

Senior Signal

January 2015

A Simple Way to Save Money

If putting a little money away for a rainy day is one of your new years resolutions, try this tip. Simply take a jar and glue the lid on tight. Cut a small hole in the lid (just enough to put in some money). Using the chart below, deposit the amount indicated each week per year. At the end of the year you'll have a little unexpected nest egg! You may want to start the savings at week 52 and go backwards so that you're putting in less money during the holiday season....You're also more likely to be more motivated to save in the beginning of the year. It's easy to fall off track midway through, but not if you know the weekly deposit is getting lower rather than increasing!

52 Week Money Challenge

WEEK	DEPOSIT AMOUNT	ACCOUNT BALANCE	WEEK	DEPOSIT AMOUNT	ACCOUNT BALANCE
1	\$1.00	\$1.00	27	\$27.00	\$378.00
2	\$2.00	\$3.00	28	\$28.00	\$406.00
3	\$3.00	\$6.00	29	\$29.00	\$435.00
4	\$4.00	\$10.00	30	\$30.00	\$465.00
5	\$5.00	\$15.00	31	\$31.00	\$496.00
6	\$6.00	\$21.00	32	\$32.00	\$528.00
7	\$7.00	\$28.00	33	\$33.00	\$561.00
8	\$8.00	\$36.00	34	\$34.00	\$595.00
9	\$9.00	\$45.00	35	\$35.00	\$630.00
10	\$10.00	\$55.00	36	\$36.00	\$666.00
11	\$11.00	\$66.00	37	\$37.00	\$703.00
12	\$12.00	\$78.00	38	\$38.00	\$741.00
13	\$13.00	\$91.00	39	\$39.00	\$780.00
14	\$14.00	\$105.00	40	\$40.00	\$820.00
15	\$15.00	\$120.00	41	\$41.00	\$861.00
16	\$16.00	\$136.00	42	\$42.00	\$903.00
17	\$17.00	\$153.00	43	\$43.00	\$946.00
18	\$18.00	\$171.00	44	\$44.00	\$990.00
19	\$19.00	\$190.00	45	\$45.00	\$1,035.00
20	\$20.00	\$210.00	46	\$46.00	\$1,081.00
21	\$21.00	\$231.00	47	\$47.00	\$1,128.00
22	\$22.00	\$253.00	48	\$48.00	\$1,176.00
23	\$23.00	\$276.00	49	\$49.00	\$1,125.00
24	\$24.00	\$300.00	50	\$50.00	\$1,275.00
25	\$25.00	\$325.00	51	\$51.00	\$1,326.00
26	\$26.00	\$351.00	52	\$52.00	\$1,378.00

Special Announcements

Don't forget . . . the ferry reservation system is in effect beginning January 5, 2015.

In addition to making sure you have reservations, please see the following information posted on Orcas Issues (<http://orcasissues.com/reservation-system-change-terminal-protocol>):

– from Laurel Rust, Orcas Ferry Terminal –

The ferry reservation system begins January 5, 2015. This does NOT mean you have to make reservations to travel off-island, only that it is an option. However, how traffic is handled at the Orcas ferry terminal will change starting January 5.

EVERY vehicle coming through the landing MUST now stop at the booth in the upper lot, no matter if you are traveling inter island or to Anacortes, or if you have reservations or not. This includes medical priorities and folks who need the elevator or restroom. Please slow down and be alert as you turn off the county road and enter the access lanes into the upper lot– there may be a ferry worker out on the road or in the access lanes sorting out traffic. This includes anyone driving through the access lanes who is not going to the ferry.

To expedite things, please have your reservation info readily accessible and in hand.

Please use the county road to enter the access lanes, rather than coming up the hill by the hotel. We need to keep everyone in line in the order in which they arrived, and coming up by the hotel will be considered cutting in line.

Medical priorities, please be aware that you will now need to make reservations through the reservation system, rather than relying on your medical priority status.

Please share this information with off island visitors.

Hearts and Hands Volunteers Available

By: Didier Gincig

If you or anyone you know would appreciate getting to know a new Hearts and Hands volunteer, please contact Didier at 376.7723 or talk to him at the Senior Center at Senior Lunch. We have two young high school students who are available once a week for an hour or two to offer good company and a helping hand. We also have some adults, men and women, available to be matched with someone who could benefit from some pleasant company and a helping hand. The process is that I meet with you or someone you know and see what we can do to be helpful. I introduce you to a volunteer that could be a good match and we try it out and see if it's a good fit. Some of our matches have been going on for years!

Marketing Creates a False Security of Nutrition!

By Carol Simmer, RDN
Senior Nutrition Program

The new year is often a time when resolutions are made about getting smarter about our money and our health. The October 2014 Nutrition Action Health Letter of CSPI really hit the mark with their input on "How the Food Industry Converts Diet Advice into Profits"! **Health professionals all agree that we would be healthier if we followed the guidelines of:**

- **Make half your plate Veggies and Fruits**
- **Eat more Fish**
- **Eat more Nuts**
- **Eat more Fiber-rich foods**
- **Eat more 100% Whole Grains**

Marketers are happy to push these ideas with buzz word like "made with whole grains" and "contains one full serving of vegetables", and anything that mentions "Omega-3, gluten free or high fiber". We see these phrases or words on labels and think these processed foods will make us healthy instead of eating real foods!

