



FERRY CLOSURE

Orcas Island ferry landing will be closed for repairs from October 22nd-October 26th. During the closure no vehicle traffic on or off the ferry will be allowed; however walk-on foot traffic will be permitted.

TOP 5 FOODS TO EAT FOR BETTER BONE STRENGTH

According to Spot55.com adults over age 55 should aim for about 1500mg of Calcium daily and about 1200 IU of Vitamin D daily. An alternative to supplements for bone strength include these top five foods for better bone strength:

1. Calcium rich dairy products. This includes milk, cheese, and yogurt, especially those products fortified with additional Vitamin D. It is recommended the calcium intake be split into three doses of 500mg each, as that is all our body can absorb and any time.
2. Calcium-fortified foods, such as orange juice, cereal and soy milk.
3. Calcium rich fish like salmon and sardines. These fish are even more beneficial if you can eat some of the small bones, such as those in sardines.
4. Calcium rich vegetables. Kale, turnip greens, collard greens and broccoli all are good foods for better bone strength.
5. Other foods that are rich in calcium include: almonds, figs, tofu, eggs and cottage cheese.

We are also reminded to skip the caffeine and smoking; these reduce absorption of calcium.



Do You Have What It Takes?

Do you have an amazing or interesting talent that you could teach to others? Are you looking for something to keep you busy? Enjoy office work or answering the phone? How about playing an instrument? EVERYONE has a talent they could share. . . What's yours?

We are planning calendars for the upcoming months and are in desperate need of volunteers to help keep us all busy. If you are interested or have an idea, please contact Marla at 376-2677 or stop



ORCAS ISLAND SENIOR
CENTER
62 HENRY ROAD
P.O. BOX 18
EASTSOUND, WA 98245

Tel: 360-376-2677

FAX: 360-376-5465

orcasseniors.org

ORCAS ADVISORY COMMITTEE

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Dale Ely
Mary Greenwell
Penny Hawkes
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Hawley Roddick
Caroline Scott
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Advisory Comm. Asst.: Jane
Heisinger

Orcas Senior Signal

The newsletter is published by San Juan County Senior Services with a grant from the Northwest Regional Council. The Senior Signal is distributed free at the Senior Center and by mail. The Signal may also be read online at:

Orcasseniors.org

Mail submissions to:

P.O. Box 18
Eastsound, WA 98245

Joyce Rupp, Project Mgr.

360-370-0591

Marla Johns, Sr. Svc. Coord.

360-376-2677

NONPROFIT STATUS

The Orcas Island Senior Center Advisory Committee operates as a 501(c) 3 corporation. Donations are tax deductible within the limits of the law.

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SENIOR SIGNAL

Senior Services of San Juan County
Orcas Island

October 2012

Volume 17 Issue 9

New Senior Services Coordinator



Marla Y. Johns, M.S., BSW

Each day is an opportunity to travel back into tomorrows past and change it.

- Robert Brault

Orcas Senior Center is happy to announce the hiring of a new Senior Services Coordinator. **Marla Johns** joined the team on September 17, 2012. Marla relocated in June from Reno, Nevada after her husband accepted a position as a Deputy Sheriff on Orcas Island. Marla comes to us with a great deal of education and experience; and even more enthusiasm. Marla

and her husband have two children (Trent-15 and Alyssa-11) who are attending school on Orcas and are looking forward to volunteering at the center as well.

Of the position Marla says, *"I look forward to serving the senior population on the island. I have found the community to be so welcoming and friendly. It is my belief that my position here is merely to facilitate the needs, wants, and desires of the people who use the center. I am anxious to hear everyone's ideas and see how we can begin to create a vibrant and exciting place for seniors to come every day."*

Marla will be in the office each day from 9:00am-4:00pm. Her contact information is:

360.376.2677 ext. 226

marlaj@sanjuanco.com

Stop on by and say hello when you are in the neighborhood!

In this issue:

New Senior Services Coordinator 1

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Upcoming Events 3

Calendar 4/5

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HALLOWEEN

We will be decorating the Senior Center Van and handing out candy and treats for Halloween "trick-or-treaters."

Donations of bags of candy and other treats are greatly appreciated. If you would like to help hand out treats please sign up at the front desk.

Orcas Senior Center Questionnaire

Completed questionnaire's can be dropped at the front desk, mailed to the Senior Center or FAXED to 360-376-5465

How often do you utilize the Senior Center?

