

Senior Signal

January 2013

January is Glaucoma Awareness Month

An important time to spread the word about this sight-stealing disease

Information obtained from glaucoma.org

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of *preventable* blindness. Moreover, among African American and Latino populations, glaucoma is the leading cause of blindness, and it is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 2.2 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of

continued on page 2

A New Year . . . A New Committee!

Orcas Senior Advisory Committee welcomes a new President and bids a fond farewell to the outgoing President and board members.

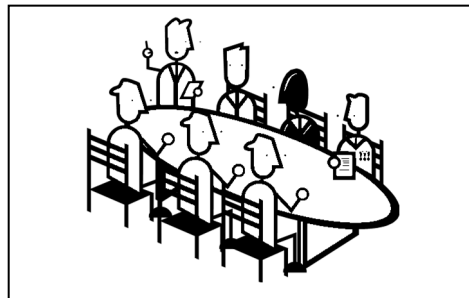
January begins a new year at the Senior Center; and a new reign as well. Beginning January 1, 2013 the Orcas Senior Advisory Committee will be led by the new president, Stephen Bentley. We are excited to begin a new chapter and know that Stephen has wonderful new ideas and enthusiasm for representing the Seniors of Orcas Island. The Committee also welcomes Lois Cornell as a committee member.

With every "hello" there is a "good-bye." We bid a fond farewell to outgoing president Magdalena Verhasselt and to board members, Milly Vetterlein and Gwyneth Burrill. All have served on the committee and have worked hard to keep the Orcas Senior Center thriving. We are honored, however, that although they will not be serving as official committee members, all have agreed to continue volunteering for projects and supporting our efforts.

Thank you to all of our 2013 Committee members for your commitment and dedication to the Orcas Senior Center.

INSIDE THIS ISSUE

- 1** Glaucoma Awareness
- 1** New Year . . . New Committee
- 2** Glaucoma Awareness (cont.)
- 3** Volunteering & Health
- 3** Birthday's
- 4** Services & Who to Call
- 5-6** Monthly Calendar



blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision.

What is Glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease

Types of Glaucoma

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma. Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

Facts and Statistics

In the United States, approximately 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness. Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you

have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Glaucoma is the leading cause of blindness among African-Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma.

Risk Factors

Are you at risk for Glaucoma? Those at higher risk include people of African, Asian, and Hispanic descent. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss.



VOLUNTEERING SHOWS VARIOUS HEALTH BENEFITS

By: Stephen Bentley
Orcas Senior Advisory Committee President

Everyone knows that volunteering benefits society, but there's a lot of evidence showing that it also benefits the volunteer, not just emotionally but also health-wise. Research is showing that those who volunteer live longer, and this is particularly true for seniors. Volunteering ends some of the social isolation that seniors' experience, especially for those who are no longer working or as involved with their families. It's a way for seniors to use the skills they've learned—through work, while raising a family and even from life skills that are earned from 60 or more years of coping with life's challenges.

A report by the Corporation for National and Community Service, "Health Benefits of Volunteering," states that "those who volunteer have lower mortality rates, greater functional ability and lower rates of depression later in life than those who do not volunteer.

"Those who devote a 'considerable amount of time' to volunteer activities are most likely to exhibit positive health."

Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, whether because they are more likely to face higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing." Those who devote a "considerable amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health," the report states.

According to a recent study by Senior Corps, a nationwide group that connects seniors with volunteer opportunities, seniors who volunteers in social programs not only maintain good brain function, but their brain function and cognitive ability may actually increase. Another study suggests that volunteering is the only productive activity proven to help prevent frailty among seniors. Perhaps this is related to the fact that when we spend more time in the community, we feel more connected to the world and thus happier.

If you are interested in becoming a volunteer at the Orcas Senior Center, please call the Senior Services Coordinator, Marla Johns, at 360-376-2677

Many opportunities are available.

Happy Birthday to you . . .

Rachel Adams	Lennie Evans	Bonnie Johnson	Jo Myers	Margaret Tyree
Mary Lou Amadon	Marj Franke	Bettye Johnson	Peg Nicol	Robert Walker
Harold Asper	Patricia Frances	Michael Jonas	Glenna Richards	Dixie Walmsley
Florence Bullock	Mary Gardner	Willi J. Kuehle	Judy Richardson	Ann Waltersdorph
Gordon Buman	Marion Gerald	Sally Larson	Molly Roberts	Norma Jean Watson
Jim Calhoon	Ann Griot	Gloria LaValle	Joni Cady Rosevelt	William Yarlott
Mary Ann Carpenter	Pierrette Guimond	Cyrus Lemmond	Laura Selwyn	Caroline Yarnall
Gordon Carver	Kathy Wehle Haynie	Bev Leyman	Judith Slater	Norm Zimlich
Suzan Chamberlayne	Faith Heath	Wally Logan	Ken Speck	
John Cook	Bob Henigson	Robert Lucas	Elizabeth Star	
Janice Cook	Jean Henigson	Janet Lum	Marlia Starwater	
Gayle Corbn	Carmen Izakson	Buyral Madan	Katie Thomas	
Helen Bee de Booor	Katie Jensen	Alison Magner	Chris Thomerson	
Kathleen Dickinson	Alfred Johnson	Dominique Marushka	Patty Thompson	
Barbary Ehrmantraut	Betty Johnson	Vincent Monaco	Edith Thomsen	

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.

LIFE ENRICHMENT

Life enrichment activities are offered daily at the Senior Center. Check the calendar for details and events.

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 of \$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, 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

Half-hour pro-bono sessions with Cy Field, Attorney. Reservations are required. Usually the 4th Wednesday every other month. Check calendar for date. Call 376-2677 for an appointment.

HELP IS JUST A CALL AWAY

Mobility Equipment: Available for loan maintained by the Lions Club at the Senior Center. Preferred pick up Wednesday and Friday from 10-11am.

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

Weatherization Assistance: 1-800-649-5121

Lifeline: 1-800-635-6156

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

SHIBA: Medicare/insurance questions. Volunteers are available Tuesdays and Fridays at the Medical Center. Call 376-2561 for an appointment.

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



JANUARY 2013

Sunday	Monday	Tuesday	Wednesday
		1 CLOSED – NEW YEARS DAY	2 9am-11am: Coffee & tea in the lounge
6	7 9am-11am: Coffee & tea in the lounge 9:30am: TML exercise class 1pm: Movie <i>Vertigo</i> Considered to be Alfred Hitchcock's greatest achievement. Set among San Francisco's renowned landmarks, James Steward plays Scottie Ferguson, an acrophobic detective hired to shadow a friend's suicidal wife, played by Kim Novak. The detective must also unravel the secrets of the past to find the key to his future. (Movie is free, treats are available for \$1 each)	8 9am-11am: Coffee & tea in the lounge 12:00pm: Lunch Chicken apple salad with bleu cheese, mini croissant, fresh fruit salad, cookie (suggested donation \$5) 1pm: Table Games – Stay after lunch and invite your friends for some friendly competition! Bring your own favorite card game, dominos, or board game or use some of ours.	9 9am-11am: Coffee & tea in the lounge 2pm: Afternoon Tea – Join us for our monthly favorite – a real afternoon tea! Enjoy piano music, snacks, tea and, of course, good conversation. You'll even take home a goodie bag for you to enjoy later in the evening. This popular event is enjoyed by all.
13	14 9am-11am: Coffee & tea in the lounge 9:30am: TML exercise Class 1pm: Movie <i>My Fair Lady</i> Winner of eight academy awards. Staring Rex Harrison and Audrey Hepburn. A misogynistic and snobbish phonetics professor agrees to a wager that he can take a flower girl and make her presentable in high society. (Movie is free, treats are available for \$1 each)	15 9am-11am: Coffee & tea in the lounge 12:00pm: Lunch Swiss steak, mashed potato & gravy, broccoli Normandy, garden salad, apricots (suggested donation \$5) 1pm: Table Games – Stay after lunch and invite your friends for some friendly competition! Bring your own favorite card game, dominos, or board game or use some of ours.	16 9am-11am: Coffee & tea in the lounge
20	21 CLOSED MARTIN LUTHER KING DAY	22 9am-11am: Coffee & tea in the lounge 12:00pm: Lunch Parmesan Chicken, roasted red potato, carrot coins, tropical fruit (suggested donation \$5) 1pm: Table Games – Stay after lunch and invite your friends for some friendly competition! Bring your own favorite card game, dominos, or board game or use some of ours.	23 8:00am-9:30am: BREAKFAST!! Our first ever breakfast! Enjoy a fresh host breakfast cooked by our resident chef, Jay Savall. He will prepare a menu that everyone will enjoy. Depending on popularity, we will hope to make this a monthly event. (Suggested donation \$3)
27	28 9am-11am: Coffee & tea in the lounge 9:30am: TML exercise class 1pm: Movie <i>To Kill a Mockingbird</i> Atticus Finch, a lawyer in the depression-era south, defends a black man against an undeserved rape charge, and his kids against prejudice. (Movie is free, treats are available for \$1 each)	29 9am-11am: Coffee & tea in the lounge 12:00pm: Lunch Taco Salad, Fruit (suggested donation \$5) 1pm: Table Games – Stay after lunch and invite your friends for some friendly competition! Bring your own favorite card game, dominos, or board game or use some of ours.	30 9am-11am: Coffee & tea in the lounge 12:00pm: Potluck Bring your favorite potluck dish to share and enjoy with one another. This monthly event is growing each month. What a treat to sample one another's favorite creations. You may even want to bring the recipe to share!

JANUARY 2013 (cont.)

Thursday	Friday	Saturday
3 9am-11am: Coffee & tea in the lounge 10am: TML Exercise Class	4 9am-11am: Coffee & tea in the lounge 10am – 12:00pm: Knit and Stitch. Bring your crochet, knitting, sewing, or other handy work to work on with friends. Swap tips and tricks, as well as laughter and fun. (free) 12:00pm: Lunch Hamburgers with lettuce, tomato, onion on multi-grain bun, baked beans, millionaire salad (suggested donation \$5) 1pm: Strength Training exercise class	5
10 9am-11am: Coffee & tea in the lounge 10am: TML Exercise class 8:00am – 4:30pm: Outing - Whatcom museum of history and art (Gas and ferry are free. The museum cost is \$8 per person and you'll be on your own for lunch)	11 9am-11am: Coffee & tea in the lounge 12:00pm: Lunch Florentine fish, scalloped potato, peas & carrots, cole slaw, cookie (suggested donation \$5) 1:00pm: Craft Project – Card Club Please join us in making the birthday cards for January birthdays. Once cards are made, they will be signed, addressed and mailed! A great way to put a smile on someone's face, while enjoying the great company of others. (free) 1pm: Strength Training exercise class	12
17 9am-11am: Coffee & tea in the lounge 10am: TML Exercise class 8:00am – 4:30pm: Outing – Mainland Shopping (free)	18 9am-11am: Coffee & tea in the lounge 12:00pm: Lunch Pork loin with apple chutney, mashed potato & gravy, peas, apricot crisp (suggested donation \$5) 1:00pm: Craft Project – Glass Painting. No experience necessary. Take completed project home. (free) 1pm: Strength Training exercise class	19
24 9am-11am: Coffee & tea in the lounge 10am: TML Exercise class	25 9am-11am: Coffee & tea in the lounge 12:00pm: Lunch Turkey with cranberry sauce, mashed potato & gravy, broccoli Normandy, pumpkin cake (suggested donation \$5) 1:00pm: Craft Project – Hot Mats. Using beach pebbles, create a hot mat to use at home. A wonderful way to bring the outdoors in, while creating a useful project as well. (free) 1pm: Strength Training exercise class	26

*Craft's
 Projects
 Sponsored by
Moon Glow
 arts and crafts
 store. 109 N.
 Beach Road,
 Eastsound,
 WA (360)
 376-4994
 THANK YOU!!*

Interested in
 newsletter advertising
 or activity
 sponsorship?
 Call Marla at
 360-376-2677

Activities Registration

In an effort to better prepare for activities and events, we are asking that people pre-register if you think you would like to attend. This will enable us to purchase supplies and plan space for all events and activities. We will also be having friendly reminder calls for the events that you express an interest in. You can mail or drop this pre-registration form at the front desk. Thank you!

Name:

Phone:

Email:

Activity/Event(s) Interested in Participating In:

Please note: Not turning in the pre-registration form will not exclude your participation. This is for planning and reminder purposes only. Thank you.

ORCAS SENIOR CENTER

NON PROFIT STATUS

The Orcas Island Senior Services Council of San Juan County operates as a 501(c)3 corporation. donations are tax deductible within the limits of the law.

NEWSLETTER

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. Mail Submissions to: PO Box 18, Eastsound, WA 98245

YOUR STAFF

Marla Johns, Orcas Senior Services Coordinator
360-376-2677
marlaj@sanjuanco.com

Jay Savell, Cook
360-376-2677

Joyce Rupp, Project Manager
360-370-0591

Advisory Committee

Chair: Stephen Bentley

Lois Cornell

Dale Ely

Mary Greenwell

Penny Hawkes

Irene O'Neil

Hawley Roddick

Caroline Scott

Michele Streich

Jack Titus

Magdalena Verhasselt

Judy Zimmerman

Advisory Committee Asst.: Jane Heisinger

Hearths & Hands Coord.: Betsy Louton

Orcas Senior Center
62 Henry Road
P.O. Box 12
Eastsound, WA 98245

NON PROFIT ORGANIZATION US POSTAGE PAID PERMIT #10 98245
--

ADDRESS CORRECTION REQUESTED

March 2013

Senior Signal

MARCH FOR MEALS—Community Breakfast

Join the Whatcom/ San Juan Senior Nutrition Program and Orcas Island Senior Center March 6th, for a Community Breakfast at the Center to benefit Meals on Wheels, and help ensure that no senior on Orcas Island goes hungry.

The breakfast is part of March for Meals, a national campaign to support Meals on Wheels and to raise awareness about senior hunger. The March for Meals campaign is gaining support from community members and local governments.

The Whatcom/ San Juan Senior Nutrition Program, which includes both Senior Center "Community" Meals and home delivered "Meals on Wheels" is a program

of the Whatcom Council on Aging (WCOA), a non-profit organization based in Bellingham.

Here in Eastsound, Senior Nutrition Program Cook, Jay Savell and his dedicated team of volunteers prepare and serve delicious and nutritious meals, two days a week to over 80 seniors. Volunteers deliver another 10 meals each meal day to Orcas Island homebound seniors. When asked about the importance of the Meals on Wheels Program, Jay replied, "Home delivered meals offer not just a nutritious meal, but a smile with a visit from one of our volunteers. This is a winning combination that islanders can't do without."

Last year, the Senior

Nutrition Program served over 95,000 Senior Community Meals and delivered over 57,000 Meals on Wheels to homebound seniors in San Juan and Whatcom Counties. The Program relies on volunteers and donations to continue to meet this critical need for seniors on San Juan Island and throughout San Juan and Whatcom Counties. With help from business partners and the community, we will continue to ensure that no senior in our community goes hungry.

For more information on how you can get involved in **March for Meals**, contact the Whatcom Council on Aging at 360-733-4030 ext #47028.

Free Community Breakfast bringing awareness to the senior meal program.

- Wednesday, March 6th
- 8:00am-9:30am
- All community members invited to attend
- Cost: Donation to March for Meals

A Balanced Life

*By: Stephen Bentley
Orcas Advisory Committee
President*

Living a “balanced life”, according to the International Council on Active Aging (ICAA), is absolutely essential to successful aging. The ideas of “active aging” and “balanced life” can be summed up in the phrase “engaged in life” or “living each day intentionally”. Active aging describes individuals who live each day of

life as fully as possible, balanced within several areas or dimensions of wellness.

Do you lead a balanced, active and engaged life?

We will all go through periods when the balance of our lives gets out of whack. Any number of things can create this imbalance. It may be simple matters like seasonal changes and too many gray skies or more difficult life events like illness, surgery or the death of a friend.

In most instances, these events are just periods of time during which we heal. To help the healing process and get back on track it is

useful to evaluate all areas of wellness. You’ll want to see what you need to focus upon in order to regain a healthy balance in your life.

Fortunately, the ICAA has identified **seven dimensions of wellness**. It’s helpful to consider each of these dimensions when evaluating whether or not your life is balanced. They are:

1. Physical Wellness: Stay active! As little as 10 minutes of exercise three times a day, five days a week can meet the guidelines.

2. Intellectual Wellness: Keep your brain active! Learn a new activity, solve puzzles online or in newspapers, play games like chess, scrabble or bridge, study a second language, ...

3. Social Wellness: Stay connected! Volunteer in the community, take classes, visit with friends, join a book discussion group, ...

4. Vocational Wellness: If you’re not working, volunteer to help others, get involved in an avocation, develop your craft.

5. Spiritual Wellness: Connect to your spirit in ways that are meaningful to you; whether that’s through a place of worship, prayer, meditation or

simply a reflective walk in Moran State Park.

6. Environmental Wellness: Go green! Include nature in your life; plant a garden, arrange a bouquet of flowers, visit our local parks and walking trails. And make sure the indoor environment you live and work in is healthy.

7. Emotional Wellness: Engage in mindful activities such as yoga and t’ai chi, talk with your doctor, spouse or a trusted friend if you’re feeling low.

It seems to me, there are few stages in life, including aging, that are easy. We must be purposeful about how we age instead of being overwhelmed by it. Being prepared and having a plan to age well gives our lives purpose and reminds us to live each day intentionally.

“Being prepared and having a plan to age well gives our lives purpose and reminds us to live each day intentionally”



~ March 2013 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Coffee and Tea in the lounge—Weekdays 9am-11am						1 10a-12p: Knit & stitch 12p: Lunch (pulled pork w/ BBQ sauce, baked yam, broccoli normndy, apple cake) 1:00p: Crafts 1:30p: Strength training
3	4 10a-12p: Creative writing 1p-3p: Movie: On Golden Pond	5 12p: Lunch (Italian chicken, mashed potato & gravy, mixed veggies, cranberry bar) 1pm: Walking club	6 8am-9:30am: Community Breakfast. (biscuits & gravy, scrambled eggs, sausage, juice, tea, coffee)	7	8 10a-12p: knit & stitch 12p Lunch (Florentine fish, scalloped potato, Nantucket blend veggie, coleslaw, fruit) 1p: Crafts 1:30p: Strength Training	9
10	11 10a-12p: Creative Writing 1p-3p: Movie: True Grit	12 12p: Lunch (beef stew, biscuits, spinach salad, tropical fruit) 1pm: Walking club	13 2p: Afternoon Tea	14 OUTING: Toulalip Casino (depart on 8:55 ferry, return on 3:05 ferry)	15 10a-12p: Knit & stitch 12p: Lunch (corned beef, cabbage & carrots, red potato, soda bread, lime jello w/ pears) 1pm: Painting Group 1:30pm: Strength Training	16
17	18 10a-12p: Creative Writing 1p-3p: Movie: Cocoon	19 12p: Lunch (chicken ala king, brown rice, Nantucket veggie, garden salad, orange sections) 1pm: Walking club	20	21	22 10a-12p: knit & stitch 12p: Lunch (lemon herb glazed Pollock, scalloped potato, peas & carrots, apricots) 1pm: Crafts 1:30p: Strength Training	23
24	25 10a-12p: Creative Writing 1p-3p: Movie: Amadeus	26 12p: Lunch (stuffed green peppers, steamed fingerling potato, mix veggie, pears) 1pm: Walking club	27 12p: Potluck	28 OUTING: Mainland Shopping (depart of 8:55am ferry, return on 3:05 ferry)	29 10a-12p: knit & stitch 12p: Lunch (spaghetti, whole green beans, garden salad, wheat bread stick, peaches) 1pm: Crafts 1:30p: Strength Training	30
31 Easter Sunday	Do you have an idea for a class? Would you like to start a club? We have room on the calendar for you! Please call Marla at 376-2677 to make arrangements.					

