

Senior Signal

January 2014

Winter Safety Tips

by: Marla Johns, Orcas Senior Services Coordinator

The cold wintery weather is upon us. Though a frosty morning may be beautiful to look at, it can be dangerous to navigate. Here are some tips to help keep you safe and warm this winter.

1. Avoid slipping on ice. Icy, snowy roads and walkways make it easy to slip and fall. Unfortunately, falls are a common occurrence for seniors, especially during the wintertime. Falls can cause major injuries such as fractures, head injuries and cuts. These injuries, especially in older adults, can be fatal. To avoid falls, make sure to wear shoes with good traction and non-slip soles, and stay inside until the roads are clear. Replace worn cane and walker tips. Also, place a chair inside of your doorway so you can sit down and take off your shoes as soon as you return indoors. Wet soles can lead to slippery floors inside as well.

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2. Dress for warmth. Don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. You should also use a scarf to cover your mouth and protect your lungs.

3. Fight wintertime depression. Having difficulty getting out and about during the winter can increase isolation and loneliness. Check in with family and neighbors regularly and keep busy.

4. Check the car. Have your car serviced before bad weather. Make sure to check the oil, tires, battery and wipers.

5. Prepare for power outages. Winter storms can lead to power outages. Keep flashlights and a battery powered radio within easy access. Keep a supply of non-perishable foods that can be eaten cold as well.

6. Eat a varied diet. Dieticians recommend consuming Vitamin D rich foods during the winter because our exposure to sunlight is limited.

7. Prevent carbon monoxide poisoning. Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important thing to keep in mind is to ask for help. If you need help with clearing snow or ice, arranging rides or keeping warm, please call us. We are here to help! Keep warm and stay safe.



Break Out of Your Comfort Zone

By: Stephen Bentley

I will admit it. I like the familiarity of my comfort zone. It is called a “comfort zone” for a reason – it’s comfortable there. However, a comfort zone can also be a deceptive trap that turns “living” into mere “existence.”

Comfort zones are full of routines; they’re familiar – the same-old, same-old. Comfort zones develop slowly – almost imperceptibly. All too often, the air in the comfort zone can get stale, the “flow” of life begins to stagnate, and personal growth comes to a gradual halt. In some cases, personal growth can even shift into reverse.

So, if you’re languishing in a stagnant comfort zone, ignore your inner voice saying, “Stop! It’s dangerous beyond this point!” Try any of these eight “ideas” to inspire yourself to move forward and live a more enriched life.

1. Reconnect with your spiritual side in whatever way you find fulfilling. If you’ve been away for a while, consider going back to your place of worship. Marvel at the beauty of our island paradise. Learn to meditate and practice it every day. Your spiritual life is just waiting to be developed into a strength that will serve you and others in times of need and, of course, in times of thanksgiving.

2. Volunteer to help your favorite charity or cause. There are many nonprofit organizations, including our senior center, that rely heavily on volunteer support to provide badly needed services. Volunteer and move yourself from mere survival mode to significance.

3. Get physical and feel stronger. Make it a point to get 30 minutes of exercise a day, five

days a week – even if it’s in 10-minute increments. Move! Feel your body come alive in its movement. Dance! Feel the grace of motion that your body is capable of. Stretch like a cat and wake your body up from head to toe.


4. “The best way to make a friend is to be a friend.” Be a friend! Do things together and for each other. Go places and share memories. Learn about the variety of personalities and the ones you “click” with and those you don’t.

5. Open your door and go outside. Smell the fragrances in the air. Close your eyes and listen to the sounds of nature. Fill your lungs with fresh air and use your outside voice. See the colors of nature from brilliant sunrises and sunsets to the deep greens and blues of Moran State Park or Turtleback Mountain. Wonder at the nighttime sky. Awaken your senses in the world outside. It waits just outside your door.

6. Listen to your feelings. Share them with a trusted friend or relative. Life has its ups and downs and having someone to share them with helps us work through the emotions that are involved. Talk to a professional if you’ve been feeling down. Emotions should not be ignored any more than a pain in your chest.

7. Stretch your intellectual muscles by learning something new. Take a class at our senior center or through on-line education educational sites like Coursera.com. Read! Join a book club. Find someone who can teach you something new.

8. Let your innate creativity flow. Paint beautiful paintings, write inspirational words, dance the dance of your life. Appreciate the talents of others. Remember family traditions and values and teach them to your grandchildren. Explore cultures different from your own. Enjoy their food; learn about their values and traditions. Appreciate the diversity in life and celebrate it in all its glory.



What's Happening

Art Journaling – class 6 of 6

Thursday January 9th

1:00pm-3:00pm

FREE

This is the final class in the first series 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 FEBRUARY THIS CLASS WILL BE OPEN TO EVERYONE EACH MONTH. THERE WILL BE A NOMINAL FEE TO COVER SUPPLIES.**

Potluck Lunch

January 18th

12:00pm-1:00pm

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

Mainland Shopping

December 19th

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

Cost: \$10

SAVE THE DATE:

May 16, 17 & 18

Train trip and cruise ship!

Cost: \$250 per person (plus port fees and taxes)

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 . . .
Tuesday, January 21st is
National Hug Day?***

Top Ten New Year's Resolutions:

1. Spend more time with family and friends
2. Get more exercise
3. Quit smoking
4. Enjoy life more
5. Quit drinking
6. Lose weight
7. Get out of Debt
8. Learn Something New
9. Help others
10. Get organized

Did yours make the list?

SNOW CLOSURES –

As a general rule, if the schools are closed due to snow/weather then we are closed as well. Call ahead to make sure . . . 376-2677

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January</div>			1 HOLIDAY <i>A HAPPY NEW YEAR</i>	2 10am: TML FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	3 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	4
5	6 10am: TML FREE	7 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	8 10am-11am: Chair yoga FREE 2pm: Afternoon Tea 4pm: Advisory Committee Meeting	9 10am: TML FREE 1pm-3pm: Art Journaling Class. FREE	10 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	11
12	13 10am: TML FREE	14 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal 1pm: Parkinson's support group	15 10am-11am: Chair yoga. FREE 11am: Watercolor painting group 12pm: Potluck	16 10am: TML FREE Mainland shopping. Depart 8:50am ferry. \$10	17 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	18
19	20 HOLIDAY Martin Luther King Day	21	22 Island Hearing 378-2330 to schedule appointment	23 10am: TML FREE	24 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	25
26	27 10am: TML FREE	28 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal'	29 10am-11am: Chair Yoga FREE	30 10am: TML FREE	31 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	

January Menu

MON	TUESDAY	WED	THU	FRIDAY
		1	2	3 Teriyaki chicken Brown rice Oriental vegetables Cucumber salad Fruit cocktail
6	7 Beef & barley soup Ham & swiss sandwich Garden salad Fresh fruit	8	9	10 Homemade meat lasagna Italian vegetables Caesar salad Garlic bread Pears
13	14 Pot roast Mashed potatoes & gravy Steamed baby carrots Garden salad Fruit	15	16	17 Cabbage rolls Baked yam Dinner blend veggie Garden salad Apple cake
20	21 Meatloaf Mashed potatoes & gravy Baby carrots Garden salad Sliced peaches	22	23	24 Florentine fish Scalloped potatoes Sautéed squash Garden salad Apricots
27	28 French dip sandwich w/ Au Jus Sweet potato fries Kale & cabbage slaw Tropical fruit	29	30	31 Turkey & cranberry Mashed potatoes & gravy Nantucket vegetables Pumpkin cake

**menu subject to change
without notice

Falling for Apples

By Carol Simmer, RD/CD

Isn't it exciting to see baskets and baskets of beautiful apples in the fall and winter? We can purchase those "hard to find" varieties we love, like Gravenstein and Melrose! Our best recipes for apple pie and crisp are reborn, but I would encourage you to use apples in other ways. Try blending cooked apples or applesauce with carrot or squash soups for example. Applesauce and other pureed fruits and vegetables can be substituted for a portion of fat in some baked dessert recipes, too!

Apples have a very long history! Remember Adam and Eve? We humans have long known the delicious benefits of the apple. The science of **why** the apple is so nutritious has been determined in the last 30 years. Researchers from several well-known institutions like Cornell University have found that the antioxidants and phytonutrients (found primarily in the apple's peel), are helpful in the prevention and treatment of heart disease, cancers of the lung, prostate, colon, and breast.

The sweet goodness of an apple can substitute for a high-fat dessert and those sweet complex carbohydrates give the body a longer, more even energy boost. The pectin (soluble fiber) of the apple aids in digestion and may trap cholesterol!

Boron is a trace element found in apples that is necessary in the hardening of bone. I am sure you are aware of the high risk of osteoporosis in adults!

The apple sounds like the perfect fruit, and maybe it is! It is highly portable, can be eaten cooked or raw, and requires few or no utensils to enjoy it.

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

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ORCAS SENIOR CENTER

NON PROFIT STATUS

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NEWSLETTER

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

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Senior Signal

February 2014

February is American Heart Month

from: <http://www.cdc.gov/features/heartmonth/>

Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable.

Every journey begins with one step, whether it's climbing a mountain or preventing heart disease. This American Heart Month, CDC is offering weekly tips for better heart health. Take your first step on the road to a healthy heart with us.

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women.

The term "heart disease" refers to several types of heart conditions. The most common type in the US is coronary heart disease (also called coronary artery disease), which occurs when a substance

called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias.

Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year.¹ This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.

The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health. CDC is providing a tip a day throughout February, but you can take these small steps all year long.

One Step at a Time

As you begin your journey to better heart health, keep these things in mind:

- **Don't become overwhelmed.** Every step brings you closer to a healthier heart.
- **Don't go it alone.** The journey is more fun when you have company. Ask friends and family to join you.
- **Don't get discouraged.** You may not be able to take all of the steps at one time. Get a good night's sleep and do what you can tomorrow.
- **Reward yourself.** Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with your family or friends.

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American Heart Month (cont.)

Plan for Prevention

Some health conditions and lifestyle factors can put people at a higher risk for developing heart disease. You can help prevent heart disease by making healthy choices and managing any medical conditions you may have.

- **Eat a healthy diet.** Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least 5 servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt or sodium in your diet also can lower your blood pressure. For more information on healthy diet and nutrition, visit CDC's Nutrition and Physical Activity Program Web site and ChooseMyPlate.gov.
- **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's body fat. If you know your weight and height, you can calculate your BMI at CDC's Assessing Your Weight Web site.
- **Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week. For more information, see CDC's Nutrition and Physical Activity Program Web site.
- **Monitor your blood pressure.** High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office. Find more information at CDC's High Blood Pressure Web site.
- **Don't smoke.** Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quit as soon as possible. Your doctor can suggest ways to help you quit. For more information about tobacco use and quitting, see CDC's Smoking & Tobacco Use Web site and Smokefree.gov.
- **Limit alcohol use.** Avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one. For more information, visit CDC's Alcohol and Public Health Web site.
- **Have your cholesterol checked.** Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this simple blood test. You can find out more from CDC's High Cholesterol Web site.
- **Manage your diabetes.** If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options. Visit CDC's Diabetes Public Health Resource for more information.
- **Take your medicine.** If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

For more ideas about simple steps to take every day for better heart health, visit the full page of tips. You can also follow the Million Hearts™ initiative on Facebook and Twitter for even more ways to protect your heart and live a longer, healthier life. Million Hearts™ is a national initiative to prevent 1 million heart attacks and strokes in the United States by 2017.

Together, we can prevent heart disease, one step at a time.



Your Financial Legacy

by
Stephen Bentley

Most of us hope to make the world a better place while we are alive and, if we are able, wish to continue that responsibility after we pass on. A will helps ensure you are leaving the financial legacy you want, whether you are leaving your estate to your children or charity—or both.

Making a Will

Financial and legal experts stress the importance of not only creating a will but making sure your survivors know of your intentions. This is especially helpful if you are dividing your estate unequally or giving to charity.

A will should include both tangible and intangible assets. Intangible assets include bank accounts, stocks, insurance policies and mutual fund shares owned in your name. Once you bequeath certain items to particular people, you can then divide the rest of your estate in precise ratios to specific heirs.

If you don't make a will, state law dictates how your estate is distributed. Probate is the often-lengthy legal process to determine your rightful heirs. Because the law only recognizes blood relatives and spouses as heirs, that means only your family will get your assets after your death, ignoring friends or charities that may be more meaningful. For example, without a will, a sibling you are estranged from may get assets that you would rather have given to your best friend. If you have no will and no relatives, all your assets will pass to the government, which may not be your first choice.

You can take steps to avoid problems later. One recommendation is to have an estate lawyer prepare or review your will rather than using a document you downloaded from an Internet site, especially if your will is complicated. When you divide your assets, be precise in your wording so your intentions cannot be misunderstood.

Fairly Dividing Assets Among Children

Parents often face difficult choices when deciding how to allocate their estate to their children. The easiest way is to divide it equitably, so each child gets the same percentage. (Dividing personal items is a bit more complicated). Equal division may help avoid a lot of family discord, hurt feelings and confusion such as, "Why did they leave more to my sister? Did they love her more?"

But it can also mean that one successful sibling gets the same amount as a son who is struggling or who has medical problems that rack up huge bills. Or, the son who provided the bulk of care will receive the same amount as the daughter who lives on the other side of the country and never bothers to call. Parents face the dilemma of being fair yet ensuring that their children will be taken care of. If they give more to the struggling sibling, are they "punishing success"? Or, by dividing their estate equally, are they failing to help the sibling who needs more help?

It's helpful to remember that the situation could change later. One child who is doing well financially could suffer unforeseen losses, while the other may find better work and more money. One way to deal with this situation is to divide your assets equally and set up a trust,

administered by a trustee, which can provide funds later if one of your children encounters financial difficulties.

While there are no easy answers, discussing your allocation with your children can help keep the family peace later and avoid hurt feelings. If you find it difficult to talk to your children, another option is to videotape your reasoning or express yourself in a letter.

As for tangible assets, ask your children if there is a special item they would like. If you want to be absolutely fair, you can have each item assessed to make sure they are all worth the same monetary value. From there, you can make a list of what goes to which child. If not every item is claimed, the will could contain a provision that everything else be sold, and the money divided up among the children or given to charity.

In the case of unequal distribution experts say you must make sure your will is ironclad, because it's more vulnerable to legal challenges from the hurt party.

Charity

For many people, a financial legacy also includes charity—causes that you believe in and may have supported during your lifetime, and want to include in your will. Some people may give to their alma mater, others to a political or environmental cause, and some to their senior center or to a group that helps the less fortunate.

More than 80 percent of Americans contribute to nonprofit groups of their choice throughout their lifetimes. However, according to research conducted in 2000, only around 8 percent chose to continue this support through a charitable bequest.

One way to donate to charity is to make a bequest in your will. Some people may be reluctant to not give their whole estate to their children or heirs, but leaving a gift to charity may reduce the estate tax burden on your heirs, depending on the current tax laws. You should consult with a financial advisor or attorney about charitable donations.

Passing on Financial Values

Making sure your loved ones or favorite charity inherits your assets is not the only way to leave a financial legacy. You can also pass on your financial values: for example, your beliefs about saving money, working hard or building a business. This can be done in the form of a personal narrative or story, recorded on videotape or documented on

Orcas Operations Committee

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Judy Zimmerman

Jane Heisinger, Asst. to Advisory Committee

Didier Gincig, Hearts and Hands Coordinator

What's Happening

Northwest Garden Show Washington State Convention Center Seattle, WA

Thursday, February 6th

Depart 7:20am ferry

Cost: \$40

The Northwest Flower and Garden Show has been heralding the start of spring since 1989, a gardening enthusiasts from around the Northwest flock to this annual celebration! Cost includes ferry fare, transportation, and admission to the show. Participants are on their own for meals and spending money.