Another way marketers turn powder into gold is to say, "Eat my pasta or chips with added dried veggie powder to get a portion of your daily veggie amount"! Who are they kidding? Buy pasta or chips or other processed foods for their flavor or color but **not** for their veggie amount. For instance the half serving of veggies reported in a 200 calorie cup of a popular multicolored pasta has the vitamin A content of a **sixth of a baby carrot** (and no fiber)!

Health benefits from dietary fiber in whole foods are real and plentiful as opposed to *processed* fibers in powder form. *Dietary fiber* from food gives us normal bowel function, optimal nutrient and water absorption, and a sense of fullness. Processed fiber powders in chips, juices, and cookies can claim **few** of these healthy benefits. For example, processed fibers (in the amount usually eaten) have been shown to **do nothing to improve satiety** over the same foods without the powder! Real high fiber foods like fruits and nuts, **100%** whole grains, and all vegetables will give you more nutrients with FEWER calories per gram than any processed food with added fiber powder **and** be more satisfying!

Reading labels for ingredients is essential for discovering how marketing can mislead us. The **food promoted on the front label should be in the top three ingredients** on the list of ingredients. **If not, there is not much there.** Nuts and whole grains are particularly misrepresented. For example almonds and walnuts are rich in fats that help lower LDL or bad cholesterol. Almond milk is promoted as drinking liquid almonds. In reality, one cup of almond milk has 4 almonds! Marketers have found they can sell more by "**added value**" to the product. If a product has some healthy food such as walnuts or blueberries or pomegranates or whole wheat on the front label, they can demand and get a higher price! Read your ingredient list to make sure you get what you are paying for! Comments or questions? Email: csimmer@wccoa.org



Tuesday	Friday
	2 Turkey Divan w/ Cranberry Sauce Brussels Sprouts Garden Salad Sliced Peaches
6 Shrimp Salad Tomato Soup Oatmeal Bread Orange Wedges	9 Chinese BBQ Pork Fried Rice Veggie Egg Roll Mandarin Oranges Fortune Cookie
13 Turkey Meatloaf Mashed Potatoes & Gravy Crinkle Cut Carrots Garden Salad Tropical Fruit	16 Rueben Style Chicken Baby Red Potatoes Cook's Choice Veggies Garden Salad Fruit
20 Sole Almandine Wild Rice Pilaf Baby Carrots Garden Salad Raspberry Sherbet	23 Ravioli w/ Meat Sauce Italian Veggies Caesar Salad Apricots
27 BBQ Chicken Roasted Potatoes Broccoli Florets Kale & Cabbage Slaw Grapes	30 Pork w/ Apple Chutney Mashed Potatoes & Gravy Green Beans Garden Salad Applesauce

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>January</div>				1 CLOSED Holiday	2 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	3
4	5 8am: Walking Club 10am: TML FREE	6 10am: Photo Club 10am: Book Club 12pm: Lunch 1pm: Songbirds Rehearsal	7 11:30am-4pm: Open art studio time	8 8am: Walking Club 10am: TML FREE	9 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	10
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HELP IS JUST A CALL AWAY

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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 & Wednesday's 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.



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www.orcasseniors.org

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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

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Penny Hawkes
Beverly Jensen
Maggie Kaplan
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Adele Pinneo
Margo Rubel
Mary Tanner
Patty Thompson
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Magdalena Verhasselt (chair)
Judy Zimmerman

Jane Heisinger, Building Manager

Didier Gincig, Hearts and Hands Coordinator

Senior Signal

February 2015

February is National Bird Feeding Month



Winter is hanging tough in much of North America - the cold temperatures are stagnant, the wind continues to whip and the snow is still flurrying. As we bundle up daily in wool coats, hats and mittens, it might be the time to stop and ask ourselves- "What about the birds?"

Consider that the average wild bird weighs less than two nickels and you'll realize that the winter can be a very punishing time for your backyard friends. Which is why in 1994, John Porter, Illinois' 10th District Congressman read a resolution that February would become National Bird Feeding Month.

According to U.S. Fish and Wildlife Service survey results, bird watching has become one of the most popular hobbies among Americans - about 47.8 million to be exact!

Bird feeding is an important hobby in that it provides birds with food, water and shelter and benefits the environment. Plus bird feeding is such an easy and inexpensive hobby to start. A simple tube or hopper feeder and a bag of seed, and you are ready to begin. However for most people, the interest grows and grows.

