

SENIOR SERVICES OF SAN JUAN COUNTY

ORCAS ISLAND SENIOR SIGNAL



Senior Center Hours 9 am - 4 pm, Tuesday - Friday
PO Box 18, 62 Henry Road, Eastsound, WA 98245
PHONE 360-376-2677 FAX 360-376-5465
Orcas Website: orcasseniors.org

Volume 14 Issue 1

JANUARY 2009

FROM THE DESK OF THE PROJECT DIRECTOR

The Face of Senior Services - 2009

Much had been made of County budget cuts to Senior Services programs for 2009. Now that the budget is passed we know what to expect for at least the first six months of this new year. (Who knows what the next state biennium will bring.) The reality is that County Council members, partly because of what they heard from you, their constituents, restored \$25,000 of the nearly \$80,000 cut from our operating budget. While we will continue to provide on and off-island transportation, it is obvious that we still have to pare-down something to achieve a reduction of about \$55,000. All Senior Services staff will be working 3 to 8 fewer hours per week. We have lost the equivalent of 1.08 full-time employees.

Beginning January and for the foreseeable future, Senior Services offices on Lopez, Orcas and San Juan Islands will be open only four days a week. This closure will vary to accommodate lunch days so—Lopez and Orcas will be closed on Mondays, Friday Harbor will be closed on Fridays. You are welcome to call other island offices if you really need us on a day the office is closed.

SENIOR SERVICES OFFICES

Lopez Island – 468-2421 – Open Tuesdays thru Fridays 9-4
Orcas Island – 376-2677 – Open Tuesdays thru Fridays 9-4
San Juan Island – 378-2677 – Open Mondays thru Thursdays 9-4

We stress offices here because, in some instances, the senior center buildings may be open on days when staff is unavailable. As you will remember, the senior center buildings are owned by the Senior Services Council non-profit corporation and they will decide on the schedule for their island. If you are planning on having or attending functions at the senior centers on days the offices are closed, please double check that events are happening when you think they are.

We will still arrange Senior Transportation on and off-island trips as necessary. Off-island transportation will be on a "last resort" basis. Please talk to family, friends, neighbors BEFORE calling your senior center. Please call as far in advance as possible. We may need to reschedule some trips in order to group runs as much as possible.

So, that is where we are. If you called the County Council on our behalf, attended meetings or wrote letters, we are grateful. Our goal is to meet senior needs in every way possible. Feel free to call me if you see ways we could do better.

Sincerely, *Joyce Rupp*, 376-4024

January is named Janus (Ianuarius), the god of the doorway; the name has its beginnings in Roman Mythology, coming from the Latin word for door (*ianua*) - January is the door to the year.

January's birthstone is the garnet.
It's birth flower is the carnation or snowdrop.

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JANUARY 2009 MENU

1 A HAPPY NEW YEAR	2 Herb Chicken Mozzarella Baked Potato Capri Blend Vegetables Jell-O with Fruit
6 Pork w/Apple Chutney Mashed Potatoes With Gravy Mixed Vegetables Whole Wheat Roll Apricots	9 Beef Enchiladas with Shredded Lettuce and Diced Tomatoes Spanish Rice Cantaloupe
13 Italian Chicken Dressing and Gravy Mixed Vegetables Garden Salad Oatmeal Cookies	16 Fish Florentine Scalloped Potatoes Italian Vegetables Cole Slaw Tropical Fruit
20 Burgers with Cheese, Leaf Lettuce, Tomato And Onion Baked Beans Potato Salad Grapes	23 Grilled Turkey and Swiss on Sour Dough Mini Salad Bar Fresh Fruit
27 Cabbage Rolls Red Potatoes Vegetable Dinner Blend Peaches	30 Spaghetti Italian Vegetables Garlic Bread Romaine Salad Pistachio Pudding

HOLIDAYS & OBSERVANCES IN JANUARY

There are almost a dozen holidays and observances in the month of January. Some of them you probably already know about:

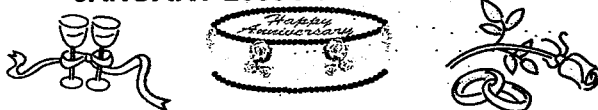
1st	New Year's Day
6th	Epiphany
7th	Islamic Ashura
10th	Save the Eagles Day
11th	Amelia Earhart Day
17th	Ben Franklin's Birthday
19th	Martin Luther King, Jr. Day
20th	Inauguration Day
26th	Australia Day
	Chinese New Year
28th	Christa McAuliffe Day

JANUARY 2009 BIRTHDAYS



- 1 - Enid Blanc
- 2 - Marlia Starwater
- 3 - Bob Blanc, Ron Myers
- 4 - Louise Good, Rachel Adams, Gayle Benton
- 5 - Ting Zimmerman, John Poletti, Alice Logan
- 6 - Fred Nicol
- 7 - M.J. Cheesman, Russell Post, William Burlew
- 8 - Mike Wiley
- 9 - Ann Waltersdorph
- 10 - David Richardson, Steve Henigson
- 12 - Lavon Nelson, Conny Congdon
- 13 - Alfred Johnson, Caroline Arnall, Norman Zimlich
- 14 - Al Scott, Cal McLachlan, Sudie Gossett
- 16 - Susan Kunk
- 17 - John Conant
- 18 - Phyllis Henigson, Joan Glidden, Stan Moldoff
- 19 - Paula Russell, Agnes Forbes, Katie Jensen
- 20 - Tom Carroll
- 21 - Barbie Benshoof, Diane James, Virginia Reagles, Bob Liebmann
- 22 - Austin Grant, Virginia Rohrman, Joyce Burghardt
- 23 - Cis Kirtland, Virginia Erhardt, Chris Jensen, Loretta Poschman
- 24 - Betty Lou Johnson, Pamela Doerr, Jodi Cady
- 25 - Amy Calf
- 26 - Peggy Enderlein, Bertie Millett
- 27 - Karen Hiller, B.J. Bangert, Wes Pomeroy, Roy Blay, Jacquelyn Hoag
- 28 - Jim Dingman
- 29 - Robert Bennett
- 30 - John Greever, Nancy Stephens, Ruthie Newman, Jack Gilman
- 31 - William Trogon, Jim Dagnon

JANUARY 2009 ANNIVERSARIES



01/01/63	Ron and Vicki Montgomery
01/02/90	David and Maxine Sarver
01/04/80	John and Annette Mazzarella
01/04/97	Al and Monica Ulbrickson
01/21/82	Dubi and Carmen Izakson
01/24/??	Bruce and Joyce Baker
01/24/99	Vance Stephens and Antoinette Botsford
01/25/??	Steve and Jean Henigson
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


Senior Lunches are on
Tuesdays & Fridays, Noon,
in the Betty Lundeen room.
Come early and socialize!
Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR January 2009

January Cake Bakers: Betty
Hall, Sandy Huie, Mary
Meyer, Gretchen Shelton,
May Shiozawa



Greeters: Bill Yarlott and Jim Clark

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 NEW YEAR'S DAY CENTER CLOSED	2 LUNCH	3
4	5 SR. SERVICES CLOSED 1p Caregivers Support (MP) 1p TML (LR)	6 LUNCH 6p Toastmas- ters (MP) 7p Camera Club (LR)	7 1p Oil Painting (MP) 5:15p Weight Watchers (CR)	8 10a TML (LR)	9 LUNCH	10 9a - Day of Scrapbooking
11	12 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II 1p Caregivers Support (MP) 1p TML (LR)	13 LUNCH	14 WESTERN HEARING* 5:15p Weight Watchers (CR)	15 MAINLAND SHOPPING** 8:30a A/C meeting (MP) 10a TML (LR)	16 LUNCH	17
18 	19 SENIOR CENTER CLOSED FOR MARTIN LUTHER KING DAY	20 LUNCH 6p Toastmas- ters (MP)	21 1p Oil Painting (MP) 5:15p Weight Watchers (CR)	22	23 LUNCH	24
25	26 SR. SERVICES CLOSED FOOTCARE* 9:30a Tai Chi I 11a Tai Chi II 1p Caregivers Support (MP)	27 FOOTCARE* B'DAY LUNCH 11:30a - Blood Pressure	28 FOOTCARE* IHH* ELDERLAW* 5:15p Weight Watchers (CR)	29 FOOTCARE*	30 LUNCH	31

SHIBA UPDATES...

If you use name-brand drugs instead of generics, watch out for footnote #8 in the Medicare Part D Plan Finder! A new kind of drug pricing, called "reference-based pricing", has appeared in some drug plans. In reference-based pricing, the drug plan can charge extra penalty costs for some brand-name drugs that have a less expensive generic equivalent. The extra cost does not clearly show up on the Medicare Plan Finder, but footnote #8 alerts you to this practice.

If you see this footnote, the "Estimated Annual Costs" the Plan Finder reports may not be correct.

The actual costs could be much higher.

For more information, go to:

www.medicareadvocacy.org/ and click on "reference-based pricing."



Basic Health to reduce number of available enrollment slots in February 2009:

Due to Washington state's severe budget shortfall, Basic Health will reduce the number of available slots for new clients in February 2009. The program will **not** remove existing enrollees in good standing, but for every two clients who leave the program, Basic Health will accept only one new client.

Right now, Basic Health **does** have space in its program. The program is taking applications and there is **no** waiting list to enroll. You must have a monthly income of less than \$1,734 per month for single people and \$3,534 per month for a family of four. Basic Health does not have asset limits nor do they require citizenship.

If you are currently on Basic Health, make sure to respond to any inquiries from the program and pay your premiums on time to avoid losing coverage. For more information about Basic Health and enrollment, call 1-800-660-9840 or, go to: www.basichealth.hca.wa.gov/.

New Medicare payment rules for oxygen take effect January 1, 2009: These new rules are applied to Medicare's payment of oxygen and supplier information. The Medicare Improvements for Patients and Providers Act of 2008 (MIPPA), which implemented many new consumer protections caused these changes. For an overview of the new rules and available related resources, go to: http://www.cms.hhs.gov/DMEPOSFeeSched/01_overview.asp



EXERCISES FOR TRAINING YOUR MIND

By Barbara Humes

Draw a circle on a piece of typewriterpaper. Put a + in the center of the circle. Tie a heavy ring or key to a piece of string so it hangs down about four inches. Hold the string like a pendulum over the intersection of the +, about one inch above the paper. Now THINK around the circle, following the circumference with your eyes, ignoring the ring and string entirely.

After a few minutes the ring - pendulum - will begin to swing in the direction you have chosen. A small circle, then widening. Reverse your thinking direction and follow with your eyes that other direction. Watch the direction the pendulum takes.

Now, think up and down, then that changes the pendulum's motion, shift your thinking and eyes to a horizontal back and forth. In each case, the ring will stop a moment before changing directions. This is the neatest, easiest way to show how the mind can control things outside of the self.



Close your eyes, hold your mind as still as your body for a few seconds. Hold your body as still as you can. You may find how busy, how fluttery, how restless your mind is.

Repeat this exercise several times a day. Have no tension or urgency about it. By these exercises you have made yourself a good instrument, starting to develop a tool to use with your mind.

LAUGHTER IS THE BEST MEDICINE...

1. How do you catch a unique rabbit?
Unique up on it!
2. How do you catch a tame rabbit?
Tame way, Unique up on it!
3. What do you call a boomerang that doesn't work?
A stick!

ORCAS SENIOR SIGNAL

Linda Tretheway, Editor

Jo Anne Bastron, Proofreader

Joyce Rupp, Project Manager

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

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

Deadline for the Feb, 2009 issue: January 15

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

Services We Provide & Who to Call

Lunch: Served twice a week at each senior center. **Orcas Island serves lunches on Tuesday and Friday at noon.** Each meal costs \$6.20 to prepare. Please donate what you can. **No one will be denied a meal.** Hot and frozen Home Delivered meals are delivered every lunch day from your senior center. Please call to make arrangements.

Orcas: 376-2677
San Juan: 378-2677
Lopez: 468-2421



Come early and enjoy the fellowship!

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--\$2.00.

Mainland Medical Transportation: Available only to low-income seniors who can not find a friend, family member or neighbor to take them off-island for doctor and other appointments. If you qualify, please reserve at least one week in advance of your appointment. Call Jo Anne at 376-2677, Tuesday through Friday, to schedule.

Mainland shopping trips on the third Thursday of each month. Reservations required. \$18 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. Each lunch costs \$6.20 to prepare. Please donate what you feel you can afford.

Blood Pressure Clinic: Fourth Tuesday of the month. before lunch. Free to seniors. No reservations needed. Public Health Nurse.

Foot Care: Reservations needed. Call the Front Desk. See the calendar for dates. Usually 4 days at end of month. Cost is \$15.00 and you bring your own towel. Nurses Diane Keller-Batter, RN, Barbara Fleming, RN, and Sally Coffin, RN.

Don't see what you need here? Call -2677.

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 Linda at 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 an appointment with Peg Griswold (Tuesdays and Fridays).

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 376-7723 to volunteer or inquire about services available.

COPING WITH THE COLD

(Press Release from Emergency Management)

With wind and cold here, more snow in the forecast, and long term weather models saying it might stay near freezing into the new year, it is worth taking a moment to remind islanders of a few key things:

- Please take a moment to check in on neighbors or those who might need an extra hand. Islanders have long relied on one another in times of need, and that tradition is just as important today.
- Don't hesitate to call 911 if you or someone you know is suffering due to the weather.



Warming shelters are ready to be opened on each of the islands if needed, and a wide array of community resources are available to help those in need.

- Power outages should be reported directly to OPALCO at 376-3599.
- Road crews are actively sanding the roads, but islanders need to use extreme caution while driving. Don't drive if you can avoid it, but if you do, go slow, leave yourself plenty of time to get where you're going, and put on chains or cables if in doubt.
- Sidewalks are also treacherous for pedestrians. Be extremely careful, and if you are unsteady on your feet, be cautious about walking outside alone if you are far from help.
- Reports are coming in of pipes freezing. If not caught now, when temperatures warm, this will mean extensive flooding, water damage, and loss of pressure to water systems. When the thaw comes, take a moment to check on empty houses in your neighborhood or houses that belong to people you know. Look for ruptured pipes.



- For tips on dealing with ruptured pipes, driving in snow, and other winter weather wisdom, call the SJC Department of Emergency Services at 376-6014 for Dave Halloran or 378-9932 for Brendan Cowan.



MAINTAINING INDEPENDENCE AT ANY AGE

Independent living is frequently taken for granted. As you become older, independent living can present more of a challenge. Many older adults say they would like to live independently as long as possible. But the definition of independent living changes with aging.

Maintaining a sense of independence seems to represent a good quality of life. Most people don't just want to live longer - they want to live better. They are concerned about living as independently as possible for a long as possible, whether in their homes, a senior apartment or an assisted living community.

Independent living involves planning and action. The most important thing you can do is set goals and plan for the future. One of these goals should be maintaining your physical health. To do this, try, exercising and staying active, managing chronic health conditions, maintaining a healthy lifestyle and maintaining a network of friends and family.

When is it time to ask for help? Different people have different needs at different stages. For example, you might need help making sure your bills get paid or completing tasks within your home. At some point, you may need to consider a walker or other device to help you get around. Or you may need a home care aide to visit you to help with housekeeping chores or transportation to appointments.

Later, it may not be safe to stay in your home and you might consider a smaller or more structured environment, such as an apartment, an assisted living center or a skilled nursing facility. Whatever the situation, be willing to ask for what you need.

Asking for help can be difficult but don't be afraid to ask for help when you need it. To learn about your options and get reliable and impartial advice, contact Linda at the Senior Center at 376-2677.

AARP HELP IN FEBRUARY

Jim Biddick will be available February through April to help again with tax preparation. This is a free service sponsored by AARP every year. Appointments will begin **Fridays**, February 6th, 13th, 20th, 27th. March switching to **Tuesdays**, March 3rd, 10th, 17th, 31st. April, **Tuesdays** 7th and 14th. Call the Senior Center at -2677 to schedule an appointment.



BEGIN THE NEW YEAR WITH T'AI CHI CHIH



Joan Roulac's popular T'ai Chi Chih class returns this month with a "free introductory practice" on Monday, January 12th, 9:30 to 10:30am. This first class gives you, as a first-timer, a chance to see if T'ai Chi Chih is

right for you.

Seniors practicing T'ai Chi Chih have 47% fewer chances of falling, according to the *Mayo Clinic's* research, and **Balance** is still the number one request in her classes followed by wishes for more Vitality, Strength and Inner Peace.



Fortunately, T'ai Chi Chih's flowing meditative movements are simple, repetitive and easy enough for anyone to practice and experience desired results regardless of age or physical condition.

This 8 week Winter Series begins January 12th at the Orcas Senior Center. All classes are on Mondays. Level I meets from 9:30 to 10:30 am and Level II meets from 11:00am to Noon. The fee for the series is \$80. To sign up for the class call the Senior Center at -2677. For more information call Joan Roulac at -6336.

HOLIDAY FESTIVAL 2008 HUGE SUCCESS!



The tally is in and the Advisory Committee is pleased to announce that the 2008 Holiday Festival was a whopping success, bringing in over \$8,000 to put towards operating expenses for the Senior Center in 2009.

Thanks to the many business on the island who contributed items to our raffle and silent auction. Also, thanks go to Karen Blinn, Dorothy Arbuckle (and friends) and Magdalena Verhasselt for their beautiful quilts and knitted blanket which were very popular raffle prizes. Special thanks to all the volunteers who made many different baked goodies and candies and offered hot drinks and water.

Of course, the Festival would not have been such a success but for the participation of 43 artisans and the Orcas Island community who came out in force and helped the Senior Center by spending locally and doing their Christmas shopping early.

Last but not least, thanks go out to two people who give tirelessly of themselves during the holiday season and the Holiday Festival. They are Santa Claus and Mrs. Claus, a.k.a. Scott and Judy Whiting who, once again, had their pictures taken with children of all ages who wanted to make their Christmas wishes known.

WHAT'S NEXT?... GRANNY'S ATTIC



Speaking of fundraisers, it's never too early to being collecting donations for Granny's Attic in the spring. As you are putting away your holiday decorations, consider donating some of those extra tree ornaments, little snowmen, Santa Clauses and angels. Perhaps you received a wonderful something from Aunt Susie which was only wonderful to her.



Think about "re-gifting".

Let us know if you have anything you would like to donate for Granny's Attic by calling Jane at 376-7928. We will be happy to arrange for pick-up or you can bring it to the Senior Center on specified days. Granny's Attic has been extremely successful in the past.

DEFROST YOUR DOGGY

Even Spike's natural fur coat may not keep him warm in the winter. "If it's 20 degrees or colder, dogs shouldn't go out unless it's for a quick toilet trip," says Jennifer Lander, DVM, of the American Society for the Prevention of Cruelty to Animals. (Don't let cats out at all; they're just not made for the cold.)



To protect your pooch:

- Shovel a path to his favorite spot so he won't have to trek through the snow.
- If he lives outside, make sure his shelter is off the ground. Insulate it with dry straw and blankets. And if it's below 20 degrees, invite him in.
- Keep him leashed - a dog can lose his scent and go missing in the snow.



If you notice signs of frostbite (your dog's skin turns red, gray, white, or black, or he's limping or favoring a foot), get him inside and call a vet.

Remember, "A dog is the only thing on earth that loves you more than he loves himself".

Josh Billings (1818 - 1885)

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

Orcas Island Senior Center
 PO Box 18
 Eastsound, WA 98245

**SENIOR SERVICES COUNCIL
 OF SAN JUAN COUNTY**



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

LIFELINE SCREENING COMING JANUARY 15TH

Four facts you need to know about stroke prevention:

- 80% of stroke victims had no apparent warning
- Untrasound screenings can help you avoid a stroke
- Stroke is a leading cause of death and permanent disability
- Screenings are fast, painless, affordable and convenient.

Stroke, Vascular Disease & Heart Rhythm packages include all four tests for \$139. Add an osteoporosis screening for \$10 more.

For more information and to schedule an appointment on January 15th at the Orcas Island Senior Center, call 1-800-324-1851. (Source Code: HSC5931). Pre-registration is required.

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

Gwyneth Burrill	Lindalena Dingman
Dave Douglass	Carol Ely - Treasurer
Judy Flath	Penny Hawkes
Thelma Kallam	Fritz Kraetzer
Paul Losleben	Betsy Louton
Dave McPeake	Michele Streich
Magdalena Verhasselt - Chair	Milly Veterlein

Jane Heisinger, Assistant to Advisory Committee

SENIOR SERVICES OF SAN JUAN COUNTY

ORCAS ISLAND SENIOR SIGNAL



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PHONE 360-376-2677 FAX 360-376-5465

Orcas Website: orcasseniors.org

Volume 14 Issue 2

FEBRUARY 2009

FROM THE DESK OF LINDA T...

I can hardly believe that this month marks seven years since we moved into our "new" Senior Center. I can say with certainty that we are finally settled in.

Many changes have occurred in the last seven years since we began conducting business in our new space. This Senior Center is much bigger than the old house across from the Historical Museum in which we had a few offices. However, that old house served us long and well.

At that time we were having our Senior Lunch in the Adrona Room at the Orcas Center and had little other room for classes, programs, meetings, etc.

With the new building came many new opportunities. We now have meeting rooms, the Lundeen Room for lunches (we also have a modern commercial kitchen!), meetings, classes, etc. The Multipurpose Room is used for classes such as oil painting, drawing, water coloring. Our small and comfortable Conference Room is perfect for smaller classes and meetings.