- ☐ 0-1 time per month
☐ 2-4 times per month
☐ 5-8 times per month
☐ more than 8 times per month
☐ I have never used the Senior Center

What do you do at the Center? *Check all that apply*

- ☐ Exercise Class
☐ Foot Care
☐ Outings
☐ Information referral
☐ Lunch
☐ Other: explain: _____

What would you like to see more of at the Senior Center:

What would you like to see less of?

Suggestions for outings, events, classes, or activities you would like the Senior Center to present?

Are you willing to lead a class?

- ☐ Yes. I would be willing to lead: _____
☐ No

Do you use any of the following? *Check all that apply*

- ☐ Internet
☐ Newspaper
☐ Email
☐ Facebook
☐ Twitter

Do you have any other comments or suggestions for the staff of the Senior Center?

SERVICES WE PROVIDE & WHO TO CALL

LUNCH

Lunch is Served twice a week at each senior center. Orcas Island serves lunches on **Tuesday's and Friday's at noon**. Suggested donation is \$5. ***No senior will be denied a meal.***

Come early and stay late to enjoy the fellowship!

DELIVERED MEALS

Home Delivered Meals are provided each lunch day from your senior center. Please call to make arrangements.

Orcas: 376-2677

San Juan: 378-2677

Lopez: 468-2421

TRANSPORTATION

Senior lunch Transportation: If you would like a ride for lunch call the front desk at 376-2677 before 10:30am on the day you would like picked up. Suggested donation \$2

Mainland Medical/Legal Appointments: Call Marla at 376-2677 at least one week in advance. Suggested Donation to Anacortes is \$15. Burlington/Mt. Vernon is \$18. Seattle is \$20

Mainland shopping: Third Thursday of each month. Reservations required. Suggested donation of \$20

HELP IS JUST A CALL AWAY

Mobility Equipment: Wheelchairs, walkers, canes, bedside commodes, toilet seat risers, shower stools and crutches are available for temporary loan. This program is managed and maintained by the Lions Club. Preferred pick up Wednesdays & Fridays between 10-11am.

Special Needs Fund: Limited emergency assistance when no other funds are available. Call Marla 376-2677 for 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 dentist. Contact Marla 376-2677

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 376-3552

SHIBA: Medicare and health insurance questions. Call the Medical Center (376-2561) to schedule an appointment with a volunteer. (Tuesdays and Fridays)

DSHS: Low income assistance 378-4196

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 to inquire about services available.

Social Security: 1-800-772-1213

Medicare: 1-800-633-4227

Veterans Administration: 1-800-827-1000

FOOT CARE

Nurses available every Tuesday and some Thursdays and Friday's for routine foot care. Reservations required by calling the front desk (376-2477). Cost is \$25.

ELDER LAW

Half-hour pro-bono sessions with Cy Field, Attorney. Reservations required. Usually the 4th Wednesday every other month. Check calendar for date. Call 376-2477 to schedule appointment.

THE MOBILE C.S.O. IS COMING

Date: Tuesday and Wednesday, October 2 & 3, 2012

Time: 9:00am—6:00pm

Place: Orcas Island Community Church, 176 Madrona St., Eastsound, WA

At this event you can apply for:

- Cash assistance
- Basic food assistance
- Medical assistance programs
- Drug and alcohol treatment services
- Child care services
- Replacement EBT card

You can also drop off paperwork, complete and eligibility review, mid-certification review or make changes to an existing case.

OCTOBER 19TH FLU SHOTS

Influenza vaccines for the 2012/13 seasonal influenza year will contain three strains of influenza. The FDA selected H1N1, H3N2, and the B/Wisconsin/1/2010-like virus strains for inclusion in the vaccine. The H1N1 virus is the same as what was included in last year's flu vaccines. "The best way to prevent influenza is by getting vaccinated each year," said Dr. Karen Midthun, Director of the FDA's Center for Biologics Evaluation and Research. "It is especially important to get vaccinated this year because two of the three virus strains used in this season's influenza vaccines differ from the strains included in last year's vaccines."

Get your vaccine on **October 19th** immediately following lunch, approximately **1:00pm**

INAUGRAL DINNER-DANCE AT THE SENIOR CENTER

Everyone is invited to attend the inaugural Dinner-Dance at the Senior Center on Saturday, October 20, 2012. The evening will begin at 5:00pm with appetizers, libations and soft piano music followed by a wonderful dinner.