On February 23, 1994, Congressman John Porter from Illinois proclaimed February as National Bird-Feeding Month when he read a resolution into the Congressional Record. Since then, The National Bird-Feeding Society promotes the month long celebration by educating the public on the important aspects of the wild bird feeding and watching hobby. It is such a rewarding hobby to feed the birds in your backyard. It helps to get through our long cold winter months by watching the birds congregate to the bird feeder and flutter around with such enthusiasm after the feeder has been filled. Don't forget a heated bird bath for your yard if you are in a climate where the water freezes. Birds also depend on water during the winter months.

Make Your Own Paper Carton Bird Feeder

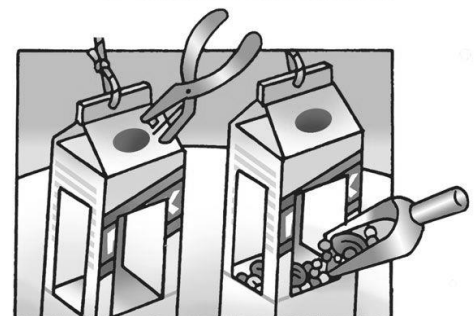
Materials:

- milk or juice paper carton
- 2 feet of ribbon
- acrylic paint
- brushes

Instructions:

- Cut large hole as shown in picture.
- Cut a hole at the top to pull the ribbon through and use to hang the carton.
- Paint the carton.

Hang when dry and fill with birdseed. Enjoy!



Special Announcements

New Senior Center Manager

Jami Mitchell is the new Senior Center Manager, replacing Jane Heisinger who is stepping away from that role after 7 years of service. For the past 12 years, Jami has worked at Doe Bay Resort, where she started at the front desk and eventually served as the General Manager.

Jami coordinates Doe Bay's annual music festival, Doe Bay Fest, and enjoys hiking, reading, and playing cards. She graduated from Smith College and later earned her Master's Degree from the University of Innsbruck in Austria. Here on Orcas, Jami served on the Funhouse Board of Directors for 6 years, until the birth of her second son, who is now 2 years old.

She and her husband, Fabrice, also have a 12 year old son who is in 6th grade at Orcas Island Elementary. Jami and Fabrice own an OPAL house and feel very fortunate to call Orcas home. Please say "hi" to Jami and introduce yourself. She looks forward to getting to know each of you and to serving as the new Senior Center Manager. Welcome aboard, Jami!

Herb Garden Being Planted

Members of the Advisory Committee and volunteers at the Senior Center will soon be planting a raised herb garden. The herbs will be available for Joy, our cook, to use in our bi-weekly lunches. Any extra herbs will be set out for seniors to take and enjoy in their own kitchens.

Your help is needed on this project. Donations are needed:

- plants
- seedlings
- wine barrels
- chicken wire
- large pots

Please bring your donations to the senior center during regular business hours. Thank you!

Lahari Offers Understanding Diabetes Course for Caregivers

Sally Coffin will be teaching a class, designed for caregivers, on Thursday, February 12th, from 1pm to 5pm at the Orcas Fire Hall Meeting Room. This 4 hour DSHS approved course qualifies for continuing education credits.

The course will cover how type 1 and type 2 diabetes affect everyday life of elderly clients and will elaborate on what to expect and how to cope with diabetes. Also this class will provide information about major complications related to the disease.

The cost of this class would typically be \$40 per person, but Lahari is fully funding the class at no cost to participants. If interested, you may sign up for the class by calling Lahari at 1-888-685-1475. For more information visit the Lahari website at www.LahariOnOrcas.org.

Inclement Weather Reminder

Just a reminder, the Senior Center follows school closure decisions. As a general rule, if the school is closed then the Senior Center is closed. This includes lunch days.

If you rely on Meals on Wheels delivery, please call the Orcas CARES 24 hour help number: 622-7065. The on call volunteer will make sure that you have a meal delivered.

We are honored that, every holiday, the staff and children of *Orcas Christian School* recognize our seniors during a senior lunch. This Valentines Day, we want to recognize them too.

**Please join us on
THURSDAY FEBRUARY 12th at 11:00am to
create Valentines Gifts for the school. They
will be delivered Friday morning.**

Not All Sweets Are Created Equal!

By Carol Simmer, RD/CD

Giving sweets to your sweetie this month is a fine tradition. You will have lots of choices so why not consider those with a health benefit as well as a gift of love and/or friendship.

Many ingredients in sweets contain plant substances that are known to lower the risk of cancer, heart and other chronic diseases. Of course some benefits may be outweighed by the fats and sugars they contain, but **in moderation**, there are some sweets you can feel good about.

Ginger, fresh and dried, has antioxidant properties. Gingerol, found in fresh ginger, is used for treating nausea and other digestive troubles. A fresh gingerbread, ginger cookies, or other desserts containing ginger such as pumpkin pie would be a wonderful gift.

Fruitcake is something you may be using as a doorstop since December, but the variety of fruits in fruitcake in their **dried form** (**not** candied) such as cherries, raisins, cranberries, figs, pineapple, citron, etc. all have vibrant color, excellent fiber, and antioxidant properties. Giving cookies, cakes, bars, or any dessert made with dried fruits is lovable.