Personnel has changed also. Jan Koltun was the Coordinator when we first moved in and Mary Boucher managed the front desk. A few years ago, Mary and Jan both retired to pursue other interests and we welcomed Jo Anne Bastron as our Administrative Assistant and I was promoted to the Coordinator position.

Remember... This is YOUR Senior Center. We are always willing to try new things and improve upon the things we are already doing. Please let Jo Anne or myself know if you have any suggestions, comments, new ideas, etc. Our membership has grown as has our lunch attendance. There's always room for a few more!

WELCOME NEW ADVISORY COMMITTEE MEMBERS

This year we welcome four new members to our Advisory Committee. These women will be serving three year terms which will expire at the end of 2011.

Our new members to the Committee for 2009 - 2011 are: Gwyneth Burrill (Secretary) Judy Flath, Michele Streich, and Milly Vetterlein. Wally Logan, past Chair, who's term expired this year, is staying on as an ad hoc member. Also moving on are B.J. Arnold, Marilyn Erly, Beth Jurgensen and Patsy Stephens. Betsy Louton has moved on to be the Volunteer Coordinator for Hearts and Hands. Thank you all for your hard work and dedication!

DR. McAFEE, CARDIOLOGIST TO SPEAK FEBRUARY 20TH



Dr. Don McAfee, Cardiologist with North Cascade Cardiology, will be speaking at the Senior Center after lunch on Friday, February 20th. His talk will primarily focus on the difference between heart attack symptoms for men vs. women. Not all symptoms are present for both genders and some symptoms are specific to one or the other.

Dr. McAfee will allow time for questions at the end of his presentation.

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FEBRUARY 2009 MENU

3 Chicken Reuben Red Potatoes Italian Vegetables Apricots	6 Pork Ribbers Scalloped Potatoes Vegetable Dinner Blend Garden Salad Cookies
10 Taco Salad Cornbread Fresh Sliced Apples	13 Honey Mustard Fish Wild Rice Mixed Vegetables Broccoli & Califlower Salad Pumpkin Cake
17 Meat Loaf Gravy upon Request Baked Potato Scandinavian Veg. Whole Wheat Roll Tropical Fruit	20 Bacon & Broccoli Quiche Carrot Coins Mandarin Orange Green Salad Grapes Apple Cake
24 Hot Turkey Sandwich With Gravy Orange Sweet Potato Peas & Onions Cranberry Sauce Pears	27 Chicken Strips Mandarin Orange Salsa Wild Rice Pilaf Broccoli Normandy Whole Wheat Roll Brownies

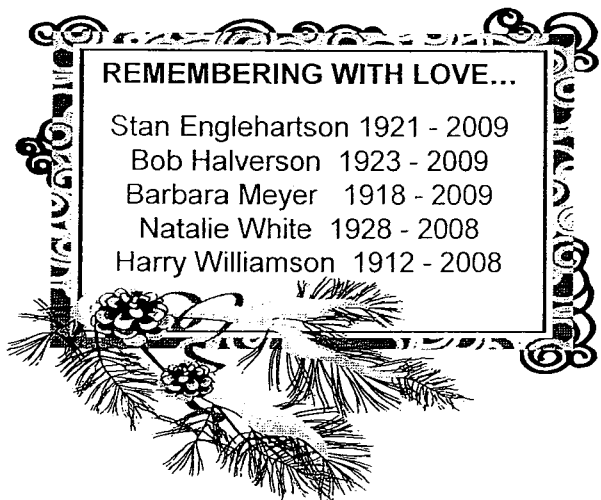
GROUND HOG DAY, FEB. 2nd

According to legend, if Punxsutawney Phil sees his shadow on the 2nd of February, there will be six more weeks of winter weather. If he does not see his shadow, there will be an early spring.



REMEMBERING WITH LOVE...

Stan Englehartson 1921 - 2009
Bob Halverson 1923 - 2009
Barbara Meyer 1918 - 2009
Natalie White 1928 - 2008
Harry Williamson 1912 - 2008



FEBRUARY 2009 BIRTHDAYS

- 1 - Robert Hendrick, Bonnie Johnson, Jens Harboe, Maxine Sarver, Antoinette Botsford
- 2 - Walter Rutledge, Betty Lou Grant, Liane Olsan
- 3 - Werner Kundig
- 4 - Lois Sheedy, Andrea Hendrick, Beth Jurgensen
- 5 - Ivaloe Meyer, Viola "Ole" Coleman
- 6 - Peter McCorison, Maggie Schuler
- 7 - Kiko Harrison, Margaret Greever
- 8 - Gloria LaValle, Glenna Richards, Peg Nicol, Kristen Wilson
- 9 - Jack Cadden, Jens Kruse
- 10 - Bobbie Smith
- 11 - James Youngren, Magda Mische
- 12 - Mary Lou Padbury, Larry Cornwell, Eleanor Peterson, Bill Harpham
- 13 - Marian Berdan, Ronald Fortune
- 14 - Tony Giefer
- 15 - Dick Montgomery, Ebba Brophy, Irene O'Neill, Carmen Izakson
- 16 - Cara Cohn, Jane Bristow, Bob Shipstad, Barbara Lutz
- 18 - Dubi Izakson
- 19 - Clarena McLachlan, Faith Heath
- 20 - Merry Bush
- 21 - Dan Greaves, Terry Cairns
- 22 - Toby Hiller
- 23 - Peggy Griswold
- 24 - Kaye Mattson, Vance Stephens
- 25 - Lindalena Dingman, Dorothy Trogdon, Robert Cairns, Bob Gunn
- 26 - Joe Fowler
- 27 - Lynn Richards, Carl Poschman
- 28 - Rosa Montgomery, Phoebe Bee, Phyllis Wilkerson
- 29 - Don Osborne, Ann Sanchez

NOTE: Joyce Green's birthday, January 28, was inadvertently left out of the January Newsletter. We apologize for the omission

FEBRUARY 2009 ANNIVERSARIES

- | | |
|----------|------------------------------|
| 02/01/53 | Edson and Jane Kempe |
| 02/02/80 | Ron Amber and Susan Ward |
| 02/03/67 | Marshall and Bonnie Johnson |
| 02/05/99 | Gordon and Barbara Buman |
| 02/11/95 | Bob and Harriet Miller |
| 02/14/53 | Lowell and Lois Baney |
| 02/14/69 | John and Faith Heath |
| 02/14/75 | William and Susan Fletcher |
| 02/14/97 | Peter and Babs McCorison |
| 02/17/?? | Paul Losleben and Merry Bush |
| 02/20/60 | Bruce and Sharon Heller |
| 02/26/?? | Eric and Barbara Gourley |
| 02/27/60 | Jim and Diane Baxter |



Senior Lunches are on Tuesdays & Fridays, Noon, in the Betty Lundeen room. Come early and socialize! Want to know what's for lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR February 2009

February Cake Bakers: Betty Hall, Sandy Huie, Mary Meyer, Gretchen Shelton, May Shiozawa



Greeters: Sandy and Pete Huie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GROUND HOG DAY FEB 2ND 	2 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II 1p TML (LR)	3 LUNCH 6p Toastmasters (MP) 7p Camera Club (LR)	4 1p Oil Painting 5:15p Weight Watchers (CR)	5 10a TML (LR)	6 LUNCH	7
8	9 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II 1p TML (LR)	10 LUNCH	11 WESTERN HEARING* 5:15p Weight Watchers (CR)	12 10a TML (LR)	13 LUNCH	14
15 PRESIDENTS' DAY MONDAY, 2/16 	16 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II 1p TML (LR)	17 LUNCH 6p Toastmasters (MP)	18 1p Oil Painting 5:15p Weight Watchers (CR)	19 MAINLAND SHOPPING** 8:30a A/C meeting (MP) 10a TML (LR)	20 LUNCH 12:30 Dr. McAfee - Cardiologist	21
22	23 SR. SERVICES CLOSED FOOTCARE* 9:30a Tai Chi I 11a Tai Chi II 1p TML (LR)	24 LUNCH FOOTCARE*	25 FOOTCARE* ELDERLAW* IHH* 5:15p Weight Watchers (CR)	26 10a TML (LR)	27 LUNCH FOOTCARE*	28

COFFEE FILTERS... WHO KNEW?

1. Cover bowls or dishes while cooking in the microwave. Coffee filters make excellent covers.
2. Stop the soil from leaking out of a plant pot. Line a plant pot with a coffee filter to prevent the soil from going through the drainage holed.
3. Protect China. Separate your good dishes by putting a coffee filter between each dish.
4. Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.
5. Hold Tacos. Coffee filters make convenient wrappers for messy foods

SHIBA UPDATES...

DSHS will no longer pay Medicare Advantage plans premium starting February 1st: The Department of Social and Health Services (DSHS) sent a notice earlier this month to about 470 Medicaid enrollees for whom DSHS has been paying Medicare Advantage (MA) plan premiums. Due to the budget shortfall, as of Feb. 1, DSHS will no longer pay these MA premiums. DSHS urges these clients to do one of the following:

1. Contact the plan to find out how you can pay their MA premium.
2. Join an MA plan that costs less. (Note: clients who do this should make sure their medical providers accept the new plan before joining.)
3. Disenroll from the MA plan and get your Medicare benefits from Original Medicare.

The majority of affected Medicaid clients are enrolled in Group Health Cooperative (GHC). GHC researched possible options for its clients, but is waiting for an approval from the Centers for Medicare and Medicaid Services (CMS) before it can release any details. GHC will send a letter to affected clients by the end of January. In the mean time, GHC is telling its clients **not** to make any changes until you hear from GHC in writing.

Find federally-funded health centers for people with low income and no insurance: Federally-funded health centers care for people, even if they have no health insurance. Patients pay what they can afford, based on their income. Health centers provide: wellness checkups; treatment for illnesses; complete pregnancy care; immunizations and checkups for children; dental care and prescription drugs for families; and, mental health and substance abuse care.

Health centers are located in most cities and many rural areas. To find the nearest health center, go to www.disabilityinfo.gov/digov-public/public/DisplayPage.do?parentFolderId=148, type in your address, and click the "Find Health Centers" button.

New nursing home quality rating now available online: CMS released quality ratings on Dec. 18, 2008, for each of the nation's 15,800 nursing homes that accept Medicare or Medicaid. CMS gave facilities star ratings from a low of one star to a high of five stars based on health inspection surveys, staffing information, and quality of care measures. To view the ratings go to

www.medicare.gov/NHCompare. CMS has also published the revised *Guide to Choosing a Nursing Home*, which is also available on this web site.

Reminder - help paying hospital bills is available: With the current economic climate and some people losing their health care coverage, remember that all hospitals in Washington state offer charity care to people who cannot pay their hospital medical bills. Under these programs, hospitals waive or reduce bills for people with limited income. Also, many hospitals offer financial assistance programs. Clients often must meet income requirements, but many hospitals also may offer help to people with higher incomes who ask. For more information, contact your hospital billing staff.

COUNTY NO LONGER PROVIDING WATER TEST KITS

Many of you are used to coming into the Senior Center to purchase water test kits for bacterial and inorganic chemical analysis. San Juan County (and the Senior Center) are no longer able to provide this service.

You will need to contact one of the following laboratories in the local area to order your test kits:

AM Test Inc. - Kirkland
425-885-1664

Avocet Environmental Testing - Bellingham
1-800-227-9427

Edge Analytical - Burlington
1-800-755-9295

Everett Environmental Lab - Everett
425-257-8230

Pace Analytical Services - Seattle
206-767-5060

ORCAS SENIOR SIGNAL

Linda Tretheway, Editor

Jo Anne Bastron, Proofreader

Joyce Rupp, Project Manager

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

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

Deadline for the March, 2009 issue: February 15

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

Services We Provide & Who to Call

Lunch: Served twice a week at each senior center. Orcas and serves lunches on Tuesday and Friday at noon. Each meal costs \$6.20 to prepare. Please donate what you can. **No one will be denied a meal.** Hot and frozen Home Delivered meals are delivered every lunch day from your senior center. Please call to make arrangements.

Orcas: 376-2677
San Juan: 378-2677
Lopez: 468-2421



Come early and enjoy the fellowship!

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--\$2.00.

Mainland Medical Transportation: Available only to low-income seniors who can not find a friend, family member or neighbor to take them off-island for doctor and other appointments. If you qualify, please arrive at least one week in advance of your appointment. Call Jo Anne at 376-2677, Tuesday through Friday, to schedule.

Mainland shopping trips on the third Thursday of each month. Reservations required. \$18 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. Each lunch costs \$6.20 to prepare. Please donate what you feel you can afford.

Blood Pressure Clinic: *Has been discontinued due to county wide budget cuts.*

Foot Care: Reservations needed. Call the Front Desk. **Schedule change beginning in March to every Tuesday of the month.** Cost is \$15.00 and you bring your own towel. Nurses Diane Keller-Batter, RN, Barbara Fleming, RN, and Sally Coffin, RN.

Don't see what you need here? Call -2677.

Hearing Screenings: *Western Hearing* comes to Orcas once a month, 2nd Wednesday. *IHH* comes 4th Wednesday. Check calendar for dates. Reservations required. Call the Front Desk at 376-2677.

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.

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 Linda at 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 an appointment with Peg Griswold (Tuesdays and Fridays).

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 Betsy Louton at 376-7723 to volunteer or inquire about services available.

TML CLASS RESUMES

Christopher Evans will once again be teaching Transformational Movement Lessons (TML) during the Month of February. Classes will be held on Mondays at 1pm and Thursdays at 10am in the Lundeen Room. Classes will begin on Monday, February 2. There will be a total of 8 sessions, with the last class on Thursday, February 26. Cost for the 8 sessions is \$40. For more information, contact Christopher at -4486.

The benefits of TML are attained by constantly introducing new movement patterns instead of repeating and holding set poses. All the movements are done slowly and gently, allowing for change and improvements to be realized instantaneously.

CAROLINE BUCHANAN DRAWING CLASS

Caroline is back again offering some classes at the Senior Center and we are glad to have her back. On Saturday, Feb 28th, and again on March 7th, she will teach **Drawing for the Uncertain Artist**. As many in the community can attest, Caroline can take "uncertain artists" and empower them when they discover that they, too, can draw.



She will teach how you coordinate your hand and your eye with contour drawing -- one of the "secrets" of drawing. You will understand the problem of changing three-dimensions to two and learn how to "see as an artist." Caroline has a knack for explaining things clearly and simply. She claims you need only to identify 8 lines to be able to draw a building in perspective. Let vanishing points vanish!

The classes are from 9:30am - 4:30pm with a half hour break for lunch. Cost is \$85. Supplies are available at the Office Cupboard. Contact Caroline with questions at 376-5509 and the Senior Center at 376-2677 to register.

CAREGIVERS SUPPORT GROUP DISBANDS

The Caregiver Support Group, which has been meeting at the Senior Center on Mondays for almost twenty years, is disbanding due to low participation. Jane Bristow, one of the original members, has volunteered to be a contact person should anyone find themselves in a caregiving situation and needing some support, advice or a way to "vent". Contact Jane at 376-5916.

AARP HELP IN FEBRUARY

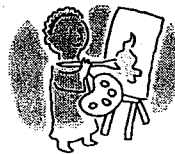
Jim Biddick will be available February through April to help again with tax preparation. This is a free service sponsored by AARP every year. Appointments will begin **Fridays**, February 6th, 13th, 20th, 27th. March switching to **Tuesdays**, March 3rd, 10th, 17th, 31st. April, **Tuesdays**, 7th and 14th. Call the Senior Center at -2677 to schedule an appointment.



DROP-IN OIL PAINTING WITH EDMONA SAUNDERS

Oil painting classes with Edmona are starting up again on the 1st and 3rd Wednesdays of the month, from 1pm - 5pm, in the Multipurpose Room. This has been a very popular class in the past and is now being offered at no charge.

Edmona is on hand to assist and give instruction for those who are new to the medium. For anyone concerned about fumes from the clean-up materials (paint thinner and turpentine) Edmona is exploring the use of water-based oils which will make clean-up a lot easier and without irritating fumes.



On Tuesday, February 16th, after lunch, Edmona will be on hand in the Lundeen Room to give us a short demonstration of her method of teaching so that those who are interested can see how easy it is and how much fun you can have.

Feel free to contact Edmona, at -6100, ahead of time to find out what materials you might want to bring. And call the front desk at the Senior Center to reserve a place for your easel!

HERITAGE AIRPLANES

Join us in late February (date to be determined depending on interest) for a trip to Paine Field in Everett to see their "Flying Heritage Collection" of Warbirds and other aircraft and artifacts. These exhibits have multiple aircraft used from 1935 to 1945 for combat from the United States, Britain, Germany, Russia and Japan.

The treasures of the Flying Heritage Collection are presented within the social, political, technological and economic context of their time, from an international perspective. Contact Irene O'Neill at -2837 for more information or the Senior Center at -2677 to sign up.

VOLUNTEER WEEDERS NEEDED!

With the advent of spring (one of these days), if you are probably looking forward to being out in your gardens and yards. We at the Senior Center are also looking forward to spring, perhaps with a little less enthusiasm.

We have a major weed problem throughout the landscaping around the grounds and we need HELP!



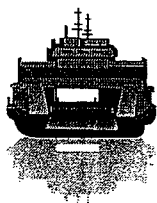
We're asking for any and all volunteers who are willing to spend a few hours (on a regular basis or as you can) pulling weeds to contact Linda at -2677. We provide the tools and the gratitude.

On another and very cheery note, we are welcoming back **Pierrette Guimond** who has volunteered many hours in the last few years keeping the grounds free of weeds and pruning those trees and bushes which needed it. Thank you, Pierrette, and welcome back!

VISIT OUR WEBSITE!

Our website has been up and running for awhile and all the kinks appear to be worked out. To read the latest newsletter, find out what is happening, contact members of the Advisory Committee and Senior Services Staff, and read more about our services, go to URL: www.orcasseniors.org

WASHINGTON STATE FERRIES UPDATES



WSF will no longer accept checks or Canadian currency for purchase of ferry tickets. Patrons may use cash, Visa, MasterCard, American Express, Discover, debit cards, traveler's checks and money orders.

WSF is separating the current Senior/Disabled passenger fare into two categories and offering new ReValue Cards for senior passengers and for disabled passengers.

The new Senior or Disabled ReValue cards are good for five round-trips in 90 days. By signing up for the ReValue option online, cards automatically replenish, charging a credit card every 90 days or all of the trips are used. WSF will continue to honor the Senior/Disabled Convenience Cards purchased prior to Feb. 25 until Oct. 10, 2009.

All discounted senior and disabled fares will be good for 90 days.

WSF is removing discounted fare purchases that require proof of eligibility (senior, disabled, and youth) from the automatic kiosks and from the WSF website on Feb. 25th.

These tickets will be available only at tollbooths where proof of eligibility is required. Customers must provide valid proof of age or eligibility for all senior, disabled and youth tickets. These changes will ensure that discounts are reserved only for those who are eligible.

OPEN ENROLLMENT FOR MED ADVANTAGE PLANS - ALERT!

Open enrollment for Med Advantage plans continues from now until March 31st. Some sales agents for the PFFS are being very aggressive in trying to get people to sign up. Several people were coaxed into signing up for PFFS without checking with their doctors, and, of course, their doctors do not honor that plan.

Some folks are being convinced that this plan is a supplement to Medicare and then are getting switched.

Agents are going to senior housing holding meetings throughout the area and are being a bit "sneaky" this time around because this open enrollment period hasn't been well advertised at all.

TAX SEASON FRAUD ALERT FROM BETTER BUSINESS BUREAU (BBB)

The Better Business Bureau reminds consumers to be prepared to avoid spoof emails, advance fee check scams, and fraudulent phone calls from Internal Revenue Service impersonators and overseas fraudsters.

Tax-season identity thieves will often promise speedy tax refunds or tax savings to establish false credibility and convince people to disclose sensitive personal information. They pose as the IRS or as a legitimate tax preparer by flaunting a copied name or logo. Then they pretend to offer direct deposit options for federal returns in order to gain access to the victim's bank or financial accounts, run up charges on credit cards, apply for new loans and credit cards and even file fraudulent tax returns.

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

Orcas Island Senior Center
PO Box 18
Eastsound, WA 98245

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY



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

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

Gwyneth Burrill	Lindalena Dingman
Dave Douglass	Carol Ely - Treasurer
Judy Flath	Penny Hawkes
Thelma Kallam	Fritz Kraetzer
Paul Losleben	Betsy Louton
Dave McPeake	Michele Streich
Magdalena Verhasselt - Chair	Milly Veterlein

Jane Heisinger, Assistant to Advisory Committee

SENIOR SERVICES OF SAN JUAN COUNTY

ORCAS ISLAND SENIOR SIGNAL



Senior Center Hours 9 am - 4 pm, Tuesday - Friday
PO Box 18, 62 Henry Road, Eastsound, WA 98245
PHONE 360-376-2677 FAX 360-376-5465
Orcas Website: orcasseniors.org

Volume 14 Issue 3

MARCH 2009

FROM THE DESK OF LINDA T...

Are you aware of the many, many programs and resources available to all the citizens of San Juan County, especially for our disabled and/or low-income folks, children and senior citizens? Many people are not.

Our job here at Senior Services, located in the Orcas Island Senior Center, is to provide information and assistance, referral services and help, by guiding those who come to us through the different programs and applications.

