints to other similar companies. Visit the online guide at: <https://fortress.wa.gov/oic/complaints/>. Consumers who have questions about their insurance coverage or who wish to file a complaint against their insurance company may call the Insurance Consumer Hotline at 1-800-562-6900.

Medicare releases new tip sheet about Part D formulary changes: The Centers for Medicare and Medicaid Services (CMS) created a new tip sheet, "Information Partners Can Use on: Medicare Part D 2007 Formulary Changes." The tip sheet explains:

- How Part D plan formularies will change in 2007
- What the formularies show about the drugs used most
- What utilization management is and why it's important
- What is available for folks affected by formulary changes

Copies of the entire Tip Sheet are available at the Senior Center. Ask at the front desk the next time you are in.

ORCAS SENIOR SIGNAL

Linda Tretheway, Editor
Jo Anne Bastron, Proofreader
Joyce Rupp, Project Manager

This newsletter is published by San Juan County Senior Services through a grant from the Northwest Regional Council.

We invite contributions from all Orcas Senior Center members and friends.

Deadline for the February, 2007 issue:
January 15.

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

Services We Provide & Whom to Call

Lunch: Served twice a week at each Senior Center and once a month on Shaw Island. **Orcas Island has lunches on Tuesday and Friday at noon.** San Juan Island on Monday and Thursday. Lopez on Wednesday and Friday. Shaw Island has lunch on the last Wednesday of each month.

Orcas: 376-2677

San Juan: 378-2677

Lopez: 468-2421



Hearing Screenings: Western Hearing comes to Orcas once a month. Check calendar for date. Reservations required. Costco Hearing goes to the Mullis Senior Center on San Juan once a month. Call 378-2677 to schedule appointments with Jodi at the Mullis Center.

Elder Law Clinic: Half-hour sessions with Cy Field, Attorney, by appointment. Usually on 4th Wednesdays. Call Front Desk.

Senior Transportation: Call before 10:30 A.M. to arrange to be picked up for lunch on Tuesday or Friday. On the return trip, stops are made at the post office, market, and pharmacy, on as needed basis. Suggested donation--\$1.00.

Mainland Medical Transportation:

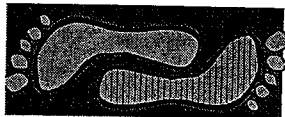
For non-emergency appointments with doctors and other practitioners. Try to schedule appointments for Wednesdays or Thursdays. We will try to accommodate other days if possible. Reserve early. Call Joanne to schedule. Suggested donation \$12 - \$17.

Senior Trips: Mainland shopping trips on the third Thursdays; reservations needed. Recreational trips about once a month; check with Front Desk or this month's calendar.

Home Delivered Meals: Lunches are available for the homebound and are delivered twice weekly. Additional frozen meals also can be requested and delivered. Call Senior Center to arrange. Suggested donation is \$3.00, for each meal delivered.

Blood Pressure Clinic: Second Tuesdays before, during and after lunch. Free to seniors. No reservations needed. Mary Totten, R.N.

Foot Clinics: Reservations needed. Call the Front Desk. See the calendar for dates. Cost is \$12.00 and you bring your own towel. Sally Coffin, R.N., and Barbara Fleming, R.N., are the foot care nurses.



Information & Assistance: This program will help you find needed information about services, community resources and issues of concern to older adults.

Case Management: Services are available to assess and offer options for those in need.

Respite: Please call the Senior Center at 376-2677 for more information. Up to 13 days subsidized time off for unpaid care givers.

HELP IS JUST A CALL AWAY

Loan Closet: The Center has wheelchairs, walkers, canes, bedside commodes, toilet seat risers, shower stools and crutches available for temporary loan.

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

Weatherization Assistance: Reduce energy costs. Income dependent. 1-800-649-5121

Dental Assistance: Low-income seniors may qualify for 25% reduction from local dentists.

Lifeline—Emergency Monitoring Service: Telephone monitoring gets you help within minutes when you need it. 1-800-635-6156

P.A.L.: Assistance program to help with electrical costs in the winter. Call OPALCO 376-3500.

SHIBA: Medicare and health insurance questions. Call the Medical Center (-2561) to schedule appointment with Peg Griswold (Fridays). Call the Senior Center to schedule appointments on Tuesdays.

DSHS: Low income assistance 378-4196; **Social Security:** 1-800-772-1213; **Medicare:** 1-800-633-4227

Alzheimer's Society: 1-800-493-3959

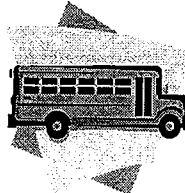
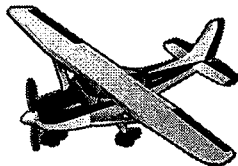
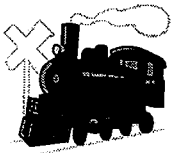
Veteran's Administration: 1-800-827-1000

Hearts and Hands: Trained volunteers provide one or two hours a week of practical assistance such as regiver respite, errands, light housework, meal preparation, shopping and companionship. Call Nancy Southern at 376-7723

NEWS FROM THE TRAVEL AND ACTIVITIES COMMITTEE...

January and February seem to be those months we are recuperating from all the fun and games of the holidays. All we want to do is to hunker down at home, wrapped in warm blankets, reading novels and eating bon-bons. Well, maybe not the bon-bons. In order not to have to cancel trips at the last minute for lack of participation, we are not scheduling anything major off-island this month. We will still offer our monthly off-island shopping trip... on January 11 we will be going to Trader Joe's and the Tulalip Casino (which is close to Home Depot, Walmart and an outlet mall). There are still a few seats on the bus. Call the front desk at -2677 to sign up and get more details. We are looking at the possibility of going to Seattle for a matinee of the Philharmonia Northwest in early February. Call the front desk if you are interested in this trip, so we can see if it is feasible to schedule.

As always, we welcome your ideas and suggestions. The committee is always open to new participants. We generally meet the second Tuesday at 10:30 a.m., just before Senior Lunch. Please consider joining us...



Myrna Wood, Committee Chair

KEEPING YOUR HOME SAFE AND WARM

The first day of Winter has come and gone, along with our first major snow storm in several years. And, as they say, "it ain't over 'til it's over." We still have a few more months of potentially winter-like weather and it is never too late to get organized and prepared. Here are some helpful suggestions from the San Juan County Fire Marshall and your local Fire Department...

- Keep on hand extra blankets, flashlights and extra batteries, matches, a first aid kit, manual can opener, snow shovel and rock salt, and special needs items.
- Stock a few days' supply of water, required medications, and food that does not need to be refrigerated or cooked.
- Dress in several layers to maintain body heat. Covering up with blankets can also conserve heat.
- Monitor the temperature of your home. Infants and persons over age 65 are especially susceptible to cold. If it's not possible to keep your home warm, stay with friends or family or in a shelter. Have a plan for someone to check on you.

Please feel free to call us at -2677 if you would like to be put on a list of people we check in on when there is severe weather. Also, make sure to read the February newsletter for more information on the Orcas Senior Center as an emergency shelter.

TRANSPORTATION POLICIES

Just a reminder as we begin a new year...

Medical trips: Please schedule appointments (especially off-island) on Wednesdays and Thursdays only. Of course, some doctors do not see patients on those days and we will do whatever we can, as possible, to accommodate other days. Also, please schedule any off-island appointments for noon or after, if possible, in order to avoid taking the red-eye ferry. Finally, please give us as much notice as possible to find an available driver.

Recreational trips: Payment for transportation on these excursions is due at the time of sign-up. Transportation costs range from \$15-\$25 depending on the distance to be traveled. Remember, these fees cover gas, ferry passage and ongoing maintenance for our vans.

And, remember... as a courtesy to fellow passengers and our drivers, please refrain from using perfumes, colognes, aftershave, or other scented items which may trigger allergies or other strong reactions. Thank You!

GO VIKINGS!

Don't forget! We have 4 Senior passes to all regular Orcas 2006/2007 home games which may be checked out (free) by coming in to the Senior Center and asking at the front desk. These passes were donated by a generous anonymous donor. Let's not let the gift go underused.

Participants are often wanting to improve their balance as well as realize more strength and flexibility. Others want healing, both before and after various medical procedures. Requests for assistance for more energy, vitality, serenity and more restful sleep occur with every class.

T'ai Chi Chih continually surprises participants by effortlessly delivering just what the seeker is seeking.

Please come join us Monday January 8th at 9:30 for an hour long complimentary class and discover if this soothing, moving meditation might be right for you.

The cost for the 8-week Series is \$64, due after the first class. Contact the Senior Center at -2677 to register for this most popular series. You may also sign up the next time you are in. See you soon!



WHAT TREE DID YOU FALL FROM?

Dec 23 to Jan 1 - Apple Tree

Jan 1 to Jan 11 - Fir Tree

Jan 12 - Jan 24 - Elm Tree

Jan 25 to Feb 3 - Cypress Tree

What exactly does this mean? Just for fun, check it out...

Apple Tree (Love) -- quiet and shy at times, lots of charm, appeal and attraction, pleasant attitude, flirtatious smile, adventurous, sensitive, loyal in love, wants to love and be loved, faithful and tender partner, very generous, many talents, loves children needs affectionate partner.

Fir Tree (Mysterious) -- extraordinary taste, handles stress well, loves anything beautiful, stubborn, tends to care for those close to them, hard to trust others, yet a social butter-

STAY TUNED!

The following classes will be coming soon: Sign Language with Rusty DeSherlia, Drawing with Rita McKinney, and many more...



Flash: Watercolor Equals Color Plus Water!

Caroline Buchanan will hold two weekend workshops in connection with a show of twenty years of student's work from her classes on the islands. The show will be at the Orcas Center but the workshops will be at the Senior Center, Saturday, February 10, 10-4 and Sunday, Feb 11, 12:30-4:30. Same times on Sat. and Sun. February 24 - 25.

Both workshops will be dealing with the properties of working with water, and the challenges of color. All levels. More by contacting Caroline at -5509 or watercolors@rockisland.com.

WHAT TREE DID YOU FALL FROM?

(CONTINUED)

fly, likes idleness and laziness after long demanding hours at work, rather modest, talented, unselfish, many friends, very reliable.

Elm Tree (Noble-mindedness) -- pleasant shape, tasteful clothes, modest demands, tends not to forgive mistakes, cheerful, likes to lead but not to obey, honest and faithful partner, likes making decisions for others, generous, good sense of humor, practical.

Cypress Tree (Faithfulness) -- strong, muscular, adaptable, takes what life has to give but doesn't necessarily like it, strives to be content, optimistic, wants to be financially independent, wants love and affection, hates loneliness, quick-tempered at times, loves to gain knowledge.

Other birthdays related to these four trees are:

Apple - Jun 25 to July 4

Fir - July 5 to July 14

Elm - July 15 to July 25

Cypress - July 26 to Aug 4

RETURN SERVICE REQUESTED

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Eastsound, WA 98245

**SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY**
Orcas Island Senior Center
PO Box 18
Eastsound, WA 98245
Phone: 360-376-2677
Fax: 360-376-5465
Location: 62 Henry Road
Email: lindat@co.san-juan.wa.us

Orcas Senior Center Staff

Linda Tretheway	Senior Services Coordinator
Jo Anne Bastron	Department Assistant
Amy Raven	WCCOA Nutrition Head Cook
Joyce Rupp	Program Director

Orcas Advisory Committee

Lindalena Dingman-Chair	Marilyn Erly
Wally Logan-Vice-Chair	Penny Hawkes
Carol Ely -Treasurer	Jane Heisinger
B.J. Arnold-Secretary	Beth Jurgensen
Helen Bee	John "Fritz" Kraetzer
Jack Conant	Dave McPeake
Ellen Emery	Patsy Stephens
	Darrel Suthergreen



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Volume 12 Issue 2

February, 2007

FROM THE DESK OF LINDA...

It's hard to believe that Orcas Island Senior Services has been settled into our "new" Senior Center for 5 years this month. I remember when we first moved in and everything was so fresh and clean, and SPACIOUS. The newness of having so much more room to do all the things we do has just about worn off, but I am still as grateful as I was then to have a wonderful facility to come to work in every day.

I remember packing up at the old place downtown, across from the Historical Museum, deciding what would come and what would go to the place where all old office stuff goes. It was early February and we had just had a huge tarp placed over the roof where the rain would drip, almost pour, into the front office. As we moved large items around, I wasn't sure whether the sagging, squeaking floor would hold up. And, I think we had already called the plumber twice since the new year began to deal with clogged drains.

Gail Brooks, the ECEAP Coordinator, was finally going to move out of what was formerly the laundry room in the old house. Joyce Rupp and Jan Koltun were going to get their own, separate offices, after sharing an extremely small narrow space for over a year. And, we would be able to keep the crutches, canes and other medical equipment for our loan program somewhere other than in the bathtub!

We could now have classes, programs and activities in our own space. And, we certainly took advantage of it... Tai Chi, Yoga, Painting, Music, Literature, parties, craft days, meetings, Defensive Driving, Elder Law Clinic, Foot Care, Support Groups, Computers, Knitters, on and on. And, we're still trying out new things!

Finally, our move to this new building allowed us to have our twice weekly lunches on site using our

Continued on Page 7...



GRANNY'S ATTIC SALE - MARCH 24TH

Join the fun and start your Spring Cleaning early! Contribute to our wonderful Granny's Attic Sale (and Chocolate Tasting)!

This year's event will be held on Saturday, March 24th and we need your help.

Please look around your home. Are there items you no longer need or want and would be willing to donate to this sale?

We are looking for: Jewelry; Paintings; Collectibles; Household items; Unique Art Objects; Furniture; Camping equipment/supplies; Sewing, Quilting and knitting/crochet items; Gently used items; and, Unexpected Treasures.

**** PLEASE NO CLOTHING OR ELECTRONICS****

Beginning February 8th, we will be accepting your treasures at the Senior Center every Thursday from 1:30 p.m. to 3:30 p.m. For more information and/or to arrange for pick up of special items, please call: Jennie Joplin 376-2015, BJ Arnold 376-5370, Jane Heisinger 376-5025.

Last year's sale was very exciting and a tremendous success. With your help, we can do it again this year.

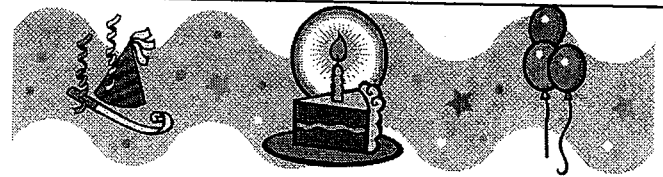
MENU for FEBRUARY 2007

	2 Baked Cod w/ Tartar Wild Rice Capri Vegetables Cole Slaw M&M Cookies
6 Ham w/Pineapple Scalloped Potatoes Glazed Carrots Apple Crisp	9 Hot Pastrami Sandwich Veggie Soup Spinach Salad Mandarin Orange Jello
13 Taco Salad Corn Bread Fresh Fruit	16 Chicken Reuben Pasta Scandinavian Veggies Salad Apple Sauce Bars
20 Pork Loin w/ Apple Chutney Mashed Potatoes w/Gravy Broccoli Cake w/fruit topping	23 Swiss Steak Mashed Potatoes w/Gravy Veggies Romaine Salad Peaches
27 BIRTHDAY LUNCH Meatloaf Mashed Potatoes w/Gravy Peas & Carrots Salad	

REMEMBERING WITH LOVE

Doris Boyer 1913 - 2007
 Gene Elliott 1929 - 2006
 Gitte Sofaer 1938 - 2007
 Robert Thompson
 Geraldine Torbet

FEBRUARY 2007 BIRTHDAYS AND ANNIVERSARIES



BIRTHDAYS

- 1 - Robert Hendrick, Bonnie Johnson, Jens Harboe, Alma Waldron, Antoinette Botsford
- 2 - Walt Rutledge, Betty Lou Grant, Liane Olsan, Doc Weston
- 3 - Werner Kundig, Rick Bronkey
- 4 - Andrea Hendrick, Beth Jurgensen
- 5 - Viola "Ole" Coleman
- 6 - Bill Worman, Peter McCorison, Maggie Schuler
- 7 - Kiko Harrison, Margaret Greever, Carolyn Wiley
- 8 - Glenna Richards
- 9 - John P. Cadden
- 10 - Bobbie Smith
- 11 - Richard Griot, Magda Mische
- 12 - Mary Lou Padbury, Larry Cornwell, Eleanor Peterson, Doug Pearson, Bill Harpham
- 13 - Marian Berdan, Ronald Fortune
- 15 - Dick Montgomery, Ebba Brophy, Irene O'Neill, Carmen Izakson
- 16 - Jane Bristow, Bob Shipstad, Barbara Lutz
- 18 - Dubi Izakson
- 19 - Clarena McLachlan, Faith Heath
- 20 - Merry Bush
- 21 - Dan Greaves, Tarry Cairns
- 22 - Toby Hiller
- 23 - Lee Gardiner
- 24 - Doris Brain, Vance Stephens
- 25 - Lindalena Dingman, Dorothy Trogdon, Robert Cairns
- 27 - Lynn Richards, Carl Poschman
- 28 - Rosa Montgomery, Phoebe Bee, Phyllis Wilkinson
- 29 - Don Osborne, Ann Sanchez

ANNIVERSARIES

- 02/01/53 Edson and Jane Kempe
 02/02/80 Ron Ambler and Susan Ward
 02/05/99 Gordon and Barbara Buman
 02/11/95 Bob and Harriet Miller
 02/13/44 Bill and Margaret Tyree
 02/14/?? Rick and Janet Bronkey
 02/14/53 Lowell and Lois Baney
 02/14/69 John and Faith Heath
 02/17/?? Paul Losleben and Merry Bush
 02/20/60 Bruce and Sharon Heller
 02/27/60 Jim and Diane Baxter

Senior Lunches are on
Tuesdays & Fridays, 11:30,
in the Betty Lundeen room.
Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR February 2007

February Cake Bakers:
Gretchen Shelton, Mary Lou
Padbury, Marylou Cobb,
Jack Titus, Adele Pinneo

Greeters: Midge Lofland and Margo Wahlberg

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 Philharmonica Northwest*	5 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	6 SHIBA* TAX HELP* 6pm- (MP) Toastmasters	7 1pm - Oil Painting class*	8	9	10 Buchanan Watercolor Class*
11 Buchanan Watercolor Class*	12 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	13 SHIBA* TAX HELP* 6pm- (MP) Toastmasters	14 WESTERN HEARING* 1pm - Oil Painting class*	15 Mainland Shopping	16	17
18	19 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	20 SHIBA* 55-ALIVE* FOOTCARE* TAX HELP* 6pm- (MP) Toastmasters	21 FOOTCARE* ELDERLAW* 1pm - Oil Painting class*	22 FOOTCARE*	23	24 Follow-up Buchanan- Watercolor Class*
25 Follow-up Buchanan Watercolor Class*	26 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	27 SHIBA* TAX HELP* 6pm- (MP) Toastmasters	28 1pm - Oil Painting class*			

ABBREVIATIONS: LR = Lundeen Room; MP = Multipurpose Room; CR = Conference Room

* Reservations must be made by calling Senior Center at 376-2677

** Payment due at sign-up for all recreation, shopping trips, classes, etc.

ORCAS SPA AND ATHLETICS... This is such a good deal, I wanted to tell you again! OSA is offering discounted memberships to Seniors for only \$36 per month and a \$36 initiation fee, which is waived for Senior Services members. If you go to OSA more than 3 times a week, this membership may be more economical for you than checking out a key from us. Also, you can access OSA seven days a week for more hours a day. In addition, they are now offering a "Jazzercise Lite" class designed to improve strength, balance and flexibility. Seniors are especially welcomed to try this low-impact, fun way of exercising. Think About It!

SHIBA NEWS UPDATES...

Social Security Administration warns about phone scam: The SSA is warning clients **not** to give out bank account information over the phone to callers claiming to send them new Social Security Cards. Consumers are advised **never** to share numbers for bank accounts, Social Security, or Medicare with strangers over the phone. Folks may call the Insurance Consumer Hotline at 1-800-562-6900 to report potential fraud and abuse.

Medicare Advantage Plans are health plan options that are part of the Medicare program. If you join one of these plans, you generally get all your Medicare-covered health care through that plan.

Folks who want to buy a Medicare Advantage plan may enroll each year, January 1 through March 31 during open enrollment.

When you join a Medicare Advantage Plan, you use the health insurance card that you get from the plan for your health care. In most of these plans, generally there are extra benefits and lower co-payments than in the Original Medicare Plan. However, you may have to see doctors that belong to the plan or go to certain hospitals to get services.

To join a Medicare Advantage Plan, you must have Medicare Part A and Part B. You will have to pay your monthly Medicare Part B premium to Medicare. In addition, you might have to pay a monthly premium to your Medicare Advantage Plan for the extra benefits that they offer.

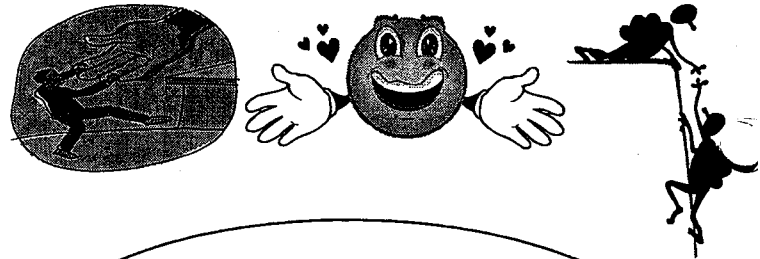
Some Tips to help consumers buy a Medicare Advantage plan: This year, there are many new plans in Washington state. Here are some tips to help in selecting a plan:

- Always check with your doctor, hospital, and other providers to find out whether they accept a plan before you enroll.
- Don't feel pressured to buy a particular plan.
- Some plans include Medicare Part D prescription drug benefits and may have restrictions on enrollment, depending on your current coverage.
- Find out what your co-payments will be for your regular medical care.
- If you want to compare several plans, go to www.medicare.gov and click on the "Compare Health Plans and Medigap Policies in Your Area" link.

- Find out when you can sign up for a plan and when you can dis-enroll if you change your mind.
- Be aware that some plans may become full and decline letting new members join, so you may need to choose a different plan.

SHIBA (Statewide Health Insurance Benefits Advisors) HelpLine is a FREE service of the Washington State Office of the Insurance Commissioner, sponsored locally by Island Hospital. The volunteers are trained to provide people of all ages in the community their options regarding health insurance, Medicare (supplements, advantage plans or Part D), disability, individual long-term care, COBRA, VA and insurance for children.

The volunteers are no longer able to help with claims assistance or billing problems. For assistance with these situations, please call the local SHIBA sponsors at 468-3185, ext. 1342 and you will be directed to someone to help you.



See article on page 7 to find out how you can become a SHIBA volunteer and help others with their Medicare and Insurance needs.

ORCAS SENIOR SIGNAL

Linda Tretheway, Editor
Jo Anne Bastron, Proofreader
Joyce Rupp, Project Manager

This newsletter is published by San Juan County Senior Services through a grant from the Northwest Regional Council.

We invite contributions from all Orcas Senior Services members and friends.

Deadline for the March, 2007 issue:
February 15.

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

Services We Provide & Whom to Call

Lunch: Served twice a week at each Senior Center. **Orcas Island has lunches on Tuesday and Friday at noon.** San Juan Island on Monday and Thursday. Lopez on Wednesday and Friday.

Orcas: 376-2677

San Juan: 378-2677

Lopez: 468-2421



Hearing Screenings: Western Hearing comes to Orcas once a month. Check calendar for date. Reservations required. Costco Hearing goes to the Mullis Senior Center on San Juan once a month. Call 378-2677 to schedule appointments with Jodi at the Mullis Center.

Elder Law Clinic: Half-hour sessions with Cy Field, Attorney, by appointment. Usually on 4th Wednesdays. Call Front Desk.

Senior Transportation: Call before 10:30 A.M. to arrange to be picked up for lunch on Tuesday or Friday. On the return trip, stops are made at the post office, market, and pharmacy, on as needed basis. Suggested donation--\$1.00.

Mainland Medical Transportation:

For non-emergency appointments with doctors and other practitioners. Try to schedule appointments for Wednesdays or Thursdays. We will try to accommodate other days if possible. Reserve early. Call Jo Anne to schedule. Suggested donation--\$12 - \$17.

Senior Trips: Mainland shopping trips on the third Thursdays; reservations needed. Recreational trips about once a month; check with Front Desk or this month's calendar.

Home Delivered Meals: Lunches are available for the homebound and are delivered twice weekly. Additional frozen meals also can be requested and delivered. Call Senior Center to arrange. Suggested donation is \$3.00, for each meal delivered.

Blood Pressure Clinic: Second Tuesdays before, during and after lunch. Free to seniors. No reservations needed. Mary Totten, R.N.

Foot Clinics: Reservations needed. Call the Front Desk. See the calendar for dates. Cost is \$12.00 and you bring your own towel. Sally Coffin, R.N., and Barbara Fleming, R.N., are the foot care nurses.



Information & Assistance: This program will help you find needed information about services, community resources and issues of concern to older adults.

Case Management: Services are available to assess and offer options for those in need.

Respite: Please call the Senior Center at 376-2677 for more information. Up to 13 days subsidized time off for unpaid care givers.

HELP IS JUST A CALL AWAY

Loan Closet: The Center has wheelchairs, walkers, canes, bedside commodes, toilet seat risers, shower stools and crutches available for temporary loan.

Special Needs Fund: Limited emergency assistance when no other funds are available. Call the Senior Services Coordinator for additional information and qualifications.

Weatherization Assistance: Reduce energy costs. Income dependent. 1-800-649-5121

Dental Assistance: Low-income seniors may qualify for 25% reduction from local dentists.

Lifeline—Emergency Monitoring Service: Telephone monitoring gets you help within minutes when you need it. 1-800-635-6156

P.A.L.: Assistance program to help with electrical costs in the winter. Call OPALCO 376-3500.

SHIBA: Medicare and health insurance questions. Call the Medical Center (376-2561) to schedule appointment with Peg Griswold (Fridays). Call the Senior Center to schedule appointments on Tuesdays.

DSHS: Low income assistance 378-4196; **Social Security:** 1-800-772-1213; **Medicare:** 1-800-633-4227

Alzheimer's Society: 1-800-493-3959

Veteran's Administration: 1-800-827-1000

Hearts and Hands: Trained volunteers provide one or two hours a week of practical assistance such as caregiver respite, errands, light housework, meal preparation, shopping and companionship. Call Nancy Southern at 376-7723

JOE FLOREN RETURNS!

Local Artist shows Acrylic Paintings, Digital Collages, and Photographs

The Visual Arts Committee is inviting the community to come to the Senior Center (Lundeen Room) on Friday, February 9th, between 5pm - 7pm for a chance to view the works of Joe Floren. This is his third show at the Senior Center, having shown photographs in a two-person show in 2004 and paintings in a one-man show in 2005.

"This show has three components: acrylic paintings; photography; and digital collages. The latter is a technique of my own," says Joe, "producing miscellaneous shapes and colors on the computer screen and then assembling these 'building blocks' into the final art work--much as artists do whose medium is torn-paper or cloth collage."

As in his show two years ago, there will be a contest in which all Seniors may take part. The titles will be left off 10 of the art works. The titles will be provided on a list. The person who correctly matches the largest number of artworks and titles will receive a prize, which will be the winner's choice of the photograph "Frisco Bay" or the photograph "September Song". These have been Joe's two most popular images.

Joe has been painting off and on since he was in his mid-20's. Since 2001 he has become increasingly interested in digital photography, much of it done for local nonprofit organizations. He is 77 and has lived near Eastsound for seven years with his wife, Anne Hay.

AARP TAX HELP IS BACK...

For the 3rd year in a row, Jim Biddick, specially trained tax preparer by AARP, will be on hand on Tuesdays during the months of February, March and the beginning of April to help seniors and low-income people with their tax returns.

Jim will help prepare Form 1040 and 1040E for individuals and/or married couples filing separately or together. All you have to do is gather ...**and organize**... your receipts and income statements from 2006 and bring them with you to your appointment. No overflowing paper sacks, or bulging shoe boxes, please.

Appointments begin February 6th and reservations are needed. Please call the Senior Center at 376-2677 to sign up.

Watercolor Equals Color Plus Water!

Two weekends with relaxed hours to enjoy growing in watercolor - no matter how much or how little you know. The focus is on the two basic elements: water and color.

Water: you will experiment with working wet, soaking the paper and getting soft edges for subjects such as misty trees and summer clouds. Also you will practice running washes - letting colors run into colors to make blends impossible with a brush. From this practice you will try bolder experiments with pouring paint. Besides working wet, you will try wet blending to continue to exploit colors floating into others with exciting effects.