Starting at 6:30pm we will dance to the sounds of the Big Band Era prepared for us by Bruce Pavitt. Tickets are \$20 per person and will be available at the Senior Center and at Darvil's Book Store.



62 Henry Road, P.O. Box 18
Eastsound, WA 98245

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SENIOR SERVICES OF SAN JUAN COUNTY
ORCAS ISLAND

November 2012

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Senior Signal

HOLIDAY FESTIVAL OF ARTS



The Senior Center will again be hosting its annual Holiday Festival of Arts. Jewelry, woodworking, and glass are some of the many things which will be on sale by our local artisans. More than fifty booths are available for your holiday shopping.



Mr. and Mrs. Claus will kick off the holiday season with their first appearance of the year. Bring the young ones in our life, or have your own picture taken and include with holiday cards.

Get a jump on your holiday shopping all while enjoying music, friends, fun, and food! Panini's will be available for sale. There will be a silent auction to include a doll with hand made clothing, print by Frank Loudin, a craft basket from Moon Glow, and many wonderful prizes. Raffle tickets will be sold. Enter to win a tool basket, a hand made quilt by Karen Blinn, a knitted blanket and pillows by Magdalena Verhasselt, and more! Come early for best selection. Admission is free!

Holiday Festival of Arts
Saturday
November 24, 2012
10:00am—4:00pm

Tel: 360-376-2677 FAX: 360-376-5465 orcasseniors.org

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Orcas Senior Signal

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Joyce Rupp, Project Manager
360-370-0591
Marla Johns, Orcas Senior Services Coord.
360-376-2677
Jay Savell, Cook

THANK YOU, THANK YOU, THANK YOU!

The landscape in front of the Senior Center has a new look! After ten years of plant growth and erosion due to the steepness of the bank, it was time to make some changes. This was truly a community project and we are deeply grateful to those who generously donated to this project. A very big thank you to Island Excavating for donating a large load of rocks, to Michael Budnick for giving us two days of work moving those rocks into place, and to Charlie Nigretto, who accepted a truck load of branches free of charge. Also thanks to members of the Senior Center’s Advisory Committee who labored for two days as Michael’s helpers. We hope you like our new look!

An extra thank you goes out to the Big Band Bash Committee members and volunteers. The dance was held on Saturday October 20th at the Senior Center. 55 attendees enjoyed appetizers, wine, beer, an amazing dinner, and sounds of the Big Band Era. A special thank you to Barbara Pesola, Jay Savell, the High School football team, the High School Key Club, Judy Zimmerman, Ilene O’Neil, Bruce Pavitt, and especially Jane Heisinger! Be on the lookout for more opportunities to dance the night away!!!



DID YOU KNOW?

- Minnesota is the top turkey producing state in the country.
- Besides the cranberry, there are only two other fruits native to North America: the blueberry and coconut.
- The average person consumes almost 4,500 calories on Thanksgiving Day. (over twice the recommended daily intake)
- Canada celebrates Thanksgiving the second Monday of October to celebrate the harvest and blessings of the year.

PHYSICANS ORDERS FOR LIFE-SUSTAINING TREATMENT

For patients nearing the end of life, the right level of care may not be simply “more” care— even for the critically ill. All too often there are no conversations with family or caregivers about end-of-life medical interventions and patients may be subjected to unwanted, ineffective treatments to sustain life against their wishes. That’s why patients now have access to Physicians Orders for Life-Sustaining Treatment (POLST), a standard medical order form that lays out the specific types of life-sustaining treatments a critically ill patient does or does not want.

A POLST is different from a *healthcare directive, advanced directive or power of attorney for healthcare decisions*. The POLST is signed by patients and physicians, moves with patients as part of their medical records and must be honored across all care settings. It summarizes the wishes of patients regarding multiple life-sustaining treatments. Washington is now one of 32 states to honor POLST directives. The green forms are usually obtained by a patients healthcare provider. POLST forms are also available at the Orcas Senior Center.

SERVICES WE PROVEDE & WHO TO CALL

LUNCH & HOME

Lunch is served twice a week at each Senior Center. Orcas Island serves lunches on **Tuesday’s and Friday’s** at noon. Suggested donation is \$5 however **no senior will be denied a meal due to inability to pay.**

Home delivered meals are provided each lunch day from your senior center. Please call to make arrangements.