Open Studio

Wednesday February 19th

1:00pm – 4:00pm

Join other artists in an open studio time. Whatever your artistic medium, we invite you to join in our open studio time. A dedicated time each month to work on your project and to visit with other artists. We provide the space, you provide the talent!

Art Journaling NEW CLASS OPEN TO EVERYONE

Thursday February 13th

1:00pm-3:00pm

\$5.00

An art journal is a journal or diary that has a strong visual element to it, an expression of your artistic creativity and imagination, not filled only with words like a traditional journal. It's a journal for using your art to express your memories, dreams, and thoughts. How you create the images, and what type of imagery you make, is entirely a matter of personal choice. There are no rules. You can paint or draw, use pen and ink, photos, collage, doodle, stickers... anything and everything.

Join in this monthly class. Your \$5 per month for this class helps to offset the price of materials. Please bring with you any photographs, collage materials, stickers, or any ephemera that you may have stashed around your house.

Parkinson's Support Group

Tuesday February 18th

1:00pm

FREE

This group both helps those who have Parkinson's and others who depend on the support group to help them best help loved ones. The group meets monthly the third Tuesday of the month at 1pm. It is facilitated by Ted Grossman, who has the disease himself. For more information call Ted at 376-4979 or by email at tfgrossman@yahoo.com

Caregiver Class:

Caring for the Skin – It's More Than Skin Deep

February 27th

1:00pm-5:00pm

FREE

A free class funded by Lahari. Call Sally Coffin for more information and to register 376-9017.

Mainland Shopping

February 20th

Depart 8:55am ferry

Cost: \$10

Potluck Lunch

February 26th

12:00pm-1:00pm

Join in this monthly favorite. Bring your favorite potluck dish to share and enjoy lunch with friends.

Simple Techniques to Help Reduce Stress

February 21st, 28th and March 7th

1:00pm – 2:00pm

FREE

This series of classes is intended to be fun and offer some great ways to reduce anxiety and stress while promoting a sense of relaxation and peace. One of my favorite techniques is EFT (tapping on acupressure points) because it is so versatile. It not only reduces stress, but can help with procrastination, food cravings and other issues as well. We'll also explore some Breathing Exercises and Progressive Relaxation. These techniques take practice, but I believe you will find the results are worth it, since a calm and relaxed body and mind are less prone to health problems. Feel free to take one class or all three.

Tax Preparation

Tuesdays 9am-4pm (By Appt.)

Every Tuesday from Feb. 11th – April 15th

Suggested Donation: \$5

Jim Biddick will again be doing taxes for Seniors. He will be available each Tuesday beginning February 11 through April 15. Call Jim at 376-2488. Suggested donation is \$5 and Jim donates all monies collected to the Senior Center.

Did You Know . . .

February birthstone is Amethyst and the birth flower is Violet?

CRAFTY AFTERNOONS

Please join us on Friday, February 7th as we make Valentines to share with the children of Orcas Christian School. We are delighted each holiday when the school children deliver special treats to us at senior lunch, and we want to give back! We will be making homemade valentines that will be delivered to the school the morning of February 14th. Please come and help us in putting a little something together to spread our love and thanks!

Origin of the Super Bowl


For four decades after its 1920 inception, the NFL successfully fended off several rival leagues. However, in 1960, it encountered its most serious competitor when the American Football League (AFL) was formed. The AFL vied heavily with the NFL for both players and fans, but by the middle of the decade the strain of competition led to serious merger talks between the two leagues. Prior to the 1966 season, the NFL and AFL reached a merger agreement that was to take effect for the 1970 season. As part of the merger, the champions of the two leagues agreed to meet in a "world" championship game for professional American football until the merger was effected.

Lamar Hunt, owner of the AFL's Kansas City Chiefs, first used the term "Super Bowl"^[7] to refer to this game in the merger meetings. Hunt would later say the name was likely in his head because his children had been playing with a Super Ball toy (a vintage example of the ball is on display at the Pro Football Hall of Fame in Canton, Ohio). In a July 25, 1966, letter to NFL commissioner Pete Rozelle, Hunt wrote, "I have kiddingly called it the 'Super Bowl,' which obviously can be improved upon." Although the leagues' owners decided on the name "AFL-NFL Championship Game," the media immediately picked up on Hunt's "Super Bowl" name, which would become official beginning with the third annual game.^[8]

The "Super Bowl" name was derived from the bowl game, a post-season college football game. The original "bowl game" was the Rose Bowl Game in Pasadena, California, which was first played in 1902 as the "Tournament East-West football game" as part of the Pasadena Tournament of Roses and moved to the new Rose Bowl Stadium in 1923. The stadium got its name from the fact that the game played there was part of the Tournament of Roses and that it was shaped like a bowl, much like the Yale Bowl in New Haven, Connecticut; the Tournament of Roses football game itself eventually came to be known as the Rose Bowl Game. Exploiting the Rose Bowl Game's popularity, post-season college football contests were created for Miami (the Orange Bowl) and New Orleans (the Sugar Bowl) in 1935, and for Dallas (the Cotton Bowl) in 1937. Thus, by the time the first Super Bowl was played, the term "bowl" for any big-time American football game was well established.

After the NFL's Green Bay Packers won the first two Super Bowls, some team owners feared for the future of the merger. At the time, many doubted the competitiveness of AFL teams compared with their NFL counterparts, though that perception changed when the AFL's New York Jets defeated the NFL's Baltimore Colts in Super Bowl III in Miami. One year later, the AFL's Kansas City Chiefs defeated the NFL's Minnesota Vikings 23–7 in Super Bowl IV in New Orleans, which was the final AFL-NFL World Championship Game played before the merger. Beginning with the 1970 season, the NFL realigned into two conferences; the former AFL teams plus three NFL teams (the Colts, Pittsburgh Steelers, and Cleveland Browns) would constitute the American Football Conference (AFC), while the remaining NFL clubs would form the National Football Conference (NFC). The champions of the two conferences would play each other in the Super Bowl.

The winning team receives the Vince Lombardi Trophy, named after the coach of the Green Bay Packers, who won the first two Super Bowl games and three of the five preceding NFL championships in 1961, 1962, and 1965. Following Lombardi's death in September, 1970, the trophy was named the Vince Lombardi Trophy, and was the first awarded as such to the Baltimore Colts following their win in Super Bowl V in Miami.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>February</div>						1
2 SUPERBOWL SUNDAY! 	3 10am: TML	4 10am: Photo Club 12pm: Lunch 1pm: Songbirds rehearsal	5 10am: Chair Yoga - FREE	6 10am: TML Outing: Flower and Garden Show in Seattle	7 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	8
9	10 10am: TML	11 9am-4pm: Tax Prep by Appt. \$5 10am: Photo Club 12pm: Lunch 1pm: Songbirds rehearsal	12 10am: Chair Yoga – FREE 2pm: Afternoon Tea 4pm: Operations Committee Meeting	13 10am: TML 1pm: Art Journaling. \$5	14 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	15
16	17 PRESIDENTS DAY - HOLIDAY	18 9am-4pm: Tax Prep by Appt. \$5 10am: Photo Club 12pm: Lunch 1pm: Songbirds rehearsal 1pm: Parkinsons Support Group	19 10am: Chair Yoga – FREE 1pm-4pm: Open Studio	20 10am: TML Outing: Mainland Shopping	21 11am: Yoga. FREE 12pm: lunch 1pm: Stress Reduction Class - FREE 4pm: Strength training	22
23	24 10am: TML	25 9am-4pm: Tax Prep by Appt. \$5 10am: Photo Club 12pm: Lunch 1pm: Songbirds rehearsal	26 10am: Chair Yoga – FREE 12pm: Potluck <i>Island Hearing. Call 378-2230 to schedule an appointment</i>	27 10am: TML 1pm-5pm: Caregiver Class	28 11am: Yoga. FREE 12pm: lunch 1pm: Stress Reduction Class - FREE 4pm: Strength training	7

February Menu

MON	TUESDAY	WED	THU	FRIDAY
3	4 Lemon Pepper Fish Potato Wedges Broccoli Florets Coleslaw Fruit	5	6	7 Spaghetti w/ Meat Sauce Italian Vegetables Caesar Salad Breadstick Raspberry Sherbet
10	11 Ham w/ Pineapple Scalloped Potatoes Chef's Vegetable Cucumber Salad Peach Crisp	12	13	14 VALENTINES DAY LUNCH Shrimp Alfredo Pasta Nantucket Veggies Spinach Salad Garlic Bread Black Forest Cake
17	BBQ Chicken Wild Rice Pilaf Broccoli Normandy Garden Salad Mandarin Oranges	19	20	21 Roast Beef Mashed Potatoes & Gravy Broccoli Florets Garden Salad Fruited Jell-O
24	25 BIRTHDAY LUNCH Salmon Filet Baked Potato Whole Green Beans Cabbage & Kale Slaw Fresh Grapes	26	27	28 Roasted Pork Loin Mashed Potatoes & Gravy Sautéed Veggies Garden Salad Applesauce

**menu subject to change
without notice

Start the New Year with a Better Breakfast!

By Carol Simmer, RDN February 2014

Try these tips to get every day of 2014 started with a healthy breakfast, big or small!

The most important breakfast nutrient is protein. Powerful protein gives you the stamina to be active in the a.m. and stay focused until lunch. Try lean choices such as Canadian bacon (or lean ham); an egg (I keep hard boiled eggs in refrig for "grab and go"); cheese or a yummy leftover; low fat yogurt or peanut butter with toast; or wrap a tortilla(warmed) around a scrambled egg, black beans, cheese, chopped meat, and salsa or any creative combination.

Add Nutrient-Rich Whole Grains for high octane carbohydrates! Whole grain carbohydrates give the energy you need for your body and brain to get started in the a.m. plus the fiber to make the energy last until the next meal. Fiber slows digestion for longer lasting energy. Suggestions are whole grain cereals (hot or cold); whole grain breads (one slice of a hearty whole grain bread is worth 5 of the white fluff); and remember pancakes, waffles (toaster ones are fast!) can be whole grain, too!

Get fresh with Fruits (and Vegetables) For a sweet morning treat, add a seasonal fruit. Right now mandarins and pears are reasonably priced, but bananas and apples are always available. And don't forget canned and frozen fruits are delicious and healthful and available anytime! How about a quick parfait of yogurt and fruit? For veggies, add leftover veggies to scrambled eggs and top with salsa! Or how about a refreshing glass of vegetable juice? And who said you couldn't walk out the door with a crunchy carrot?

A breakfast routine is a healthy lifestyle that is worth investing-in for 2014! It will pay-off all year! Comments or questions? Email Carol, csimmer@wcoa.org to enjoy it.

Find out more from the Washington State Apple Commission website: www.bestapples.com Comments? Contact Carol at csimmer@wcoa.org

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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.

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

YOUR STAFF

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(360)370-0591 or by email: joycer@sanjuanco.com



Senior Signal

March 2014

Give your words carefully – give your heart freely

by: Marla Johns, Orcas Senior Services Coordinator

Many of you have heard me cheering on a good friend from my home town, David Wise. David is a young man who recently won a gold medal in the Olympics. He also happens to be a wonderful person – a good father, mentor to young people, great husband. David shared with me one time a story about how it was he became a professional athlete. At a church function when he was around thirteen years old, he was asked, along with a group of other young people, to stand up and answer some questions. He was asked, “what do you want to be when you grow up?” His answer was simple, “a professional skier.” His heart dropped when the audience laughed. Sure, they thought he was just being a cute kid with his head in the clouds, they didn’t mean any harm by their laughter; but it broke his heart.

That moment could have broken his spirit,

instead it motivated him to prove them wrong . . . and prove them wrong he did! He returned only a few days ago from Russia with a gold medal around his neck and a host of endorsement contracts to go along with his victory.

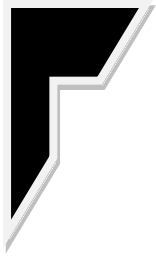
Similarly, my dad was a special education teacher for middle school students. He specialized in “emotionally disturbed” young people. These were often the kids who were forgotten, unless they were in trouble. Often from broken and damaged homes, they were difficult to educate and seemingly impossible to love. My dad’s firm belief however, was to believe in the possibility of what every single one of those children could do. He deeply and genuinely believed in the potential of the worst of the worst. Time and time again he invested his time, his money, and his heart to making sure that they all knew they had someone on their team.

Over and over and over again, I have heard stories from my dad’s kids (now adults) about the impact he had on their life. Often, they said my dad was the only person they ever felt had faith to believe they could be more than the label they had been given. Many, many of these kids are now college graduates, working people, responsible parents and spouses, and contributing members of their communities; due, in part, because just one person believed in them.

I share these two stories because they share a similar moral: choose the words you give to another person carefully, but give your heart away freely.

In This Issue:

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Pg. 8	Services



Identity Theft: Protection & Recovery

By: Stephen Bentley

Identity theft can happen at any time to anyone. Thieves are very creative and are always looking for new methods to access personal information for their own gain. The information thieves are looking for is not always clear – some things are obvious like Social Security numbers, others are not, like family relationships and insight on your personal life.

PROTECTION

Here are 10 important tips to follow for preventing ID theft:

1. **Only carry what you need** - leave extra credit cards, checks and documentation with sensitive information (Social Security Cards) at home when shopping or leaving your home. When carrying Medicare information it is best to carry a copy and black out the first five numbers of the Social Security number which most hospitals will accept.

2. **Consider carrying your wallet in your front pocket**, in a neck pouch or in a fanny pack on the front of you.

3. **Never leave your purse or wallet unattended**, even at social or religious gatherings where you feel safe and comfortable - thieves can be lurking anywhere.

4. **Keep an itemized list of the cards you do carry** on a daily basis along with the check numbers you carry so that if your

belongings are stolen you can quickly call and report the stolen cards to the card companies.

5. **Before allowing company into your home**, always lock up personal information and laptops and log off and shut down your computers.

6. **Be especially cautious of using the ATM**. Try to always go into the bank, but if you do use an ATM, only use ones that are lit and take your receipt with you and shred it.

7. **Deter crime from your home** with lighting, radios and televisions. Use timers or motion detectors on outdoor lighting if you can afford it, or leave lighting on at night when you are away.

8. **Never give out personal information** to someone reaching out to you via phone, email, instant message, text message, door-to-door or through social media. If you receive a call from a company requesting personal information, inform them you will hang up and call their primary company phone number to ensure the call is legitimate.

9. **Use secure, non-personal passwords** that contain both capital and lower case letters, numbers and unique symbols (!*@\$).

10. **Be cautious with your generosity** - make a charitable giving plan and do not deviate from it. Check out the legitimacy of every charity before giving them your hard earned money.

RECOVERY

If your identity has been stolen, the sooner you discover it, the sooner you can take the steps

necessary to fix it. Do not let fear, ignorance or embarrassment keep you from doing what you need to do to protect your finances, your property and most importantly, yourself!

What victims should do next

1. **Let all of your creditors know that your ID has been stolen.** Be sure to keep track of who you talked to, when you talked to them and their job titles, and phone numbers. Remember, the sooner you notice and report any discrepancies on your accounts, the easier it is to dispute them.
2. **Close your accounts.** Send confirmation that you are closing your accounts in writing, by certified mail, return receipt requested. Keep copies of everything.
3. **When you open new accounts, put passwords on them** (do not use a password that relates back to personal information that someone can guess).
4. **Contact the issuing agency of any IDs that were taken** - driver's license, state ID, employment ID. Do not just cancel and replace, ask the agency to put a caution or flag on your file so nobody else can get replacements.
5. **File a police report** and make copies of that report to send to your creditors. Do this in person rather than using an automated report. If your police department does not take identity

theft reports, ask to file a "Miscellaneous Incident Report." If you are still unable to file a report, contact your state Attorney General to find out exactly what your state law is in regards to identity theft.