Which colors? Not a simple answer. But you will try different kinds of combinations and different ways of combining the colors. Some work will be without theme - just experiments in color. In some, we will build on the experiments and turn them into recognizable subjects. Let the medium lead expression and content appear.

We won't try to be finishing paintings as much as getting into ideas and ways of working. I think you will be surprised at how much you learn and still have fun - no stress. The class is limited to 12, with a minimum of 8. Register at the Senior Center. The first weekend, Saturday and Sunday, February 10th and 11th, will be \$100. If we have a follow-up, the weekend of the 24th and 25th, it will be a bargain at \$85. See you there!

- Carolyn Buchanan

YOGA TO RETURN IN MARCH

Sara Daily-Smith will once again teach Stretch Yoga for Seniors in March, if there is sufficient interest. If you would like to attend this class, please sign up on the interest sheet at the Senior Center. If enough people (at least 5) are interested, we will contact you about day, time and cost. Call 376-2677 for more information.

GO VJKNGS!

Don't forget! We have 4 Senior passes to all regular Orcas 2006/2007 home games which may be checked out (free) by coming in to the Senior Center and asking at the front desk. These passes were donated by a generous anonymous donor. Let's not let the gift go underused.



VOLUNTEER DRIVERS...

How would like the use of a van to go to the mainland sometime? And... we pay for the gas and the ferry ticket! All you have to do is sign up to become one of our volunteer drivers who take seniors off-island for medical trips and other necessary appointments. Once in awhile, you might also get the opportunity to go to such exotic places as Sequim, for the Lavender Festival, or Harrison Hot Springs. Interested? Call Jo Anne at the Senior Center at 376-2677 and she will get you signed up.

SHIBA VOLUNTEERS...

Statewide Health Insurance Benefits Advisors (SHIBA) HelpLine is currently seeking new volunteers on Orcas Island to help people, no matter their age or circumstances, understand their options in all kinds of health insurance, long-term care insurance and prescription procurement.

Volunteers receive valuable training locally. They not only learn to help family, friends and other community members of all ages understand their options, but also can provide outreach and education in their neighborhoods.

If interested, contact Joann Hoover at Island Hospital (our local sponsor) by calling 468-3185, ext. 1342.

USED VEHICLES (in good condition)...

Thinking of trading in your current model for a newer one? Consider donating your "trade-in" to the Senior Center to be used as a replacement vehicle for one of our vans which has been around a long time and is ready to "retire". Contact Wally Logan, Advisory Committee member, 376-3253.

FLAG AND FLAGPOLE HELPERS...

Anyone out there interested in making sure our Flag is in good shape, taken care of in extreme weather and raised and lowered when required? Perhaps the Girl Scouts or Boy Scouts? For more information, or to take the job, call Linda at the Senior Center.

Continued from Page 1...

sparkling new, huge, commercial kitchen. Amy K. Raven, our cook (shall I say *Chef*) was delighted to have her own space rather than sharing the kitchen at the Orcas Center. The Madrona Room had been a wonderful place for lunches for a long time. Now we had our own dining room, the Lundeen Room, where we could linger after meals for card games, programs and just plain visiting.

So, here we are... settled in and happy as clams. It wouldn't have happened without the long, involved, tireless work of so many people for so many years. Once again, on behalf of myself and the rest of the staff and volunteers who spend so much of our time here, I want to thank all those who donated time, money, energy, imaginations, love and anything that was needed. Thank You!



AARP 55-ALIVE DEFENSIVE DRIVING COURSE

Did you know that Washington state law requires insurance companies to give their customers a discount on their automobile insurance policies if they have taken a certified defensive driving course? These discounts can be 10%, 15%, or as high as 20%, depending on the company.

Once again, we are having the AARP course here at the Senior Center on Tuesday, February 20, from 9 a.m. until 5 p.m. Cost is \$10 payable to AARP. Since this is a regular lunch day, you may join us during your break or bring your own sack lunch. This is a fun, interesting and informative class. Call the Senior Center to reserve a place.

KNIFTY KNITTERS

Orcas community knitters are invited to bring their current and/or favorite projects to an exchange of inspirations and ideas at a weekly get-together Tuesdays from 1:30 to 3:30 p.m. at the Senior Center in the Multipurpose Room.

All levels of expertise and ages are welcome. There are no dues, no officers, no minutes of the last meeting. Taking on limited projects of simple items which can be shared with those in need will help us create a community of talented folks who enjoy spreading the rewards of knitting.



Questions? Contact BJ Arnold 376-5970 or Jan Loudin 376-5642.

SENIOR SERVICES COUNCIL OF SAN JUAN COUNTY	
Orcas Island Senior Center PO Box 18 Eastsound, WA 98245	
Phone: 360-376-2677 Fax: 360-376-5465 Location: 62 Henry Road Email: lindat@co.san-juan.wa.us	

Non-Profit Organization U.S. Postage PAID Permit #10 Eastsound, WA 98245
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Orcas Senior Center Staff

Linda Tretheway	Senior Services Coordinator
Jo Anne Bastron	Department Assistant
Amy Raven	WCCOA Nutrition Head Cook
Joyce Rupp	Program Director

Orcas Advisory Committee

Lindalena Dingman-Chair	Marilyn Erly
Wally Logan-Vice-Chair	Penny Hawkes
Carol Ely -Treasurer	Jane Heisinger
B.J. Arnold-Secretary	Beth Jurgensen
Helen Bee	John "Fritz" Kraetzer
Jack Conant	Dave McPeake
Ellen Emery	Patsy Stephens
	Darrel Suthergreen

ATTENTION SNOWBIRDS!

We want to make sure you continue to receive your Orcas Senior Signal. Be sure to let us know when you head south for the winter and give us your new address. Then, when you return, give us a call and we'll change it back again. Thanks!

SENIOR SERVICES OF SAN JUAN COUNTY

ORCAS ISLAND SENIOR SIGNAL

Senior Center Hours 9 am - 4 pm, Monday - Friday
PO Box 18, 62 Henry Road, Eastsound, WA 98245
360-376-2677 (V/TDD) FAX 360-376-5465

Website: www.orcasseniors.org



Volume 12 Issue 4

April, 2007

SUCCESSFUL SPRING CLEANING NETS \$8,000 FOR GRANNY'S ATTIC SALE

And, Granny is Very Happy!!



The success of our Granny's Attics sale has once again exceeded our wildest expectations. The generosity of the community and the outpouring of donations have raised over \$8,000 to assist us in the ongoing maintenance of the Senior Center. We wish to gratefully extend our appreciation to all of you who joined in the spirit of spring cleaning and so

generously made available your measures to make our sale a success. Each of your contributions helped ..THANK YOU!!

We wish to take this opportunity to express our gratitude to those who donated items and helped out in all phases of the sale: Dennis Bonner, Janet Wingert, Sherry Wilmer, Sara Morgan, Dian Skaar, DeAnna Whattam, Flo Bullock, David and Karen Slawson, Henry Gropper, Ruth Vandestraat, Sarah Birehamm, Joe Floren, Irene O'Neill, Laura Selwyn, Sarah Geiser, Phyllis Chambers, Walt Torbet, Dorothy Eagleton, Libby Roulac, JoAnn Frances, Richard Oldenburg, Linda Johnson, Angelica Mayo, Marlia Starwater, Maria Nutt, Pamela Doerr, Grace Muse, John Ashenhurst, Frank & Jan Loudin, Barbara Trunkey, Hazel O'Brien, Sage MacLeod, Lolly Halverson, Kathryn Whiting, Laurie Liebermann, Midge Lofland, Barbara LaBrash, Becky Greaves, Bev Leyman, Tony Howard, Carol Erickson, Jan Helsell, Frederica Kundig, Chris Segal, Peg Nicol, Louellen McCoy, Issa Parker, Veronica Thornton, Maryann Gieffer, Clyde & Barb Teague, Bruce Pavit, Spirit Eagle, the front desk volunteers (Barb Pesola, Irene Neill, Joy Bennett, Lorraine Stephens, Thelma Kallam, Celia Schwanke, Betty Williams) and staff, Jo Anne and Linda, at the senior center.

All the Chocolate Tasting contributors (organized by Dora Blake... Your names will appear in The Signal next month), Patsy Stephens, Vance Stephens of Shinola Jewelry, Joanne Frances & Suzanne Degé of the Trading Post, and Jeffery and Michael of Crow Valley Pottery, who all assisted in pricing.

We wish we could acknowledge the countless others who generously donated numerous items without letting us know. We are grateful to you all. Please know you have filled the need of raising funds to support the ongoing maintenance of our very special senior center.

THANK YOU ORCAS COMMUNITY!!!

--- The Orcas Island Senior Services
Advisory Committee

FROM THE DESK OF LINDAT...

Before I forget... Jo Anne wanted me to be sure to remind all of our lunch guests to bring and/or wear their best Easter Bonnets on Friday, April 6th. Last year we had a great deal of fun (and I have the pictures to prove it!)

Speaking of pictures... we have lots of pictures and a whole bunch of photo albums and we need someone(s) to put them together. Any scrapbookers out there? We'll provide all the materials and the space to use them. Or, take it all home, if you'd like. Call me or Jo Anne @-2677.

BIG EVENT COMING Up...

Please join us for our Volunteer Appreciation Supper on Tuesday evening, April 17th, in the Lundeen Room. April is Volunteer Appreciation Month. We appreciate our volunteers all year round and take this special time to honor, recognize and thank each and every one of you. Dinner is served at 6pm. For this event we are having Turkey with Cranberry Sauce and all the trimmings. Come early to get good seats! Suggested donation is \$5.

APRIL 2007 MENU



3 Grilled Reuben Soup of the Day Broccoli and Cauliflower Salad Cookies	6 EASTER BONNETS! Fish Florentine Scalloped Potatoes Peas and Carrots Cole Slaw Peaches and Pears
10 Pizza Mini Salad Bar Dessert	13 Chicken Parmesan Buttered Noodles Capri Vegetables Caesar Salad Pears
17 SENIOR SUPPER! VOLUNTEER DINNER Turkey w/Cranberry Mashed Potatoes w/Gravy Broccoli Pumpkin Cake	20 French Dip au jus Potato Wedges Veggies Broccoli/Squash Salad Ranger Cookies
24 BIRTHDAY LUNCH!!! Stuffed Peppers Red Potatoes Mixed Veggies Birthday Cake!	27 Meatloaf Mashed Potatoes w/Gravy Italian Veggies Chocolate Pudding

APRIL 2007 BIRTHDAYS AND ANNIVERSARIES

6 - Ingrid Karnikis
7 - Joe Floren, Jan Wells, Jim Jenkins
8 - George Lundstrom, Bill Tyree, Anne Marcin, Lowell Baney, Gail Gilman
9 - Gene Crowe, Vincent Monaco
10 - Rod Magner
12 - Carol Parks
14 - Paul Friedman
15 - Bob Cooper, Anne Hay
17 - Nancy Schmidt
18 - Arjean Filmer-Bennett, Jan Zehnedr
19 - Larry Leyman, Lina McPeake, Gretchen Shelton, Don Wilson, Margaret Conner
20 - Willi Kuehle
21 - Kitty Curley, Brian Cleary
22 - Louise Smith, Fredrica Kundig, Edson Kempe
23 - John Beckwith, Marylou Cobb, Marianne Shelton
24 - Bill McMillen, Susan Kosiur
25 - Kathleen Dewhurst
26 - Sylvia Biddick
27 - Betty Brazil, Helen Bee, Mary Gardner
29 - Don McLean, Cay Tretheway, Eula (Red) La-Porte
30 - Bill Montgomery, Jan Gage, Jerry Crisman, Barbara Urschel, Margaret Wilson, George Larson

ANNIVERSARIES

04/06/68 Chris and Evelyn Clark
04/07/56 Dick and Velma Doty
04/08/72 Garry and Mimi Peters
04/10/76 Clyde and Barbara Teague
04/12/58 Larry and Beverly Johanson
04/14/67 William and Maureen Burlew
04/19/96 James and Treena Williamson
04/20/63 Bob and Marylou Cobb
04/26/58 Jack and Gail Gilman

REMEMBERING WITH LOVE

Philip Deane 1924 - 2007

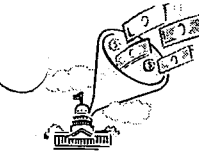


Senior Lunches are on
Tuesdays & Fridays, 11:30,
in the Betty Lundeen room.
Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR April 2007

April Cake Bakers:
Allan Englehartson, Nancy
Koenig, Midge Lofland,
Clarena McLachlan, Irene
O'Neill

Greeters: May Shiozawa and Marylou Cobb

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 1pm - Oil Painting class*	5	6 Wear Your Easter Bon- nets to Lunch!	7 9am Color Theory Class
8	9 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	10 SHIBA* TAX HELP* 130 - Knitters 6pm- (MP) Toastmasters	11 WESTERN HEARING* 1pm - Oil Painting class*	12	13 10am German Bavarian Art	14 9am Color Theory Class
15 TAX DAY! 	16 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	17 SUPPER! Volunteers! SHIBA* TAX HELP* 130 - Knitters 6pm- (MP) Toastmasters	18 WESTERN HEARING* 1pm - Oil Painting class*	19 Mainland Shopping	20	21 9am Color Theory Class
22	23 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	24 SHIBA* TAX HELP* FOOTCARE* 130 - Knitters 6pm- (MP) Toastmasters	25 FOOTCARE* ELDERLAW * 1pm - Oil class 6pm Commu- nity Poetry	26 FOOTCARE* 8:30 Advisory Committee	27	28 9am Color Theory Class
29	30 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	MAY 1st - Bob Berky, Vaudevillian/Clown, will make a presentation after lunch at 1pm in the Lundeen Room as part of his residency with the Orcas Center leading up to a performance on Friday, May 4th. Stay tuned for details in the May Senior Signal.				

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* Reservations must be made by calling Senior Center at 376-2677

** Payment due at sign-up for all recreation, shopping trips, classes, etc.

*** Medical transportation paid at time of trip.

SHIBA NEWS UPDATES...

Rx Washington drug discount card has new name and phone number: The drug discount card is now called the Washington Prescription Drug Program (WPDP). Administered by the Washington State Health Care Authority, the new phone number is 1-800-913-4146. For more information about this free program, which is open to all Washington state residents, visit: www.rx.wa.gov.

Updated Part D Extra Help Tip Sheet: The Centers for Medicare and Medicaid Services (CMS) tip sheet includes information about 2007 income and resource levels to qualify for Extra Help. It also shows cost-sharing amounts for clients who receive Extra Help. The last page of the tip sheet tells how to use the 1-800-MEDICARE voice prompts to get faster service. To read the tip sheet, visit www.cms.hhs.gov/partnerships/downloads/11236P.pdf.

Limited open enrollment periods (during 2007 and 2008) for Medicare Advantage (MA)-only plans: Between April 1 and November 14, eligible Medicare clients may join MA plans with no Medicare Part D coverage. Clients may join a Health Maintenance Organization (HMO) or Private-Fee-For-Service plan. But, if clients have a stand-alone Part D plan (PDP) and they join an MA-only plan that is an HMO, they will lose their PDP coverage.

Secondary payers for Medicare Part D premiums: The Social Security Administration (SSA) may withhold incorrect Part D premium amounts from SSA checks for clients who have secondary Part D coverage. For example, clients may have an employer or a prescription drug assistance program that helps pay their Part D premium. SSA has no way to reduce the deduction from clients' benefit checks. CMS is asking plans to refund overpayments to clients. Plans may ask clients to use direct billing for premiums instead of SSA deductions.

It's Official! 2-1-1 is available statewide! Because "911" is a number reserved for emergency calls and not to be used as a medical/social services information center, "211" was instituted in 2006 in Washington as that information line and is now up and running throughout the state.

FROM ME GENERATION TO RE-GENERATION

Retirement years have long been marked by withdrawal, entitlement and the pursuit of leisure. But all this is changing now with a generation that's 60-and-still-raring-to-go. The emerging model embraces personal growth, giving back and continued employment.

These hallmarks of the new retirement have the potential to reshape the economy and society to everyone's benefit. The challenge is not, as many have argued, how to pay for an aging society; it's how to harness the skills of a vast, willing and able new crop of people who want to stay in the game longer, give something back and help cure society's ills.

The latest statistics validate that trend: for example, "boomers" have higher volunteer rates (a whopping 33%) than even seniors (24%) or young adults (24%).

Last year we had a total of 75 (recorded) volunteers who performed almost 6,000 hours of service at the Senior Center. Come to our Volunteer Appreciation Dinner April 17th to celebrate with us!

Remember this from last month?

TIPS FOR AVOIDING IDENTITY THEFT

1. *When you check out of a hotel that uses cards for keys, do not turn the "keys" in. Take them with you and destroy them, they are encoded with all of the information you gave at check-in.*

I heard from two readers who pointed out that this particular "advice" falls under the category of "urban myth". This just serves to remind me, and, I hope, others, that it is important to double check the facts when presented with any kind of "tips" or "advice". Thanks Liz and Irmgard...

ORCAS SENIOR SIGNAL

Linda Tretheway, Editor

Jo Anne Bastron, Proofreader

Joyce Rupp, Project Manager

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

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For non-emergency appointments with doctors and other practitioners. Try to schedule appointments for Wednesdays or Thursdays. We will try to accommodate other days if possible. Reserve early. Call Joanne to schedule. Suggested donation--\$12 - \$17.

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Hearts and Hands: Trained volunteers provide one or two hours a week of practical assistance such as caregiver respite, errands, light housework, meal preparation, shopping and companionship. Call Nancy Southern at 376-7723

T'AI CHI CHIH!

Joy Thru Movement

*The Chinese say that those who practice Tai Chi
will attain the pliability of a child,
The vitality of a lumberjack,
And the wisdom of a sage.*

Students are requesting 4 things right now -- more balance, strength, flexibility and peace of mind. What's the most popular word in Joan's classes? Ditto... yes, we all want the same things.

Medical studies are now evaluating the physical, emotional and mental benefits of *tai chi*, and they seem to prove that people actually can improve with age by practicing this soft, non-martial art form.

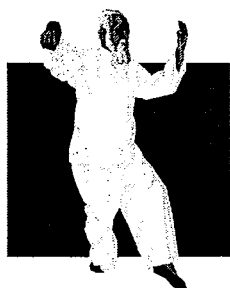
Seniors regularly practicing *tai chi* have a **47% less chance of falling** according to a recent Mayo Clinic study, and this easy to learn *QiGong* form is endorsed by the Arthritis Foundation.

Weekly breathing tips are shared in class since 90% of our energy is determined by the quality of our breathing.

T'ai Chi Chih continually surprises participants by effortlessly delivering just that the seeker is seeking. You are invited to come and try the first class on like a fun spring hat.

Free Class Demonstration Monday, April 9th, from 9:30 - 10:30am. This 8-week series begins on the 9th in the Lundeen Room. Level I - Learning the Basics from 9:30 - 10:30am. Level II - Continuing Class from 11am - Noon. Fee is \$80.

Joan Roulac has been passionately practicing and sharing this *juicy* form for 20 years. Questions? She's happy to answer them for you at: -6336.



EBBA RETURNS!

Back by popular demand, Ebba Brophy will be coming all the way from her new home in Olympia to teach a one-day-only class in **German Bavarian Box Painting** on Friday, April 13th, from 10am to 4pm in the Multipurpose Room. Class fee is \$25 plus supplies. Boxes will be provided at cost. Call the front desk at -2677 to register soon as this class will fill quickly!



COME TO LUNCH MAY 1ST And STAY AWHILE!



Visiting vaudevillian/clown, Bob Berky, will be on hand after lunch on Tuesday, May 1st, to give an up-close-and-personal performance as a part of his residency here with the Orcas Center. Bob will be here throughout the week giving classes and demonstrations, culminating in a performance at the Orcas Center on Friday, May 4th. This would be a good day to invite friends and family to join you for a delicious lunch with good friends and neighbors and a special treat afterwards. All are welcome. If you are planning on inviting more than 2 people for lunch, please call ahead. Thank you and see you there!

USING COLOR IN DESIGN

This class will focus on the understanding and use of color and its properties. You will learn the basics of color and use different color schemes to create interesting designs. No previous knowledge is necessary. The class will be held Saturdays in April, beginning the 7th, in the Multipurpose Room, from 9am - 12noon. Fee is \$80 for the class plus a \$5 materials fee. Limited to 15 per class. Register by calling the senior center at -2677. Questions? Call Carolyn @-4044 or 360-661-3985

Carolyn Wayland, Instructor, has taught art in the public schools for 30 years. She has a Masters Degree in Art Education and a Masters Degree in Teaching. "Art, teaching, and designing harmonious spaces are my passions. I'd like to share my knowledge of color and design with others so that they may apply these concepts to whatever in life they want to design, whether it be a quilt, a painting, a garden or a space."



VOLUNTEER DRIVERS...

We're going to ask every month until we get our Driver Roster built up! How would you like the use of a van to go to the mainland sometime? And... we pay for the gas and the ferry ticket! All you have to do is sign up to become one of our volunteer drivers who take seniors off-island for medical trips and other necessary appointments. Once in awhile, you might also get the opportunity to go to an exotic place such as Sequim, for the Lavender Festival, or Harrison Hot Springs. Interested? Call Jo Anne at the Senior Center at 376-2677 and she will get you signed up.

SECOND CALL - KITCHEN VOLUNTEERS...

Want to show your appreciation for the wonderful meals Amy Raven fixes for us each Tuesday and Friday? How about staying around for a little while to help with the dishes or cleaning tables? Why does it all herself and could use the help at the end of a long day over a hot stove! *I really mean it, this time!*

BROKEN UMBRELLAS are being sought by your decorating committee for... ??? Donate some and see what happens. Bring them to the senior center and leave them for Jo Anne Bastron or Irene O'Neill.

FRIENDS OF MORAN STATE PARK are turning the cabin at the summit of Mt. Constitution into a small Visitor's Center by this summer. Barb Buman would like pictures and/or stories from people who might have worked/lived in it so they can make a little history corner. Call Barb @-3636... she'd love to hear from you!

Pictured at the Right: Tony Howard standing in the doorway of the cabin she slept in after shifts of fire-watching on top of Mount Constitution in the 1950's.



VISUAL ARTS COMMITTEE WANTS TO KNOW...

Do you have any special collections that you would like to exhibit at the Senior Center in the Lundeen Room? If so, please take a few minutes to fill out and send to the Senior Center at PO Box 18, Eastsound, 98245. Or, you may simply drop it off the next time you're in town!

Name _____

Phone _____

_____ Ship Models

_____ Paintings, Posters, Photographs

_____ Artifacts, carvings or sculptures

_____ Items collected during travels to South Pacific, Orient, Europe, Africa, North America, Central America, South America, Other (please specify _____)

_____ Have you had any adventures you would like to share?

_____ Have you done any cruising or fishing on boats? Do you have photos and stories to tell?

_____ Children's artwork, i.e., your children or grandchildren's art that can be exhibited?

What would you like to see exhibited at the Senior Center?

Thank you for your help and ideas!

"Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.

-- Samuel Ullman

SENIOR SERVICES COUNCIL OF SAN JUAN COUNTY	
Orcas Island Senior Center PO Box 18 Eastsound, WA 98245	
Phone: 360-376-2677 Fax: 360-376-5465 Location: 62 Henry Road Email: lindat@co.san-juan.wa.us	

Non-Profit Organization U.S. Postage PAID Permit #10 Eastsound, WA 98245
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<u>Orcas Senior Center Staff</u>	
Linda Tretheway	Senior Services Coordinator
Jo Anne Bastron	Department Assistant
Amy Raven	WCCOA Nutrition Head Cook
Joyce Rupp	Program Director

<u>Orcas Advisory Committee</u>	
Lindalena Dingman-Chair	Marilyn Erly
Wally Logan-Vice-Chair	Penny Hawkes
Carol Ely -Treasurer	Jane Heisinger
B.J. Arnold-Secretary	Beth Jurgensen
Helen Bee	John "Fritz" Kraetzer
Jack Conant	Dave McPeake
Ellen Emery	Patsy Stephens
	Darrel Suthergeen

**DON'T FORGET
TAXES DUE
APRIL 15TH**

SENIOR SERVICES OF SAN JUAN COUNTY



ORCAS ISLAND SENIOR SIGNAL

Senior Center Hours 9 am - 4 pm, Monday - Friday
PO Box 18, 62 Henry Road, Eastsound, WA 98245
360-376-2677 (V/TDD) FAX 360-376-5465

Website: www.orcasseniors.org

Volume 12 Issue 5

May, 2007

FROM THE DESK OF LINDA T...

Thank you again to all of you who helped make this year's fund raiser such a success. Several names were regrettably missed when listing all the wonderful volunteers last month: Jennie Joplin, Magdalen Verhasselt, and Gael Shipstad. If we've still missed some of you, apologies and many, many thanks.

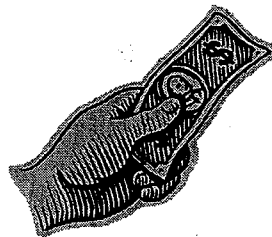
Speaking of volunteers... The third Tuesday night of April we celebrated as many of our volunteers as we could find with our Annual Volunteer Appreciation Dinner. Awards were presented to Thelma Kallam for her 388 hours as a front desk volunteer. She was one of the top ten hour earners for 2006 and shared that recognition with: Barb Pesola, Ricki Pearce, Irene Neill, Myrna Wood, Jen Bentley, Cecilia Schwanke, Dora Blake, Mary Ann Slabaugh and Roger Congdon. Barb Pesola, with 776 hours, was awarded the Staff Appreciation award by Jo Anne and myself. The top five drivers were: Irene O'Neill, Jen Bentley, Mary Ann Slabaugh, Roger Congdon and Wilton Schwanke. Our volunteers gave a total of 5,336 hours in 2006 and our drivers spent a total of 17,749 miles on the road. I know the hours must be much higher as I see people helping out all the time who don't let us know their hours. Even though we may not know who you are, we appreciate you tremendously. **THANK YOU!**

Dora Blake was given the Advisory Committee Agape Award. This award annually goes to someone who has given tirelessly of themselves, in ways both big and small, over the years. Well deserved, Dora!

Please note a change in our Transportation Program policy on page 3 and, again, on page 5. It is important that we make this change in order to continue providing efficient and effective service.

MEMBERSHIP RENEWAL BEGINS THIS MONTH.

Don't forget to renew OR join for the first time! Application found on Page 7.



YOUR DONATIONS MAKE ALL THE DIFFERENCE

Once again, **THANK YOU** to all of you who made added contributions to the Senior Center last year when you renewed your memberships. Those supplementary gifts combine to provide significant needed funds.

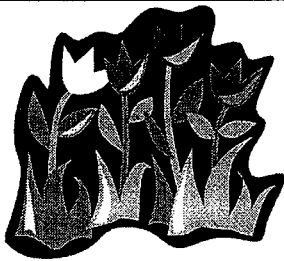
Just what do we do with all your generously-gifted dollars? Mostly, they help us keep the building cleaned, lit, heated, and repaired... and subsidize a number of the programs offered at the Center. They also help us support our "special needs" fund, providing resources that allow Linda and the rest of the staff to respond sensitively and supportively to the unique needs of individual members of the senior community. **This year we will also have a significant added expense -- the replacement of one, or possibly two, of our vans.**

Your basic membership dollars actually pay for *none* of that. Membership monies instead go directly to the county-wide Senior Services Council to support one vital service: the transportation program. In addition, the county pays the salary of our Senior Services Coordinator and Department Assistant and shares in the cost of maintaining the building. We also take in some rental income from folks who use the Lundeen Room or Multi-purpose room for meetings or gatherings.

The Advisory Committee's role is to raise the *rest* of the needed dollars every year -- \$40,000 to \$50,000 each and every year. Our two very successful fund raisers, the Granny's Attic Sale in the spring and the Holiday Fair in November, help us raise a goodly chunk of that amount. But, we count on our members, and on many other generous islanders, to make up the rest.