Mixed or Candied Nuts are always welcome in my house, by themselves or as an ingredient in cookies, cakes or just about anything. Most of the fats in nuts are mono- and polyunsaturated. These types of fats can lead to lower LDL (bad) cholesterol. Walnuts, for example, contain ellagic acid, which laboratory studies have found to kill certain cancer cells. Nuts are also a source of zinc, magnesium, vitamin E and selenium. A beautiful tin of nuts is a thoughtful gift.

Chocolate, of course, is the favorite gift of love. Although unromantic, the flavanoids, flavanols and procyanidins are powerful antioxidants found in the cacao bean. The darker the chocolate, the more powerful (is that sexy?) so look for high percentages of cocoa (over 60%) in the chocolates that you choose.

As with all foods, including sweets, variety and moderation are the keys to good nutrition. Have a sweet and healthy February!

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

February Menu



Tuesday	Friday
3 Stuffed Bell Peppers Potatoes Au Gratin Garden Salad Fruit	6 Baked Fish w/ Dill Cream Sauce Rice Pilaf Green Beans Garden Salad Banana Bread
10 Taco Salad Cornbread Fresh Fruit	13 Valentines Lunch Shrimp Fettuccini Nantucket Veggies Caesar Salad Apricots Chocolate Cake
17 Beef Stroganoff w/ Rotelle Pasta Broccoli Florets Garden Salad Fruit	20 Garlic Herb Pork Mashed Potatoes & Gravy Peas & Onions Garden Salad Applesauce
24 Oriental Chicken Salad Veggie Egg Roll Fresh Grapes	27 Turkey & Cranberry Mashed Potatoes & Gravy Chef's Veggies Apple Cake

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1	2 8:30am: Walking Club 10am: TML FREE	3 12pm: Lunch 1pm: Songbirds Rehearsal	4 Bargain Shopping Day 8:45am ferry – 3:40pm ferry \$10	5 8:30am: Walking Club 9:30am: Advisory Committee Meeting 10am: TML FREE	6 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	7
8	9 8:30am: Walking Club 10am: TML FREE	10 12pm: Lunch 1pm: Songbirds Rehearsal	11 11:30am-4pm: Open art studio time 2pm: Afternoon Tea	12 8:30am: Walking Club 10am: TML FREE 11am: Make Valentines for OCS	13 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	14
15	16 Presidents Day – CLOSED	17 12pm: Lunch 1pm: Songbirds Rehearsal	18 11:30am-4pm: Open art studio time	19 8:30am: Walking Club 10am: TML FREE Mainland shopping. Depart 8:50am ferry. \$15	20 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	21 10am-3pm scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
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February

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Orcas Island

Operations Committee

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Bonnie Burg
Beverly Jensen
Maggie Kaplan
Christina Orchid
Aaron Redford
Margo Rubel
Jerry Todd
Magdalena Verhasselt (chair)
Judy Zimmerman

Jami Mitchell, Senior Center Manager

Didier Gincig, Hearts and Hands Coordinator

Senior Signal

March 2015



*Serving Whatcom &
San Juan Counties*

Spring Brunch
with Chef Christina Orchid
A Benefit for
Meals on Wheels and More

Saturday, March 21st
Orcas Island Senior Center
10am-1pm

Advance: \$15; \$7 kids 10 & under
At Door: \$20; \$10 kids

Celebrate the first day of spring with a delicious brunch prepared by Orcas Island celebrity chef, Christina Orchid and help raise money for Meals and Wheels and More on Orcas Island.

The brunch menu will feature the following:

SKAGIT STRAWBERRY BLINTZES
RED RABBIT FARM EGGS BENEDICT
BREAKFAST POTATOES
FRESH CUT FRUIT SALAD
THICK CUT BACON
OATMEAL AND
FRESH BAKED PASTERIES

The brunch is part of the Meals and Wheels and More Program's 3rd annual March for Meals campaign, a national campaign to raise awareness about senior hunger and funds for senior meals at the local level.

In 2014 the Meals on Wheels and More Program served 7,700 nutritionally balanced Senior Community Meals at the Orcas Island Senior Center and delivered more than 1,000 Meals on Wheels to homebound seniors living throughout the island. Meals are currently offered Tuesday and Friday at noon at the Orcas Senior Center. All meals are offered on a donation only basis to adults age 60 and over.

Brunch tickets can be purchased from the Orcas Island Senior Center, Monday - Friday, 9am-4pm.

For more information, call 360-376-2677

Special Announcements

Understanding Dementia
A Community Education Opportunity
March 14, 2015
10:00-3:00
Orcas Senior Center
Free of Charge

Understanding Dementia will provide a basic understanding of dementing illnesses and teach you how to interact and communicate with people with whom you live, work, and play. You will discover how the most common type of dementia, Alzheimer's Disease, can impact many aspects of the day to day lives of people you love. Learn about caregiver techniques to manage behaviors and to assure good communication. Find out what you can do to make your neighbor's life a little better. Finally, understand how to think about long term options for care and services.