6. **Find out from each creditor just what it is you need to do to clear up the mess,** and then do it, keeping track of everyone you talk to and everything you do.
7. **Once all the disputed charges have been taken off your accounts** and everything is resolved, **have those companies send you a letter that states in writing that the disputed accounts are closed** and the fraudulent debts discharged. File and keep copies of these letters to use if this erroneous information reappears on your credit report.
8. **Follow up to make sure everything has been taken care of** and keep checking your accounts regularly.
9. **Report the theft or fraud to the three major credit bureaus.** Have them place a fraud alert on your account so that new lines of credit cannot be opened without explicit confirmation by you.
10. **Do not fall for so-called credit repair scams.** The only information that can be removed from your credit report is inaccurate information, and that is something you can do for yourself.

Consumers age 60 and older filed 52,610 complaints with the FTC about identity theft in 2012. That's 19 percent of all complaints the agency received on the subject.

SPRING CELEBRATION

**A BRUNCH BY CHEF CHRISTINA ORCHID
TO BENEFIT THE SAN JUAN SENIOR NUTRITION PROGRAM**

MENU:

- 
- SKAGIT STRAWBERRY BLINTZES
 - RED RABBIT FARM EGGS BENEDICT
 - BREAKFAST POTATOES
 - FRESH CUT FRUIT SALAD
 - THICK CUT BACON
 - OATMEAL
 - BAKED GOODS FROM BROWN BEAR BAKERY

10:00 AM - 1:00 PM

AT THE ORCAS ISLAND SENIOR CENTER // 62 Henry Rd

SATURDAY, MARCH 22, 2014

\$15 PER PERSON

FOR MORE INFORMATION, CALL 360-376-2677



What's Happening

Mondays & Thursdays

10:00am

TML Class

FREE

Class size is limited so please sign up at the front desk.

Songbirds (Senior Choir Group)

Rehearsal every Tuesday

1:00pm

Performance days/times vary

Singing is not only fun, it's good for you! Using your singing voice is good for breathing, your posture, and even your memory. We welcome you to try out singing in the senior Choir, *The Songbirds*.

Yoga!

Wednesday's at 10am – Chair Yoga

Friday's at 11am – Yoga

FREE



Art Journaling – open to everyone!!!

Thursday March 13th

1:00pm-3:00pm

\$5.00

Potluck Lunch

March 26th

12:00pm-1:00pm

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

Mainland Shopping

March 20th

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

Cost: \$10

***** Wear your lucky green and celebrate St. Patrick's Day at Lunch on Friday March 14th!*****

OPALCO has provided Lahari's Safe Homes Project with an ample supply of CFL light bulbs and the Orcas Island Fire Department has provided us with smoke detectors.

The Orcas Safe Homes project will install these new light bulbs and also check your smoke detectors to make sure that they are operating correctly. All at no cost to seniors or the disabled. First come, first served!

Call for an appointment at 1-888-685-1475.

Home Care Aid Certification Training is coming to Orcas! If you are interested in completing the 75 hour DSHS approved training, this course is for you. Funding will be provided by Lahari. Registration will be accepted, along with a \$25 refundable deposit, through March 8, 2014. Please call Sally Coffin for additional information and to register for this course at 376-9017 or email at sycoffin@rockisland.com. Hurry, registration is limited!


SNOW CLOSURES –

As a general rule, if the schools are closed due to snow/weather then we are closed as well.

Call ahead to make sure . . . 376-2677

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 10am: TML FREE	4 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	5 10am-11am: Chair yoga FREE 4pm: Advisory Committee Meeting	6 10am: TML FREE	7 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	8
9	10 10am: TML FREE	11 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal 1pm: Parkinson's support group	12 10am-11am: Chair yoga. FREE 2pm: Afternoon Tea 4pm: Operations Committee Meeting	13 10am: TML FREE 1pm-3pm: Art Journaling Class. \$5	14 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	15
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23	24 10am: TML FREE	25 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal'	26 10am-11am: Chair Yoga FREE 12pm: Potluck Island Hearing 378-2330 to schedule appointment	27 10am: TML FREE	28 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	29
30	31 10am: TML FREE	<div>March</div>				

March Menu

MON	TUESDAY	WED	THU	FRIDAY
3	4 Chicken Enchilada Casserole Spanish Rice Garden Salad Pineapple Chunks	5	6	7 Herb Roast Chicken Mashed Potatoes & Gravy Brussels Sprouts Garden Salad Apple Cake
10	11 Bacon & Broccoli Quiche Garden Salad Baby Carrots Strawberry Cake	12	13	14 Corned Beef & Cabbage Steamed Red Potatoes Carrot Raisin Salad Irish Soda Bread Fruited Green Jell-O 
17 St. Patrick's Day	18 Philly Cheesesteak Sweet Potato Tots Cabbage & Kale Slaw Watermelon	19	20	21 Tuna Noodle Casserole Steamed Broccoli Garden Salad Breadstick Banana Pudding
24	25 Baked Cod Roasted Red Potatoes Broccoli Normandy Garden Salad Fruit Salad	26	27	28 Taco Salad Cornbread Fresh Fruit
31				

**menu subject to change
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Enjoy the Taste of Eating Right

By Carol Simmer, RD/CD

"Enjoy the Taste of Eating Right" is the theme for 2014 **National Nutrition Month**. Started in March 1973 as "National Nutrition Week", it became a month-long observance in 1980. The change was in response to growing public interest in nutrition. The nutrition and education information campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Sponsored by the Academy of Nutrition and Dietetics, formerly the American Dietetic Association, *National Nutrition Month highlights the Academy's mission to promote optimal nutrition and well-being for all people.*

Locally, the WCOA Nutrition Program is celebrating National Nutrition Month with our own **March for Meals campaign! Join us to March for Meals in the St. Patrick's Day Parade and join us for other events in March to promote senior nutrition!**

The logo for NNM this year depicts many foods that are healthy, TASTE GOOD and LOOK GOOD. Make a commitment this month to "get out of your eating rut" and try a different food or food cooked in a new way. Need a new recipe or menu idea? Email Carol and she will help. csimmer@wcco.org. Check-out the website: eatright.org/nnm for other tasty tips.

Find out more from the Washington State Apple Commission website: www.bestapples.com Comments? Contact Carol at csimmer@wcco.org

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Orcas Advisory Committee

Chair: Stephen Bentley
Ginger Cecere
Lois Cornell
Mary Greenwell
Penny Hawkes
Beverly Jensen
Maggie Kaplan
Christina Orchid
Adele Pinneo
Margo Rubel
Mary Tanner
Patty Thompson
Jerry Todd
Magdalena Verhasselt
Judy Zimmerman

Jane Heisinger, Asst. to Advisory Committee

Didier Gincig, Hearts and Hands Coordinator

Senior Signal

April 2014

Newsletter Changes on the Horizon

by: Marla Johns, Orcas Senior Services Coordinator

In an effort to expand our participation and increase our membership, we have decided to try a quarterly newsletter publication rather than a monthly publication. The quarterly newsletter will be an "all island" mailing rather than just to individuals who have signed up to be on our mailing list. This change will take effect beginning in May. You will now receive a newsletter for Summer (May, June, July); Fall (August, September, October); Winter (November, December, January); and Spring (February, March, April).

While we realize this will present new challenges, mainly the monthly calendars, we feel the benefits will outweigh those challenges. Since beginning this position almost two years ago, it has been my desire to reach the largest numbers of seniors possible. While we have maintained a mailing list of approximately 500 households, we know this is only less than one-fourth of the number of households on the island. Though each household does not contain a senior, everyone knows and cares about someone who may benefit from the services of the senior center or enjoy participating in our activities. We also believe that this will help us to grow our membership as we go into the next years membership drive.

Our thoughts and prayers go out to our neighbors in Oso, Arlington and Darrington.

As we look toward the next membership year, I am confident that using an island wide mailing will be the best way to reach a larger number of seniors. I believe the benefits of a larger membership will outweigh the challenges this will present. Each month, we will make copies of the monthly menu and updated calendars available at the senior center. They will also be available online at www.orcasseniors.org.

Through this process of change I look forward to hearing your feedback.

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Pg. 6	Hearts & Hands
Pg. 7	Menu & Nutrition Information
Pg. 8	Services

April is National Poetry Month

In honor of National Poetry Month, the following poem was submitted for publication in this month's newsletter:

The Land That Made Me, Me

*Long ago and far away, in a land that time forgot,
Before the days of Dylan, or the dawn of Camelot
There lived a race of innocents, and they were you and me.*

*We longed for love and romance, and waited for our prince,
Eddie Fisher married Liz, and no one's seen him since.
We danced to 'Little Darlin' and sang to 'Stagger Lee'
And cried for Buddy Holly in the Land That Made Me, Me*

*Only girls wore earrings then, and 3 was one too many,
And only boys wore flat-top cuts, except for Jean McKinney
And only in our wildest dreams did we expect to see
A boy named George with lipstick, in the Land that Made Me, Me*

*We fell for Frankie Avalon, Annette was oh, so nice,
And when they made a movie, they never made it twice.
We didn't have a Star Trek Five, or Psycho Two and Three
Or Rocky-Rambo Twenty in the Land That Made Me, Me*

*Miss Kitty had a heart of gold, and Chester had a limp.
And Reagan was a Democrat whose co-star was a chimp.
We had a Mr. Wizard, but not a Mr. T,
And Oprah couldn't talk yet, in the Land That Made Me, Me*

*We had our share of heroes, we never thought they'd go,
At least not Bobby Darin, or Marilyn Monroe.
For youth was still eternal, and life was yet to be,
And Elvis was forever in the Land That Made Me, Me.*

*We'd never seen the rock band that was Grateful to be Dead
And Airplanes weren't named Jefferson, and Zeppelins were not Led.
And Beatles lived in gardens then, and Monkees lived in trees,
Madonna was Mary in the Land That Made Me, Me.*

*We'd never heard of microwaves, or telephones in cars,
And babies might be bottle fed, but they were not grown in jars.
And pumping iron got wrinkles out, and gay meant fancy-free,
And dorms were never co-ed in the Land That Made Me, Me.*

*We hadn't seen enough of jets to talk about the lag,
And microchips were what was left at the bottom of the bag.
And hardware was a box of nails, and bytes came from a flea,
And rocket ships were fiction in the Land That Made Me, Me.*

*T-Birds came with portholes, and side shows came with freaks,
And bathing suits came big enough to cover both your cheeks.
And Coke came just in bottles, and skirts below the knee,
And Castro came to power near the Land That Made Me, Me.*

*We had no Crest with fluoride, we had no Hill Street Blues,
We had no patterned pantyhose or Lipton herbal tea.
Or Prime-time ads for those dysfunctions
In the Land That Made Me, Me.*

*There were no golden arches, no Perrier to chill,
And fish were not called Wanda, and cats were not called Bill.
And middle-aged was 35 and old was forty-three,
And ancient were our parents in the Land That Made Me, Me.*

*But all things have a season, or so we've heard them say,
And now instead of Maybelline we swear by Retin-A.
They send us invitations to join AARP,
We've come a long way baby, from the Land That Made Me, Me.*

*So now we face a brave new world in slightly larger jeans,
And wonder why they're using smaller print in magazines.
And we tell our children's children of the way it used to be,
Long ago and far away in the Land That Made Me, Me.*

Operating Budget Challenges

By: Stephen Bentley

The Orcas Island Senior Center, like many non-profit organizations, faces complex financial challenges. The realities of our budget limitations have become increasingly obvious as we have expanded services to our island's residents.

Government support for senior services has been reduced significantly in recent years. Paradoxically, this reduction of federal, state and county tax dollars is occurring at the same time as dramatic increases in the "senior" population. The demographic shift is evident on our island. Our Center's financial stress, however, may be less obvious due to the fantastic fund raising efforts of the Operations Committee and the continued generosity of our donors. Negotiating fiscal limitations is the responsibility of the Operations Committee and Center Staff.

Decisions regarding programs and budgets are a constant give and take. For example, we strongly believe the nutrition and transportation services provided by the Center are core to our mission to enhance the lives of older island residents. We intend to expand these programs although they both currently operate with significant financial deficits.

The need for senior oriented services is increasing. We plan to address our budget issues in two ways; increased fund raising and tightened management. As an example, you may have noted our recent Spring Celebration Brunch fund raiser. We are also making efforts to reduce food waste by increasing the frequency of deliveries and making investments to improve refrigeration and food storage.

In addition, we are investigating ways to operate our transportation services more efficiently. At the present time we rely on only two sources of transportation funding; annual Senior Center membership dues and rider donations. Paid Center memberships, however, have declined in recent years although participation in our Center's activities and programs has increased. We will attempt to reverse this trend during this year's membership drive. We are also reviewing all transportation program policies and procedures.

Your help and suggestions are essential. Please let us know your ideas.

What's Happening

Free Seminar

What Can You Do To Prevent Falls?

Thursday, May 1, 2014

10:00am-3:00pm

Skagit Valley College

Multipurpose Room – Knutzen Cardinal Center

2405 East College Way – Mt. Vernon, WA

**** You must pre-register.****

****See Marla for registration information.****

Elder Law Clinic

April 23, 2014

For appointment call: Cy Field 360-472-1223

Open Studio

Every Wednesday

11:30am – 4:00pm

Join other artists in an open studio time. Whatever your artistic medium, we invite you to join in our open studio time. A dedicated time each month to work on your project and to visit with other artists. We provide the space, you provide the talent!

Tax Preparation

Tuesdays 9am-4pm (By Appt.)

Every Tuesday from Feb. 11th – April 15th

Suggested Donation: \$5

Jim Biddick will again be doing taxes for Seniors. He will be available each Tuesday beginning February 11 through April 15. Call Jim at 376-2488. Suggested donation is \$5 and Jim donates all monies collected to the Senior Center.

Mark Your Calendars

4H Senior Dinners

5:30pm-7:00pm

May 21, June 18, and September 17

Seniors: \$5

Others: \$10

Art Journaling **NEW CLASS OPEN TO EVERYONE**

Second Thursday each month

1:00pm-3:00pm

\$5.00

An art journal is a journal or diary that has a strong visual element to it, an expression of your artistic creativity and imagination, not filled only with words like a traditional journal. It's a journal for using your art to express your memories, dreams, and thoughts. How you create the images, and what type of imagery you make, is entirely a matter of personal choice. There are no rules. You can paint or draw, use pen and ink, photos, collage, doodle, stickers... anything and everything.

Join in this monthly class. Your \$5 per month for this class helps to offset the price of materials. Please bring with you any photographs, collage materials, stickers, or any ephemera that you may have stashed around your house.

Granny's Attic is one of the largest fund raisers for the Senior Center. It is always held on the last Saturday in April. This year that falls on April 26th. The sale goes from 10 – 3. From 2 – 3, better items and furniture are 50% off and other items are \$5.00 a grocery bag.

We will be accepting items for the sale on Tuesdays from 10 – 3 beginning on March 18th and continuing until April 22nd. We don't accept clothing or appliances. We do accept children's books, cookbooks and table top books.

There will be many treasures at this wonderful event so put it on your calendar and come and support the Senior Center.

If you have furniture to donate, give Jane a call at 2677 for her to come and check it out.

Ongoing Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10am: TML FREE	10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	11:30am-4pm: Open art studio time Second Wednesday of the Month: 2pm: Afternoon Tea Second Wednesday of the Month: 4pm: Operations Committee Meeting Fourth Wednesday of the Month: 12pm: Potluck	10am: TML FREE Second Thursday of the Month: 1pm-3pm: Art Journaling Class. \$5 Third Thursday of the Month: Mainland shopping. Depart 8:50am ferry. \$10	11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	8

Scheduled Outings:

April 2

Bargain Day!