(continued on Page 6)

MAY 2007 MENU

1 Italian Chicken Mash Potatoes & Gravy Peas & Carrots Mandarin Orange - Green Salad Cake	4 ¡ Mexican Fiesta ! <i>For Cinco de Mayo</i> Beef Fajitas Spanish Rice Refried Beans Sherbet
8 Tossed Chicken Salad Cornbread Fresh Fruit Tray	11 Swiss Steak Mash Potatoes & Gravy Mixed Veggies Broccoli & Cauliflower Salad Apricots
15 SENIOR SUPPER! Pork Loin with Gravy Baked Yams Veggies Salad Lemon Cake	18 Ham with Pineapple Scalloped Potatoes Mixed Veggies Cole Slaw Tropical Fruit
22 Minestrone Soup Turkey & Cheese Sand- wiches Lettuce & Tomato Brownies	25 Marinara Chicken Penne Pasta Dinner Blend Veggies Cucumber & Onion Salad Strawberry Ice Cream
29 BIRTHDAY LUNCH! Baked Potato And Chef Salad Bar	

REMEMBERING WITH LOVE

Harold Heinmiller 1921-2007
 Jessie Lavender 1918-2007
 Denise Stanton 1955 - 2007

MAY 2007 BIRTHDAYS AND ANNIVERSARIES

1 - Bob Cobb, Pat Pomeroy, Bob Foulk
 2 - Joy Bennett, Anne Boone, Linda Weston
 3 - Geoff Lemon, Judy Dorman
 4 - Jack Titus
 5 - May Shiozawa, Kamala Harrison, Joyce Pearson
 7 - Joan Miller
 8 - June Cale West, Stu Stephens,
 9 - Marjorie Bevin, Babs McCorison, Eileen Pyka
 10 - Harvey Smith
 11 - Thelma Kallam, Shirley Aggas, Barbara Otis, Mac Trunkey
 12 - Linda Abbott
 14 - Anna Mae Kann, Barbara Fleming, Ray Jarecki, Carol Bee
 15 - Sue Wood, Anne Weingarth, John Pritchard
 16 - James Munson, Beverly Slater, Cheri Munson, Annette Mazzarella
 17 - Larry Melvin
 18 - Larry Johanson
 19 - Erv Harlacher, Eva North
 20 - Dick Arnold, Felice Mourning
 21 - Elizabeth Bret, Marcie Greaves
 22 - Bill Felber, Elizabeth Star
 23 - Ron Mourning
 24 - Gayle MacDonald
 25 - Lee Waltersdorph
 26 - Susan Hendrick, Verna Pehl, Phyllis Chambers, Sandy Thompson
 27 - Barbara Meyer
 28 - Hi Stickney
 29 - Elizabeth Nuzum, Grace Hendricks, Kathleen McClish, Kay Osborne, Dorna Theaman
 30 - Juanita Swanson, Sara Seagrave
 31 - Bud McKee, Diane Jarecki, Sharon Harpham, Sue Carroll

ANNIVERSARIES

5/01/86 Walter and Gayle Keith-Ashley Corbin
 5/08/?? Rod and Alison Magner
 5/08/64 Steve and Terry Hopkins
 5/12/74 Alan and Pam Edwards
 5/14/66 Bob and Phyllis Henigson
 5/15/37 Kern and Grace Hendricks
 5/18/62 Roger and Conny Congdon
 5/19/84 Mike and Carolyn Wiley
 5/26/43 Richard and B.J. Bangert
 5/29/71 Keith and Ann Jones





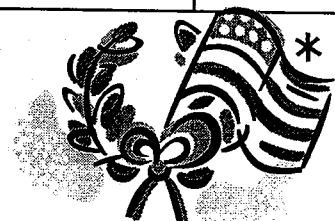
Senior Lunches are on
Tuesdays & Fridays, 11:30,
in the Betty Lundeen room.
Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR May 2007

May Cake Bakers: Shirley
Aggas, Agnes Forbes, Gene
Herz, John Inch, May Shio-
zawa



Greeters: Cay Tretheway and Lea Anna Stewart

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 MAY DAY! SHIBA*  1:30 - Knitters	2 1pm - Oil Painting class*	3	4	5 Cinco de mayo! 
6	7 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	8 SHIBA* 1:30 - Knitters 6pm- (LR) Toastmasters	9 WESTERN HEARING* 1pm - Oil Painting class*	10	11	12
13  MOTHER'S DAY	14 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	15 SHIBA* Sr. SUPPER 1:30 - Knitters 6pm- (MP) Toastmasters	16 1pm - Oil Painting class*	17 Mainland Shopping	18	19 10am - Old Buzzards Day! 
20	21 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	22 SHIBA* 1:30 - Knitters 6pm- (MP) Toastmasters	23 ELDERLAW * 1pm - Oil Painting class*	24 8:30 Advisory Committee	25	26
27	28 MEMORIAL DAY OBSERVED CENTER CLOSED	29 SHIBA* FOOTCARE* BIRTHDAY LUNCH 1:30 - Knitters 6pm- (MP) Toastmasters	30 FOOTCARE* 1pm - Oil Painting class*	31 FOOTCARE*		

ABBREVIATIONS: LR = Lundeen Room; MP = Multipurpose Room; CR = Conference Room

* Reservations must be made by calling Senior Center at 376-2677

** Payment due at sign-up for all recreation, shopping trips, classes, etc.

*** Medical transportation paid at time of trip.

TRANSPORTATION PROGRAM UPDATE: Medical appointments must be scheduled for Wednesday or Thursday, except appointments in Seattle, which must be scheduled for Monday or Tuesday.

SHIBA NEWS UPDATES...

Beware of potential Medicare Part D phone scams: Clients should be wary if they receive a phone call from someone claiming they are with a valid-sounding organization, such as "Pharma Corp.," the "National Medicare Office," or the "National Medical Office." The scammers offer to "help" clients make the Part D process easier, simplify their choices, or help them to access benefits or save money. They also ask for personal information from clients, such as a Medicare number, banking information, credit card numbers, or payment. Valid organizations will NOT ask for money. If you get one of these calls, get the caller's name and number so you can "call them back." You may call Medicare at 1-800-MEDICARE to verify the organization's validity or call the Insurance Consumer Hotline at 1-800-562-6900 to report possible fraud.

Beware of e-mails that appear to come from valid financial institutions: E-mails that appear to come from valid financial institutions may include links to phone look-alike Web sites that request you to enter a login and password. You may see subject lines that read "Member Alert" and "Your account is suspended for security reasons!" Do **NOT** click on any links and do **NOT** provide any personal information. If you do, you could become a victim of identity theft and fraud. Real financial institutions will **NEVER** ask you to verify your identity online. For more information on how to protect yourself, visit the Washington State Attorney General's Web site at www.atg.wa.gov/ConsumerIssues/ID-Privacy.aspx

CMS clarifies policy for clients who elect Social Security Part D premium withholding: The Centers for Medicare and Medicaid Services (CMS) sent a memo to Medicare Part D plans to clarify that plans may **NOT** disenroll clients for non-payment of Part D premiums if clients elect to have their payments withheld from their Social Security check. The Social Security Administration is still experiencing computer issues that results in client withholdings not reaching the plans. Plans may not disenroll members for failure to pay premiums in these circumstances.

WEST NILE VIRUS UPDATE FOR SUMMER

San Juan County Health and Community Services is once again reminding county residents to protect themselves against mosquito-borne illnesses, such as West Nile Virus.

The virus has been moving west since 1999. In 2006, the first human cases were detected in our state. Human cases of West Nile virus usually peak in August but can occur June through September. Because the virus was found in Washington last year we expect to see cases here in San Juan County this summer.

The risk of getting West Nile virus is very low, but anyone can become infected. People over 50 years of age have the highest risk of serious illness. Most people who are infected with West Nile virus will not get sick. About 1 in 5 people infected will have mild symptoms such as fever, headache, and body aches. If you have any of these symptoms, contact your health care provider.

There is no human vaccine for West Nile virus. The best way to protect yourself and your family is to avoid mosquito bites and reduce the places mosquito live and breed around your home by emptying anything that holds standing water, keeping screens in good repair, staying inside at dawn and dusk and wearing clothing that covers most of your body when it is not possible to do so.

For more information and answers to any questions you might have, please contact:
Frank James MD, Health Officer at 360-201-2505
or Mark Tompkins, Environmental Health Manager at 360-378-4474

ORCAS SENIOR SIGNAL

Linda Tretheway, Editor

Jo Anne Bastron, Proofreader

Joyce Rupp, Project Manager

This newsletter is published by San Juan County Senior Services through a grant from the Northwest Regional Council.

We invite contributions from all Orcas Senior Services members and friends.

Deadline for the June, 2007 issue: May 15

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

When feeling stressed, most people tend to breathe in short, shallow breaths. When you breathe like this, stale air is expelled, oxidation of the tissues is incomplete, and muscle tension frequently results. Check your breathing throughout the day. If you find your muscles are knotted and your breathing is shallow, relax all your muscles and take several deep breaths.

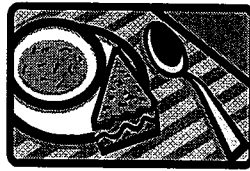
Services We Provide & Whom to Call

Lunch: Served twice a week at each Senior Center. **Orcas Island** has lunches on **Tuesday and Friday at noon**. San Juan Island on Monday and Thursday. Lopez on Wednesday and Friday.

Orcas: 376-2677

San Juan: 378-2677

Lopez: 468-2421



Hearing Screenings: Western Hearing comes to Orcas once a month. Check calendar for date. Reservations required. Costco Hearing goes to the Mullis Senior Center on San Juan once a month. Call 378-2677 to schedule appointments with Jodi at the Mullis Center.

Elder Law Clinic: Half-hour sessions with Cy Field, Attorney, by appointment. Usually on 4th Wednesdays. Call Front Desk.

Senior Transportation: Call before 10:30am to arrange for lunch pickup on Tuesday or Friday. On return trip, stops are made at the post office, market, and pharmacy, as needed. Suggested donation--\$1.00.

Mainland Medical Transportation: Medical appointments with doctors and other practitioners **must** be scheduled for Wednesdays or Thursdays. Appointments in Seattle **must** be scheduled for Mondays and Tuesdays only. Please reserve at least one week in advance. Call Jo Anne to schedule. Suggested donation--\$12 - \$17.

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Home Delivered Meals: Lunches are available for the homebound and are delivered twice weekly. Additional frozen meals also can be requested and delivered. Call Senior Center to arrange. Suggested donation is \$3.00, for each meal delivered.

Blood Pressure Clinic: Second Tuesdays before lunch. Free to seniors. No reservations needed. Mary Totten, R.N.

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CALLING WOMEN 55 AND OLDER For a MONTHLY POTLUCK SUPPORT GROUP

Several women have been asking about the time and space for a monthly (potluck?) get-together as a way to provide on-going support for things not necessarily requiring special groups, such as grief, caregiver, cancer, etc.

Some women would just like to have an evening a month where they can gather, share some good food, talk about their lives, exchange advice and ideas, and offer support for daily living (and, of course, the hard things).

We're testing the waters to see if there is an interest in the senior community for such a group. Please contact the front desk at 376-2677 to let us know you'd like to participate.

USING COLOR IN DESIGN

This class has been rescheduled from April to the following Saturdays in May... 5th, 12th, 19th and June 2nd. The focus will be on the understanding and use of color and its properties. You will learn the basics of color and use different color schemes to create interesting designs. No previous knowledge is necessary. Fee is expected to be \$80 for the class plus a \$5 materials fee. Limited to 15 per class. Register interest by calling the senior center at -2677. Questions? Call Carolyn @-4044 or 360-661-3985

HOW'S YOUR DIRT?

Here's an easy way to help identify what type of soil you have. Place a cup of garden dirt into a clear quart jar and fill the jar with water. Shake the soil and water until it is well mixed. Then, let it settle for 24 hours.

The elements in the soil will separate into layers. The layer with the heaviest particles -- sand -- will be on the bottom, followed by layers of silt and clay.

You should be able to estimate the amount of sand, silt and clay in your soil by the thickness of each layer.

(continued from Page 1)

So when you renew your membership this month, next month, or whenever, **we hope you will consider adding on a gift.** Whatever amount you can afford will be gratefully received and used with care. We try to squeeze every nickel!

Helen Bee, on behalf of the Senior Center Advisory Committee

P.S. A membership form is included in this newsletter on Page 7.

CALLING ALL OLD BUZZARDS

Once again the EAA (Experimental Aviation Association) of Eastsound is inviting all seniors to come to the bi-plane hangar at the Eastsound Airport on Saturday, May 19th from 10am - 2pm for free airplane rides given by our local pilots.



All you need to bring are yourself, a camera and a warm jacket. The ride is free and, after you touch down, each passenger will receive a certification, declaring them a bonafide, "old buzzard".

See you in the clouds!

OIL PAINTING WITH EDMONA

A new session of Edmona Saunder's Oil Painting Class will begin on Wednesday, May 2nd, in the Multipurpose Room of the Senior Center from 1pm to 5pm. Bring your own supplies, if you have them. If you are a beginner and wanting to find out what oil painting is all about, Edmona will lend you some of hers. Cost for the 6 sessions is \$50, payable at the time of sign up. Contact the front desk at -2677 to register. Happy painting!



THE HISTORICAL MUSEUM... is looking for Volunteers for this summer season to provide a few hours/week, or every 2 weeks, at the Historical Museum, the Saturday Farmer's Market, and/or the Crow Valley Schoolhouse. First training for the schoolhouse will be offered May 23rd. Call the director, Micki Ryan, at 376-4849 or send her an email at orcasmuseum@rockisland.com if you're interested or want more information.

VOLUNTEER DRIVERS...

We're going to ask every month until we get our Driver Roster built up! Last month we added three new volunteers to our drivers' roster and we're very happy to welcome them on our team. How would you like the use of a van to go to the mainland sometime? And... we pay for the gas and the ferry ticket! All you have to do is sign up to become one of our volunteer drivers who take seniors off-island for medical trips and other necessary appointments. Once in awhile, you

might also get the opportunity to go to an exotic place such as Sequim, for the Lavender Festival, or Harrison Hot Springs. Interested? Call Jo Anne at the Senior Center at 376-2677 and she will get you signed up.

THIRD CALL - KITCHEN VOLUNTEERS...

Want to show your appreciation for the wonderful meals Amy Raven fixes for us each Tuesday and Friday? Sandy showed up about four weeks ago and has been working on her dishpan hands. Now, all we need are a few more intrepid souls to round out the kitchen help team. How about staying around for a little while to help with the dishes or cleaning tables?

ALSO IN THE KITCHEN...

Every other Monday we receive a HUGE delivery of food for the next two week's Senior Lunches. We need a volunteer willing to come in on those mornings to help put it all away. Biggest reward is our undying gratitude. Any takers?

Join Us; Renew Your Membership; Make A Contribution

Yes, I/we want to join/renew membership in Senior Services of San Juan County (Orcas Branch) for 2007/2008 (July 1 thru June 30).

☐ Individual Membership (\$15)

☐ Couple Membership (\$25)

I/We wish to make an additional contribution to support Senior Services on Orcas Island:

☐ \$25 Nurturer

☐ \$100 Sustainer

☐ \$500 Raving Fan

☐ \$50 Advocate

☐ \$250 Benefactor

☐ Other Amount _____

I/We enclose a check (made out to Orcas Senior Center) for membership plus any donation.

Your gift is fully tax deductible.

Last Name _____ First Name _____ Birthday * _____

Spouse/Partner (if applicable) _____ Birthday * _____

Email address _____ Anniversary * _____

Address (Street or PO Box) _____

City _____ State _____ Zip _____ Phone _____

* Optional

***** FOR OFFICE USE ONLY *****

☐ Individual - \$15 ☐ Couple - \$25 ☐ Additional Donation _____

Date Received _____ ☐ Cash (receipt#) _____ ☐ Check # _____

☐ New Member ☐ Renewal ☐ Associate Member

First Name Member # _____ Spouse/Partner Member # _____

Mail to: Orcas Senior Center, PO Box 18, Eastsound, WA 98245

Non-Profit Organization
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PAID
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Eastsound, WA 98245

SENIOR SERVICES COUNCIL OF SAN JUAN COUNTY	
Orcas Island Senior Center PO Box 18 Eastsound, WA 98245	
Phone: 360-376-2677 Fax: 360-376-5465 Location: 62 Henry Road Email: lindat@co.san-juan.wa.us	

<u>Orcas Senior Center Staff</u>	
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Jo Anne Bastron	Department Assistant
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Joyce Rupp	Program Director

<u>Orcas Advisory Committee</u>	
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Wally Logan-Vice-Chair	Penny Hawkes
Carol Ely -Treasurer	Jane Heisinger
B.J. Arnold-Secretary	Beth Jurgensen
Helen Bee	John "Fritz" Kraetzer
Jack Conant	Dave McPeake
Ellen Emery	Patsy Stephens
	Darrel Suthergeen

SENIOR SERVICES OF SAN JUAN COUNTY



ORCAS ISLAND SENIOR SIGNAL

Senior Center Hours 9 am - 4 pm, Monday - Friday
PO Box 18, 62 Henry Road, Eastsound, WA 98245
360-376-2677 (V/TDD) FAX 360-376-5465

Website: www.orcasseniors.org

Volume 12 Issue 6

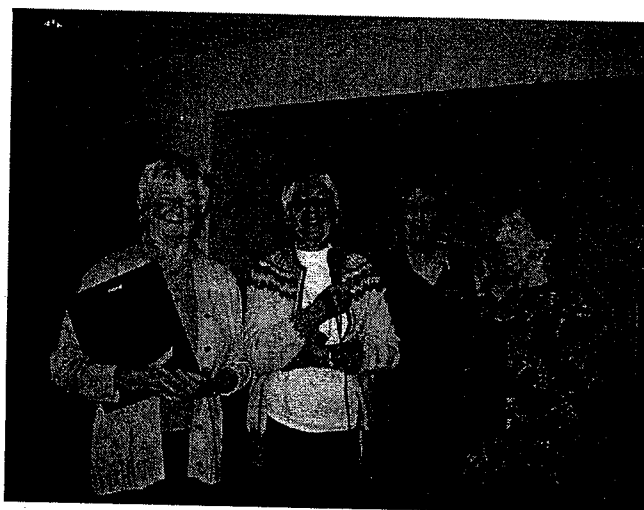
June, 2007

SPECIAL AWARDS FOR SPECIAL PEOPLE GIVEN AT SENIOR LUNCH

Rachel Adams and Marilyn Anderson had no idea why they had received a special invitation to come to Senior Lunch on May 22. It wasn't until the announcements usually read at each lunch were almost completed that they learned why they were there.

Lindalena Dingman, Chairperson of the Orcas Island Advisory Committee, called Marilyn and Rachel to the front of the room and Linda Tretheway read the Chinese proverb from the "Island Treasure" perpetual plaque which reads, "A good neighbor is a priceless treasure." Rachel and Marilyn's names will be added to the plaque, joining other Island Treasures Susan Osborn, Doug Bechtel and Ted Grossman.

Lindalena read the following introduction, written by Helen Bee. "Rachel and Marilyn have been volunteering their time for a zillion causes on the island for at least 30 years, if not more. They lived on Crane island for a long stretch (now live on Orcas), and during all those years they motored over in their boat for at least one day a week of volunteering at the library -- back in the days when the library ran virtually entirely with volunteers, when it was located on the main street, in the building where the real estate office now is. They STILL volunteer at the library one day a week. Marilyn has also been a prime mover and constant volunteer at the Orcas Center, on whose board she has served off and on for many years, and Rachel has been heavily involved in various conservation groups. They are ready to help with everything, and are generous with both time and dollars. I think of them both as island institutions, part of the great human wealth of the island. And I am sure there are many things they do that I don't know about!"



Rachel Adams (with mike in center) has a few words to say to the congregates at Senior Lunch on May 22 upon receiving, with Marilyn Anderson (left), the Senior Center's "Island Treasure" award for 2007. The award was presented by Lindalena Dingman, Advisory Committee Chair (far right) and Linda Tretheway, Senior Services Coordinator.

FROM THE DESK OF LINDA T...

It was my pleasure on May 22 to present Emily Reid with the "Lifetime Achievement" award offered annually to one of our elders who has given so much to Senior Services over the years. Emily has served on the Advisory Committee and as a volunteer Driver. She has appeared before the County Board and the State Legislature on behalf of Senior Services in San Juan County.



These days, Emily can be found watering and tending to the many plants we have throughout the Senior Center. Thanks, Emily!

JUNE 2007 MENU

	1 Spaghetti Green Beans Garlic Bread Romaine Salad Peaches
5 Shrimp Salad Oatmeal Bread Fresh Fruit Tray	8 Cabbage Rolls Red Seasoned Potatoes Italian Veggies Salad Cookies
12 BBQ Chicken Baked Beans Coleslaw Corn Bread Chocolate Pudding	15 Golden Lite Fish with Broccoli and Cheese Scalloped Potatoes Scandinavian Veggies Salad Applesauce
19 SENIOR SUPPER! Served @ 6pm Beef Enchiladas Spanish Rice and Beans Salad Chocolate Cake	22 Grilled Reuben Mini Salad Bar Fresh Fruit Tray (Watermelon, etc.)
26 BIRTHDAY LUNCH! Teriyaki Chicken Wild Rice Pilaf Capri Blend Veggies Waldorf Salad Birthday Cakes!	29 Lasagna Italian Veggies Romaine Salad Garlic Bread Fruit

REMEMBERING WITH LOVE

Statia Brogi 19.. - 2007
 Dick Curdy 19.. - 2007
 Janet Finnerty 1923 - 2007
 Elaine Jagels 1925 - 2007
 Richard Wilson 1932 - 2007

JUNE 2007 BIRTHDAYS AND ANNIVERSARIES

2 - Elizabeth Berdan, Jack Culver, Roy Williams
 3 - Joe Nichols
 4 - Carolyn Carroll, J. Chandra Hahn, June Magnuson
 5 - Ronald Ambler, Don Gerard, Andy Nigretto
 7 - Marilyn Erly
 8 - Bonnie Fullerton, Paul Greenwell, Patsy Kuehle, Polly Pratt
 9 - Harry Patton, Howard Shirley, Lorraine Stevens, Wilton Schwanke
 10 - Richard Gould, Ron Wallace
 11 - Philip Greenwalt
 12 - Jane Kempe, Alan Lichter, Muriel Silvertooth
 13 - John Mazarella, Penny Hawkes
 14 - Peter Huie
 15 - Marilyn Parman
 16 - Sharon Buchan, Gordon Crowe
 17 - Suzan Chamberlayne
 20 - Maureen Crowe, Richard Greaves
 21 - Valerie Anders, Pat Blay, Harriette Mathews, Larry McNair
 22 - John Erly, Captain Don Palmer
 23 - Hazel O'Brien
 24 - John Hannan, Gary Peters, Veronica Thornton
 25 - Robert Lundeen, Fred Vinson
 26 - Grace Muse, Carol Tully
 27 - Anne Stowell
 28 - Richard Bangert, William James, Buyral Madan
 29 - Eliza Pang, Anne Pedersen
 30 - Maureen Hannan

ANNIVERSARIES

06/02/52 Wayne and Joan Haslett
 06/03/?? Fred Vinson and Rosemary Hennessy
 06/03/44 Frank and Alice Blumenshine
 06/04/54 Hugh and Andrea Hendrick
 06/04/60 Jim and Sandra Dagnon
 06/05/05 Paul Friedman and Gayle MacDonald
 06/07/?? Richard and Ann Griot
 06/09/60 Bob and Gael Shipstad
 06/10/?? Robert and Terry Cairns
 06/12/71 Jim and Lindalena Dingman
 06/14/59 Bob and Susan Foulk
 06/14/69 Dale and Carol Ely
 06/15/63 Carl and Loretta Poschman
 06/16/56 LaVerne and Joan Miller
 06/17/50 Cal and Clarena McLachlan
 06/17/50 Roy and Betty Williams
 06/18/49 John and Joan Babcock

Continued on page 6

Senior Lunches are on
Tuesdays & Fridays, 11:30,
in the Betty Lundeen room.
Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR June 2007

June Cake Bakers: Betty
Egan, Bill Humes, Carol Merrill,
Emily, Reid, Midge Lofland



Greeters: Agnes Forbes and Emily Reid

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Well Child Clinic (LR & MP) all day 1pm Caregiv- ers Support	5 SHIBA* 6pm- (MP) Toastmasters	6 1pm - Oil Painting class*	7 3pm - EPRC	8	9 3pm - Pamela Wright Student Recital (LR)
10 2pm - Hearts and Hands Volunteer Appreciation	11 9:30 Tai Chi I* 11 Tai Chi II* (last class this session) 1pm Caregiv- ers Support	12 SHIBA* 6pm- (MP) Toastmasters	13 WESTERN HEARING* 1pm - Oil Painting class* (new session)	14	15	16
17	18 9:30 Tai Chi I* 11 Tai Chi II* (first classes) 1pm Caregiv- ers Support	19 SHIBA* 6pm (LR) SUPPER!! 6pm- (MP) Toastmasters	20 1pm - Oil Painting class*	21 Mainland Shopping	22	23 9am - Scrap booking with Joie Lucas (LR)
24	25 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	26 SHIBA* FOOTCARE* BIRTHDAY LUNCH 6pm- (MP) Toastmasters	27 FOOTCARE* ELDERLAW * 1pm - Oil Painting class*	28 FOOTCARE*	29	30

ABBREVIATIONS: LR = Lundeen Room; MP = Multipurpose Room; CR = Conference Room

* Reservations must be made by calling Senior Center at 376-2677

** Payment due at sign-up for all recreation, shopping trips, classes, etc.

*** Medical transportation paid at time of trip.

TRANSPORTATION PROGRAM UPDATE: Medical appointments must be scheduled for
Wednesday or Thursday, except appointments in Seattle, which must be scheduled for Mon-
day or Tuesday.

ROHRMAN SHOWS AT SENIOR CENTER

Virginia Moncreiff Rohrman displays a multi-media show during the month of June at the Senior Center in the Lundeen Room. The public is invited to view this showing of oil paintings and embroidery created over a period of many years.

Virginia moved to Orcas from Springfield, Oregon, to be with her daughter, Debbie, who works as a nurse at the Orcas Family Health Center. She also has a son, Ron Moncreiff, living on Orcas who is interested in photography and takes pictures of her work and the roses on her patio.

Born in 1918, in Wayne, Indiana, Virginia studied art during four years of high school, learning to work with numerous media. When World War II started, she worked as a secretary for General Electric.

After the war, her husband exercised his GI Bill and received an engineering degree from Harvard. Her married life included four children and moves from Louisiana, Columbus, Ohio, Santa Monica, Northern California, New Jersey, White Plains, Southern California, Springfield, and, finally... Orcas Island Washington.

Her favorite painting is a red barn owned by her Aunt Rosa. It brings back many precious memories of her childhood in Indiana. The painting of the red barn has been sent from Springfield for this show.

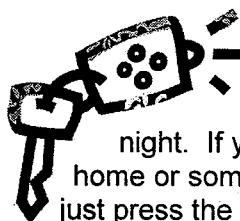
Needless to say, Virginia was pretty busy raising four children and moving every few years for her husband's work. We asked how she had gotten back to painting and she said that her husband had given her a palette for Christmas one year and that started her artistic journey. She has ten and a half descendants and makes a baby quilt for each new great-grandchild. Beautiful embroidered pillows are displayed throughout her home.

"When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth." -- Billy, age 4

"If you want to learn to love better, you should start with a friend you hate." -- Nikka, age 6

"You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget." -- Jessica, age 8

CAR KEY TIP FROM CHRIS SEGAL

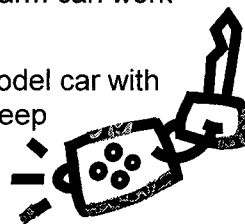


Put your keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off and the horn will continue to sound until either you turn it off or the car battery dies.

It's a security alarm system that you probably already have and requires no installation. Test it! It will go off from most everywhere inside your house. It works whether you park your car in the driveway or in a garage.

And, remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there.

Of course, you need a newer model car with an electronic locking system. Keep it in mind, the next time you are out shopping for a new/used vehicle.



FREE EYE CARE FOR SOME SENIORS

EyeCare America operates toll-free help lines that allow callers to request **free** eye health education materials or to see if they qualify for a referral to one of EyeCare America's 7,500+ volunteer ophthalmologists nationwide.

Eligible seniors who have not seen an ophthalmologist in three or more years may be able to receive a referral for **eye care at no out-of-pocket cost for up to one year**. Call Seniors EyeCare Program at 1-800-222-EYES (3937) to be directed to the program that best meets your needs.

ORCAS SENIOR SIGNAL

Linda Tretheway, Editor

Jo Anne Bastron, Proofreader

Joyce Rupp, Project Manager

This newsletter is published by San Juan County Senior Services through a grant from the Northwest Regional Council.

We invite contributions from all Orcas Senior Services members and friends.

Deadline for the June, 2007 issue: May 15

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

Services We Provide & Whom to Call

Lunch: Served twice a week at each Senior Center. **Orcas Island** has lunches on **Tuesday and Friday at noon**. San Juan Island on Monday and Thursday. Lopez on Wednesday and Friday.

Orcas: 376-2677

San Juan: 378-2677

Lopez: 468-2421



Hearing Screenings: Western Hearing comes to Orcas once a month. Check calendar for date. Reservations required. Costco Hearing goes to the Mullis Senior Center on San Juan once a month. Call 378-2677 to schedule appointments with Jodi at the Mullis Center.