Help is Just A Call Away

Mobility Equipment:

Available for loan maintained by the Lions Club at the Senior Center. Preferred pick-up Wednesday and Friday from 10-11am.

Special Needs Fund:

Limited emergency assistance when no other funds are available. Call Marla for information/qualifications. 376-2677

Weatherization Assistance:

1-800-535-5156

Lifeline:

1-800-535-5156

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

SHIBA: Medicare/insurance questions. Volunteers are available Tuesdays and Fridays at the Medical Center. Call 376-2561 for an appointment.

Social Security:

1-800-633-4227

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 at 376-7723 for more information.

DSHS: Low income assistance. 378-4195

Medicare: 1-800-633-4227

Veterans Administration:
1-800-827-1000

Services We Provide

Lunch is served twice weekly 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.

Life enrichment activities are offered daily at the Senior Center. Check out the calendar for details and events.

Senior Lunch Transportation is available. Call the front desk at 376-2677 before 10:30am on the day you would like to be picked up. Suggested donation is \$2

Transportation to Mainland Medical/Legal Appointments: Please schedule appointments on Wednesdays. The 1st and 3rd Wednesday we will drive to Anacortes, Mt. Vernon, and Burlington. The 2nd Wednesday to Seattle and surrounding areas. The 4th Wednesday to Bellingham and the immediate surrounding area. Call 376-2677 to schedule.

Foot Care nurses are available every Tuesday and some Thursdays/Fridays for routine foot care. Reservations are required by calling 376-2677. Cost is \$25.

Case Management services are available. To discuss needs and to schedule an appointment, call Marla at 376-2677

Granny's Attic

*Deliver Granny's
Attic donations
Tuesdays
beginning March
19 through April
23rd from 11am
-3pm*

Granny's Attic Sale is just around the corner. We will start accepting items on Tuesday, March 19th from 11 - 3. We will continue on Tuesday's for the following 5 weeks. The Sale is the last Saturday of April, **April 27**.

Remember, no clothing or electronics.

Granny's Attic is one of our largest annual fundraising events. Remember, one person's junk is another person's treasure! Mark your calendars for the sale.



1				5	2		3	8
8	3		9				2	7
4	9			7		5		
			6	9				
	2		7		4			1
6	7	4				3		
7	1	6	8				9	
				4				
				6	9	1	7	

7		2	8	9				
	1		5				4	7
		9				6		
2		8	1	7	9	4		3
		7			2			
	9			3		7	2	
4	2		7		1			
9		5		4		1		
				6				

Puzzle solutions available at the front desk.



Orcas Senior
Center
62 Henry Road
P.O. Box 18
Eastsound, WA

360-376-2677



Orcas Senior Center

Orcas Senior Center NonProfit Status

The Orcas Island Senior Services Council of San Juan County operates as a 501(c)3 corporation. Donations are tax deductible within the limits of the law.

Newsletter

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.

Mail submissions to: PO
Box 18, Eastsound, WA
98245.

Your Staff

Marla Johns, Orcas Senior
Services Coordinator

360-376-2677

marlaj@sanjuanco.com

Jay Savell, Cook

360-376-2677

Joyce Rupp, Project
Manager

360-370-0591

Orcas Advisory Committee

Chair: Stephen Bentley

Lois Cornell

Mary Greenwell

Penny Hawkes

Jane Heisinger

Betsy Louton

Irene O'Neil

Hawley Roddick

Caroline Scott

Michele Streich

Jack Titus

Magdalena Verhasselt

Judy Zimmerman



Senior Signal

MAY 2013

Goodness & Kindness Will Always Prevail

By: Marla Johns, M.S. BSW
Orcas Senior Services Coordinator



As I put together this month's newsletter, I cannot ignore the events that are unfolding in the world around us. My thoughts and heart

were called to our neighbors on the East Coast; and then my arms had to stretch to enfold those in Texas into my heart as well.

The front page article of the May newsletter was to be a tribute to the men and women in our community and the nation who serve as Peace Officers, as **May 15th is National Peace Officers Day** and the week of May 7-16 is celebrated as Peace Officers Week. Around the nation, brothers and sisters in blue will gather to celebrate the lives of those who gave all for their communities. Of course, as the wife of a career police officer, this annual event takes on a special meaning for me and for my family.

As I watch the events of this week unfold across our country, I was struck by one common denominator: as people fled the scenes of disaster, the first responders were running toward them. The goodness of these brave men and women far outweighs the evil actions carried out that day.

Stories of the week unfold and we hear time and time again about the kindness of strangers. A city with a population of over 600,000 became a small community in an instant. Hands reached out, homes were opened, and hearts were softened. As a small town in Texas huddled together in a stadium, re-

sponders from across the State drove hundreds of miles to help a neighbor they had never met and would likely never see again.

Time and time again throughout history we find examples of people choosing to act with kindness and goodness in the face of tragedy and adversity. In the Diary of Anne Frank she writes, "In spite of everything, I still believe that people are really good at heart. I simply can't build up my hopes on a foundation consisting of confusion, misery, and death."

I encourage you all, spread acts of kindness wherever you go and reward kind acts when you see them. All too often we focus on the negative behaviors we see around us and forget to focus on the positive. Just last week, I was off island shopping and was witness to a young man helping an older woman load her groceries into her car in the rain. Working quickly he loaded her car and then returned her cart for her. That act was given without thought of payment or reward for himself; but was merely to help another human being. I am proud to say that young man was my son.

You're never "too old" to show random acts of kindness to another human being. Never "too old" to demonstrate goodness prevailing. Share a smile with a stranger; you just might be the only person to smile at him that day. Going to the city? Put change in a parking meter you pass that is about to expire. Leave a kind note in a library book when you return it for the next person who reads the book to find. Send a thank you card to a Veterans Hospital thanking the Veterans for their service. These are just a few simple ideas to share Orcas Island Goodness with those around you.

It is my hope the world could come to show the same kindness to one another each day; and not just when tragedy strikes.

INSIDE THIS ISSUE:

Diet & Alzheimer's	2
Orcas CARES	3
TML Is Back	3
Discount Tickets	3
Activities Calendar	4
Food Safety	5
Lunch menu	5
Caregiver support group	6
What we do	7
Membership	8
Birthdays	9
Caregiver class	9
Volunteers Needed	9
Who we are	10

"Happiness needs sadness. Success needs failure. Benevolence needs evil. Love needs hatred. Victory needs defeat. Pleasure needs pain. You must experience and accept the extremes. Because if the contrast is lost, you lose appreciation; and when you lose appreciation you lose the value of everything."

Can Diet Help Prevent Alzheimer's Disease?

By: Stephen Bentley
Orcas Advisory Committee Chair

We all know that poor nutrition is often associated with poor health. But, is the reverse true? Does good nutrition lead to good health? Can we improve our health through changes in our eating habits? I think there's no doubt about it! Of course we can.

Years ago, I worked for Nathan Pritikin. You may remember Nathan's bestselling book, The Pritikin Program of Diet and Exercise or his Longevity Centers. He was also popular on the daytime TV talk-show circuit of the late-1970's. Pritikin reasoned that people could prevent and even reverse heart disease through a diet very low in fats and high in complex carbohydrates. Nathan's nutrition ideas were radical at the time and his diet program was rigidly strict. Today, his nutrition theories while generally considered correct are seen as somewhat too inflexible.

I only have an interested layman's knowledge of nutrition science. Cooking is my hobby. I find meal preparation creative and fun. My goal at every meal is to prepare something both delicious and healthful.

Recently, I read about ongoing research findings suggesting nutrition may stave off Alzheimer's and other forms of dementia. Numerous studies suggest certain foods may help protect against mental decline and even help prevent diseases which effect cognitive function. The thinking is that because Alzheimer's is identified with inflammation, foods with anti-inflammatory properties may be able to delay age-related cognitive disorders.

Here is a list nine commonly available foods that research suggests could help prevent mental deterioration. They all taste good and are easily found in our Pacific Northwestern cuisine.

The entire list appeals to me. So just for the health of it, I'm going to add these foods to my shopping list as often as my budget allows.

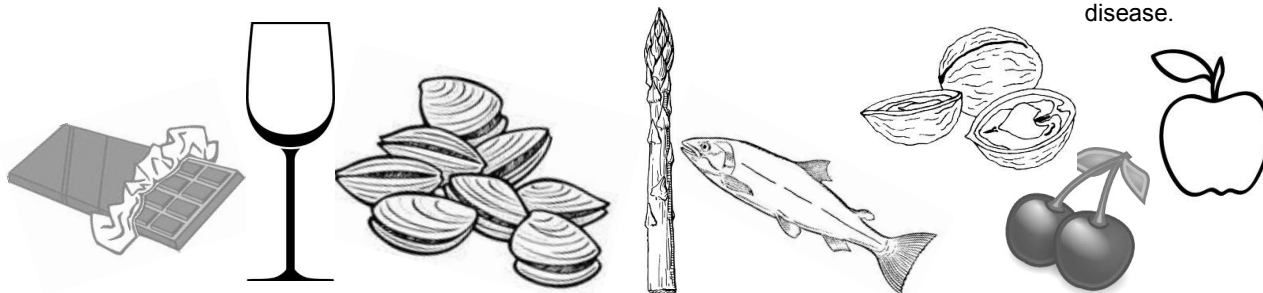
1. **Dark chocolate.** Studies show that the flavonoids in cocoa increase blood flow to the brain and may help to protect against conditions that reduce cerebral blood flow, such as dementia and stroke.
2. **Red wine.** Drinking wine in moderation can protect cognitive function and decrease the risk of Alzheimer's disease and dementia. This is due to the high levels of flavonoids and possibly other polyphenols such as resveratrol in red wine.
3. **Clams.** It's thought that when vitamin B12 levels are low, blood levels of homocysteine will raise, significantly increasing the risk for dementia, heart attack and other ailments. Clams contain 98.9 micrograms of vitamin B12 in just a 100-gram serving, or 1,648 percent of the recommended dietary allowance.
4. **Asparagus.** One study found that individuals who were deficient in folate, a form of vitamin B9, were 3.5 times more likely to develop dementia. One cup of asparagus will take care of nearly 66 percent of your daily folate needs.
5. **Wild salmon.** According to one

study, an average of three servings of oily fish a week adds up to an almost 50 percent lower risk of Alzheimer's disease and dementia. The reason is the omega-3 fatty acid and other nutrients such as vitamin D and B12 can help to prevent neurodegenerative disorders.

6. **Walnuts.** In moderation, walnuts were found to help improve motor and cognitive skills in older rodents, due, it is believed, to a combination of polyphenols, omega-3 fats and other bioactive substances.

"Numerous studies suggest certain foods may help protect against mental decline and even help prevent diseases which effect cognitive function."

7. **Cherries.** The antioxidant compounds, anthocyanin's, which give cherries their bright red color, possess anti-inflammatory properties that could work like pain medications but without the nasty side effects.
8. **Turmeric.** A study found that curcumin in turmeric, commonly used in curry dishes, removes plaques from the brain. Plaques are thought to contribute to the degradation of brain cells and lead to Alzheimer's disease.
9. **Organic Apples.** The skins of apples contain quercetin which was found, in studies conducted by Cornell University, to protect the brain from damages associated with Alzheimer's disease.



Orcas CARES Partnership



Orcas Island Senior Services has entered into a partnership with the Orcas Island Fire Department and the San Juan County Sheriff Department's Orcas Island Deputies to provide emergency response services to Seniors on Orcas Island. Additionally, the partnership is working to link all providers of services to Seniors in a more coordinated approach.

Through the partnership, volunteers and staff will be available after-hours and on weekends in the event of an emergency or unforeseen need. First responders will have access to the Orcas Cares Staff for such things as assisting family in the event of a death of a loved one, home hazards which may impact the safety of a Senior, coordinating transportation and care in the event of an unforeseen hospitalization, or a Senior who is having difficulty maintaining their independ-

ence at home.

As part of the partnership, we are assisting Seniors in completing necessary EMS forms. The forms would be kept in your home and available for Emergency Services to access in the event of a medical emergency. We strongly encourage all of you to complete the EMS forms and are available at the Senior. There will be more information regarding this effort in the coming weeks.

TML Class is Back

Christopher Evans will be offering Transformational Movement Lessons (TML's) at the Senior Center twice per week during the month of May. Christopher, a licensed massage practitioner of The Healing Arts Center, is certified with 820 hours of training in the Anat Baniel Method, based on the work of Moshe Feldenkrais. The method accesses the remarkable capacity of the human brain to form new neurological connections and develop new movement patterns, reaching levels of performance never thought possible, through the process of attentive movement.

Participation in the Transformational Movement Lessons greatly enhances flexibility, strength, coordination and wellbeing. TML's do not involve stretching or holding of positions. Therefore it does not stress muscles and joints and is very safe. The benefits 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.

Since the method addresses learning and the underlying principles of harmonious, effective movement and action, in effect the program can be useful for everyone. These programs have helped people overcome pain, reverse the symptoms of aging, re-discover vi-

talities, improve performance and discover the joy and pleasure of movement.

Regarding the use of TML for Seniors, Christopher says, "TML lessons take place lying on the floor for the most part, and sometimes sitting or standing. I will talk students through a planned sequence of movements. Each new movement is repeated and explored through variations, allowing the student to become familiar and begin to "play" with unaccustomed movement relationships. New learning at the level of the nervous system begins to occur, replacing habitual patterns of moving that limit our experiences and bring tension, pain, or injury. The classes are non-competitive and the students are encouraged to explore the movement sequences within their own capacity, moving gently and slowly in order to pay attention and become aware of subtle differences and changes. Each lesson presented is different in its focus and effect; they are generally organized around an action or theme (for example, transitioning from sitting to standing or rolling from the floor into standing), covering a wide range of common human functions. The learning from each lesson is generalized, so all lessons create improvements in awareness, comfort, flexibility, attention, breathing, range of motion, and quality and ease of movement.

Christopher will teach a series of 8 TML classes during the month of May. Classes will be held Mondays and Thursdays at 10 am and will continue till the end of the month. Classes are intended to be affordable for all at only \$60 for the 8 class series. Although the series is open to everyone, the primary target are those 50 – 75 years of age, who are looking to gain more neurological control over their body.

For more information contact Christopher Evans at 298-6102.

To sign up for classes sign up at the senior center or call 376-2677

Discount Tickets Available

Vouchers for discount tickets are available for many Orcas Center productions at the Senior Center. Vouchers allow for the purchase of a ticket for only \$5.

This month, discount vouchers are available at the Senior Center for:

- *Oliver!* May 9-11 & 16-18
- Ruthie Foster—May 19th
- National Theatre Live *This House*—May 23rd

Thank you Orcas Center
for this wonderful partnership!

May 2013

SUN	MON	TUE	WED	THU	FRI	SAT
<div>See Page 5 for Lunch Menu</div>			1 8:30a-9:30a: Breakfast 10a-11a: Chair Yoga 1P: Brain Fitness week 3	2 10A: TML	3 12P: Lunch 1P: Strength Training 1P: Inspired Afternoons	4
5	6 10A: Creative Writing 10A: TML	7 10A: Photo Club 12P: Lunch 1P: Songbirds Rehearsal 1P: Parkinsons	8 10a-11a: Chair Yoga 10a-12p: Watercolor Paint 2P: Afternoon Tea	9 10A: TML 2PM: Care-giver Support Group	10 12P: Lunch 1P: Strength Training 1P: Inspired Afternoons	11
12 Happy Mother's Day	13 10A: Creative Writing 10A: TML	14 10A: Photo Club 12P: Lunch 1P: Songbirds Rehearsal	15 10a-11a: Chair Yoga 1P: Brain Fitness week 4 5:30p-7p: FREE Senior Dinner	16 Outing: Mainland Shopping. Depart 8:50a ferry 10A: TML	17 12P: Lunch 1P: Strength Training 1P: Inspired Afternoons	18
19	20 10A: Creative Writing 10A: TML	21 10A: Photo Club 12P: Lunch 1P: Songbirds Rehearsal	22 10a-11a: Chair Yoga 12P: Potluck 1P: Brain Fitness week 5	23 10A: TML	24 12P: Lunch 1P: Strength Training 1P: Inspired Afternoons	25
26	27 HOLIDAY	28 10A: Photo Club 12P: Birthday Lunch 1P: Songbirds Rehearsal	29 10a-11a: Chair Yoga 1P: Brain Fitness week 6	30 10A: TML 1P-3P: On Island Outing: Steve Emms wood working workshop tour.	31 12P: Lunch 1P: Strength Training 1P: Inspired Afternoons	

24 Hour Bug or Something You Ate?

BY Carol Simmer, RDN

What seems to be the flu may be foodborne illness, commonly called food poisoning. Mishandling of food, utensils, or cooking/holding temperatures are the leading causes of foodborne illness. Reviewing and following the procedures for food safety can help prevent

45 million foodborne illnesses, 325 hospitalizations and 3000 deaths *each year* according to the CDC!

Hand washing (or not!) is the main culprit in spreading bacteria and viruses. Hand washing rules include: wash in warm, soapy water for 20 seconds before preparing foods and after handling raw meat, poultry and seafood. Always wash your hands after switching tasks such as handling raw food or soiled dishes and then cutting raw vegetables or handling clean dishes or utensils. Separate soiled and clean tasks with hand washing and/or using clean disposable gloves! Remember to wash hands and change gloves after coughing or sneezing and/or touching your face, especially when working around food.

Prevent cross contamination by: storing raw meats **BELOW** cooked foods in the refrigerator so juices don't drip onto other foods; place washed produce into clean storage containers, not back into the original ones; use one utensil to taste and another to stir or mix food; use clean scissors to open bags of food; wear a disposable glove if you have a sore or cut on your hand; and use clean dish cloths and towels **EACH DAY!!**

Cook to Proper Temperatures! Harmful bacteria are destroyed when food is cooked to proper temperatures. A meat thermometer is the only reliable way to ensure safety.

Ground meats 155 degrees
DANGER ZONE for bacteria growth:
41 to 135 degrees.

Steaks/chops 145 degrees

Poultry 165 degrees

Do no keep foods in danger zone more than 4 hours!!

Keep foods above 135 degrees F to serve.

Chill foods promptly and refrigerate below 41 degrees. A refrigerator

thermometer is a **MUST!** For additional information about safe storage and handling of food, go to:

www.homefoodsafety.org or
www.eatright.org

Comments or questions? Contact Carol at csimmer@wccoa.org

May Menu

Tuesday's

May 7:

Ham with Pineapple
Baked Potato Half
Mixed Veggies
Garden Salad
Apple Cake

May 14:

French Dip on Roll
Nantucket Blend Veggie
Coleslaw
Spiced Applesauce

May 21:

Chicken Ruben
Roasted Red Potatoes
Capri Veggies
Applesauce

May 28:

Baked Cod
Scalloped Potatoes
Dinner Blend Veggies
Garden Salad
Tropical Fruit

Friday's

May 3:

Sweet & Sour Meatballs
Brown Rice
Snow Peas
Mixed Green Salad
Fruit Crisp

May 10:

Curry Chicken
Brown Rice
Steamed Broccoli
Spinach Salad
Cranberry Bar

May 17:

Lemon Herb Pork Chops
Rice Pilaf
Nantucket Veggies
Peaches & Pears

May 24:

Beef Stroganoff
Rotelle Pasta
Dinner Blend Veggies
Tropical Fruit

May 31:

BBQ Chicken
Baked Yam Half
Whole Green Beans
Waldorf Salad

MAY 15TH

5:30-7:00PM

**FREE SENIOR DINNER
PREPARED AND
SERVED BY THE ORCAS
ISLAND 4H CLUB**

Caregiver Support Group Begins May 9, 2013

Second Thursday of each month

2pm-3pm

Caregiver is defined as "an individual, such as a physician, nurse, or social worker, who assists in the identification, prevention, or treatment of an illness or disability. An individual, such as a parent, foster parent, or head of household, who attends to the need of a child or dependent adult.