Thrift Store shopping at the Good Will in Mt. Vernon where we will take advantage of senior discount day! (25% off every purchase)
We'll also make a stop at a local park for a sack lunch picnic.
Bring your lunch (or money for lunch)
Cost is only \$10

April 17

Mainland Shopping

Make the stops at your favorite off-island shopping locations. Stock up on necessary supplies or browse the isles for treasures. We will also stop for lunch along the way.
Cost is only \$15

April 24

Bellingham Railway Museum

Current exhibits include: life on the passenger train from the golden age to Amtrak, railroad lanterns, centennial exhibit, Lionel & tinsplate trains, and 1/2 inch scale lumber models.
Cost is \$25

Hearts and Hands

By: Didier Gincig

As you may know, Didier Gincig is the new coordinator of Hearts and Hands. The program offers a volunteer once a week for an hour or two for friendly visits, respite care for care givers, meal preparation, transportation, light housekeeping, and help as needed. If you or anyone you know may be interested in being matched with a trained volunteer, call the Hearts and Hands office at 376.7723 or e-mail heartsandhands@orcasonline.com. Also, the program is always seeking volunteers who would like to offer time to be of service. Volunteers also benefit by through their service! If you would like to call to simply chat and get information about the program, give Didier a call or visit with him before or after Senior lunch on Tuesdays and Fridays.

April Menu

MON	TUESDAY	WED	THU	FRIDAY
	1 Chicken swiss burger With lettuce & tomato Mixed vegetables Potato salad Raspberry sherbet	2	3	4 Beef stroganoff Over brown rice Chef's veggies Garden salad Ambrosia
7	8 Asian chicken salad Oatmeal bread Fresh grapes	9	10	11 Herb pork chops Mashed potato & gravy Brussels sprouts Garden salad Applesauce
14	15 Curry chicken Over brown rice Spinach salad Apple cake	16	17	18 Glazed ham w/ pineapple Baked yam Nantucket vegetables Fresh baked roll Strawberry crème cake
28	29 Roast beef w/ Mashed potato & gravy Sautéed vegetables Garden salad Peach crisp	30		

**menu subject to change
without notice

"Added Sugars" to be listed on Nutrition Fact Labels soon!

By Carol Simmer, R.D.N.

April, with Easter baskets and pastries, is one of several months that we consume lots of sugary foods. Many of us are concerned about the amount of sugar added to the foods we buy and FDA has responded. In February this year the FDA released **proposed** changes in the Nutrition Facts label on packaged foods. One change includes the addition of "added sugars" under the Carbohydrate listing on the nutrition label. You will now be able to know how much of the total sugar in a food is "added sugar" and not natural sugar.

Natural sugars are found in fruit (fructose), and milk and yogurt (lactose) without any additional processing. Natural sugars are naturally in the food.. These foods (milk and fruits and vegetables for example) have healthy benefits (vitamins, minerals, and fiber). **Added sugars** are natural sugars that have been processed and added to a food giving it little or no added nutritional value except for calories. Before the label change, the total sugar listed on a label reflects both natural and added sugar.

For example, if you compare the added sugars in cereals or even soups, and all else being equal (serving size and general quality), why wouldn't you buy the one with less added sugar? Excess calories in our diets are linked to chronic diseases such as obesity, heart disease, and diabetes. Added sugars contribute to added calories! When the new labels show us how much sugar is being added to our foods, we can make better food choices for our health and show the food companies that we want less added sugar in our foods!

Reading the nutrition facts label for "added sugars" will be only one source of information you need to make wise food choices. You must read the ingredient list to determine which added sugars are in the foods you buy. Many added sugars have names that end with "ose". The names of a few added sugars include: dextrose, fructose, maltose, corn sweetener, corn syrup, honey, invert sugar, malt sugar, molasses, and syrup.

Ingredients in foods are listed in order of descending order by weight. If the first or second ingredient is a sugar, then you may want to avoid this product. **One way manufacturers avoid making sugar the first or second ingredient is by using two or three different kinds of sugar in a product.** By listing them separately, they will be farther down the ingredient list!

Be a smart shopper and know your sugars. Comments or questions? Email csimmer@wcoa.org.

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

Orcas Safe Homes -- A free program to assist Orcas Island seniors to identify and correct safety and health hazards in their homes. Call 1-888-685-1475 for an appointment.



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

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ORCAS SENIOR CENTER

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

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Chair: Stephen Bentley

Pat Ayers

Ginger Cecere

Lois Cornell

Mary Greenwell

Penny Hawkes

Beverly Jensen

Maggie Kaplan

Christina Orchid

Adele Pinneo

Margo Rubel

Mary Tanner

Patty Thompson

Jerry Todd

Magdalena Verhasselt

Judy Zimmerman

Jane Heisinger, Asst. to Advisory Committee

Didier Gincig, Hearts and Hands Coordinator

Senior Signal

Summer 2014

Protection in the Summer

Heat is a potentially deadly problem—nearly 400 Americans die from heat waves each year. Most of them are elderly people who often don't realize when they are overheating and in danger.

Part of the problem lies in the fact that older people simply can't handle the heat as well as younger ones, because they don't sweat as effectively and have poorer circulation. Obesity, heart disease, dementia, diabetes and other chronic medical conditions can compound the risk. So can certain medications, especially diuretics or those prescribed for hypertension and Parkinson's disease.

To protect seniors, the standard advice is to get them into an air-conditioned building; have them dress lightly; and keep themselves hydrated.

But this is easier said than done, since poorer circulation also makes many seniors feel too cold in air conditioned spaces and want to reach for a sweater, even when it's hot out. And some seniors prefer other kinds of drinks to water, even though they may be too sugary for their sedentary lifestyles or filled with caffeine, which is dehydrating.

Lisa Clark, a Dallas physician who specializes in geriatric medicine, told AgingCare.com that caregivers should stay on the alert for signs of confusion or altered mental states in seniors who are out in hot weather, as it could be a sign of heat stroke. If the elderly person should collapse or pass out, "it's a medical emergency," Dr. Clark said, and 911 should be called immediately. While you are waiting for help, remove as much clothing as possible and pour cold water all over the elderly person's body. Should your relative come to, have a cold drink ready, as hydration is critical.

Here are some other tips to protect seniors from the heat:

--If elderly relatives complain of the cold indoors, turn up the air conditioning a bit. If they won't stay inside, have them sit on a shady porch under a ceiling fan or near a box fan.

--To keep the house cooler without running the air conditioning, close curtains or blinds on the east side of the home during the morning, and the west side in the afternoon.

--If the elderly person doesn't have air conditioning or refuses to use it in a heat wave, make sure they spend at least some time in a cool air-conditioned space like a mall or theater. "Even two or three hours a day can help," Dr. Clark said.

--Offer plenty of drinks that seniors prefer, but stay away from iced coffee and other highly caffeinated drinks, or sodas loaded with sodium, which is bad for heart health. Do not serve alcohol, which is dehydrating.

--Keep frozen treats available that have a high water and low sugar content, like sugar-free Popsicles (you can make your own using juice). Or serve fruit with a high water content, like watermelon.

--Seniors sometimes dress inappropriately for warm weather, so make sure that their clothing is lightweight, not form-fitting and light in color. Hats are useful, but make sure that they are loosely woven or ventilated so they don't trap heat and broad-brimmed so they shade the entire face.

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Pg. 4, 5, 6	May, June, July Calendars
Pg. 7	Special Outings
Pg. 8	Special Events
Pg. 9	Services

Special Announcements

Orcas Island Senior Center Membership

Due to changes in the newsletter mailing schedule, the 2014/15 membership information will be included in the August/September/October newsletter. Current memberships will be extended through August 1, 2014.

We are looking at some exciting changes coming to next years membership. We are excited to announce that dues paid for membership will now remain entirely on Orcas Island. Rather than to send membership dues to the tri-island Senior Council to be used for transportation expenses, the decision was made to allow each island to manage their own membership funds as well as their own transportation expenses.

There will be, no doubt, additional changes to membership announced in the fall newsletter; however we can also announce that members will be receiving the additional benefit of lower prices on activities, trips and classes. In future mailings, you will notice two rates for events that have a charge: one price for members, one price for non-members. Just one more way that we are working toward making your membership dollars work for you!

Plan now to become a member next membership year! What more is in store? Stay tuned and you'll soon find out.

Transportation

One important service that is provided by the Senior Center is transportation for Seniors. As we know, on and off island transportation is an ongoing challenge by all island residents. This is made even more complicated when you add to that the challenges that seniors face with driving in general.

At present, we offer off island medical trips at between \$20-\$25 depending on location of the appointment. However, the cost of one senior, one driver and our small van for a trip to Anacortes is \$28.65 just for ferry fare. This does not count the cost of fuel or maintenance on the vehicle. We have been offering the medical trip service regardless of ability to pay. You can see, this presents a challenge and leaves us operating transportation expenses in the red by the end of the year.

The Orcas Island Senior Center Operations Committee is currently looking at ways to modify the transportation to both continue to allow people to have their transportation needs met while being able to financially manage the obligations of the program. You will, no doubt, be seeing changes to the transportation program in the future. We also welcome your help and suggestions moving forward. Please let us know your ideas.

Regular Outings:

First Wednesday of each Month (May 7, June 4, July 2)

Bargain shopping at the Good Will in Mt. Vernon where we will take advantage of senior discount day! (25% off every purchase) We'll also make a stop at a local park for a sack lunch picnic. Bring your lunch (or money for lunch). Cost is only \$10.

Third Thursday of each month (May 15, June 19, July 17)

Make the stops at your favorite off-island shopping locations. Stock up on necessary supplies or browse the isles for treasures. We will also stop for lunch along the way. Cost is only \$15

Special Announcements (cont.)

Recipe Book's

The Life Enrichment Committee and the Friday craft group will be assembling recipe books for sale at the August Library Faire. Please bring a copy of your favorite family recipe which you would like to share with the island. All recipes' will be typed and bound into a book whose proceeds will benefit the activities fund at the Senior Center.

Please submit recipe's no later than July 15, 2014. Recipes' can be dropped off at the front desk or submitted by email to marlaj@sanjuanco.com

A special thank you to all who made the Granny's Attic Sale a huge success again this year! First, to the volunteers who donate countless hours to accept donations, sort and price them, set up the sale and then clean up. To those who donated gently used and new items for sale, thank you. And for all of those who spent a part of their Saturday browsing the isles and taking home treasures, thank you as well. Granny's Attic is the largest fundraiser of the year for the Senior Center and it would not be possible without each and every one of you.

Teachers/Class Leaders Needed

We are looking for people interested in leading a class or group. We are able to offer a small stipend for your time, thanks to a generous grant from OICF.


If you have a talent, interest, hobby, or skill to share with others, please call Marla at 376-2677 or by email at: marlaj@sanjuanco.com





Cruise & Train Trip Date Change and Sign Up Extension

If you signed up for the overnight rail to cruise vacation in May, the date has changed. We will now depart on September 21st and return on September 22nd. We will board the cruise ship in Seattle the morning of September 21st and cruise to Vancouver, arriving the morning of September 22nd. Spend the day enjoying Vancouver before boarding the afternoon train to return to Mt. Vernon where you'll be met by the Senior van to bring you back to the Senior Center. Cost is \$335.00 per person (double occupancy).

In order to attend, you must have paid in full no later than May 15, 2014. We will also need a copy of your current passport or enhanced drivers' license by the May 15, 2014 deadline as well. If you have questions or need further information please contact the front office at 376-2677

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>MAY</h1>				1 10am: TML FREE	2 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	3
4	5 10am: TML FREE	6 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	7 Outing: Thrift Store Bargain Day! 11:30am-4pm: Open art studio time	8 10am: TML FREE 1pm-3pm: Art Journaling Class. \$5	9 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	10 HAPPY MOTHERS DAY! 
11	12 10am: TML FREE	13 10am: Photo Club 10:30am: *NEW* Fiction Book Club 12pm: Lunch 1pm: Songbirds Rehearsal	14 11:30am-4pm: Open art studio time 2pm: Afternoon Tea 4pm: Operations Committee Meeting	15 10am: TML FREE Mainland shopping. Depart 8:50am ferry. \$10	16 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	17 10am-3pm Saturday scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
18	19 10am: TML FREE Outing: Spy Exhibit & D. Day Normandy IMAX movie at Pacific Science Center	20 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	21 11:30am-4pm: Open art studio time 5:30pm – 7pm: 4H Dinner	22 10am: TML FREE	23 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	24
25	26 10am: TML FREE	27 10am: Photo Club 10:30am: Book Club 12pm: Lunch 1pm: Songbirds Rehearsal	28 11:30am-4pm: Open art studio time 12pm: Potluck 7pm: Classic Movie Night. Audience will vote for which movie to watch. FREE!	29 10am: TML FREE	30 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10am: TML FREE	3 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	4 Outing: Thrift Store Bargain Day! 11:30am-4pm: Open art studio time	5 10am: TML FREE	6 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	7
8	9 10am: TML FREE	10 10am: Photo Club 10:30am: Fiction Book Club 12pm: Lunch 1pm: Songbirds Rehearsal	11 11:30am-4pm: Open art studio time 2pm: Afternoon Tea 4pm: Operations Committee Meeting	12 10am: TML FREE 1pm-3pm: Art Journaling Class. \$5	13 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	14
15 HAPPY FATHERS DAY 	16 10am: TML FREE	17 Outing: Mariners Game! 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	18 11:30am-4pm: Open art studio time 5:30pm – 7pm: 4H Dinner	19 10am: TML FREE Mainland shopping. Depart 8:50am ferry. \$10	20 11am: Yoga. FREE 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	21 10am-3pm Saturday scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
22	23 10am: TML FREE	24 10am: Photo Club 10:30am: Book Club 12pm: Lunch 1pm: Songbirds Rehearsal	25 11:30am-4pm: Open art studio time 12pm: Potluck	26 10am: TML FREE	27 11am: Yoga. FREE 12pm: lunch 4pm: Strength training 6pm-9pm: Sock Hop! Dance the night away Refreshments available for nominal price.	28
29	30 10am: TML FREE		JUNE			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10am: Photo Club 10:30am: Book Club 12pm: Special July 4 th Picnic Lunch at Moran State Park Pavilion	2 Outing: Thrift Store Bargain Day! 11:30am-4pm: Open art studio time	3 10am: TML FREE	4 HOLIDAY 	5
6	7 10am: TML FREE	8 10am: Photo Club 10:30am: Book Club 12pm: Lunch 1pm: Songbirds Rehearsal	9 11:30am-4pm: Open art studio time 2pm: Afternoon Tea 4pm: Operations Committee Meeting	10 10am: TML FREE 1pm-3pm: Art Journaling Class. \$5	11 11am: Yoga. FREE 12pm: lunch 4pm: Strength training	12
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20	21 10am: TML FREE	22 10am: Photo Club 10:30am: Book Club 12pm: Lunch 1pm: Songbirds Rehearsal	23 Outing: Woodland Park Zoo 11:30am-4pm: Open art studio time 12pm: Potluck	24 10am: TML FREE	25 11am: Yoga. FREE 12pm: lunch 4pm: Strength training	26
27	28 10am: TML FREE	29 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	30 11:30am-4pm: Open art studio time11	31 10am: TML FREE	<div>JULY</div>	

Special Outings



Spy Exhibit & IMAX Movie "D Day Normandy"

Pacific Science Center – Seattle

May 19, 2014 - Depart on 8:50am ferry

Cost is \$40 which includes ferry, transportation, movie and spy exhibit.