Elder Law Clinic: Half-hour sessions with Cy Field, Attorney, by appointment. Usually on 4th Wednesdays. Call Front Desk.

Senior Transportation: Call before 10:30am to arrange for lunch pickup on Tuesday or Friday. On return trip, stops are made at the post office, market, and pharmacy, as needed. Suggested donation--\$1.00.

Mainland Medical Transportation: Medical appointments with doctors and other practitioners **must** be scheduled for Wednesdays or Thursdays. Appointments in Seattle **must** be scheduled for Mondays and Tuesdays only. Please reserve at least one week in advance. Call Jo Anne to schedule. Suggested donation--\$12 - \$17.

Senior Trips: Mainland shopping trips on the third Thursdays; reservations needed. \$15 suggested donation.

Home Delivered Meals: Lunches are available for the homebound and are delivered twice weekly. Additional frozen meals also can be requested and delivered. Call Senior Center to arrange. Suggested donation is \$3.00, for each meal delivered.

Blood Pressure Clinic: Last Tuesday of the month, before lunch. Free to seniors. No reservations needed. Mary Totten, R.N.

Foot Clinics: Reservations needed. Call the Front Desk. See the calendar for dates. Cost is \$12.00 and you bring your own towel. Sally Coffin, R.N., and Barbara Fleming, R.N., are the foot care nurses.



Information & Assistance: This program will help you find needed information about services, community resources and issues of concern to older adults.

Case Management: Services are available to assess and offer options for those in need.

Respite: Please call the Senior Center at 376-2677 for more information. Up to 13 days subsidized time off for unpaid care givers.

HELP IS JUST A CALL AWAY

Loan Closet: The Center has wheelchairs, walkers, canes, bedside commodes, toilet seat risers, shower stools and crutches available for temporary loan.

Special Needs Fund: Limited emergency assistance when no other funds are available. Call the Senior Services Coordinator for additional information and qualifications.

Weatherization Assistance: Reduce energy costs. Income dependent. 1-800-649-5121

Dental Assistance: Low-income seniors may qualify for 25% reduction from local dentists.

Lifeline—Emergency Monitoring Service: Telephone monitoring gets you help within minutes when you need it. 1-800-635-6156

P.A.L.: Assistance program to help with electrical costs in the winter. Call OPALCO 376-3500.

SHIBA: Medicare and health insurance questions. Call the Medical Center (376-2561) to schedule appointment with Peg Griswold (Fridays). Call the Senior Center to schedule appointments on Tuesdays.

DSHS: Low income assistance 378-4196; **Social Security:** 1-800-772-1213; **Medicare:** 1-800-633-4227

Alzheimer's Society: 1-800-493-3959

Veteran's Administration: 1-800-827-1000

Hearts and Hands: Trained volunteers provide one or two hours a week of practical assistance such as caregiver respite, errands, light housework, meal preparation, shopping and companionship. Call Nancy Southern at 376-7723

T'AI CHI CHIH!

Joy Thru Movement

Medical studies are now evaluating the physical, emotional and mental benefits of T'ai Chi and they seem to prove that people actually **can** improve with age by practicing this soft, non-martial art form.

A recent study by the Sporting Goods Manufacturers Association indicates that T'ai Chi is one of the fastest growing fitness activities in America, noting participation has grown over 15% in the last five years.

Class participants are requesting 4 things right now... *more* Balance, Strength, Flexibility and Peace of Mind. And, what's the most popular word in my classes? Ditto... Yes, we are all wanting the very same things.

Please join our **FREE CLASS DEMONSTRATION** June 18th from 9:30 to 10:30am in the Lundeen Room. A New 8-Week Summer Series begins on the 18th. Level 1 at 9:30am and Level 2 from 11am until noon. After the first free class, the fee is \$80 for the entire 8 weeks. Sign up at the front desk or call Joan Roulac at 376-6336 for more information.



FUN AT THE LILAC FESTIVAL!

An overnight stay in Woodland at the Lilac House (right) was only part of the fun had by the happy ladies (top) for two days at the beginning of May. Paul Garwood, Driver Extraordinaire, took the group to Port Townsend and the Sea View Restaurant for lunch on the way, and then went on to the Festival itself. The back of the large 13-passenger van was crammed full of plants and other goodies acquired during the festival. Among the participants were: Margo Wahlberg, Jo Anne Bastron, and Lynn Garwood (in front) and Mary Lou Padbury, Midge Lofland and Agnes Forbes (back row.)

Continued from page 2

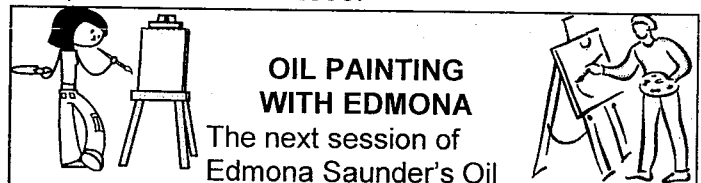
JUNE 2007 ANNIVERSARIES

06/19/54	Erv and Norma Jo Harlacher
06/19/64	James and Cheri Munson
06/20/53	Harlan and Anne Pedersen
06/21/??	Don and Kay Osborne
06/21/57	Rex and Maryln Stiffler
06/21/98	Stan and Kay Miller
06/23/52	Bill and Dorothy Trogdon
06/24/50	Dick and Verna Pehl
06/25/66	Doc and Linda Weston
06/26/55	Bill and Valerie Anders
06/26/69	George and Dorothy Hungar
06/27/74	Robert and Joy Bennett
06/30/45	Bill and Hattie Dixon

SCRAPBOOKING COMING IN JUNE

"I am so excited to bring Scrapbooking Workshops to the Senior Center! My name is Joleene Lucas and I have lived on Orcas all my life. I have just celebrated my 3rd year as a Creative Memories Consultant. I truly love hosting events to bring people together and to share memories. It is a great time to organize your photos and create gorgeous albums."

This first workshop will be held all day on Saturday, June 23rd from 9am until 9pm. Food will be provided, for a small additional contribution. Cropping and some other tools will be provided for use by the instructor. Materials, especially, for beginners will be available for purchase at the beginning of the day. Other materials will be available for sale during the workshop this one time only. Cost for the 12-hour event is \$75. Some scholarships may be available. Call the Center at -2677 to register. For more information, Call Joleene at -2050.



OIL PAINTING WITH EDMONA
The next session of Edmona Saunder's Oil Painting Class will begin on Wednesday, June 13, in the Multipurpose Room of the Senior Center from 1pm to 5pm. Bring your own supplies, if you have them. If you are a beginner and wanting to find out what oil painting is all about, Edmona will lend you some of hers. Whether you have painted before, or are trying it for the first time, the first class is free. If you decide to continue, Cost for the 6 sessions is \$50, payable at the time of sign up. Contact the front desk at -2677 to register.



VOLUNTEER DRIVERS...
We're going to ask every
month until we get our Driver
oster built up! Last month we added

two new volunteers to our drivers' roster and we're very happy to welcome them on our team. We can always use more, however, and we are waiting with New Driver Packets to hand out to the next interested people who walk through the door. All it takes is a little paperwork, a physical (we pay) a traffic violation check and a short driving test. So... how would you like the use of a van to go to the mainland sometime? And... we pay for the gas and the ferry ticket! All you have to do is sign up to become one of our volunteer drivers who take seniors off-island for medical trips and other necessary appointments. Once in awhile, you might also get the opportunity to go to an exotic place such as Sequim,

or Harrison Hot Springs for one of our many recreational trips off-island and, sometimes, overnight! Interested? Call Jo Anne at the Senior Center at 376-2677 and she will get you signed up.

NEW AND RENEWING MEMBERS... Your \$15 (single) or \$25 (couple) membership dues go a long way to supporting one of the most important programs we offer through Senior Services throughout the county. The monies collected from dues pays for ferry tickets, gasoline, maintenance and repair to our vehicles, and a replacement fund for when the current vehicles, some almost 20 years old, need to be retired and new vehicles purchased to take their places. Our annual membership drive also gives you an opportunity to support the Senior Center in many other ways by making an additional contribution with your membership. Won't you please take a moment to complete the application below and send it in, along with your check, as soon as possible. Get your new membership card now and enjoy the benefits of Athletic Club usage, vendor discounts and more.

Join Us; Renew Your Membership; Make A Contribution

Yes, I/we want to join/renew membership in Senior Services of San Juan County (Orcas Branch) for 2007/2008 (July 1 thru June 30).

() Individual Membership (\$15) () Couple Membership (\$25)

I/We wish to make an additional contribution to support Senior Services on Orcas Island:

() \$25 Nurturer () \$100 Sustainer () \$500 Raving Fan
 () \$50 Advocate () \$250 Benefactor () Other Amount _____

I/We enclose a check (made out to Orcas Senior Center) for membership plus any donation.

Your gift is fully tax deductible.

Last Name _____ First Name _____ Birthday * _____

Spouse/Partner (if applicable) _____ Birthday * _____

Email address _____ Anniversary * _____

Address (Street or PO Box) _____

City _____ State _____ Zip _____ Phone _____

* Optional

***** FOR OFFICE USE ONLY *****

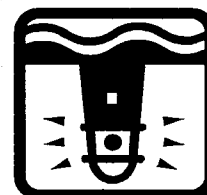
() Individual - \$15 () Couple - \$25 () Additional Donation _____

Date Received _____ () Cash (receipt#) _____ () Check # _____

() New Member () Renewal () Associate Member

First Name Member # _____ Spouse/Partner Member # _____

Mail to: Orcas Senior Center, PO Box 18, Eastsound, WA 98245



SENIOR SERVICES COUNCIL OF SAN JUAN COUNTY	
Orcas Island Senior Center PO Box 18 Eastsound, WA 98245	
Phone: 360-376-2677 Fax: 360-376-5465 Location: 62 Henry Road Email: lindat@co.san-juan.wa.us	

Non-Profit Organization U.S. Postage PAID Permit #10 Eastsound, WA 98245
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Orcas Senior Center Staff

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Jo Anne Bastron	Department Assistant
Amy Raven	WCCOA Nutrition Head Cook
Joyce Rupp	Program Director

Orcas Advisory Committee

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Wally Logan-Vice-Chair	Penny Hawkes
Carol Ely -Treasurer	Beth Jurgensen
B.J. Arnold-Secretary	John "Fritz" Kraetzer
Helen Bee	Dave McPeake
Jack Conant	Patsy Stephens
Ellen Emery	Darrel Suthergreen

DON'T MISS THIS... IN JULY!

Returning for their fifth consecutive summer film fest will be Psychologist and Jungian Analyst Frances Tobriner, Ph.D. and Psychologist Pat Littlewood, Ph.D.

This year's class will be held either the last week-end in July or the first week-end in August and will focus on the archetypal figure of the "Trickster", as seen through the lens of Carl Jung and Archetypal Psychology.

Contact the Senior Center at -2677 for exact dates and times. You won't want to miss this event!

SENIOR SERVICES OF SAN JUAN COUNTY



ORCAS ISLAND SENIOR SIGNAL

Senior Center Hours 9 am - 4 pm, Monday - Friday
PO Box 18, 62 Henry Road, Eastsound, WA 98245
PHONE 360-376-2677 FAX 360-376-5465

Website: www.orcasseniors.org

Volume 12 Issue 7

July, 2007

FROM THE DESK OF LINDAT...

Can you believe it??!!! We're already into July and I hadn't even gotten used to it being June yet! So, now we enter the "dog days" of summer. If anyone knows what that means, please drop me a note or send an email (lindat@co.san-juan.wa.us) and I'll publish the answer in the August Signal.

July tends to be a quiet month around the Senior Center as so many people are off-island for vacation or are busy with their friends and family members who love to come for a visit in the summer. We still keep the usual activities going: foot care, elder law clinic, lunches and Third Tuesday Supper, Caregiver's Support Group, SHIBA, transportation and Third Thursday Mainland Shopping, to name a few. If anything comes to mind that you would like to do, during July or any other time, please let Jo Anne or me know and we can help get it arranged.

ADVISORY COMMITTEE WELCOMES TWO NEW MEMBERS

Two vacancies were created on the Senior Services Advisory Committee when Darrell Sutherland resigned and Jane Heisinger was contracted to serve as "administrative assistant" to the committee. Sorry to see you go, Darrell. And, congratulations, Jane, on your new job.

The Committee was pleased to fill these vacancies in a timely manner with two eager and talented women who have already attended their first meeting! Judith Leonie Miller is a Trustee on the Library Board and brings her background in law and a lot of enthusiasm to her new role on the Advisory Committee. Magdalena Verhasselt has already been a tremendous help with Grannies Attic and the Holiday Festival. She is a member of the Knifty Knitters and looks forward to being a member of the Committee.

CHILDRENS' ART SHOW IN JULY

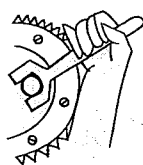
To quote Art Linkletter, "Children say the darndest things!" They also draw the darndest things and we are pleased to have many examples of that on display in the Lundeen Room through the month of July.

From oil paintings to pencil drawings, all styles and media are represented. We also have a few drawings done by some of our seniors when they were young and small. It's fascinating to see the picture of a horse drawn by Heidi Lindberg (Klippert at the time) at the age of 10, and know that she is now an accomplished artist.

Young Drew Russell has been taking Mona Sanders oil painting class and already has some fine work to show. These are just two of the examples of the artists you will enjoy viewing.

Be sure to make the time to stop by and view this very special show. There will be a reception on Friday, July 27, beginning at 4pm. The artists will be present to describe and discuss their works.

"WORKING PEOPLE" IS THEME FOR AUGUST ART SHOW IN LUNDEEN ROOM



The Visual Arts Committee is looking ahead to August and the "Working People" themed show they are putting together. Please bring any photos or paintings depicting yourself, or someone you know, working on the job.

Perhaps someone in a uniform, construction gear, or working with equipment or animals? Please bring your contributions to the Senior Center by July 24th. "We want to share your activities, be they your profession or your favorite hobby," says Jan Wells, committee member.



JULY 2007 MENU

3 Cheese Burgers with lettuce, tomato, onions Baked Beans Potato Salad Watermelon	6 Stuffed Green Pepper Red Potatoes Veggies Salad Cookies
10 Beef Stroganoff Noodles Broccoli Normandy Salad Lemon Pudding	13 Ham w/Pineapple Sauce Mashed Potatoes w/ Gravy Baked Squash Spinach Salad Sherbet
17 SENIOR SUPPER! (Served @ 6pm) Turkey w/Cranberry Mashed Potatoes w/ Gravy Brussels Sprouts Pumpkin Cake	20 BBQ Ribbers Potatoes Veggies Broccoli/Squash Salad Chocolate Cake
24 Bacon & Broccoli Quiche Roasted Red Potatoes Carrot Coins Mandarin Orange Salad Cake	27 Florentine Fish w/Tartar Scalloped Potatoes Scandinavian Veggies Cole Slaw Fruit Salad
30 B'DAY LUNCH!! Pork Loin Mashed Potatoes w/ Gravy Peas w/Pearl Onions Cake	

REMEMBERING WITH LOVE

Dean Reynolds 1921 - 2007

JULY 2007 BIRTHDAYS

1 - Mary Lou Amadon
 2 - Bob Halverson, Eloise Monson
 4 - Kern Hendricks, Liz Clark Lemon, Artha Kass, Maggie Kaplan, Judy Wallace
 5 - Maryln Stiffler, Louis Tercier
 6 - Beulah Swan, Frank Loudin, Carl Silvernail
 7 - Monique Gincig
 8 - Beth Jenkins, Bruce Heller
 9 - Magdalena Verhasselt, Lorraine Lucas
 10 - Margit Englehartson, Glen Monson, Ed Benshoof, Mary Jane Schwarz
 11 - Dana Jacobus, Frank Rouleau
 13 - Shirley Guilford
 14 - John Suzick
 15 - Elaine Mowrey
 16 - Babette Stewart, Susan Silvernail
 17 - Susan Foulk, Kay Miller
 18 - Mary Riveland
 19 - LaVerne "Pinky" Miller, Joan Babcock, Joan Haslett, Jeff Struthers
 20 - Dick Pehl, Dick Doty, Charlotte Gallemore
 22 - Walter Corbin
 24 - Richard Haffey, Tye Tyson
 25 - David Schermerhorn, Paula Capitano
 26 - Megan Harris
 27 - Bev Leyman, Grace Kidder, Beth Roberts, Carol Stubbs
 28 - B. J. Arnold, Mary Lehmann, Jean Dowling, James Williamson
 29 - Steve Hopkins, Indira Monk
 30 - Jan Koltun-Titus, Harvey Osterhouse
 31 - George Hungar, Robert Harris, Chris Segal

ANNIVERSARIES

07/01/??	Stan & JoEllen Moldoff
07/01/64	Harvey & Bobbie Smith
07/12/64	Richard & Sandra Bronson
07/14/45	Buyral & Ellen Madan
07/14/46	Lew & Mary Lehmann
07/15/70	James & Eileen Pyka
07/21/??	George & Ingrid Karnikis
07/21/84	Jeff & Judith Struthers
07/23/74	Wayne & Eva North
07/27/68	Paul & Mary Greenwell
07/29/53	Wilton & Cecilia Schwanke
07/29/61	Jorg & Inger-Lise Reinholt
07/29/80	Judy Dorman & Virginia Erhardt
07/31/04	Larry & Marcy Lund Parker
07/31/83	Jim & Sylvia Biddick

Senior Lunches are on
Tuesdays & Fridays, 11:30,
in the Betty Lundeen room.


Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR July 2007

July Cake Bakers: Betty Hall,
Mary Hatten, Don McLean, Marlia
Starwater, Arjean Filmer-Bennett



Greeters: Irene O'Neill and Wally Morgan

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	3 	4 FOURTH OF JULY SENIOR CENTER CLOSED	5 3pm - EPRC	6	7
8	9 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	10 6pm- (MP) Toastmasters	11 WESTERN HEARING* 1pm - Oil Painting class*	12	13	14
15	16 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	17 SHIBA* 6pm SENIOR SUPPER (LR) 6pm- (MP) Toastmasters	18 1pm - Oil Painting class*	19 Mainland Shopping All Day - Mammograms	20 All Day - Mammograms	21
22	23 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	24 SHIBA* FOOTCARE* 6pm- (MP) Toastmasters	25 FOOTCARE* ELDERLAW CLINIC* 1pm - Oil Painting class*	26 FOOTCARE* 7pm - Museum Program (LR)	27 4pm - Chil- dren's Art Show Recep- tion (LR)	28
29 4pm - Film Class	30 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support 5pm - Film Class	31 SHIBA* BIRTHDAY LUNCH 5pm - Film Class 6pm- (MP) Toastmasters				

ABBREVIATIONS: LR = Lundeen Room; MP = Multipurpose Room; CR = Conference Room

* Reservations must be made by calling Senior Center at 376-2677

** Payment due at sign-up for all recreation, shopping trips, classes, etc.

*** Medical transportation paid at time of trip.

TRANSPORTATION PROGRAM UPDATE: Once you have asked us for transportation, PLEASE do not then arrange your own with a friend or relative. It takes a lot of time to line up volunteer drivers. Once we get a driver, you MUST let us follow through. If no driver is available, we will let you know as soon as possible.

SHIBA UPDATES...

Low-income Medicare beneficiaries may qualify for assistance: The Social Security Administration and Centers for Medicare & Medicaid Services began notifying certain Medicare beneficiaries by mail, at the end of June, about programs available to help people with limited income pay their Medicare Part A premium or Part D prescription drug costs. About 4.7 million people were expected to receive one of the annual outreach letters by June 26. For more information and a copy of the letters, visit the CMS web site at: <http://www.cms.hhs.gov/Partnerships/CurrentMailings.asp>

Beware of Medicare-related scams: This subject is still of major concern. Some scam artists are calling senior citizens, offering a free emergency home response device to "qualified" folks. However, the scammers also ask for almost \$300 to hook up the "free" device. The home response device provides two-way voice pagers which link to a support center that quickly sends help in case of an emergency. People on Medicare may wish to check their MSNs to make sure they are not billed for medical equipment they did not order. We recommend you do **not** give out personal information over the phone, such as your Medicare number, banking information, credit card numbers, or payment, especially to individuals or groups you do not know. Valid organizations will **not** ask for money. Get the caller's name and number so you can call them back. You may also call Medicare at 1-800-MEDICARE to verify the organization's validity, or call the Insurance Consumer Hotline at 1-800-562-6900 to report possible fraud.

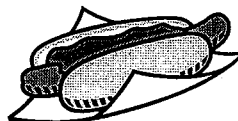
Getting Medicare Summary Notice (MSN) information sooner than 90 days: Medicare now sends its MSNs out every 90 days. MSNs are Medicare's Explanation of Benefits. They show what Medicare allows providers to bill for services, how much Medicare pays, and what clients may be responsible to pay. If you need your MSN sooner than 90 days, you may go to the web site www.My.Medicare.gov and check the information. To access, you must register online. If you are without internet access, you may call 1-800-MEDICARE to get your patient balance for a claim. You will need to provide the Medicare representative with specific information, such as a specific date of service and doctor's name, or a

specific test. Medicare will then connect you with the correct contractor to get a verbal statement.

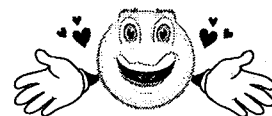
Those of you without internet access may call the Senior Center to make an appointment to work with SHIBA (appointments on Tuesdays from 10am - noon and 2pm - 4pm.) You may also call the Center to make an appointment with Linda Tretheway, Coordinator, to review your Medicare information online, as her time permits. Please do not remain in ignorance or fear because of a lack of access to the internet. We are here to help you. Please call... It

DID YOU KNOW???

The month of July is more than a time to celebrate this country's independence. This month, we also observe the following: American Beer Month, Baked Beans Month (National), Blueberry Month (National), Fireworks Safety Month (June thru July 4th), Hemochromatosis Screening Awareness Month, Hitchhiking Month, Hot Dog Month (National Hot Dog Day, July 23), Ice Cream Month (National), Lead Poison Control Week, Peach Month, Read An Almanac Month, and, last but not least, Tish B'Av and the 3 Weeks (Jewish Observance - July 3 thru July 24, 2007)



But, wait! There's more!... First week of July: Dog Days, July 3 - 13th, Second week: Cherry Festival, Therapeutic Recreation Week (National), Third Week: Hug Week, Fourth Week: Salad Week (National)



Certainly, the month of July holds an observance for everybody... what's yours?

ORCAS SENIOR SIGNAL

Linda Tretheway, Editor
Jo Anne Bastron, Proofreader
Joyce Rupp, Project Manager

This newsletter is published by San Juan County Senior Services through a grant from the Northwest Regional Council.

We invite contributions from all Orcas Senior Services members and friends.

Deadline for the August, 2007 issue: July 15
Email: lindat@co.san-juan.wa.us

Services We Provide & Whom to Call

Lunch: Served twice a week at each Senior Center. **Orcas Island has lunches on Tuesday and Friday at noon.** San Juan Island on Monday and Thursday. Lopez on Wednesday and Friday.

Orcas: 376-2677

San Juan: 378-2677

Lopez: 468-2421



Hearing Screenings: Western Hearing comes to Orcas once a month. Check calendar for date. Reservations required. Costco Hearing goes to the Mullis Senior Center on San Juan once a month. Call 378-2677 to schedule appointments with Jodi at the Mullis Center.

Elder Law Clinic: Half-hour sessions with Cy Field, Attorney, by appointment. Usually on 4th Wednesdays. Call Front Desk.

Senior Transportation: Call before 10:30am to arrange for lunch pickup on Tuesday or Friday. On return trip, stops are made at the post office, market, and pharmacy, as needed. Suggested donation--\$1.00.

Mainland Medical Transportation: Medical appointments with doctors and other practitioners **must** be scheduled for Wednesdays or Thursdays. Appointments in Seattle **must** be scheduled for Mondays and Tuesdays only. Please reserve at least one week in advance. Call Jo Anne to schedule. Suggested donation--\$12 - \$17.

Senior Trips: Mainland shopping trips on the third Thursdays; reservations needed. \$15 suggested donation.

Home Delivered Meals: Lunches are available for the homebound and are delivered twice weekly. Additional frozen meals also can be requested and delivered. Call Senior Center to arrange. Suggested donation is \$3.00, for each meal delivered.

Blood Pressure Clinic: Last Tuesday of the month. before lunch. Free to seniors. No reservations needed. Mary Totten, R.N.

Foot Clinics: Reservations needed. Call the Front Desk. See the calendar for dates. Cost is \$12.00 and you bring your own towel. Sally Coffin, R.N., and Barbara Fleming, R.N., are the foot care nurses.



Information & Assistance: This program will help you find needed information about services, community resources and issues of concern to older adults.

Case Management: Services are available to assess and offer options for those in need.

Respite: Please call the Senior Center at 376-2677 for more information. Up to 13 days subsidized time off for unpaid care givers.

HELP IS JUST A CALL AWAY

Loan Closet: The Center has wheelchairs, walkers, canes, bedside commodes, toilet seat risers, shower stools and crutches available for temporary loan.

Special Needs Fund: Limited emergency assistance when no other funds are available. Call the Senior Services Coordinator for additional information and qualifications.

Weatherization Assistance: Reduce energy costs. Income dependent. 1-800-649-5121

Dental Assistance: Low-income seniors may qualify for 25% reduction from local dentists.

Lifeline—Emergency Monitoring Service: Telephone monitoring gets you help within minutes when you need it. 1-800-635-6156

P.A.L.: Assistance program to help with electrical costs in the winter. Call OPALCO 376-3500.

SHIBA: Medicare and health insurance questions. Call the Medical Center (376-2561) to schedule appointment with Peg Griswold (Fridays). Call the Senior Center to schedule appointments on Tuesdays.

DSHS: Low income assistance 378-4196; **Social Security:** 1-800-772-1213; **Medicare:** 1-800-633-4227

Alzheimer's Society: 1-800-493-3959

Veteran's Administration: 1-800-827-1000

Hearts and Hands: Trained volunteers provide one or two hours a week of practical assistance such as caregiver respite, errands, light housework, meal preparation, shopping and companionship. Call Nancy Southern at 376-7723

Speaking of transportation... Many of you have taken the opportunity to use our transportation program for medical trips off- and on-island. We are very happy to provide this service. This is a reminder to everyone regarding reserving a van and driver for a necessary trip.

It takes a lot of time and effort to go through our volunteer driver list to find someone who is available on the day and at the time for your particular appointment. Since we have limited our mainland transports to Wednesdays and Thursdays, we have been able to take more than one person on many of these trips. It is wonderful when some of you are able to find a friend or family member who can drive you over in their own car. **HOWEVER**, once you have asked us to provide transportation, **PLEASE** do not then find someone else to take you. We will let you know at the earliest possible minute if we are unable to find a driver for you. It is a rare occasion when we cannot take care of your transportation needs.

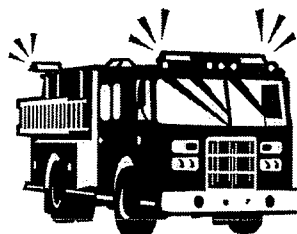
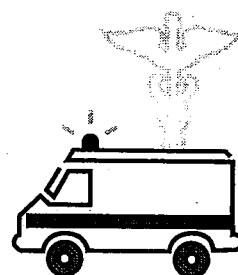
So, again, **PLEASE**, once you ask us to set it up, let us handle it. It might help if you first inquire of friends/neighbors/family members who may have offered in the past, to see if they can take you to your appointment. Once you have come up empty, then call us. When you cancel a trip at the last minute because, all of a sudden, your friend or cousin or daughter decides they want to take you, we have to release the driver (who may have rearranged his/her schedule to be available) and deal with the frustration of all the time taken with phone calls which prevented us from completing other tasks.

We are here to serve you and we want to continue to do so. There are a lot of you out there! Work with us, and with each other, and the services and programs offered by the Senior Center can only get better and better. Thank You.

DON'T WORRY... IT WON'T HURT (MUCH)

A few of our intrepid ladies volunteered to be accident victims at the latest Fire Department and EMS training event. They showed up at the fire station in Eastsound and began with pizza and drinks while being made-up, Hollywood style, to look like the walking injured. They were bussed to the Information Triangle and awaited the firefighters and EMTs. Then the fun began.

Our "victims" did a lot of appropriate moaning and groaning and really got into their "parts". The Fire Department personnel were very impressed and grateful to have the opportunity to work with victims who were considerably older than the usual group of volunteers... teen-agers. As we all know, seniors can have some unique and special physical problems which must be treated differently when being rescued from an accident. In case you are wondering who our fearless volunteers were, look at the two photos below and see if you can identify them. Their names appear on page 8.