Simply put, caregivers can be daughters, wives, husbands, sons, grandchildren, nieces, nephews, partners, and friends. While some people receive care from paid caregivers, most rely on unpaid assistance from their family members, friends, and/or neighbors.

Caregivers manage a wide range of responsibilities. In your family, for example, a caregiver is the person who buys groceries, cooks, or does laundry. The caregiver may help a care-receiver get dressed, take a shower or take medicine. Perhaps you are talking with doctors, care managers, and managing money or appointments. All of these tasks are "caregiving" for another person.

In small doses, these jobs are manageable. But having to juggle competing caregiving demands with the demands of your own life on an ongoing basis can be quite a challenge.

With the 65+ age group expected to double to 70 million by 2030, family caregivers increasingly provide care for aging parents, siblings, and friends, most of whom have one or more chronic conditions, and who wish to remain in their own

homes and communities as they age. Others belong to the "sandwich generation," caring for children and parents at the same time.

Caring for someone with Alzheimer's Disease, other dementias, or other brain-impairing disorders can be more stressful than caring for someone with a physical impairment. Caring for someone with a cognitive disorder can be a 24/7 job due to the unpredictability of the care recipient's behavior.

Caregivers living in rural settings face unique challenges. These include fewer available formal services, fewer physicians and health education services, transportation difficulties, weather problems in winter, geographic distance and isolation.

For some people, caregiving occurs gradually over time. For others, it can happen overnight. Caregivers may be full-or part-time; live with their loved one, or provide care from a distance. Caregivers provide a wide range of services and, for the most part, are unpaid. Caregivers provide, without pay, the vast majority of healthcare in this

county.

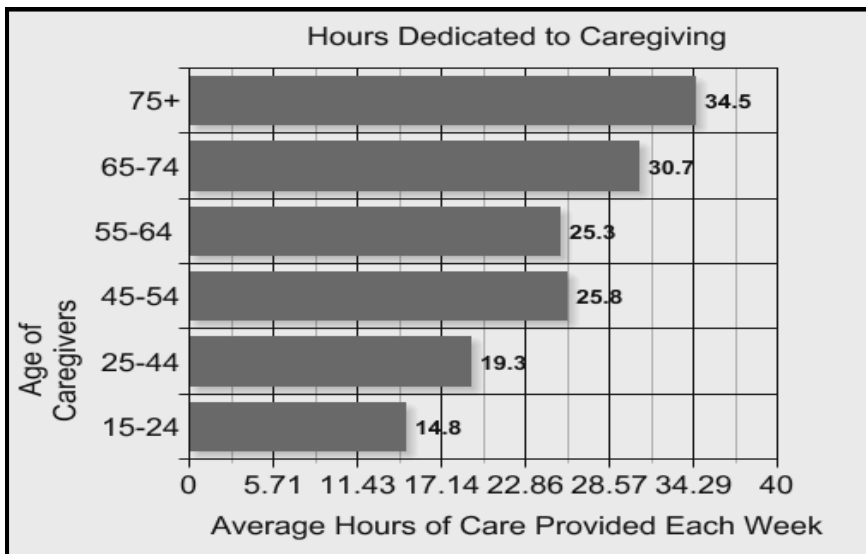
Caregiver services were valued at \$450 Billion per year in 2009. The value of unpaid family caregivers will likely continue to be the largest source of long-term care services in the U.S.

Our support group can offer guidance on:

- ♦ Who to call for legal advice
- ♦ Respite care
- ♦ Financial and insurance information
- ♦ State Medicaid assistance
- ♦ Placement issues
- ♦ Feelings of guilt and anger
- ♦ Veteran's benefits
- ♦ Clinical studies
- ♦ Latest Alzheimer's drugs that are available
- ♦ Companionship
- ♦ Comfort

AND SO MUCH MORE!

We hope you will join us for this monthly meeting and begin the process of caring for yourself as much as you care for those you love.



Help is Just A Call Away

Mobility Equipment: Available for loan, maintained by the Lions Club at the Senior Center. Preferred pick up Wednesday and Friday from 10am-11am.

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

Weatherization Assistance: 1-800-535-5156

Lifeline: 1-800-290-3857

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

SHIBA: Medicare/insurance questions. Volunteers are available at the Medical Center Tues-

days and Fridays by appointment. Call 376-2561

Social Security: 1-800-633-4227

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

DSHS: Low income assistance. 378-4195

Veterans Administration: 1-800-827-1000

Services We Provide

Lunch: Served twice weekly 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 376-2677 to make arrangements.

Life enrichment activities are offered daily at the Senior Center. Check out the calendar on page 4 for details and events.

Lunch Transportation is available. Call the front desk at 376-2677 by 10:00am on lunch days to schedule. Suggested donation is \$2.

Transportation to mainland medical/legal appointments is available. Please schedule appointments on Wednesdays.

- 1st and 3rd Wednesday we will drive to Anacortes, Mt. Vernon and Burlington.
- 2nd Wednesday to Seattle and surrounding areas.
- 4th Wednesday to Bellingham and the immediate surrounding area.

Call Marla at 376-2677 to schedule.

Foot care nurses are available every Tuesday and some Thursdays/Fridays for routine foot care. Reservations are required by calling 376-2677. Cost is \$25.

Case Management services are available. To discuss needs and to schedule an appointment call Marla at 376-2677.

MOTHERS DAY

MAY 12TH!!!

Your Mother is Always With you . . .

Your mother is always with you...

She's the whisper of the leaves

As you walk down the street.

She's the smell of bleach

In your freshly laundered socks.

She's the cool hand on your brow

When you're not well.

Your mother lives inside your laughter.

She's crystalized in every tear drop.

She's the place you came from,

Your first home . . .

She's the map you follow

With every step you take.

She's your first love

And your first heart break...

And nothing on earth can separate
you.

Not time. Not space...

Not even death...

Will ever separate you

From your mother...

You carry her inside of you.

(Author Unknown)

MEMBERSHIP RENEWAL

It's that time again! Membership renewal is due for the 2013/14 year. Membership is good from July 1, 2013-June 30, 2014. The annual membership of \$15 per person or \$25 per couple goes to support the Senior Transportation Program which is managed by the Senior Services Council. This serves to maintain the mechanics of the vans, gas, insurance fees, registration fees, ferry fare assistance, and trip assistance.

In addition to the membership fee, we are hoping you will consider an additional contribution which will be used exclusively by the Orcas Senior Center. The Orcas Senior Center uses these contributions for regular operating expenses, programming costs, activities, and events. We look forward to announcing contributor benefits in the June newsletter and thank you in advance for your continued support.



Join Us—Renew Your Membership - Make a Contribution

YES! I/we want to renew our membership in Senior Services of San Juan County for the 2013/14 membership year. Enclosed is my membership of:

- ☐ Individual membership (\$15)
☐ Couple membership (\$25)

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

- | | |
|---|--|
| <input type="checkbox"/> \$500 Raving Fan | <input type="checkbox"/> \$50 Advocate |
| <input type="checkbox"/> \$250 Benefactor | <input type="checkbox"/> \$25 Nurturer |
| <input type="checkbox"/> \$100 Sustainer | <input type="checkbox"/> \$ _____ |

Last Name _____ First Name _____

Birthday _____ Email _____

Spouse/partner _____

Birthday _____ Anniversary _____

Phone (____) _____ Address _____

Street or PO Box

City _____ State _____ Zip _____

**Send your tax deductible contribution & membership to:
 Orcas Senior Center—PO Box 18—Eastsound, WA 98245**

May Birthday's

Joy Bennett—2
Anne Boone—2
Gwyneth Burrill—5
Buzz Casson—18
Lois Cornell—12
Bill Felber—22
Erv Harlacher—19
Beverly Jensen—25
Irene McKinley—26
Joan Miller—7
Jim Munson—16
Barbara Otis—11
Philomena Robinson—22
Rose Schreiber—5
May Shiozawa—5
Beverly Slater—16
Harvey Smith—10
Jim Sutherland—14
Mac Trunkey—11
Tom Tweddell—24
June West—8
Linda Wilkins—12
Mark Wilkins—29
Arthur Winer—5
Judy Winer—14
Sue Wood—15

**Birthday lunch will be celebrated
May 28th!**



Dementia Care for Caregivers

Thursday

May 30, 2013

1:00pm-5:00pm

Eastsound Fire Station

Qualifies for 4 hours DSHS approved continuing education.

Class size limited.

To register call Sally Coffin, RN at 376-9017

Caregiver education funded by Lahari

We Need You!!

**Front desk volunteers
Advisory Committee Members
Class facilitators
Project leaders
Office Assistance
Drivers**

Senior Services Council of San Juan County
Orcas Island Senior Center
62 Henry Road
P.O. Box 18
Eastsound, WA 98245

Phone: 360-376-2677

Non-Profit Organization US Postage PAID Permit #10 Eastsound, WA 98245
--

Check Us Out on the WEB!
Orcasseniors.org

Orcas Senior Center

Nonprofit Status

The Senior Services Council of San Juan County, Orcas Island Branch operates as a 501 (c) 3 corporation. Donations are tax deductible within the limits of the law.

Newsletter

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. It is also available on our website.

Mail submissions to: PO Box 18, Eastsound, WA 98245

Your Staff

Marla Johns, M.S., BSW
Orcas Senior Services Coordinator
360-376-2677
marlaj@sanjuanco.com

Jay Savell, Cook
360-376-2677

Joyce Rupp
Project Manager
360-370-0591

Orcas Advisory Committee

Chair: Stephen Bentley
Lois Cornell
Mary Greenwell
Penny Hawkes
Irene O'Neil
Hawley Roddick
Caroline Scott
Michele Streich
Jack Titus
Magdalena Verhasselt
Judy Zimmerman

Jane Heisinger,
Asst. To Advisory Committee
Betsy Louton,
Hearts & Hands Coordinator

SENIOR SIGNAL



Memberships Are Due

The 2013–14 membership year has begun, effective July 1, 2013. Have you turned in your membership form yet? If not, this could be your last chance to get the newsletter mailed to you!

In an effort to “clean up” an old and outdated newsletter mailing list, we are urging you to make sure you let us know if you want to continue receiving the newsletter by mail. We presently have over 800 names on the mailing list and, as you can imagine, this really adds up. Please make sure on your membership renewal form that you let us know how you would like to receive your newsletter going forward. We have three options for you: (1) mail, (2) email, (3) you can view it online at www.orcasseniors.org.

Make sure we hear from you soon . . . we don’t want to lose you!

INSIDE THIS ISSUE

Memberships	1
Hidden Health Concerns of Older Men	1
Alerts for Seniors	2
Calendar	3
Men’s Health (cont)	4
Membership Form	5
Who We Are/What We Do	6
About Us	7

“Research shows that there are large gaps in what older men want and what they get when they visit healthcare providers.”

Hidden Health Concerns of Older Men

By Stephen Bentley, Orcas Advisory Committee Chair

Recent research shows that there are large gaps in what older men want and what they get when they visit health care providers.

If you scan a doctor’s brochure rack or search “men’s health” on the internet you will likely see common topics, such as heart disease and prostate cancer. These are, of course, important things to know about. But apparently they do not address the most common health concerns of

older men?

What Men Really Want

A study by the National Institutes of Health, Institute on Aging asked 5000 randomly selected men aged 55 to 97 about their health concerns. Close to half of the men surveyed answered the questions. The results were reported a few months ago in *Medicare Made Easy* a blog published by the United Healthcare Insurance Company.

Please see *Great Articles* on page 4

Serious Alerts for Seniors



TELEPHONE SCAM ALERT

A number of “scams” have been brought to our attention in the past few weeks which should be brought to your attention.

Seniors are receiving telephone calls from someone claiming to represent Medicare. He/she will give a story that information is needed for your Medicare to remain valid. They make the situation sound very serious and urgent. During the conversation the person may ask for your address, bank account information, social security number, or other identifying information.

CAREGIVER AND CONTRACTOR ALERT

This is important information you need to know if you use a housekeeper or caregiver paid a routine scheduled income. Unless they can provide the following: carry a minimum \$5,000 bond, submit a current Washington State background check every 12 months, and a UBI number (business license) they are NOT considered to be bona fide private contractors.

They can be fined and you are considered to be the employer unless they are an actual relative. Unsuspecting seniors just trying to get help at home are being subjected to penalties due to non-compliance with Labor & Industries, unemployment, IRS tax issues with retroactive consequences. This is happening frequently to seniors using caregiver lists or private individuals.

Also, it is mandatory that an accurate journal or Activities of Daily Living (ADL) notebook be maintained in the home. This is the clients property and should remain in your possession. You are entitled to receive a statement describing all work related costs. Both are considered to be lawful documents.

It was recently reported on a NW news channel

Medicare WILL NOT call you to obtain information.

The other scam involves someone making contact claiming you are going to receive a free Life Alert/Medic Alert system. Again, in the course of the conversation the caller will want to obtain information about you.

As a general rule DO NOT GIVE OUT ANY PERSONAL INFORMATION TO AN INCOMING CALLER. If you did not make or initiate the phone call, they do not need your information.

that home-owners are being dropped by their insurance companies and are finding it more than difficult to get re-insured by another. You can be affected if there is a claim brought about by someone injured unless that person is totally compliant with regulations regarding domestic workers.

Another matter is what to pay in-home workers. Agencies that hire employees charge too much and the workers don't earn a decent wage. Housekeepers average \$10 to \$12 an hour; caregivers about \$13 – \$15 an hour, 24 hour shift work about \$145 depending on the difficulty of care. You should always negotiate what is affordable balance by what the market will bear, especially in a rural community where most seniors live by simple standards.

The most important thing is to utilize only domestic helpers that are willing to protect you and themselves by being lawfully compliant.

*Source: Denise Zamora, elder care advocate.
Published in John McKeon monthly newsletter.
For further information call 360-724-4456*

July 2013 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10am: TML	2 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal 1pm: Parkinsons support group	3 10am-11am: Chair Yoga 11am: Watercolor Painting Group	4 10am: TML	5 12pm: Lunch 1pm: Crafty Afternoons 1:30pm: Strength Training	6
7	8 10am: TML	9 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	10 10am-11am: Chair Yoga 2pm: Afternoon Tea 4pm: Advisory Committee Meeting	11 10am: TML	12 12pm: Lunch 1pm: Crafty Afternoons 1:30pm: Strength Training	13
14	15 10am: TML	16 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	17 10am-11am: Chair Yoga 11am: Watercolor Painting Group	18 10am: TML Outing: Mainland Shopping Depart 8:50am ferry	19 12pm: Lunch 1pm: Crafty Afternoons 1:30pm: Strength Training	20
21	22 10am: TML	23 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	24 10am-11am: Chair Yoga 12pm: Potluck	25 10am: TML Outing: Burnaby Park, Vancouver, BC - Cost: \$30	26 12pm: Lunch 1pm: Crafty Afternoons 1:30pm: Strength Training	27
28	29 10am: TML	30 10am: Photo Club 12pm: Lunch 1:30pm: Wit, Wisdom and Wily Ways Storytelling	31 10am-11am: Chair Yoga	<p><i>The Burnaby Village Museum & Carousel is both a themed attraction and professional museum. It provides a visitor experience as well as acting as a heritage resource for Burnaby, the Lower Mainland and the Province of BC. It is a community museum with an outdoor collection and exhibit areas along with an archives, gift shop, gallery, collection storage and community meeting spaces. The Burnaby Village Museum fosters a shared sense of community identity for the citizens of Burnaby and visitors alike. It encourages understanding, appreciation and enjoyment of and participation in Burnaby's unique history. DEPART ON THE 7:15AM FERRY. RETURN ON THE 9:00PM FERRY. You are on your own for meals.</i></p>		

The NIH study shows that the top three health concerns of older men are:

1. **Mobility impairment**
2. **Memory loss**
3. **Medication side effects**

Concerns about vision loss, hearing loss and falls closely follow the top three. The other leading issues included; incontinence, energy loss, anxiety and depression.

It somewhat surprised to me that health issues linked to independence and quality of life are the most important to older men. I thought illnesses like cancer, diabetes or heart disease would top the list. Interestingly, the NIH men's health results are not very different from what older women said they were most concerned about in a similar Canadian survey published in the *Canadian Medical Association Journal* in 2005.

What Doctors Do

The NIH study also showed that men's top health concerns tend to be topics that are not being discussed with their health care providers. These quality of life topics have the lowest screening or counseling rates. For example, only 13% of the men answering the survey said their doctor gave them information about risk factors and screening for mobility impairment. Just 9% said they got this information about memory loss. Most men also reported that incontinence, energy, anxiety and depression issues, their other top health concerns, received too little attention in the doctor's office.

Why do these information gaps exist? It may be difficult for both patients and doctors to bring up what can be sensitive topics. In addition, doctor visits can be too short to get into this type of

discussion and, unfortunately, all indications are that patients are likely to receive less one-on-one time with their health care providers in the future. The NIH researchers conclude that health care needs a new approach to adequately address the real health concerns of older adults.

What You Can Do

The patient-doctor relationship is a two-way street. You will get the most benefit from your doctor visits when you are engaged.

Do as much preparation as you can before your doctor visits. You may want to make a list of the things you want to talk about as well as a list of your medications and dosages. You can also read up on any health concerns you have. This may help you decide what questions you want to ask.

When discussing sensitive subjects with your doctor:

- Be open and honest.
- Use brochures or booklets to help introduce topics that may feel awkward.
- Use the Explain Back/Teach Back method. After the doctor tells you about your concern, diagnosis or a procedure explain back to the doctor what you think he or she said. This will allow you to check to see if you understood the information correctly and allow doctor to clarify anything you may have misunderstood.
- If you feel your doctor isn't taking your concerns seriously, you may want to change doctors.

Your health concerns deserve your doctor's attention—and yours. Many of your concerns may be prevented or treated. But first they have to be revealed.

MEMBERSHIP RENEWAL

Yes! I/we want to renew our membership in the Senior Services of San Juan County for the 2013/14 membership year. Enclosed is my membership of:

- ☐ Individual membership (\$15)
- ☐ Couple membership (\$25)

I wish to make an additional contribution to support the Orcas Island Senior Center:

- ☐ \$500 Raving Fan
- ☐ \$250 Benefactor
- ☐ \$100 Sustainer
- ☐ \$50 Advocate
- ☐ \$25 Nurturer
- ☐ \$

Last Name: _____ First Name: _____

Birthday: _____ Phone: _____

Spouse/partner:

Birthday:
 Anniversary:

I wish to receive the newsletter via:

- ☐ Email: _____
- ☐ Mail: _____
Street or PO Box

City State Zip
- ☐ Do not send the newsletter, I will read it online at www.orcasseniors.org

Send your tax deductible contribution & membership to:
Orcas Senior Center—PO Box 18—Eastsound, WA 98245

It's that time again! Membership renewal is due for the 2013/14 year. Membership is good from July 1, 2013-June 30, 2014. The annual membership of \$15 per person or \$25 per couple goes to support the Senior Transportation Program which is managed by the Senior Services Council. This serves to maintain the mechanics of the vans, gas, insurance fees, registration fees, ferry fare

assistance , and trip assistance.

In addition or in lieu of the membership, we are hoping you will consider an additional contribution which will be used exclusively by the Orcas Senior Center. The Orcas Senior Center uses these contributions for regular operating expenses, programming costs, activities, and events. We thank you in advance for your continued support.

Help is Just A Call Away

Mobility Equipment: Available for loan, maintained by the Lions Club at the Senior Center. Preferred pick up Wednesday and Friday from 10am-11am.