**** Please pack a lunch to eat along the way as we will not have time to stop for lunch****

First we will watch D Day Normandy described as: *June 6, 1944: The largest Allied operation of World War II began in Normandy, France. Yet, few know in detail exactly why and how, from the end of 1943 through August 1944, this region became the most important location in the world. Blending multiple cinematographic techniques, including animation, CGI and stunning live action images, D-Day 3D: Normandy 1944 brings this monumental event to the world's largest screens for the first time ever. Audiences of all ages, including new generations, will discover from a new perspective in breath-taking IMAX® 3D how this landing changed the world. Exploring history, military strategy, science, technology and human values, the film will educate and appeal to all. Narrated by Tom Brokaw, D-Day 3D: Normandy 1944 pays tribute to those who gave their lives for our freedom. A duty of memory, a duty of gratitude. Not rated. Runtime: 45 min.*

After the movie, we will have time to browse the Spy Exhibit. *SPY: The Secret World of Espionage*, offers guests the first-ever public exhibition of treasures from the collections of the CIA, the FBI, the National Reconnaissance Office (NRO) and H. Keith Melton, the renowned author, historian and international authority on spy technology. Guests will see real gadgets and artifacts from spies and spy catchers. They will observe spy technologies and learn the tools-of-trade, some recently declassified. This once-in-a-lifetime exhibition grants guests unprecedented access into the world of espionage



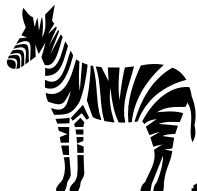
Seattle Mariners Game

June 17, 2014

Depart on early ferry for 12:40pm game time

Cost is \$50 which includes ferry, transportation, parking, admission ticket to lower level seat, hot dog and soda at the game.

Watch as the Mariners take on San Diego at home! Be sure to bring extra money for souvenirs and other meals. We have purchased ten tickets at the discount price so the first ten people to sign up and pay will be able to attend the game.



Woodland Park Zoo

July 16, 2014

Depart on 8:50am ferry

Cost is \$30.00 for seniors and \$25.00 for children ages 3-12 which includes ferry, transportation, admission and parking.

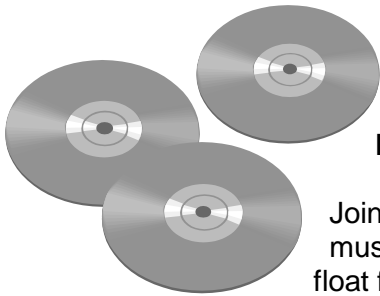
We encourage you to ring along your grandkids, nieces, nephews, or neighbor kids for a day at the zoo, but kids of all ages are welcome! You'll be on your own for food and spending money, so please plan accordingly. Be sure to check the weather report and come dressed for the day – including very comfortable walking shoes!

Special On Island Events



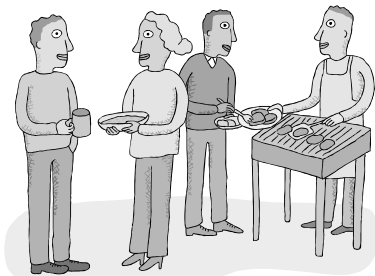
Classic Movie Night
Wednesday May 28, 2014 – 7:00pm
Free!!

We will bring a selection of three classic movies and the audience will vote on the movie shown. Feeling adventurous (and not too sleepy)? We may even make it a double feature! We will provide free popcorn and will have other snacks and beverages for sale. We also don't mind if you bring your own snacks . . . especially if you bring enough to share with us all!



1950's Sock Hop
June 27, 2014
6pm-9pm
FREE entry to the sock hop

Join us as our DJ spins records in an old fashioned Sock Hop. We will provide the music, you provide the dancing! You may even want to plan on grabbing a root beer float from our "diner" if you get thirsty.



4th of July BBQ
Moran State Park
Tuesday July 1, 2014
12:00pm

We will move our regular lunch service to Moran State Park and enjoy a friendly BBQ celebration. You'll be able to park your car at the Senior Center and be shuttled in the van if you choose. We will have a sign up sheet with designated arrival times at the front desk. We will even have a row boat and a pedal boat available if you would like to enjoy some time on the water.

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.

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SHIBA volunteers can assist with Medicare enrollment, choosing a secondary plan, and the affordable healthcare enrollment. Available at the Medical Center Tuesday's & Fridays by appointment. Call 376-2561

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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.

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Orcas Safe Homes -- A free program to assist Orcas Island seniors to identify and correct safety and health hazards in their homes. Call 1-888-685-1475 for an appointment.

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.



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

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ORCAS SENIOR CENTER

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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

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(services provided through a partnership with Whatcom Council on Aging)
(360) 376-2677

Joyce Rupp – Project Manager

(360)370-0591 or by email: joycer@sanjuanco.com

Orcas Operations Committee

Chair: Stephen Bentley

Pat Ayers

Ginger Cecere

Lois Cornell

Mary Greenwell

Penny Hawkes

Beverly Jensen

Maggie Kaplan

Christina Orchid

Adele Pinneo

Margo Rubel

Mary Tanner

Patty Thompson

Jerry Todd

Magdalena Verhasselt

Judy Zimmerman

Jane Heisinger, Asst. to Advisory Committee

Didier Gincig, Hearts and Hands Coordinator

Senior Signal

September 2014

Managing Your Golden Years

The public is invited and encouraged to attend a free* educational seminar on "Managing Your Golden Years." Sponsored by members of the Orcas CARES Coalition (Lahari, Orcas Fire and Rescue, Orcas Senior Services, Orcas Medical Foundation and San Juan County Sheriff's Department) experts will be on hand in a panel discussion format to discuss various topics related to aging.

Topics presented will include:

Home Safety

Health

Grief

Asset Protection

Fraud Protection

Balance & Mobility

Life Forms

....and more

We will also give attendees a free lunch, blood pressure screenings, and lots of handouts of information you just may need today, or in days to come.

Preregistration is encouraged and, to reward you for signing up, all those who register ahead of time will be entered in a drawing for a gift basket. Sign up by calling the Senior Center at 376-2677 or email Marla Johns at marlaj@sanjuanco.com

** donations gratefully accepted to help offset the expense of the seminar*

September is Prostate Cancer Awareness Month

Should I Be Screened?

article credit:

http://www.pcf.org/site/c.1eJRIROrEpH/b.5802037/k.6B8C/Early_Detection__Screening.htm

The question of screening is a personal and complex one. It's important for each man to talk with his doctor about whether prostate cancer screening is right for him.

There is no unanimous opinion in the medical community regarding the benefits of prostate cancer screening. Those who advocate regular screening believe that finding and treating prostate cancer early offers men more treatment options with potentially fewer side effects.

Those who recommend against regular screening note that because most prostate cancers grow very slowly, the side effects of treatment would likely outweigh any benefit that might be derived from detecting the cancer at a stage when it is unlikely to cause problems.

Recent studies of screening in large U.S. and European populations have suggested that the benefits of screening may not occur for 10 or more years after screening, given the long natural history of prostate cancer. These studies also suggest that many men will need to be screened (over 1,000) and treated (nearly 50) to save one life from prostate cancer.

In 2012, the U.S. Preventative Task Force recommended against the use of PSA screening for healthy men of all ages, stating that the harms of screening outweigh the benefits. In contrast, physician-led groups, such as the American Society of Clinical Oncology and the American Urological Association, maintain that PSA screening should be considered in the context of a man's life expectancy and other medical conditions. Most experts agree that there is no role for PSA screening for men expected to live less than 10 years. Ultimately

Prostate Cancer Awareness (cont.)

decisions about screening should be individualized based on a man's level of risk, overall health, and life expectancy, as well as his desire for eventual treatment if he is diagnosed with prostate cancer.

The American Urological Association (AUA) Foundation changed and updated its screening recommendations on May 3, 2013. Better cancer specific blood and urine based tests are on the horizon. The PSA test remains an important tool in the diagnostic process. Men over 40 should discuss PSA screening with their physicians to determine if and when PSA screening is right for them, based on health and family history factors, they differ from those of the U.S. Preventive Services Task Force (USPSTF).

You can more about these recommendations here:

www.pcf.org/uspstf

It should be noted that these recommendations apply to *screening* only, i.e. testing of healthy men without symptoms. Once the diagnosis of prostate cancer is confirmed by biopsy, PSA is still routinely recommended and used for risk-assessment and post-treatment monitoring.

When to Start—and Stop—Screening

When to start screening is generally based on individual risk, with age 40 being a reasonable time to start screening for those at highest risk (genetic predispositions or strong family histories of prostate cancer at a young age).

For otherwise healthy men at high risk (positive family history or African American men), starting at age 40-45 is reasonable.

Guidelines differ for men at average risk. Some recommend an initial [PSA and DRE](#) at age 40, and others recommend starting at age 50. In general, all men should create a proactive prostate health plan that is right for them based on their lifestyle and family history.

When to stop screening is also controversial. Some groups propose 75 as a reasonable cut-off age. Other groups suggest this is an individual decision based on life expectancy and overall current health.

You can find a useful resource for making these decisions at the [U.S. Centers for Disease Control and Prevention site](#).

Where Can I Find Free Prostate Cancer Screening?

Zero: The Project to End Prostate Cancer often conducts free screenings: www.zerocancer.org.

Another route is through local hospitals and local prostate cancer support groups. Us TOO has information about support groups: www.ustoo.com.

The Prostate Conditions Education Council also lists screenings: www.prostateconditions.org/screening-site



In 2014 there will be an estimated 233,000 new cases of prostate cancer.

Prostate cancer makes up 14% of all cancer diagnosis.

Approximately 15.3 percent of men will be diagnosed with prostate cancer at some point during their lifetime.

The 5 year survival has increased from 66% in 1975 to 99.6% in 2006

Prostate Cancer is the most common type of cancer.

FOOD BANK STARTS SENIOR OUTREACH PROGRAM

Through a cooperative effort between the Orcas Island Food Bank (OIFB) and the Orcas Island Senior Services, a number of seniors who have trouble getting out of their home to go shopping or visit the food bank for one reason or another receive a personally-delivered bag of groceries every Friday morning.

This pilot program began when OIFB volunteers and board members noticed that seniors were not coming to the food bank. After two full months of outreach, the OIFB Board voted to continue with this outreach program as part of the Food Bank's mission.

The bags of groceries include staples, proteins and, when available, fresh produce and fruit. If a recipient cannot consume certain foods, is diabetic or has other special needs, those issues are taken into consideration as groceries are packed.

The initial recipients were people receiving meals on wheels from the Senior Center. Since then, a few more have been added as neighbors or friends noticed someone in a situation and notified OIFB volunteers or the Senior Center. Clients look forward to seeing the Food Bank volunteer and often remark, "This (service) is awesome!"

If you are aware of a senior or seniors who are unable or unwilling to leave their home and you feel they are not getting ample nourishment, please call Marla Johns at 376-2677 or Joanne Cundy at 425-239-0421.

Recipe Book's

The Life Enrichment Committee and the Friday craft group will be assembling recipe books for sale. Please bring a copy of your favorite family recipe which you would like to share with the island. All recipes' will be typed and bound into a book whose proceeds will benefit the activities fund at the Senior Center.

Recipes' can be dropped off at the front desk or submitted by email to marlaj@sanjuanco.com

Regular Outings:

First Wednesday of Each Month: Bargain shopping at the Good Will in Mt. Vernon where we will take advantage of senior discount day (25% off every purchase)! We will also make a stop at a local park for a sack lunch picnic. Bring your lunch (or money). Trip cost is only \$10.

Third Thursday of each Month: Make the stops at your favorite off-island shopping locations. Stock up on necessary supplies or browse the isles for treasures. We will also stop for lunch along the way. Cost is only \$15.

Hearts and Hands

By: Didier Gincig

If you or anyone you know could benefit from a little help and company, please contact Didier Gincig at the Hearts and Hands office 376.7723 or e-mail him at heartsandhands@orcasonline.com. Trained volunteers are available for friendly visits, meal preparation, transportation, shopping/errands, respite care, light housekeeping, and chores/household repair.

If you or anyone you know would like to find out more information about volunteering with Hearts and Hands, please call or e-mail Didier. There will be a training in September. It's a great way to contribute and make a difference in someone's life on the island!

A Berry Good Season!

By Carol Simmer, RDN, WCOA Dietitian

We are berry snobs in Washington for good reason! This has been a great year so far for our bounty of strawberries, raspberries, and blueberries. We are proud of these berries' impeccable credentials: bursting with color and flavor, high in antioxidant activity, low in calories, and high in vitamin C. They are a good source of fiber, and are perfect for morning cereal or an afternoon snack.

The above trio of berries is not alone in the berry world. Blackberries, gooseberries, boysenberries, marionberries, currants, aronia berries (chokeberries), are others are grown in our area or brought-in for sale. Each have their own growing season, so check with the local produce or berry farms, nurseries and farmer's markets for what is available. Why not grow a less-known or harder-to-find berry, like the marionberry or aronia berry for fun and good eats! Cloud Mountain, Box Berry Farm, Barbie's Berries, and Joe's Garden are just a few spots in Whatcom Co. that sell both berries and berry plants from early spring to early fall.

The fresh berry season is coming to a close, but frozen berries and jellies and jams can be eaten year-round. Freezing preserves the fruit **and** the **nutrition** of the fruit so enjoy fruits, especially berries, all winter!

****Correction:**

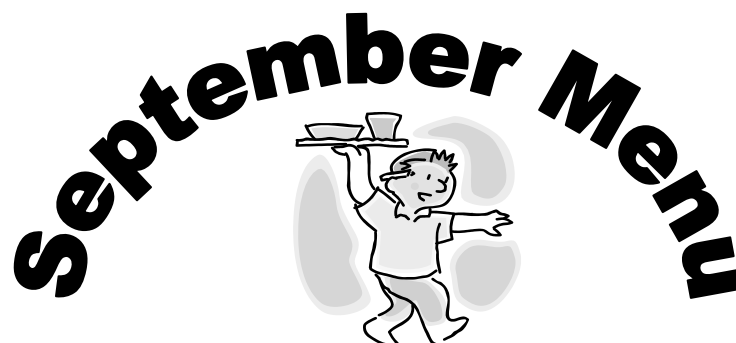
In the June 2014 bulletin article, Men..Check Under the Hood More Often! I suggested that selenium would cut your risk for prostate cancer.

I was behind the times with this information.

*The SELECT trial (Selenium and Vitamin E Cancer Prevention Trial) ending in 2008 and updated in 2014 reveals that selenium has **no effect** on prostate cancer risk. The American Cancer Association suggests a diet high in vegetables, especially cruciferous vegetables, soy, dried beans and other legumes, and fish. Other nutrients are currently being studied on their effect (or not) on prostate cancer. Thank you to the senior who brought this to my attention!*

Comments or questions?

Email Carol, csimmer@wcoa.org



Tuesday	Friday
2 Chicken breast strips w/ honey mustard Broccoli florets Roasted potatoes Fresh fruit	5 Chicken fried steak Mashed potatoes w/ gravy Peas & Carrots Apple Cake
9 Roasted pork loin w/ apple chutney Mashed potatoes Peas & onions Tropical fruit	12 Turkey divan Cranberry sauce Baby red potatoes Garden salad Pumpkin cake
16 Shrimp salad Oatmeal bread Orange wedges	19 Fettuccini alfredo w/ chicken Broccoli florets Garden Salad Peach crisp
23 Florentine fish Roasted squash Spinach salad Sliced pears	26 Turkey meatloaf Mashed potatoes & gravy Italian green beans Garden Salad Fruit
30 Bratwurst served w/ sauerkraut Hot potato salad Sautéed squash Fresh applies	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day Closed	2 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	3 10-11am: Chair Yoga Outing: Thrift Store Bargain Day! \$10 11:30am-4pm: Open art studio time	4 8am: Walking Club 10am: TML FREE Outing: Local history tour and picnic	5 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	6
7	8 8am: Walking Club 10am: TML FREE	9 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	10 10-11am: Chair Yoga 11:30am-4pm: Open art studio time 2pm: Afternoon Tea 4pm: Operations Committee Meeting	11 8am: Walking Club 10am: TML FREE	12 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	13
14	15 8am: Walking Club 10am: TML FREE	16 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	17 18 "Managing Your Golden Years" Senior Fair 9/17 & 9/18 10am-3pm Lunch Included Pre-registration requested presented by: Orcas Senior Services, Orcas Fire & Aid, LaHari, Orcas Medical Foundation & the Sheriff's Department		19 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	20 10am-3pm Saturday scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
21	22 8am: Walking Club 10am: TML FREE <div>Cruise</div>	23 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	24 10-11am: Chair Yoga 11:30am-4pm: Open art studio time 12pm: Potluck	25 8am: Walking Club 10am: TML FREE Mainland shopping. Depart 8:50am ferry. \$15	26 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	27
28	29 8am: Walking Club 10am: TML FREE	30 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	<h1>September</h1>			

****Please note: Class prices listed are MEMBER PRICES. There will be an additional charge for non members. Classes listed as "free" are for members only.**

Special Event Descriptions

Please note: **You MUST sign up and pay for all outings in advance and it is "first come, first served."** We have now added a minimum and maximum number of participants to each outing so you are aware of the restrictions. Payment is due at the time you sign up for the outing. Thank you for your understanding.