THE "TRICKSTER" AND CARL JUNG

For the fourth time in as many years, Psychologist Pat Littlewood, Ph.D. and Psychologist and Jungian Analyst Frances Tobriner, Ph.D. are returning for their annual film fest.

This year's class will begin at 4p.m., on Sunday, July 29th and continue over the next two evenings at the Senior Center in the Multipurpose Room. The Class will focus on the archetypal figure of the "Trickster" as seen through the lens of Carl Jung and Archetypal Psychology. The cost of the class is \$25 for all three meetings or \$10 for each session. Please contact the Senior Center at -2677 to pre-register. These classes have grown over the years and this year's is probably going to fill up quickly. Popcorn is usually served!



VOLUNTEER DRIVERS... We're going to ask every month until we get our Driver

Roster built up! Last month we added two new volunteers to our drivers' roster and we're very happy to welcome them on our team. We can always use more, however, and we are waiting with New Driver Packets to hand out to the next interested people who walk through the door. All it takes is a little paperwork, a physical (we pay) a traffic violation check and a short driving test. So... how would you like the use of a van to go to the mainland sometime? And... we pay for the gas and the ferry ticket! All you have to do is sign up to become one of our volunteer drivers who take seniors off-island for medical trips and other necessary appointments. Once in awhile, you might also get the opportunity to go to an exotic place such as Sequim,

or Harrison Hot Springs for one of our many recreational trips off-island and, sometimes, overnight! Interested? Call Jo Anne at the Senior Center at 376-2677 and she will get you signed up.

NEW AND RENEWING MEMBERS... This is the last issue of the Signal which will include a membership application for Senior Services of San Juan County. After this, applications may be acquired at the Senior Center Front Desk. Please take this opportunity to renew, or join for the first time. We'd love to have you on our membership rolls.

DISHWASHERS, TABLE SETTERS/CLEAN-UP, WEEDERS, ANYTHING YOU CAN THINK OF... A non-profit, such as yours (yes, the senior center belongs to YOU!) relies very heavily on the donation of time and talents of its members. We can always use help with landscape maintenance, vehicle cleaning, light bulb replacements and a myriad of other similar chores. We provide a fun and supportive place for you to come and do some "feel-good" work. So, keep us in mind if you are bored and/or wondering what to do with your "free" time. Call Jo Anne or Linda at the Senior Center... 376-2677. See you here!

Join Us; Renew Your Membership; Make A Contribution

Yes, I/we want to join/renew membership in Senior Services of San Juan County (Orcas Branch) for 2007/2008 (July 1 thru June 30).

() Individual Membership (\$15) () Couple Membership (\$25)

I/We wish to make an additional contribution to support Senior Services on Orcas Island:

() \$25 Nurturer () \$100 Sustainer () \$500 Raving Fan
() \$50 Advocate () \$250 Benefactor () Other Amount _____

I/We enclose a check (made out to Orcas Senior Center) for membership plus any donation.

Your gift is fully tax deductible.

Last Name _____ First Name _____ Birthday * _____

Spouse/Partner (if applicable) _____ Birthday * _____

Email address _____ Anniversary * _____

Address (Street or PO Box) _____

City _____ State _____ Zip _____ Phone _____

* Optional

***** FOR OFFICE USE ONLY *****

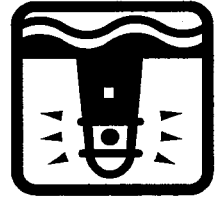
() Individual - \$15 () Couple - \$25 () Additional Donation _____

Date Received _____ () Cash (receipt#) _____ () Check # _____

() New Member () Renewal () Associate Member

First Name Member # _____ Spouse/Partner Member # _____

Mail to: Orcas Senior Center, PO Box 18, Eastsound, WA 98245



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**SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY**

Orcas Island Senior Center
PO Box 18
Eastsound, WA 98245

Phone: 360-376-2677
Fax: 360-376-5465
Location: 62 Henry Road
Email: lindat@co.san-juan.wa.us

Orcas Senior Center Staff

Linda Tretheway	Senior Services Coordinator
Jo Anne Bastron	Department Assistant
Amy Raven	WCCOA Nutrition Head Cook
Joyce Rupp	Program Director

Orcas Advisory Committee

Lindalena Dingman-Chair	Marilyn Erly
Wally Logan-Vice-Chair	Penny Hawkes
Carol Ely -Treasurer	Beth Jurgensen
B.J. Arnold-Secretary	John "Fritz" Kraetzer
Helen Bee	Judith Miller
Jack Conant	Dave McPeake
Ellen Emery	Patsy Stephens
Magdalena Verhasselt	

Could you identify the "accident victims" on page 6? Sure you could! But... in case you couldn't recognize all of them, they are:

First picture: Peg Wareham and Agnes Forbes

Second picture: Cay Tretheway, Jo Anne Bastron, Mary Lou Padbury

SENIOR SERVICES OF SAN JUAN COUNTY

ORCAS ISLAND SENIOR SIGNAL



Senior Center Hours 9 am - 4 pm, Monday - Friday
PO Box 18, 62 Henry Road, Eastsound, WA 98245
PHONE 360-376-2677 FAX 360-376-5465

Website: www.orcasseniors.org

Volume 12 Issue 8

August, 2007

FROM THE DESK OF LINDA T...

It's always interesting to me when people on the mailing list for this newsletter let me know when I've made a mistake, a spelling error, an error of omission, etc. Sometimes folks are a little hesitant to point these things out to me. I suppose they think I will take offense or get defensive. Some folks, I think, actually get a little giggle out of being able to point out my errors, like they are catching me at being imperfect. Well, I say to all of you constructive criticsers and gleeful editors... Bring It On!

Whenever someone points out something about the newsletter content, at least I know that someone is reading it! Thoroughly! How wonderful!

The Senior Signal is YOUR newsletter, just as the Senior Center is YOUR senior center. My job here is to provide resources and assistance to all of YOU in order to make it easier for any senior to remain safely and independently in their own homes, and in this community, which we all love, for as long as at all possible. That includes working with families, other agencies, caregivers, etc.

So, please don't hold back. Let me know what you like about the newsletter, of course. And, also, let me know ways you think it might be improved. Tell me what you would like to see in here.

Also, speaking of people actually reading the newsletter... I received several responses to my query about the meaning of the phrase, "dog days of summer." Make sure you check them out on page 7. Contributors are (in order of responding): Roy Williams, Nancy Bang and Richard Halverson. Thanks!



ALZHEIMER'S ASSOCIATION OFFERS CLASS

Many adult children of older parents are dealing with the problems of dementia and Alzheimer's in the parents they have taken into their homes in order to provide a safe environment for independent living. One of the biggest challenges in these situations is the lack of, or difficulty in, communication, brought about by the changes in behavior due to one or the other of these diseases.

For many of us, it is difficult to see the parent we have always looked to for advice and encouragement no longer able to even remember who we are or where they live. In milder situations, it could be that the elderly parent only has difficulty with short term memory, or tends to ask the same questions several times in a row.

Keys to Dementia Care is a class being offered by the Alzheimer's Association at St. Luke's Community Health Education Center and Skagit Valley Hospital.

In this class, participants will learn how changes in the brain contribute to different behaviors and communication limitations. Using interactive, hands-on techniques, participants will practice ways to improve communication and model problem-solving behaviors. If you are experiencing agitation and/or resistance, then this is the class for you.

Dates for Skagit Valley Hospital are 9/25, 10/23, or 11/27 from 1pm-4pm. Class dates for St. Luke's in Bellingham are: 9/17, 10/19, 11/16 or 12/21 from 10am-1pm. Cost of the van ride is \$15. Cost of the class is \$29 plus 8.8% sales tax. Some scholarships may be available.

Call the Senior Center at 376-2677 if you are interested in attending. We will try to find a common date and use one of our vans to go together.

AUGUST 2007 MENU

	3 Fish Florentine Scalloped Potatoes Scandinavian Veggies Garden Salad Ranger Cookies
7 Pizza And Salad Bar Surprise Dessert!	10 Savory Chicken Mashed Potatoes With Gravy Dinner Blend Veggies Oatmeal-Raisin Cookies
14 Cabbage Rolls Red Potatoes Steamed Squash Peaches & Pears	17 Shrimp Salad Oatmeal Bread Fresh Fruit Tray
21 SENIOR SUPPER! (Served @ 6pm) Roast Beef Mashed Potatoes With Gravy Capri Veggies Vanilla Pudding Cake	24 Grilled Reuben Mini Salad Bar Fruit Crisp
28 B'DAY LUNCH!! Spaghetti Green Beans Garden Salad Garlic Bread Birthday Cake	31 Clam Chowder Tuna Salad With Tomato & Lettuce Rolls Carrot Raisin Salad Brownies

REMEMBERING WITH LOVE

"Scotty" Emmes 1926 - 2007
 Eddie Lavender 1914 - 2007
 Bea Marcum 1909 - 2007
 Bill Montgomery 1915 - 2007

AUGUST 2007 BIRTHDAYS

1 - Bob Otis, Mary Greenwell
 2 - Jackie Heinmiller
 3 - Dorothy Arbuckle, Barbara Jamieson
 4 - Lloyd Pinneo, Keith Jones, Mary Rancourt
 6 - Doug McDonald
 7 - Edith Thomsen, Sally Larson, Laura Selwyn
 9 - Wally Morgan
 11 - Ida Rae McDonald, Mimi Peters
 14 - Linda Tretheway
 15 - Ruth Nutt, Diane Baxter
 16 - Norma Jo Harlacher, Jack Helsell, Judy Hughes,
 Sharon Heller, Jan Cleveland
 17 - Glen Stephens, Margaret Jonas
 18 - Bob Lucas
 20 - Gene Herz, Mardi Lister
 21 - Joy Potts
 22 - Mary Lee Gorden, Anita Boldman, Mary Lou
 Clever, Lillian Rouleau, Betty Marcum, Laura Conant
 23 - Jake Jacobus, Jo Anne Bastron
 24 - John Greever, Barry Hatten, Lou Falb, Marilyn
 Koral
 25 - Dennis Rancourt
 26 - Anne Jones, Trenea Williamson
 27 - Dick Boberg, Tony Howard
 28 - Charles Judd, Harlan Pedersen, Tom Slater,
 Myrna Wood, George Garrels
 29 - Bernita Sedenko, Gordon Buman, Molly Roberts,
 Dixie Walmsley
 30 - Josell McCoy
 31 - Patty Monaco, Kathryn Dilling

ANNIVERSARIES

08/01/53	Bud and Donna McKee
08/03/74	Bob and Laurie Liebmann
08/04/79	Dave and Mari Gardner
08/07/65	Jim and Bev Jenkins
08/11/84	Robert and Carol Tully
08/14/50	Richard and Madeline Haffey
08/14/63	Harvey and Sandra Osterhouse
08/18/50	Bob and Barbara Otis
08/20/66	Tom and Sue Carroll
08/23/75	Dick and Patty Thompson
08/24/72	Bill and Sharon Buchan
08/26/50	Tom and Evelyn Rodrique
08/27/60	Don and Marion Gerard
08/27/60	Lee and Ann Waltersdorph
08/28/64	Captain Don and Majeane Palmer
08/29/??	Larry and Beverly Leyman
08/29/58	Frank and Jan Loudin
08/30/69	Vincent and Patty Monaco

Senior Lunches are on
Tuesdays & Fridays, 11:30,
in the Betty Lundeen room.

Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR August 2007

August Cake Bakers: Dora Blake,
Katie Jensen, Ida Rae McDonald, Peg
Wareham, Bill MacMillan



Greeters: Marylou Cobb, Emily Reid, Cay Tretheway

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 1pm - Oil Painting class*	2 3pm - EPRC	3 1pm - Laven- der Wands	4
5	6 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	7 SHIBA* 1pm - Story- fest 2007 (LR after lunch) 6pm- (MP) Toastmasters	8 9am-5pm AARP 55-Alive* WESTERN HEARING* 1pm - Oil Paint- ing class*	9	10	11
12	13 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiv- ers Support	14 SHIBA* Family Law Clinic* (see pg. 6) 6pm- (MP)	15 San Juan County Fair Day (see pg. 6) 1pm - Oil Painting class*	16 Mainland Shopping	17	18
19	20 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregivers Support 5pm E/S sub- plan update	21 SHIBA* 6pm SENIOR SUPPER (LR) 6pm- (MP) Toastmasters	22 ELDERLAW CLINIC* 1pm - Oil Painting class*	23 10am OIMCF Music Lover's Seminar (MP)	24 10am OIMCF Music Lover's Seminar (MP)	25
26 10am OIMCF Music Lover's Seminar (MP)	27 9:30 Tai Chi I* 11 Tai Chi II* 10am OIMCF Music Lover's Seminar (MP) 1pm Caregivers Support (MP)	28 SHIBA* FOOTCARE* BIRTHDAY LUNCH 6pm- (MP) Toastmasters	29 FOOTCARE* 1pm - Oil Painting class*	30 FOOTCARE* 10am OIMCF Music Lover's Seminar (MP)	31 10am OIMCF Music Lover's Seminar (MP)	

ABBREVIATIONS: LR = Lundeen Room; MP = Multipurpose Room; CR = Conference Room

* Reservations must be made by calling Senior Center at 376-2677

** Payment due at sign-up for all recreation, shopping trips, classes, etc.



BRIDGE LOVERS! Every Tuesday and Friday after lunch. Complete a
foursome, or, bring a table and some friends to form your own. We have
the cards! We have the space. All we need is YOU!



SHIBA UPDATES...

OIC publishes updated list of long-term care companies approved to do business: The Office of the Insurance Commissioner recently posted on the Web the revised publication "Companies that have approved long-term care insurance products in Washington state." To access the list, visit:
www.insurance.wa.gov/consumers/care/documents/Approved_LTCPolicies_WA_State.pdf. Or, contact the senior center for assistance.

CMS and seven companies stop marketing Medicare Advantage (MA) Private-Fee-For-Service plans: In response to consumer complaints, The Centers for Medicare and Medicaid and Medicaid Services (CMS) announced on June 15 that seven health insurers have agreed to voluntarily stop marketing MA Private-Fee-For-Service (PFFS) plans. CMS will lift the suspension after it certifies that each plan meets all CMS conditions. The seven health insurers include: United Healthcare (including Secure Horizons), Humana, Wellcare, Universal American Financial Corporation (Pyramid), Coventry, Sterling, and Blue Cross/Blue Shield of Tennessee. While these insurers will not market these plans at this time, consumers may still buy the PFFS plans. The CMS conditions take effect for all sponsors of PFFS plans starting October 1, 2007, which is when marketing may start for the 2008 benefit year. Also, as a result of this issue, CMS established a New Exceptional Circumstance Special Enrollment Period (SEP). This SEP is for folks who joined a MA or PFFS plan based on misleading or incorrect information from plan employees, agents, or brokers. Folks in this situation may call 1-800-MEDICARE (1-800-633-4227) to see if they qualify for the SEP.

DSHS resumes MA premium payments: The Department of Social and Health Services (DSHS) is complying with a state budget provision to resume paying MA premiums for **ONLY** those folks DSHS paid premiums for through December 2006. These folks received a DSHS termination letter, and are eligible for Qualified Medicare Beneficiary (QMB) during this two-year state funded program. No new enrollees, or enrollees who did not receive premium assistance through December, 2006, are eligible for this benefit. Most folks affected by this have Group Health Cooperative (GHC). GHC sent letters to affected custom-

ers in its service area. Other health plan companies may also send letters to their affected customers.

New, Ongoing Medicare Part D Special Enrollment Period (SEP) starts June 20, 2007: Folks who qualify for Low Income Subsidy (LIS) and are **not** dual eligible (eligible for Medicare and Medicaid) will have a SEP starting the month they receive notice of eligibility for LIS. The SEP will continue throughout their eligibility. This SEP allows folks with LIS to change plans on a monthly basis. Enrollments take effect the first of the month after the plans receive the request. Clients who lose LIS eligibility will have a two-month SEP starting the month Social Security notifies them of the loss of LIS.

Kudos to SHIBA HelpLine volunteers for reporting Medicare Advantage and Medicare Part D complaints: As of June 2007, volunteers recorded 186 MA- and 317 Part D-related complaints. As a result, the Insurance Commissioner took steps to highlight sales and marketing abuses to the media, advocate for federal legislation that would increase consumer protections, and provide detailed information on specific plan and sales agent misconduct to CMS and other authorities. We encourage anyone who has an MA or Part D complaint to contact the SHIBA HelpLine at 1-800-562-6900

More folks without Medicare qualify for Basic Health Insurance: As of July 1, expansion of Federal Poverty Level guidelines extends programs to people not previously eligible. A single person earning under \$1702 is now able to purchase individual insurance at low sliding-scale premiums based on monthly income. There is no waiting period for enrollment at this time and premiums have not increased. Call 1-800-660-9840 for an application or log on to the web at:
<http://www.basichealth.hca.ea.gov>

ORCAS SENIOR SIGNAL

Linda Tretheway, Editor

Jo Anne Bastron, Proofreader

Joyce Rupp, Project Manager

This newsletter is published by San Juan County Senior Services through a grant from the Northwest Regional Council.

We invite contributions from all Orcas Senior Services members and friends.

Deadline for the September, 2007 issue: August 15

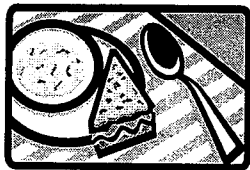
Services We Provide & Whom to Call

Lunch: Served twice a week at each Senior Center. **Orcas Island has lunches on Tuesday and Friday at noon.** San Juan Island on Monday and Thursday. Lopez on Wednesday and Friday.

Orcas: 376-2677

San Juan: 378-2677

Lopez: 468-2421



Hearing Screenings: Western Hearing comes to Orcas once a month. Check calendar for date. Reservations required. Costco Hearing goes to the Mullis Senior Center on San Juan once a month. Call 378-2677 to schedule appointments with Jodi at the Mullis Center.

Elder Law Clinic: Half-hour sessions with Cy Field, Attorney, by appointment. Usually on 4th Wednesdays. Call Front Desk.

Senior Transportation: Call before 10:30am to arrange for lunch pickup on Tuesday or Friday. On return trip, stops are made at the post office, market, and pharmacy, as needed. Suggested donation--\$1.00.

Mainland Medical Transportation: Medical appointments with doctors and other practitioners **must** be scheduled for Wednesdays or Thursdays. Appointments in Seattle **must** be scheduled for Mondays and Tuesdays only. Please reserve at least one week in advance. Call Jo Anne to schedule. Suggested donation--\$12 - \$17.

Senior Trips: Mainland shopping trips on the third Thursdays; reservations needed. \$15 suggested donation.

Home Delivered Meals: Lunches are available for the homebound and are delivered twice weekly. Additional frozen meals also can be requested and delivered. Call Senior Center to arrange. Suggested donation is \$3.00, for each meal delivered.

Blood Pressure Clinic: Last Tuesday of the month, before lunch. Free to seniors. No reservations needed. Mary Totten, R.N.

Foot Clinics: Reservations needed. Call the Front Desk. See the calendar for dates. Cost is \$12.00 and you bring your own towel. Sally Coffin, R.N., and Barbara Fleming, R.N., are the foot care nurses.



Information & Assistance: This program will help you find needed information about services, community resources and issues of concern to older adults.

Case Management: Services are available to assess and offer options for those in need.

Respite: Please call the Senior Center at 376-2677 for more information. Up to 13 days subsidized time off for unpaid care givers.

HELP IS JUST A CALL AWAY

Loan Closet: The Center has wheelchairs, walkers, canes, bedside commodes, toilet seat risers, shower stools and crutches available for temporary loan.

Special Needs Fund: Limited emergency assistance when no other funds are available. Call the Senior Services Coordinator for additional information and qualifications.

Weatherization Assistance: Reduce energy costs. Income dependent. 1-800-649-5121

Dental Assistance: Low-income seniors may qualify for 25% reduction from local dentists.

Lifeline—Emergency Monitoring Service: Telephone monitoring gets you help within minutes when you need it. 1-800-635-6156

P.A.L.: Assistance program to help with electrical costs in the winter. Call OPALCO 376-3500.

SHIBA: Medicare and health insurance questions. Call the Medical Center (376-2561) to schedule appointment with Peg Griswold (Fridays). Call the Senior Center to schedule appointments on Tuesdays.

DSHS: Low income assistance 378-4196; **Social Security:** 1-800-772-1213; **Medicare:** 1-800-633-4227

Alzheimer's Society: 1-800-493-3959

Veteran's Administration: 1-800-827-1000

Hearts and Hands: Trained volunteers provide one or two hours a week of practical assistance such as caregiver respite, errands, light housework, meal preparation, shopping and companionship. Call Nancy Southern at 376-7723

ACTIVITIES, PROGRAMS, AND CLASSES THIS MONTH...



Mark your calendars for Friday, August 3rd for **Lavender Wand Making** with Jan Koltun-Titus at 1:00pm in the Multipurpose room. The cost of the class is FREE, just bring your scissors. Lavender will be provided. This has been a very popular class in the past, be sure to sign up early. Class size will be limited to 20 participants.

Mainland Shopping happens the third Thursday of every month as long as at least 4 people sign up to go. The van goes to Burlington and Mt. Vernon to visit the Cascade Mall, Fred Meyer's, Costco and other places depending on the interest and needs of the shoppers. Suggested donation is \$15 for the van. Reservations are required, and payment is due at time of sign-up. Please call the front desk early at 376-2677 to save your seat!



"People at Work and Play" is the name of this month's art exhibit in the Lundeen Room at the Senior Center. "What do work and play have in common? Both get you out of bed in the morning, for certain!" says Jan Koltun-Titus, reflecting the thoughts of Jan Wells, curator of the show. "In this exhibit", she continues, "you will see islanders past and present, engaged in a variety of occupations, from John Jamieson using the Orcas Observatory to Howard Klippert at his easel." Be sure to come by sometime during August (how about joining us for lunch on a Tuesday or Friday?) and check it out!



Shuttle service to the County Fair will be provided by the Friday Harbor Mullis Senior Center on Wednesday, August 15. Orcas seniors are invited to park at the Mullis Center or walk up from the ferry landing and they will use their vans to provide hourly **senior** shuttles to and from the Main Gate at 10:30am through 2:30pm. The San Juan Shuttle also provides continuous paid bus service from the ferry landing to the fairgrounds during the course of the fair. **Thank You San Juan Seniors!**



Soy Candles are 100% soy and can be made in your own home. They are safe, use no chemicals and burn longer. If you are interested in learning to create your own beautiful, healthy and natural aro-

mathery SOY candle, contact the front desk to sign up on our "interest" sheet. Marguerite Stafford will be the instructor. Once we have enough people signed up to form a class, the day and time will be determined.



Did You Know? San Juan County Legal Services provides a Family Law clinic in Eastsound at Children's House (Family Resource Center) on the 2nd Tuesday of every month by appointment only. This clinic is staffed by Gene Knapp, former San Juan County Prosecuting Attorney and Freeholder and current Councilmember for Orcas-west. Call the County Clerk's Office at 378-2163 for the next appointment available.

And, don't forget our own Elder Law Clinic, this month on the 22nd, staffed by Cy Field. Call the front desk for an appointment.

COMING UP...

For September, the Senior Center Art Exhibit will have a **Maritime Theme**. We would like to have photos, paintings, and model boats to exhibit at this show. Take-in will be August 31st at the Senior Center. Call Marilyn Jackson, Visual Arts Committee, at 376-2849.



Also in September... The Orcas Center wants to know... **WHAT DO YOU LOVE ABOUT EAST-SOUND?** That's right. The Eastsound Community Art "Show and Tell" wants you to show them what you see as beautiful or ugly in Eastsound: paintings, photographs, drawings, collage.... There will be an Art Opening on September 14th at 5:30pm at the Orcas Center. Those interested in participating must deliver artwork to the Orcas Center for consideration (jurying) on September 4th from 10am - 2pm. For more information contact Peter Fisher at 376-3655.

Once again, we will attempt to get enough people interested in **YOGA** to sign up for a class taught by Sara Daily-Smith. Gentle stretching and slow, even, fluid movements are key to Sara's style of teaching. Please contact the front desk early to save a place for your floor mat. The class will begin in September lasting 8 sessions and will cost \$50.

And, speaking of Yoga... Joan Roulac's next session of **T'ai chi chih** will begin on Monday, September 10th. Be sure to look for your September Senior Signal for times and costs.



VOLUNTEER DRIVERS...

We're going to ask every month until we get our

Driver Roster built up! New Driver Packets are still available to hand out to the next interested people who walk through the door. All it takes is a little paperwork, a physical (we pay), a traffic violation check and a short driving test. So... how would you like the use of a van to go to the mainland sometime? And... we pay for the gas and the ferry ticket! Interested? Call Jo Anne at the Senior Center at 376-2677 and she will get you signed up.

NEW AND RENEWING MEMBERS...

Our membership "drive" is over now but that doesn't mean that have closed our doors to accepting new and renewing members. Applications may be acquired at the Senior Center Front Desk. Please

take this opportunity to renew, or join for the first time. Also, we have finally completed our list of preferred merchants/vendors who give discounts to card-carrying seniors. **Check out the insert** which also has a list of the San Juan Island participants.

DISHWASHERS, TABLE SETTERS/CLEAN-UP, WEEDERS, ANYTHING YOU CAN THINK OF... This is an ongoing need/request. A non-profit, such as yours (yes, the senior center belongs to **YOU!**) relies very heavily on the donation of time and talents of its members. We can always use help with landscape maintenance, vehicle cleaning, light bulb replacements and a myriad of other similar chores. We provide a fun and supportive place for you to come and do some "feel-good" work. So, keep us in mind if you are bored and/or wondering what to do with your "free" time. Call Jo Anne or Linda at the Senior Center... 376-2677.

*"May I never get too busy in my own affairs
that I fail to respond to the needs of others
with kindness and compassion"*

- Thomas Jefferson

ABOUT THOSE DOG DAYS OF SUMMER?



Roy Williams, via email on July 5th, sent this along from the Dictionary of Word and Phrase Origins by William & Mary Morris (Harper & Row):

"First, there's nothing new about the phrase. In the days of the Romans, the six or eight hottest weeks of summer were known colloquially as *caniculares dies*, or "days of the dog". The Roman theory was that the dog star Sirius, rising with the sun, added its heat to the sun's and thus the period—roughly July 3 to August 11—when Sirius' rise coincides with that of the sun was the hottest season of the year. Humanity has suffered through "dog days" for quite a few centuries now. So we may as well console ourselves with Don Marquis' advice: 'Don't cuss the climate. It probably doesn't like you any better than you like it'."

Next, Nancy Bang called in, on July 6th, citing Webster's Dictionary:



Dog Days are the hot, sultry season from early July 'til the end of August.

Finally, on July 13th, Richard Halverson sent me the following information in an email which elaborates on the messages received from Roy and Nancy:

"Everyone knows that the "dog days of summer" occur during the hottest and muggiest part of the season. Webster defines "dog days" as... 1) the period between early July and early September when the hot sultry weather of summer usually occurs in the northern hemisphere. 2) a period of stagnation or inactivity.

But where does the term come from? Why do we call the hot, sultry days of summer "dog days"?

In ancient times, different groups of peoples in different parts of the world drew images in the sky by "connecting the dots" of stars. The images drawn were dependent upon the culture: The Chinese saw different images than the Native Americans, who saw different pictures than the Europeans. These star pictures are now called constellations, and the constellations that are now mapped out in the sky come from our European ancestors.

The brightest of the stars in *Canis Major* (the big dog) is Sirius, which also happens to be the brightest star in the night sky. The ancient Romans thought the earth received heat from it. In the summer, Sirius rises and sets with the sun and the ancients believed that its heat added to the heat of the sun, creating a stretch of hot and sultry weather. Although it is certainly the warmest period of the summer, the heat is not due to the added radiation from a far-away star. No, the heat of summer is a direct result of the earth's tilt."



Orcas Advisory Committee

Lindalena Dingman-Chair	Penny Hawkes
Wally Logan-Vice-Chair	Beth Jurgensen
Carol Ely -Treasurer	John "Fritz" Kraetzer
B.J. Arnold - Secretary	Judith Miller
Helen Bee	Dave McPeake
Ellen Emery	Patsy Stephens
Marilyn Erly	Magdalena Verhasselt

Orcas Senior Center Staff

Linda Tretheway	Senior Services Coordinator
Jo Anne Bastron	Department Assistant
Amy Raven	WCCOA Nutrition Head Cook
Joyce Rupp	Program Director

**STORYTELLING CLASS WITH
ANTOINETTE BOTSFORD**

Be sure to look for your Skagit Valley College catalogue, coming to your mailbox soon. Beginning the end of September, Antoinette Botsford will be teaching a class on storytelling. The class will run for 10 weeks here at the Senior Center.