Shelly Zylstra is the Planning Director at the Northwest Regional Council. She has worked with older adults for nearly 30 years and now has become one! She is a popular speaker throughout the United States because she doesn't charge any fees or honorariums!

Herb Garden Being Planted

Members of the Advisory Committee and volunteers at the Senior Center will soon be planting a raised herb garden. The herbs will be available for Jay, our cook, to use in our bi-weekly lunches. Any extra herbs will be set out for seniors to take and enjoy in their own kitchens.

Your help is needed on this project. Donations are needed:

- plants
- seedlings
- wine barrels
- chicken wire
- large pots

Please bring your donations to the senior center during regular business hours. Thank you!

Island Hearing

If you need an appointment with an audiologist there is no need to travel off island! Stacie Baisch with Island Hearing visits the Orcas Senior Center twice per month. See the calendar for dates and call 378-2330 to schedule your appointment.

Lunch & Sightseeing on San Juan Island

Thursday March 26, 2015
Depart on 10:35 ferry and Return on 5:25pm ferry

We will head first to the San Juan Island Mullis Center for lunch. After lunch, plan for a sightseeing tour around the island. Highlights to include Roche Harbor, the sculpture park, Lime Kiln Lighthouse, and more!

Reminder: If you are due/overdue for your annual health exams and screenings, please schedule today. Talk to your doctor about scheduling your colonoscopy, mammogram, blood work, and other routine preventative examinations.

Diabetes and Dietary Supplements- Facts from Fiction

Carol Simmer, RDN

It is hard to know exactly where to look for trustworthy sources when researching dietary supplements. **Food** is always the **best source** of vitamins and minerals for safety and absorption. However, the variety of foods we eat may not be adequate to give us a sufficient amount of certain nutrients. The October 2014 issue of Diabetes Management gives a look at supplements commonly used in diabetes. It addresses the facts and/or myths about their usefulness. I will comment on two supplements in this article and more in future articles.

When starting a new supplement of any kind one should record his/her blood sugars daily, and record any new physical observations such as dizziness, shortness of breath, diarrhea etc., for at least two to four weeks. Since supplements increase or decrease the absorption of other medications, **your doctor should always be asked before a change.** Your pharmacist can also give you advice.

Chromium is a mineral the body needs in trace amounts to help metabolize carbohydrate, fat, and protein. Food sources of chromium include broccoli, meat, whole grains, and certain fruits, spices, and other vegetables. It can be difficult to determine if you are deficient in chromium because there is no good test for measuring levels in the blood. There are mixed reviews whether chromium supplements can help reduce insulin resistance which is a risk factor for diabetes, especially Type 2. The American Diabetes Association does **not** currently encourage the use of chromium supplements. Chromium is often included in multivitamin/mineral supplements in the recommended AI (Adequate Intake) range of 21 to 45 mcgs. Caution is to be used for chromium supplements if also taking thyroid medications. It can reduce its effectiveness.

Magnesium is a mineral that acts as a **coenzyme**, a chemical the body required to activate enzymes. Enzymes are special proteins that speed up biochemical reactions in the body for the body to function properly. Every cell in the body needs magnesium to communicate with other cells. The body needs magnesium to convert glucose into energy as well as to store glucose in the liver and muscles for later use. Many foods such as leafy green vegetables, dried beans, oatmeal, fortified cereals, seafood, and nuts and seeds contain good sources of magnesium. The current FDA for magnesium is 30 to 420mg/day for men and 30 to 320mg/day for women. Magnesium should be taken with food and can cause diarrhea. Liquid **magnesium citrate for daily supplementation is NOT recommended because it can cause severe diarrhea!**

In future articles I will address other supplements of interest. Please send comments or question to csimmer@wcco.org

March Menu



Tuesday	Friday
3 Sweet & Sour meatballs Brown Rice Asian Veggies Cucumber Salad Mandarin Oranges	6 Salmon Filet Wild Rice Pilaf Whole Green Beans Garden Salad Coconut Fruit Salad
10 Chicken Salad Wrap Tomato Veggie Soup Fruit Cookie	13 Happy Pi Day Baked Cod Roasted Yam Green Beans Garden Salad Apple π Pi
17 Corned Beef & Cabbage Steamed Dill Reds Irish Soda Bread Fruited Green Jello	20 Florentine Fish Roasted Potatoes Brussels Sprouts Garden Salad Sliced Pears
24 Country Fried Steak Mashed Potatoes & Gravy Peas & Carrots Apple Cake	27 Shrimp Salad Oatmeal Bread Orange Wedges
31 Turkey & Cranberry Mashed Potatoes & Gravy Nantucket Veggies Pumpkin Bars	