September 4, 2014

Orcas Island History Tour and lunch

Depart Senior Center at 10:30am

Minimum number of participants: none

Maximum number of participants: 9

Members: FREE

Non Members: \$5

Our own island history expert, Irene O'Neill, will be narrating the drive through Orcas Island's historic sights. Learn a little more about the beautiful island community in which you live, and maybe share a few of your own island history stories as well! We will make a stop for lunch. **PACK YOUR OWN BROWN BAG LUNCH AND DRINKS.** We will provide a cooler to keep everything cold.



October 9, 2014

Friday Harbor Bowling & Lunch

Depart Senior Center at 10:00am

Minimum number of participants: 4

Maximum Number of participants: none

Members: \$10 + lunch

Non members: \$12 + lunch

Enjoy a lovely morning ferry ride to Friday Harbor for bowling and lunch. The group will decide on a lunch location when we arrive. After lunch, we will head over to the bowling alley and challenge ourselves and one another to a fun game or two of bowling.



Saturday October 25, 2014

5:00pm - Oktoberfest Dinner

Members: \$15

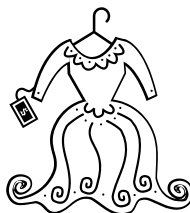
Non members: \$20

Join your friends for an Oktoberfest celebration dinner. Enjoy a meal of brats, sauerkraut, pretzel rolls, warm potato salad and German chocolate cake! We will also serve beer and apple cider. Don't miss this fun evening!

Tuesday October 7
Wear Pink for National
Breast Cancer Awareness
Month



Friday October 17
National Wear Something
Gaudy Day!! (Prizes
Awarded for "most gaudy")



Friday October 31
Halloween Costume Day
(Prizes awarded for
costumes)



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Senior Center rocks – a hip place to be

(We do not mean rocking chairs and hip surgery!)

A Senior Center Regular Membership offers free and discounted classes, programs and services including yoga, strength training, art journaling, monthly Tea, trips and travels, foot care, a 10% discount at Ray's off regularly priced items, not including pharmacy, craft classes, a discount for room rentals, and access to the Athletic Club. Your membership fee supports the transportation program on Orcas Island, and is only spent on Orcas residents. We look forward to you joining us for some of our activities!

-- Magdalena Verhasselt, for the Senior Center Operations Committee

Yes, I/we want to join the Orcas Senior Center for 2014/15 (8/1/14-7/31/15)

☐ Individual Membership (\$20)

☐ Couple Membership (\$35)

I/we wish to make an additional contribution to support the senior center.

☐ \$25

☐ \$50

☐ \$100

☐ \$250

☐ \$500

☐ \$_____

Member Name: _____

Mailing Address: _____

Home Phone: _____ Cell Phone: _____

Email: _____

2nd Member: _____

How would you like to receive your newsletter?

☐ Mail

☐ Email

☐ Do not send newsletter

As we experienced twice last year, island-wide emergencies place people at risk, especially those who live alone and have health problems. In an effort for Senior Services to increase the response to people in the event of emergencies, we would like to have the following additional information. Your answers are completely confidential and are optional. Thank you. ~Marla Johns, Orcas Island Senior Services Coordinator

Physical address _____

Do you rely on any potentially lifesaving equipment at home which relies on power/water (example: oxygen, nebulizer, cpap machines, etc.) circle one

YES

NO

Do you have an emergency pendant system?

YES

NO

In case of emergency, who would you like us to notify?

Name : _____ Relationship: _____

Phone: _____

Please make check payable to Orcas Senior Center – Mail to: PO Box 1653, Eastsound, WA 98245



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www.orcasseniors.org

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RETURN SERVICE REQUESTED

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Patty Thompson
Jerry Todd
Magdalena Verhasselt
Judy Zimmerman

Jane Heisinger, Building Manager

Didier Gincig, Hearts and Hands Coordinator

Senior Signal

October 2014

October is Breast Cancer Awareness Month

About 1 in 8 U.S. women — a little more than 12% — will develop invasive breast cancer over the course of her lifetime. In 2014, an estimated 232,670 new cases of invasive breast cancer were expected to be diagnosed, along with 62,570 new cases of non-invasive breast cancer (also known as carcinoma in situ). About 40,000 women were expected to die in 2014 from breast cancer, though there has been a decrease in death rates since 1989, with larger decreases in women under 50. These decreases are thought to be the result of treatment advancements, earlier detection through screening, and increased awareness. For women in the United States, breast cancer death rates are higher than death rates for any other type of cancer, besides lung cancer.

Except for skin cancer, breast cancer is the most commonly diagnosed cancer among American women. Just under 30% of cancers diagnosed in women are breast cancers. White women are slightly more likely to develop breast cancer than African-American women. However, in women under 45, breast cancer is more common in African-American women than white women. Overall, African-American women are more likely to die of breast cancer. Asian, Hispanic, and Native-American women have a lower risk of developing and dying from breast cancer.

As of 2014, there were more than 2.8 million women with a history of breast cancer in the U.S. This figure includes women currently being treated and women who have finished treatment. A woman's risk of breast



cancer approximately doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. Less than 15% of women who get breast cancer have a family member who has been diagnosed with it. About 5-10% of breast cancers are thought to be caused by inherited gene mutations (abnormal changes passed through families). Mutations of the BRCA1 and BRCA2 genes are the most common. Women with a BRCA1 mutation have a 55-65% risk of developing breast cancer before age 70, often at a younger age than it typically develops. For women with a BRCA2 mutation, the risk is 45%. An increased ovarian cancer risk is also associated with these genetic mutations.

The most significant risk factors for breast cancer are gender (being a woman) and age (growing older). Getting a high-quality screening mammogram and having a clinical breast exam on a regular basis are the most effective ways to detect breast cancer early. Checking one's own breasts for lumps or other unusual changes is called a breast self-exam, or BSE. This type of exam cannot replace regular screening mammograms or clinical breast exams. In clinical trials, BSE alone was not found to help reduce the number of deaths from breast cancer.

PreRegister for the AARP Smart Driver Course!

Orcas Medical Foundation together with the Senior Center is offering the AARP Smart Driver Course. Class will be **Wednesday November 5th from 9:00am-4:00pm**. Prices are \$20 for AARP members and \$25 for non members. Price includes lunch!! Class size is limited to 30, so don't delay in signing up.

According to aarpdriverssafety.org, the AARP Smart Driver™ Course is the nation's first and largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive safely on today's roads, allowing them to remain independent for many years to come. In fact, 97% of those who take it change at least one driving behavior. And the best part? There are no tests to pass - just useful information to keep you safe on the road!.

How the AARP Smart Driver Course will help you

- Update driving skills and your knowledge of the rules - and hazards - of the road.
- Learn about normal age-related physical changes and how to adjust your driving to compensate.
- Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.
- Get an insurance discount. Auto insurance companies in most states provide a multi-year discount to course graduates! (Some states may have restrictions on accepting an online driver improvement course for insurance discounts. Please consult your insurance agent for more information about discounts in your state.)

Recipe Book's

The Life Enrichment Committee and the Friday craft group will be assembling recipe books for sale. Please bring a copy of your favorite family recipe which you would like to share with the island. All recipes' will be typed and bound into a book whose proceeds will benefit the activities fund at the Senior Center.

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Oktoberfest tickets on sale

Purchase your Oktoberfest tickets before we are all sold out!
Only \$10 (\$15 at the door). Tickets are limited in number so don't wait.
Available at the front desk.

Do I smell pizza?

Julie Meyers, MS, RD
Senior Nutrition Program Director

It's the middle of the afternoon on a crisp autumn day and the delicious lunch I enjoyed at the BSAC is still digesting as I stroll through town. As my senses take in the sights and sounds of the bustling street, food is the last thing on my mind. Whoa, what is that amazing smell? Mmmmmm pizza! A few minutes later I am halfway through a greasy slice that turned out to be not nearly as heavenly as its overpowering aroma. At this point my distended gut is repeatedly dialing my hypothalamus (master control center in the brain) to let me know that I am not only no longer hungry, but pretty darn full.

Many powerful factors, including sight, smell, time of day, portion size, and possibly even our birth order affect what, when and how much food we consume. However, we are not necessarily helpless to the sensory appeal of fresh baked pizza or apple pie. Below is a simple tool to help us become conscious of our hunger and satiety signals **before** we overeat, called "The Hunger and Fullness Scale." The scale is based on the one found in the book "Intuitive Eating" by Registered Dietitians, Evelyn Tribole and Elyse Resch.

Hunger and Fullness Scale

- 0 Empty/ Famished
- 1-2 Stomach rumbling hungry
- 3-4 Ready for a snack or small meal
- 5 Neutral
- 6-7 Satisfied
- 8-9 Overly full
- 10 Ready to burst

The goal is to try to stay between 3 and 7 as much as possible. Get too close to 0 and we are likely to chow -down on everything in our path. Get close to 10 and we are likely to feel like going into hibernation for a few months.

So the next time you smell pizza in the air or are ready to reach for that 3rd slice, take a moment to consciously tune into your hunger level. Already at a 6 or higher? It's probably best to remove yourself from the sensory appeal of the food. Give in anyway? Don't beat yourself up about it. We are becoming conscious eaters, not perfect eaters!



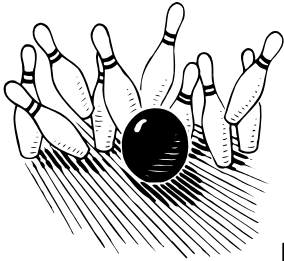
Tuesday	Friday
	3 Stuffed Cabbage Roll Oven Roasted Potato Chef's Vegetables Garden Salad Sliced Peaches
7 Cornmeal Chicken Mashed Potato w/ Gravy Peas & Onions Garden Salad Banana Pudding	10 Swiss Steak Mashed Potato w/ Gravy Brussels Sprouts Garden Salad Tropical Fruit
14 Asian Chicken Salad Veggie Egg Roll Fresh Grapes	17 Chicken A La King Brown Rice Steamed Veggies Garden Salad Fruit
21 Sole Almandine Wild Rice Pilaf Scandinavian Veggies Garden Salad Fresh Melon	24 Turkey Mashed Potato w/ Gravy Green Beans Cranberry Sauce Pumpkin Cake
28 Greek Herb Pork w/ Tzatziki Sauce Pita Greek Salad Roasted Potato Apple Cake	31 Macaroni & Cheese Italian Sausage Links Carrot Coins Tomato-Cucumber Salad Fruit

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October			1 10am: Chair Yoga Outing: Thrift Store Bargain Day! \$10 11:30am-4pm: Open art studio time	2 8am: Walking Club 10am: TML FREE	3 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	4
5	6 11:30-1pm. Drop off your artwork for the "Colors of the Seasons" show 8am: Walking Club 10am: TML FREE	7 10am: Photo Club 12pm: Lunch Wear Pink for Breast Cancer Awareness Day 1pm: Songbirds Rehearsal	8 10am: Chair Yoga 11:30am-4pm: Open art studio time 2pm: Afternoon Tea	9 8am: Walking Club 10am: TML FREE Bowling and Lunch in Friday Harbor. \$10 + price of lunch.	10 10am: Storytelling class 12pm: lunch 1pm: crafty afternoon FREE 3:15pm: activities committee meeting (see Maggie Kaplan for meeting location) 4pm: Strength training	11
12	13 8am: Walking Club 10am: TML FREE	14 10am: Photo Club 12pm: Lunch Dessert Potluck immediately following lunch 1pm: Songbirds Rehearsal	15 10-11am: Chair Yoga 11:30am-4pm: Open art studio time	16 8am: Walking Club 10am: TML FREE Mainland shopping. Depart 8:50am ferry. \$15	17 10am: Storytelling class 12pm: lunch – National "Wear Something Gaudy Day" (Prize for Gaudiest Outfit!) 1pm: crafty afternoon FREE 4pm: Strength training	18 10am-3pm Saturday scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
19	20 8am: Walking Club 10am: TML FREE	21 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	22 10-11am: Chair Yoga 11:30am-4pm: Open art studio time 5-7pm: Comparative Religions Class	23 8am: Walking Club 10am: TML FREE	24 10am: Storytelling class 12pm: lunch 4pm: Strength training	25 6pm Oktoberfest Dinner!! Cost is \$15 (\$20 at the door) per person.
26	27 8am: Walking Club 10am: TML FREE	28 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	29 10-11am: Chair Yoga 11:30am-4pm: Open art studio time 12pm: Potluck Elder Law Clinic Day5-7pm: Comparative Religions Class	30 8am: Walking Club 10am: TML FREE	31 12pm: Halloween lunch, costume parade and costume contest 1pm: crafty afternoon FREE 4pm: Strength training	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>November</h1> <p>**Save the Dates**</p>						1
2	3 8am: Walking Club 10am: TML FREE	4 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	5 10-11am: Chair Yoga 11:30am-4pm: Open art studio time 5-7pm: Comparative Religions Class	6 8am: Walking Club 10am: TML FREE	7 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	8
9	10 8am: Walking Club 10am: TML FREE	11 CLOSED VETERANS DAY	12 10-11am: Chair Yoga 11:30am-4pm: Open art studio time 2pm: Afternoon Tea 5-7pm: Comparative Religions Class	13 8am: Walking Club 10am: TML FREE	14 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	15 10am-3pm Saturday scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
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23 30	24 8am: Walking Club 10am: TML FREE	25 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	26 10-11am: Chair Yoga 11:30am-4pm: Open art studio time	27 <div>CLOSED FOR THE THANKSGIVING HOLIDAY</div>	28	29

Special Event Descriptions

Please note: **You MUST sign up and pay for all outings in advance and it is “first come, first served.”** We have now added a minimum and maximum number of participants to each outing so you are aware of the restrictions. Payment is due at the time you sign up for the outing. Thank you for your understanding.



October 9, 2014
Friday Harbor Bowling & Lunch
Depart Senior Center at 10:00am
Minimum number of participants: 4
Maximum Number of participants: none
Members: \$10 + lunch
Non members: \$12 + lunch

Enjoy a lovely morning ferry ride to Friday Harbor for bowling and lunch. The group will decide on a lunch location when we arrive. After lunch, we will head over to the bowling alley and challenge ourselves and one another to a fun game or two of bowling.



Saturday October 25, 2014
6:00pm - Oktoberfest Dinner
Members: \$15
Non members: \$20

Join your friends for an Oktoberfest celebration dinner. Enjoy a meal of brats, sauerkraut, pretzel rolls, warm potato salad and German chocolate cake! We will also serve beer and apple cider. Don't miss this fun evening!



Tuesday October 14 is National Dessert Day!!!
Please bring your favorite dessert to share and we will have a dessert potluck immediately following lunch service.