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

Weatherization Assistance: 1-800-290-3857

SHIBA: Medicare/insurance questions. Volunteers are available at the Medical Center Tues-days and Fridays by appointment. Call 376-2561

Lifeline: 1-800-290-3857

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

Social Security: 1-800-633-4227

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

Veterans Administration: 1-800-827-1000

Services We Provide

Lunch: Served twice weekly at each Senior Center. Orcas Is-land serves lunches on *Tues-days & 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 376-2677 to make arrangements.

Life enrichment activities are offered daily at the Senior Center. Check out the calendar on page 4 for details and events.

Lunch Transportation is available. Call the front desk at 376-2677 by 10:00am on lunch days to schedule. Suggested donation is \$2

Transportation to mainland medical/legal appointments is available. Please schedule appointments on Wednesdays.

- ☐ 1st & 3rd Wednesday we will drive to Anacortes, Mt. Vernon and Burlington
- ☐ 2nd Wednesday to Seattle and surrounding areas
- ☐ 4th Wednesday to Bellingham and the immediate surrounding area.

Call Marla at 376-2677 to schedule and to inquire about cost.

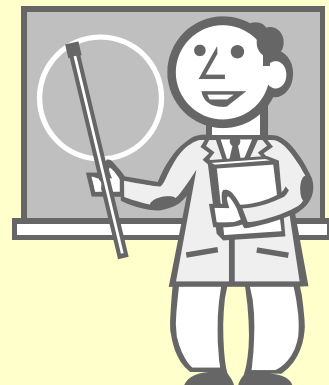
Foot care nurses are available every Tuesday and some Thurs-days/Fridays for routine foot care. Reservations are required by calling 376-2677. Cost is \$25.

Case Management Services are available. To discuss needs and to schedule an appointment, call Marla at 376-2677.

Teachers Wanted

The Orcas Senior Center has been the recipient of a generous donation from OCF. The donation makes it possible to present classes, workshops and seminars to our members at little or no cost. If you or someone you know has a special talent and would be willing to instruct a class or workshop for us, please have them call Marla at 376-2677.

Instructors will be paid for their time and materials will often be provided as well.



Senior Services of San Juan County
Orcas Island Senior Center
P.O. Box 18
62 Henry Rd.
Eastsound, WA 98245
360-376-2677

Non Profit
Organization
US Postage
PAID
Permit #10
Eastsound, WA
98245

Orcas Senior Center

Nonprofit Status

The Senior Services Council of San Juan County, Orcas Island Branch operates as a 501 (c)3 corporation. Donations are tax deductible within the limits of the law.

Newsletter

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. It is also available on our website.

Mail submissions to: PO Box 18, Eastsound, WA 98245

Your Staff

Marla Johns, M.S., BSW
Orcas Senior Services Coordinator
360.376.2677
marlaj@sanjuanco.com

Jay Savell, Cook
360.376.2677

Joyce Rupp
Project Manager
360.370.0591



Orcas Advisory Committee

Chair: Stephen Bentley
Lois Cornell
Mary Greenwell
Penny Hawkes
Irene O'Neil
Hawley Roddick
Caroline Scott
Michele Streich
Jack Titus
Magdalena Verhasselt
Judy Zimmerman

Jane Heisinger,
Asst. to Advisory Committee

Betsy Louton,
Hearts & Hands Coordinator

Senior Signal

August 2013

Our “Royal Baby” Needs A Name

It's not just our friends across the pond who have a new royal baby, the Orcas Senior Center does too. Our new “royal addition” to our fleet of vans has arrived on Orcas and he/she needs a name! The new van carries 10 passengers in seats or 8 passengers in seats and 2 wheelchairs. It joins the other vans: Big Red, White Whale and White Knight.

Please stop by the Senior Center and write your Name Choice down on the white board in the entry way. People can then vote on their favorite name. On August 30, the votes will be added up and the winner will be announced at Senior Lunch that day. Don't forget to put down your name next to your Name Choice, and the winner will win a \$25 gift certificate to Island Market!!!



INSIDE THIS ISSUE

- 1 Royal Baby & August Is . . .
- 2 Full Bank Account & Safety Information
- 3 New Trips & New Classes
- 4 Calendar
- 5 Menu & Music
- 6 Medicare Supplement
- 7 Medicare (cont) & Services We Provide
- 8 Who We Are

August is . .

The month of August brings us some bizarre and unique holidays. August is : Admit you're happy month, family fun month, national catfish month, national eye exam month, national golf month, peach month, romance awareness month, water quality month and national picnic month.

If that isn't enough for you, there are also weekly events in August. Week 1 is national simplify your life week. Week 2 is national smile week. Week 3 is friendship week. Week for is be kind to humankind week.

You can also choose to celebrate special and wacky days. Here are some of our favorites:

- 8/1 national raspberry cream pie day
- 8/4 friendship & international forgiveness day
- 8/5 work like a dog day
- 8/8 sneak some zucchini onto your neighbors
- 8/10 lazy day
- 8/13 left handers day
- 8/17 national thrift shop day
- 8/21 senior citizens day**
- 8/22 national tooth fairy day
- 8/25 kiss and make up day
- 8/26 women's equality day
- 8/28 race your mouse day
- 8/31 national trail mix day

Rest assured that whatever you wish to celebrate, there will be a day to do it this year!

The secret to a full bank account

A 92-year-old, small, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home today.

His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window. I love it,' he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

Mr. Jones, you haven't seen the room; just wait.'

'That doesn't have anything to do with it,' he replied.

Happiness is something you decide on ahead of time.

Whether I like my room or not doesn't depend on how the furniture is arranged ... it's how I arrange my mind. I already decided to love it. 'It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away. Just for this time in my life.

Old age is like a bank account. You withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories!

Thank you for your part in filling my Memory Bank. I am still depositing.

'Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.



Submitted by Beth Jurgensen via email

Did you know . . .
**Senior Citizens are the fastest
growing demographic on
Facebook?**

A Message About Safety

At a recent town-hall meeting, questions and answers about home security were answered by island experts. The panel included: Kevin O'Brien, Orcas Fire Chief; Bruce Distler, San Juan Sheriff's Office Undersheriff; and Paul Turner, Fire Marshal. Out of that meeting, island residents are encouraged to be proactive in their home safety. A few tips include . . .

- ☐ Know your neighbors. Exchange phone numbers and contact information.
- ☐ If you see anything out of the ordinary, contact law enforcement. Have as much information as you can safely get. Try to observe license plate numbers, descriptions of vehicles and persons and behavior that may seem out of the norm.
- ☐ Keep your home and vehicles locked . . . both when you are home and when you are away.
- ☐ Having a well-lit home may help to deter unwanted guests. Keep exterior lights on when it is dark and think about changing to brighter watt bulbs.
- ☐ Clear leaves and debris from gutters, eaves, porches and decks.
- ☐ Remove dead vegetation within 10 feet of your home.
- ☐ Remove anything stored underneath decks or porches.
- ☐ Remove flammable materials (firewood stacks, propane tanks, etc.) within 30 feet of your home's foundation and outbuildings.
- ☐ Have trees trimmed so that lowest branches are 6-10 feet from the ground.
- ☐ Keep your lawn hydrated and maintained. Dry grass and shrubs are fuel for wildfire.

More information on being "fire wise" is available on the Orcas Island Fire and Rescue Website (www.orcasfire.org).

Trips!

Scenic Trip & Potluck Picnic to Mt. Baker

August 8th

Depart: 7:15am ferry – Return 7:20pm ferry

Cost: A Potluck Dish to Share

Mainland Shopping

August 15th

Depart 8:50am ferry – Return 3:50pm ferry

Cost: \$10

Scenic Trip & Potluck Picnic to Mt. Constitution

August 29th

Depart Senior Center at 10:30am

Cost: A Potluck Dish to Share



OVERNIGHT

Seattle and Chihuly Glass Museum

Depart 8:50am ferry on August 26

Return 3:50pm ferry on August 27

Cost: \$250 single occupancy or

\$150 double occupancy

Cost includes hotel room, ferry fare, gas and admission to the glass museum. Breakfast is provided by the hotel. Attendees will be on their own for other meals and free to visit other city sites as they choose. We will leave the hotel at 10:30am on August 23rd to return to Orcas Island.

Visit the Orcas Island Senior Center booth at the Library Book Fair

The crafts group has been hard at work making wonderful treasures to be sold at our \$5 table! That's right, everything will be sold for only \$5. Come by for some shopping and to say hello.

August 10th

10:00am-3:00pm

On The Library Grounds

New Classes!

Art Journaling

1st Class: August 8th

1:00pm-3:00pm

Cost: FREE

Art journaling is combining art and writing....it is a way to express yourself in art and words through a multitude of art techniques and experiences. I have many ways that I could tailor a class, but the one that I have been most thinking about doing is to create a journal, binding and all and then adding the journaling pages. It will be done over a period of time. The first session would be to create the cover and binding. Then the next sessions would be to create art on each page in the journal, adding some writing and then binding those pages into the handmade journal. It is a lot of fun and stress free. No art experience is necessary. The writing is minimal and enhances the journal page. Sometimes there is no writing and sometimes one writes and then covers it all up with art. After the sessions are done, the participants have a completed journal. The class will be offered the second Thursday of each month.

Power of Storytelling

August 19, 21, 26 and 28

11:00am

Cost: FREE

Professional Storytellers Nancy Wang and Robert Kikuchi-Yngojo of Eth-Noh-Tec will teach the fine art of storytelling. Anyone who wishes to have fun and explore and to enhance their performance to a higher level of effectiveness is welcome. You will experience a more powerful and emanating stage presence centered around the physical narrative of storytelling.

Intensify your power on stage.

Weave music, choreography, gesture with the language of story.

Move your creative writing from "page to stage."

Transform ordinary storytelling into extraordinary performance!

Orcas Story Fest starts July 29th. come see the events and especially the panel discussion and storytelling "Why Stories? Why Sing?" on **Friday August 2nd** at 7:30pm at **the** Senior Center to get a taste of the power of storytelling. Get inspired!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUGUST			July 30: 1:30pm: Orcas Story Fest: "Wisdom, Wit, and Wily Ways" FREE	1 10am: TML	2 9:30am-10:30am Yoga. FREE 12pm: lunch 1pm: crafty afternoon 7:30pm: Orcas Story Fest. FREE	3
4	5 10am: TML	6 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	7 10am-11am: Chair yoga FREE 11am: Watercolor painting group	8 10am: TML 1pm-3pm: Art Journaling Class. FREE Mt. Baker trip. Potluck lunch. Depart 7:15am ferry	9 9:30am-10:30am Yoga. FREE 12pm: lunch 1pm: crafty afternoon	10 10am-3pm: Senior Center booth at the Library Book Sale.
11	12 10am: TML	13 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	14 10am-11am: Chair yoga. FREE 2pm: Afternoon Tea 4pm: Advisory Committee Meeting	15 10am: TML Mainland shopping. Depart 8:50am ferry. \$10	16 9:30am-10:30am Yoga. FREE 12pm: lunch 1pm: crafty afternoon	17
18	19 10am: TML 11am: Power of Storytelling class. FREE	20 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal 1pm: Parkinsons Support Group	21 10am-11am: Chair yoga FREE 11am: Power of Storytelling class. FREE	22 10am: TML	23 9:30am-10:30am Yoga. FREE 12pm: lunch 1pm: crafty afternoon 1pm: Music Fest @ Orcas Center FREE (see pg. 5)	24
25	26 10am: TML 11am: Power of Storytelling class. FREE OVERNIGHT trip to Seattle Depart 8:50am ferry. See pg. 3 for details.	27 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	28 10am-11am: chair yoga FREE 11am: Power of Storytelling class. FREE 12pm: Potluck	29 10am: TML Mt. Constitution trip. Potluck lunch. Depart 10:30am.	30 9:30am-10:30am Yoga. FREE 12pm: lunch 1pm: crafty afternoon	31

August Menu

MON	TUESDAY	WED	THU	FRIDAY
			1	2 Chef Salad Fresh Fruit Oatmeal Bread
5	6 Florentine Fish Scalloped Potato Brussels Sprouts Garden Salad Cranberry Bars	7	8	9 Italian Sausage Link Macaroni & Cheese Steamed Broccoli Florets Garden Salad Apricot Halves
12	13 Scallop & Shrimp Pasta Italian Blended Veggies Garden Salad Wheat Breadstick Fresh Fruit	14	15	16 Swiss Steak Mashed Potatoes & Gravy Blended Vegetables Broccoli Bacon Salad Fruited Jello
19	20 Salmon Filet Baked Potato Green Beans Garden Salad Tropical Fruit	21	22	23 Shrimp Salad Fresh Melon Apple Cake
	27 Birthday Celebration Pot Roast Mashed Potatoes & Gravy Steamed Baby Carrots Garden Salad Fruit	28	29	30 Herb Baked Pork Chops Garlic Dill Red Potatoes Petite Green Beans Garden Salad Applesauce

**menu subject to change without notice

Mark Your Calendar For Classic Music August 23!

The Orcas Island Chamber Music Festival is delighted to invite all Orcas Seniors to a special program Friday, August 23 at 1:00 pm at Orcas Center. "Open Rehearsal for Seniors" will feature music from the Festival's finale, *Czech Mate*, by the beloved composer Antonin **Dvořák**. Artistic Director and violist Aloysia Friedmann will welcome you and provide entertaining information about the music and the musicians. Performing will be renowned artists, including three Concertmasters: Margaret Batjer, Martin Chalifour and William Preucil, in addition to Aloysia Friedmann, Alexandra Preucil, Eric Kim and Jon Kimura Parker! This Program is being sponsored through the generosity of Susan McBain and Steve Jung, as well as Kathryn Zufall, Zufall Family Foundation, as a tribute gift honoring Martin Friedmann. We value the support of island and visiting seniors who have consistently demonstrated their loyalty to the Festival as audience members and donors. This special and unique behind the scenes performance is a musical way to say thank you!

Admission is free, but courtesy tickets are required. Please reserve your seat through the Orcas Island Senior Center or online at www.oicmf.org. If you have questions, call the OICMF office at 376-6636. The Orcas Island Chamber Music Festival takes place August 9 through 24. Please visit our web site to see the complete concert schedule for this exciting and popular two-week Festival.

Do You Need to Supplement Medicare?

**By
Stephen Bentley**

If you participate in traditional, fee-for-service Medicare, you may want to purchase a Medicare Supplement insurance policy, also known as Medigap insurance.

Traditional fee-for-service Medicare consists of Part A (which pays a portion of your hospital costs), Part B (which pays a portion of your doctor bills and certain medical equipment costs), and Part D (which provides prescription drug coverage).

Medicare Supplement plans pay for the coverage “gaps” in traditional Medicare Parts A & B. For example, when you are admitted to a hospital, you must pay the first \$1,184 in costs before Medicare begins paying. This “gap” will be paid for by most (but not all) of the Medigap plans available.

An alternative to traditional Medicare is known as Medicare Advantage. If you participate in such a plan, you do not need and may not purchase a Medicare Supplement policy.

Introduction to Medigap Policies

In Washington and most other states, there are ten standardized Medigap plans. Eligible participants are not required to purchase a policy, but many do so to protect themselves from healthcare costs not covered by traditional Medicare alone.

The ten Medigap plans offered are identified by a letter: A, B, C, D, F, G, K, L, M and N. These plans are standardized; that is, similarly labeled plans must offer the same coverage. For example, two companies selling Plan F are offering the exact same product with the exact same benefits.

Insurance companies, however, are not required to charge the same price for the standardized plans nor offer all 10 plans. In fact, there is considerable variance among companies regarding premium costs and plans offered. This is where a knowledgeable advisor can help.

Medigap Eligibility

Three months before, the month of, and three months after the month in which you turn age sixty-five is the seven month Medigap “open enrollment period.” During this time, you may enroll in any Medigap plan regardless of a pre-existing health condition (during this period, the policy is known as “guarantee issue”).

If you are not in your open enrollment period insurance companies may refuse to issue you a policy due to a pre-existing condition. However, underwriting guidelines vary widely among insurance companies and a few will issue policies to all applicants regardless of whether or not the applicant is in an open enrollment or “guarantee issue” period.

It is very important to understand what a Medigap policy covers and what it does not cover. For example, Plan A does not cover any of the costs of a stay in a skilled nursing facility.

Common Mistakes:

Careful planning can help you avoid the three biggest mistakes participants make with regards to their Medigap plan:

1. Failing to buy a policy. Many new participants do not realize that Medicare does not pay for all their health-care costs.
2. Dropping a policy without carefully considering other alternatives. In some cases, a lower-cost, high-deductible policy is better than no coverage at all.
3. Buying a low-cost Medigap plan that does not provide adequate protection. Plan A may seem attractive due to its low monthly premium, but it can be a very costly choice.

It's important to plan carefully before selecting a Medigap plan. Work closely with a knowledgeable advisor.

(continued page 7)

Medicare Supplement – *continued*

Here are seven planning tips that can help assure you have adequate coverage at a competitive price:

1. Comparison shop. Monthly premiums vary widely among insurance companies.
2. Study the types of Medigap plans available very carefully. Not all may be available. Select the one that gives you the right combination of adequate coverage and a competitive price.
3. Don't delay purchasing a Medigap policy beyond your seven-month open enrollment period. At that time, you have the broadest possible choice. Obtain quotes from as many different companies as possible.
4. Don't buy just because you are familiar and comfortable with the insurance company. The best-known company in the area does not necessarily offer the best plan for you or the best price.

5. Be proactive when it comes to keeping your current policy. Once a year, consider whether your current policy still makes sense. Does it provide adequate coverage? Is its price competitive?
6. Consider moving from one plan to another if it makes sense. For example, you may move from Plan F to Plan G—the coverage difference is small. It might make sense if the premium savings are greater than the benefits lost by changing plans. Plan G does not cover the Part B annual deductible (\$147 in 2013), but is similar to Plan F in all other aspects.
7. Plan F is available with a high-deductible option. Is it for you? For some older Medicare beneficiaries, the premium savings exceeds the deductible and the savings can be significant.

Finally, think carefully about your Medicare coverage. Seek advice if necessary. During an acute illness or after an injury is not the time to find out that you are not properly covered by a Medigap plan.

HELP IS JUST A CALL AWAY

Mobility Equipment is available for loan, maintained by the Lions Club, at the Senior Center. Preferred Pick up Wednesday & Friday from 10am-11am.

Special Needs Fund has limited emergency assistance when no other funds are available. Call Marla for information at 376-2677

Weatherization Assistance 1-800-290-3857

SHIBA volunteers are available at the Medical Center Tuesday's and Fridays by appointment. Call 376-2561

P.A.L. offers assistance with electrical costs. Call OPALCO at 376-3552 for eligibility requirements and to apply.

Social Security 1-800-633-4227

Hearts & Hands offers trained volunteers to provide 1-2 hours per week of practical assistance such as respite, errands, housework, meal preparation, shopping and companionships. Call Betsy Louton at 376-7723 for information.

Veterans Administration 1-800-827-1000

SERVICES WE PROVIDE

Lunch is served twice weekly 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 376-2677.

Lunch transportation is available. Call the front desk at 376-2677 by 10:00am on lunch days to schedule.

Transportation to mainland medical/legal appointments is available. Please schedule appointments on Wednesdays as follows:

- 1st & 3rd Wednesday to Anacortes, Mt. Vernon & Burlington
- 2nd Wednesday to Seattle and surrounding area
- 4th Wednesday to Bellingham and surrounding area

Call Marla at 376-2677 to schedule.

Foot care nurses are available every Tuesday and some Thursdays/Fridays for routine foot care. Reservations are required by calling 376-2677. Cost is \$25.

Case Management services are available. To discuss needs and schedule an appointment call Marla at 376-2677.