TRANSPORTATION

Senior Lunch Transportation: If you would like a ride to lunch call the front desk at 376-2677 before 10:30am on the day you would like to be picked up. Suggested donation \$2.

Mainland Medical/Legal Appointments: Call Marla at 376-2677 at least one week in advance. Suggested donation to Anacortes is \$15, Burlington/Mt. Vernon \$18, Seattle \$20.

Mainland Shopping: A mainland shopping trip is scheduled each month. See activities calendar for date. Suggested donation of \$20.

Activities/Outings: Transportation to most Senior Center activities and outings is available. Call Marla at 376-2677 to arrange.

FOOT CARE

Nurses available every Tuesday and some Thursdays/Friday’s for routine foot care. Reservations required by calling 376-2677. Cost is \$15.

ELDER LAW

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Weatherization Assistance: 1-800-649-5121

Dental Assistance: 25% reduction from local dentists for those who qualify. Call Marla at 376-2677

Lifeline: 1-800-635-6156

P.A.L.: Assistance with electrical costs. Call OPALCO 376-3552

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Veterans Administrations: 1-800-827-1000

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Senior Signal

December is National Identity Theft Prevention Month

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If you have been a victim:

- *Contact credit bureaus*
- *Close accounts*
- *File a police report*
- *Contact social security fraud hotline at 800-269-0271*
- *File a complaint with the FTC at 877-438-4338*

According to recently released statistics from the Internal Revenue Service, more than 15 million people per year are victims of identity theft, with losses of more than \$50 billion. Identity theft occurs when a criminal uses another person's personal information to take on that person's identity, usually for financial gain. The following are 10 tips to helping protect yourself from identity theft:

Protect your Social Security Number. Don't carry your social security card or other cards that show your SSN.

Use caution when giving out your personal information. Scam artists "phish" for victims by pretending to be banks, stores, or government agencies. They do this over the phone, in emails and in postal mail.

Treat your Trash Carefully. Shred or destroy papers containing your personal information including credit card offers and "convenience checks" that you don't use.

Protect your postal mail. Retrieve mail promptly.

Discontinue delivery while out of town.

Check your bills and bank statements. Open your credit card bills and bank statements right away. Check carefully for any unauthorized charges or withdrawals and report them immediately. Call if bills don't arrive on time. It may mean that someone has changed contact information to hide fraudulent charges.

Check your credit reports. Review your credit report at least once a year. Check for changed addresses and fraudulent charges.

Stop pre-approved credit offers. Pre-approved credit card offers are a target for identity thieves who steal your mail. Have your name removed from credit bureau marketing lists. Call toll-free 888-567-8688

Ask Questions. Ask questions whenever you are asked for personal information that seems inappropriate for the transactions. Ask how the information will be used and if it will be shared.

Ask how it will be protected. If you are not satisfied with the answers, don't give out your personal information.

Protect your computer. Protect personal information on your computer by following good security practices. Use strong, non-easily guessed passwords. Use firewall, antivirus, and anti-spyware software that you update regularly. Download software only from sites you know and trust and only after reading all the terms and conditions. Don't click on links in pop-up windows or in spam email.

Use caution on the Web. When shopping online, check out a web site before entering your credit card number or other personal information. Read the privacy policy and take opportunities to opt out of information sharing. Only enter personal information on secure web pages that encrypt your data in transit. You can often tell if a page is secure if "https" is in URL or if there is a padlock icon on the browser window.

Thinking Red for the Holidays?



Think POMEGRANATES!

By Carol Simmer, RD/CD

Pomegranates may be a trendy "new" natural health food and also a beautiful symbol of the holiday season. A lovely red fruit, they can be used to decorate as well as a contribution to holiday dining.

"New" is not a true description. Pomegranates are one of the oldest known fruits. Native to Persia, modern day Iraq and Iran, the pomegranate has been found in the writings and artifacts of many cultures and religions. Pomegranates are mentioned in the Book of Exodus and the Quran. Fossilized fruits have been identified in artifacts of the Early Bronze Age and in

the tombs of Egyptian mummies. Pomegranates were introduced into Latin America and California and Arizona by Spanish settlers in 1769.