Other classes being held at the Senior Center will include: Music behind the Scenes, with Marilyn Parman; American Popular Music, with Richard Hendrick; and, Literature, with Michele Griskey Watson.

***Education is a necessity.
It helps to understand life.***

--Jacques Roumain

**SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY**

Orcas Island Senior Center
PO Box 18
Eastsound, WA 98245

Phone: 360-376-2677
Fax: 360-376-5465
Location: 62 Henry Road
Email: lindat@co.san-juan.wa.us

Non-Profit Organization
U.S. Postage
PAID
Permit #10
Eastsound, WA 98245



SENIOR SERVICES OF SAN JUAN COUNTY



ORCAS ISLAND SENIOR SIGNAL

Senior Center Hours 9 am - 4 pm, Monday - Friday
PO Box 18, 62 Henry Road, Eastsound, WA 98245
PHONE 360-376-2677 FAX 360-376-5465

Volume 12 Issue 9

September, 2007

FROM THE DESK OF LINDA T...

Come said the wind to the leaves one day,
Come o're the meadows and we will play.
Put on your dresses scarlet and gold,
For summer is gone and the days grow cold.
-A Children's Song of the 1880's

Where did the summer go????!!!

It seems to me that it was just June and I was so excited about all the projects I would get done on warm days with long daylight hours. I bet some of you can relate, eh? And, now, I'm already beginning to plan the projects I'll accomplish indoors this winter when the days are short and the falling temperatures will keep most of us inside.

Some of you may have noticed that we have not had a lot of planned trips/excursions this summer. I think our last travel committee got burned out when the same five or six women kept showing up to plan activities which were later cancelled for lack of interest. Because we have such an active group of senior citizens who participate in what the senior center has to offer, it isn't necessary for us to have a travel committee, or to plan specific trips. You all do a pretty good job of taking care of yourselves. Because of that, I have a proposition: If any of you want to go on a particular trip, like a baseball game or overnight to Leavenworth, as long as you get at least 5 people together and make your own ticket, room reservation, and/or dining arrangements, we will get a driver and a van to take you. The only thing we ask is that we have AT LEAST two week's notice, ideally more.

How easy can it get?

And Remember... September is: Apple month, Be Kind to Editors and Writers month, Chicken month, Fall Hat month, Healthy Aging month, Mushroom month, and Rice month!



SECOND ANNUAL SENIORS CRUISE! *Please Sign Up Early!!!*

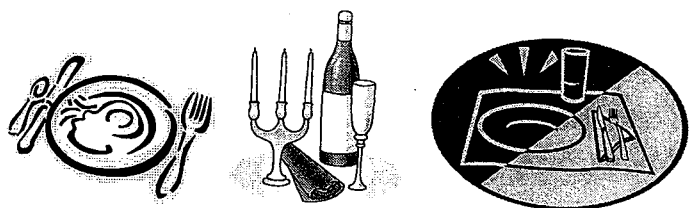
September 12th is the day to put on your deck shoes, grab your cameras and some rations, and meet your assigned captain at either "the ditch" (small inlet next to Smugglers Cove) or the Senior Center for your transportation to the West Sound Yacht Club Dock.

We've chosen the 12th because it will be a perfect day for sailing in the San Juan Islands. Everyone who went last year had a great time, although not everyone was able to ride with those folks they wanted to be with. Also, last year we ended up with more boats than we needed and some of the skippers had set aside the day and were disappointed they didn't have anyone to transport.

In order to remedy this situation, passengers will be assigned, along with the people they choose to sail with, to a particular boat before the day of sailing. Your job, ahead of time and as soon as possible, is to make sure you sign up at the front desk, or call and we will put your name on the list.

The day of sailing, bring your own drinks as your particular skipper may not have your "brand". Also, this year we are asking all sailors to bring along some finger foods to share. Some of the skippers will add to this. Water and restroom facilities (the "head") will be available to all passengers. There will be some climbing over the "gunnels" (sides of the boat) in some cases, so mobility is expected. Dick Thompson is the Admiral in charge of the fleet. Call him with questions at 376-6770 or 201-6770. Happy Sailing!

SEPTEMBER 2007 MENU



4 Teriyaki Chicken Wild Rice Veggies Salad Chocolate Cake	7 Taco Salad Corn Bread Sliced Melons
11 Lasagna Italian Veggies Romaine Salad Garlic Bread Chocolate Chip Cookies	14 Meatloaf Mashed Potatoes w/Gravy Peas Claremont Salad
18 SENIOR SUPPER! (Served @ 6pm) Pork Loin Mashed Potatoes w/Gravy Mixed Veggies Apple Cake	21 Breaded Cod Scalloped Potatoes Scandinavian Veggies Romaine Salad Chocolate Pudding
25 BIRTHDAY LUNCH! Tossed Chicken Salad Whole Wheat Rolls Fresh Fruit Birthday Cake	28 Chicken Reuben Buttered Spiral Noodles Scandinavian Veggies Caesar Salad Cake

REMEMBERING WITH LOVE

Ed Coons 1932 - 2007
 Gudrun "Goody" Goodrich 1917 - 2007
 John "Rob" Inch 1955 - 2007
 Hal Syrstad 1915 - 2007

SEPTEMBER 2007 BIRTHDAYS

- 1 - Larry Garvin, Bill Humes
- 2 - Barbara Ehrmantraut, Karen Slawson, Ken Speck
- 4 - Irene James, John Louton
- 5 - Elaine Gleeson, Herlwyn Lutz, Irma Quackenbush, Bob Scott
- 6 - Dale Ely, Harold Olson, Elizabeth Roulac
- 7 - Barbara Buman
- 9 - Roger Congdon, Faith Deeds, Leonard Wood
- 10 - Beverly Franklet Rosemary Hennessy, Jerry Schmidt, Donald Vogt
- 11 - Jackie Abell, Frances Ellis
- 12 - Lori Oakes, Margo St. James
- 13 - Marshall Johnson, Marciale Lambiel
- 14 - Susan Clark, Bill Potts, Tom Rodrique
- 15 - Jan Helsell
- 16 - Emery Emmes, John Symons
- 17 - Barbara Humes, Robert Verhasselt, Barbara Wheeler, Marion Wiseman
- 20 - Margaret Coons
- 22 - Eleanor Hall
- 23 - Peg Elliott, Wayne North
- 24 - Margaret Tyree
- 25 - Tom Ritter
- 27 - Mary Schoen
- 30 - Sue Lamb, Linda Libiez, Midge Lofland, Adele Pinneo, Mary Poletti



SEPTEMBER 2007 ANNIVERSARIES

- | | |
|----------|-------------------------------|
| 09/01/61 | Ray and Diane Jarecki |
| 09/01/62 | Carl and Susan Silvernail |
| 09/02/44 | Bob and Jean McLaughlin |
| 09/03/44 | Bill and Barbara Humes |
| 09/04/33 | Donald Vogt and Carolyn O'Day |
| 09/04/66 | Jim and Beverly Ohlman |
| 09/06/52 | Wes and Pat Pomeroy |
| 09/07/01 | Chase and Mary Riveland |
| 09/16/61 | Robert and Mary Jane Schwarz |
| 09/18/76 | Ed and Barbie Benshoof |
| 09/21/62 | George and Sally Larson |

Senior Lunches are on
Tuesdays & Fridays, 11:30,
in the Betty Lundeen room.




Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR September 2007

September Cake Bakers: Betty
Frenger, Cay Tretheway, Geno Crowe,
Mary Lou Padbury, May Shiozawa



Greeters: Greeters: Agnes Forbes and Mary Lou Padbury

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 	3 SENIOR CENTER CLOSED FOR LABOR DAY HOLIDAY	4 SHIBA*	5 1030 - Gentle Yoga 1pm - Oil Painting (Last Class 'til Oct)	6	7 7pm - Buddhist Relics	8 10am - Buddhist Relics
9 10am - Buddhist Relics	10 ITS BACK!! 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregivers Support	11 SHIBA* 6pm- (MP) Toastmasters	12 WESTERN HEARING* 1030 - Gentle Yoga	13	14	15
16	17 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregivers Support	18 SHIBA* 6pm SENIOR SUPPER (LR) 6pm- (MP) Toastmasters	19 1030 - Gentle Yoga	20 Mainland Shopping	21	22
23	24 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregivers Support	25 SHIBA* FOOTCARE* BIRTHDAY LUNCH 6pm- (MP) Toastmasters	26 FOOTCARE* ELDERLAW CLINIC* 1030 - Gentle Yoga	27 FOOTCARE*	28	29
30	<div><div>BRIDGE LOVERS! Every Tuesday and Friday after lunch. Complete a foursome, or, bring a table and some friends to form your own. We have the cards! We have the space. All we need is YOU!</div></div>					

Skagit Valley College has expanded it's offerings of classes this year, all to be held at the Senior Center. You **MUST** register for these classes through the College. The Senior Center will **NOT** take sign ups at our front desk.

The classes (and their start dates) are as follows: **Italian Renaissance Art** (Wed, Sept. 19, 10am); **American Popular Music** (Wed, Sept. 26, 6pm); **A Storyteller's Alice in Wonderland** (Tues., Sept. 25, 4pm); **Great Women Writers** (Thurs, Sept. 27, 10am); **Music Behind the Scenes** (Tues., Sept. 25, 10am)

SHIBA UPDATES...

Medicare to move some folks with Part D Extra Help to new plans: Some Part D plans that charge no premiums to folks with Extra Help will exceed the low-income benchmark in 2008. If folks with Extra Help stay in those plans, they will owe part of the premiums. By January 1, 2008, Medicare will switch these folks to new plans in their areas at random. These folks may also switch to another plan of their choice. Medicare estimates this change will affect one out of every six folks with Part D Extra Help, or 1.5 million beneficiaries. For information on Part D Extra Help, which pays for the Part D coverage gap and covers some or all Part D premiums, deductibles, and co-pays, visit www.socialsecurity.gov.

Swedish Hospital/United Healthcare dispute does not affect AARP Medigap plans: There has been confusion since Swedish sent letters to thousand of patients insured through United Healthcare. For now, restrictions affect only folks with United Healthcare's individual and Employer-Group Plans, but discussions continue. For more information, visit: [Http://seattlepi.newssource.com/business/326849_swedish09.html](http://seattlepi.newssource.com/business/326849_swedish09.html).

CMA: Part D premiums to average \$25: Medicare beneficiaries will pay an average \$25 for standard Part D coverage in 2008, the Centers for Medicare & Medicaid Services estimated yesterday. That's up from an average \$22 this year, primarily due to technical adjustments required by law, but down from earlier projections of \$27 and \$41. It attributed the new lower estimate for Medicare prescription drug coverage premiums largely to competitive bidding by health and drug plans and smart plan choices by beneficiaries.

The website of "Partnership for Prescription Assistance" - a free clearinghouse of sorts for all pharmaceutical company patient assistance programs - streamlines the paperwork for patients and their primary prescriber. Most companies mail out a 3-month supply and allow 3 more refills during the year, after which time the patient must reapply for assistance. Others provide the patient with an ID card that enables them to fill their prescriptions free of charge or at a drastically reduced rate at their local pharmacy. Check it out at <https://www.parx.org/Intro.php>

Thanks to Irmgard Conley for submitting this important information.

TIPS ON HOW TO TALK WITH YOUR DOCTOR

How do you talk about a sensitive subject with your doctor? What if you forget to ask an important question? What if you feel rushed during your visit? How can you get the most out of your visit with your health care provider?

Being able to communicate openly, comfortably, and assertively with your doctor can help you make good health decisions and stay well. But some older people shy away from this approach and hesitate to ask questions or take the doctor's time.

The best patient doctor relationships are more of a partnership, with both sides taking responsibility for good communication. To guide older patients in speaking with their doctors, the National Institutes of Health (NIH) offers "Talking with Your Doctor", a newly released topic on NIHSeniorHealth.gov, a Web site developed by NIH with the needs of older people in mind.

Older adults can turn to this newest feature on the [NIHSeniorHealth](http://NIHSeniorHealth.gov) Web site for information on managing conversations with their doctor. How to prepare for a doctor visit, what to ask, what information to provide, and how to understand what the doctor says are among the many helpful tips older adults can find on the site.

One of the fastest growing age groups using the Internet, older Americans increasingly turn to the World Wide Web for health information. In fact, 68 percent of wired seniors surf for health and medical information when they go online.

For those of you without access to a personal computer, the senior center has one for public use in the conference room. You may also see Linda, Coordinator, with help accessing this very useful information.

ORCAS SENIOR SIGNAL

Linda Tretheway, Editor

Jo Anne Bastron, Proofreader

Joyce Rupp, Project Manager

This newsletter is published by San Juan County Senior Services through a grant from the Northwest Regional Council.

We invite contributions from all Orcas Senior Services members and friends.

Deadline for the October, 2007 issue: September 15

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

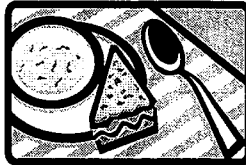
Services We Provide & Whom to Call

Lunch: Served twice a week at each Senior Center. **Orcas Island** has lunches on Tuesday and Friday at noon. San Juan Island on Monday and Thursday. Lopez on Wednesday and Friday.

Orcas: 376-2677

San Juan: 378-2677

Lopez: 468-2421



Hearing Screenings: Western Hearing comes to Orcas once a month. Check calendar for date. Reservations required. Costco Hearing goes to the Mullis Senior Center on San Juan once a month. Call 378-2677 to schedule appointments with Jodi at the Mullis Center.

Elder Law Clinic: Half-hour sessions with Cy Field, Attorney, by appointment. Usually on 4th Wednesdays. Call Front Desk.

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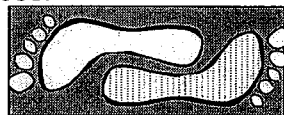
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ACTIVITIES, PROGRAMS, AND CLASSES THIS MONTH...



t'ai chi chih is back!!!

Come and try out the fastest growing exercise in the world. Returning after a month-long hiatus, Joan Roulac's new 8 week series of T'AI CHI CHIH

begins again on Monday, September 10th in the Lundeen Room. Witness a free demonstration the first day of class from 9:30 - 10:30 am to determine whether you think T'ai Chi Chih is for you.

T'ai Chi Chih is an ancient Chinese low impact exercise with a one thousand year track record that is proven to relax and soothe as it invigorates and harmonizes your body, mind, breath, and spirit. Great for any age, any body type or any state of fitness.

- The Level 1 class is for learning the basics and begins at 9:30am in the Lundeen Room for an hour.
- Level 2 is the continuing students class from 11am-noon.

Fee for both classes is \$80. Joan has been passionately practicing and sharing this nourishing & soothing meditative T'ai Chi form for 20 years.

Questions? She's happy to answer them for you at 376-6336 or chiworks4me@gmail.com

GENTLE YOGA RETURNS TO THE SENIOR CENTER THIS MONTH



Sara Daily-Smith, our teacher of Gentle Yoga, will be returning to teach an 8 week class, starting Tuesday, September 4th at 10:30am. The cost for the class is \$50.

Sara has practiced yoga asanas and meditation for over 30 years. After working as a case manager in Gerontology and Aging, she was certified in yoga in 1997 in Southern California as a yoga therapist and a year later was certified in stress management. Her first class was introducing yoga to those with Multiple Sclerosis.

Her favorite interest is in the use of yoga for stress management and improving and maintaining mobility. "Having the opportunity to work with individuals and share the ideals of 'empowerment through breath' is very rewarding," Sara says.

She works one on one with those who have back pain, MS, chronic fatigue, asthma, depression, and disabilities. Her gentle yoga class is a combination of flowing asanas, breath and relaxation. Some use chairs, while others stand or use mats on the floor. The class is for beginners as well as those who have done yoga before.

Due to the lateness in the publication of the newsletter this month, some of you who are interested may not be able to sign up for the first class. Not to worry. There will be plenty of room in the class on Wednesday, Sept. 12th. Call the front desk @

RARE BUDDHIST RELICS VISIT ORCAS

A precious collection of sacred relics of the Buddha and many other Buddhist masters is currently touring the world. These relics will be displayed, on Orcas, with an opening ceremony, in the Multipurpose Room of the Senior Center, Friday evening, September 7th, from 7pm until 9pm.

This is a rare opportunity to view these relics, which were found among the cremation ashes of Buddhist masters. They resemble beautiful, pearl-like crystals. Buddhists believe relics embody the master's spiritual qualities of compassion and wisdom and are deliberately produced by the master at his death.

The relics may also be viewed on Saturday and Sunday, September 8th & 9th, from 10am to 7pm each day. There is no entrance fee; however, donations will be accepted.

Visitors often report experiences of inspiration and healing when in the presence of the relics. While some are inspired to pray for world peace and to develop their inner wisdom, others are overcome by emotion as the powerful effects open their hearts to compassion and loving-kindness. Visitors may participate in a Blessing Ceremony where the relics of the Buddha are gently placed on the crown of the visitor's head as a personal blessing.

Even if you have never encountered Buddhism before, the opportunity to see these relics is rare and will only add to our understanding of the ways other people practice their philosophy and spiritual connectedness. And, the more we understand that connectedness, the more we can understand each other.



VOLUNTEER DRIVERS...

We're going to ask every month until we get our Driver Roster built

up! New Driver Packets are still available to hand out to the next interested people who walk through the door. All it takes is a little paperwork, a physical (we pay), a traffic violation check and a short driving test. So... how would you like the use of a van to go to the mainland sometime? And... we pay for the gas and the ferry ticket! Interested? Call Jo Anne at the Senior Center at 376-2677 and she will get you signed up.

NEW AND RENEWING MEMBERS... Our membership "drive" is over now but that doesn't mean that have closed our doors to accepting new and renewing members. Applications may be acquired at the Senior Center Front Desk. Please take this opportunity to renew, or join for the first time.

DISHWASHERS, TABLE SETTERS/CLEAN-UP, WEEDERS, ANYTHING YOU CAN THINK OF...

This is an ongoing need/request. A non-profit, such as yours (yes, the senior center belongs to **YOU!**) relies very heavily on the donation of time and talents of its members. We can always use help with landscape maintenance, vehicle cleaning, light bulb replacements and a myriad of other similar chores. We provide a fun and supportive place for you to come and do some "feel-good" work. Call Jo Anne or Linda at the Senior Center... 376-2677.

HEARTS AND HANDS Launches Motivational Speaker Series: Reflections

The purpose of "Reflections" is to offer insightful and thought provoking information to the community on a variety of life's issues, while raising awareness of the on-going services of Hearts and Hands.

The first speaker in this series will be Melissa Gayle West, a national inspirational speaker and workshop presenter. Her talk, "Raising our Sails in the Winds of Change: Thriving in Uncertainty" will be held on Wednesday, September 26, from 7-8:30pm at the Outlook Inn in the Victoria Room. The suggested donation is \$10 at the door.

For more information about either receiving services or becoming a volunteer of Hearts and Hands, contact director, Nancy Southern at 376-7723.

Al Edwards would like to offer this bit of advice for all those travelers out there... Last January, 2007 while on holiday in Cabo san Lucas, I experienced what I thought was a cardiac episode. A Mexican doctor suggested I buy a Med-Evac flight back to San Diego where there were better facilities. The cost was \$22,875 (USD) and they would only accept a credit card. I found out that Medicare would not cover outside USA medical expenses. Luckily, my wife, Pam, had checked a box on a form requesting outside USA coverage from Blue Shield, our augmented coverage to Medicare. That check mark in that box saved us 80% of the Mexican hospital expense and the Med-Evac flight. The lesson here is: before traveling outside the United States, make sure you have coverage over and beyond Medicare... make sure your Medicare Augmented (or supplemental) insurance covers you.

SUDDEN ILLNESS WHILE DRIVING

While "Sudden Illness" is a relatively infrequent experience on the road, it may strike drivers or passengers at any time. Examples include heart attacks, strokes, seizures, blackouts, fainting and nausea. Passengers should consider emergencies and try to have some plan for coping with unexpected events. Here is one example:

If the driver is unconscious or unable to move, passengers may be able to take some emergency actions. While automobile design makes it almost impossible to take effective control of the vehicle, there are actions to be taken.

- Gently take control of the steering wheel
- Slide as closely as possible to the driving position and move the person back on the seat
- Try to steer the vehicle in a controlled manner, reduce the speed, use the turn indicator, and steer to the right shoulder of the road.
- Place the vehicle in park position and turn on the emergency lights
- Secure help by calling 911 (be prepared to give location), or secure assistance from another driver or the police.

CLEARING THE AIR ABOUT MEDICARE

Are you turning 65 in the next 12 months? Have you received your Medicare card and are saying, "Now what?" What are Medicare Part A, B, and D? Sign up for a workshop led by Joann Hoover to cover these and many other questions. Date and time of workshop to be announced depending on interest. Call the front desk @ -2677

Orcas Advisory Committee

Lindalena Dingman-Chair	Penny Hawkes
Wally Logan-Vice-Chair	Beth Jurgensen
Carol Ely -Treasurer	John "Fritz" Kraetzer
B.J. Arnold - Secretary	Judith Miller
Helen Bee	Dave McPeake
Ellen Emery	Patsy Stephens
Marilyn Erly	Magdalena Verhasselt

Orcas Senior Center Staff

Linda Tretheway	Senior Services Coordinator
Jo Anne Bastron	Department Assistant
Amy Raven	WCCOA Nutrition Head Cook
Joyce Rupp	Program Director

Correction!

In the August Newsletter, we erroneously identified the store "Kizmet" as one of the selected merchants who give discounts to seniors who are card carrying members of Senior Services. "Kizmet" is NOT one of those merchants. We apologize to the owner of the store and regret the error. - *It*

SENIOR SERVICES COUNCIL OF SAN JUAN COUNTY

Orcas Island Senior Center
PO Box 18
Eastsound, WA 98245

Phone: 360-376-2677
Fax: 360-376-5465
Location: 62 Henry Road
Email: lindat@co.san-juan.wa.us

Non-Profit Organization
U.S. Postage
PAID
Permit #10
Eastsound, WA 98245



SENIOR SERVICES OF SAN JUAN COUNTY

ORCAS ISLAND SENIOR SIGNAL



Senior Center Hours 9 am - 4 pm, Monday - Friday
PO Box 18, 62 Henry Road, Eastsound, WA 98245
PHONE 360-376-2677 FAX 360-376-5465

Volume 12 Issue 10

October, 2007

FROM THE DESK OF LINDA T...

First off... Let me apologize for the lateness of October's newsletter. I've been sick for the last 11 days with the flu. Not fun. But, it gives me a great lead in to what I wanted to talk about in my column this month. THE FLU and FLU SHOTS!

The Senior Center will hold its annual flu shot clinic on Tuesday, November 6, from 9am to 3pm. It is important for seniors, especially, to be vaccinated against the most virulent strain which is expected to pass through this area during "flu season" this year. In addition to "flu", the injections this year include vaccines for pneumococcal, tetanus, diphtheria booster and pertussis (whooping cough), also known as TDAP.

It is important to remember that, even with a flu vaccination, it is still possible to become ill with the flu. The flu shot only protects against the most virulent strain expected in the area. It is still absolutely necessary to take precautions against getting other types of flu and colds by frequently washing your hands, covering your mouth when coughing or sneezing, limiting contact with other who show symptoms of colds or the flu.

The cost of a flu shot is \$28 which is paid for by Medicare for those who have it.

On Wednesday, November 7, from 9am to 1pm, the Health Department is going to stage a flu shot "drive by" which will allow you to stay in your car and drive through stations where you will fill out paperwork and then receive your vaccine. This exercise, which is, in part, to provide training for Public Health employees to be able to respond to a need for mass inoculations in the event of an emergency, was done successfully last year on San Juan Island. For the purposes of this exercise, only flu shots will be given. Location to be announced at a later date.



THE HOLIDAY FARE IS COMING... THE HOLIDAY FAIR IS COMING!

The vendors signed up for booths, Mr. and Mrs. Santa Clause are getting their sleigh ready and the halls are waiting to be decorated to the max!

Hello, everyone...

I would like to announce that we are seeking commitments of baked goods for the Senior Center's Annual Holiday Fair Bake Sale. I will be organizing the Bake Sale this year and have already begun passing around a sign-up sheet for baked goods and volunteer help setting up at the Bake Sale itself on Saturday, November 24th at the Fair. This is a great way for all of you to show your appreciation and support for your Senior Center.

It may seem like the end of November is a long way off, but with the holiday season picking up very soon, we thought we'd get going before the rush. We already have a good start with a contribution of 12 dozen cookies from two Kaleidoscope parents. Baked goods can be dropped off at the Senior Center on Friday November 23rd from 10am - 4pm, or on Saturday, November 24th between 9am and 10am.

Please call me at 376-4272 for more information and, if needed, pick up arrangements. Remember, most baked goods can be frozen so it's never too early to fire up those ovens!


Thank you for all your support,

Lindalena Dingman, Advisory Committee Chair



OCTOBER 2007 MENU



2 Grilled Reuben Mini-Salad Bar Pumpkin Cake	5 Fish Florentine Scalloped Potatoes Green Beans Cole Slaw Oatmeal Cookies
9 Cream of Potato Soup Turkey & Cheese Sandwich with Lettuce and Tomatoes Brownies	12 Beef Stew Biscuits Garden Salad Fresh Fruit
16 SENIOR SUPPER! (Served @ 6pm) Bratwurst Red Cabbage Sauerkraut Hot Potato Salad Spice Cake	19 Baked Potatoes and Chef Salad Bar Cookies
23 Ravioli in Marinara Sauce Green Beans Breadsticks Caesar Salad Peach Crisp	26 Chicken Fajitas with Flour Tortillas Rice and Beans Salad Tropical Fruit
30 B'DAY LUNCH! Meatloaf Mashed Potatoes With Gravy Peas Claremont Salad	 HAVE A VERY HAPPY HALLOWEEN 

REMEMBERING WITH LOVE

Richard Arthur Resch 1938 - 2007

OCTOBER 2007 BIRTHDAY

2 - Stan Englehartson, Lawrence Lindberg, Paul Losleben
4 - Jim Allan, Maureen Burlew
5 - Annie Allan
6 - Irmgard Conley, Annette Clark, Joyce Nigretto, Sara Jane Johnson, Ron Montgomery, Sage MacLeod
7 - Frank Bret, Emily Reid, Harriet Miller
8 - Sharin Lee, Sandra Bronson
10 - Maurine Taylor, Bill Griswold, Al Ulbrickson, Monica Ulbrickson,
13 - Eileen Dean, Bloddie Bruce, Lauretta Mayhew
14 - Claire Thornton, Wally Barrow
15 - Peg Wareham, Betty Williams, Nancy Huffman, Margot Shaw, Stan Williams, MD
16 - Dave McPeake, Becky Greaves, Betty Sumrall, Frank Koral, Richard Evans, Marion Gerard, Karen Key Speck
17 - Catherine Chaney, William Anders
18 - Barbara Trunkey
19 - Flo Bullock, Catherine Pedersen, Ann Griot, Terry Hopkins
20 - John Babcock, Betty Hall, Sandra Huie
21 - Karen Ritter
22 - Margaret Wahlberg
24 - Irma Williamson, Lew Lehmann, Sarah Geiser, Evelyn Jensen, Jeffrey Unterschuet
25 - Madeline Haffey, Alan Edwards, Gary Clark, John Heath
28 - Ruth Pihl, Marsha Harris, JoEllen Moldoff, Susan Slapin
29 - Odetta "Dee" Coughlin
31 - Fran Suzick, John Liger, Patsy Stephens, Mary Boberg, Susan Ward



OCTOBER 2007 ANNIVERSARIES

10/05/72	Ray and Patti Brogi
10/06/51	Wally and Josie Barrow
10/07/50	Frank and Liz Bret
10/08/66	Bob and Lorraine Lucas
10/15/78	Eileen and William Dean
10/21/71	Glen and Eloise Monson
10/24/76	Norman and Mary Ann Carpenter
10/25/75	Larry and Heidi Lindberg
10/26/51	Bob and Lolly Halverson
10/29/83	Ken and Karen Key Speak

Senior Lunches are on
Tuesdays & Fridays, 11:30,
in the Betty Lundeen room.
Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR October 2007

October Cake Bakers: Lois
DeVane, Don McLean, Ka-
tie Jensen, Gretchen Shel-
ton, Peg Wareham

Greeters: Cal and Clarena McLachlan



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiver Support	2 6pm- (MP) Toastmasters	3 1030 - Gentle Yoga (LR)	4	5	6
7	8 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiver Support	9 6pm- (MP) Toastmasters	10 WESTERN HEARING* 1030 - Gentle Yoga (LR)	11	12	13 9:30 Drawing w/Caroline Buchanan
14	15 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiver Support (CR)	16 6pm SENIOR SUPPER (LR) 6pm- (MP) Toastmasters	17 NO YOGA TODAY 7 - League of Women Voter's Forum	18 Mainland Shopping	19 9am - Advisory Com- mittee Work- day (MP)	20
21	22 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiver Support	23 6pm- (MP) Toastmasters	24 FOOTCARE* ELDERLAW* 1030 - Yoga 5pm - Town Hall	25 FOOTCARE* 8:30am - Advisory Com- mittee Meeting	26 FOOTCARE* 9am - Advisory Com- mittee Work- day (MP)	27
28	29 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiver Support	30 B'DAY LUNCH 1pm - Drawing Class 6pm- (MP) Toastmasters	31 1030 - Gentle Yoga (LR)	NOTE: NO SHIBA APPOINTMENTS IN OC- TOBER. IF NECESSARY, CALL ISLAND HOSPITAL, SHIBA OFFICE @ 299-1397		

ABBREVIATIONS: LR = Lundeen Room, MP = Multipurpose Room, CR = Conference Room

* Must sign-up for appointment with front desk, either in person or by calling -2677.