****Please note: Class prices listed on the calendar are MEMBER PRICES. There will be an additional charge for non members.**
Classes listed as “free” are for members only.



**World Religions Course
Wednesday's
5pm-7pm
October 22nd through November 19th
\$30 per person for members/\$50 non
members**

This course is designed to be a brief introduction to five of the world's major religions. Each lecture will cover the history, primary beliefs and essential practices of one of these traditions. The first will be on Judaism, it's beginnings with Moses and the differences between the three branches: Reform, Conservative and Orthodox. The next lecture will be on Christianity, beginning with the New Testament texts and extending to its division into Catholicism, Orthodoxy and Protestantism. The third lecture will be on Islam. We will discuss the Qur'an, the holy book of Islam, and the various histories and beliefs of Shi'i vs. Sunni Muslims. The last two lectures will cover the major religions of the east, Hinduism and Buddhism. Hinduism is a complex religion worshipping many gods who stem from one all-encompassing source. This sometimes baffling fact will be explained simply and briefly but hopefully in a comprehensible way. Buddhism, a reform of Hinduism, worships no god but is considered a religion because of its meditative practices leading to a transcendent understanding of reality. Distributed at the lectures will be a list of references in case anyone would like to pursue the study on their own. Considering the current state of world affairs, there will be a consideration of each religion's take on violence. Included in the discussion will be the scripture passages and the views of major thinkers within each tradition.

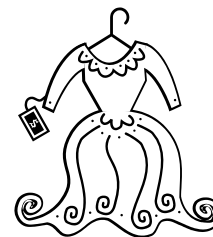
The course will be taught by Maura O'Neill, Ph.D. Dr. O'Neill is a retired teacher with her degree in Philosophy of Religion. she is the author of two books on women in world religions, *Women Speaking*, *Women Listening* and *Mending a Torn World*.

Pre-registration is required and payment is due at the time of registration.

**Tuesday October 7
Wear Pink for national Breast
Cancer Awareness Month**



**Friday October 17
National "Wear Something Gaudy
Day!!!"
Prizes awarded for most gaudy
outfit.**



**Friday October 31
Halloween Costume Day
Prizes awarded for costumes!!!**



Portland Rose Festival Trip

We will once again partner with Alki Tours on this great adventure to the Portland Rose Festival.

June 4 - 6, 2015

3 days

\$479 per person/double occupancy

Single supplement \$85

Whoever said "Life isn't a bed of Roses", clearly hasn't seen this tour. In 2015, the Rose Festival will celebrate 107 years of tradition, innovation and celebration-an event like none other!

A great two day tour. We will depart Orcas Island on June 4th and spend the night in Lynnwood. The official part of the tour begins with a train trip to Portland on June 5th. Once in the city, enjoy a scrumptious luncheon cruise along the Willamette River. Next, check into our lovely hotel- centrally located so that you can enjoy the festivities in town! The next day, celebrate the nation's second largest floral parade. You'll have the opportunity to wander amongst the amazing floats, see the craftsmanship and discover how they make them. Then we're off to the Coliseum where we'll watch the Grand Floral Parade from our reserved seats. Hurry, this trip sells out every year, so if you snooze, you'll lose!

REGISTRATION AND PAYMENT DUE BY DECEMBER 1, 2014. THIS TRIP IS LIMITED TO TEN PARTICIPANTS.

Do you have an idea for a class? Activity? Trip? Do you have a special talent or knowledge that you would like to share? The Life Enrichment Committee wants to hear from you!!!

Please fill out this information sheet and drop it off at the front desk. We will do our best to accommodate all requests.

☐ I have a suggestion/idea!

☐ I would like to lead an activity/teach a class

Contact Information

Name

Phone number

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 can assist with Medicare enrollment, choosing a secondary plan, and the affordable healthcare enrollment. Available at the Medical Center Tuesday's & 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.

marlaj

Veterans Administration 1-800-827-1000

Orcas Safe Homes -- A free program to assist Orcas Island seniors to identify and correct safety and health hazards in their homes. Call 1-888-685-1475 for an appointment.

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 \$40)
- 2nd Wednesday to Seattle and surrounding area (suggested donation \$60)
- 4th Wednesday to Bellingham and surrounding area (suggested donation \$50)

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.



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

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ORGANIZATION
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Permit #10
Eastsound, WA
98245

ORCAS SENIOR CENTER

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.

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

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Jay Savell –Cook

(services provided through a partnership with Whatcom Council on Aging)
(360) 376-2677

Joyce Rupp – Project Manager

(360)370-0591 or by email: joycer@sanjuanco.com

Orcas Operations Committee

Pat Ayers
Lois Cornell
Mary Greenwell
Penny Hawkes
Beverly Jensen
Maggie Kaplan
Christina Orchid
Adele Pinneo
Margo Rubel
Mary Tanner
Patty Thompson
Jerry Todd
Magdalena Verhasselt (chair)
Judy Zimmerman

Jane Heisinger, Building Manager

Didier Gincig, Hearts and Hands Coordinator

Senior Signal

November 2014

What the Heck is "Movember?"

Watching the news and television, there is lots of talk about "Movember." What the heck is it?

Movember (a portmanteau from moustache and "November") is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer and other male cancers, and associated charities. The Movember Foundation runs the Movember charity event, housed at Movember.com. The goal of Movember is to "change the face of men's health."

By encouraging men (which the charity refers to as "Mo Bros") to get involved, Movember aims to increase early cancer detection, diagnosis and effective treatments, and ultimately reduce the number of preventable deaths. Besides annual check-ups, the Movember Foundation encourages men to be aware of family history of cancer and to adopt a healthier lifestyle.

Since 2004, the Movember Foundation charity has run Movember events to raise awareness and funds for men's health issues, such as prostate cancer and depression, in Australia and New Zealand. In 2007, events were launched in Ireland, Canada, Czech Republic, Denmark, El Salvador, Spain, the United Kingdom, Israel, South Africa, Taiwan and the United States. As of 2011, Canadians were the largest contributors to the Movember charities of any nation. In 2010, Movember merged with the testicular cancer event Tacheback.



In 2012, the Global Journal listed Movember as one of the world's top 100 NGOs (non-government organizations). Using the tagline, "changing the face of men's health" participants are encouraged not just to grow a moustache to raise awareness, but also to donate to a men's health charity.

Not just men participate in "Movember!" Women who participate in Movember (called Mo Sistas) are dedicated to supporting the men in their lives by promoting the importance of men's health. Mo Sistas are champions of Movember, rallying the men in their lives to join the movement, grow moustaches and have important conversations about men's health.

The Movember community has raised \$559 million to date and funded over 800 programs in 21 countries. This work is saving and improving the lives of men affected by prostate cancer, testicular cancer and mental health problems.

The rules: (1) start with a clean shaven face on November 1st, (2) for the entire month, grow and groom your moustache, (3) no fake moustaches, (4) use the power of the moustache to spark conversations and encourage donations to men's health charities, (5) at all times be a gentleman.

Now you know! The question is now, will you be a MoBro or a MoSista?



February 27, 1951 –
October 4, 2014

*Don't wait
until it's too
late to tell
someone how
much you
love, how
much you
care.
Because
when they're
gone, no
matter how
loud you
shout and
cry, they
won't hear
you
anymore.*

It is with great sadness that we announce the passing of our Community Services Manager, Joyce Rupp, on October 4, 2014.

Taken from her memorial service program: Joyce Esderts Rupp was born on February 27, 1951 in Clinton, Missouri. Early in her life her parents divorced and so Joyce and her sister, Yvonne, came to live on their grandparents' farm. Her grandparents played a major role in her upbringing; but she could always count on her mother coming home on the weekends from her work in Kansas City. On the farm she was imbued with a strong work ethic.

Joyce went to school in Osceola, Missouri until her senior year, and then went to Kansas city to live with her mother, graduating from Westport High School. After a trip to Germany to discover where her family came from, she found work in Kansas city.

Around 1972 she met Bill Rupp and fell in Love. Bill was born and raised in Seattle and after having spent several years in the Midwest felt a strong urge to get back to the Pacific northwest. Joyce said alright but they would have to get married first. They married in a Swope Park ceremony and then backed all their belongings in a VW bug and came west to Seattle, settling in beautiful Ballard.

Bill had a dream of getting back to the land in the San Juan Islands. In pursuit of that they began looking for property and eventually bought six acres in the Doe Bay area on Orcas in 1976. they moved there in 1978, thinking of themselves as homesteaders, starting from a very primitive existence, and have been there ever since. In 1982 their son, Tom, was born and in 1987 Michael was born. Joyce took great joy in raising her boys, and in the last six years playing a major role in the upbringing of her granddaughter, Gema.

Joyce always had a job. She started out working at Rosario, running the laundry. Then she worked for Dave Church Realty, Templin's Grocery Store, and then at the liquor store when it was in the Post Office building. In 1985 she started at the old senior center working under Karen Goens.

When Karen left, Joyce assumed her position and began her long career serving the elderly. She also took great joy in serving the community in that capacity. In her work with the elderly Joyce would say frequently that old people were young people in old bodies. Sadly as Joyce got older, ill health took its toll. Those who knew her were amazed how she worked through the pain and just kept on truckin'.

Joyce was in a car accident on September 23, 2014 and succumbed to her injuries on October 4, 2014. She will be greatly missed.

Register for the AARP Smart Driver Course!

Orcas Medical Foundation together with the Senior Center is offering the AARP Smart Driver Course. Class will be **Wednesday November 5th from 9:00am-4:00pm**. Prices are \$20 for AARP members and \$25 for non members. Price includes lunch!! Class size is limited to 30, so don't delay in signing up.

According to aarpdriverssafety.org, the AARP Smart Driver™ Course is the nation's first and largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive safely on today's roads, allowing them to remain independent for many years to come. In fact, 97% of those who take it change at least one driving behavior. And the best part? There are no tests to pass - just useful information to keep you safe on the road!.

How the AARP Smart Driver Course will help you

- Update driving skills and your knowledge of the rules - and hazards - of the road.
- Learn about normal age-related physical changes and how to adjust your driving to compensate.
- Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.
- Get an insurance discount. Auto insurance companies in most states provide a multi-year discount to course graduates! (Some states may have restrictions on accepting an online driver improvement course for insurance discounts. Please consult your insurance agent for more information about discounts in your state.)

HOLIDAY FESTIVAL OF ARTS

It's that time of year again when we deck the halls, put up the tree and open the doors to vendors, artists, craftspeople and bakers who bring you a variety of wares and goodies just in time for Holiday shopping. This year's Festival (11th Annual) is being held on November 29th from 10 am - 3 pm. Admission is \$1.00 or a donation to the food bank.

Upcycled cashmere accessories, paper bowls, jewelry, calendars and repurposed shopping bags are just some of the many things that will be on sale at this year's Festival. There will also be Paninis and Bake Sale items available to help you keep up your strength as you spend time searching for just the perfect gift.

Mr. and Mrs. Claus will kick off the Holiday season with their first appearance of the year. Have your picture taken with them ! How about one of grandma and grandpa for the kids? In addition to the sale, there will also be a Silent Auction to help raise money for the Senior Center.

There are also four items up for Raffle including a lovely Christmas Quilt created by our own Betty Hall, a knitted blanket by Magdalena Verhasselt, Chair of the Operations Committee, a Christmas wall hanging by Karen Blinn and a Deep Mid-Winter, quilt also by Karen Blinn. Tickets are \$2.00each or 3 for \$5.00.

Regular Outings:

First Wednesday of Each Month: Bargain shopping at the Good Will in Mt. Vernon where we will take advantage of senior discount day (25% off every purchase)! We will also make a stop at a local park for a sck lunch picnic. Bring your lunch (or money). Trip cost is only \$10.

Third Thursday of each Month: Make the stops at your favorite off-island shopping locations. Stock up on necessary supplies or browse the isles for treasures. We will also stop for lunch along the way. Cost is only \$15.

What do you know about SNAP?

By Carol Simmer, RDN
Senior Nutrition Program

Perhaps you know SNAP as a sound made with the fingers or a popular breakfast cereal phrase, "Snap, Crackle, and Pop!" The **SNAP** I am referring to is the acronym for the Washington State **Supplemental Nutrition Assistance Program**, also known as the **Basic Food Program** or the **old Food Stamp Program**. SNAP helps people to afford a nutritious diet by providing eligible households with monthly benefits. The benefits are redeemed through an EBT card at participating grocery stores, convenience stores, and some farmers' markets. The EBT card works like a debit card!

Do I qualify? Eligibility is based on monthly income (before taxes), household size, and household expenses. Household expenses such as rent or mortgage, utilities, medical bills (including transportation costs and health insurance premiums), and child or adult dependent care are included.

How do I apply? You may apply by submitting an application in person at the local DSHS Community Services Office (CSO), or by mail, or online through the Washington Connection at www.washingtonconnection.org. You will be asked to provide your S.S. number as well as information about your income, resources, and living expenses. If you are age 60+ and have no earned income (such as from a job) you may be eligible to receive food benefits without completing an interview!

What can I buy with Basic Food benefits? Eligible foods include breads and cereals, fruits and vegetables, dairy products, meats, fish, poultry, eggs, seeds and plants that produce food for your household. Items **not** eligible include all prepared **hot** foods, vitamins, medicines, pet foods, soaps and paper products, alcoholic beverages, cigarettes and tobacco.

How and when are Basic Food Benefits delivered? Most applications are approved between 6 and 10 days. Benefits to your EBT card are issued between the first and tenth of each month. Any benefits remaining in your EBT account at the end of the month are carried over into the next month.


Where can I get more info about Basic Food? Call toll-free 1-877-501-2233 or online at www.foodhelp.wa.gov.

The SNAP or Basic Food program is a great help to many to put food on the table when income alone may not provide enough. Only one third of eligible seniors in the U.S. participate in SNAP. Take advantage of this program if you qualify!

DSHS CSO offices: Whatcom County, 1111 Cornwall Ave., Bellingham, 98225
San Juan County, 145 Rhone St., Friday Harbor, 98250

November Menu



Tuesday	Friday
4 Beef Stroganoff w/ Rotelle Pasta Broccoli Florets Garden Salad Fruit Crisp	7 Roasted Pork Loin w/ Apple Chutney Mashed Potatoes Peas & Onions Fruit
11 - Holiday 	14 Ravioli w/ Meat Sauce Italian Veggies Caesar Salad Breadstick Fruit
18 Baked Fish w/ Dill Sauce Roasted Yam Green Beans Garden Salad Tropical Fruit	21 – Thanksgiving Lunch Roasted Turkey Cranberry Sauce Mashed Potatoes & Gravy Seasonal Veggies Pumpkin Pie
25 Baked Ham Macaroni & Cheese Caribbean Veggies Spinach Salad Sliced Pears	28 - Holiday 

**Menu subject to change based on food cost & availability.

Holiday Portraits

Holiday Portraits will be available at the Senior Center.
Up to four people can be included in each portrait setting.
Packages will be available for pickup on December 1, 2014 at the Senior Center.

Choose from one of five backgrounds and from the following packages.

	Package Contents	Senior Center Members	Non Members
A	1 11X14 2 5X7 1 8X10 12 Wallet 24 Holiday Cards	\$40.00	\$50.00
B	1 8X10 2 5X7 12 Wallet 24 Holiday Cards	\$35	\$45
C	1 8X10 1 5X7 8 Wallet 12 Cards	\$25	\$35
D	12 Holiday Cards	\$15	\$20

Please have your portrait order form completed at time of session.
Payment Due at time of portrait session.

Call Marla at 376-2677 to schedule your session.