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8:30am: Walking Club 10am: TML FREE	3 12pm: Lunch 1pm: Songbirds Rehearsal	4 Bargain Shopping Day 8:45am ferry – 3:40pm ferry \$10	5 8:30am: Walking Club 10am: TML FREE	6 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	7
8	9 8:30am: Walking Club 10am: TML FREE	10 12pm: Lunch 1pm: Songbirds Rehearsal	11 11:30am-4pm: Open art studio time 10am-3pm: Island Hearing 2pm: Afternoon Tea	12 8:30am: Walking Club 10am: TML FREE	13 10am: Food Handlers Class 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	14
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22	23 8:30am: Walking Club 10am: TML FREE	24 12pm: Lunch 1pm: Songbirds Rehearsal	25 11:30am-4pm: Open art studio time 10am-3pm: Island Hearing 12:00pm - Potluck	26 8:30am: Walking Club 10am: TML FREE Outing: San Juan Island lunch and sightseeing	27 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	28 10am-3pm scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
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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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Orcas Island

Operations Committee

Patricia Ayers
Bonnie Burg
Beverly Jensen
Maggie Kaplan
Christina Orchid
Aaron Redford
Margo Rubel
Jerry Todd
Magdalena Verhasselt (chair)
Judy Zimmerman

Jami Mitchell, Senior Center Manager

Didier Gincig, Hearts and Hands Coordinator

Senior Signal

April-May 2015

Announcing a new Senior Center membership perk! Orcas Center's Subsidized Ticket Program for Senior Center Members

Orcas Center is offering a new and improved Subsidized Ticket Program available to Senior Center members. \$5 subsidized tickets are available to Senior Center membership cardholders for all regular Orcas Center-produced events. (Performances presented by community groups and NOT by Orcas Center are always noted with an asterisk* on Orcas Center's website and Centerline newsletter. Special Events such as the upcoming *Across the Universe* benefit concert and Orcas Center's Annual Gala & Auction are not included in this program.)

In the past, you were required to procure an official voucher from the Senior Center, which you would then redeem at Orcas Center for your discounted ticket. It's now even easier to enjoy enriching arts performances at the special price of just \$5 per show! Simply bring your current Senior Center membership card and present it to the Orcas Center Box Office and request a Senior Center rate for any Orcas Center-produced performance. Each Senior Center membership cardholder may purchase one \$5 subsidized ticket per show. Please note that all subsidized tickets are based on availability and sold on a first come, first served basis.

Orcas Center is aware that some Senior Center members may have more difficulty in getting around town. Requiring a trip to procure your ticket and another to see a show is tough for some of you. For those Seniors who find it difficult to get out and about, Orcas Center is offering you a special mode of procuring your ticket. Just call Orcas Center's Box Office directly and request a ticket for your desired performance. They will hold your ticket, and you can pick it up at the Box Office under Will Call. You still need to bring your Senior Center membership card when you pay for your \$5 subsidized ticket!

In this and future Signal newsletters, you will find a listing of all upcoming Orcas Center-produced performances that are available to you via this great new program. Make sure to review that month's offerings, and mark your calendars for all of the wonderful programs that spark your interest. Enjoy!

Orcas Center's Box Office is currently open Wednesday, Thursday, and Friday afternoons from 12 pm – 2pm, and one hour prior to each performance. For those of you who plan to call in your request for a seat due to limited mobility, please call 376.2281 x.1 during those same operating hours.

April Events

National Theatre Live *The Hard Problem*

Thursday, April 16, 7:30 pm,
On Screen Center Stage

Orcas Choral Society performs Bach's *Mass in B minor*

Saturday, April 18, 7:30 pm
& Sunday, April 19, 2:00 pm,
Center Stage

The Met: Live in HD *Cavalleria Rusticana* and *Pagliacci*

Sunday, April 26, 1:00 pm,
On Screen Center Stage

May Events

National Theatre Live *Man and Superman*

Thursday, May 21, 7:30 pm,
On Screen Center Stage

Center Stage Open Mic Saturday, May 23, 7:30 pm, Center Stage

Come to the inaugural Center Stage Open Mic! An evening of local talent, hosted by Gordon Koenig and Anita Orne. (Tickets to this performance are by donation only, and are available the night of the event. No need to secure a special Senior Center rate.)

The Bolshoi Ballet *Ivan the Terrible*

Saturday, May 30, 6:30 pm,
On Screen Center Stage

Special Announcements

Spring is here and it's time to clean out the attic! The Orcas Island Senior Center is already filling up with innumerable donations of interesting and unique (gently used) items for our annual Granny's Attic Sale, to be held April 25 from 10am-3pm.

This annual sale is one of the largest fundraisers of the year for the Senior Center, and the Operations Committee greatly appreciates your contributions. As usual, we would like to encourage you to begin your spring cleaning and contribute to this fun and fabulous fund raising event which supports the Senior Center and its programming. We depend on your support to make this the "sale of the season."