Some of the local assistance programs are:

- Project Pal: An OPALCO program designed to provide grants of up to \$250 annually to be applied to your electric bill.
- Food Bank: Open on Tuesdays from 12:30pm to 1:30pm, provides quantities of healthy food to those who need it. No proof of need is necessary.
- Medical Equipment Loans: Wheelchairs, walkers, canes, crutches, etc. available for loan at no charge at the Senior Center.
- SHIBA: Help with Medicare and health insurance questions.
- Hearts and Hands: Trained volunteers to provide one or two hours a week of companionship, help with shopping, cooking, housecleaning, etc.

These and many other local, state and federal assistance programs are readily available. Whether your needs are great or small (or somewhere in between) we can, most likely, find you some assistance and relief to help get you through the hard times. See Page 5 of this newsletter for more information on these and many other services available. Do not hesitate to call any of the numbers listed. Or, call Linda, Senior Services Coordinator at the Senior Center... 376-2677.

FOURTH ANNUAL GRANNY'S ATTIC SALE



Once again the Senior Center Advisory Committee is calling on the community to help us by donating interesting and unique (gently used) items for our annual **Granny's Attic Sale**. This year it will be held on

Saturday, April 18th from 10:00am to 3:00pm.

As usual, we would like to encourage you to begin your spring cleaning and contribute to this fun and fabulous fund raising event which will help us to maintain the Senior Center. We depend on your support to make this the "event of the season".

Drop off days will be **Thursdays** from **12:00pm to 3:00pm**, beginning **March 12th** until **April 16th**.



Please call Michele Streich at 376-7456 or Jane Heisinger at 376-5025 with any questions regarding donating items and the possibility of having larger or multiple items picked up.

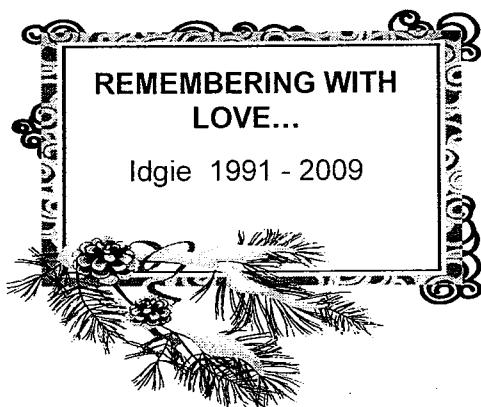
**DAYLIGHT SAVINGS TIME BEGINS SUNDAY,
MARCH 8th
DON'T FORGET TO SET YOUR CLOCKS
AHEAD ONE HOUR BEFORE BEDTIME ON
SATURDAY!**

WHAT'S INSIDE...

Page 2	Menus, Birthdays, Anniversaries
Page 3	March Activities Calendar
Page 4	SHIBA Updates, Health News
Page 5	Services We Provide
Page 6	Classes, Activities
Page 7	Updates, Wanted Section
Page 8	Advisory Committee Members

MARCH 2009 MENU

3 Shrimp Salad Oatmeal Bread Fresh Fruit	6 Beef Stew Biscuits Garden Salad Tropical Fruit
10 Baked Chicken Mashed Potatoes With Gravy Mixed Vegetables Vanilla Pudding	13 Sloppy Joes on Whole Wheat Bun Green Beans Orange, Banana and Pineapple Salad Strawberry Ice Cream
17 <i>St. Patrick's Day</i> Pot Roast with Gravy Red Potatoes Cabbage and Carrots Soda Bread Lime Jello w/Pears	20 <i>Vernal Equinox</i> Turkey Divan Baked Yams Scandinavian Veggies Cranberry Sauce Cranberry Bars
24 Spaghetti Italian Vegetables Romaine Salad Wheat Bread Sticks Peaches	27 Cabbage Patch Soup Country Chicken Salad Garden Salad w/ Sliced Tomato Whole Wheat Roll Fruit Cookies
31 California Chowder Egg Salad On Leaf Lettuce With tomato Nine Grain Bread Pear Halves	



MARCH 2009 BIRTHDAYS

1 - Karen Parsons
 2 - Trudy Erwin, Rose Beckwith, Jane Rosevelt
 3 - Don Miley, Gunther Eschenbrenner, Lolly Halverson, Helen Baumgaertel, Vicki Montgomery, Alison Magner
 4 - Phyllis Key, Walter Schulz, Ellen Madan, Phyllis Peterson
 6 - David Dilling
 7 - Majeane Palmer, Liz Waterman
 9 - Lois DeVaney, Doug Finkelnburg, Lorraine Evans, Peter Walmsley
 10 - Dora Blake, Victor Bracke, Dan Stowell
 12 - Al Englehartson, Thornton Thomas, Jim Newland
 13 - Ellen McIlroy, Ginny Robinson, Caroline Buchanan, Gael Shipstad
 14 - Gordon Carver
 15 - Ashley Wickes, Richard Hughes
 16 - Lise Reinholt
 17 - Larry Parker, Pam Edwards
 18 - Jack Huffman
 19 - Bob McLaughlin, Hattie Dixon, Marcia Spees
 20 - Vern Coffelt, John Libiez
 21 - Beverly Cary
 23 - Louise Spencer, Mary Crosten, Dorothy Lundquist, Jean Wellington
 24 - Heather O'Malley, Mary Hatten, Donna McKee, Jody Hamaker
 25 - Wally Logan
 26 - Gladys Scott, Bruce Lamb
 27 - Jane McIlroy, Sandra Osterhouse
 29 - Jeanne De Long, Judy Schliebus
 30 - Dorothy Hungar, Don Tompkins, Luanne Foster
 31 - Audrey Garrels, William Dean

MARCH 2009 ANNIVERSARIES

03/04/52 Bob and Megan Harris
 03/06/65 Peter and Dixie Walmsley
 03/08/56 Bill and Diane James
 03/09/45 Al and Gladys Scott
 03/10/46 Austin and Betty Lou Grant
 03/10/79 Jack and Laura Conant
 03/18/89 John and Linda Libiez
 03/19/55 George and Audrey Garrels
 03/20/42 Richard and Joan Glidden
 03/21/64 Lloyd and Adele Pinneo
 03/21/94 Kiko and Kamala Harrison
 03/22/42 Kraemer and Bette Frenger
 03/22/69 Dennis and Mary Rancourt
 03/22/86 Cyrus and Candice Lemmond
 03/23/61 Dan and Marcile Greaves
 03/23/65 Tom and Beverly Slater
 03/25/?? Bill and Joy Potts
 03/25/56 Glen and Nancy Stephens
 03/28/64 Cordell and Margaret Leih




Senior Lunches are on
Tuesdays & Fridays, Noon,
in the Betty Lundeen room.
Come early and socialize!
Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR March 2009

March Cake Bakers: Arjean
Filmer-Bennett, Agnes
Forbes, Libby Blackwell,
Jane Heisinger



Greeters:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II 1p TML (LR)	3 LUNCH FOOTCARE* 6p Toastmas- ters (MP) 7p Camera Club (LR)	4 1p Oil Painting 5:15p Weight Watchers (CR)	5 10a TML (LR)	6 LUNCH	7 SET CLOCKS AHEAD 1 HOUR TONIGHT TO END DAYLIGHT SAVINGS TIME 9a Drawing Class 10a Compost- ing Workshop
8 	9 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II 1p TML (LR)	10 LUNCH FOOTCARE*	11 WESTERN HEARING* 5:15p Weight Watchers (CR)	12 10a TML (LR)	13 LUNCH	14
15 CELEBRATE ST. PADDY'S DAY WITH US TUESDAY MARCH 17TH AT NOON!!	16 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II 1p TML (LR)	17 LUNCH FOOTCARE*  6p Toastmas- ters (MP)	18 1p Oil Painting 5:15p Weight Watchers (CR)	19 MAINLAND SHOPPING** 10a TML (LR)	20 LUNCH <i>First day of Spring</i> 	21
22	23 SR. SERVICES CLOSED 1p TML (LR)	24 LUNCH FOOTCARE*	25 ELDERLAW* IHH* 5:15p Weight Watchers (CR)	26 8:30a A/C meeting (MP) 10a TML (LR)	27 LUNCH	28 Figures in Watercolor Caroline Buchanan 10:30a - 4:30p
29	30 SR. SERVICES CLOSED 1p TML (LR)	31 B'DAY LUNCH	MARCH IS NATIONAL... Frozen Food Month Mirth Month: International Mirth Month was created by "Mr. Jollytologist", Allen Klein, to help people turn their Maalox Moments into more mirthful ones. Noodle Month Peanut Month: National Peanut Month had its beginnings as National Peanut Week in 1941. It was expanded to a month-long celebration in 1974.			

SHIBA UPDATES...

DSHS reinstates Medicare Advantage (MA) premium payment for dual-eligible clients:

DSHS recently sent a letter to clients reversing its decision to no longer cover their MA plan premium payment starting Feb. 1, 2009. Instead, DSHS is reinstating its premium payment assistance. If you disenrolled from the plan due to payment issues, you can contact your own MA plan to reinstate the coverage. A majority of affected Medicaid recipients are enrolled in a Group Health Cooperative (GHC) MA plan.

REVISED FUNDAMENTALS OF CAREGIVING



This 4 day (28 hour) course is designed to meet the DSHS basic education requirements for caregivers working as Independent Contractors or Nursing Assistants working in Adult Family Homes or Boarding Care Homes.

Registration is required 1 week prior to the class. Please contact Sally Coffin, RN, for additional information and to register. Sally can be contacted by phone at 360-376-9017, or by email at: sycoffin@rockisland.com.

10 SIGNS OF STRESS AMONG ALZHEIMER'S CAREGIVERS

- 1) **DENIAL** about the disease and its effects on the person who has been diagnosed.
- 2) **ANGER** at the person with Alzheimer's or others that no effective treatments or cures exist and that people don't understand what's going on.
- 3) **SOCIAL WITHDRAWAL** from friends and activities that once brought pleasure.
- 4) **ANXIETY** about facing another day and what the future holds.
- 5) **DEPRESSION** begins to affect the ability to cope.
- 6) **EXHAUSTION** makes it nearly impossible to complete daily tasks.
- 7) **SLEEPLESSNESS** caused by a never-ending list of concerns.
- 8) **IRRITABILITY** leads to moodiness and triggers negative responses and reactions.
- 9) **LACK OF CONCENTRATION** makes it difficult to perform familiar tasks.
- 10) **HEALTH PROBLEMS** begin to take their toll, both mentally and physically.

WAYS TO REDUCE CAREGIVER STRESS

- Know what resources are available in your community.
- Become educated about Alzheimer's disease and caregiving techniques.
- Get help from family, friends and community resources.
- Take care of yourself by watching your diet, exercising and getting plenty of rest.
- Manage your level of stress by consulting a physician and using relaxation techniques.
- Accept changes as they occur.
- Engage in legal and financial planning.
- Be realistic about what you can do.
- Give yourself credit for what you have accomplished; don't feel guilty if you lose patience or can't do everything on your own.

SENIOR RENT SUBSIDY PROGRAM

The San Juan County Council has approved the Senior Rent Subsidy Program for extremely low income seniors in San Juan County. This program will help seniors earning under 30% of Average Median Income (AMI) and living in Tax Credit or USDA financed low income apartments in the county. AMI is \$13,650 per year for a family of 1.



Information and program applications have been sent to property managers overseeing these properties. The funding will be provided on an annual grant. The County is very excited to implement this program which will make a huge difference in the lives of some of our most vulnerable citizens. For more information, please contact Angie Lausch, San Juan County Health & Community Services at 370-7526.

ORCAS SENIOR SIGNAL

Linda Tretheway, Editor

Jo Anne Bastron, Proofreader

Joyce Rupp, Project Manager

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

Deadline for the April, 2009 issue: March 15

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

Services We Provide & Who to Call

Lunch: Served twice a week at each senior center. **Orcas Island serves lunches on Tuesday and Friday at noon.** Each meal costs \$6.20 to prepare. Please donate what you can. **No one will be denied a meal.** Hot and frozen Home Delivered meals are delivered every lunch day from your senior center. Please call to make arrangements.

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San Juan: 378-2677
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Available only to low-income seniors who can not find a friend, family member or neighbor to take them off-island for doctor and other appointments. If you qualify, please reserve at least one week in advance of your appointment. Call Jo Anne at 376-2677, Tuesday through Friday, to schedule.

Mainland shopping trips on the third Thursday of each month. Reservations required. \$18 suggested donation.

Hearing Screenings: *Western Hearing* comes to Orcas once a month, 2nd Wednesday. *IHH* comes 4th Wednesday. Check calendar for dates. Reservations required. Call the Front Desk at 376-2677.

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.

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. Each lunch costs \$6.20 to prepare. Please donate what you feel you can afford.

Blood Pressure Clinic: *Has been discontinued due to county wide budget cuts.*

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CAROLINE BUCHANAN WATERCOLOR CLASS

The Spring Watercolor class, with a focus on "Figures in Watercolor, being taught by Caroline Buchanan will begin at the end of this month.

The class will be held on two Fridays/Saturdays: March 27/28 and April 3/4 from 10:30am to 4:00pm. A brown-bag lunch is suggested.



In the course you will learn how to do simple distance figures such as those found walking on a beach or on a crowded street. You will learn how to do connected configurations of figures and try some with ink and wash. You will also learn how to paint figures in sunlight and in a landscape.

Some experience in watercolor is necessary. If you are very unsure of your drawing skills with figures, it would be wise to take a drawing class first. Contact Caroline with any questions at 376-5509 or check her website for more information at buchananwatercolors.com.

The cost for the 4 days is \$150. Class is limited in size to 12 students. Contact the Senior Center at 376-2677 to register.

HEALTHY AGING CLASS SPRING SESSION

The "Healthy Aging: Solutions and Enhancements" class, taught by Lindalena Dingman, will be offered in the spring semester through Skagit Valley College at the Senior Center. Class begins April 7th through April 30th on Tuesdays and Thursdays from 1:30pm - 3:00pm.

The Healthy Aging class is open to all adults including caregivers for older adults who are interested in being proactive in their own preventive healthcare and increasing their knowledge.

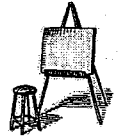
The class is presented in three segments: physical activity; nutrition; and, cognition. As the class progresses, it will become apparent how each section is linked with the others.

Healthy Aging class activities include class discussions/questions, handout materials, a visit to the Orcas Athletics and Spa, special speakers, health surveys, memory games and brain teasers, along with five food pyramid comparisons between the United States and different cultures.

DROP-IN WATER-BASED OIL PAINTING

Oil painting classes with Edmona are starting up again in March, on the 1st and 3rd Wednesdays of the month, from 1pm - 5pm, in the Multipurpose Room. This has been a very popular class in the past and is now being offered at no charge.

Edmona is on hand to assist and give instruction for those who are new to the medium. For anyone concerned about fumes from the clean-up materials (paint thinner and turpentine) Edmona is exploring the use of water-based oils which will make clean-up a lot easier and without irritating fumes.



Feel free to contact Edmona, at -6100, ahead of time to find out what materials you might want to bring. And call the front desk at the Senior Center to reserve a place for your easel!

AARP HELP CONTINUES IN MARCH AND APRIL

Jim Biddick will be available February through April to help again with tax preparation. This is a free service sponsored by AARP every year. Appointments will begin **Fridays**, February 6th, 13th, 20th, 27th. March switching to **Tuesdays**, March 3rd, 10th, 17th, 31st. April, **Tuesdays**, 7th and 14th. Call the Senior Center at -2677 to schedule an appointment.



On completion of the class, students will have a general evaluation of their own health status based on information gleaned from the class.

"You are never too old to learn something new because things change and the class was a way for me to keep up with the latest information," says Betty Brazil.

"New information, speakers, field trips were useful items," says Carolyn O'Day.

Early enrollment is encouraged. The "Senior Enrichment" discount is no longer available. However, with a class enrollment of 10 students or more, Skagit Valley College tuition will be only \$67 for all students. Call the Senior Center at 376-2677 for more information.

VOLUNTEER WEEDERS NEEDED! (continuing request)

With spring finally here, many of you are probably looking forward to being out in your gardens and yards. We at the Senior Center are also looking forward to spring, perhaps with a little less enthusiasm.

We have a major weed problem throughout the landscaping around the grounds and we need HELP!



We're asking for any and all volunteers who are willing to spend a few hours (on a regular basis or as you can) pulling weeds to contact Linda at -2677. We provide the tools and the gratitude.

SENATE OKs 4-MONTH DELAY TO DIGITAL TV CHANGEOVER

The federal government has delayed the changeover to digital TV by four months to June 12, 2009. The previous changeover date was February 17th until it was determined that there had not been enough time to help those with analog television (antenna, not cable or satellite, reception) get vouchers for discounts on converters.

The voucher program was halted at the beginning of this year due to lack of funds. However, that has been corrected and vouchers will soon again be available to low-income people to apply for their converter boxes. Check with your local electronics store to find out more about the vouchers and how to obtain them.

TAX DEFERRAL PROGRAM FOR HOMEOWNERS WITH LIMITED INCOME

Good news for some of our younger seniors, many of whom will be crunched in the present economy. This program is similar to the one presently in existence for seniors.

The Tax Deferral Program for Homeowners with Limited Income has a higher household income limit of \$57,000 or less. You must have owned your home in the previous five calendar years and it must be your primary residence.

The amount of equity you have in your home determines the amount of property taxes and/or special assessments eligible for deferral.

Contact the County Assessor's office at 378-2172 for more information about applying.

DEVELOPING YOUR AWARENESS By Barbara Humes

Our intentions come before every action, whether we are aware of it or not. Thoughts in our deeper inner mind we may not have been aware of before they proceed to our active mind to alert us to a "want" or "need" is called Mindfulness.

Our inner, deeper mind may send us a "need to eat", or "finish a project" message. The subtle whisper (still small voice) of this message moves into our active mind to become more audible.

Then, what we call "wanting" becomes an active intention we respond to with the physical action of responding and taking care of whatever the "want" is. We automatically get up and, barely aware of what or how we have been activated, we respond.

As we become more aware of our body's processes, become purposely quieter and pay attention, we can become more aware of the subtle whisper of the inner mind for our bodily needs.



We can purposely explore, with awareness, the message revealing the needs of our body and personal wants, making us more mentally alert to all aspects of our daily lives, especially helpful as we advance in age as elders.

RESPIRE CARE

A reminder to those of you who are unpaid caregivers of a friend or family member. Respite care is available for up to 13 days a month at Islands Convalescent Center in Friday Harbor. The current Medicaid full rate per day is \$151.47.

The rate paid is based on the monthly income of the person receiving care. The fee is based on a sliding scale and the Northwest Regional Council pays the difference from the Respite grant they receive from the State of Washington.

This program allows the Caregiver to have a break from caregiving which is necessary for them to remain in good emotional and physical health.

If you are interested in the Respite Program and think you would find it beneficial, call Linda at the Senior Center at 376-2677.

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

Orcas Island Senior Center
PO Box 18
Eastsound, WA 98245

**SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY**



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Eastsound, WA 98245

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

Gwyneth Burrill	Lindalena Dingman
Dave Douglass	Carol Ely - Treasurer
Judy Flath	Penny Hawkes
Thelma Kallam	Fritz Kraetzer
Paul Losleben	Betsy Louton
Dave McPeake	Michele Streich
Magdalena Verhasselt - Chair	Milly Veterlein

Jane Heisinger, Assistant to Advisory Committee

SENIOR SERVICES OF SAN JUAN COUNTY

ORCAS ISLAND SENIOR SIGNAL



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

Orcas Website: orcasseniors.org

Volume 14 Issue 4

APRIL 2009

FROM THE DESK OF LINDA T...

In observing "National Volunteer Appreciation Week", from April 19 - 25, we will be holding our annual "Volunteer Appreciation Lunch" on **Friday, April 24th**. The theme for the special week of recognition is "Celebrating People in Action".

In 2007 we had 76 volunteers contributing a total of 4,392 hours. In 2008 we had 82 volunteers (the folks we will be honoring at this month's luncheon) donating a total of 4,226 hours. So far, in the first two months of 2009, we have 46 volunteers who have given us of their time and talents for a total of 570 hours.

Join us for lunch on **Friday, April 24th**, to celebrate all these terrific volunteers who do so much for the Senior Center and YOU!

Other big news this month is that Amy Raven is leaving us as our lunch cook for the last 8+ years. Her last day will be **Friday, April 10th**. She and her husband, Tom, are moving to Leavenworth for a change of scenery. We will miss her very much and wish her and Tom a happy and successful life.

Last, but not least...

Have you noticed at the top of this newsletter a line that says: Orcas Website orcasseniors.org?



Yes, we have our own website. If you go to that address you will have access to such information as the activities calendar, which shows you what is going on in the Senior Center at any given time. You will also be able to read the entire newsletter online. You can find out who the Advisory Committee members are and so much else.

Jump online and give us a visit. And, please, give us your feedback. Something you'd like to see that isn't there. Something to be improved? I'm sure you'll be glad you did!

GRANNY'S ATTIC COMING SOON! STILL TIME TO DONATE...



In just a few short weeks the annual Granny's Attic Sale will be held at the Orcas Senior Center. This is one of a couple of fund raising events held annually to raise the money necessary to operate the Senior Center each year.

As a result of the goods donated and sold, we are able to continue to provide much needed services for our seniors. The event will be held on **Saturday, April 18th from 10 a.m. to 3 p.m.** Whether you donate goods or not we look forward to seeing you there!