One of the most nutritious fruits on the planet, pomegranates contain a wide variety of nutrients including high levels of flavonoids, polyphenols, potassium and vitamin C, and more antioxidants than red wine, green tea, blueberries, and cranberries! Eating the whole pomegranate seeds or *arils* gives you a good source of fiber and even protein, which is relatively unusual for a fruit. Drinking the juice alone is nutritious, but eliminates the fiber and some micronutrients found in the seeds.

Many studies are underway to discover if

pomegranates show benefits against heart disease, and several cancers. It is also being studied in relation to improving symptoms of depression and increasing bone mass. However, *many of the studies have not moved past the lab-rat stage* and more human clinical trials are needed.

Try new ways to eat pomegranates. Delicious eaten out of hand, they also can be sprinkled in salads and desserts. A lovely appetizer is goat or cream cheese spread on bruschetta and topped with minced red onion, parsley, and pomegranates! Did you know that Grenadine syrup is thickened and sweetened pomegranate juice? Grenadine makes a

"Remember . . . pomegranate juice stains EVERYTHING. Protect your clothing and work surfaces."

How to Seed a Pomegranate

- (1) Cut off the stem end (about $\frac{1}{2}$ to 1 inch from stem) so the seeds are visible
- (2) Score the pomegranate peel with a knife all around the fruit into quarters. Do not cut into the fruit.
- (3) Fill a large bowl with enough water to cover the pomegranate.
- (4) While holding the fruit under water, gently pull the white pulp membranes apart, starting at the cut end. The arils (seed castings) will fall to the bottom of the bowl. The white pulp will float to the top and be discarded.

Services We Provide and Who to Call

LUNCH AND MORE

Lunch is served twice a week at each Senior Center. Orcas Island serves lunches on **Tuesdays & Fridays** at noon. Suggested donation is \$5; however *no senior will be denied a meal due to inability to pay.*

Home delivered meals are provided each lunch day from your senior center. Please call to make arrangements.

TRANSPORTATION

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Mainland Medical/Legal Appointments:

Call Marla at 376-2677 at least one week in advance. Suggested donation to Anacortes is \$15, Burlington/Mt. Vernon \$18, Seattle \$20

Mainland Shopping, Activities & Outings

Transportation to most Senior Center activities is provided. Please check calendar for weekly outings schedule as well as activities at the Center. Please call at least 24 hours in advance if you would like a ride to any of the scheduled activities or outings.

FOOT CARE

Nurses available every Tuesday and some Thursdays/Friday's for routine foot care. Reservation are required by calling 376-2677. Cost is \$25

ELDER LAW

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Lifeline: 1-800-635-6156

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Hearts & Hands: Trained volunteers provide 1-2 hours per week of practical assistance such as respite, errands, housework, meal preparation, shopping and companionship. Call Betsy Louton for more information. 376-7723

Social Security: 1-800-772-1213

Medicare: 1-800-633-4227

Veterans Administration: 1-800-827-1000

DSHS: Low income assistance. 378-4196



ACTIVITIES DESCRIPTIONS

MONDAY MOVIES – 1PM MONDAYS

Join us each Monday for a free movie. Popcorn, drinks, candy available for \$1. This month's movies are:

Dec. 3: *Oh God* ("You're the assistant manager of a supermarket. You have a lovely wife and kids. And you've just had an interview with God, who's recruited you to carry his message to all human kind. His wife and kids think he's crazy. Others brand him a fanatic and a nuisance. But God always sees the bright side and *Oh, God!* makes a very charming, very persuasive case for his viewpoint.

Dec. 10: *It's A Wonderful Life*
Voted the #1 most inspiring film of all time!

Dec. 17: *White Christmas*
Bing Crosby and Danny Kaye sing and dance through this holiday classic. It's the stuff dreams are made of.

Dec. 24: NO MOVIE

Dec. 31: *The Buddy Holly Story*
This Oscar-nominated film takes us through the life of Buddy Holly and his hits such as "That'll Be the Day," "It's So Easy," and "Peggy Sue." By age 22 Buddy Holly had it all, until tragedy ended a brilliant career . . . but not his music.

TUESDAY LUNCH – 12PM TUESDAYS

See calendar for menu

TUESDAY FREE CRAFTS – 1PM TUESDAYS

Dec. 4: cards, tags & gift wrap

Dec. 11: Holiday wreaths

Dec. 18: Ornaments and Topiary's

WEDNESDAY – MORE FOOD!!!

Dec. 12: 2pm - Afternoon Tea.