Drop off days for donating items are on Tuesdays from 10am to 3pm at the Senior Center until April 21st. If you have larger items such as furniture please call Jami Mitchell at 376-2677 to arrange someone to come out and take a look at the items to see if they will work for the sale. Please note that we do not accept clothing, small appliances, or large electronics.

If you have any questions, please contact Jami Mitchell via orcasseniorecenter@gmail.com or at 376-7929. Thank you for your donations, and we hope to see you at the big sale!

Island Hearing

If you need an appointment with an audiologist there is no need to travel off island! Stacie Baisch with Island Hearing visits the Orcas Senior Center twice per month. See the calendar for dates and call 378-2330 to schedule your appointment.

Ned Brown, professor of geology, author of book "Geology of San Juan Islands", is giving a free lecture on the geology of the San Juan Islands.

Senior Center

6:00pm

Thursday, May 21st

Senior Center Book Club

Spring & Summer Reading List

April : Year of Wonders

Geraldine Brooks

July: In Paradise

Peter Matthiessen

May: Let the Great World Spin

Colum McCann

August: Remembering Babylon

David Malouf

June: All the Light You Cannot See

Anthony Doerr

September: The Girl on the Train

Paula Hawkins

Third Tuesday of Each Month

1:00 PM

Orcas Island Senior Center

State Park Free Days!

April 22: Earth Day

May 10: Sunday Spring Day

June 6: National Trails Day

June 13: National Get Outdoors Day

Aug. 25: National Park Service Birthday

Sept. 26: National Public Lands Day

Nov. 11: Veterans Day

Avocado- the Old, but “New” Trendy Food!

By Carol Simmer, RDN
Meals on Wheels & More!

Cinco de Mayo, May 5th, is celebrated in the USA with fantastic Mexican foods, especially guacamole, the flavorful avocado dip! The day commemorates May 5, 1862 when a rag-tag Mexican army fended off a French army attack on the Provincial town of Puebla.

The avocado, grown in subtropical regions, was introduced into the USA from Mexico in the 19th century. Today, ninety five percent of the avocados grown in the USA are grown in southern California! The avocado's popularity is surging, not only because of guacamole, but because of the versatility and health benefits of this fruit.

Why eat avocado? Let me count the reasons!

1. It is **delicious** with its subtle flavor and creamy texture. (It can be used in sweet and savory foods!) Recipes for desserts, beverages, sandwiches, salads, and spreads featuring avocado can be found on the websites listed below.

2. Its high, but **healthy fat** content enable it to replace other high fat ingredients (mayo, margarine, butter, sour cream) in many recipes, especially dips, smoothies, and spreads.

3. Its **high vitamin/mineral content, good protein**, and **high fiber** content make it a healthy ingredient in main dishes, salads, and cool soups- perfect for vegetarian and non-vegetarian meals. Heating avocados for long periods of time or at high temperature is not recommended.

4. The avocado contains 20 vitamins and minerals, **NO cholesterol or sodium**, and **only 50 calories per ounce** (about 1/5 avocado).

How do you choose and store an avocado? A ripe avocado yields to gentle pressure when held in the palm of the hand. If you need to ripen one at home, store it in a bag with a banana or apple. A ripe avocado can be stored in the refrigerator for 2-3 days. A *cut*, ripe, avocado needs to be sprinkled with an acidic juice (lemon, lime, vinegar, tomato), then wrapped in plastic wrap and/or air-tight container and stored in the fridge where it will keep well for one day. If the ripe avocado is *peeled and cut*, it is best stored by pureeing with the acidic juice (1 tbsp per 1 avocado) to keep it from browning. This mixture also freezes well! Find more information about how to cut and use avocados at these websites:
www.avocadocentral.com and
www.loveonetoday.com


Questions or comments? csimmer@wcco.org

April Menu

Tuesday	Friday
7 Taco Salad Cornbread Fresh Fruit	10 Lemon Pepper Fish Roasted Potatoes Steamed Broccoli Spinach Salad Fruit
14 Macaroni & Cheese Italian Sausage Link Carrot Coins Cucumber Salad Fruit	17 Turkey Meatloaf Mashed Potatoes & Gravy Green Beans Garden Salad Peach Slices
21 Beef Enchilada Casserole Refried Beans Steamed Veggies Jicama Citrus Slaw Sliced Apples	24 Reuben Style Chicken Tri Color Potatoes Peas & Onions Garden Salad Tropical Fruit
28 Asian Chicken Salad Veggie Egg Roll Fruit	