In the meantime, we need your help. Now that spring has sprung, this a perfect time to clean closets, garages, storage rooms, etc. and drop off your donations at the Senior Center (please, no clothing or electronics).



You can stop by the Senior Center on Thursdays (April 2, 9 and 16) from noon to 3 p.m. to drop off your items. If you have merchandise to donate but are unable to bring it to the Senior Center, please call either Michele Streich at 376-7456 or Jane Heisinger at 376-7928 to make arrangements to have your items picked up.

WHAT'S INSIDE...

Page 2	Menus, Birthdays, Anniversaries
Page 3	March Activities Calendar
Page 4	SHIBA Updates, Health News
Page 5	Services We Provide
Page 6	Classes, Activities, Looking Ahead
Page 7	More Classes and Activities
Page 8	Advisory Committee Members

APRIL 2009 MENU

APRIL 1 - APRIL FOOLS' DAY - In France this day is called <i>Poisson d'Avril</i> , or "April Fish". French Children sometimes tape a picture of a fish on the backs of their schoolmates, crying "Poisson d'Avril!" when the prank is discovered.	3 Chicken Tortilla Casserole Dinner Blend Veggies Romaine Salad Oatmeal Cookies
7 Pork Loin with Apple Chutney Mashed Potatoes & Gravy Mixed Vegetables Whole Wheat Roll Strawberry Ice Cream	10 Honey Mustard Fish Wild Rice Pilaf Mixed Vegetables Broccoli and Cauliflower Salad Pumpkin Cake
14 Meat Loaf Gravy upon request Baked Potato Scandinavian Veggies Tropical Fruit Whole Wheat Roll	17 VOLUNTEER APPRECIATION DAY Chef Salad Whole Wheat Roll Sliced Oranges
21 Florentine Fish Scalloped Potatoes Brussels Sprouts Garden Salad Apple Sauce	28 French Dip Au Jus Potato Wedges Spinach Salad Orange Slices

REMEMBERING WITH LOVE...

Harriette Mathews 1914 - 2009



APRIL 2009 BIRTHDAYS



1 - Ladd Lindholm
 2 - Beverly Johanson
 3 - Susan Fletcher
 6 - Carolyn Baldwin, Ingrid Karnikis, Ed Wilson
 7 - Joe Floren, Jan Wells, Jim Jenkins, Carolyn O'Day, Robert Vietzke
 8 - George Lundstrom, Anne Marcin, Lowell Baney, Gail Gilman
 9 - Eugene Crowe, Vincent Monaco
 10 - Rod Magner
 11 - Joanie Bowyer
 12 - Carol Parks
 14 - Paul Friedman
 15 - Bob Cooper, Anne Hay
 16 - Al Good
 17 - Audrey Wells
 18 - Arjean Filmer-Bennett, Jan Zehner, Sidney Coffelt
 19 - Philip Cohn, Larry Leyman, Lina McPeake, Gretchen Shelton, Don Wilson, Margaret Conner
 20 - Willi Kuehle, Ron Schuler
 21 - Kitty Curley, Brian Cleary
 22 - Louise Smith, Fredrica Kundig, Edson Kempe
 23 - John Beckwith, Marylou Cobb, Marianne Shelton, Penny Sharp Sky
 24 - Bill McMillen, Susan Kosiur
 25 - Kathleen Dewhurst
 26 - Sylvia Biddick
 27 - Betty Brazil, Helen Bee, Mari Gardner
 29 - Robbie Gelnaw, Don McLean, Cay Tretheway, Red LaPorte
 30 - Jan Gage, Jerry Crisman, Barbara Urschel, Margaret Wilson, George Larson

APRIL 2009 ANNIVERSARIES

04/01/60 Bill and Monique Gincig
 04/06/68 Chris and Evelyn Jensen
 04/07/56 Dick and Velma Doty
 04/08/72 Garry and Mimi Peters
 04/10/76 Clyde and Barbara Teague
 04/14/67 William and Maureen Burlew
 04/16/?? Dave and Bev Polis
 04/16/82 Leonard and Sue Wood
 04/17/?? Jack and Jan Titus
 04/19/96 Jim and Treena Williamson
 04/20/63 Bob and Marylou Cobb
 04/20/68 Norman and Christy Zimlich
 04/25/53 Jack and Nancy Huffman
 04/26/58 Jack and Gail Gilman
 04/28/58 Wally and Meg Gilliam


Senior Lunches are on
Tuesdays & Fridays, Noon,
in the Betty Lundeen room.
Come early and socialize!
Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR April 2009

April Cake Bakers: Arjean
Filmer-Bennett, Libby Black-
well, Agnes Forbes, Jane
Heisinger, Bill McMillen

Greeters: Bill Yarlott and Molly Bee



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <i>April Fools Day</i>  1p Oil Painting 5:15p Weight Watchers (CR)	2	3 LUNCH 10a - Taxes	4
5	6 SR. SERVICES CLOSED	7 LUNCH FOOTCARE* 10a - Taxes 1:30p - Healthy Aging 6p Toastmas- ters (MP) 7p Camera Club (LR)	8 WESTERN HEARING* 5:15p Weight Watchers (CR)	9 1:30p - Healthy Aging	10 LUNCH 10a - Taxes (Last Chance!)	11
12	13 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II 1p TML (LR)	14 LUNCH FOOTCARE* 1:30p - Healthy Aging	15 1p Oil Painting 5:15p Weight Watchers (CR)	16 MAINLAND SHOPPING** 10a TML (LR) 1:30p - Healthy Aging	17 LUNCH	18
19	20 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II 1p TML (LR)	21 LUNCH FOOTCARE* 1:30p - Healthy Aging 6p Toastmas- ters (MP)	22 ELDERLAW* IHH* 5:15p Weight Watchers (CR)	23 8:30a A/C meeting (MP) 10a TML (LR) 1:30p - Healthy Aging	24 LUNCH VOLUNTEER APPRECIATION DAY Join Us!	25
26	27 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II 1p TML (LR)	28 B'DAY LUNCH FOOTCARE* 1:30p - Healthy Aging	29	30 10a TML (LR) 1:30p - Healthy Aging	31	

SHIBA UPDATES...

New stimulus bill signed into law means more money for some public health programs and Social Security Clients:

- **Federal government releases money to states' Medicaid programs:** Under the American Recovery and Reinvestment (ARR) Act, the federal government is releasing funds to help pay for health care for families hard hit by the economic crisis and for some of the nation's most vulnerable citizens. The Department of Health and Human Services will start to distribute more than \$15 billion in federal assistance to help states cover the costs of Medicaid programs. Washington state will receive \$339,330,717.
- **Medicare premium assistance program extended:** The ARR Act extends through 2010 the Qualifying Individual program (QI-1), a Medicare Savings Program that pays the Part B premium for low-income people with Medicare. Congress appropriated \$412.5 million from January 1 through September 30, 2010, and \$150 million from October 1 through December 31, 2010 for the QI-1 program. The total funding allocated for the QI-1 program in 2010 is \$562.5 million, a \$62.5 million increase this year. Individuals eligible for QI-1 must have income between 120 percent and 135 percent of the federal poverty level, or between \$12,996 and \$14,620 per year in 2009, and assets of less than \$4,000 for individuals or \$6,000 for couples.
- **AAR Act gives one time payment to Social Security clients:** Under the ARR Act, over 60 million Social Security and Supplemental Security Income clients will receive a one-time payment of \$250. The payments should be delivered by late May 2009. You should not contact Social Security unless you do **not** receive payment by **June 4**. For more information about the one-time payment, go to: www.socialsecurity.gov.

Centers for Medicare and Medicaid (CMS) imposes sanctions against WellCare: Effective March 7, these sanctions affect two WellCare stand-alone prescription drug plans in Washington state.

- WellCare Classis S5967-167
- WellCare Signature S5967-064

The sanctions also affect the following WellCare Medicare Advantage plans with contract numbers that start with H4577: Concert, Melody, Prelude, Quartet, Serenade, and Sonata.

The sanctions include suspending enrollment of Medicare clients and suspending all marketing activities to Medicare clients. These sanctions will remain until the deficiencies have been corrected.

FOOD SAFETY

The following items are some of the most important factors in food safety:

1. Wash hands thoroughly and frequently, minimize bare-hand contact with ready to serve foods and only work when healthy.
2. Heat and cool foods properly (take them through the danger zone quickly).
3. Keep hot foods hot and cold foods cold (out of the danger zone).

HELP MAINTAIN PUGET SOUND

Did you know that storm drains are NOT connected to the sanitary sewer systems? Most discharge directly to the bay without treatment. Help protect our marine environment with these best management practices:

- Pour wash water into a mop sink or down the toilet so it goes into the sanitary sewer.
- Use dry methods for spill cleanup (sweeping, rags, cat litter, etc). Don't hose down those spills.
- Clean floor mats, filters and garbage cans in a mop sink or floor drain.
- Recycle grease and oil - don't pour it into sinks, floor drains, parking lots or streets.
- Keep your dumpster clean and the lid closed.

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TRANSFORMATIONAL MOVEMENT LESSONS (TML) CLASS

The April session of TML will begin Monday, April 13th and will continue on Mondays April 20th and 27th at 1pm. Classes will also be held on Thursdays April 16th, 23rd, and 30th at 10am in the Lundeen Room.



This session will last 6 weeks and will cost \$30 for the complete run. Another class will begin in May.

Please call the Senior Center at 376-2677 soon to register for this class. It is becoming more popular and the roster fills up quickly.

MEMORY SCREENING

Memory screenings are a first step toward finding out if you have Alzheimer's disease or a related dementia or another condition causing memory loss. Memory screening can also let you know that you are okay. Normal results could put your fears to rest.

Memory screening does not diagnose illness, but can help test intellectual functions. It gives an indication whether you would benefit from more testing. Identifying the cause of memory loss is very important so follow up with a complete checkup by a healthcare professional.

Early recognition of mild cognitive impairment provides an opportunity for treatment to slow the decline in memory. Although there is currently no cure for Alzheimer's disease, available treatments may slow the progression of symptoms.

COMING ATTRACTIONS...

May Newsletter

- Results of Granny's Attic Sale
- Introducing Betsy Louton, new Hearts and Hands Volunteer Coordinator
- Death with Dignity Act
- Looking forward to summer
- 2008 Volunteer Appreciation Report
- Volunteer Opportunities
- A look at the new Senior Chorus
- Jane Heisinger, new room rental manager
- Profile of volunteer(s) of the month

T'AI CHI CHIH...

a moving meditation



T'ai Chi may help elderly have fewer restless nights. 112 people, averaged about 70 years of age, who had complained of having trouble sleeping, met to practice tai chi for 40 minutes three times a week for about 4 months OR attended classes on sleep issues, exercise and relaxation that met for the same time.

63% of those who practiced t'ai chi, compared to 32% of the others, were no longer sleep impaired based on standardized rating scales. They fell asleep more quickly, slept longer, awoke fewer times in the night and had less daytime drowsiness.

T'ai Chi begins a new session Monday, April 13th and continues on Mondays through June 8th. Level I class is from 9:30 to 10:30am. Level II class is from 11am to 12pm. Fee for the 8 week course is \$80.

PHIL BEDDAR BEAR VISITS SENIOR CENTER



Phil Beddar Bear lives at Ray's Pharmacy and is available to greet folks looking for hugs and good feelings on Thursdays at 3:30pm. He even makes special appearances like he did at the Senior Center Lunch on February 24th. He is shown on the left with Faith Deeds and Kay Clark who are all smiles after receiving several hugs from Phil. He promises to be here the last Tuesday of every month (our Birthday Lunch) to give hugs and laughter to all who attend.

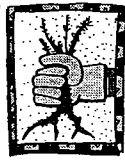
AARP HELP CONTINUES UNTIL APRIL 10th

Jim Biddick will still be available through April 10th to help again with tax preparation. This is a free service sponsored by AARP every year. Appointments will be held in April, on **Fridays**, April 3rd and 10th and **Tuesday**, April 7th. There are very few openings left. Call the Senior Center at -2677 to schedule an appointment.



VOLUNTEER WEEDERS NEEDED! (continuing request)

With spring finally here, we at the Senior Center are looking forward to watching our beautiful landscape come alive as it comes into bloom. Unfortunately, the weeds had taken over last year and they are everywhere!



Last month we were excited to welcome back Pierrette Guimond as our lead landscaping volunteer. Don't know a weed from a flower? Pierrette is here to help.

So far, we have had a couple of volunteers working with Pierrette and they seem to be having a lot of fun!

We're asking for any and all volunteers who are willing to spend a few hours (on a regular basis or as you can) pulling weeds to contact Linda at - 2677. We provide the tools and the gratitude.

LOOKING FOR A FEW SONG BIRDS

How many of you would be interested in forming a Senior Chorus which would "rehearse" Tuesdays and/or Fridays after lunch just for the fun of it?

Linda T. will direct and the very talented Mary Meyer will be our accompanist. Linda has sung with various choruses and small singing groups (and can read music!) Mary Meyer is an accomplished pianist having played on cruise ships, at Rosario Resort and at Orcas Center in such plays as "Nunsense".

Many of you have sung along when Trudy Erwin or Mary Meyer have played at lunch. So, I know you can do it and I can tell you enjoy it!

Whether you sing Soprano, Alto, Tenor, Bass, or even a little off-key, please plan on staying after lunch on **Tuesday, April 14th** and join us in making music. Who knows, we may get to the point where we will want to entertain the community!

ORIGIN OF APRIL FOOLS' DAY

April Fools' Day is observed throughout the Western world. Practices include sending someone on a "fool's errand", looking for things that don't exist; laying pranks; and trying to get people to believe ridiculous things.

SOLUTIONS AND ENHANCEMENTS FOR HEALTHY AGING

The "Healthy Aging: Solutions and Enhancements" class, taught by Lindalena Dingman, will be offered in the spring semester through Skagit Valley College at the Senior Center. Class begins April 7th through April 30th on Tuesdays and Thursdays from 1:30pm - 3:00pm.

The Healthy Aging class is open to all adults including caregivers for older adults who are interested in being proactive in their own preventive healthcare and increasing their knowledge.

The class is presented in three segments: physical activity; nutrition; and, cognition. As the class progresses, it will become apparent how each section is linked with the others.

Early enrollment is encouraged. The "Senior Enrichment" discount is no longer available. However, with a class enrollment of 10 students or more, Skagit Valley College tuition will be only \$67 for all students. Call the Senior Center at 376-2677 or Lindalena Dingman at 376-4272 for more information. To register, call Skagit Valley College at 378-3220.

HARAMBEE - "LET'S PULL TOGETHER"



On **Saturday, April 18th** Grace Kuto, originally from Kenya, will be sharing her Harambee African family circle cookbook at Emmanuel Episcopal's parish hall in Eastsound.

In 1979, while studying as an international student at Portland State University, Grace conceived of the Harambee (translated from Swahili into "Let's Pull Together"). She wanted to raise money to update, supply and staff a medical clinic that had been built in her village in 1948 by Quaker missionaries. This clinic had stood empty and unused for 50 years due to lack of funding.

Grace's first Harambee cookbook was published in 2000 and now, 9 years later, the Chwele Medical Clinic serves nearly 58,000 people.

The event on April 18th will include a cooking class at 10 a.m., a book signing at noon, and a sit down Kenyan meal at 6:30 p.m.

For more information, contact Mary Ann Slabaugh at 376-1001 or by email at: 7memajds@gmail.com

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

Orcas Island Senior Center
PO Box 18
Eastsound, WA 98245

**SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY**



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

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

Gwyneth Burrill	Lindalena Dingman
Dave Douglass	Carol Ely - Treasurer
Judy Flath	Penny Hawkes
Thelma Kallam	Fritz Kraetzer
Paul Losleben	Betsy Louton
Dave McPeake	Michele Streich
Magdalena Verhasselt - Chair	Milly Veterlein

Jane Heisinger, Assistant to Advisory Committee

SENIOR SERVICES OF SAN JUAN COUNTY

ORCAS ISLAND SENIOR SIGNAL



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

Orcas Website: orcasseniors.org

Volume 14 Issue 5

MAY 2009

FROM THE DESK OF LINDA T...

It's that time again. If you'll notice on Page 7, we have once again included a membership renewal form for the **2009/2010 Membership Year**. During the last membership drive we increased our numbers by about 300 over the previous year and raised about \$9000 in dues. Dues are \$15 single and \$25 per couple.

This year I want to put out a **special challenge** to both renewing members and those of you who have never signed up with us before. Let me remind you of the benefits of membership in the Senior Services Council of San Juan County.

First, you are supporting one of our most important functions, the transportation program. Your membership dollars go to ferry fees, gas, maintenance of our vans, etc. We provide on- and off-island transportation to folks who would otherwise have no way to get to doctor's appointments or other important meetings.

Second, many vendors and merchants on Orcas Island offer discounts on goods and services to card-carrying members of Senior Services.

Finally, Orcas Island Senior Services has three memberships with the Orcas Spa and Athletic Club. For a suggested donation of \$3 you can get a key for 1 hour at the club and you have access to all the equipment including the pool.

Won't you take the time this month to fill out your membership application form to renew or sign up for the first time? Everyone is entitled to a copy of the newsletter each month, you don't have to be a member to receive a copy. However, if you like what you read and appreciate the offerings here at the Senior Center, please consider an additional donation to help offset the many expenses we in keeping the Senior Center open and available to you... our members.

Thank You!

GRANNY'S ATTIC SALE HUGE \$UCCE\$\$



They were lined up at the front doors, down the driveway and around the north end of the building before 9:00 a.m. on Saturday, April 18th.

When the doors finally opened at 10:00 a.m., people happily surged into the Senior Center heading directly for the Lundeen Room and spreading throughout the rest of the building looking to make deals on practical items and many of the other donated beautiful things.

It's impossible to thank all the volunteers who help make this fund raiser the success it is. This year, special thanks go to Michele Streich, Jane Heisinger and Jennie Joplin who led an intrepid crew of pricers and organizers, including Lise Rineholt, Gayle Shipstaed and B.J. Arnold, for days before the event began.

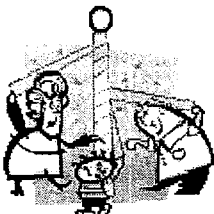
Thanks also go to the many folks who donated items for sale on the tables or at the silent auction. Of course, we never would have been as successful without the participation and generosity of the members of the community who came and enjoyed the day with us shopping, visiting and coming away with wonderful bargains.

How successful were we? At last count, Granny's Attic Sale this year has raised almost **\$8,000!** This money is important for the operating costs of the building year round. **Thank You One & All!**

WHAT'S INSIDE...

Page 2	Menus, Birthdays, Anniversaries
Page 3	March Activities Calendar
Page 4	SHIBA Updates, Health News
Page 5	Services We Provide
Page 6	Classes, Activities, Looking Ahead
Page 7	More Classes and Activities
Page 8	Advisory Committee Members

MAY 2009 MENU

<p>MAY DAY</p> 	<p>1</p> <p>Sloppy Joes on Whole Wheat Bun Green Beans Orange, Banana and Pineapple Salad Strawberry Ice Cream</p>
<p>5</p> <p>Teriyake Chicken Wild Rice Pilaf Scandinavian Veggies Peaches and Pears Oatmeal Cookies</p>	<p>8</p> <p>Shrimp Salad Oatmeal Bread Fresh Fruit</p>
<p>12</p> <p>Taco Salad Cornbread Sliced Melons</p>	<p>15</p> <p>Salmon Boats Wild Rice Pilaf Broccoli Normandy Cucumber/Onion Salad Apricots</p>
<p>19</p> <p>Cabbage Rolls Baked Squash Vegetable Blend Garden Salad Chocolate Pudding</p>	<p>22</p> <p>Hamburger with Cheese, Lettuce, Tomato, Onion On Whole Wheat Bun Baked Beans Claremont Salad Fresh Fruit</p>
<p>26 B'DAY LUNCH!</p> <p>Marinara Chicken Penne Pasta Mixed Vegetables Garden Salad Chocolate Cake</p>	<p>29</p> <p>Pork Ribbers Scalloped Potatoes Vegetable Blend Garden Salad Peaches and Pears</p>

REMEMBERING WITH LOVE...