360-376-2677

www.orcasseniors.org

Senior Services of San Juan County
Orcas Island Senior Center
P.O. Box 18
62 Henry Rd.
Eastsound, WA 98245

NON PROFIT
ORGANIZATION
US POSTAGE
PAID
Permit #10
Eastsound, WA
98245

ORCAS SENIOR CENTER

NON PROFIT STATUS

The Senior Services Council of San Juan County, Orcas Island Branch, operates as a 501(c)3 corporation. Donations are tax deductible within the limits of the law.

NEWSLETTER

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. It is also available on our website.

Mail submissions to: PO Box 18, Eastsound, WA 98245

YOUR STAFF

Marla Johns, M.S., BSW – Orcas Senior Services Coordinator
(360)376-2677 or by email: marlaj@sanjuanco.com

Jay Savell – Cook
(360)376-2677

Joyce Rupp – Project Manager
(360)370-0591 or by email: joycer@sanjuanco.com

Orcas Advisory Committee

Chair: Stephen Bentley
Lois Cornell
Mary Greenwell
Penny Hawkes
Hawley Roddick
Caroline Scott
Michele Streich
Jack Titus
Magdalena Verhasselt
Judy Zimmerman

Jane Heisinger, Asst. to Advisory Committee

Betsy Louton, Hearts and Hands Coordinator



Senior Signal

September 2013

It's Been One Year!

by: Marla Johns, Orcas Senior Services Coordinator

It is hard to believe but it has been one year since I started my position as the Coordinator at the Orcas Senior Center. What a whirlwind it has been! I feel really good about where we are one year later, and I feel energized thinking of what I hope to accomplish in the next few years.

The things this year that I am most proud to say we have accomplished are:

- An expanded life enrichment calendar to include a minimum of one activity or event each day.
- Receipt of a generous grant from OICF specific to Life Enrichment programming.
- Coordination and implementation of the Orcas CARES Partnership.
- Completion of the TCARE assessment training (this program allows for access to Family Caregiver Support funding).

- Reformat newsletter to include an electronic format. This both reduces the expense of production and postage as well as expands the audience.

I look forward to an even brighter future at the Orcas Senior Center. In the coming months/years, I intend to:

- Expand our volunteer base.
- Develop a plan to better organize, screen and assist in training island caregivers.
- Continue in developing, expanding and strengthening our life enrichment programming.
- increase meal service and meals on wheels
- develop a respite and/or "adult day care" program.

I want to thank you for welcoming me with such open arms, both in the community and at the Senior Center. I have enjoyed getting to know so many of you and you have made the transition to Orcas Island a real joy. I just can't wait to see what the next year brings and I am honored to share this time with all of you.

INSIDE THIS ISSUE

- 1 It's Been One Year
- 2 Ever Wonder? & Highlighting Audiology
- 3 What's Happening
- 4 Activity Calendar
- 5 Nutrition information
- 6-7 Joint Replacement
- 7 Local Services & What We Do
- 8 Election Nomination Form

You Voted . . . We Counted



**Her Name:
Beluga**

Ever Wonder ?



Why the sun lightens our hair,
but darkens our skin?

Why women can't put on
mascara with their mouth
closed?

Why don't you ever see the headline "Psychic
Wins Lottery"

Why is 'abbreviated' such a long word?

Why is it that doctors call what they do 'practice'?

Why is lemon juice made with artificial flavor, and
dish washing liquid made with real lemons?

Why is the man who invests all your money called
a broker?

Why is the time of day with the slowest traffic
called rush hour?

Why isn't there mouse-flavored cat food?

Why didn't Noah swat those two mosquitoes?

Why do they sterilize the needle for lethal
injections?

You know that indestructible black box that is used
on airplanes . . . why don't they make the whole
plane out of that stuff?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all
stuck together?

If con is the opposite of pro, is Congress the
opposite of progress?

If flying is so safe, why do they call the airport the
terminal?

Did you know . . .

**Adults age 65+ make up 16.1% of
the U.S. workforce!**

Highlighting Audiology!

Stacie Baisch earned a Bachelor's degree in Communication Sciences and Disorders from Western Washington University in 2002 and a Doctor of Audiology degree from Northwestern University in 2006. While at Northwestern, she did research in the areas of emerging hearing aid technologies and speech understanding in complex acoustic environments.

After completing studies for her doctorate, she worked with a neuro-otology specialist in Seattle, providing diagnostic services for patients suffering from hearing and balance disorders and rehabilitative services for hearing aid and cochlear implant recipients.

She has now returned to the San Juans to open Island Hearing Healthcare in Friday Harbor. At Island Hearing, she continues to pursue her interests in hearing aid technology and has developed an acclimatization program that helps maximize benefit and acceptance of new technologies. Although based in Friday Harbor, she has made visits to Orcas Island for five years and is now offering monthly visits to Lopez Island.

Stacie has established a local, independent hearing clinic that gives her the freedom to choose the latest technologies from any hearing aid manufacturer, as well as the flexibility to customize the fitting and acclimatization of each hearing aid to the individual patient. She works in conjunction with primary care physicians, otologists, and therapists to meet the goal of comprehensive care.

We are grateful to have the honor of hosting Dr. Stacie Baisch at the Orcas Senior Center on the 4th Wednesday of each month for scheduled appointments. To schedule an appointment call the front desk at 376-2677 or contact Island Hearing Healthcare at 298-1369

What's Happening?

Art Journaling

2nd Class: September 12th

1:00pm-3:00pm

Cost: FREE

Art journaling is combining art and writing....it is a way to express yourself in art and words through a multitude of art techniques and experiences. September is the second in the six session course. You need not have attended session 1 to join now, but the class is nearly full! Please call 376-2677 if you are interested to see if there is still room available.

Caregiver Class:

**Creating Safe Environments for Clients and Caregivers
September 12th**

1:00pm-5:00pm

Cost: FREE

**(fully funded by Lahari for Caregivers on Orcas Island)
DSHS approved for 4 hours of Continuing
Education**

This class provides an overview of the client with physical limitations and safety issues in the home setting. Topics will include promoting and maintaining physical strengthening; use of mobility aids; awareness of body mechanics; promoting and maintaining skin integrity; awareness of home safety issues and those most at risk for injury; and introduction to emergency preparedness. Class size is limited. Please call Sally Coffin at 376-9017 to register.

"Those Guys From Orcas" Perform!

September 13

1pm-2pm

Cost: FREE

Each member brings a full plate of talent, skills, viewpoint, and diversity to every performance. They all share an intense love of music, a strong sense of humor, and a willingness to try things musically that "just can't be done." The group has evolved from an all-male barbershop quartet to include both genders and a much broader range of style and material.

Mainland Shopping

September 19th

Depart 8:50am ferry – Return 3:50pm ferry

Cost: \$10

Scrapbook Madness

Saturday September 28th

9am-9pm

Cost: Senior Center Members: FREE

Under age 60/Non Members: \$20

Join other islanders who love to scrapbook just like you do! Bring your scrapbook supplies and you'll get a table to work on for the day. We will also have an "up for grabs" table, so if you have any extra supplies that you would like to get rid of you can place them there. Looking for that perfect sticker to finish your page? Check out the up for grabs table and maybe you'll find it. PARTICIPANTS MUST SIGN UP IN ORDER TO ENSURE SPACE FOR EVERYONE.

Mark your calendar – Beginning October 3rd

Richard Fadem's literature class begins again. The time will be 10am-12:30pm weekly each Thursday for six weeks. the books to be discussed are "Age of Innocence" by Edith Wharton and "American Pastoral" by Phillip Roth. Cost is \$30.

Art Journaling Class 2 – September 12, 2013

Returning students . . . don't forget to bring:

- 1. your ephemera choices**
- 2. your painted pages**
- 3. scissors or exacto knife**
- 4. newspaper to cover the tables**

**CLASS SIZE IS LIMITED TO 20 so
make sure we know you are coming!**

CRAFTERS NEEDED!

Fridays from 1pm- 3 (ish)

The Friday crafters group will be making different Christmas ornaments each Friday afternoon. We will be selling the ornaments at the Holiday Faire in November. No experience necessary and all supplies are provided. You can even take one home for yourself each week!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LABOR DAY HOLIDAY	3 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	4 10am-11am: Chair Yoga FREE 1pm-4pm: Wine & Cheese Reception for Art Display by Joyce Greene FREE	5	6 9:00am-10:00am Yoga. FREE 12pm: lunch 1pm: crafty afternoon	7
8	9	10 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	11 10am-11am: Chair yoga FREE 11am: Watercolor painting group 2pm: Afternoon Tea 4pm: Advisory Committee Meeting	12 1pm-3pm: Art Journaling Class. FREE 1pm-5pm: Caregiver Class Cost: FREE (funded by Lahari)	13 9:00am-10:00am Yoga. FREE 12pm: lunch 1pm – 2pm: “Those Guys From Orcas” 1pm: crafty afternoon	14
15	16	17 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal 1pm: Parkinson’s support group	18 10am-11am: Chair yoga. FREE	19 Mainland shopping. Depart 8:50am ferry. \$10	20 9:00am-10:00am Yoga. FREE 12pm: lunch 1pm: crafty afternoon	21
22	23	24 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal’	25 10am-11am: Chair yoga FREE 12pm: Potluck	26	27 9:00am-10:00am Yoga. FREE 12pm: lunch 1pm: crafty afternoon	28 9am – 5pm SCRAPBOOK MADNESS!
29	30	<div>September</div>				

September Menu

MON	TUESDAY	WED	THU	FRIDAY
2	3 Salmon burger w/ lettuce & tomato Baked beans Carrot raisin slaw Sliced pears	4	5	6 Turkey meatloaf Mashed potatoes & gravy Baby carrots Garden salad Fruit crisp
9	10 Grilled ruben or grilled cheese Tomato soup Garden salad Fresh fruit	11	12	13 Herb roasted chicken Baked yam Brussels sprouts Apple cake
16	17 Taco salad Texas toast Fresh fruit	18	19	20 Asian steak & peppers over brown rice Oriental veggies Sesame coleslaw Mandarin oranges
23	24 Birthday Celebration Baked cod Steamed red potatoes Nantucket veggies Garden salad Orange sections	25	26	27 Turkey Cranberry Mashed potatoes & gravy Garden salad Nantucket veggies Pumpkin cake
30				

**menu subject to change without notice

Mindful Eating

By: Victoria Do, Nutrition Intern, WWU

Mindful eating is a concept which involves being fully aware of what is happening within and around you when you eat, no matter when and where that is. It includes noticing smells, colors, flavors, textures, and temperature of your food. It means chewing slowly, swallowing, and getting rid of distractions while eating. Many social and environmental factors can stand in the way of being able to accurately decode your body's signals of being hungry or full.

Mindful eating helps you break free from routine eating habits, such as grabbing a cookie every time you walk through the kitchen, by examining thoughts, feelings, and internal pressures that affect how and why you eat. Mindfulness is awareness without criticism or judgment. In mindful eating, we are not judging ourselves or comparing ourselves to anyone else. We are simply witnessing the many sensations and thoughts that come up as we eat. Mindful eating is not a diet; it is a part of a healthier lifestyle.

Many seniors who took the survey of preferences for nutrition education cited "weight management" as important. Weight management is not just about what you eat, but how you eat! Did you know it takes about 20 minutes for the brain to register fullness?

Eating is a natural, healthy, and pleasurable activity. Eating with your full attention will allow you to slow down and have optimal satisfaction and enjoyment without eating to excess. Knowing what satisfies you and getting the most pleasure from your eating experiences are key factors for lifetime weight control. For example, do you like a mix of cold versus hot foods as you eat, or all cold then hot, or vice versa? Do you like to end your meal with something crunchy or sweet to feel satisfied? The next time you sit down to have a meal, remember to take time, pay attention to your body's signals, and enjoy the process.

Comments or questions? Email Carol at csimmer@wwcoa.org

Joint Replacement Surgery

By: Stephen Bentley

My wife's knee joints have been causing her a great deal of trouble. On a recent vacation her mobility was severely compromised by "bone on bone" pain. Not surprisingly, the diagnosis turned out to be arthritis. Susan is a very active woman and hobbling around on gimpy knees isn't in her retirement plan. So we began to investigate the option of knee joint replacement surgery.

Arthritis is the main reason for joint replacement surgery. Today over 32 million people in the U.S. are affected by arthritis. Eighty percent of those have some limitation in their movement and 25 percent are not able to perform major Activities of Daily Living (ADLs). Factors that put us at risk for getting arthritis are genetics, activity level, prior joint injuries, and the normal process of aging that involves the degradation of cartilage.

When someone has severe and chronic joint pain due to arthritis, they should work with a doctor to determine the best approach for dealing with it. Usually the initial recommendation is for patients to reduce their pain with over-the-counter pain relievers or anti-inflammatory medications and to begin altering their lifestyles; joint replacement surgeries are a last resort.

Lifestyle Changes to Try Before Surgery

Before considering surgery, doctors will suggest you make changes to your lifestyle, including:

- Activity modification – No participation in impact sports. Instead, choose activities like swimming, walking, kayaking or a stationary bike for exercise.
- Weight loss – Extra weight can put an extraordinary strain on joints.
- Bracing – A doctor-prescribed or over-the-counter brace from the drugstore offers support.
- Cane/walker – Helps take weight off the affected joint and decreases pressure on the distressed area.
- Physical therapy – Helps strengthen the joint.

If there is no relief from pain after a person has attempted these lifestyle changes and pain relieving medications aren't effective the doctor will reassess the need for surgery to replace the joint(s).

Another possible procedure, short of surgery, is a series of visco-supplementation (joint fluid) injections into the knee joint to mitigate the loss of cartilage. These injections are made once a week for 3 or 4

consecutive weeks. Studies have shown pain relief for up to 6 months.

Common Misconceptions about Joint Replacement

Joint replacement surgery patients often say they are much better off after their surgery, this leads others to gravitate toward the same option. However, orthopedic surgeons usually are not quick to put you in their surgery schedules. Patients may feel ready, but there is a great deal of misinformation circulating about joint replacements that need to be considered. The most common misconceptions are:

1. **Better post-operative range of motion.** This is just not true, Dr. Kevin Bozic, MD, MBA, Vice Chairman of UCSF's Department of Orthopedic Surgery wrote in *"Osteoarthritis: Care in the 21st Century: Remarkable Advances in Joint Replacement"*. "While joint replacement is an option that will take away the pain for patients, increased range of motion is not a reality with these surgeries. Whatever your range of motion is before the surgery, it will remain the same after the surgery. You just won't have the pain associated with the movement anymore. The main goal of joint replacement surgery is to relieve pain."
2. **Activity level increase.** This is a tricky one because it really depends on the patient. Some doctors don't limit activity levels, but most prescribe non-impact style activities after surgery to prolong the durability of the new joint. This could be viewed as a decrease in activity level. However in many cases, without joint pain, the patient is able to resume and perhaps increase their activity level.
3. **Diagnosing with MRI.** According to Dr. Bozic, there is no need to go to the trouble or expense of getting an MRI to determine if you have arthritis. A simple x-ray shows a doctor very clearly if a joint is arthritic. However, even if the x-ray confirms an arthritis diagnosis, a doctor will typically not perform surgery unless lifestyle modifications and/or anti-inflammatory drugs have been tried and have not reduced the pain.

Traditional and Total Hip and Knee Joint Replacements Explained

Hip – The hip is a ball-and-socket joint: The rounded head of the leg's femur bone fits into a pocket in the pelvis called the acetabulum. In a total hip replacement, the surgeon removes the entire head and neck of the femur and replaces it with a half-sphere-

shaped metal or ceramic ball on top of a long stem, which is anchored deeply into the femur. The acetabulum is capped with metal and plastic. A total hip replacement can last up to two decades, but to reduce the risk of loosening, it marks the end of high-impact activities such as running, jumping, and singles tennis. Traditional hip replacement hospital stays average four to five days. Many patients need extensive rehabilitation afterward.

Knee – The knee is a hinge joint where the thigh bone (femur) meets the large bone of the lower leg (tibia). During a total knee replacement, the diseased or injured knee joint is replaced with an artificial implant. The surgeon will remove the end of the femur bone and replace it with a metal shell. The end of the lower tibia is also removed and replaced with a durable plastic piece with a metal stem. If the underside of the kneecap is diseased or injured, a plastic "button" may also be added under the kneecap surface so it rides smoothly on the other implant components.

Both hip and knee replacement surgeries should not be taken lightly, they are major surgeries. Each takes a toll on the body. Recovery times last many months and place a heavy burden on the patient, the family and other caregivers. Recoveries involve significant physical therapy. The ultimate success of the surgery depends on how committed a patient is to the healing process. The more active a patient is in their rehab, the more likely they are to experience a positive outcome for themselves and feel that the trouble of the surgery was worth the risk and hardships.

HELP IS JUST A CALL AWAY

Mobility Equipment is available for loan, maintained by the Lions Club, at the Senior Center. Preferred Pick up Wednesday & Friday from 10am-11am.

Special Needs Fund has limited emergency assistance when no other funds are available. Call Marla for information at 376-2677

Weatherization Assistance 1-800-290-3857

SHIBA volunteers are available at the Medical Center Tuesday's and Fridays by appointment. Call 376-2561

P.A.L. offers assistance with electrical costs. Call OPALCO at 376-3552 for eligibility requirements and to apply.

Social Security 1-800-633-4227

Hearts & Hands offers trained volunteers to provide 1-2 hours per week of practical assistance such as respite, errands, housework, meal preparation, shopping and companionships. Call Betsy Louton at 376-7723 for information.

Veterans Administration 1-800-827-1000

SERVICES WE PROVIDE

Lunch is served twice weekly 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 376-2677.

Lunch transportation is available. Call the front desk at 376-2677 by 10:00am on lunch days to schedule.

Transportation to mainland medical/legal appointments is available. Please schedule appointments on Wednesdays as follows:

- 1st & 3rd Wednesday to Anacortas, Mt. Vernon & Burlington
- 2nd Wednesday to Seattle and surrounding area
- 4th Wednesday to Bellingham and surrounding area

Call Marla at 376-2677 to schedule.

Foot care nurses are available every Tuesday and some Thursdays/Fridays for routine foot care. Reservations are required by calling 376-2677. Cost is \$25.

Case Management services are available. To discuss needs and schedule an appointment call Marla at 376-2677.

Orcas CARES: Emergency response service and partnership with local island agencies including Lahari, Orcas Fire and Rescue, Hearts & Hands, Medical Foundation and San Juan County Sheriff's Office.

Elections for Orcas Senior Advisory Committee

Its been a while, but it is time for elections! The By-Laws for the Orcas Senior Advisory Committee state that every October members of the committee will be elected. Members are asked to serve a term of three years. At the end of the three years, if re-nominated, they may run again.

Committee members who have not yet reached the three year commitment and will continue to serve are:

Lois Cornell
Mary Greenwell
Penny Hawkes
Caroline Scott
Judy Zimmerman

Committee members whose terms are ending but can be re-nominated are:

Stephen Bentley (current committee Chair)
Hawley Roddick
Michele Streich
Jack Titus
Magdalena Verhasselt

We have ten committee vacancies to fill (five for the outgoing committee members and five currently empty positions) All current members of the Orcas Island Senior Center can nominate a committee member. In order to nominate, please fill out the form at the bottom of this page. Nominees will be contacted and asked to accept the nomination. Each nominee will then answer a brief question and their answers and information will be included in the October newsletter along with a voting form.

Committee members are expected to attend the monthly committee meeting, serve on sub-committee's as able, provide recommendations and assist in making decisions for the Orcas Island Senior Center.

Please contact any committee member or talk to Marla for further information. Your nominations are very important and the committee members seek to fulfill the mission of the Senior Center and represent you, the membership. Thank you for your thoughtful consideration.

Nomination Form

My Name: _____ Phone #: _____

I hereby nominate _____ for a position on the Orcas Island
Nominee Name & telephone number

Senior Services Advisory Committee.