This is a monthly tradition at the Senior Center! Relax in the company of friends, enjoy lovely music, and be served a collection of sandwiches, scones, and desserts. FREE!

Dec. 19: Cookie Exchange. Bring 2 dozen cookies (all the same kind) that you enjoy baking. You will then

exchange them for samples of other peoples creations. Please Sign Up for this event. LIMITED TO 12 people.

Dec. 26: 12pm -Monthly Potluck!
Bring your favorite potluck dish to share and enjoy in the company of friends.

THURSDAY OUTINGS

Dec. 6: Outing to Friday Harbor for the afternoon. Have lunch and stroll the streets of town in search of that perfect present . . . for yourself, or someone else!

Dec. 13: Lets show Eastsound what the Senior Center is all about! Meet at the Center and then head to town. Visit our local merchants and then meet up at Portofino's for lunch on us!

Dec. 20: Monthly mainland shopping trip. The gas and ferry fare are on us ☺

FRIDAY LUNCH – 12PM FRIDAY'S

see calendar for menu

FRIDAY FROLICS!!

Dec. 7: 10:30am – Join us to learn how to give a gentle shoulder and neck massage without hurting yourself. You will also be treated to massage as your classmates practice on one another.

Dec. 7: table games after lunch. Bring your favorite game or use ours . . . spend the afternoon!

Dec. 14: 1pm -Join the *Turtleback Brass Quintet* second annual Christmas Sing Along!! Song sheets will be passed out and everyone can join in (or just listen, if you wish) singing favorite carols.

Dec. 21: table games after lunch

Dec. 28: table games after lunch

A Few Little Changes

You may have noticed a few little changes to the newsletter. Many people have asked so to address some of the changes . . .

Birthdays & Anniversaries: After the turn over in the coordinator position, the current and updated mailing list was unable

to be accessed. We have completely redone the list and the birthdays and anniversaries will begin appearing in the January newsletter again.

Font size and white space: the newsletter is being printed with a larger font size and

more "white space" now. This makes reading easier for some visual impairments.

Spotlights on Volunteers and Seniors: Will begin appearing in the January newsletter again. This was a simple oversight with the changing of staff.



Oral History Project Begins January 2013

"Every time an old person dies, it is as if a library had burned down." – African Proverb

The Orcas Senior Center will begin an ongoing Oral History Project in January. Everyone has a story to tell. The purpose of the Oral History Project is to provide you with an opportunity to tell stories of your life. You will have an opportunity to work with an author and teacher if you choose to write your story. We will also have a video camera and an audio recorder available, so you can tell your story through an audio or video interview. Participants will receive copies of the story you create to share with your family. We will also catalog stories and create a library for the community here at the Senior Center. You will contribute to the preservation part of that "library" when the memories of the individual

die with him or her.

We envision school children using the library for school projects, and for historians to learn about the people of Orcas Island. It will also be an opportunity to create something for your families to pass down from generation to generation.

Imagine someone who experienced everything from traveling by oxcart to flying in transoceanic jets. A person who lived through the stock market crash, the Great Depression, the Midwestern dust storms of the 30's, World War II, the Korean War, and all the wars since. Someone who watched McCarthy hearings on TV, experienced the resignation of Richard Nixon, grieved at the assassination of John F. Kennedy; passing down the stories to future

generations. It is important that these memories do not die with the people who lived them.

"When my father died he left us letters, poems, and stories he had written. We were given a brief life history of his, but also the stories of the family heirlooms that he handed down to us. We learned things about my dad he never told us when he was alive. It's a treasure beyond words." Marla Johns, Orcas Senior Services Coordinator.

Details will be in the January newsletter, but please begin thinking of stories you want to share.

DIDYOU KNOW . . .

If you purchased everything in the song *12 Days of Christmas* it would cost \$107,300!!!



Orcas Senior Center

ADVISORY COMMITTEE

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Gwyneth Burrill

Dale Ely

Mary Greenwell

Penny Hawkes

Irene O'Neill

Hawley Roddick

Caroline Scott

Michele Streich

Jack Titus

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Mail submissions to:

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Or by email to
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Volunteer Opportunities:

We always need volunteers. Immediate volunteer needs include:

- Web site maintenance
- Instructors/class leaders
- Drivers

If you are interested in volunteering please contact Marla at 376-2677 or by email at marlaj@sanjuanco.com



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