Elizabeth Berdan 1928 - 2009
"Ole" Coleman 1937 - 2009
Kathleen Dewhurst 1926 - 2009
Catherine Chaney 1919 - 2009

MAY 2009 BIRTHDAYS



- 1 - Bob Cobb, Bob Foulk, Harold Lentzer, Philip Miller
2 - Joy Bennett, Anne Boone, Linda Weston
3 - Geoff Lemon, Judy Dorman
4 - Claude Rubeling, Jack Titus
5 - Gwyneth Burrill, May Shiozawa, Kamala Harrison, Joyce Baker
7 - Joan Miller
8 - June Cale West, Stu Stephens
9 - Babs McCorison, Eileen Pyka
10 - Harvey Smith
11 - Thelma Kallam, Shirley Aggas, Barbara Otis, Mac Trunkey, Jean Henigson, Kathleen Dickinson, Lennie Evans
12 - Frank Ward, Linda Abbott
14 - Anna Mae Kann, Barbara Fleming, Ray Jarecki, Carol Bee, Jim Sutherland, Jarold Gaskill, Fred Enge
15 - Sue Wood, Anne Weingarth
16 - James Munson, Beverly Slater, Cherron Munson, Annette Mazzarella
17 - Larry Melvin
19 - Erv Harlacher, Eva North
20 - Dick Arnold, Felice Mourning
21 - Elizabeth Bret, Donald Green, Marcile Greaves
22 - Bill Felber, Elizabeth Star
23 - Ron Mourning
24 - Gayle MacDonald
26 - Susan Hendrick, Sandy Thompson
27 - Patty Pirnack-Hamilton
28 - Bette Frenger, Hi Stickney, Ursula Erdmann
29 - Elizabeth Nuzum, Kay Osborne, Dorna Theaman, Sandra Vietzke
30 - Sara Seagrave
31 - Bud McKee, Diane Jarecki, Sue Carroll

MAY 2009 ANNIVERSARIES

- 05/01/86 Walter Corbin and Gayle Keith-Ashley
05/04/69 David and Kaaren Slawson
05/07/?? Jim Watson and Norma Jean Young
05/08/?? Rod and Alison Magner
05/09/64 Steve and Terry Hopkins
05/10/?? Alfred and Betty Lou Johnson
05/12/74 Alan and Pam Edwards
05/14/66 Bob and Phyllis Henigson
05/18/62 Roger and Conny Congdon
05/19/84 Mike and Carolyn Wiley
05/20/?? Clayton and Karen Parsons
05/26/43 Richard and B.J. Bangert
05/27/61 David and Joan Schermerhorn
05/27/67 Robert and Magdalena Verhasselt
05/29/71 Keith and Ann Jones



Senior Lunches are on
Tuesdays & Fridays, Noon,
in the Betty Lundeen room.
Come early and socialize!
Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR May 2009

May Cake Bakers: Cecilia
Schwanke, Val Tincknell,
Kay Clark, Candi Lemmond,
Marylou Cobb

Greeters: Jim and Kay Clark



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31		CINCO DE MAYO 			1 LUNCH	2
3	4 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II 1p TML (LR) 4:30p EPRC Open House	5 LUNCH FOOTCARE* 1p Songbirds 6p Toastmas- ters (MP) 7p Camera Club (LR)	6 1p Oil Painting	7 10a TML (LR)	8 LUNCH	9
10	11 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II 1p TML (LR)	12 LUNCH FOOTCARE* 1p Songbirds	13 WESTERN HEARING*	14 10a TML (LR)	15 LUNCH	16
17	18 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II 1p TML (LR)	19 LUNCH FOOTCARE* 1p Songbirds 6p Toastmas- ters (MP)	20 1p Oil Painting	21 MAINLAND SHOPPING** 10a TML (LR)	22 LUNCH	23
24 MEMORIAL DAY 	25 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II	26 B'DAY LUNCH FOOTCARE* 11a Blood Pressure Clinic 1p Songbirds	27 ELDERLAW* IHH*	28 8:30a A/C meeting (MP) 10a TML (LR) (new session)	29	30

SHIBA UPDATES...

Centers for Medicare and Medicaid Services (CMS) sends letter to Medicare Advantage (MA) and Medicare Part D plans about changes for 2010: In a letter to MA and Part D plans, which sets contract terms for next year, CMS announced new steps to provide clients with more meaningful choices among plans. CMS told insurance companies to merge their plan offerings by getting rid of plans with low enrollment or which offer substantially similar benefits as other options offered by the same company.

CMS also asked companies to create no more than three options for each market, with each option presenting a meaningful difference for the consumer. For example, it could be a choice between an HMO and a Preferred Provider Organization (PPO). According to CMS, 27 percent of total Medicare Advantage plans have fewer than 10 enrollees. Additional requirements include:

- CMS will review MA plan cost-sharing to ensure sicker clients are protected from discriminatory out-of-pocket charges for health care services they need, such as for renal dialysis, Part B drugs, or home health or skilled nursing services.
- Part D plan sponsors must outline all the plan tools they use to lower costs and improve outcomes on their Web sites. They must also list specific detail about quantity limits and therapy requirements, and provide comprehensive information about other types of utilization management tools, such as prior authorization.



- CMS will not allow reference-based pricing in 2010. This is a practice that some Part D plans use to increase patients' costs for brand name drugs, by adding another charge to the co-pay.

Health Net to discontinue Pearl Private Fee for Service (PFFS) products in Washington:

Health Net notified the Office of the Insurance Commissioner that it will discontinue offering its PFFS Health New Pearl plans in 2010. Health Net Pearl PFFS plans are currently available in San Juan County. Health Net will continue to serve clients already enrolled for the remainder of 2009.

HEARTS AND HANDS

by Betsy Louton
Volunteer Coordinator



In January of this year, **Hearts and Hands**, a volunteer organization which provides companionship and assistance to seniors and disabled folks who only need help 1-3 hours a week, was included under the umbrella of the Orcas Island Advisory Committee. Betsy Louton (left) was hired to be the Volunteer Coordinator.

Hearts and Hands continues to provide compassionate service to assist isolated, frail, ill, elderly or disabled adults. This service helps out islanders maintain independence and improve their quality of life.

Our services include *friendly visits* offering emotional support, companionship and outings; *practical assistance*, such as light housekeeping, simple home repairs or yard work, local errands or on-island transportation; and, *caregiver respite* to enable caregivers to have a break.

We are always looking for volunteers! Having trained volunteers ready to step in and help when the need arises is what makes this program work. All volunteers attend an orientation of the principles and guidelines of being a Hearts and Hands volunteer.



If you, or someone you know, is in need of assistance, please give us a call. If you can find an hour or two in your week, and want the special experience of developing a relationship with someone who will become a very special person in your life, please contact me at -7723, or by email at heartsandhands@orcasonline.com.

ORCAS SENIOR SIGNAL

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

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

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

Deadline for the June, 2009 issue: May 15

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

Services We Provide & Who to Call

Lunch: Served twice a week at each senior center. **Orcas Island serves lunches on Tuesday and Friday at noon.** Each meal costs \$6.20 to prepare. Please donate what you can. **No one will be denied a meal.** Hot and frozen Home Delivered meals are delivered every lunch day from your senior center. Please call to make arrangements.

Orcas: 376-2677
San Juan: 378-2677
Lopez: 468-2421



Come early and enjoy the fellowship!

Hearing Screenings: *Western Hearing* comes to Orcas once a month, 2nd Wednesday. *IHH* comes 4th Wednesday. Check calendar for dates. Reservations required. Call the Front Desk at 376-2677.

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--\$2.00.

Mainland Medical Transportation: Available only to low-income seniors who can not find a friend, family member or neighbor to take them off-island for doctor and other appointments. If you qualify, please reserve at least one week in advance of your appointment. Call Jo Anne at 376-2677, Tuesday through Friday, to schedule.

Mainland shopping trips on the third Thursday of each month. Reservations required. \$18 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. Each lunch costs \$6.20 to prepare. Please donate what you feel you can afford.

Blood Pressure Clinic: *Held on the last Tuesday of the month from 11am - noon. Clinic staffed by Islands Convalescent Center nurses.*

Foot Care: Reservations needed. Call the Front Desk. **Every Tuesday of the each-month.** Cost is \$15.00 and you bring your own towel. Nurses Diane Keller-Batter, RN, Barbara Fleming, RN, and Sally Coffin, RN.

Don't see what you need here? Call -2677.

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 Linda at 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 an appointment with Peg Griswold (Tuesdays and Fridays).

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 Betsy Louton at 376-7723 to volunteer or inquire about services available.

VOLUNTEER OF THE MONTH

Elizabeth Berdan



For many years now, Elizabeth Berdan was our "Sunshine Lady", making sure that every member of the Senior Center gets a Birthday Card and/or Anniversary Card each month.

Over time, the number of cards she has been sending out has risen to approximately 90 per month.

Elizabeth was an active member of the Senior Center, coming to lunch, taking advantage of our trips off-island, and sitting at the front desk, greeting visitors and answering the phones, among other duties.

Her family has volunteered to continue her work as the "Sunshine Family" to carry on her legacy so those cards will still be arriving on your special days. We will miss her greatly...

Thank you, Elizabeth

SENIOR TRAVELS ON ORCAS

- This summer our intrepid one-woman Activities Director, Irene O'Neill, has lined up several trips to different spots on the island during the months of June through September. Four different escapades are planned, one for each month. Some of the details for each excursion may vary. As planned, they are (in no particular order):
- **Olga/Doe Bay** - Lunch at Olga Store, Lieberhaven, a local weaver, and Tim who operates his own forge.
- **Crow Valley** - 1888 School House Tour, Cofelt Farm, Sight-seeing in Crow Valley, Tea at Sandy Huie's
- **Deer Harbor** - Lunch on the Dock, Bullock's Nursery, Connor's Gnome House, Cal Mclachland's stories about his Dad and local lighthouse
- **Eastsound** - Bag lunch at North Beach Inn, Walking tour, Historical Museum

VOLUNTEER APPRECIATION LUNCHEON GREAT SUCCESS



Many people were pleased and some even surprised when awards were given out at our Annual Volunteer Appreciation Ceremony, held Friday, April 24th in the Lundeen Room after lunch.

Some of the major awards were given as follows: **Barbara Pesola** (Front Desk Super Volunteer) 675 hours; **Mary Lou Padbury** (Table Setter and Newsletter Folder) 192 hours; **Jean Wellington** (Driver and Front Desk) 178.5 hours; **Cecilia Schwanke** (Front Desk) 177 hours; **Thelma Kallam** (Front Desk) 172 hours; **Adele Pinneo** (Driver and HDM's) 145.5 hours; **Irene O'Neill** (Driver, Activities Director, Kitchen Helper, Greeter); **Betty Williams** (Front Desk) 119 hours; **Carlos Carmona** (Kitchen Helper) 116 hours; **Lorraine Stevens** (Front Desk) 108.5 hours; and, **Carlene Kim** (Kitchen Helper) 104 hours. **Emily Reid** received many thanks for her work with all the plants in the building, making sure they were watered, fertilized and pruned.

Other special awards were: **Dora Blake** - Volunteer of the Year (234 hours); **Marylou Cobb** - Staff Appreciation Award; **Dave and Lina McPeake** - Island Treasure Award; **Irene O'Neill** - Agape Award; and, **Jane Barfoot-Hodde** - Lifetime Achievement Award.



Many other volunteers were acknowledged and given certifications for their generous donation of their time and talents as: Front Desk Volunteers; Newsletter Folders; Greeters; Musicians; Table Setters; Tables Clean-up; HDM Deliveries; Cake Bakers; Drivers; and, several others.

Volunteering at the Senior Center is fun and rewarding. The staff couldn't do it at all without you. No matter what you do for the Senior Center, weeding, front desk, kitchen, etc., make sure you record your hours and let us know. If you are not sure what you would like to do to help, talk to Jo Anne or Linda. We can usually find something to suit you fancy!

Thanks again to ALL our volunteers in 2008!

"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

ORCAS SENIOR CENTER SONGBIRDS

There have been two rehearsals so far of the Orcas Senior Center Songbirds and, based on these first two, we are sure we will be ready to entertain the lunch crowd and any other audiences who would like us to perform for them.



There will always be room for plenty more. Previous singing experience or the ability to read music are not required. All you need to bring to the group is a willingness to have fun!

Join us after lunch at the Senior Center, on Tuesdays at 1pm. Our rehearsals last for about 1/2 hour. Come and have lunch with us before hand. The menus are on Page 2.

THE EXCHANGE IS NOW ACCEPTING TELEVISIONS, COMPUTERS, OTHER ELECTRONICS, ETC. UNDER WASHINGTON STATE'S FREE RECYCLE PROGRAM!!!!

NO THINING by Barbara Humes

We had been married a year when we went homesteading in Alaska 64 years ago.

Planting our first garden, Bill handed me a package of carrot seeds to plant.



Never having planted carrot seeds before, I made a row with a hoe and walking down the row, sprinkled the little carrot seeds in -- making about a ten-foot long row.

Weeks later, I realized there wasn't much space between them for the carrots to develop so I thinned them out, a tedious job.

Each year I dropped the seeds a little more separately, further apart. Later I would thin them, a slow tedious job.

Eventually, I learned to place one single seed at a time in a zig zag down opposite sides of the row, making about a 50-foot row. Works for all garden vegetables.

AND... No Thinning!

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 2009/2010 (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

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

Orcas Island Senior Center
PO Box 18
Eastsound, WA 98245

**SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY**



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Gwyneth Burrill	Lindalena Dingman
Dave Douglass	Carol Ely - Treasurer
Judy Flath	Penny Hawkes
Thelma Kallam	Fritz Kraetzer
Paul Losleben	Betsy Louton
Dave McPeake	Michele Streich
Magdalena Verhasselt - Chair	Milly Veterlein

Jane Heisinger, Assistant to Advisory Committee

SENIOR SERVICES OF SAN JUAN COUNTY

ORCAS ISLAND SENIOR SIGNAL

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

Orcas Website: orcasseniors.org



Volume 14 Issue 6

JUNE 2009

FROM THE DESK OF LINDA T...

For those of you who weren't able to join us for our "last Tuesday of the Month" Birthday Lunch, you missed a special treat. I've been "advertising" for folks who would like to join our senior chorus, which we have named the "Orcas Senior Center Songbirds". So far we have about 15 members and there is always room for more.

The chorus presented its first public performance Tuesday to the cheers and applause of the gathered lunch bunch. We will keep practicing and learning more songs to share with you periodically. We also have plans to go to Islands Convalescent Center during the Holidays to cheer up the folks there.

Look for our CD coming out in a year... or two!

Also, you'll see that we still have the Senior Services Membership application on Page 7. Those of you who haven't sent yours in yet still have plenty of time. In fact, you can join at any time of year. However, the dues are not prorated. They stay the same at \$15 for single and \$25 for couples no matter when you join between July 1 and June 30.

Join us now and get the full use of your membership card for the entire year. If you have any questions about the benefits of joining, feel free to contact Linda or Jo Anne at 376-2677 for more information.

Finally, a gentle reminder...

Even though the harsh weather of Winter has basically left us until next November or December, it is still important to keep emergency supplies in your home in case of summer related disasters, such as weed and structural fires, sudden summer storms which may knock out power, etc. Stay prepared, replenish and renew the supplies you have on hand, and have a safe and happy summer!

VOLUNTEERS OF THE MONTH

This month we'd like to recognize a small group of people who volunteer every month, sometimes on short notice, to get 900 newsletters folded, taped closed, labeled and sorted.



Pictured, from left to right, are the folding volunteers for the May newsletter: May Shiozawa, Marylou Cobb, Sandy Huie, John Inch and Mary Lou Padbury. Not shown are: Dora Blake, Agnes Forbes, Pete Huie, Katie Jensen, Ida Rae MacDonald, Cecilia and Wilton Schwanke, Lea Anna Stewart, Peg Wareham, Robbie Jel naw and Midge Lofland.



The more the merrier and the sooner the job gets done. Call Linda at 376-2677 to get on the list and we'll be calling you!

Keep your eye on this space each month as we introduce and acknowledge our other volunteers, as individuals and in groups. We have plenty of opportunities for those of you who want to contribute your time and talents to your Center.

WHAT'S INSIDE...

Page 2	Menus, Birthdays, Anniversaries
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Page 4	SHIBA Updates, Health News
Page 5	Services We Provide
Page 6	Classes, Activities, Looking Ahead
Page 7	More Classes and Activities
Page 8	Advisory Committee Members

JUNE 2009 MENU

2 Chicken Burgers with Lettuce, Tomato, and Onions Whole Wheat Bun Baked Beans Claremont Salad Cantaloupe	5 Lasagna Italian Vegetables Romaine Salad Wheat Breadstick Orange, Banana and Pineapple Salad
9 Beef Enchiladas Served w/ Shredded Lettuce & Tomato Wedges Spanish Rice Refried Beans Sliced Watermelon	12 Chicken Reuben Seasoned Red Potato Italian Vegetables Applesauce Bars
16 Cabbage Rolls Baked Squash Dinner Blend Veggies Garden Salad Chocolate Pudding	19 Turkey Divan Cranberry Sauce Baked Yams Scandinavian Veggies Cranberry Bars
23 Florentine Fish Wild Rice Pilaf Mixed Vegetables Broccoli & Cauliflower Salad Pumpkin Cake	26 Tomato Florentine Soup Country Chicken Salad Garden Salad w/Tomato Whole Wheat Roll Tropical Fruit
30 B'DAY LUNCH! Spaghetti Italian Vegetables Whole Wheat Breadsticks Romaine Salad Peaches	

REMEMBERING WITH LOVE...

Clara Abrahamson 1914 - 2009
 Mary "Marty" Slover 1944 - 2009
 Dick Chaney 1924 - 2009

JUNE 2009 BIRTHDAYS



1 - Patti Brogi
 2 - Roy Williams
 4 - June Magnuson, Sophie Lappas, Carolyn Carroll
 5 - Andy Nigretto, Don Gerard, Ron Ambler, Debra Post
 7 - Douglas Ellis, Marilyn Erly
 8 - Pat Kuehle, Paul Greenwell, Polly Pratt
 9 - Harry Patton, Wilton Schwanke, Lorraine Stevens,
 Howard Shirley, Diane Keller-Batter
 10 - Richard Gould, Ron Wallace
 11 - Philip Greenwalt, Susan Hull
 12 - Muriel Silvertooth, Alan Lichter, David Slawson,
 Jane Kempe, Wayne Foster
 13 - Angelica Mayo, John Mazzaella, Penny Hawkes
 14 - Pete Huie
 15 - Marilyn Parman, Fran Fowler, Candice Lemmond
 16 - Gordon Crowe, Sharon Buchan
 17 - Suzan Chamberlayne
 18 - Eric Gourley
 20 - Richard Greaves, Maureen Hannan, Maureen
 Crowe
 21 - Pat Blay, Larry McNair, Valerie Anders
 22 - Captain Don Palmer, John Erly, Elizabeth Rey-
 nolds
 23 - Hazel O'Brien, Richard Bronson
 24 - Veronica Thornton, John Hannan, Rich LaValle,
 Garry Peters
 25 - Robert Lundeen, Fred Vinson
 26 - Grace Muse, Carol Tully
 27 - Dave Gardner
 28 - Richard Bangert, Buyral Madan, Bill James
 29 - Eliza Pang

JUNE 2009 ANNIVERSARIES

06/02/52 Wayne and Joan Haslett
 06/03/?? George and Lucile Lundstrom
 06/03/?? Fred Vinson and Rosemary Hennessy
 06/04/54 Hugh and Andrea Hendrick
 06/04/60 Jim and Sandra Dagnon
 06/05/05 Paul Friedman and Gayle MacDonald
 06/05/93 Russell and Debra Post
 06/09/60 Bob and Gael Shipstad
 06/10/?? Bob and Terry Cairns
 06/10/79 Richard and Becky Greaves

(continued on Page 6)


Senior Lunches are on
Tuesdays & Fridays, Noon,
in the Betty Lundeen room.
Come early and socialize!
Want to know what's for
lunch? See Menus, Page 2.

ORCAS ACTIVITIES CALENDAR June 2009

June Cake Bakers: Mary
Hatten, Peg Wareham,
Madeline Haffey, Betty Hall,
Nancy Zier, Betty Eagan

Greeters: May Shiozawa and Sandy Huie



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 LUNCH FOOTCARE* 1p Songbirds 6p Toastmas- ters (MP) 7p Camera Club (LR)	3 1p Oil Painting	4	5 LUNCH	6
7	8 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II 1p TML (LR)	9 LUNCH FOOTCARE* 11a WSF (RRFP ORCA) 1p Songbirds	10 WESTERN HEARING*	11 10a TML (LR)	12 LUNCH	13
14	15 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II 1p TML (LR)	16 LUNCH FOOTCARE* 1p Songbirds 6p Toastmas- ters (MP)	17 1p Oil Painting 6p Community Farm to Table Supper	18 MAINLAND SHOPPING** 10a TML (LR)	19 LUNCH	20
21 FATHER'S DAY 	22 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II 1p TML (LR)	23 LUNCH FOOTCARE* 1p Songbirds	24 ELDERLAW* IHH*	25 830a Advisory Committee 10a TML (LR)	26 LUNCH	27
28	29 SR. SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II	30 B'DAY LUNCH 11a Blood Pressure Clinic 1p Songbirds	JUNE 21 - SUMMER BEGINS Summer Solstice begins on June 21, 2009 at 1:45 a.m. (EDT) Sol + stice derives from a combination of Latin words meaning "sun" + "to stand still". As the days lengthen, the sun rises higher and higher until it seems to stand still in the sky. As a major celestial event, the Summer Solstice results in the long- est day and the shortest night of the year.			

SHIBA UPDATES...

Major changes to Basic Health enrollment due to state budget cuts: Starting May 4th, Basic Health is no longer reviewing any incoming applications to determine client eligibility for coverage. Instead, the program will add applicant's names and contact information to a "wait list". Basic Health will notify applicants that the program can no longer cover new members, but it will put them on the list behind those already waiting for coverage. If space becomes available, Basic Health will contact applicants in the order of the dates they joined the list to offer new enrollment.

Anyone interested in Basic Health coverage, or people needing coverage who believe they may qualify (low income seniors not yet eligible for Medicare) is encouraged to join the wait list by giving Basic Health your name, address and phone number. Also, some people may qualify for Basic Health coverage immediately, without waiting.

For assistance in getting on Basic Health's wait list and/or getting more information, contact Linda at the Senior Center 376-2677.