I believe he/she is a good candidate for Committee membership because: _____

Signature



Senior Services of San Juan County
Orcas Island Senior Center
P.O. Box 18
62 Henry Rd.
Eastsound, WA 98245

360-376-2677

www.orcasseniors.org

NON PROFIT
ORGANIZATION
US POSTAGE
PAID
Permit #10
Eastsound, WA
98245

ORCAS SENIOR CENTER

NON PROFIT STATUS

The Senior Services Council of San Juan County, Orcas Island Branch, operates as a 501(c)3 corporation. Donations are tax deductible within the limits of the law.

NEWSLETTER

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. It is also available on our website.

Mail submissions to: PO Box 18, Eastsound, WA 98245

YOUR STAFF

Marla Johns, M.S., BSW – Orcas Senior Services Coordinator
(360)376-2677 or by email: marlaj@sanjuanco.com

Jay Savell – Cook
(360)376-2677

Joyce Rupp – Project Manager
(360)370-0591 or by email: joycer@sanjuanco.com

Orcas Advisory Committee

Chair: Stephen Bentley
Lois Cornell
Mary Greenwell
Penny Hawkes
Hawley Roddick
Caroline Scott
Michele Streich
Jack Titus
Magdalena Verhasselt
Judy Zimmerman

Jane Heisinger, Asst. to Advisory Committee

Betsy Louton, Hearts and Hands Coordinator



Senior Signal

October 2013

Six Steps to Prevent a Fall

by: Marla Johns, Orcas Senior Services Coordinator

I attended a fall prevention symposium on September 26th and really learned a lot about falling. Though we cannot prevent fall (autumn) from coming, we just may be able to prevent falling in our own home! Did you know that every 15 seconds an older adult is seen in an emergency department for a fall-related injury?

Here are just six simple things you can do to help prevent becoming one of those statistics:

1. **Find a good balance and exercise program.** Look to build balance, strength, and flexibility. Look into the TML, strength training and/or yoga classes offered at the senior center.
2. **Talk to your health care provider.** Ask for an assessment of your risk of falling. Share your history of recent falls.
3. **Regularly review your medications with your doctor and pharmacist.** Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
4. **Get your vision and hearing checked annually and update your eyeglasses.** Your eyes and ears are key to keeping you on your feet.
5. **Keep your home safe.** Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
6. **Talk to your family members.** Enlist their support in taking simple steps to stay safe.

Falls are not just a seniors' issue.

For more information or further questions, please call me or come by the office.

INSIDE THIS ISSUE

- 1 6 steps to prevent a fall
- 2 TML & Volunteer dinner
- 3 What's Happening
- 4 Activity Calendar
- 5 Nutrition information
- 6-7 Long Term Care coverage
- 7 Local Services & What We Do
- 8 Ballot



Highlight on TML

Christopher Evans, LMP, is a massage therapist and movement educator with 10 years experience in the field. He will offer a new series of movement classes (TML's) at the Senior Center throughout October. Classes take place on Mondays and Thursdays.

Lessons take place lying on the floor for the most part, and sometimes sitting or standing. I talk students through a planned sequence of movements. Each new movement is repeated and explored through variations, allowing the student to become familiar and begin to "play" with unaccustomed movement relationships. New learning at the level of the nervous system begins to occur, replacing habitual patterns of movement that limit our experiences and ultimately bring tension, pain, or injury.

The classes are non-competitive and the students are encouraged to explore the movement sequences within their own capacity, moving gently and slowly in order to pay attention and become aware of subtle differences and changes. Although the movements are often novel, each lesson presented covers a wide range of common human functions, making the movements relative to your life. The learning from each lesson is generalized, creating overall improvements in awareness, comfort, flexibility, attention, breathing, range of motion, and quality and ease of movement.

After 5 years of offering classes at the Senior Center, isn't it time for you to check it out for yourself?

Classes begin October 3rd and are \$60 for eight classes.

CRAFTERS NEEDED!

Fridays from 1pm- 3 (ish)

The Friday crafters group will be making different Christmas ornaments each Friday afternoon. We will be selling the ornaments at the Holiday Faire in November. No experience necessary and all supplies are provided. You can even take one home for yourself each week!

Did you know . . .

There are roughly 14,000 adults age 65+ enrolled in college in the United States?

Volunteer Appreciation Dinner

The Senior Center Advisory Committee will host a volunteer appreciation dinner on Saturday, October 19, 2013 from 5:30 until 9:00 PM. All volunteers who have contributed this past year will receive an invitation. The dinner is an "invitation only" event . . . the only way to be invited is to volunteer!

Approximately 100 volunteers and guests will be treated to a 4 course dinner prepared by chef Bill Patterson of Sazio's at Night restaurant. The evening will begin with a wine and hors devours reception in the Senior Center's lobby. Dinner will then be served at 6:30 PM in the Lundeen room.

Following dinner the Center's "Volunteer of the Year" for 2013 will be named during a short presentation. In addition, other outstanding contributors to our programs and activities will be recognized and all who have contributed time and energy to the Senior Center will be honored.

Our guests will be entertained throughout the evening by nostalgic music of the 1940's, 50's and 60's. The evening will provide wonderful opportunities for dancing and celebrating warm and enduring friendships.

Are you a volunteer? Watch your mailbox for your invitation!

What's Happening?

Each Thursday in October

Literature Class

10:00am-12:30pm

Cost: \$30

Richard Fadem's literature class begins again. The time will be 10am-12:30pm weekly each Thursday for six weeks. The books to be discussed are "Age of Innocence" by Edith Wharton and "American Pastoral" by Phillip Roth. Cost is \$30.

Medicare Open Enrollment

October 4th

1:00pm-3:00pm

FREE

You are invited to a free presentation on the 2013 Medicare Open Enrollment Period. The presentation will be made by volunteers in the SHIBA (Statewide Health Insurance Benefits Advisors) Program. Topics to be covered include changes to the 2014 Medicare Part D benefits, Extra Help program for the Part D benefits, how to choose a Prescription Drug Plan and a Medicare Advantage Plan, and what to watch out for. SHIBA is a free, unbiased service of the Washington State Office of the Insurance Commissioner. The SHIBA program on Orcas Island is sponsored by Island Hospital.

Flu and Pneumonia Shots

October 11th

10:30am-2:30pm

Stop by before or after lunch and get your annual flu shot. If you are in need of a pneumonia shot, those will be available as well. According to the CDC website, flu shots are recommended for all adults age 50 and over and pneumonia vaccines for adults age 65 and older.

Art Journaling Class 3 – October 10, 2013

Returning students . . . don't forget to bring:

- 1. your ephemera choices**
- 2. your painted pages**
- 3. scissors or exacto knife**
- 4. newspaper to cover the tables**
- 5. your covered envelopes (if you want a prize)**

Eight Simple Things You Can Do to Protect Your Heart, Joints, and Brain ...

October 14th

5:00pm – 7:00pm

FREE

The most common concerns I hear about aging are fatigue, painful joints, unpleasant side effects of heart medication, memory loss, and fear of dementia. Fortunately, there are some easy, relatively inexpensive things you can do to prevent these problems, and decrease or even reverse them if you already have them.

Join Olga Naturopathic Physician Dr. Alexandra Gayek for a lively discussion of this popular topic, and come away with some practical pearls. Alexandra Gayek, ND, is a licensed Naturopathic Physician practicing in Olga. Because this class will happen during the dinner hour, feel free to bring a bag supper.

Mainland Shopping

October 17th

Depart 8:50am ferry – Return 3:50pm ferry

Cost: \$10

AED/CPR Training

October 18th

1:00pm

FREE

Orcas Senior Center received an AED (automated external defibrillator) generously donated by Dr. Greg Ayers. One of our partner agencies, Orcas Island Fire and Rescue, will be on hand to teach us how to effectively perform "compression only CPR" as well as how to use our new AED device. This short but effective program can save a life.

TOWN HALL MEETING

"The Future of Senior Services"

October 24th

5:30pm – 7:30pm

Together with councilman Rick Hughes, the Orcas Senior Center will host a Town Hall Meeting. We heard you during the community conversations say that the future of senior services on the island is important to you. We want to hear more! Please bring your ideas and insight as we begin planning and developing a strategic plan for the next 1, 3, 5 and even 10 years. We will be asking the audience questions as well as inviting public comment. All ages are welcome and encouraged to attend.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	2 10am-11am: Chair Yoga FREE	3 10am: TML	4 9:00am-10:00am Yoga. FREE 12pm: lunch 1pm: crafty afternoon 4pm: Strength training	5
6	7 10am: TML	8 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	9 10am-11am: Chair yoga FREE 2pm: Afternoon Tea 4pm: Advisory Committee Meeting	10 10am: TML 1pm-3pm: Art Journaling Class. FREE	11 9:00am-10:00am Yoga. FREE 10:30am-2:30pm: Flu/Pneumonia Vaccines 12pm: lunch 1pm: crafty afternoon 4pm: Strength training	12
13	14 10am: TML 5pm: Eight simple things to protect your heart, joints & brain.	15 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal 1pm: Parkinson's support group	16 10am-11am: Chair yoga. FREE 11am: Watercolor painting group	17 10am: TML Mainland shopping. Depart 8:50am ferry. \$10	18 9:00am-10:00am Yoga. FREE 12pm: lunch 1pm: AED & CPR training 1pm: crafty afternoon 4pm: Strength training	19 Volunteer Appreciation Dinner
20	21 10am: TML	22 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal'	23 10am-11am: Chair yoga FREE 12pm: Potluck Island Hearing	24 10am: TML 5:30pm: Town Hall Meeting "The Future of Senior Services"	25 9:00am-10:00am Yoga. FREE 12pm: lunch 1pm: crafty afternoon 4pm: Strength training	26
27	28 10am: TML	29 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal'	30 10am-11am: Chair yoga FREE	31 10am: TML	<div>October</div>	

October Menu

MON	TUESDAY	WED	THU	FRIDAY
	1 Beer Brats served w/ red sauerkraut Hot Potato Salad Green Salad Apple Crisp	2	3	4 Chef Salad Fresh Melon Oatmeal Bread
7	8 Chinese BBQ Pork Brown Rice Veggie Egg Roll Mandarin Oranges Fortune Cookie	9	10	11 Homemade Meatloaf Mashed Potatoes & Grav Baby Carrots Broccoli Bacon Salad Apple Cake
14	15 Turkey Club Wrap Garden Salad Multi-Grain Chips Fresh Fruit	6	17	18 Homemade Meat Lasagna Italian Vegetables Caesar Salad Garlic Bread Fruit Crisp
21	22 Beef Stroganoff Rotelle Pasta Brussels Sprouts Garden Salad Orange Sections	23	24	25 Salmon Filet Baked Potato Green Beans Garden Salad Fruit
28	29  Halloween Lunch Black Cauldron Stew w/ Onion Eyeballs Spooky Garden Salad Graveyard Biscuits Mystery Dessert			**menu subject to change without notice

Words into ACTION!

By Carol Simmer, RDN October 2013

We all say that we “should” get more exercise (activity), but do we? One of our staff in the Nutrition Program, Lenny Surdi, puts his words in action! Lenny, sixty five years old, prepares over 150 Meals on Wheels bags each week, and delivers about 1/3 of them throughout Whatcom County. Since over ninety percent of our MOWs are a frozen product, Lenny spends many hours in our commercial freezer. He needs to stay fit for this job!! It is rigorous, both mentally and physically! Knowing his job’s physical demands, he engages in regular exercise at a gym and does as much **bicycling** as he can, **his passion!** Lenny also takes his nutrition very seriously, eats regularly and always includes fruits and vegetables and legumes and lean proteins daily. He knows how important it is to keep his body fueled and hydrated for energy.

Lenny tested his endurance, strength, and flexibility (the description of “fitness”) on August 25, 2013, when he took the *Woods to Woods Classic* challenge. The Challenge is an activity of EverybodyBike, a program that promotes bicycling for daily transportation in Whatcom County. Without pre-tour conditioning, Lenny bicycled 65 miles throughout Whatcom County visiting 13 Woods Coffee Shops from Badger Rd. in Lynden to Boulevard Park in Bellingham within six hours. He didn’t complain of soreness on Monday morning and the smile on his face told us how proud he was of this accomplishment. I challenge you as seniors to follow his example and put more activity in your life. Lenny has a very physical and important job, cares for his 90 year old mother and is helping raise three year old twins! None of us should complain about “not having time” to get fit. Lenny says he does his daily routine and eats well not only to “stay fit for his job, but to preserve his quality of life as long as possible.”

Thanks, Lenny, for being a great role model! Comments or questions? Contact Carol at wcoa.org.

The Challenge of Long Term Care

By: Stephen Bentley

By any measure, current prospects for long-term care (LTC) are not encouraging. Last month, the federal Long-Term Care Commission published its full report but it did little to indicate relief will occur any time soon. First, the sheer size of the aging baby boomer population means a greater need for LTC while, at the same time, the pool of qualified caregivers is shrinking.

Among its recommendations, the Long-Term Care Commission endorsed the delivery of more community based long-term care services; integrating long-term care more closely with medical care; improving standards for home-care workers; and creating a standardized assessment of the need for services. But, most importantly, the members could not agree on a way to finance expanded long-term care coverage.

Several commission members claimed a public insurance program is unaffordable. Instead they urged the private market to supply a solution to the aging population's need for affordable long-term care. That prospect, however, seems unlikely.

LTC insurance policies are expensive and premiums have been rising dramatically. Policies are becoming more restrictive, insurers have been exiting the market, and bureaucratic red tape makes it difficult for many individual and families to receive expected benefits.

Financially, the only way to make private insurance work is to spread risk over a wide base of policy holders. But the high cost of long-term care coverage makes it unlikely that millions of healthy people will purchase policies. This was the economic calculus that doomed the Class Act, the voluntary long-term care insurance program that was originally part of the Affordable Care Act.

Aging and Unprepared Population

More than 12 million Americans rely on long-term care services, and the number is expected to expand sharply as baby boomers age. Only impoverished older Americans and people with disabilities receive funding for long-term care through state Medicaid programs. Medicare does not ordinarily pay for long-term care.

By 2030 the number of Americans age 65 and older is projected to be about 72 million, or about 19 percent of the total U.S. population. By 2050, when the last baby boomers turn 85, the number of Americans age 65 and older is projected to grow to almost 89 million, or about 20 percent of the total U.S. population. At the same time, the number of Americans who need LTC is expected to increase from approximately 12 million today to 27 million.

Many boomers have not been realistic about retirement costs and, due to insufficient savings, are not prepared for their retirements much less the potential costs of LTC. Between 2004 and 2008, the number of seniors at risk of outliving their resources increased by nearly 2 million households. More than one out of every three seniors was determined to be economically insecure in 2008.

Shortage of Care Workers

The overall labor pool of qualified LTC workers will be smaller in the future when compared to the increase in older people. Long-term care in the United States faces what many describe as a "crisis" in its workforce. Dr. Robyn Stone, a noted researcher and leading international authority on aging and long-term care policy, stated in her testimony before the Senate Special Committee on Aging, "There is a well-documented shortage of competent professionals and paraprofessionals to manage, supervise and provide long-term care services in facility-based and home care settings..."

Added to that is the fact that the population of 85+ Americans is expected to expand from 4.2 million in 2000 to 7.3 million in 2020, half of whom are likely to need long-term care through assisted living or nursing home care. As a result, the impact of workforce insufficiencies is clear.

Today, elderly spouses struggle to care for each other and adult children strain to balance jobs, the needs of frail parents and their own children. Untold numbers of aging Americans don't get enough care, and caregivers suffer from stress and depression, endangering their own health.

Changes in Long-term Care Insurance

In the last two years, many of the big insurance companies, including MetLife and Prudential, have stopped selling new LTC insurance policies. Experts blame declining revenues on insurers' underestimation of the number filed claims; underpriced policies, particularly for those sold more than a decade ago; and low interest rates over the last four years, which means lower returns on investments made by the insurance companies and significant impact on the reserves needed to pay future claims.

To compensate for these losses, most major insurers are raising their rates for policyholders, requesting average increases of 20 to 28 percent. For those who can't afford to pay the increase, this means dropping the policy and losing any money already invested.

For females, the news is even worse. Because women outlive men on average by five to seven years and represent almost 80 percent of the population in

assisted living facilities, they cost insurance companies more. As a result, Genworth, the nation's largest LTC insurance provider, plans to increase rates for single women by as much as 40 percent.

Is there a way forward? The Long-Term Care Commission recommended two options: convening a White House conference on aging to consider long-term care policies, and establishing yet another advisory committee to continue its work. "But", said committee member Dr. Joanne Lynn, a geriatrician who directs the Center for Elder Care and Advanced Illness at the Altarum Institute, "the administration has shown no interest in having that happen, and here we are on the cusp of the largest generation in history growing old."

Lacking government initiatives local communities and non-profit organizations throughout the country are making efforts to address this critical issue. Here on Orcas our strategy is to help islanders "age in place". The Senior Center's staff, the Center's Advisory Committee, the San Juan County Senior Council and the Northwest Regional Council on Aging are pooling ideas and resources to expand our senior nutrition programs and respite care services for caregivers and their clients. Increasingly, coordination and support provided by organizations like Orcas Fire and Rescue, Lahari, Orcas Medical Foundation, Orcas Island Community Foundation and the Lions Club are addressing the LTC needs of elderly island residents. But, there is much to be done; we'll need your support.

SERVICES WE PROVIDE

Lunch is served twice weekly 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 376-2677.

Lunch transportation is available. Call the front desk at 376-2677 by 10:00am on lunch days to schedule.

Transportation to mainland medical/legal appointments is available. Please schedule appointments on Wednesdays as follows:

- 1st & 3rd Wednesday to Anacortes, Mt. Vernon & Burlington
- 2nd Wednesday to Seattle and surrounding area
- 4th Wednesday to Bellingham and surrounding area

Call Marla at 376-2677 to schedule.

Foot care nurses are available every Tuesday and some Thursdays/Fridays for routine foot care. Reservations are required by calling 376-2677. Cost is \$25.

Case Management services are available. To discuss needs and schedule an appointment call Marla at 376-2677.

Orcas CARES: Emergency response service and partnership with local island agencies including Lahari, Orcas Fire and Rescue, Hearts & Hands, Medical Foundation and San Juan County Sheriff's Office.

HELP IS JUST A CALL AWAY

Mobility Equipment is available for loan, maintained by the Lions Club, at the Senior Center. Preferred Pick up Wednesday & Friday from 10am-11am.

Special Needs Fund has limited emergency assistance when no other funds are available. Call Marla for information at 376-2677

Weatherization Assistance 1-800-290-3857

SHIBA volunteers are available at the Medical Center Tuesday's and Fridays by appointment. Call 376-2561

P.A.L. offers assistance with electrical costs. Call OPALCO at 376-3552 for eligibility requirements and to apply.

Social Security 1-800-633-4227

Hearts & Hands offers trained volunteers to provide 1-2 hours per week of practical assistance such as respite, errands, housework, meal preparation, shopping and companionships. Call Betsy Louton at 376-7723 for information.

Elections for Orcas Senior Advisory Committee

Nominations are in and all Senior Center members are asked to participate by casting your ballot. Advisory committee members will serve for a term of three years. The primary functions are:

- To make decisions regarding local activities: participates in planning, fundraising and implementing.
- Takes on responsibility for major tasks such as: building committee, maintenance committee, program committee, special events.
- Makes decisions regarding Senior Center activities and programs.
- May serve on the activities planning social events.
- Participates in fundraising for senior services council expenses like vans, operations and nutrition.
- May accept a term as representative to the county-wide Senior Services Council of San Juan County.
- Offers assistance as needed to the Coordinator whenever possible.
- May study legislative issues affecting seniors and may assist in lobbying and education efforts.

From the nominees to the right, please select the FIVE nominees whom you feel would serve the Senior Center and the Advisory Committee best.