Order Form:

Name: _____ Phone: _____

Mailing Address: _____

Package Selection: _____ Quantity: _____

Special Notes: _____

Photographer Use Only:

Photo numbers: _____ Background : _____

Special Notes:

BALLOT FOR ELECTION OF NEW 2015 ORCAS ISLAND SENIOR CENTER OPERATION COMMITTEE MEMBERS

Please vote for NO MORE THAN FOUR of the following candidates:

- ☐ Beverly Jensen
- ☐ Leif
- ☐ Erin Redford
- ☐ Margo Rubel
- ☐ Jerry Todd

The election will be held at the Senior Center November 3 - November 14; the ballot box will be located at the front desk. ONLY members can vote.

FOR PEOPLE WHO VOTE BY MAIL ONLY:

If you cannot vote at the center, you can mail in your ballot to: Senior Center Operations Committee, PO Box 1653, Eastsound, WA 98245. It must be postmarked by November 14, 2014. Since you must be a member to vote, members who mail in ballots must sign and print their name below so it can be compared to the membership list:

Name (please print): _____

Signature: _____

Do you have an idea for a class? Activity? Trip? Do you have a special talent or knowledge that you would like to share? The Life Enrichment Committee wants to hear from you!!!

Please fill out this information sheet and drop it off at the front desk. We will do our best to accommodate all requests.

☐ I have a suggestion/idea!

☐ I would like to lead an activity/teach a class

Contact Information

Name

Phone number



Senior Center Book Club

**Meets the First Tuesday
of Each Month**

10:00am – 11:30am

Fall/Winter Reading List:

Beloved by Toni Morrison
Discussion: November 4

The Alchemist by Paulo Coelho
Discussion: December 2

The Goldfinch by Donna Tartt
Discussion: January 6

Portland Rose Festival Trip

We will once again partner with Alki Tours for a great adventure to the Portland Rose Festival.

June 4 - 6, 2015

3 days

\$479 per person/double occupancy

Single supplement \$85

Whoever said "Life isn't a bed of Roses", clearly hasn't seen this tour. In 2015, the Rose Festival will celebrate 107 years of tradition, innovation and celebration-an event like none other!

A great two day tour. We will depart Orcas Island on June 4th and spend the night in Lynnwood. The official part of the tour begins with a train trip to Portland on June 5th. Once in the city, enjoy a scrumptious luncheon cruise along the Willamette River. Next, check into our lovely hotel-centrally located so that you can enjoy the festivities in town! The next day, celebrate the nation's second largest floral parade. You'll have the opportunity to wander amongst the amazing floats, see the craftsmanship and discover how they make them. Then we're off to the Coliseum where we'll watch the Grand Floral Parade from our reserved seats. Hurry, this trip sells out every year, so if you snooze, you'll lose!

**REGISTRATION AND PAYMENT DUE BY
DECEMBER 1, 2014.** THIS TRIP IS LIMITED TO
TEN PARTICIPANTS.

coverlayout.com

May your stuffing be tasty May your turkey plump,
May your potatoes and gravy Have nary a lump.
May your yams be delicious And your pies take the prize,
And may your Thanksgiving dinner Stay off your thighs!

Happy Thanksgiving

HELP IS JUST A CALL AWAY

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ORCAS SENIOR CENTER

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

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Senior Signal

December 2014

Cold Weather Health Tips for Seniors

Cold weather can pose serious health hazards to older adults. Falls and other accidents, hypothermia and depression are more common as the temperature drops. The key to safety is prevention. Follow these simple tips to ensure a safe season.

Watch out for Ice

More than 1.6 million older Americans go to the emergency room each year for fall-related injuries, according to the National Institutes of Health. But falls don't have to happen, even when snow and ice make for slippery conditions. To lessen the chance of falling in cold weather:

- Stretch before going outside. Stretching improves circulation and limbers muscles.
- Wear sensible footwear. Shoes should have low heels, good support and non-skid soles.
- Stick to cleared sidewalks and roads. Shovel snow and sprinkle sand or salt on icy areas - or ask someone to do it for you.
- Use assistive devices when necessary. Hold handrails on stairs. Use a cane or walker if necessary to help maintain balance.
- Avoid going outside when conditions are poor. Exercise indoors. Stock up on necessities in good weather, or ask someone to deliver them to you.

Stay Warm

As people age, their sense of touch declines. Arthritis, diabetes, poor circulation, paralysis caused by stroke and many other conditions can cause lack of feeling, especially in the extremities. A diminished response to cold can put seniors at risk for hypothermia (abnormally

low body temperature). To prevent hypothermia:

- Keep your home's thermostat set at 68 degrees F or above. If paying your energy bill is a burden, you may be eligible for fuel assistance. Contact the Low Income Home Energy Assistance Program (<http://www.acf.hhs.gov/programs/liheap>), a public service of the U.S. Department of Health and Human Services, or the Eldercare Locator (<http://www.eldercare.gov>), a public service of the U.S. Administration on Aging.
- To reduce heating costs, make your home more energy efficient. Contact the U.S. Department of Energy's Weatherization Assistance Program (<http://www.eere.energy.gov/weatherization>) to see if you're eligible for home improvements paid for by the program.
- Dress in loose-fitting, layered, lightweight clothes for warmth.
- Keep your head covered when you're outdoors. A great deal of body heat is lost through the head.
- Wear mittens or gloves outdoors.
- Eat well. Food provides the body with energy. Remember, calories are a measure of heat! Seniors who have difficulty preparing their own food can have a member organization of the Meals on Wheels Association of America (MOWAA) deliver nutritious meals (<http://www.mowaa.org>).
- Be alert for symptoms of hypothermia and frostbite. Hypothermia symptoms include

cont.

Cold Weather Health Tips for Seniors (*cont.*)

slurred speech, sluggishness, confusion, dizziness, shallow breathing, unusual behavior and slow, irregular heartbeat. Frostbite symptoms include gray, white or yellow skin discoloration, numbness and a waxy feeling to the skin. If either of these conditions is suspected get immediate emergency help. Warm the body, but avoid rubbing tender skin. Reduced sensitivity to temperature can also cause burns from too-hot water. To prevent burns:

- Set the temperature on the hot water heater to 120 degrees F or lower.
- When using faucets, turn on cold water first and then add hot water. When turning off the water, shut off hot water first and then cold.

Protect Your Skin

As we age our skin becomes thinner and drier and thus more susceptible to tears. In addition, certain medications can thin already fragile nasal tissue, creating a risk of nosebleeds. To lessen the possibility of dangers associated with dryness:

- Keep room air moist. Add a humidifier to your heating unit, if possible, or purchase a separate humidifier or vaporizer. Another option is to place a pan filled with water near a heat source such as a radiator. Remember to change the water daily.
- Keep your body moist! Drink plenty of water and other fluids. Eat foods with high water content like soups and vegetables.
- Moisturize your skin with creams or lotions. Use nasal lubricants or petroleum jelly to protect the lining of the nose.

Keep Your Spirits High

Perhaps the most devastating threat to seniors in wintertime is depression. Inclement weather can restrict activities and opportunities to mingle with others. The isolation and loneliness that afflict many seniors become even worse when the weather is harsh. Shorter days mean less sunlight, which can also contribute to depression. To prevent depression:

- Socialize. Make an effort to visit with family and friends. Contact a local Council on Aging for help locating transportation services, senior centers and social activities.
- When the weather is too harsh for travel, pick up the phone and call a friend or relative for a chat.

Be Prepared for an Emergency

Winter storms can mean power outages and resultant loss of heat, water and telephone services. Inclement weather can mean difficulty going out for necessary supplies. Be prepared for emergencies:

- Stock up on food and fresh water. Some Meals on Wheels programs provide frozen emergency food packs that can be heated on days when there is no delivery.
- Keep batteries, candles, flashlights, Sterno fuel, extra blankets and a battery-operated radio on hand.

Don't wait for emergencies to develop a system of communication. Everyone living alone should develop a "buddy system."

"If you have an elderly neighbor, check on them," recommends Karen Martin, community services director of Greater Springfield Senior Services, Inc., in Massachusetts. "Their heat could have gone out or their electricity. A quick call can be so important."

From: <http://protectedtomorrows.com/community/articles/196.php>

Cookie Swap and Ornament Exchange

December 22, 2014 at 1:00pm

Come share in some holiday merriment with your friends! Bring with you one dozen cookies and one ornament (wrapped). When you leave, you will take home one dozen assorted cookies and a different ornament! We will host the cookie swap and play a game to exchange the ornament that will be tons of fun and laughs.

Can't wait to see you all there!

Portland Rose Festival Trip

We will once again partner with Alki Tours for a great adventure to the Portland Rose Festival.

June 4 - 6, 2015

3 days

\$479 per person/double occupancy

Single supplement \$85

Whoever said "Life isn't a bed of Roses", clearly hasn't seen this tour. In 2015, the Rose Festival will celebrate 107 years of tradition, innovation and celebration-an event like none other!

A great two day tour. We will depart Orcas Island on June 4th and spend the night in Lynnwood. The official part of the tour begins with a train trip to Portland on June 5th. Once in the city, enjoy a scrumptious luncheon cruise along the Willamette River. Next, check into our lovely hotel- centrally located so that you can enjoy the festivities in town! The next day, celebrate the nation's second largest floral parade. You'll have the opportunity to wander amongst the amazing floats, see the craftsmanship and discover how they make them. Then we're off to the Coliseum where we'll watch the Grand Floral Parade from our reserved seats. Hurry, this trip sells out every year, so if you snooze, you'll lose!

REGISTRATION AND PAYMENT DUE BY DECEMBER 15, 2014. THIS TRIP IS LIMITED TO TEN PARTICIPANTS.

Regular Outings:

First Wednesday of Each Month:

Bargain shopping at the Good Will in Mt. Vernon where we will take advantage of senior discount day (25% off every purchase)! We will also make a stop at a local park for a sack lunch picnic. Bring your lunch (or money). Trip cost is only \$10.

Third Thursday of each Month: Make the stops at your favorite off-island shopping locations. Stock up on necessary supplies or browse the isles for treasures. We will also stop for lunch along the way. Cost is only \$15.

Christmas Shopping at Bellis Fair Mall

It's really not Christmas without a visit to the mall . . . you may even get to see Santa while you are there. Take advantage of less crowds during a mid-week trip to the mall in Bellingham. We will depart on the 8:50am ferry and return on the 6:30pm ferry. Cost is only \$20



Cracking the Coconut!

By Carol Simmer, RDN
WCOA Sr. Nutrition Program

The holidays make me think of the favorite foods of my family. My dad loved coconut and when I look at any recipe with, I think of him. Coconut is everywhere now, especially in the news as a “good” saturated fat! Let’s explore the nutritional qualities of the coconut.

Years ago the high saturated fat content of coconut oil and palm oil, as well as the saturated fat of animal products were associated with high cholesterol and increased risk of heart disease. Recent research has shown that all saturated fats (SF) are not alike. The predominant SF in coconut oil is lauric acid, a medium-chain fatty acid, is considered a good saturated fat. It is processed by the liver and quickly converted into energy by our cells. This process suggests that one's metabolism is increased with coconut oil. Evidence is still unclear on the benefit (or not) of coconut oil in weight loss products!

The high lauric acid content of coconut oil has been linked to raising both the good (HDL) **and** the bad (LDL) cholesterol. This neutral effect does not warrant replacing other oils in your diet with coconut oil exclusively for reducing cholesterol risk. Use a variety of healthy oils in your cooking to include heart-healthy Omega-3s that are not found in coconut oil.

Coconut oil is great for baking and in a variety of other dishes. The mild taste with a hint of tropical flavor makes it great choice for stir fries and curries, sauces and salad dressings. It is also a substitute for other saturated fats like butter or lard and margarines. However, coconut oil is still a fat and all fats are calorie dense so it is best used in moderation!

Coconut sugar is made from the coconut sap of the Coconut Palm. Don’t confuse coconut sap with coconut water from inside a ripe coconut. Coconut sugar contains inulin, a fiber that slows digestion. That is why coconut sugar is lower on the glycemic index (35) than regular sugar or sucrose (65). Slower digestion can reduce blood sugar spikes after a meal.

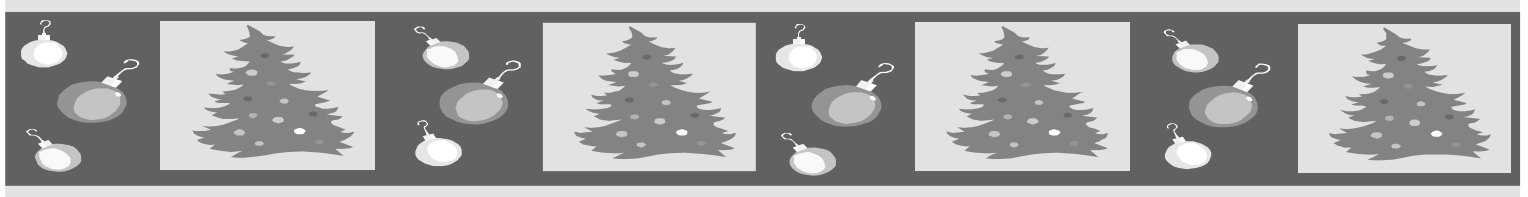
Coconut, unsweetened or sweetened is a delightful treat, giving texture, color, and mild flavor to many foods. Be creative and include it in your holiday recipes and family meals!



Tuesday	Friday
3 Country Fried Steak Mashed Potatoes w/ gravy Peas & carrots Apple Cake	5 Vegan Split Pea Soup Turkey Wrap (vegan wrap available) Garden Salad Fresh Fruit
9 Cheese Enchiladas Spanish style rice Steamed veggies Garden Salad Tropical Fruit	12 Beef stew w/ garden vegetables Veggie pasta salad Buttermilk biscuit Banana Pudding
16 Sundried tomato pasta w/ chicken Steamed broccoli Caesar salad Fruit	19 – Christmas Luncheon Roasted Turkey Cranberry Sauce Mashed Potatoes & Gravy Seasonal Veggies Dinner roll Holiday spiced cake
23 BBQ chicken Mashed potatoes & gravy Garden salad Fresh fruit	26 Stuffed cabbage roll Roasted potatoes Carrot raisen salad Chefs vegetables Sliced peaches
30 Florentine fish Roasted potatoes Brussels sprouts Spinach salad Sliced pears	

**Menu subject to change based on food cost & availability.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8am: Walking Club 10am: TML FREE	2 10am: Photo Club 10am: Book Club 12pm: Lunch 1pm: Songbirds Rehearsal	3 10-11am: Chair Yoga 11:30am-4pm: Open art studio time	4 8am: Walking Club 9am: Operations committee Meeting 10am: TML FREE	5 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	6
7	8 8am: Walking Club 10am: TML FREE	9 10am: Photo Club 10am: Book Club 12pm: Lunch 1pm: Songbirds Rehearsal	10 10-11am: Chair Yoga 11:30am-4pm: Open art studio time	11 8am: Walking Club 10am: TML FREE Christmas Shopping at the Bellis Fair Mall in Bellingham – Depart 8:50am ferry. \$15	12 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	13
14	15 8am: Walking Club 10am: TML FREE	16 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	17 10-11am: Chair Yoga 11:30am-4pm: Open art studio time 2pm: Afternoon Tea	18 8am: Walking Club 10am: TML FREE Mainland shopping. Depart 8:50am ferry. \$15	19 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	20 10am-3pm scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
21	22 8am: Walking Club 10am: TML FREE 1pm: Cookie swap and ornament exchange	23 10am: Photo Club 12pm: Lunch 1pm: Songbirds Rehearsal	24 10-11am: Chair Yoga 12pm: Potluck 11:30am-4pm: Open art studio time	25 Closed	26 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	27
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Holiday Fun

Try your hand at a little fun this holiday season! Enjoy

Tis the Season

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

CHRISTMAS
TREE
ORNAMENT
COOKIES
SHOPPING
LIGHTS
SNOWFLAKE
SNOWMAN
CAROLS
EGG
NOG
ANGEL
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GINGERBREAD

CELEBRATE
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