New protections for consumers who buy discount health plans: A bill requested by Insurance Commissioner Mike Kreidler and signed into law by Gov. Chris Gregoire on April 22nd sets clear disclosure requirements for discount health plans and new consumer protections for the people who buy them. Discount health plans are not insurance. They are membership groups that charge a fee for a list of providers who offer discounted health care services or products. Under the new law, which takes effect July 26, 2009, discount health plans must:

- Get a license from the Office of the Insurance Commissioner and file a yearly statement, including the number of current members and how plans will handle complaints.
- Have written provider agreements that include the discounted services and products, plus the amounts of the discounts.
- NOT restrict access to providers.

Discount plans' marketing materials must:

- Prominently display the plan name.
- State they are discount health plans and not insurance
- Clearly state the benefits plans provided

- Contain a toll-free phone number and Web site with a current list of providers.
- NOT use the term "insurance", or terms that lead a consumer to believe the product is insurance.
- NOT mislead buyers about the discount or range of discounts.

For more information on the new law, go to:
www.insurance.wa.gov/news/dynamic/newsreleasedetail.asp?rcdNum=643.

FEDERAL TOBACCO TAX INCREASE GOOD REASON TO QUIT SMOKING

*State offering free resources
to help people kick the habit*

A new federal tobacco tax which took effect April 1, 2009 will raise the cost of a pack of cigarettes by 62 cents. Public health officials expect the price increase to prompt more people to quit smoking. The Department of Health's toll-free Tobacco Quit Line is a great place to start.

The Tobacco Quit Line (1-800-QUIT-NOW) is a crucial part of the state's efforts to reduce tobacco use. People who call speak to trained coaches who are often former smokers themselves. These coaches help callers recognize their smoking triggers and assist in developing a personal plan to quit. Along with coaching, people who are ready to quit can also receive a free supply of nicotine patches or gum (a \$145 value) through the quit line.

In addition to reducing smoking among adults and youth, the new federal tobacco tax will help fund the expansion of the State Children's Health Insurance Program, covering nearly 4 million more children nationwide.

ORCAS SENIOR SIGNAL

Linda Tretheway, Editor

Jo Anne Bastron, Proofreader

Joyce Rupp, Project Manager

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

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

Deadline for the July, 2009 issue: June 15

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

Services We Provide & Who to Call

Lunch: Served twice a week at each senior center. **Orcas Island serves lunches on Tuesday and Friday at noon.** Each meal costs \$6.20 to prepare. Please donate what you can. **No one will be denied a meal.** Hot and frozen Home Delivered meals are delivered every lunch day from your senior center. Please call to make arrangements.

Orcas: 376-2677
San Juan: 378-2677
Lopez: 468-2421



Hearing Screenings: *Western Hearing* comes to Orcas once a month, 2nd Wednesday. *IHH* comes 4th Wednesday. Check calendar for dates. Reservations required. Call the Front Desk at 376-2677.

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.

Come early and enjoy the fellowship!

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--\$2.00.

Mainland Medical Transportation: Available only to low-income seniors who can not find a friend, family member or neighbor to take them off-island for doctor and other appointments. If you qualify, please reserve at least one week in advance of your appointment. Call Jo Anne at 376-2677, Tuesday through Friday, to schedule.

Mainland shopping trips on the third Thursday of each month. Reservations required. \$18 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. Each lunch costs \$6.20 to prepare. Please donate what you feel you can afford.

Blood Pressure Clinic: *Held on the last Tuesday of the month from 11am - noon. Clinic staffed by Islands Convalescent Center nurses.*

Foot Care: Reservations needed. Call the Front Desk. **Every Tuesday of the each-month.** Cost is \$15.00 and you bring your own towel. Nurses Diane Keller-Batter, RN, Barbara Fleming, RN, and Sally Coffin, RN.

Don't see what you need here? Call -2677.

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 Linda at 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 an appointment with Peg Griswold (Tuesdays and Fridays).

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 Betsy Louton at 376-7723 to volunteer or inquire about services available.

WASHINGTON STATE FERRIES COMING TO LUNCH FOR ORCA

*Submitted by Nicole Patrick
Washington State Dept. of Transportation*

Traveling the Puget Sound by bus, train and ferry just got easier with the arrival of ORCA - One Regional Card for All. It's a single card that works for passenger fares on Washington State Ferries and transit agencies in King, Kitsap, Pierce and Snohomish Counties.



Ride without worrying about having exact change. The Regional Reduced Fare Permit (RRFP) ORCA card allows you to load transportation value known as E-purse. The rate for seniors and persons with disabilities is deducted from your E-purse each time you take a ride, just as if you were using cash. Go to www.orcacard.com for more information.

WSF representatives will be on Orcas on Tuesday, June 9th at 11:00 a.m. to assist seniors and persons with disabilities in obtaining an RRFP ORCA Card. They will return two weeks later on Tuesday, June 23rd at 10:00 a.m. to distribute cards and assist with loading value (E-purse).

On June 9th, bring proof of eligibility and \$3.00 administrative fee (cash or check). Proof of eligibility includes documents that verify age (65+) and/or disability. On June 23rd, bring a credit card if you would like to add value to your ORCA card at that time. Customers will also be able to add value to a card at a later time through the Internet, by phoning the ORCA call center or at various retail locations.

Contact Nicole Patrick at 206-515-3857 or via email at Patricn@wsdot.wa.gov.

(continued from Page 2)

06/11/77	Alan and Jane Voorhees
06/12/??	Jim and Lindalena Dingman
06/13/??	Tony and Maryann Giefer
06/13/82	Richard and Cindi Gould
06/14/45	Buyral and Ellen Madan
06/14/59	Bob and Susan Foulk
06/14/69	Dale and Carol Ely
06/15/??	David and Myra Jo Richardson
06/15/40	Al and Louise Good
06/15/63	Carl and Loretta Poschman
06/17/50	Cal and Clarena McLachlan
06/17/50	Roy and Betty Williams

(continued on Page 7)

NEW TAI CHI CLASS BEGINS JUNE 22

T'ai Chi Chih!

Joy thru movement

T'ai Chi is an ancient Chinese practice of simple, quiet movements. Regular practice stimulates, circulates, and balances the vital internal energy known in the East as chi. This chi energy is often regarded as the great secret of life.

For many centuries, T'ai Chi's philosophy and practice was a closely guarded secret. Fortunately, this knowledge is being released and joyfully shared with millions of people around the world.

Here in the West, recent medical studies indicate that regular T'ai Chi practice enhances circulation and can relieve stress, ease pain, improve balance, and help end restless nights.

Join Joan Roulac (Accredited TCC instructor since 1987) for a FREE introductory class on Monday, June 22 from 9:30 to 10:30 a.m. If you decide to continue in the 8 week series, the fee is \$80. There is a beginning class at 9:30 a.m. and an intermediate (experienced) class at 11:00 a.m. Both classes are held at the Senior Center on Mondays and continue through August 10th. Sign up soon as these classes fill quickly. For more information feel free to contact Joan directly at 376-6336.

COMING ATTRACTIONS July Newsletter

- Christmas in July... Let's get together and make some Holiday crafts and gifts. We'll once again be making the very popular "Poppers" or "Snappers", a traditional English Christmas stocking stuffer. We're also going to try our hand at making Christmas trees out of spoons. Finally, we will be making gift tags using old Christmas Cards. Stay tuned for date and time in July.
- Mobile Mammograms will be available at the Senior Center on July 22nd, 23rd and 24th. Call now to get more information and set up an appointment.
- Watch the newsletter for the date of the next AARP Defensive Driving Class.
- Check out what performances at the Orcas Center are discounted at \$5 per ticket for seniors.
- Mel Dickerson, our new cook, profiled in July.

(continued from Page 6)

06/18/49	John and Joan Babcock
06/18/55	Bill and Peggy Griswold
06/19/54	Erv and Norma Jo Harlacher
06/19/64	James and Cherron Munson
06/20/48	Fred and Peg Nicol
06/21/??	Don and Kay Osborne
06/21/98	Stan and Kay Miller
06/23/52	Bill and Dorothy Trogdon
06/24/50	Dick and Verna Pehl
06/26/02	Jim and Patty Pirnack-Hamilton
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

GARDENING TIPS FROM PIERRETTE...

Pierrette Guimond, our Volunteer Extraordinaire, who does her best to keep up with the pruning and weeding around the Senior Center building, is always looking for other volunteers to work with her maintaining the landscaping.

She offers this gardening tip: *Paint the ends of all your garden tools red. Makes them easier to find.*

THE PERKS OF BEING OVER 60

1. No one expects you to run a marathon.
2. People call at 9:00 p.m. and ask, "Did I wake you?"
3. People no longer view you as a hypochondriac.
4. There is nothing left to learn the hard way.
5. Things you buy now won't wear out.
6. You can eat dinner at 4:00 p.m.
7. You can live without sex but not without glasses.
8. You get into heated arguments about pension plans.
9. You have a party and the neighbors don't even realize it.
10. You no longer think of speed limits as a challenge.
11. You sing along with elevator music.
12. Your investment in health insurance is finally beginning to pay.
13. Your secrets are safe with your friends because they can't remember them either.
14. You can't remember where you saw this list.

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 2009/2010 (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

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

Orcas Island Senior Center
PO Box 18
Eastsound, WA 98245

**SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY**



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

Orcas Senior Center Staff

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

Orcas Advisory Committee

Gwyneth Burrill	Lindalena Dingman
Dave Douglass	Carol Ely - Treasurer
Judy Flath	Penny Hawkes
Thelma Kallam	Fritz Kraetzer
Paul Losleben	Dave McPeake
Michele Streich	Milly Veterlein
Magdalena Verhasselt - Chair	

Jane Heisinger, Assistant to Advisory Committee
Betsy Louton, Hearts and Hands
Volunteer Coordinator

SENIOR SERVICES OF SAN JUAN COUNTY

ORCAS ISLAND SENIOR SIGNAL



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

Orcas Website: orcasseniors.org

Volume 14 Issue 7

JULY 2009

FROM THE DESK OF LINDA T...

This month I am turning my column over to the Advisory Committee. Hopefully, they will have an article or two in each issue of the newspaper.

Remember... the Advisory Committee is YOUR committee. Feel free to contact any of the members (listed on the back page) if you have questions, concerns, or new ideas for programs, etc.

GREAT NEWS!

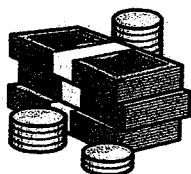


Do you remember the wonderful knitted Sheep Blanket that was raffled off at the Holiday Festival last year? If you do, you will be pleased to know that Magdalena Verhasselt has knitted another fabulous Sheep Blanket to raffle off again this year.

It is on display at Poppy's and the ticket prices are the same: \$2.00 each or 3 for \$5.00. The more you buy, the better your chances are for winning. You can buy your tickets at Poppy's or at the front desk of the Senior Center.

DONATIONS MAKE THE DIFFERENCE

Once again, THANK YOU to all of you who have made additional contributions to the Senior Center this year when you renewed your memberships. That money is used to help us keep the building cleaned, lit, heated and repaired. Those dollars also help us support our "special needs" fund.



In these difficult financial times, we certainly appreciate every dollar that has been donated so far and you can still donate even if you have already paid your dues. Whatever amount you can afford will be greatly appreciated and used with care.

Thank you on behalf of the Senior Center Advisory Committee.

VOLUNTEERS OF THE MONTH

When you enter the Lundeen Room for lunch on Tuesdays and Fridays, you find the tables nicely "set" with placemats, silverware (all in their proper places) and nicely folded napkins.

How does this happen?



Once again our wonderful volunteers take on the task. Dora Blake (left) has been setting tables for 15 years, even before we were in our new building and still renting space in the Madrona Room

at the Orcas Center. Marylou Padbury has been helping out for the last 5 years, almost as soon as she had moved to the Island.

These women come to the Senior Center at 10:30am to do their job, making sure all is ready for the early crowd who like to arrive with enough time before lunch is served to visit with their friends or make new ones.

Won't you think about volunteering some of your time and talents with some large (or small) task that Staff isn't available to do? Call Jo Anne at 376-2677 to find out what volunteer opportunities there are. We need all the help we can get!

VOLUNTEERS


If every American donated 5 hours a week, it would equal the labor of 20 million full-time volunteers.

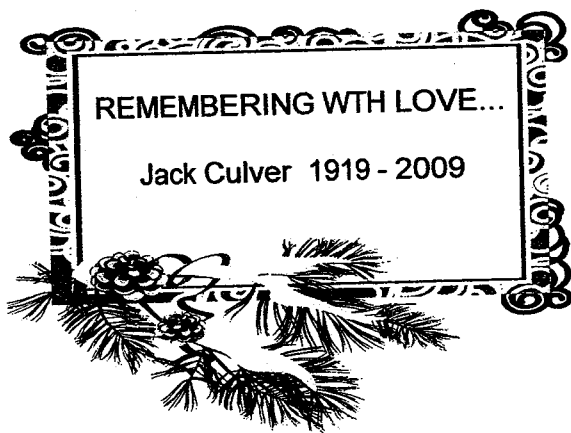
- Whoopie Goldberg

WHAT'S INSIDE...

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Page 5	Services We Provide
Page 6	Classes, Programs, Activities
Page 7	More Classes and Activities
Page 8	Advisory Committee Members

JULY 2009 MENU

<p>HAPPY 4TH OF JULY!</p> 	<p>3</p> <p>SENIOR CENTER CLOSED FOR 4TH OF JULY HOLIDAY</p>
<p>7</p> <p>Chicken a la King Rice Peas and Carrots Garden Salad Tropical Fruit</p>	<p>10</p> <p>Pot Roast w/Gravy Red Potatoes Capri Vegetables Tropical Fruit Salad</p>
<p>14</p> <p>Barbeque Pork Ribbers Sweet Potatoes Capri Vegetables Garden Salad Apricots</p>	<p>17</p> <p>Meatloaf Mashed Potatoes w/Gravy Scandinavian Vegetable Tropical Fruit Whole Wheat Roll</p>
<p>21</p> <p>Baked Chicken Mashed Potatoes w/Gravy Mixed Vegetables Pudding</p>	<p>24</p> <p>Beef Stroganoff Rotelle Pasta Peas Claremont Salad Whole Wheat Roll Grapes</p>
<p>28 B'DAY LUNCH!</p> <p>Turkey w/Cranberry Mashed Potatoes w/Gravy Broccoli Normandy Pumpkin Cake</p>	<p>31</p> <p>Lemon Pepper Fish Wild Rice Pilaf Mixed Vegetables Broccoli & Cauliflower Salad Grapes</p>



JULY 2009 BIRTHDAYS



1 -

JULY 2009 ANNIVERSARIES


Senior Lunches are on
Tuesdays & Fridays, Noon,
in the Betty Lundeen room.
Come early and socialize!
Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR July 2009

July Cake Bakers: Molly Bee,
Carol Merrill (Linda Todd), Dora
Blake, Sandy Huie, Eleanor
Peterson.

Greeters: May Shiozawa and Sandy Huie



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 1p Oil Painting	2	Senior Center Closed for 4th of July	4 HAPPY 4TH! 
5	6 SR. SER- VICES CLOSED 930a Tai Chi I 11a Tai Chi II	7 LUNCH FOOTCARE* 1p Songbirds 6p Toastmas- ters (MP) 7p Camera Club (LR)	8 WESTERN HEARING*	9	10 LUNCH 1p - Bridge (after lunch) 7:30p - Port- land Taiko @ Orcas Center	11
12	13 SR. SER- VICES CLOSED 930a Tai Chi I 11a Tai Chi II	14 LUNCH FOOTCARE* 1p Songbirds	15 1p Oil Painting 6p Community Farm to Table Supper	16 MAINLAND SHOPPING**	17 LUNCH 1p - Bridge (after lunch)	18
19 7:30p - Abbey Road Live! @ Orcas Center	20 SR. SER- VICES CLOSED 930a Tai Chi I 11a Tai Chi II	21 LUNCH FOOTCARE* 1p Songbirds 6p Toastmas- ters (MP)	22 10a Christmas in July Craft Day (MP)	23 830a Advisory Committee 10a Day Trip to Doe Bay	24 LUNCH 1p - Bridge (after lunch) 7:30p - The Bills @ Orcas Center	25
26	27 SR. SER- VICES CLOSED 930a Tai Chi I 11a Tai Chi II	28 B'DAY LUNCH FOOTCARE* 11a Blood Pressure Clinic 1p Songbirds	29 ELDERLAW* IHH*	30 7p Film Class	31 1p - Bridge (after lunch)	

SHIBA UPDATES...

More people under age 65 and not eligible for Medicare need help with health care coverage: With the current limits to Basic Health, unfortunately, people under age 65 have fewer options. However, there still may be ways to get the coverage you need. Consider the following:

- Acquire health care coverage through yourself, a spouse, partner other family member, or because you belong to a certain group, such as: COBRA, Employer coverage, Military health plans, Tribal health services, Veterans health coverage, Direct health care or retainer medical services, Discount plans, Prescription drug help - *paying for prescription drugs*, or Programs for specific diseases or disabilities.
- If you can't get coverage through someone else you know, you may qualify for programs with income limits such as: Medicaid or Basic Health (some people don't have to wait).
- Buy individual insurance. Contact an insurance agent or broker, or the plans directly. You can also call the Insurance Consumer Hotline at 1-800-562-6900 to find out if a company, agent or broker is licensed in our state or if they have any complaints against them.
- If you can't afford individual insurance, you can look into: Reduced-cost care in Community clinics, Free clinics, Hospital charity care, self-pay (some providers and clinics offer discounts to people without insurance and people paying with cash or a credit card at the time of the visit).
- If you can't pass the Standard Health Questionnaire, you might want to look into the Washington State Health Insurance Pool (WSHIP).

New exemptions for the Standard Health Questionnaire (SHQ): WSHIP updated the SHQ to include two new groups of consumers who do **not** have to pass a health screening before being able to buy individual insurance. These new exemptions end the requirement for consumers to stay on or take COBRA to avoid taking the SHQ. Starting July 26, if you find your COBRA payments are too expensive, you may an individual health policy in the private market. You may do this as long as you have 24 months of prior coverage under your group health plan, and apply for

the individual plan within 90 days of dropping COBRA if you do take it.

Special arrangement for QMB clients enrolled in Group Health Cooperative Medicare Advantage plans: DSHS sent notices to Group Health Cooperative (GHC) enrollees who are on QMB that it will stop paying their MA plan premiums starting July 1, 2009. GHC created a policy to help affected members if they help affected members if they wish to stay with the plan and express a concern about being able to pay their premiums. GHC advised the Office of the Insurance Commissioner to redirect enrollees back to the GHC Customer Service Number at 1-888-901-4600 for more information.

MT VERNON VA CLINIC

Patients who are using the once a month check-in clinics in Bellingham and Friday Harbor will be phased into the Mt. Vernon Clinic.

You should wait until you are contacted by the VA about having your care moved to Mt. Vernon.

Veterans already receiving VA health care who have questions about having your care moved to Mt. Vernon should contact Pat Tulip, the clinic's intake coordinator at (206) 764-2547.

Eligible veterans not currently enrolled in VA health care should first contact Enrollment and Eligibility at (206)762-1010 Ext. 6-2170.

HARVARD MEDICAL SCHOOL & T'AI CHI

Harvard Medical School's official publication gave T'ai Chi it's most powerful affirmation as part of modern health care. "T'ai Chi is often described as meditation in motion, but it might well be called 'medication in motion'."

ORCAS SENIOR SIGNAL

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

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

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

Deadline for the August, 2009 issue: July 15

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

Services We Provide & Who to Call

Lunch: Served twice a week at each senior center. Orcas Island serves lunches on Tuesday and Friday at noon. Each meal costs \$6.20 to prepare. Please donate what you can. **No one will be denied a meal.** Hot and frozen Home Delivered meals are delivered every lunch day from your senior center. Please call to make arrangements.

Orcas: 376-2677
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Lopez: 468-2421



Come early and enjoy the fellowship!

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—\$2.00.

Mainland Medical Transportation: Available only to low-income seniors who can not find a friend, family member or neighbor to take them off-island for doctor and other appointments. If you qualify, please reserve at least one week in advance of your appointment. Call Jo Anne at 376-2677, Tuesday through Friday, to schedule.

Mainland shopping trips on the third Thursday of each month. Reservations required. \$18 suggested donation.

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Don't see what you need here? Call -2677.

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ORCAS CENTER EVENTS FOR JULY

As some of you know, Orcas Center is making it possible for more seniors to enjoy seeing some of the programs they offer. They are offering tickets to many of their events for only \$5.00 to seniors who are members and would otherwise not be able to attend for financial reasons.

Tickets for July which are discounted to \$5.00 are available for the following performances:

- Friday, July 10, 7:30 pm - Portland Taiko (Japanese Drumming)
- Sunday, July 19, 7:30 pm - Abbey Road LIVE! (Quartet performs Beatles songs)
- Friday, July 24, 7:30pm - The Bills (Folk Quintet)



See Linda after lunch to buy tickets. She usually has them well in advance of the date of the performance.

MAMMOGRAMS IN JULY

Imaging Associates (out of Seattle) is coming to the Orcas Island Senior Center for three days this month to provide mobile mammogram services to women of all ages.

This is the third year Imaging Associates has come to Orcas to provide this service with the help of a grant from the Susan G. Komen for the Cure foundation which makes it possible to serve low-income women who are without insurance.