**Ballots will be accepted until
October 31st at 4:00pm.**

Ballot

**Ballots will be accepted until
October 31st at 4:00pm**

Please vote for the FIVE CANDIDATES you would like to see serving on the Advisory Committee.

- ☐ Pat Ayers
- ☐ Ginger Cecere
- ☐ Penny Hawkes
- ☐ Beverly Jensen
- ☐ Maggie Kaplan
- ☐ Leif
- ☐ Christina Orchid
- ☐ Adele Pinneo
- ☐ Margo Rubel
- ☐ Mary Tanner
- ☐ Patty Thompson
- ☐ Jerry Todd
- ☐ Magdalena Verhasselt

Five Benefits of Yoga for Seniors

1. **You get the benefits of movement without the strain.** Regular exercise reduces the risk of death by a third and cuts the risk of chronic disease by 40 percent. yoga can be an excellent low-impact exercise option.
2. **Increased flexibility** - The gentle stretching of yoga poses can go a long way in helping you develop greater flexibility, which can ensure that you maintain a good range of motion as you get older. Yoga exercises parts of the body that may not be exercised in any other programs, such as spinal flexibility.
3. **Yoga can relieve menopausal discomfort** – Certain yoga postures can also help ease the hormonal fluctuations of menopause. Some poses may help with hot flashes, anxiety and painful cramps.
4. **Promotes good bone health** – Gentle yoga is not only safe for those with osteoporosis, but can also be effective in preventing and slowing bone density loss. A study in bone mineral density showed that two years of yoga to people with an average age of 68 actually showed an increase in bone.
5. **Yoga keeps the mind sharp** – When your body functions better, you're going to feel better. You have more energy, vitality, and can even help out one's moods. Keeping centered and energized helps you to stay focused and aware.



Senior Services of San Juan County
Orcas Island Senior Center
P.O. Box 18
62 Henry Rd.
Eastsound, WA 98245

360-376-2677

www.orcasseniors.org

NON PROFIT
ORGANIZATION
US POSTAGE
PAID
Permit #10
Eastsound, WA
98245

ORCAS SENIOR CENTER

NON PROFIT STATUS

The Senior Services Council of San Juan County, Orcas Island Branch, operates as a 501(c)3 corporation. Donations are tax deductible within the limits of the law.

NEWSLETTER

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. It is also available on our website.

Mail submissions to: PO Box 18, Eastsound, WA 98245

YOUR STAFF

Marla Johns, M.S., BSW – Orcas Senior Services Coordinator
(360)376-2677 or by email: marlaj@sanjuanco.com

Jay Savell – Cook
(360)376-2677

Joyce Rupp – Project Manager
(360)370-0591 or by email: joycer@sanjuanco.com

Orcas Advisory Committee

Chair: Stephen Bentley
Lois Cornell
Mary Greenwell
Penny Hawkes
Hawley Roddick
Caroline Scott
Michele Streich
Jack Titus
Magdalena Verhasselt
Judy Zimmerman

Jane Heisinger, Asst. to Advisory Committee

Betsy Louton, Hearts and Hands Coordinator



Senior Signal

November 2013

Aging in Place – A Shared Vision

by: Marla Johns, Orcas Senior Services Coordinator

On Thursday, October 17th, a group of approximately 40 concerned island residents met at the Senior Center in a town hall forum. Hosted by both the County Senior Services as well as the non-profit Orcas Senior Center, we asked one question to get the discussion started: "What do you need to age in place on Orcas Island?"

As the discussion progressed, ideas and comments were written on large poster paper around the room. The information below is exactly, word for word, what was on each poster. The headings are in bold and underlined, with the bullet points identified beneath each heading.

Orcas Demographics

- Median age approximately 60 years old
- 40% are 65+
- over 80 years old is the fastest growing population
- Approximately 150-175 people who meet HHS guidelines needing Assisted Living (2+ loss of ADL's)

What we show as valuable?

- ? county budget
 - 126 times on roads than senior services
 - 4 times on prosecutors office than senior services
- 15% reduction in senior services budget while 24% increase in senior population
- Is there room for an initiative?

- How do we get "them" to listen?
- Can we have a tax district for senior services?
- Can we do a larger levy lift in future?

What is needed over the next 10 years to stay on Orcas as we age?

- housing
- alternative living arrangements
- Longhouse
 - a good development to watch out for each other
 - 16 units
 - independent
- Investment in things that keep people in their own homes
- Partnership with "farm to cafeteria"
- \$\$\$
- Home modifications/adaptations
- Changes in county codes and designations
- Caregivers – quality, trained, credentialed

Cont. page 2

INSIDE THIS ISSUE

- 1** Aging In Place
- 2** Aging In Place (cont.)
- 3** What's Happening
- 4** Activity Calendar
- 5** Nutrition information
- 6-7** Health & Wealth
- 7** Local Services & What We Do

Aging in place (cont.)

- Education & training (to meet insurance mandates)
- Home health on island
- Housekeeping, repairs, maintenance
- Umbrella agency to satisfy regulatory bodies
- “Assisted Living without walls” concept
- transportation
- nutrition
- A louder voice!
- Partnership with on-island physicians to provide care at home
- Care for all levels (RN, caregiver, housekeeper, ADL’s, non skilled, etc.)
- Facility? group home, assisted living, ECF
- *INCREASE \$\$\$ ON LEVY
- Social enrichment

Who should do what? Ideas:

- “Beacon Hill” type project or umbrella agency
- Volunteer – retired professionals
- More “billable services” under current agencies and programs
- ensure senior services is on the levy and that it passes
- Community education is key to successful programming – perhaps a pamphlet

- Each of us tell 20 people who tell 20 more, etc.
- Press coverage continuing
- Increase county funding
- Work with the economic development agency to identify business opportunity
- Coordinate senior transportation need with the county transportation plan
- Coordinate with OPAL to increase senior housing
- Coordinate with food co-op, farm to cafeteria, hatchery, etc.
- Senior cooperative living environment
- Continue supporting current agencies and programs that meet the mission
- Develop training and agency oversight for caregivers. Include benefits and insurance.
- Determine support of a senior tax district for Orcas
- Hearing aids to give out for use at community meetings (like this one)
- Quarterly strategic planning specific to senior services

It is our desire that this first meeting was only the beginning of an ongoing discussion surrounding the needs of island seniors. As the fastest growing demographic in San Juan County, it is important that we all look forward toward creating and strengthening the infrastructure necessary to make aging on the island a realistic goal for everyone.

Did you know . . .

The Pilgrim’s thanksgiving feast in 1621 occurred sometime between September 21 and November 1. It lasted three days and included 50 surviving pilgrims and approximately 90 Wampanoag Indians, including Chief Massasoit. Their menu differed from modern Thanksgiving dinners and included berries, shellfish, boiled pumpkin, and deer.

What's Happening?

Mainland Shopping

November 21st

Depart 8:50am ferry – Return 3:50pm
ferry

Cost: \$10

Holiday Festival of Arts

November 30th

10:00am-4:00pm

The Senior Center will again be hosting its annual Holiday Festival of Arts. jewelry, woodworking, arts, and crafts are some of the many things which will be on sale at 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 your 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 as well as a quilt raffle. Come early for best selection!

CRAFTERS NEEDED!



Fridays from 1pm- 3 (ish)

The Friday crafters group will be making different Christmas ornaments each Friday afternoon. We will be selling the ornaments at the Holiday Faire in November. No experience necessary and all supplies are provided. You can even take one home for yourself each week!

Art Journaling

Class 4 – November 7, 2013

Returning students . . . don't forget to bring:

1. your ephemera choices
2. your painted pages
3. scissors or exacto knife
4. newspaper to cover the tables
5. your covered envelopes (if you want a prize)

VOLUNTEERS NEEDED

"You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and to impoverish yourself if you forget the errand." - Woodrow Wilson

Did you know that Orcas Island Senior Services and the Senior Center operate with less than one full time employee?!? Volunteers are the heart of the Senior Center and are vital to our successful programming. Some volunteer opportunities include:

☒ Clerical Work

☒ Drivers

☒ Fundraising Projects

☒ Kitchen Help

☒ Class Leaders

☒ Building and Facility Maintenance

If you are interested in volunteering, please contact Marla at 376-2677 today!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>November</h1> 					1 9:00am-10:00am Yoga. FREE 12pm: lunch 1pm: crafty afternoon 4pm: Strength training	2
3 Daylight Savings Ends	4 10am: TML	5 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	6 10am-11am: Chair yoga FREE 2pm: Afternoon Tea 4pm: Advisory Committee Meeting	7 10am: TML 1pm-3pm: Art Journaling Class. FREE	8 9:00am-10:00am Yoga. FREE 12pm: lunch 1pm: crafty afternoon 4pm: Strength training	9
10	11 10am: TML	12 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal 1pm: Parkinson's support group	13 10am-11am: Chair yoga. FREE 11am: Watercolor painting group	14 10am: TML	15 9:00am-10:00am Yoga. FREE 12pm: lunch 1pm: crafty afternoon 4pm: Strength training	16
17	18 10am: TML	19 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal'	20 10am-11am: Chair yoga FREE 12pm: Potluck Island Hearing	21 10am: TML Mainland shopping. Depart 8:50am ferry. \$10	22 9:00am-10:00am Yoga. FREE 12pm: lunch 1pm: crafty afternoon 4pm: Strength training	23
24	25 Online Holiday Gift Catalog available at www.oicf.us Donate to the Senior Center Today! 10am: TML	26 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal'	27 10am-11am: Chair yoga FREE	28 Thanksgiving Holiday 	29 Family Day Holiday	30 HOLIDAY FAIRE

November Menu

MON	TUESDAY	WED	THU	FRIDAY
				1 Tomato Vegetable Soup Chicken Salad Wrap Garden Salad Banana
4	5 Pork Loin w/ Apple Chutney Mashed Potatoes & Gravy Broccoli Normandy Strawberry Cake	6	7	8 Baked Cod w/ Steamed Cabbage Baked Potato Garden Salad Sliced Pears
11	12 Chicken Swiss Burger w/ Lettuce & Tomato Sweet Potato Fries Baked Beans Strawberry Shortcake	13	14	15 Beef & Biscuit Casserole Peas & Carrots Garden Salad Apple Crisp
18	19 Herb Baked Pork Chops Mashed Potatoes Carrot Coins Garden Salad Applesauce	20	21	22 Crab Topped Salmon Filet Wild Rice Pilaf Whole Green Beans Garden Salad Coconut Fruit Salad
25	22 Birthday Celebration Roasted Turkey with Cranberry Sauce Mashed Potatoes & Gravy Home-style Stuffing Peas & Pearl Onions Pumpkin Pie	27	28	29 **menu subject to change without notice

Pumpkins Saved the Pilgrims!

Pumpkins were a staple for the Native Americans long before the pilgrims arrived. Thought to originate in Central America, pumpkins are now found in 6 out of 7 continents. Pumpkin soon became a staple for the whites as they struggled to survive in the New World. Pumpkins and gourds gave the natives and settlers not only a versatile food, but also tools for eating and carrying and storing. Even the dried pumpkin shells were cut and woven into mats! The flesh and seeds were very nutritious food staples all winter.

Think of all the good foods we make from pumpkin or add pumpkin to today...pie, custard, muffins, bread, soup, stews, ice cream, cookies, and just good baked pumpkin with butter, salt and pepper! Halloween and pumpkin-carving have always been favorite times in our house, but I think the pumpkin pie for Thanksgiving trumps the Jack O'Lantern!

Coming from Ohio, I thought Circleville Pumpkin festival was the best in the world! At least that is what I was told while growing up. Everything pumpkin could be found on the main street of Circleville. However, I just read about an event at the Pumpkin Fest in Conneaut Lake, PA. Circleville does not have a *1000 pound pumpkin drop*! This year cranes will drop 2 pumpkins, 1200 and 1300 pounds, on two cars! Hundreds of people come for this event. Hmmm, a new twist on demolition derby? Only in America!

The nutrition in pumpkin can't be beat! It has a good amount of protein, a good source of fiber for the GI tract, balanced amounts of calcium and phosphorus for our bones, low in sodium, but high in potassium, and a rich source of vitamin A for our skin, eyes, and immune system. I do think the pilgrims were very thankful for the pumpkin. Will you be including it in your Thanksgiving celebration?

Comments or questions? Email Carol at csimmer@wcco.org

The Greatest Wealth is Your Health

By: Stephen Bentley

When we're young, we often take our health for granted. As we age, however, and life's aches and pains become more frequent and maintaining our health often becomes a challenge, both physically and *financially*.

Investing in your health at any age is your best financial strategy and there is no time when it is truer than during our retirement years. Here are five preventative measures you can take to help keep you – and your wallet – healthy as you age.

Regular Medical Check-Ups – One of the best investments you can make during your retirement is to stay on top of regular medical checkups and screenings. Many health conditions have early warning signs or can be prevented by going to your annual check-up.

Follow your doctor's recommendations for regular screenings, scans, and tests based upon your health, family history, and ethnicity. Talk to your doctor about getting flu and shingles vaccines. Routine exams and screenings are usually inexpensive and covered by Medicare. You'll find they will save you in health care costs in the long run.

Lifestyle Changes – It is essential to make a concerted effort to focus on a healthy lifestyle. There are plenty of low-cost and no-cost options.

Do you smoke? It's never too late to quit. The benefits of quitting smoking begin as soon as you have your last cigarette. After a year of not smoking, your risk for heart disease is lowered by 50 percent compared to when you were smoking. Need more convincing? The money you used to spend on cigarettes will stay in your wallet when you quit and can be used to purchase healthy food and other items that will lengthen your active life.

How about exercise? It's time to find a fitness plan that works for you and, most importantly, one that you can maintain. You don't need expensive equipment or a gym membership. Talk with your doctor before starting any new regimen, but you have plenty of low-cost options: walking, swimming, dancing, aerobics, biking, you name it. There are no membership fees to enjoy the great outdoors. You'll see and feel results in just a few weeks of 30-minute moderate exercise five times a week.

Healthy Diet – Along an exercise program, re-evaluating your eating and drinking habits can be a way to keep health costs down as you age. It's not about not having fun anymore; it's about using moderation with alcohol and unnecessary calories. You may be amazed at how much money you end up saving when you eliminate processed foods and how much extra energy you will have each day as a result. To better control what you're eating and save a few dollars here and there, why not save eating out for special occasions and, instead, get together with friends for a potluck dinner?

Our metabolism and digestive system often slow down as we age. Getting enough fiber, which is found in fruit, vegetables, and whole grains, is more important than ever. Eat smaller portions of meat and include less expensive and leaner sources of protein in your diet. We are more susceptible to dehydration as we age and the best way to stay hydrated is to simply drink water. Soft drinks, energy drinks and even fruit juices do not provide additional benefit and they are costly and full of unnecessary calories. Be sure to take a water bottle with you if you are going to be out and about, as they can be expensive to buy – not to mention environmentally costly to discard.

Emergency Preparedness – As we age, we are more likely to fall and to sustain a serious injury like a broken

Your Wealth Is Your Health (cont.)

bone when we do. Take stock of your home's safety level. Check for adequate lighting inside and outside. Are there any loose rugs you could trip on? What about stairway rails or bathroom rails? Evaluate your home with a keen eye for anything that could be a potential hazard now or in the near future. Here on Orcas you may qualify for a free home safety check; ask about this service at the Senior Center.

Be willing to invest a little on safety measures, you can potentially circumvent costly accidents or having to spend thousands on installing lifts and ramps for wheelchairs. An investment in your safety – particularly if you live alone – might also include research into an emergency alert device for a phone that you already own, or a medical alert system for inside the home. These devices can give you the peace of mind that comes from knowing that help will be on the way when you need it most.

Attitude Adjustment – Research indicates that the most important way to stay healthy is by keeping an active, positive mind. There is so much about our brains that we do not know, but we do know that there is a connection between what we put in it and what we get out of it. Don't let your mind stagnate. Forget the idea that "you can't teach an old dog new tricks." It's just not true.

Studies by the Center for Disease Control find that active seniors stay healthier longer. In addition to

staving off certain medical conditions and their resulting expenses, active seniors report increased feelings of connection with others and more positive emotional well-being than more sedentary seniors.

There are many ways to stay active after retiring without spending much money. Here are a few ideas to get you started thinking and, excitingly enough, they're all incredibly affordable:

- Volunteer here at the Senior Center or at another favorite charity or non-profit organization.
- Enroll in a continuing education class in a subject you have always wanted to learn such as art, music, or writing. Check the monthly calendar of activities here at the Senior Center or consider the 100's of free computer based education options offered by Coursera.com.
- Learn a new skill or take up a new hobby that doesn't require the purchase of much equipment such as gardening, playing bridge, or learning a foreign language.
- Join a book club

Most importantly, realize that, with a little planning and preparation, your retirement years can be a new and exciting chapter of your life, and, with a little bit of planning, your financial state won't have to limit your enjoyment.

YOUR VOTES COUNT!!

With over 100 ballots turned in for the Advisory Committee Election, the results are not available as of newsletter press time. Election results will be posted at the Senior Center as soon as they are available. Thank you to all who voted.

Many thanks to: Pat Ayers, Ginger Cecere, Penny Hawkes, Beverly Jensen, Maggie Kaplan, Leif, Christina Orchid, Adele Pinneo, Margo Rubel, Mary Tanner, Patty Thompson, Jerry Todd, Magdalena Verhasselt for accepting your nominations.



Senior Services of San Juan County
Orcas Island Senior Center
P.O. Box 18
62 Henry Rd.
Eastsound, WA 98245

360-376-2677

www.orcasseniors.org

RETURN SERVICE REQUESTED

NON PROFIT
ORGANIZATION
US POSTAGE
PAID
Permit #10
Eastsound, WA
98245

ORCAS SENIOR CENTER

NON PROFIT STATUS

The Senior Services Council of San Juan County, Orcas Island Branch, operates as a 501(c)3 corporation. Donations are tax deductible within the limits of the law.

NEWSLETTER

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. It is also available on our website.

Mail submissions to: PO Box 18, Eastsound, WA 98245

YOUR STAFF

Marla Johns, M.S., BSW – Orcas Senior Services Coordinator
(360)376-2677 or by email: marlaj@sanjuanco.com

Jay Savell – Cook
(360)376-2677

Joyce Rupp – Project Manager
(360)370-0591 or by email: joycer@sanjuanco.com

Orcas Advisory Committee

Chair: Stephen Bentley
Lois Cornell
Mary Greenwell
Penny Hawkes
Hawley Roddick
Caroline Scott
Michele Streich
Jack Titus
Magdalena Verhasselt
Judy Zimmerman

Jane Heisinger, Asst. to Advisory Committee

Betsy Louton, Hearts and Hands Coordinator



Senior Signal

December 2013

10 Powerful Benefits of Change

by: Marla Johns, Orcas Senior Services Coordinator

"If you do not create change, change will create you." ~ Unknown

We are often resistant to change, and we don't realize that change itself is constant. Even if you resist or avoid it, it will enter your life just the same. When you initiate the change yourself, it's pretty easy to adapt to it, since it's a wanted one. But are the unplanned and unexpected changes bad? What if all changes were good by default?

At first it is a bit difficult and annoying, but after a while you get used to the change so much that if it doesn't come for a while, you end up moving the furniture at home in order to feel something changing.

People usually avoid changes and prefer to stay in their comfort zones, but I am a true believer that once you get the courage and take the first step to change, your life will become much better.

Below are just a few benefits of change:

1. **Personal Growth**
2. **Flexibility**
3. **Improvements**
4. **Life values**
5. **The snowball effect**
6. **Strength**
7. **Progress**
8. **Opportunities**
9. **New Beginnings**
10. **Routine**

Remember the movie *Stranger than Fiction*? The main character, Harold Crick, does the same things in exactly the same time for years. He leads a completely dull, extremely predictable, and uninteresting life. That is how your life would be without changes.