** All recreational trips and classes must be paid in full at time of sign-up

BRIDGE LOVERS! Every Tuesday and Friday after lunch. Complete a foursome, or, bring a table and some friends to form your own. We have the cards! We have the space. All we need is YOU!

Anyone else up for Scrabble? Monopoly? Other board or card games? Bring them along and we'll have an after lunch game fest!

SHIBA UPDATES...

Medicare continues to resolve 2006 premium withholding issues: In 2006, the Social Security Administration (SSA) and Medicare had glitches when deducting Part C and D premiums from clients. Some clients had incorrect amounts deducted from their Social Security payments, others were billed in error. Some problems remain. For information about who is affected and Medicare's actions to fix the problems, read the tip sheet at: <http://www.cms.hhs.gov/partnerships/downloads/11321P.pdf>. You may also read the letter Medicare is sending to folks who owe money to their plans at: <http://www.cms.hhs.gov/partnerships/downloads/11322.pdf>.

Centers for Medicaid and Medicare Services (CMS) releases *Guide to CMS, SSA and Plan Mailings for Summer and Fall 2007*: This guide explains the mailings Medicare clients will receive this fall from CMS, SSA, and health plans. The guide includes recommended action for clients to take. It also includes links to any notices that are available. Check out the guide at: <http://www.reachcils.org/home/images/low-income-subsidy.pdf>

SHINGLES... WHAT YOU NEED TO KNOW

WHAT IS SHINGLES? Shingles is a painful skin rash, often with blisters. It is also called Herpes Zoster.

A shingles rash usually appears on one side of the face or body and lasts from 2 to 4 weeks. Its main symptom is pain, which can be quite severe. Other symptoms of shingles can include fever, headache, chills and upset stomach.

Shingles is caused by the same virus that causes chickenpox. Only someone who has had a case of chickenpox—or gotten chickenpox vaccine—can get shingles. The virus stays in your body. It can reappear many years later to cause a case of shingles. You can't catch shingles from another person with shingles.

SHINGLES VACCINE. A vaccine for shingles was licensed in 2006. In clinical trials, the vaccine prevented shingles in about half of people 60 years of age and older. It can also reduce the pain associated with shingles.

A **single dose** of shingles vaccine is indicated for adults **60 years of age and older**.

HOW CAN I LEARN MORE?

- Your health provider can give you the vaccine package insert or suggest other sources of information
- Call your local Health Department (378-4474)
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636**
 - Visit CDC's website at www.cdc.gov/nip

CLEARING THE AIR ABOUT MEDICARE

Are you turning 65 in the next 12 months? Have you received your Medicare card and are saying, "Now what?" Is your mailbox full of information from insurance companies wanting you to buy from them? What are Medicare Part A, B, C and D? Doesn't Medicare pay for everything?

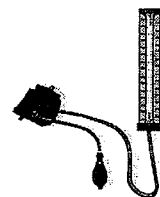


What about Medicare and prescriptions? I am already covered under my employer's insurance, now what?

These questions are only the tip of the Medicare iceberg.

Sign up for a work shop to answer these questions and more to be conducted by Joann Hoover, Community Health Resources and SHIBA Helpline Coordinator with Island Hospital at the Orcas Senior Center.

The date and time will be determined based on interest. Call the front desk at 376-2677 to sign up or drop by the Center to put your name on the list.



ORCAS SENIOR SIGNAL

Linda Tretheway, Editor
Jo Anne Bastron, Proofreader
Joyce Rupp, Project Manager

This newsletter is published by San Juan County Senior Services through a grant from the Northwest Regional Council.

We invite contributions from all Orcas Senior Services members and friends.

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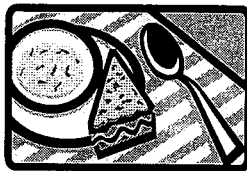
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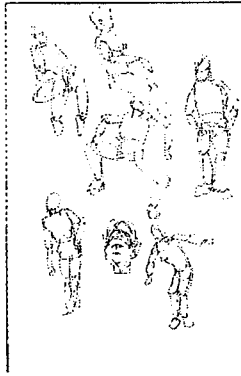
YOU TOO CAN DRAW!

Do you feel like the kid who had sand kicked in his face when it comes to drawing? You wish you knew how, but are convinced you can't do it. You can learn! Yes, you. It is fun and a learnable skill. You just need to be shown how.

Caroline Buchanan is convinced anyone, even you, can learn how to draw. From 9:30am to 12:30pm on Saturday, October 13, you will learn how to see and how to get down on paper what you are seeing. You learn how to start and where to start. You learn how the simple lines which--when put together-- make up the shapes you see. You learn the secrets of how to get from three dimensions to two. The cost for this first class is \$30, due at the time of sign-up at the Senior Center.



There will be three follow-up classes on Tuesday afternoons, October 23, 30, and November 6. The cost for these three sessions is \$70, or \$30 per day. In addition to more time spent on drawing basics, each of the afternoon classes will have a special focus: shading, drawing buildings, drawing people. Homework will be encouraged. If you have the coordination to drive a car, you have enough to learn to draw!



Call the Senior Center at 376-2677 to sign up now and get a list of supplies you will need for the first day of class. For more information, call Caroline at 376-5509, or email her at: watercolors@rockisland.com

TRADER JOE'S HIGHLIGHT OF OCTOBER MAINLAND SHOPPING TRIP

This month's Third Thursday mainland shopping trip will be headed for the new Trader Joe's which has recently opened in Bellingham. The van will also make stops at Costco and Bellis Faire Mall (upon request).

This should be a fun trip! Sign up early! Transportation cost is \$15 (due at sign-up) and includes the ferry fare. Contact the front desk at 376-2677 for more information or drop by Monday thru Friday from 9am to 4pm.

"The difference between perseverance and obstinacy is that one often comes from a strong will and the other from a strong won't."

- Henry Ward Beecher

The Great Olive Oil Misconception "Food for Life" by Dean Ornish, MD

Americans have developed an olive oil habit. Out to dinner recently, I saw a man dipping his white bread in olive oil and then pouring it all over his salad, saying, "Wow, this is so good for me!"

But is olive oil the healthiest fat? No, it's not. You might ask, Doesn't it lower cholesterol? Well, only when you substitute olive oil in equivalent amounts for butter or oils that are higher in saturated fat. Olive oil doesn't lower cholesterol; it just doesn't *raise* it that much.

You may be better off with canola oil. The 1999 Lyon Diet Heart Study found that a Mediterranean diet significantly reduced heart attacks and premature deaths. Many people attributed this to eating a lot of olive oil. But it was increased consumption of canola oil that accounted for these improvements.

Another study found that olive oil reduced blood flow by 31%. Canola oil and fish oil don't. (You want to *increase* blood flow to all body parts.)

Olive oil is healthier fat than many others, but it's not nearly as healthy as canola oil--or fish oil and flaxseed oil, for that matter, which also have lots of omega-3s. And a tablespoon of any oil has 126 calories.

Think about that before you pour it on.

[This article was excerpted from Reader's Digest. To learn more about the right way to include fats in your diet, visit rd.com/ornish.]



VOLUNTEER DRIVERS...

We're going to ask every month until we get our Driver Roster built

Up! New Driver Packets are still available to hand out to the next interested people who walk through the door. All it takes is a little paperwork, a physical (we pay), a traffic violation check and a short driving test. So... how would you like the use of a van to go to the mainland sometime? And... we pay for the gas and the ferry ticket! Interested? Call Jo Anne at the Senior Center at 376-2677 and she will get you signed up.

NEW AND RENEWING MEMBERS... Our membership "drive" is over now but that doesn't mean that have closed our doors to accepting new and renewing members. Applications may be acquired at the Senior Center Front Desk. Please take this opportunity to renew, or join for the first time.

DISHWASHERS, TABLE SETTERS/CLEAN-UP, WEEDERS, ANYTHING YOU CAN THINK OF...

This is an ongoing need/request. A non-profit, such as yours (yes, the senior center belongs to **YOU!**) relies very heavily on the donation of time and talents of its members. We can always use help with landscape maintenance, vehicle cleaning, light bulb replacements and a myriad of other similar chores. We provide a fun and supportive place for you to come and do some "feel-good" work. Call Jo Anne or Linda at the Senior Center... 376-2677.

WATCH THIS SPACE IN THE NOVEMBER NEWSLETTER AS THE NOMINATIONS FOR THE 2008 SENIOR SERVICES ADVISORY COMMITTEE WILL BE PRESENTED FOR YOUR CONSIDERATION AND VOTE.

SENIORS AND VALID I.D.'S

Many seniors no longer drive and/or have expired driver's licenses which they do not wish to renew. Banks and other places where identification is required, in most, if not all, cases want to see a picture id. What can a senior do?

The Department of Licensing will issue an Identification Card, which looks similar to a driver's license, complete with picture and physical stats. You can get on of these ID cards in Friday Harbor on the 2nd and 4th Wednesdays, 8:30am to 3:30pm at the new fire station on Mullis Street. Call 360-588-8039 for details.

ALZHEIMER'S ASSOCIATION SAFE RETURN PROGRAM

The Alzheimer's Association Safe Return Program consists of a national identification database for people with Alzheimer's and wallet cards, special pendants or bracelets, clothing labels, lapel pins and bag tags that specify a person belongs to the program.

Anyone who finds an elderly person wandering the streets can call the Safe Return toll-free number listed on the elderly person's wallet card or bracelet, and the operator will alert family members or a caregiver listed in the database. The Safe Return program also files a report similar to a missing persons report and submits it to law enforcement agencies.

Since its inception in 1993, nearly 100,000 people have registered with Safe Return, and the program says it has a 99 percent success rate, helping more than 7,500 individuals reunite with their families and caregivers.

In 2006, the Safe Return program helped facilitate the return of more than 1,600 people who wandered or became lost. Two-thirds of the calls received by Safe Return are from police officers or people who notice something is wrong with a person.

For more information contact Monica Moreno, associate director of safety services, National Alzheimer's Association, media@alz.org

CHEKHOV AT THE GRANGE

The Actors Theater of Orcas Island, along with well-known local actors Leslie Liddle, John Mazarella, Tony Lee and Frank Michels, have pooled their efforts to present two one-act plays by Anton Chekhov, Friday thru Sunday, October 12 - 14 at the Grange.

"The Proposal" is a hilarious comedy of an elderly kulak eager to marry off his daughter to the man who owns the adjacent land. "Swan Song," starring Tony Lee, is a drama portraying an aging actor's reflections on his career. The plays are directed by Aleksandra Wolska, MFA, PhD.

These two plays will be presented **ONE WEEK-END ONLY**. All performances are at 7:30pm. Tickets are \$8 and are available at the door or at Darvill's Book Store.

Orcas Advisory Committee

Lindalena Dingman-Chair	Penny Hawkes
Wally Logan-Vice-Chair	Beth Jurgensen
Carol Ely -Treasurer	John "Fritz" Kraetzer
B.J. Arnold - Secretary	Judith Miller
Helen Bee	Dave McPeake
Ellen Emery	Patsy Stephens
Marilyn Erly	Magdalena Verhasselt

Orcas Senior Center Staff

Linda Tretheway	Senior Services Coordinator
Jo Anne Bastron	Department Assistant
Amy Raven	WCCOA Nutrition Head Cook
Joyce Rupp	Program Director

**SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY**

Orcas Island Senior Center
PO Box 18
Eastsound, WA 98245

Phone: 360-376-2677
Fax: 360-376-5465
Location: 62 Henry Road
Email: lindat@co.san-juan.wa.us

Non-Profit Organization
U.S. Postage
PAID
Permit #10
Eastsound, WA 98245



SENIOR SERVICES OF SAN JUAN COUNTY

ORCAS ISLAND SENIOR SIGNAL



Senior Center Hours 9 am - 4 pm, Monday - Friday
PO Box 18, 62 Henry Road, Eastsound, WA 98245
PHONE 360-376-2677 FAX 360-376-5465

Volume 12 Issue 11

November, 2007

FROM THE DESK OF LINDA T...

I have several items to share with you this month, the first being a reminder regarding the annual Flu Shot Clinic which will be held at the senior center on Tuesday, November 6th. Medicare will be billed on your behalf. Those without Medicare will be asked to pay \$28. The clinic goes on all day. Come and have lunch with us before or after receiving your injection! We'll be serving Stuffed Green Peppers with lots of side dishes.

Irene O'Neill, who has volunteered to be our regular Tuesday lunch driver has asked me to remind folks that she will not be able to stop at Island Market for grocery shopping on the Tuesdays she drives. She will, however, be stopping at the post office and the pharmacy for those who request it.

So far, I have received several donations of old and/or used cell phones in response to my request at lunch a couple of months ago. A coalition of Law Enforcement Agencies and Non-Profits across the United States are collecting and redistributing used cell phones to any community member who needs a 911 phone in the event of an emergency. Please consider bringing in those cell phones and I will make sure they are sent to the proper agency.

Finally...

We are already getting inquiries about donating items for next spring's "Granny's Attic" sale and auction. While we're thrilled you are thinking of us and thinking ahead, we are not able to accept your goodies until sometime early next year. We simply do not have the room to store them. Please hang on to anything you are considering donating and watch this space for receiving dates next year. In the meantime, you can contact Jane Weisinger at -5025 for more information. Thanks again for thinking of us!



HOLIDAY FESTIVAL OF ARTS

Saturday November 24TH

10:00am to 4:00 pm

The Saturday after Thanksgiving kicks off the Holiday Season and the Orcas Senior Center is the place to be!

The RAFFLE THEME BASKETS are back and guaranteed to bring joy to the winners. Just to name a few: There is the GARDEN HUDDLE filled with wonderful items for the dedicated gardener; the GOURMET BASKET filled with wine, chocolate, homemade jam and many other goodies to delight just about anyone, and the TOOL BASKET filled with fabulous items for the tool guys or gals.

Raffle tickets go on sale the first week of November at the Senior Center and at Island Market on Saturdays, November 3rd and 10th and Sunday, November 18th. The raffle tickets are only \$1.00 each or 6 for \$5.00. Be sure to pick up a few tickets for yourself as well as for family and friends as a special Thanksgiving treat.

The Center will be alive with many local artisans displaying a wide variety of unique handcrafted items for your gift giving. There will be glass, jewelry, woodcrafts, Christmas ornaments, special knit goods and crocheted items, soaps, lotions, wonderful photographs, pottery, cards, NW history documentaries on DVD, wooden Santa's, tie dyed clothing, oil paintings, felted items, sandblasted stones and so much more.

Once again all children are invited to visit Mr. and Mrs. Claus. They can just stop by and say hello

Continued on page 6

NOVEMBER 2007 MENU

	2 Teriyaki Chicken Wild Rice Mixed Vegetables Tomato/Zucchini Salad Oatmeal Cookies
6 Stuffed Green Peppers Seasoned Red Potatoes Capri Vegetables Garden Salad Apricots	9  Baked Cod Scalloped Potatoes Broccoli Normandy Peas & Cheese Salad Tropical Fruit Salad
13 BBQ Pork Ribbers 1/2 Baked Potato Scandinavian Veggies Garden Salad Choco-Chip Cookies	16 Roasted Turkey with Cranberry Sauce Mash Potato & Gravy Dressing Peas & Pearl Onions Pumpkin Pie
20 Taco Salad Cornbread Sliced Oranges & Apples	THANKSGIVING HOLIDAY  SENIOR CENTER CLOSED
27  Pork Loin w/Chutney Mashed Potatoes With Gravy Winter Mixed Veggies	30 Baked Chicken Mashed Potatoes with Gravy Peas & Carrots Garden Salad Applesauce Cake

"We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are."
-- Adele Davis

"Sharing food with another human being is an intimate act that should not be indulged in lightly."
-- M.F.K. Fisher

NOVEMBER 2007 BIRTHDAYS



- 1 - Barbara Rosenkott
- 2 - Anne Gladwin, Jorg Reinholt
- 4 - Judy Evans
- 5 - Bob Gropper, Betty Eagan, Ray Brogi
- 6 - Bev Jenkins
- 8 - Josie Barrow, Carol Ely
- 9 - Richard Halvorson
- 10 - Jean Weir, Michael Jonas, Jan Schaefer
- 11 - Frieda Nichols, Frances Harvey, Jim Ohlman, Dale Mattson
- 12 - Bev Polis, Barbara Teague, Laurie Liebmann
- 13 - Norm Carpenter, Velma Doty, Chase Riveland
- 16 - Len Beardsley
- 17 - Janet Booth, Sandra Dagnon
- 19 - Bob Miller, Clyde Teague
- 20 - Peggy Cosgrove
- 21 - Mary Ann Carpenter, Jo Myers
- 22 - William Fletcher, Lois Baney, Clayton Parsons
- 23 - Jean McLaughlin, William Johnson
- 24 - Nancy Bang
- 25 - Bart Pontecorvo, Margerite Gudge, Rex Stiffler
- 26 - Ellen Harboe, Doug Schliebus
- 28 - Doris Schonberger, George Karnikis
- 29 - Jan Loudin, Stan Miller

NOVEMBER 2007 ANNIVERSARIES

- | | |
|----------|--------------------------|
| 11/04/72 | Dick and Mary Boberg |
| 11/09/67 | Bill and June Felber |
| 11/13/54 | Joe and Frieda Nichols |
| 11/21/64 | Doug and Joyce Pearson |
| 11/24/55 | John and Rose Beckwith |
| 11/24/76 | Bill and Sharron Harpham |
| 11/26/48 | Frank and Elizabeth Bret |
| 11/27/?? | John and Marilyn Erly |

TEST FOR "OLD" KIDS

1. After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, "Who was that masked man?" Invariably, someone would answer, "I don't know, but he left this behind." What did he leave behind?
2. When the Beatles first came to the US in early 1964, we all watched them on which TV show?

Answers on page 3

Senior Lunches are on
Tuesdays & Fridays, 11:30,
in the Betty Lundeen room.


Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR November 2007

November Cake Bakers:
Mary Lou Cobb, Veronica
Thornton, Helen Baumgartel,
Irma Williamson, Irene O'Neill

Greeters: Wilton and Cecilia Schwanke



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Answers to quiz on page 2: 1. The Lone Ranger left behind a silver bullet 1. The Beatles appeared on the Ed Sullivan Show in 1964 on their first American tour.				1	2 4pm - "Art Tarts" Reception (LR)	3 Don't Forget to set your clock <u>back</u> one hour at bedtime!
4 2am - Day-light Saving Time Ends	5 1pm Caregiver Support	6 FLU SHOT CLINIC 6pm- (MP) Toastmasters	7 1030 - Gentle Yoga (LR)	8	9	10
11** Both Tai Chi and Caregivers Support Meet on Monday	12 VETERANS DAY HOLIDAY CENTER CLOSED**	13 6pm- (MP) Toastmasters	14 WESTERN HEARING* 1030 - Gentle Yoga (LR)	15 MAINLAND SHOPPING 8:30am Advisory Committee	16	17
18	19 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiver Support	20 6pm- (MP) Toastmasters	21 ELDERLAW* NO YOGA TODAY	22/23 SENIOR CENTER CLOSED FOR THANKSGIVING COME TO THE HOLIDAY FESTIVAL OF ARTS		24 HOLIDAY FESTIVAL OF ARTS 10am - 4pm
25	26 9:30 Tai Chi I* 11 Tai Chi II* 1pm Caregiver Support	27 FOOTCARE* B'DAY LUNCH 6pm- (MP) Toastmasters	28 FOOTCARE* 1030 - Gentle Yoga (LR)	29 FOOTCARE*	30	

ABBREVIATIONS: LR = Lundeen Room, MP = Multipurpose Room, CR = Conference Room

* Must sign-up for appointment with front desk, either in person or by calling -2677.

** All recreational trips and classes must be paid in full at time of sign-up

BRIDGE LOVERS! Every Tuesday and Friday after lunch. Complete a foursome, or, bring a table and some friends to form your own. We have the cards! We have the space. All we need is YOU!

Anyone else up for Scrabble? Monopoly? Other board or card games? Bring them along and we'll have an after lunch game fest!

SHIBA UPDATES...

Higher Medicare Part D premiums in 2008:

The Centers for Medicare and Medicaid Services (CMS) expects the national average premium for standard Part D coverage to run about \$25 in 2008. The 2007 national average premium is \$22. In 2008, Washington state Part D stand-alone plan monthly premiums will range from \$14.80 to \$101.60, and Medicare Advantage plans that combine Medicare Parts A, B, and D will range from \$0 to \$299. Many of the plans do not cover any drugs in the coverage gap, but some do cover all generics, and a few cover only some generics or "preferred" generics. **No plans in Washington state will cover brand-name drugs in the coverage gap in 2008.**

CMS updates its online Medicare Prescription Drug Plan Finder:

The CMS plan finder for 2008 Part D information is now available. The Plan Finder allows users to compare their current drug plan to other coverage options for 2008. But clients may **not** enroll using Medicare's Plan Finder tool until Nov. 15, 2007. (Clients eligible to enroll sooner may wish to call the plans directly, or call 1-800-MEDICARE). To use the Plan Finder, visit: www.medicare.gov

CMS extends the removal of the late enrollment penalty for clients with Medicare Part D Extra Help: These clients will have no Part D late-enrollment penalty in 2008, even if they joined Part D later than when first eligible and did not have other creditable drug coverage.

CANCER TRANSPORTATION

Cancer transportation financial assistance for mainland ferry travel from San Juan County has been made available by the American Cancer Society for a limited time beginning September 1, 2007.

For more information regarding this service, contact San Juan County Health and Community Services, Kathy Hagn, at 378-4474 or 370-7514

IT'S NEVER TOO LATE TO QUIT!

No matter how long you have smoked, quitting now will help you live longer and healthier. As soon as you put down your last cigarette, your body begins healing. Your chance of a heart attack may decrease after just a few weeks! You will start to breathe easier; and soon, you will be coughing less, too.

As more oxygen reaches your heart, lungs and muscles, you will feel stronger, and have more energy. You will be able to walk farther without losing your breath; you may even sleep better.

If you quit smoking, you can expect to live longer, and have fewer health problems than someone who continues smoking. Your sense of smell and taste will return; you'll get more enjoyment out of eating. You'll also look better and smell better!

Another great benefit is how much money you will save. You can spend upwards of \$2500 a year for a pack a day habit. What else could you spend it on?

Lastly, quitting will help your family and friends stay healthier by reducing the risk of illness to them from second-hand smoke.

With the introduction of new medication to help you, smoking cessation is becoming almost a breeze! Why wait? Join the crowd of non-smokers. Call the Washington State Quit Line at 877-270-STOP (7867), or ask your doctor about quitting today!

Martha Sharon, Public Health Nurse

ORCAS SENIOR SIGNAL

Linda Tretheway, Editor

Jo Anne Bastron, Proofreader

Joyce Rupp, Project Manager

This newsletter is published by San Juan County Senior Services through a grant from the Northwest Regional Council.

We invite contributions from all Orcas Senior Services members and friends.

Deadline for the December, 2007 issue: November 15

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

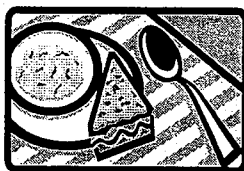
Services We Provide & Whom to Call

Lunch: Served twice a week at each Senior Center. **Orcas Island** has lunches on Tuesday and Friday at noon. San Juan Island on Monday and Thursday. Lopez on Wednesday and Friday.

Orcas: 376-2677

San Juan: 378-2677

Lopez: 468-2421



Hearing Screenings: Western Hearing comes to Orcas once a month. Usually second Wednesday. Check calendar for date. Reservations required. Call the Front Desk at 376-2677 for appointment.

Elder Law Clinic: Half-hour pro bono sessions with Cy Field, Attorney. Reservations required. Usually on 4th Wednesdays. Check calendar for date. Call Front Desk at 376-2677 for appointment.

Senior Transportation: Call before 10:30am to arrange for lunch pickup on Tuesday or Friday. On return trip, stops are made at the post office, market, and pharmacy, as needed. Suggested donation--\$1.00.

Mainland Medical Transportation: Medical appointments with doctors and other practitioners **must** be scheduled for Wednesdays or Thursdays. Appointments in Seattle **must** be scheduled for Mondays and Tuesdays only. Please reserve at least one week in advance. Call Jo Anne to schedule. Suggested donation--\$12 - \$17.

Senior Trips: Mainland shopping trips on the third Thursdays; reservations needed. \$15 suggested donation.

Home Delivered Meals: Lunches are available for the homebound and are delivered twice weekly. Additional frozen meals also can be requested and delivered. Call Senior Center to arrange. Suggested donation is \$3.00, for each meal delivered.

Blood Pressure Clinic: Last Tuesday of the month, before lunch. Free to seniors. No reservations needed. Mary Totten, R.N.

Foot Clinics: Reservations needed. Call the Front Desk. See the calendar for dates. Cost is \$12.00 and you bring your own towel. Sally Coffin, R.N., and Barbara Fleming, R.N., are the foot care nurses.



Information & Assistance: This program will help you find needed information about services, community resources and issues of concern to older adults.

Case Management: Services are available to assess and offer options for those in need.

Respite: Please call the Senior Center at 376-2677 for more information. Up to 13 days subsidized time off for unpaid care givers.

HELP IS JUST A CALL AWAY

Loan Closet: The Center has wheelchairs, walkers, canes, bedside commodes, toilet seat risers, shower stools and crutches available for temporary loan.

Special Needs Fund: Limited emergency assistance when no other funds are available. Call the Senior Services Coordinator for additional information and qualifications.

Weatherization Assistance: Reduce energy costs. Income dependent. 1-800-649-5121

Dental Assistance: Low-income seniors may qualify for 25% reduction from local dentists.

Lifeline—Emergency Monitoring Service: Telephone monitoring gets you help within minutes when you need it. 1-800-635-6156

P.A.L.: Assistance program to help with electrical costs in the winter. Call OPALCO 376-3500.

SHIBA: Medicare and health insurance questions. Call the Medical Center (376-2561) to schedule appointment with Peg Griswold (Fridays). Call the Senior Center to schedule appointments on Tuesdays.

DSHS: Low income assistance 378-4196; **Social Security:** 1-800-772-1213; **Medicare:** 1-800-633-4227

Alzheimer's Society: 1-800-493-3959

Veteran's Administration: 1-800-827-1000

Hearts and Hands: Trained volunteers provide one or two hours a week of practical assistance such as caregiver respite, errands, light housework, meal preparation, shopping and companionship. Call Nancy Southern at 376-7723

"ART TARTS" SHOW OFF IN NOVEMBER ART EXHIBIT



The "ART TARTS", aka B.J. Arnold, Siouxz Duncan, JoEllen Moldoff and Maria Papademetriou are pleased to present a show of their recent mixed media works... monoprints, collage,

fabric art, encaustic... from October 26th through November 20th in the Lundeen Room at the Orcas Island Senior Center.

"The four of us enjoy the connection of art and friendship. We love getting together each week to work on our various projects. In the past few years we have taken workshops together, including those offered by the Olga Strawberry Arts Council and Art Fest at Port Townsend. We are on a journey with no map!", says JoEllen Moldoff.

There will be an Artist's Reception on Friday, November 2nd from 4pm - 6pm. Refreshments will be served and the artists will be on hand to discuss their work.

4 WEEK SESSION OF T'AI CHI DURING MONTH OF NOVEMBER

Any one wanting more energy? A better sense of balance in your life, both physically and spiritually?

Why not stop by the Lundeen Room at the senior center on Monday, November 12th from 9:30am to 10:30am and experience the fastest growing exercise in the world... FOR FREE... and see why Consumer Reports refers to it as "the ultimate low-impact exercise."