For women 40-64yrs old, if they qualify for the Washington Breast and Cervical Health Program (WBCHP), can get a Well Woman check from their provider. There is an income eligibility form and an application for the program, and a Dr's visit is required to then order the Mammo. All labs and services are paid for by the WBCHP. Call Linda at the Senior Center (-2677) for more information.

Scheduled days are July 22, 23, 24 (Wed. thru Fri.)... All day Wednesday and Thursday, and 9:00am until 12:00pm on Friday

When you call the Senior Center to make your appointment, you will be asked to provide certain information, such as when did you get your last mammogram done? Where? Insurance Company?, etc. Call now! Appointments are filling up.

MEET THE NEW COOK!



By now, those of you who come to senior lunch are familiar with **Mel Dickerson**, the cook who took over when Amy K. Raven "retired" last April. Mel had volunteered in the kitchen with Amy for a couple of months before Amy left, so she was well-prepared for taking on the task of cooking for 60-70 people each lunch.

Mel has a daughter, Haley, who occasionally comes to entertain the diners on the piano. Mel also works at Bilbo's Tacqueria during the days she is not at the Senior Center.

"I really love working at the Senior Center", says Mel, "especially since I am very fond of senior citizens."



Make sure you take the time to poke your head in the kitchen the next Tuesday or Friday when you come in for lunch and say "Hi" to Mel. You may also want to tell her how much you like her cooking!

FAMILY CAREGIVER SUPPORT PROGRAM

Not so many years ago, families with elderly parents or other relatives felt they had no alternatives but to place their older family members in skilled nursing facilities (formerly called "nursing homes").

Today, because of various support groups and helpful agencies, the "nursing home" option is no longer the only one.

The Northwest Regional Council (NWRC), Northwest Washington's Area Agency on Aging, serves people who are older or need long-term care by providing supportive services such as Senior Information and Assistance, Congregate Meals and Respite Care to the San Juan Islands.



The Family Caregiver Support Program (FCSP) is especially designed to provide a break for those family members who provide at least 16 hours of live-in care for older relatives. The program works by providing up to 13 nights at Islands Convalescent Center with the client paying on a sliding scale from 0 - 100%. The rate of pay is based on ONLY the clients income.

Please contact Linda at 376-2677 if you would like to find out more about this program (and others).

ARCHETYPES and the CINEMA
Influences of the Collective Psyche

What is the influence of society upon the individual, and what are the consequences of annexing this unconscious heritage of the collective psyche? Every participant member of a society acquires aspects of the collective psyche in the course of one's development and participation in a race, tribe and/or family.

Explore aspects of the Collective as symbolically portrayed in film by joining psychologists Pat Littlewood, Ph.D., and Frances Tobriner, Ph.D./Jungian Analyst, in their sixth annual summer film series.

Classes are scheduled to meet on Thursday, July 30th from 7pm - 9:30pm and August 1st and 2nd from 4pm - 6:30pm. Class fee is \$10 per class or \$25 for the series, which will include screening of a film each session, followed by class discussion. Contact Linda at the Senior Center for more information and to pre-register.

DOE BAY DAY TRIP EXTRAVAGANZA!

You live in Deer Harbor and have always wondered what the other side of the island looks like? Well, wonder no more.

The first "day trip" of the summer, to the Doe Bay neighborhood, will happen on Thursday, July 23rd.

During your adventure you will leave from the senior center at 11am and arrive at the Olga Store just in time for lunch. After you've eaten you will visit Buck Bay Clams and Oysters and then on to Tim Simonian's working forge. There will be other surprises along the way.

Sign up at the front desk. Suggested donation for the van is \$2 round trip. You will buy your own lunch.

ORCAS STORYFEST RETURNS!

Make sure to read next month's (August) newsletter for more details. Storyfest will be held the week of August 2 - 9.

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 2009/2010 (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

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

Orcas Island Senior Center
 PO Box 18
 Eastsound, WA 98245

**SENIOR SERVICES COUNCIL
 OF SAN JUAN COUNTY**



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Orcas Senior Center Staff

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

Orcas Advisory Committee

Gwyneth Burrill	Lindalena Dingman
Dave Douglass	Carol Ely - Treasurer
Judy Flath	Penny Hawkes
Thelma Kallam	Fritz Kraetzer
Paul Losleben	Dave McPeake
Michele Streich	Milly Veterlein
Magdalena Verhasselt - Chair	
Jane Heisinger, Assistant to Advisory Committee	
Betsy Louton, Hearts and Hands	
Volunteer Coordinator	

SENIOR SERVICES OF SAN JUAN COUNTY



ORCAS ISLAND SENIOR SIGNAL

Senior Center Hours 9 am - 4 pm, Tuesday - Friday
PO Box 18, 62 Henry Road, Eastsound, WA 98245
PHONE 360-376-2677 FAX 360-376-5465
Orcas Website: orcasseniors.org

Volume 14 Issue 8

AUGUST 2009

FROM THE DESK OF LINDA T...

Often it is only when one of our elders passes that we learn more about who they really were. Stories never told come out at memorial services, celebrations of life, and obituaries written by family and friends. One such person I have recently found out more about is Arthur Lehwalder.

A Celebration of Life for Arthur will be held at Indralaya on Saturday, August 1, at 2:00 p.m. with a reception to follow in the dining room of the camp. You are welcome to bring "finger food" to share.

Arthur was one of the early visitors to Indralaya. He first came to the camp 70 years ago at the age of 21. His interest in theosophical ideals and the universal brotherhood of man, a way of thinking he passed on to family and friends, brought him here. His charisma and sincerity drew groups of people to his side whenever he was at camp. He encouraged his good friend John Abbenhouse to come with him and John also became very involved and committed to the ideal of Indralaya. Theirs was a friendship that represented pure joy and respect for each other.

It's likely that few people knew of Arthur's outstanding service to our country during WWII when he was the co-pilot of a B29 for which he was awarded the Soldier's Medal, Distinguished Flying Cross and Oak Leaf Cluster, among others.

Please consider joining Arthur's family and friends on August 1st. Even if you did not know him personally, I am sure you will come away from this celebration feeling good and renewed.

"The thing alone I charge you. As you live, believe in life! Always human beings will live and progress to greater, broader and fuller life."

W.E.B. DuBois 1868 - 1963
Last message read at his funeral

VOLUNTEER OF THE MONTH



Patricia Frances, a 20 year resident of Orcas Island, is our newest front desk volunteer. She has been on board for the last 6 months. Many of you may not have met her, yet. She has the afternoon shift on Fridays, just after lunch.

"What I like best about working here is the calm environment (on Friday afternoons) and the loving and wonderful stories that the seniors share with me," says Patricia.

Her background is in special education as a teacher, consultant and therapist. Her interests include walking, gardening and working with children.

You will meet other Front Desk volunteers in future newsletters. Without these women, staff would have the impossible task of answering the phones and handling the requests of walk-in clients, which would detract substantially from the direct services we are able to provide.

We are always looking for volunteers for a variety of jobs. If you are interested, call Jo Anne or Linda at -2677.

"Be alert to give service. What counts a great deal in life is what we do for others."

- Anonymous

WHAT'S INSIDE...

Page 2	Menus, Birthdays, Anniversaries
Page 3	August Activities Calendar
Page 4	SHIBA Updates, Health News
Page 5	Services We Provide
Page 6	Classes, Programs, Activities
Page 7	More Classes and Activities
Page 8	Advisory Committee Members

AUGUST 2009 MENU

4 Swiss Steak Mashed Potatoes with Gravy Peas Romaine Salad Apricots	7 Pork w/Apple Chutney Mashed Potatoes w/Gravy Mixed Vegetables Whole Wheat Roll Strawberry Ice Cream
11 Chicken Burger on Whole Wheat Bun lettuce, tomato, onion Baked Beans Potato Salad Fresh Melon	14 Shrimp Salad Oatmeal Bread Fresh Fruit
18 Salmon Boats Baked Beans Pasta Salad Corn Bread Fresh Pineapple and Cantaloupe	21 Hot Turkey Sandwich with Gravy Orange Sweet Potato Peas and Onions Vanilla Pudding
25 Lemon Pepper Fish Scalloped Potatoes Capri Blend Veggie Garden Salad Cookies	28 Pulled Pork with Barbeque Sauce Sweet Potato Capri Blend Vegetables Garden Salad Whole Wheat Roll Peaches and Pears

REMEMBERING WITH LOVE...

Arthur Lehwalder 1918 - 2009
 Bob Tully 1920 - 2009
 Charles Selph 1932 - 2009
 Judy Talman 1953 - 2008

AUGUST 2009 BIRTHDAYS

1 - Bob Otis, Mary Greenwell
 2 - Will McClure
 3 - Dorothy Arbuckle, Faye Finkelnburg
 4 - Lloyd Pinneo, Keith Jones, Cynthia Andrew, Mary Rancourt
 6 - Doug McDonald
 7 - Edith Thomsen, Laura Selwyn, Sally Larson
 9 - George Spees, Wally Morgan
 11 - Ida Rae McDonald, Mimi Peters
 12 - Dave Polis, Elizabeth Barth
 14 - Linda Tretheway
 15 - Diane Baxter
 16 - Jack Helsell, Judy Hughes, Jan Cleveland, Norma Jo Halacher, Sharon Heller, Kay Clark
 17 - Glen Stephens, Margaret Jonas
 18 - Robert Lucas
 20 - Mardi Lister
 21 - Joy Potts, Nanae Fralick
 22 - Anita Boldman, Betty Marcum, Lillian Rouleau, Laura Conant
 23 - Jake Jacobus, Evelyn Suggs, Jo Anne Bastron
 24 - Lou Falb, Alan Voorhees
 25 - Dennis Rancourt
 26 - Ann Jones, Treena Williamson
 27 - Dick Boberg, Tony Howard
 28 - Tom Slater, Myrna Wood, George Garrels
 29 - Molly Roberts, Gordon Buman, Dixie Walmsley
 30 - Josell McCoy
 31 - Sheila Gaquin, Christy Zimlich, Patty Monaco, Kathryn Dilling

AUGUST 2009 ANNIVERSARIES

8/1/??	Bud and Donna McKee
8/3/74	Bob and Laurie Liebmann
8/4/79	Dave and Mari Gardner
8/6/83	George and Marcia Spees
8/7/??	Jim and Beverly Jenkins
8/10/85	Ron and Maggie Schuler
8/14/50	Richard and Madeline Haffey
8/14/63	Harvey and Sandra Osterhouse
8/18/50	Bob and Barbara Otis
8/23/75	Dick and Patty Thompson
8/26/50	Tom and Evelyn Rodrique
8/27/60	Don and Marion Gerard
8/28/64	Captain Don and Majeane Palmer
8/29/??	John and Margaret Greever
8/29/??	Larry and Beverly Leyman
8/29/58	Frank and Jan Loudin
8/30/69	Vince and Patty Monaco

Senior Lunches are on
 Mondays & Fridays, Noon,
 in the Betty Lundeen room.
 Come early and socialize!
 Want to know what's for
 lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR August 2009

August Cake Bakers:

MYSTERY BAKERS??!!!

Greeters: Dora Blake and Mary Lou Padbury



SATURDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 7:30p Orcas Center *Midnight Mystery Theater* <hr/> SUNDAY 2	3 SENIOR SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II	4 LUNCH FOOTCARE* 1p Songbirds 1p Storyfest 6p Toastmasters (MP) 7p Camera Club (LR)	5 1p Oil Painting	6	7 LUNCH 1p - Story telling Workshop 1p - Bridge (after lunch) 1p - Lavender Wand Class	8
9 	10 SENIOR SERVICES CLOSED 930a Tai Chi I 11a Tai Chi II	11 LUNCH FOOTCARE* 1p Songbirds	12 WESTERN HEARING*	13	14 LUNCH 1p - Bridge (after lunch)	15
16	17 SENIOR SERVICES CLOSED Fundamentals of Caregiving Page 6	18 LUNCH FOOTCARE* Fundamentals of Caregiving 1p Songbirds 6p Toastmasters (MP)	19 1p Oil Painting 6p Community Farm to Table Supper	20 MAINLAND SHOPPING** Fundamentals of Caregiving	21 LUNCH Fundamentals of Caregiving 1p - Bridge (after lunch)	22
23	24 SENIOR SERVICES CLOSED	25 B'DAY LUNCH FOOTCARE* 11a Blood Pressure Clinic 1p Songbirds	26 IHH*	27 830a Advisory Committee	28 1p - Bridge (after lunch)	29
30 San Juan Island) Alzheimer's Walk	31 SENIOR SERVICES CLOSED					

SHIBA UPDATES...

State Medicaid office notifies doctors and clients about changes in medical supply benefits: Due to budget, Medicaid, which the Department of Social and Health Services (DSHS) runs in this state, will no longer cover oral nutrition as of July 1 for adult Medicaid clients who use liquid nutrition in tube feeding. Clients and their providers may seek authorization for an exception. Clients who have obtained prior authorization to get oral nutrition will continue to receive it for the authorized period.

Starting August 1, Medicaid will no longer cover:

- Bath or shower items
- Stockings
- Auto blood pressure cuffs for adults

Starting August 1, Medicaid will limit the following items:

- Incontinent supplies for adults and children - limited to 200 per client per month
- Non sterile gloves for adults and children - limited to 200 per client per month
- Diabetic supplies, lancets and test strips for adults and children - limited to 100 per month for clients on insulin, or 100 every three months for clients not on insulin

If your health care needs surpass the limits outlined above, you or your providers may request an authorization to exceed the limits. For more information on these changes, go on the internet to: <http://fortress.wa.gov/dshs/maa/News/DMEChanges.htm>.

Remember Washington Relay as another resource to help connect people: Washington Relay is a free service the Washington State Office of the Deaf and Hard of Hearing provides. The relay ensures equal access to phone service for people who are deaf, deaf-blind, hard of hearing, and speech disabled.



Washington Relay allows hearing callers to talk with text-telephone (TTY) users and vice versa through trained relay operators. You can make calls anywhere in the world, 24 hours a day, 365 days a year

with no limits on the number, length, or type of calls. All calls are private. Washington Relay does **not** maintain records of calls. To use the service, dial 7-1-1 to connect with a

relay operator. The relay operator will dial the requested number and relay the conversation between you and the person you are calling. For more information get on the internet and go to: <http://www.washingtonrelay.com>

ALZHEIMER'S WALK AT MULLIS SENIOR CENTER on SAN JUAN ISLAND

Islands' Convalescent Center (ICC) and Friday Harbor Drug are sponsoring an event on Sunday, Aug. 30 to raise awareness and educate the community about Alzheimer's Disease. You are invited to gather at 11:00 a.m. at the Mullis Senior Center for a 1.5 mile walk around the town of Friday Harbor.



After the walk, you will enjoy a BBQ lunch followed by a seminar and interactive program about various aspects of dementia and design of care plans for dementia patients.

Register in advance by calling ICC at 378-2177 or the Orcas Senior Center. Or, just sign up the morning of the walk at the Mullis Center parking lot. Cost of participating per person is \$10.00. Your contribution will cover lunch, a t-shirt and the seminar by a renowned educator.



Bring your family, care givers and all your questions about memory loss and its various components. The Orcas Senior Center will provide transportation to and from San Juan. Each passenger will be responsible for their own ferry ticket. Contact Linda or Jo Anne to reserve a seat on the van and sign up for a day of fun and education.

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Come early and enjoy the fellowship!

Hearing Screenings: *Western Hearing* comes to Orcas once a month, 2nd Wednesday. *IHH* comes 4th Wednesday. Check calendar for dates. Reservations required. Call the Front Desk at 376-2677.

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.

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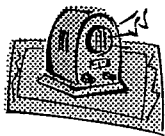
ORCAS CENTER EVENTS FOR AUGUST

Once again, discount tickets are available for seniors who would like to see "Midnight Mystery Theater",



a radio theater presentation in the Off-Center Stage on Saturday, August 1, at 7:30 p.m.

A very limited number of tickets will be available through Linda at the Senior Center the last week of July. Tickets are sold on a first come basis. Call -2677 or come into the Senior Center to reserve your seat! Cost is \$5.00



REVISED FUNDAMENTALS OF CAREGIVING COURSE

Sally Coffin, RN, has scheduled the next Revised Fundamentals of Caregiving Course at Islanders Bank (Annex Building, downstairs classroom) in Friday Harbor on August 17, 18, 20, 21 from 8:30 a.m. to 5:00 p.m.

This 4 day course (28 hours) is designed to meet the DSHS basic education requirements for Caregivers working as Independent Providers or Nursing Assistants working in Adult Family Homes or Boarding Care Homes.

Registration is required 1 week prior to the class, early registration is advised. Please contact Sally for additional information and to register. She can be reached by phone (360-376-9017) or by email at sycoffin@rockisland.com.

AUGUST DAY TRIP AROUND ORCAS ISLAND

Irene O'Neill has planned several day trips on Orcas for the summer months. July's adventure took place in the Olga/Doe Bay area. It has not been decided at press time which trip and the date it will be taken in August. Two of the possibilities are:

- 1) Crow Valley Adventure - 1888 School House tour, Coffelt Farm, sightseeing in Crow Valley and Tea at Sandy Huie's.
- 2) Deer Harbor - Lunch on the dock, Bullock's Nursery, Connors' Gnome House and more.

Stay tuned. If you are interested in either of these trips, call the Front Desk (-2677) to vote for your choice for August. The other trip will be September's destination.

LAVENDER WAND CLASS

For the third year in a row, Jan Koltun will be teaching a class on making Lavender Wands. The creation of these wands involves weaving ribbon through stems of lavender resulting in an attractive, scented miniature baton which can be placed in drawers, closets, etc. for a lovely fragrance which helps keep your clothes smelling fresh and clean.

The class will be held on Friday, Aug 7th, after lunch from 1 p.m. until 4 p.m. in the Multipurpose Room. Material fee is \$5 and covers lavender and purple ribbon. Please bring your own scissors and any other colors of 1/4" ribbon you desire.

To register for this very popular class, call the Senior Center to sign up early. For more information, contact Jan at -3394.

RAISING CANES

The latest in self-defense:

Protecting yourself with a walking stick

So you're worried about your safety after dark, and you've thought about trying to buy, oh, a stun gun, or maybe a light saber.

Not necessary!

All you need is a cane. Martial arts instructors across the country are now teaching cane-fighting techniques, which use simple jab and arm-hook maneuvers to keep assailants at bay.



Adapted from stick fighting - which uses slim, hand-held objects - cane fighting is also taught as a part of exercise and rehabilitation programs. Contact the Cane Masters International Association (1-800-422-2263; canemasters.com) for information about seminars and training DVDs.

Alissa Ponchione, AARP Magazine

AARP DEFENSIVE DRIVING CLASS SCHEDULED FOR SEPTEMBER

Louise Sanders, recently sidelined by a hospital stay, is eager to return to the islands to offer the AARP Defensive Class to anyone who would like to save 10% - 15% on their automobile insurance, depending on their insurance provider's policy.

Check out September's newsletter for more information about date and time.

ARCHETYPES and the CINEMA Influences of the Collective Psyche

What is the influence of society upon the individual, and what are the consequences of annexing this unconscious heritage of the collective psyche? Every participant member of a society acquires aspects of the collective psyche in the course of one's development and participation in a race, tribe and/or family.

Explore aspects of the Collective as symbolically portrayed in film by joining psychologists Pat Littlewood, Ph.D., and Frances Tobriner, Ph.D./Jungian Analyst, in their sixth annual summer film series.

Classes are scheduled to meet on Thursday, July 30th from 7pm - 9:30pm and August 1st and 2nd from 4pm - 6:30pm. Class fee is \$10 per class or \$25 for the series, which will include screening of a film each session, followed by class discussion. Contact Linda at the Senior Center for more information and to pre-register.

4-H FARM TO TABLE SUPPER CONTINUING SUCCESS

Since May, in partnership with the Orcas Senior Center, the Orcas Island 4-H club, "Fur and Feathers" has provided a low cost, nutritious supper on the third Wednesday of the month. Adults and children both work on the preparation of the meals and the kids act as servers and dishwashers.

The attendance has risen from the first meal, which served approximately 20 people, to almost 50 diners in July. There will be another meal on August 19th and, most likely on September 16th.

"It's a great experience for the kids to be around seniors, especially, and to use this opportunity to provide a service to the community," says Kathy Morris, the Mom in charge.

The cost of a meal is \$6 for seniors and children and \$10 for adults. Serving begins at 5:30 p.m. A vegetarian main dish is available for those who wish it. Come on August 19th and enjoy good company and good food! No reservations necessary!

STORYFEST '09 COMES BACK TO ORCAS ISLAND

The Orcas Storyfest is coming to the island from Aug 2-9, 2009 with a slated performance at the Senior Center on Tuesday, Aug 4 at 1 p.m. This year's festival will include performances by nationally recognized professional tellers, masters in the art of storytelling: Olga Loya (Mexican-American); Motoko (Japanese/movement artist); Eshu Bumpus (African-American); Eth-No-Tec (Pan Asian kinetic story theater); Doug Banner (Global teller); Kelvin Saxton, John Clancy, Antoinette Botsford and more.



The stories you will hear (heroines' journeys, origin myths, trickster tales and personal anecdotes) will be from Asia, Africa, Euro and Native America, many of which have been awakened from ancient times and now are applied for modern listeners.

Storytelling can be a source of healing in our lives. These stories remind us about that which is good in the world... the love of family, preserving history and heritage, with messages of compassion. Perhaps, in one small way, listening to these storytellers and their tales, in all their diversity, we are reminded of an ancient unity.