I encourage you to look toward 2014 with a new and renewed vigor to try new things. Maybe you have never come to a senior lunch . . . now is a good chance to give it a try! Pick your favorite menu item and set a date. Perhaps you think, "yoga? I'm too old to try yoga now." How would you know if you have never given it a try? Or you may find yourself with a few extra hours each week. This could be the time to jump in and become a regular volunteer!

Next time you get the temptation to avoid or resist the change, aim instead to initiate the ones that will lead you to where you want to be. And remember – if there were no change, there would be no butterflies.

In This Issue:

Pg. 2	Airlift/Island Air & Medicare
Pg. 3	What's Happening
Pg. 4	December Calendar
Pg. 5	Menu & Cinnamon Benefits
Pg. 6-7	Life Narratives
Pg. 8	Holiday Fun
Pg. 9	Services

Airlift Northwest & Island Air

What Seniors Need to Know

by: Marla Johns

If you have been on Orcas Island and have been breathing the past couple of months, you have probably heard the Airlift vs. Island Air debate. I have been approached by a significant number of seniors with questions on the Aircare/Island Air membership discussion. In order to answer your questions and provide you with reliable information, I have attended all of the local meetings as well as had private conversations regarding Aircare and Island Air memberships with local insurance experts. I have learned some interesting facts for seniors which I will share with you.

Airlift Northwest and Island Air serve the San Juan Islands. Airlift Northwest operates a helicopter and Island Air operates a fixed wing airplane. Airlift is affiliated with the University of Washington and Island Air is affiliated with San Juan EMS system. On Orcas Island, Dr. Michael Sullivan functions as the medical director for Orcas Island Fire and Rescue. For every call involving Orcas aid units, they contact Dr. Sullivan regarding the disposition of the patient. After consultation with Dr. Sullivan, there will be a recommendation for whether or not the patient should be flown off island and by what method. Dr. Sullivan reports that he makes his decision first on safety, next on the medical necessity and time to definitive care. He then looks to utilization of all resources, impact to local EMS response and finally to the financial implications.

Both Airlift Northwest and Island Air offer membership programs. The memberships allow for both companies to accept your insurance reimbursement as payment in full without billing you, the patient, for additional costs.

As I set out on my quest for information, I looked to get the answer to one question: *If you have Medicare and a supplement, do you even need Aircare or Island Air memberships?* I found an insurance specialist on San Juan Island who has done a great deal of research into the air membership situation (he wishes to remain anonymous due to the sensitive nature of the issue). His answer, no. Both air carriers will bill Medicare and then if you have a Medicare secondary plan, they will bill your secondary for the \$3,400 out of pocket deductible. Medicare pays to either group the Medicare allowable fees and the deductible is picked up by the secondary even if you don't have a membership

What if the Medicare patient does not have a secondary? The most you will pay out of pocket is \$3,400 deductible. You are going to pay this amount to SOMEONE – the air ambulance service, the hospital, the physician, the radiologist, or the laboratory. If you are flown off island and hospitalized, you will have to pay your deductible whether you have the air membership or not. If you have the air membership you'll be paying your deductible to another medical provider, if you do not have the air membership and they are first in line for billing, you'll be paying your deductible to them.

The insurance specialist I spoke with went further by saying, "My own mother is in her 70's and it is my business to make sure that people are well insured. My mother has Medicare and a Medicare Advantage Plan as a secondary and I do not buy either Aircare or Island Air memberships for her."

It is not my position to recommend the purchase of one, both, or none of the air ambulance memberships; but simply to keep you all informed and get answers to the questions you are asking.

The Orcas Senior Center is accepting donations through the Community Foundation in the holiday gift giving catalog.

Please visit www.oicf.us to purchase a gift for the Senior Center meal program or Hearts & Hands program.

We appreciate your generosity, both during the holidays and throughout the year.

What's Happening

Mono-print Gift Card Class

December 6 & 13

1:00pm

FREE

Join Sue Lamb as she teaches you to make beautiful and unique mono-print gift cards. Use them for some last minute holiday cards, give the set as a gift, or keep them for use year round. You'll be able to take home a set by the end of week two. These cards are easy to make, beautiful, and unique.

Art Journaling – class 5 of 6

Thursday December 12th

1:00pm-3:00pm

FREE

This is the fifth of six classes open to returning students. Don't forget to bring your ephemera choices, painted pages, scissors or exacto knife, and some newspapers to cover the tables. **Note: BEGINNIG IN JANUARY THIS CLASS WILL BE OPEN TO EVERYONE EACH MONTH. THERE WILL BE A NOMINAL FEE TO COVER SUPPLIES.**

The Nutcracker Ballet – Live

SUNDAY December 15th

Meet at the Senior Center by 7:45am

Depart 8:50am ferry – Return 6:25pm ferry

\$35

Travel with friends to see this timeless Christmas classic, live at the Mt. Baker Theatre in Bellingham. We will stop for lunch before going to the theatre for the 2:00pm showing. (Please make sure you pack a little extra money for lunch and dinner.) \$35 fee includes bus ride, ferry passes, and tickets to the show. Pre-registration is required for this trip. Sign up at the front desk.

Potluck Lunch

December 18th

12:00pm-1:00pm

Bring your favorite potluck dish to share and enjoy lunch with friends.

Christmas Carol Sing-A-Long

December 18th

1:00pm

FREE

Join us around the piano for a cozy Christmas Sing-A-Long. Mary Meyer will accompany us on piano as we join in singing some old favorite Christmas Carols.

Mainland Shopping

December 19th

Depart 8:50am ferry – Return 3:50pm ferry

Cost: \$10

Library Focus Group

December 27th

1:00pm

Tom Fiscus, one of the Library Trustees, would like to set up a focus group of senior to talk about their ideas about the library, including a possible building expansion. Please join Tom after lunch to offer your suggestions and join in the planning process.

SAVE THE DATE:

May 16, 17 & 18

Train trip and cruise ship!


Cost: \$250 per person

We will depart Friday afternoon and head to Seattle for an overnight stay in a hotel. In the morning, we will board the Cascade Train for a scenic train trip to Vancouver, BC. Upon arrival, we'll board the sky train over to Canada Place where we will board our overnight cruise onboard the *Grand Princess*. The Grand Princess will take you in style back to Seattle. On the trip enjoy a health spa, casino, sparkling pools, numerous dining options and Broadway-style entertainment. Pre-register at the front desk. Payment is due by January 15th.



Did You Know . . .
We now have cable TV in
the lounge! Come on by
and try it out.

December Menu

MON	TUESDAY	WED	THU	FRIDAY
2	3 Shrimp Salad Oatmeal Bread Fresh Fruit	4	5	6 Cheeseburger w/Lettuce & tomato Sweet Potato Tots Potato Salad Raspberry Sherbet
9	10 Chicken Primavera Penne Pasta Baby Carrot Broccoli Bacon Salad Fresh Apple	11	12	13 Lemon Pepper Fish Potato Wedges Broccoli Florets Coleslaw Fruit
16	17 Ginger Beef over Brown Rice Broccoli Florets Sesame Coleslaw Mandarin Oranges Fortune Cookie	18	19	20 Turkey Cranberry Mashed Potatoes & Gravy Nantucket Vegetables Fresh Baked Roll Gingerbread Cake
23	24 Closed for Christmas Eve	25 Merry Christmas	26	27 Salmon Filet Baked Potato Green Beans Garden Salad Fruit
30	31  Roasted Pork Loin Mashed Potatoes & Gravy Broccoli Normandy Spinach Salad Applesauce	Happy New Year!		**menu subject to change without notice

Winter Holidays and the Smell of Cinnamon

By Carol Simmer, RD/CD

We can list many sweet and savory foods that cinnamon enhances with its flavor and aroma. But did you know that cinnamon once had a reputation as a cure for the common cold? The current research into the health benefits of cinnamon ranges from its antioxidant activity to its antimicrobial properties and treatment of type 2 diabetes and insulin sensitivity. Cinnamon can also aid in the preservation of certain foods. Other exciting research is being done in the areas of colorectal carcinogens and melanomas.

Cinnamon was once regarded as a gift fit for kings and gods! The source of cinnamon was kept secret for centuries by those in the Mediterranean who handled the spice trade. Cinnamon is native to Sri Lanka (now Ceylon). It was imported to Egypt as early as 2000 BC. Perfumes and other aromatics were tossed in the flames of funeral pyres in ancient Rome. Aromatic cinnamon was considered too expensive to be used for that purpose. However, the emperor, Nero, burned a year's supply of cinnamon on the funeral pyre for his wife in A.D. 65.

Portuguese traders landed in Ceylon at the beginning of the 16th century and dominated the production and market of cinnamon for 100 years. Then came the Dutch. The Dutch East India Company overhauled the methods of harvesting cinnamon in the wild and began to cultivate its own trees. Eventually the Dutch established the largest cinnamon estate in Asia, an island in the district of Kerala. The British took control of the island estate in 1795. By this time, the monopoly of Ceylon in the cinnamon trade was waning because of the spreading cultivation of the cinnamon tree. Coffee, tea, sugar, and chocolate also began to outstrip the popularity of traditional spices.

Take a deep breath this holiday season and enjoy the fragrance and taste of cinnamon in your cookies, pumpkin bread, yams and pumpkin pie and know that you are using a delicious and healthy spice!

Comments or questions? Contact Carol at csimmer@wccoa.org

Life Narratives

By: Stephen Bentley

Recently my mother (age 93), her four children and our spouses enjoyed a dinner together. It was a rare occurrence. My family, like many others, is scattered around the country. The evening was very enjoyable; we told and retold family stories long into the evening. Ultimately someone in our party realized that the restaurant staff was patiently waiting for us to leave. Hours had passed, the other diners had long since departed.

Reminiscing about the “good old days” is too often disregarded as almost a sign of senility; an indication that an older person isn’t adapting to today’s world but instead clinging to bygone days. Yet research shows that telling stories about one’s life, particularly through a formal practice known as life narratives has many benefits for seniors.

A number of studies, over the past decade, have shown that reviewing one’s life can:

- Ease transition into old age.
- Further personal growth and promote self-discovery.
- Increase acceptance and sometimes satisfaction with one’s life.
- Improve self-esteem.
- Lower or prevent depression.
- Socially engage people who have dementia.
- End isolation by promoting social interaction, either with others in a class or with interviewers.
- Reduce chronic pain.
- Improve cognitive function.
- Help staff in nursing homes, hospitals, etc. to view client/patient as a complex individual with a lifetime of experiences—both good and bad.

- Give the opportunity to review accomplishments and remember life’s joys and challenges.
- Provide a bigger picture of an individual’s life and place in the world.
- Help older adults create a permanent historical record about their lives as well pass on their wisdom and values to future generations.

Life narratives are a natural outgrowth of the phase of life between our 60s and 80s when we look back and assess our lives, seeing our mistakes and our accomplishments, determining what we learned. It’s also a natural impulse to want to pass on the lessons we’ve learned to family, friends and future generations.

For the very elderly, life reviews become more of an imperative. Hospitals, senior centers, hospices and other settings for dying or very ill patients are using this practice, coined dignity therapy or reminiscence therapy, to bring closure to lives.

One researcher, Dr. James Birren, of the University of Southern California, School of Gerontology, found that dying individuals were most frightened by the idea of not existing after death and were comforted by the idea of creating a document that would outlast them. Hospice workers and other caretakers are being trained to interview the dying, which can ease anxiety and depression at the end of life.

What to Write About

There are many ways to write a life review. One is to use a simple form that lists the facts and opens the door to deeper storytelling:

- Date and place of birth
- Names of parents

- Childhood: siblings, stories, schools, friends
- Marriage(s): date, place, name of spouse
- Education: school, college, university and other
- Designations, awards and other recognitions
- Employment: jobs, activities, stories, colleagues, promotions
- Places of residence
- Hobbies, sports, interests, activities
- Charitable, religious, fraternal, political and other affiliations
- Achievements
- Disappointments
- Individual attributes, such as a sense of humor

Another way is to answer more thought-provoking questions, such as “What did you want to be when you grew up?”

For some people, the most important action is passing on what they’ve learned to another generation. Some want future generations to know what life was like before electricity or television, while others want to rid themselves of painful memories. Others “rewrite” history to come to terms with sometimes painful facts. For others, it’s not the big events in life that are important but the smaller memories, like walking in the woods with dad.

Each person may have a different reason or style, but what’s important is the telling and listening that helps create a sense of peace or relief.

Forms of Life Review

Life review techniques can be formal or informal. Individuals can write (or record) their own life stories, perhaps prompted by online templates or suggested questions (see sidebar).

To jog your memory, use old photos, either from your life or the times you lived through. Go back in family history with online genealogy programs. Family members or professionals can serve as interviewers. Classes, both online and locally taught (through senior centers or other organizations), can provide the advantage of sharing stories with others. Life Narrative classes have been held at the Orcas Island Senior Center. Check our monthly calendar for similar classes in the future

Questions to Get You Started

Sometimes open-ended questions about your life can bring up memories that will prove fertile for writing a life review. Here are some examples:

- How would you describe your mother to someone who had never met her?
- What is a key lesson you learned from your father?
- Describe your childhood home, inside and outside.
- What did you want to be when you grew up?
- What were your most memorable experiences from high school?
- Have you found true love? Describe what true love means to you.
- What is the hardest part of being a parent?
- What is the greatest invention that has come along in your lifetime so far? Why was this invention important to you?
- What does it take to succeed in life?
- What was the best time of your life? Why?
- It’s been said that, “The best things in life are free.” Is this true?

Christmas Fun

W E Q G Q S K I I K F D K B N S A M T S I R H C E M R M J Y
 D Q N Z N R E F L U F N E U C C F F E M H K K O O C H A E B
 V U W A I I N I O G H A T C H H F A M I L Y K X T K X K T O
 K D F N C N T R K J F C M G O M E X J D Q K E M E E R O V S
 V P G K K Y N E Y O R R B A T R W S A R G C S K L U S V H C
 X L P H L A D W E A O Y Y X V N A F T B M E I K T D X K K G
 E L F S M Z I N C R P C S I R K X T V N V X W Y S Y X O T P
 W C B E E Y C K A Q G B H I P E C P I L U X E Q I S O P H N
 Z J N O S L E I A C Q U N G C H P L E O I T I K M J P O A D
 G T W E D R Y E N E L B A T S M Q K A K N Y S S Y K Q T N T
 R H S J L E N Q T N L R T C I B J Y X M V S R T A K Q B U V
 F U M E N Z C D S R A W J M Z W F K N V Q E Z Y T O A R K T
 Q C C M A R L Q L E N M M G T P G D U O Q X C H I L C V K R
 I V Y Q G M D Q E E O V O I P H B R R J R J O G Y S Z X A E
 O H C B U P L L D D Q P C N M Z F J S N E T R A E G S O H E
 G P T J J W O G D N F V X K N A M W O N S I H J G C B Y V L
 X A Z F J P S A I I X W R A P P I N G S N Z A N G E L D F G
 N S U S H Y S Q N E X W D X Y S Q C Q C C J Z G N V S M I X
 Z P P T O Q W B G R P O P W Y R A L H R P L F J O Y P G W S
 R I R Z N E C W O G Q N I G D R J C H S I A H I G X P F O L
 P O O Q A N D G P Z H D F H D I L Q P T Z T M S D G V G W G
 N P D D A U E G C F F E P D D K J O L Z O N W C Q N N Z Y V
 Y U G W B U G V L D H R A F C U R N I D F A W C A A N J C L
 N C C F C X E T O F E L E I H D K L A S X S Q H Z P S Q L D
 U S P N A B W J Y D M A H A M M O P S R T E Z H W F D Q E E
 L D Y L C W T H Y F E N X U U W X Q S W E H W M M I D T L T
 A U G B X V E N E I A D G F Y Y S U A K D R G P Z T N O C S
 G I N G E R B R E A D Q Y J O N F W W L A Q B I P Q P T Q Q
 K R P F U N B V A X C G S T N E S E R P L W U Z L Z A B E A
 N A T I V I T Y K L X K B M K J T S S O E R N O D D J R J R

christmas
 Hanukkah
 tree
 ornament
 turkey
 presents
 family
 winter
 wonderland
 greeting card
 santa
 kris kingle
 eggnog
 snowman
 elves
 reindeer
 candycane
 Grinch
 nutcracker
 mistletoe
 northpole
 wrappings
 star
 angel
 eggnog
 gingerbread
 cookies
 stable
 gumdrops
 nativity
 chestnuts
 cinnamon
 decorations
 sledding
 wassail
 lights
 wise men
 north pole

SERVICES WE PROVIDE

Lunch is served twice weekly 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 376-2677.

Lunch transportation is available. Call the front desk at 376-2677 by 10:00am on lunch days to schedule.

Transportation to mainland medical/legal appointments is available. Please schedule appointments on Wednesdays as follows:

- 1st & 3rd Wednesday to Anacortes, Mt. Vernon & Burlington (suggested donation \$20)
- 2nd Wednesday to Seattle and surrounding area (suggested donation \$25)
- 4th Wednesday to Bellingham and surrounding area (suggested donation \$25)

Call Marla at 376-2677 to schedule.

Foot care nurses are available every Tuesday and some Thursdays/Fridays for routine foot care. Reservations are required by calling 376-2677. Cost is \$25.

Case Management services are available. To discuss needs and schedule an appointment call Marla at 376-2677.

Orcas CARES: Emergency response service and partnership with local island agencies including Lahari, Orcas Fire and Rescue, Hearts & Hands, Medical Foundation and San Juan County Sheriff's Office.

HELP IS JUST A CALL AWAY

Mobility Equipment is available for loan, maintained by the Lions Club, at the Senior Center. Preferred Pick up Wednesday & Friday from 10am-11am.

Special Needs Fund has limited emergency assistance when no other funds are available. Call Marla for information at 376-2677

Merts Taxi offers free transportation to and from the ferry terminal for all Island Hospital and Island Hospital affiliated appointments. Call 360-293-0201 to schedule.

Weatherization Assistance 1-800-290-3857

SHIBA volunteers are available at the Medical Center Tuesday's and Fridays by appointment. Call 376-2561

P.A.L. offers assistance with electrical costs. Call OPALCO at 376-3552 for eligibility requirements and to apply.

Social Security 1-800-633-4227

Hearts & Hands offers trained volunteers to provide 1-2 hours per week of practical assistance such as respite, errands, housework, meal preparation, shopping and companionships. Call Betsy Louton at 376-7723 for information.

Veterans Administration 1-800-827-1000



360-376-2677

www.orcasseniors.org

Senior Services of San Juan County
Orcas Island Senior Center
P.O. Box 18
62 Henry Rd.
Eastsound, WA 98245

NON PROFIT
ORGANIZATION
US POSTAGE
PAID
Permit #10
Eastsound, WA
98245

ORCAS SENIOR CENTER

NON PROFIT STATUS

The Senior Services Council of San Juan County, Orcas Island Branch, operates as a 501(c)3 corporation. Donations are tax deductible within the limits of the law.

NEWSLETTER

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. It is also available on our website.

Mail submissions to: PO Box 18, Eastsound, WA 98245

YOUR STAFF

Marla Johns, M.S., BSW – Orcas Senior Services Coordinator
(360)376-2677 or by email: marlaj@sanjuanco.com

Jay Savell – Cook
(360)376-2677

Joyce Rupp – Project Manager
(360)370-0591 or by email: joycer@sanjuanco.com

Orcas Advisory Committee

Chair: Stephen Bentley
Lois Cornell
Mary Greenwell
Penny Hawkes
Hawley Roddick
Caroline Scott
Michele Streich
Jack Titus
Magdalena Verhasselt
Judy Zimmerman

Jane Heisinger, Asst. to Advisory Committee

Betsy Louton, Hearts and Hands Coordinator