T'ai Chi Chih's slow, gentle flowing movements help build muscle strength and boost immunity while reducing chronic pain and fatigue. A regular daily practice can increase focus, stamina and agility while improving balance, coordination and flexibility.

Weekly breathing techniques and tips are shared in class since 90% of our energy is determined by the quality of our individual breathing style.

Joan promises you will begin feeling happier as you use the simple breathing techniques and practice T'ai Chi Chih regularly and that the benefits are progressive and cumulative.

For more information, contact the senior center or

Continued from page 1

or get their pictures taken with the jolly couple. This goes for those who are young at heart too. What a great Christmas gift to send to your children or grandchildren....your picture with Santa.

There will also be wonderful baked goods to tempt you at the Baked Goods Sale. It will be hard to pass by this area without picking up some of these tasty goodies. They are great to nibble on as you shop or you might want to take some home for future enjoyment.

The festival atmosphere will be enhanced with live music by Martin Lund. His Holiday CD is a wonderful gift.

Festival goers will also have the opportunity to bid on several special Silent Auction items including a special holiday print by Frank Loudin, wonderful bread baked by super baker Maggie Schuler, a condo on Molokai, and more.

Come to the HOLIDAY FESTIVAL OF ARTS and join us in celebrating the joy of the season with fun and good friends and supporting our very special local artisans.

- Jane Heisinger for Orcas Advisory Committee



You're never too old to let the kid in you sit on Santa's lap! Join Santa and Mrs. Claus on Saturday, November 24th at the senior center and have your picture taken, too.

Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence.

-- Erma Bombeck



VOLUNTEER DRIVERS...

We're going to ask every month until we get our Driver Roster built

up! New Driver Packets are still available to hand out to anyone interested in becoming a volunteer driver. All it takes is a little paperwork, a physical (we pay), a traffic violation check and a short driving test. So... how would you like the use of a van to go to the mainland sometime? And... we pay for the gas and the ferry ticket! Interested? Call Jo Anne at the Senior Center at 376-2677 and she will get you signed up.

DISHWASHERS, TABLE SETTERS/CLEAN-UP, WEEDERS, ANYTHING YOU CAN THINK OF...

This is an ongoing need/request. A non-profit, such as yours (yes, the senior center belongs to YOU!) relies very heavily on the donation of time and talents of its members. We can always use help with landscape maintenance, vehicle cleaning, light bulb replacements and a myriad of other similar chores. We provide a fun and supportive place for you to come and do some "feel-good" work. Call Jo Anne or Linda at the Senior Center at 376-2677.



We are looking for another van to add to our transportation program.

Any passenger van, seating 5-6 people, in good condition, will do.

Such a gift would be tax deductible and gratefully appreciated. Many of our seniors and some disabled folks rely on our transportation service to get them off island for doctor's appointments and treatments. So far this year we have accommodated almost 80 riders and would like to help more. If you have a vehicle which you are not using very much or have been considering as a trade in for a new car, please think about donating it to the senior center. Call Linda at -2677 for more information.

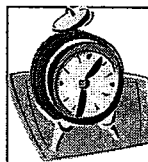
REMEMBER TO SAVE YOUR ISLAND MARKET RECEIPTS for the Orcas Island Recreation Program.

Some of you may remember that senior services was the grateful recipient of donations from Island Market in the past. The market will donate 1% of collected receipt sales from July 1, 2007 thru June 30, 2008. This can add up to as much as \$5,000!

Your receipts will help support children's programs. You can drop off your receipts at the Orcas Recreation office at the north end of the senior center or bring them with you when you come to lunch and we will make sure they get down the hall.



Thanks to everyone who has supported this program in the past and to those who will soon be participating by bringing us their receipts. For more information, or to volunteer to total receipts, contact Didier or Gina at the Recreation Office, 376-5339



DAYLIGHT SAVING TIME ENDS at 2:00AM, NOV. 4

Daylight saving time (DST) is the convention of advancing clocks so that afternoons have more daylight and mornings have less. Typically, clocks are adjusted forward one hour near the start of spring and are adjusted backward in autumn. Modern DST was first proposed in 1907 by William Willett, and saw its first widespread use in 1916 as a wartime measure aimed at conserving coal. Despite controversy, many countries have used it since then; details vary by location and change occasionally.

2008 ADVISORY COMMITTEE ELECTIONS

It's time once again to elect new members to the Senior Services Council of San Juan County Advisory Committee (Orcas Branch). Each committee member is elected for a three year term. Every year, five members rotate off the committee. This year we have four candidates with a fifth to be appointed at the first of next year.

Below is a slate of nominees who are willing and eager to serve the seniors of Orcas Island. Please indicate your choice(s) for the 2009 Roster of the Orcas Island Senior Center Advisory Committee. Then, tear off this section and drop by or send it into the senior center at: PO Box 18, Eastsound, WA 98245.

____ Betty Louton

____ Dave Douglass

____ Laurette Drake

____ Paul Losleben

Orcas Advisory Committee

Lindalena Dingman-Chair	Penny Hawkes
Wally Logan-Vice-Chair	Beth Jurgensen
Carol Ely -Treasurer	John "Fritz" Kraetzer
B.J. Arnold - Secretary	Judith Miller
Helen Bee	Dave McPeake
Ellen Emery	Patsy Stephens
Marilyn Erly	Magdalena Verhasselt
Jane Heisinger, Assistant to Advisory Committee	

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OF SAN JUAN COUNTY**

Orcas Island Senior Center
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Phone: 360-376-2677
Fax: 360-376-5465
Location: 62 Henry Road
Email: lindat@co.san-juan.wa.us

Non-Profit Organization
U.S. Postage
PAID
Permit #10
Eastsound, WA 98245



SENIOR SERVICES OF SAN JUAN COUNTY

ORCAS ISLAND SENIOR SIGNAL



Senior Center Hours 9 am - 4 pm, Monday - Friday
PO Box 18, 62 Henry Road, Eastsound, WA 98245
PHONE 360-376-2677 FAX 360-376-5465

Volume 12 Issue 12

December, 2007

FROM THE DESK OF LINDA T...

I'm sure you are getting as tired as I am of hearing about different scams that are out there, especially those directed at senior citizens. But, I haven't heard of this new one.

The "jury duty" scam is the latest in a series of identity theft scams where scammers use the phone to try to get people to reveal their Social Security Number, credit card numbers or other personal, confidential information.

People are now being informed, by phone, that they have evaded jury duty. The scammer calls, claiming to work for the local court and claims you have failed to report for jury duty. They tell you that a warrant has been issued for your arrest.

Of course, you will often rightly claim that you never received the jury notification. At this point, the scammer asks for confidential information for "verification" purposes.

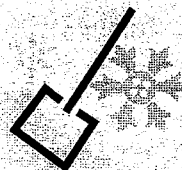
Specifically, the scammer asks for your social security number, birth date, and, sometimes, even for credit card numbers and private information--exactly what they need to commit identity theft.

It's easy to see how this works. You are clearly caught off guard, and are understandably upset at the prospect of a warrant being issued for your arrest.

In reality, court workers will never call you to ask for social security numbers and other private information. In fact, most courts follow up with snail mail and rarely, if ever, call prospective jurors.

ACTION: Protecting yourself is simple -- Never give out your social security number, credit card numbers or other personal, confidential information when you receive a telephone call.

MAKING SURE YOU ARE READY FOR WINTER



We can never be sure exactly what each winter will bring in terms of the weather. Last year there were several days without

power due to quite a bit of snow. This winter some are predicting worse snow storms and some are predicting warmer weather.

In case the "stormy weather" predictions come true, it certainly doesn't hurt to be prepared for the worst.

How can you do that? The following is a list of actions you can take and supplies you can collect to have on hand in case it is impossible for you to leave your home:

- Three-day supply of non-perishable food
- Three-day supply of water - one gallon of water per person, per day
- Portable, battery-powered radio or television and extra batteries
- Flashlight with extra batteries
- First aid kit and manual
- Sanitation and hygiene items (moist towelettes and toilet paper)
- Matches in a waterproof container
- Whistle
- Extra clothing
- Kitchen accessories and cooking utensils, including a can opener
- Special needs items, such as prescription medications, eye glasses, contact lens solution, and hearing aid batteries
- Other items to meet your unique family needs

For more information, go to the FEMA website...
<http://www.fema.gov/areyouready/>

DECEMBER 2007 MENU

4	7
French Dip au jus Mini Salad Bar Ranger Cookies	Chicken Parmesan Pasta w/ Marinara Capri Vegetables Broccoli Salad Vanilla Pudding Cake
11	14
Spaghetti Vegetables Romaine Salad Garlic Bread Pistachio Pudding	Fish Florentine Wild Rice Pilaf Italian Vegetables Fruit Cocktail Cookie
18	21
Baked Potato Bar Mini Salad Bar Fruit Crisp	Meatloaf Mashed Potatoes With Gravy Capri Vegetables Garden Salad Chocolate Chip Cookies
25	28
CENTER CLOSED NO LUNCH TODAY 	Breaded Cod Scalloped Potatoes Scandinavian Veggies Cole Slaw Spiced Apple Sauce

REMEMBERING WITH LOVE

James Harris 1923 - 2007
(Mary K. Fischer's Brother)
Judith Struthers 1947 - 2007
Helen McGuigan 1937 - 2007

A HAPPY
NEW YEAR

DECEMBER 2007 BIRTHDAYS

- 1 - Dick Thompson
- 3 - Wayne Haslett, Carl de Boor, Chris Jensen
- 4 - Hugh Hendrick, Karin Fuhring
- 5 - Kathryn Whiting, John Inch, Win Rhodes, Pierrette Guimond
- 6 - Pat Logan
- 8 - Jane Barfoot-Hodde, Duane Franklet
- 9 - LeOra Melvin, Robert Schwarz, Bill Gincig
- 10 - Bill Buchan, Harvey Olsan
- 14 - Louis Middleton
- 15 - Art Lehwalder, Lesley Liddle
- 16 - Patricia Johnson, Patty Thompson, Gayle Keith-Ashley
- 17 - Letitia Flint, James Pyka, Heidi Lindberg
- 18 - Mary Tinsman
- 19 - Opal Ferguson, Robert Hamaker
- 20 - Evelyn Rodrique
- 21 - Carol Ellis
- 22 - Gladys Brimhall, Rosemary Kimball, Lea Anna Stewart
- 23 - Richard Glidden, June Felber, Carol Merrill, Beverly Ohlman
- 24 - Clara Appleman, Richard Staley
- 25 - Ben Marcin, Joan Schermerhorn, Noel Murchie
- 26 - Cecilia Schwanke, Arlis Stubbs
- 27 - Mary Hillyer, Bob Henigson, Cyrus Lemmond
- 28 - Judith Schmidt
- 29 - Mary K. Fischer, Bill Dixon, Dori Landsdowne
- 30 - Kraemer Frenger
- 31 - Libby Blackwell

DECEMBER 2007 ANNIVERSARIES

- | | |
|----------|---------------------------------|
| 12/??/45 | John and Frances Suzick |
| 12/01/74 | Barry and Mary Hatten |
| 12/02/78 | Toby and Karen Hiller |
| 12/06/61 | Roy and Pat Blay |
| 12/07/63 | William and Lynda Johnson |
| 12/08/45 | Ben and Anne Marcin |
| 12/12/75 | Harvey and Liane Olsan |
| 12/13/87 | Dorna and Mark Theaman |
| 12/18/?? | Beverly and Duane Franklet |
| 12/18/65 | Stu and Patsy Stephens |
| 12/20/58 | Richard and Judy Evans |
| 12/20/66 | Pete and Sandy Huie |
| 12/22/?? | Herlwyn and Barbara Lutz |
| 12/26/59 | Frank "Mac" and Barbara Trunkey |
| 12/27/?? | Robert and Susan Hendrick |
| 12/27/58 | Enid and Bob Blanc |
| 12/27/62 | Tom and Karen Ritter |
| 12/28/63 | Gordon and Maureen Crowe |
| 12/29/72 | Doug and Judy Schliebus |
| 12/30/50 | Jens and Ellen Harboe |
| 12/31/65 | Dave and Lina McPeake |

Senior Lunches are on
Tuesdays & Fridays, 11:30,
in the Betty Lundeen room.



Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR December 2007

December Cake Bakers: Carol
Clark, Kathleen Dewhurst,
Adele Pinneo, Shirley Aggas,
Clarena McLachlan

Greeters: Pete and Sandy Huie



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 9:30 T'ai Chi I 11 T'ai Chi II 1pm Caregiver Support	4 6pm- (MP) Toastmasters Hannakah begins @ sundown	5 10:30 - Gentle Yoga (LR)	6	7	8
9	10 9:30 T'ai Chi I 11 T'ai Chi II 1pm Caregiver Support	11 SHIBA* 6pm- (MP) Toastmasters	12 WESTERN HEARING* 10:30 - Gentle Yoga (LR)	13 MAINLAND SHOPPING 8:30am Advisory Committee	14	15
16	17 NO T'AI CHI UNTIL MON, JANUARY 14 1pm Caregiver Support	18 SHIBA* FOOTCARE 6pm- (MP) Toastmasters	19 FOOTCARE YOGA WILL RESUME ON JANUARY 2	20 FOOTCARE	21	22
23	24 1pm Caregiver Support	25 CHRISTMAS DAY 	26 KWANZAA & BOXING DAY (Canada)	27 8:30am Advisory Committee	28	29
30	31 1pm Caregiver Support	January 1 NEW YEAR'S DAY 				

ABBREVIATIONS: LR = Lundeen Room, MP = Multipurpose Room, CR = Conference Room

* Must sign-up for appointment with front desk, either in person or by calling -2677.

** All recreational trips and classes must be paid in full at time of sign-up

BRIDGE LOVERS! Every Tuesday and Friday after lunch. Complete a foursome, or, bring a table and some friends to form your own. We have the cards! We have the space. All we need is YOU!

Anyone else up for Scrabble? Monopoly? Other board or card games? Bring them along and we'll have an after lunch game fest!

SHIBA UPDATES...

New 2008 Medicare premiums and deductibles: In 2008, the standard Medicare Part B monthly premium will be \$96.40 for most people. This is an increase of \$2.90. The Medicare Part A deductible, which clients pay for inpatient hospitalization during the first 60 days of the benefit period, is \$1,024. This is an increase of \$32. Clients must pay \$256 per day for days 61 through 90 in 2008, and \$512 per day for hospital stays beyond the 90th day in a benefit period. Daily coinsurance for the 31st through 100th day in a skilled nursing facility will be \$128.

Congress extends low-income program: Congress granted a three-month extension (Sept. 27 - Dec. 31) for Qualified Individual (QI-1), a Medicare Savings Program. QI-1 covers Part B premiums for low-income people with Medicare. The extension prevents coverage gaps for people who rely on the program for premium assistance. AI-1 currently covers Part B premiums for single people with annual incomes between \$12,504 and \$14,028, or between \$16,680 and \$18,720 for couples, and asset limits below \$4,000, or \$6,000 for couples.

Some folks with Medicare Part D Extra Help may need to change plans: On October 29, the Centers for Medicare and Medicaid Services (CMS) started mailing a blue "Reassignment" letter to clients with full Extra Help who Medicare enrolled in Part D, and whose Part D plans will either cost more or go away in 2008.

The "Reassignment" letter tells over 33,000 clients in Washington state that unless they switch Part D plans by December 31, CMS will reassign them to the plan named in the letter. CMS also started mailing a tan "Chooser" letter to over 3,000 people in Washington state with full Extra Help who joined Part D themselves, and whose premium in 2008 will be above the regional low-income premium subsidy amount by more than \$1.

The "Chooser" letter lists plans with premiums lower than the subsidy amount in 2008. If these folks don't join a plan listed in the letter by December 1, they may face higher premiums in 2008. To read these letters and other Extra Help materials, to www.cms.hhs.gov/liimitedincomeandresources.

Medicare Rights Center (MRC) Part D Appeals Manual available: (continued in next column)

(continued from previous column)

Medicare Part D Appeals: An Advocate's Manual to Navigating the Medicare Private Drug Plan Appeals Process offers a complete overview of the entire Part D appeals process, including:

- Real-life case examples
- Glossary of important appeals terms
- Sample protocol for advocates
- Links to important resources

For a free copy, register online at:

<http://www.medicarerights.org/appealsmanual.html>

Insurance Commissioner calls public hearing on UnitedHealth Group: Insurance Commissioner Mike Kreidler will hold a public hearing about possible anti-competitive behavior and unfair trade practices by UnitedHealth Group and its subsidiaries, PacifiCare of Washington and United Healthcare Insurance company. UnitedHealth sells the Medicare Advantage (MA) plan Secure Horizons through PacifiCare of Washington. About 46,000 seniors are enrolled in Secure Horizons statewide. Kreidler received reports that UnitedHealth Group, through PacifiCare of Washington, has threatened to non-renew or otherwise retaliate against providers who hold MA contracts with its competitor, Puget Sound Health Partners (PSHP). Providers and consumers are invited to testify on how this alleged behavior affects the viability of MA and other plans, and consumer access to health care providers. Folks unable to attend who wish to make a comment may do so at: ReneeM@oic.wa.gov or mail written comments to: Renee Molnes, Office of the Insurance Commissioner, PO Box 40255, Olympia, WA 98504-0255.

"A good conscience is a continual Christmas"

- Benjamin Franklin 1706-1790

ORCAS SENIOR SIGNAL

Linda Tretheway, Editor

Jo Anne Bastron, Proofreader

Joyce Rupp, Project Manager

This newsletter is published by San Juan County Senior Services through a grant from the Northwest Regional Council.

We invite contributions from all Orcas Senior Services members and friends.

Deadline for the January, 2008 issue: December 15

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

Services We Provide & Whom to Call

Lunch: Served twice a week at each Senior Center. Orcas Island serves lunches on Tuesday and Friday at noon. San Juan Island on Monday and Thursday. Lopez on Wednesday and Friday. Come early and enjoy the fellowship!

Orcas: 376-2677

San Juan: 378-2677

Lopez: 468-2421



Hearing Screenings: Western Hearing comes to Orcas once a month. Usually second Wednesday. Check calendar for date. Reservations required. Call the Front Desk at 376-2677 for appointment.

Elder Law Clinic: Half-hour pro bono sessions with Cy Field, Attorney. Reservations required. Usually on 4th Wednesdays. Check calendar for date. Call Front Desk at 376-2677 for appointment.

Senior Transportation: Call before 10:30am to arrange for lunch pickup on Tuesday or Friday. On return trip, stops are made at the post office, market (Friday Only), and pharmacy, as needed. Suggested donation--\$1.00.

Mainland Medical Transportation:

Medical appointments with doctors and other practitioners **must** be scheduled for Wednesdays or Thursdays. Appointments in Seattle **must** be scheduled for Mondays and Tuesdays only. Please reserve at least one week in advance. Call Jo Anne to schedule. Suggested donation--\$12 - \$17.

Senior Trips: Mainland shopping trips on the third Thursdays; reservations needed. \$15 suggested donation.

Home Delivered Meals: Lunches are available for the homebound and are delivered twice weekly. Additional frozen meals also can be requested and delivered. Call Senior Center to arrange. Suggested donation is \$3.00, for each meal delivered.

Blood Pressure Clinic: Last Tuesday of the month, before lunch. Free to seniors. No reservations needed. Mary Totten, R.N.

Foot Clinics: Reservations needed. Call the Front Desk. See the calendar for dates. Cost is \$12.00 and you bring your own towel. Sally Coffin, R.N., and Barbara Fleming, R.N., are the foot care nurses.



Information & Assistance: This program will help you find needed information about services, community resources and issues of concern to older adults.

Case Management: Services are available to assess and offer options for those in need.

Respite: Please call the Senior Center at 376-2677 for more information. Up to 13 days subsidized time off for unpaid care givers.

HELP IS JUST A CALL AWAY

Loan Closet: The Center has wheelchairs, walkers, canes, bedside commodes, toilet seat risers, shower stools and crutches available for temporary loan.

Special Needs Fund: Limited emergency assistance when no other funds are available. Call the Senior Services Coordinator for additional information and qualifications.

Weatherization Assistance: Reduce energy costs. Income dependent. 1-800-649-5121

Dental Assistance: Low-income seniors may qualify for 25% reduction from local dentists.

Lifeline—Emergency Monitoring Service: Telephone monitoring gets you help within minutes when you need it. 1-800-635-6156

P.A.L.: Assistance program to help with electrical costs in the winter. Call OPALCO 376-3500.

SHIBA: Medicare and health insurance questions. Call the Medical Center (376-2561) to schedule appointment with Peg Griswold (Fridays). Call the Senior Center to schedule appointments on Tuesdays.

DSHS: Low income assistance 378-4196; **Social Security:** 1-800-772-1213; **Medicare:** 1-800-633-4227

Alzheimer's Society: 1-800-493-3959

Veteran's Administration: 1-800-827-1000

Hearts and Hands: Trained volunteers provide one or two hours a week of practical assistance such as caregiver respite, errands, light housework, meal preparation, shopping and companionship. Call Nancy Southern at 376-7723

THURSDAY NIGHT MOVIES!



The Odd Fellows are showing movies at the Odd Fellows Hall on Thursday nights, beginning Nov. 29th. All movies begin at 7:00pm... Sneak in your own food! Suggested donation, \$6.

Movie Schedule

November 29: *Jean de Florette*, beautiful scenes from France and is truly a classic starring Yves Montand and Daniel Auteuil.

December 6: *Scoop* by Woody Allen, starring Scarlett Johansson, Hugh Jackman, Ian McShare and, of course, Woody himself.

December 13: *Slaughterhouse Five*, the classic novel by Kurt Vonnegut, starring Michael Sacks. Well worth seeing.

December 20: *Joyeux Noel* (*Merry Christmas*) set in 1914 in the midst of WWI, inspired by a true story.



NEW CAMERA CLUB AT SENIOR CENTER

If you're at all interested in photography and would like to get acquainted with other photographers on Orcas, and want to share your photographic experiences, join us at one of our monthly meetings.

The Orcas Island Camera Club is open to all types of photographers, whether you're a rank beginner or an old pro. Our members have all types of cameras, ranging from point-and-shoot digital cameras to digital SLRs, as well as 35mm and medium-format film cameras.

The club meets once a month, usually on the first Tuesday of the month, from 7 to 9 PM in the Lundeen Room of the Senior Center. Meetings typically include an exhibition of member-submitted photos on a particular theme, along with some sort of educational session, either about techniques, cameras, or other photographic topics.

Although the club was just organized in October, we're already planning some 1- to 2-hour classes, longer workshops, and local field trips. For more information, contact Dave Kosiur at -5746.

SENIOR LUNCH HOLIDAY ORNAMENT EXCHANGE



In the spirit of the holiday season, anyone who is interested may bring a small ornament (\$5 limit) to Senior Lunch on Tuesday, December 18th for the fun of exchanging them with each other. Try to make your ornament different and unique to add to the fun. Those of you who do not celebrate Christmas are invited to bring an item used during your holiday observance routines.



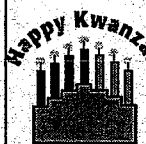
The dreidle is a part of the Jewish celebration of **Hanukkah** (Hebrew: חנוכה, also spelled **Chanukah**), also known as the **Festival of Lights**, is an eight-day Jewish holiday beginning on the 25th day of the month of Kislev, which may fall anytime from late November to late December. It celebrates the re-kindling of the Temple menorah at the time of the Maccabee rebellion.

The *dreidel*, or *sevivon* in Hebrew, is a four-sided spinning top that children play with on Hanukkah. Each side is imprinted with a Hebrew letter. These letters are an acronym for the Hebrew words, נס גדול היה שם, *Nes Gadol Haya Sham*—"A great miracle happened there" (referring to the miracle of the oil that took place in the Beit Hamikdash).

Kwanzaa (or **Kwaanza**) is a week-long Pan-African festival primarily honoring African-American heritage.^[1] It is observed from December 26 to January 1 each year, almost exclusively in the United States of America.

Kwanzaa consists of seven days of celebration, featuring activities such as candle-lighting and pouring of libations, and culminating in a feast and gift-giving. It was created by Ron Karenga, and first celebrated from December 26, 1966, to January 1, 1967. Karenga calls Kwanzaa the African American branch of "first fruits" celebrations of classical African cultures.

Whatever your cultural tradition, we want to wish everyone a wonderful season and a happy new year.



DESPERATELY SEEKING...

Creative, enthusiastic, dedicated individuals, men and women, to reconstitute our Travel and Activities Committee. Contact Linda at -2677 if interested. Thank You!



VOLUNTEER DRIVERS...

We're going to ask every month until we get our Driver Roster built up! New Driver Packets are still available to hand out to anyone interested in becoming a volunteer driver. All it takes is a little paperwork, a physical (we pay), a traffic violation check and a short driving test. So... how would you like the use of a van to go to the mainland sometime? And... we pay for the gas and the ferry ticket! Interested? Call Jo Anne at the Senior Center at 376-2677 and she will get you signed up.

DISHWASHERS, TABLE SETTERS/CLEAN-UP, WEEDERS, ANYTHING YOU CAN THINK OF...

This is an ongoing need/request. A non-profit, such as yours (yes, the senior center belongs to **YOU!**) relies very heavily on the donation of time and talents of its members. We can always use help with landscape maintenance, vehicle cleaning, light bulb replacements and a myriad of other similar chores. We provide a fun and supportive place for you to come and do some "feel-good" work. Call Jo Anne or Linda at the Senior Center at 376-2677.



We are looking for another van to add to our transportation program. Any passenger van, seating 5-6 people, in good condition, will do. Such a gift would be tax deductible and gratefully appreciated. Many of our seniors and some disabled folks rely on our transportation service to get them off island for doctor's appointments and treatments. So far this year we have accommodated almost 80 riders and would like to help more. If you have a vehicle which you are not using very much or have been considering as a trade in for a new car, please think about donating it to the senior center. Call Linda at -2677 for more information.

SVC Looking For Instructors

"As winter approaches, I am thinking of spring and beginning work on the Spring Schedule," says Denise King, Director, San Juan Center.

She invites anyone to propose a course to be offered this spring in Skagit Valley College's Community Education and Senior Enrichment programs.

If you have a class you'd like to propose, you can pick up a form at the senior center front desk and turn it by mail by Dec. 1. Classes will be held at the senior center.

CLEARING THE AIR ABOUT MEDICARE

Are you turning 65 in the next 6 months? Have you received your Medicare Card and asked, "Now what?" Is your mail box full of information from insurance companies? What ARE Medicare Parts A & B, then C & D? Doesn't Medicare pay for everything? What about prescriptions? What do you mean they are going to deduct money from my Social Security Check? I already have insurance under my employer plan. These questions are only the tip of the iceberg.

Join SHIBA HelpLine (Statewide Health Insurance Benefits Advisors) Sponsor/Coordinator, Joann Hoover for a workshop answer these questions and more. This workshop is open to those eligible for Medicare in the next 6-12 months and will be held at the Orcas Island Senior Center, Tuesday, December 4th, at 1pm in the Conference Room.

Sign up at the front desk to register for this most important workshop or call 376-2677 for more information.

SHIBA HelpLine is a FREE service offered statewide by the Washington State Office of the Insurance Commissioner and locally by Island Hospital and Senior Services of San Juan County.

SPEAKING OF CLEARING THE AIR...

While we all love the smell of flowers and other beautiful scents, some of us are allergic and any strong (or, even mild) use of perfumes and colognes can set off a reaction which can cause great discomfort to the one with the allergies and/or the people around them. Especially on trips in the van, but also in the senior center, please leave the enticing aromas at home. Thanks, *Jo Anne B.*



LOOKING FORWARD...

Jan 1 (Tuesday) Center Closed for New Year's Day
Jan 21 (Monday) Center Closed for MLK Birthday
Feb 22 (Friday) Center Closed for President's Day

Orcas Advisory Committee

Lindalena Dingman-Chair	Penny Hawkes
Wally Logan-Vice-Chair	Beth Jurgensen
Carol Ely -Treasurer	John "Fritz" Kraetzer
B.J. Arnold - Secretary	Judith Miller
Helen Bee	Dave McPeake
Ellen Emery	Patsy Stephens
Marilyn Erly	Magdalena Verhasselt
Jane Heisinger, Assistant to Advisory Committee	

Orcas Senior Center Staff

Linda Tretheway	Senior Services Coordinator
Jo Anne Bastron	Department Assistant
Amy Raven	WCCOA Nutrition Head Cook
Joyce Rupp	Program Director

**SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY**

Orcas Island Senior Center
PO Box 18
Eastsound, WA 98245

Phone: 360-376-2677
Fax: 360-376-5465
Location: 62 Henry Road
Email: lindat@co.san-juan.wa.us

Non-Profit Organization
U.S. Postage
PAID
Permit #10
Eastsound, WA 98245