Orcas Storyfest will be presented at the following venues:

- Senior Center Aug 4, at 1:00 p.m.
- Library Aug 6, at 6:00 p.m.
- The Funhouse Aug 7 at 7:00 p.m.
- Stage on the Green Aug 8 (during the Library Book Fair) at noon.
- Culminating that evening in a community wide concert at the Orcas Center at 7:00 p.m.

There will also be a special storytelling workshop, "Telling From the Family Treasures" at the Senior Center on Friday, Aug 7 at 1:00 p.m. directly following lunch. Personal histories will be explored and inspired by family photos, heirlooms and memorabilia.

Our memories are precious. Our stories within them, priceless. Our memorabilia can be the key to open the door to these treasures. Participants should bring a personal object from your family collection, a photo, a necklace, or a "found" object.

(Continued on Page 8)

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

Orcas Island Senior Center
 PO Box 18
 Eastsound, WA 98245

**SENIOR SERVICES COUNCIL
 OF SAN JUAN COUNTY**



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 Eastsound, WA 98245

(Continued from Page 7)

These memorabilia are intended to inspire you to explore a sense of adventure down memory lane, discovering in this journey, not only the revitalizing of memorable moments, but perhaps even new insights into life's most sacred and dear moments.

You'll find that you will be able to write them down, enter them in a journal, use them as a source for other artwork, a quilt, a poem, a song, and, most importantly, sharing them as storytelling with your loved ones.

The workshop is by donation on a sliding scale of \$5 - \$25 at the Orcas Senior Center on Friday, Aug 7 from 1:00 p.m. to 3:00 p.m. Bring a note pad and writing tool, along with an open mind and heart. For more information, call 376-8705.

Orcas Senior Center Staff

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

Orcas Advisory Committee

Gwyneth Burrill	Lindalena Dingman
Dave Douglass	Carol Ely - Treasurer
Judy Flath	Penny Hawkes
Thelma Kallam	Fritz Kraetzer
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Michele Streich	Milly Veterlein

Magdalena Verhasselt - Chair

Jane Heisinger, Assistant to Advisory Committee
 Betsy Louton, Hearts and Hands
 Volunteer Coordinator

SENIOR SERVICES OF SAN JUAN COUNTY

ORCAS ISLAND SENIOR SIGNAL

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

Orcas Website: orcasseniors.org



Volume 14 Issue 9

SEPTEMBER 2009

FROM THE DESK OF LINDA T...

As many of you already know, due to budget shortfalls, the position of Department Assistant in Senior Services, Orcas Branch, has been eliminated. You know this position better as the person who has filled it for more than 5 years, Jo Anne Bastron.



Jo Anne's last day will be Friday, September 11th. Not only will I miss Jo Anne because of the invaluable contribution she has made over the years to the running of

Senior Center and its programs, but also because she has become a friend to so many of us here at the Center.

While Jo Anne is sorry to leave, she is looking forward to visiting her new, twin great-grandchildren in Southern California and, finally, having the time to finish up her major "getting ready for the garage sale of the century" project.

Please make sure to stop by to say good-bye and let her know how much she will be missed.

On a happier note... Some of you have taken advantage of the \$5 tickets Orcas Center has made available for certain performances during the 2009 Performance Year. The next one coming up is "Swing Fever", providing big band sounds, on Saturday, September 26th, 7:30 p.m., at the Center Stage. There are only ten of the discounted tickets available. Sign up early by contacting Linda at -2677. Tickets will be available a few days before the performance date.



For the benefit of those who are sensitive or allergic to colognes, perfumes, after shave lotion, etc., please do not use them when on trips, in classes and public areas!

Thank you... Linda and Jo Anne

VOLUNTEERS OF THE MONTH

Many of our volunteers work "behind the scenes" keeping our Senior Center the alive and kicking place it is. This month we would like to thank the folks who volunteer in the kitchen to clean up and wash all the dishes, silverware, pots and pans used each Tuesday and Friday for Senior Lunch.



Laura Jung (left) helps with food prep, serving, and clean-up. Carlos Carmones (middle) has been with us the longest, doing dishes and watching over the baking. Bing (right) helps

with serving and doing dishes.

Chuck and Jeanne round out the dishwashing crew.

Carlos, Chuck and Jeanne simply walked into the Senior Center one day wanting to volunteer. Laura and Bing were encouraged by friends to contribute some of their time with us.




All of these volunteers talk about the fun they have and the Seniors they get to meet. Each of these volunteers are invaluable in the contributions they make.

WHAT'S INSIDE...

Page 2	Menus, Birthdays, Anniversaries
Page 3	September Activities Calendar
Page 4	SHIBA Updates, Health News
Page 5	Services We Provide
Page 6	Classes, Programs, Activities
Page 7	More Classes and Activities
Page 8	Advisory Committee Members

SEPTEMBER 2009 MENU

1 Bbq Pork Ribbers Scalloped Potatoes Dinner Blend Veggies Romaine Salad Mixed Fruit with Mandarin Oranges	4 Shrimp Salad Oatmeal Bread Fresh Fruit
8 Florentine Fish Scalloped Potatoes Capri Blend Veggies Cole Slaw Fruit or Dessert	11 Grilled Turkey & Swiss on Nine Grain Bread Mini Salad Bar Strawberries
15 Chicken Reuben Roasted Red Potatoes Italian Veggies Applesauce Bars	18 Taco Salad Corn Bread Sliced Melons
22 Pot Roast & Gravy Red Potatoes Capri Vegetables Tropical Fruit	25 Hamburger on Whole Wheat Bun w/ Cheese, Lettuce, Tomato and Onion Baked Beans Potato Salad Watermelon
29 Stuffed Sole Wild Rice Pilaf Dinner Blend Veggies Garden Salad Apricots	

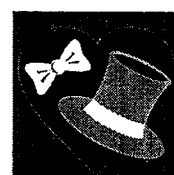
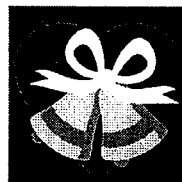
REMEMBERING WITH LOVE....

John Baker 1946 - 2009
Dick Boberg 1924 - 2009



SEPTEMBER 2009 MEMBERS' BIRTHDAYS

1 - Bill Humes
4 - Jean Huntley, John Louton
5 - Elaine Gleeson
6 - Elizabeth Roulac, Dale Ely
7 - Barbara Buman
9 - Leonard Wood, Aileen Robathan
10 - Donald Vogt
15 - Jan Helsell
16 - Emery Emmes
17 - Robert Verhasselt, Barbara Humes
22 - Gregory Reboulet
23 - Julie Elliott, Bruce Baker
28 - Susan Clark, Betsy Louton,
30 - Suzanne Lamb, Linda Libiez



SEPTEMBER 2009 MEMBERS' ANNIVERSARIES

9/3/55 Ron and Jo Myers
9/4/83 Donald Vogt and Carolyn O'Day
9/7/91 Chase and Mary Riveland
9/8/62 Jim and Judy Sutherland
9/10/50 Thornton and Claire Thomas
9/14/80 Gary and Susan Clark
9/15/?? Edwin Lutz and Peggy Elton
9/16/61 Robert and Mary Jane Schwarz
9/18/76 Ed and Barbie Benshoof
9/22/62 Rolf and Ruth Nedelman

ORIGINS OF LABOR DAY

Labor Day is a United States federal holiday observed on the first Monday in September (On September 7th in 2009.) Traditionally, Labor Day is celebrated by most Americans as the symbolic end of the summer.

The holiday originated in 1882 as the Central Labor Union of New York City sought to created "a day off for the working citizens." Congress made Labor Day a federal holiday on June 28, 1894. All 50 U.S. states have made Labor Day a state holiday.



Senior Lunches are on
Tuesdays & Fridays, Noon,
the Betty Lundeen room.
Come early and socialize!
Want to know what's for
lunch? See Menus, Page 2

ORCAS ACTIVITIES CALENDAR September 2009

September Cake Bakers:
Agnes Forbes, Katie Jensen,
Jean Lee, Irene O'Neill, and
one *Mystery Baker*...

Greeters: Molly Bee and Bill Yarlott



SATURDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	August 31 1p - TML	1 LUNCH FOOTCARE* 1p Songbirds 6p Toastmasters (MP) 7p Camera Club (LR)	2 1p Oil Painting	3 1p - TML	4 LUNCH 1p - Bridge (after lunch)	5
6 	7 Labor Day Holiday Senior Center Closed	8 LUNCH FOOTCARE* 11:45a - Richard Fralick to speak on Property Tax Levy 1p Songbirds	9 WESTERN HEARING*	10 1p - TML	11 LUNCH After Lunch - Caroline Buchanan to Discuss art show. 1p - Bridge (after lunch)	12
13	14 SENIOR SERVICES CLOSED 9:30a Tai Chi I 11a Tai Chi II 1p - TML	15 LUNCH FOOTCARE* 1p Songbirds 6p Toastmasters (MP)	16 1p Oil Painting 6p Community Farm to Table Supper	17 MAINLAND SHOPPING** 9a AARP 55 Alive Class 1p - TML	18 LUNCH 1p - Bridge (after lunch)	19
20	21 SENIOR SERVICES CLOSED 9:30a Tai Chi I 11a Tai Chi II 1p - TML	22 FOOTCARE* 1p Songbirds 	23 IHH* ELDERLAW*	24 Deer Harbor "Adventure" 830a Advisory Committee 1p - TML	25 LUNCH 1p - Bridge (after lunch)	26 7:30p "Swing Fever" (big band sounds) at Orcas Center. See pg. 1
27	28 SENIOR SERVICES CLOSED 9:30a Tai Chi I 11a Tai Chi II 1p - TML	29 B'DAY LUNCH 1p Songbirds	30			

SHIBA UPDATES...

Basic Health encourages some members to apply for DSHS medical assistance: Working with the Washington State Department of Social and Health Services (DSHS), Basic Health (BH) sent a letter to dual-eligible members (clients with BH coverage who may also qualify for DSHS benefits). That letter encourages BH members to apply for DSHS medical assistance. Substitute House Bill 2341 requires this notice.

BH sent the first mailing on July 31 and will be sending a series of mailings thru the middle of September. At this time, BH does **NOT** require you to switch to DSHS for medical assistance. But, if you want to find out what DSHS programs you or a family qualify for, you can access the DSHS trial eligibility calculator on the internet at: www.dshs.wa.gov/esa/TEC/.

On this site you can also:

- Complete and submit an online application for DSHS benefits.
- Download an application to mail in.

(You may also contact Linda at the Senior Center for help with eligibility and applications by calling 376-2677.)

ADDITIONAL SYMPTON FOR RECOGNIZING STROKES

Most of us have heard about the "3" steps, STR, for recognizing strokes. Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now, there is an additional test to administer, along with the other three, in order to determine whether a person is having a stroke. The "4" steps are:

- S - Ask the individual to SMILE
- T - Ask the person to TALK (coherently)
- R - Ask him or her to RAISE BOTH ARMS
- T - Ask them to STICK OUT THEIR TONGUE (if the tongue is "crooked", if it goes to one side or the other, that is also an indication of a stroke.)

If any or all of these symptoms occur, contact medical help immediately. The difference between 10 minutes and an hour can make all the difference in the world.

RESCHEDULED FUNDAMENTALS OF CAREGIVING

Due to conflicts in schedules, the Fundamentals of Caregiving class, previously scheduled for August has been moved to October.

The dates are: October 1, 2, 9, 15

Time: 8:30 a.m. - 5:00 p.m.

Friday Harbor Islanders Bank, Annex Building

Registration Deadline: **September 24**

Course Fee: \$145

This 4 day (28 hour) course is designed to meet the DSHS basic education requirements for caregivers working as Independent Providers or Nursing Assistants working in Adult Family Homes or Boarding Care Homes. Registration must be received no later than September 24, 2009.

Please contact Sally Coffin, RN, for additional information and to register. Sally can be contacted by phone, 360-376-9017, or by email at: sycoffin@rockisland.com.

A SENIOR CHAIR EXERCISE

By Barbara Humes

Awhile back, when I was in the hospital, a physical therapist asked if I did physical therapy exercises. When I had shown him, I added one I had read about that I sometimes did more than once a day. He said, "Do that one even if you don't do the others every day."

(Works better in a posture chair or recliner)

Tip the chair back and raise your legs up so they're straight out. Swing your feet back and forth, side to side. Start with what is comfortable, 4 - 10 times. Count each swing. Work the number up by 10, more if you have the energy to increase it. Your whole body is moving much like when you are out for a walk.

ORCAS SENIOR SIGNAL

Linda Tretheway, Editor

Jo Anne Bastron, Proofreader

Joyce Rupp, Project Manager

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

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

Deadline for the Oct., 2009 issue: Sept, 15

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

Services We Provide & Who to Call

Lunch: Served twice a week at each senior center. **Orcas Island serves lunches on Tuesday and Friday at noon.** Each meal costs \$6.20 to prepare. Please donate what you can. **No one will be denied a meal.** Hot and frozen Home Delivered meals are delivered every lunch day from your senior center. Please call to make arrangements.

Orcas: 376-2677
San Juan: 378-2677
Lopez: 468-2421



Come early and enjoy the fellowship!

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--\$2.00.

Mainland Medical Transportation: Available only to low-income seniors who can not find a friend, family member or neighbor to take them off-island for doctor and other appointments. If you qualify, please reserve at least one week in advance of your appointment. Call Jo Anne at 376-2677, Tuesday through Friday, to schedule.

Mainland shopping trips on the third Thursday of each month. Reservations required. \$18 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. Each lunch costs \$6.20 to prepare. Please donate what you feel you can afford.

Blood Pressure Clinic: *Blood Pressures can be checked Thursdays from 10am - 12pm at the Medical Center on Mt Baker Rd.*

Foot Care: Reservations needed. Call the Front Desk. **Every Tuesday of each month.** Cost is \$15.00 and you bring your own towel. Nurses Diane Keller-Batter, RN, Barbara Fleming, RN, and Sally Coffin, RN.

Don't see what you need here? Call -2677.

Hearing Screenings: *Western Hearing* comes to Orcas once a month, 2nd Wednesday. *IHH* comes 4th Wednesday. Check calendar for dates. Reservations required. Call the Front Desk at 376-2677.

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.

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 Linda at 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 an appointment with Peg Griswold (Tuesdays and Fridays).

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

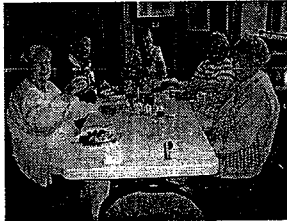
Hearts and Hands: Trained volunteers provide one or two hours a week of practical assistance such as caregiver respite, errands, light housework, meal preparation, shopping and companionship. Call Betsy Louton at 376-7723 to volunteer or inquire about services available.

PHOTO CORRECTIONS

Last month we highlighted Patricia Frances as our "volunteer of the Month". Patricia is the Friday afternoon receptionist at the front desk. The picture we had on the front page did not do her justice. Here she is again:



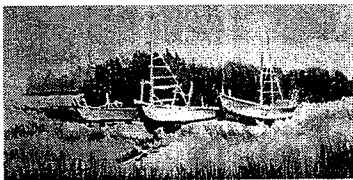
We also wrote an article on the monthly "Farm to Table" dinner including photos of some of the "Fur and Feathers" 4-H club kids. Their photos were too small so we are repeating them here.



Finally, our photo of some of the diners at this dinner was indistinguishable. Here they are in a better size....

CAROLINE BUCHANAN WATERCOLORS ON DISPLAY IN LUNDEEN ROOM

The Lundeen Room will host a show of watercolors by Caroline Buchanan: *Celebrating the Beauty of Our Islands* during the month of September. Many of the pieces are being shown for the first time.



Caroline needs no introduction to most of you. She is a member of Senior Services and has taught drawing and watercolor

classes for years in the Multipurpose Room. She will join us on September 11th, toward the end of senior lunch, to speak about the paintings on display.

Although she doesn't press her credentials, Caroline has had awards, one-person shows and all the rest too numerous to mention. As in writing or cooking, it is always in the next story, or the next meal - trying to figure out how to paint the next painting.

Come to Senior Lunch on Friday, Sept. 11th to hear about the process and the paintings. Or come in during the month to see them.

SEPTEMBER ADVENTURE -- DEER HARBOR!

Join Irene O'Neill for our third "Summer Adventures on Orcas Island", on Thursday, Sept 24. This month's adventure will take you to the Deer Harbor Community Club and, then, the Marina for lunch on the dock.

Irene, who has lived on the island most of her life is a natural teacher of the island's history. She will tell you the early history of the canneries that used to operate in Deer Harbor. There is also the possibility of a visit to the Bullock's Farm, Four Winds Camp, and/or other places of interest.

Call the Senior Center (-2677) soon to sign up for this trip. The other adventures have filled up quickly. Cost for the van is \$5.

OPALCO MEMBER SURVEY



OPALCO has partnered with the National Rural Electric Cooperative Association (NRECA) to conduct a survey of their members. They will begin randomly calling and surveying about 700 members

through September. Survey results will help OPALCO to gauge what members feel about key issues and will influence decisions and policy making at the Board level.

AARP DEFENSIVE DRIVING CLASS SCHEDULED FOR SEPTEMBER

Louise Sanders, our AARP instructor, is eager to return to Orcas to offer the AARP Defensive Driving class to anyone who would like to save 10% - 15% on their automobile insurance, depending on their insurance provider's policy.



As she has in the past, Louise will be bringing trays of sandwich fixings, drinks and something for dessert. Of course, you are welcomed to bring your own brown bag lunch. There will be a discreet "Donation" Basket for anyone who would like to help defray the cost to Louise.

Call the Front Desk at the Senior Center (-2677) to sign up for this class soon as it is already beginning to fill up. Cost for the class is \$10, made payable to AARP.

SECTION 504 REPAIR PROGRAM

USDA Rural Development provides financing to qualified very low income homeowners to repair or make improvements to their home. Examples of repair items which may be financed include:



- Health and safety hazards such as electrical, sewage disposal, water, roof repair or replacement, structural repairs, disability accommodations, etc.
- Home weatherization such as insulation, window replacement, heating, etc.
- Utility hookup, installation and/or assessment fees.
- Repairs to a manufactured home, provided that the applicant owns the land and the structure is on a permanent foundation (or will be placed on a permanent foundation with the repair funds).

Applicants must be the owner-occupant of a rural dwelling with a market value under the area loan limit. In order to qualify for the **1% interest rate loan** program, applicants must meet minimum eligibility requirements which include, but are not limited to:

- **Adjusted household income** which is at or below 50% of median income. Adjusted income is calculated by subtracting eligible deductions from the gross income of all adult household members.
- **A reasonable credit history.** Typically, a credit score of 640 or above indicates satisfactory credit. However, applicants with lower scores, or who have had credit difficulties, may be eligible under certain circumstances.
- **A stable source of income**, which provides adequate **ability to repay** the loan.
- **Be a U.S. Citizen or legally admitted U.S. resident** who is **18 years of age** or older and is **able to enter into a binding contract.**

If you are interested in finding out more about this loan program, contact Linda at the Senior Center (-2677).

"I let my big sister pick on me because my Mom says she only picks on me because she loves me. So I pick on my baby sister because I love her!"

-Bethany, age 4

CROSSROADS LECTURE SERIES

The Crossroads Lecture Series begins its third season this month at the Orcas Center. Fall lectures include:

- Ellis Goldberg speaking on "Getting it Right: Israel, Palestine and the Obama Administration," Friday, September 25th at 7:30 p.m.
- James McGaugh on "Memory and Emotion: The Making of Lasting Memories," Sunday, October 18th at 2:00 p.m.
- Barbara Safriet on "Health Care Reform: Questions and Consequences," Friday, November 6th at 7:30 p.m.

Since the cost of individual tickets (\$10) may be a hardship for some who would like to attend the lectures, CROSSROADS will make available complimentary tickets to those who request them by signing up at the Senior Center. A list of those wishing complimentary tickets will be sent to CROSSROADS in advance and tickets can be picked up at Orcas Center just before the lecture.

Please come in to sign up at least three days before the lecture you wish to attend. You may also register by calling the Center at 376-2677.

T'AI CHI CHIH

NEW CLASS STARTS SEPTEMBER 14TH

Joan Roulac's fall T'ai Chi class begins on Monday, September 14th at 9:30 a.m. for beginners and 11:00 a.m. for ongoing students. This eight week series meets every Monday at the Senior Center in the Lundeen Room. The 9:30 a.m. session on September 14th is a free introductory class for those who would like to try T'ai Chi and are not sure if it is something they think will work for them. Fee for the entire eight weeks is \$80 and some scholarships may be available. Contact the front desk at -2677 to sign up early.

WOODLAWN AND MT. BAKER CEMETERIES NOW DOCUMENTED

Pierrette Guimond, Project Leader, has provided the Senior Center with a manual containing details of the layout, history, and inhabitants of both Woodlawn and Mt. Baker Cemeteries. Woodlawn is complete and Mt. Baker is still being updated.

Copies of the manual will be kept at the Senior Center, the Library and Woodlawn Cemetery. You may also access this information online by going to www.orcaslibrary.org.

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Paul Losleben	Dave McPeake
Irene O'Neill	Michele Streich
Milly Veterlein	Magdalena Verhasselt - Chair

Jane Heisinger, Assistant to Advisory Committee
Betsy Louton, Hearts and Hands