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

May menu will be available for pick up after May 1st at the Senior Center or online at www.orcasseniors.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  </div>			1 Bargain Shopping Day 8:45am ferry – 3:40pm ferry \$10 11:30am-4pm: Open art studio time 10am: Chair Yoga	2 10am: TML FREE	3 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	4
5	6 10am: TML FREE	7 12pm: Lunch 1pm: Songbirds Rehearsal	8 11:30am-4pm: Open art studio time 10am-3pm: Island Hearing 10am: Chair Yoga 2pm: Afternoon Tea	9 10am: TML FREE	10 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	11
12	13 10am: TML FREE	14 12pm: Lunch 1pm: Songbirds Rehearsal	15 11:30am-4pm: Open art studio time 10am: Chair Yoga	16 10am: TML FREE Mainland shopping. Depart 8:50am ferry. \$15	17 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	18 10am-3pm scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
19	20 10am: TML FREE	21 12pm: Lunch 1pm: Songbirds Rehearsal 1pm: Book Club	22 11:30am-4pm: Open art studio time 10am-3pm: Island Hearing 10am: Chair Yoga 12:00pm - Potluck	23 10am: TML FREE 12pm: Lunch	24 CLOSED	25 GRANNY'S ATTIC 10am-3pm
22	27 10am: TML FREE	28 12pm: Lunch 1pm: Songbirds Rehearsal	29 11:30am-4pm: Open art studio time 10am: Chair Yoga	30 10am: TML		

May 9 1-5pm: Lahari is hosting a presentation of The Longest Loss: Alzheimer's Disease and Dementia, produced by the Hospice Foundation of America. The program will identify how family caregivers and medical professionals and can best help patients, families and themselves cope with loss and grief associated with Alzheimer's Disease or other dementia.

The 2 & 1/2 hour DVD will be followed by 30 minute live panel of local dementia care and hospice providers. Event location is the Mufti-Purpose Room in the Orcas Senior Center. Continuing education credits can be applied for by professionals, however the general public is also encourage to attend. More information can be found at www.LahariOnOrcas.org.

Did you know . . .

May 4th is International Fire Fighters Day
and

May 15th is National Peace Officers Day

Take a moment to say thank you to the men and women of Orcas Island Fire and Rescue and San Juan County Sheriff's Department!

Volunteer Drivers Needed!

Volunteer drivers for lunch deliveries and for medical trips are needed. Please see Marla for more information.

Urge Congress to Support the Older Americans Act

The Older Americans Act (OAA) expired in 2011, and Congress has to restart the reauthorization process in 2015. The Senate has started quickly with a January markup, but we need the full Senate and House to keep the momentum going.

Also, funding for OAA programs has not kept pace with the increasing numbers, need, and diversity of the senior population, and it is still threatened by automatic cuts imposed by sequestration.

Contact our representatives today. A sample letter is below:

Dear [Decision Maker],

As a constituent committed to improving the lives of older Americans, I'm writing to urge you to reauthorize and invest in the Older Americans Act (OAA), so it can continue to help millions of older Americans remain healthy, economically secure, and independent in their homes and communities.

Since 1965, the OAA has provided services and supports that improve seniors' lives. These include meals, health programs, support for family caregivers, help with benefits, job training and employment, senior centers, transportation, and protection against abuse.

I have seen the struggles of older adults and their families in my own community, and the ways that the Older Americans Act has helped them remain healthy, safe and independent in their own homes.

I urge you to support these important programs by reauthorizing the OAA, making needed investments, and protecting funding from sequestration. Not only will this benefit the seniors of our community, but it will also save taxpayer dollars by enabling seniors to stay out of nursing homes, prevent hunger and malnutrition, manage chronic health conditions, remain in the workforce, and avoid abuse, neglect and exploitation.

Thank you for your attention to this important issue, and I look forward to your reply.

*Sincerely,
[Your Name]
[Your Address]
[City, State ZIP]*

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<div> <div>May</div> </div>					1 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	2
3	4 10am: TML FREE	5 12pm: Lunch 1pm: Songbirds Rehearsal	6 Bargain Shopping Day 8:45am ferry – 3:40pm ferry \$10 11:30am-4pm: Open art studio time 10am: Chair Yoga	7 10am: TML FREE	8 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	9 5pm-7pm Pub Style Trivia (with Dave Page) Beer, wine, snacks accompany a trivia game with prizes! Cost is \$10 each
10 Happy Mothers Day!	11 10am: TML FREE	12 12pm: Lunch 1pm: Songbirds Rehearsal	13 11:30am-4pm: Open art studio time 10am-3pm: Island Hearing 10am: Chair Yoga 2pm: Afternoon Tea	14 10am: TML FREE	15 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	16 10am-3pm scrapbook, craft & sewing day – enjoy the company of other crafters & seamstresses. Bring your own project to work on!
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Aaron Redford
Margo Rubel
Jerry Todd
Magdalena Verhasselt (chair)
Judy Zimmerman

Jami Mitchell, Senior Center Manager

Didier Gincig, Hearts and Hands Coordinator

Senior Signal

June 2015

LUNCH THREE DAYS A WEEK!

Efforts to expand our lunch program from twice per week meals to three times per week have been successful. Beginning **July 6, 2015**, lunch will be served at the Orcas Senior Center on Monday, Wednesday and Friday.

Due to a contribution from the County, as approved in the levy lid lift, as well as with a grant received from Orcas Island Community Foundation; we are able to subsidize a third meal each week. Orcas Island Senior Center averages almost 200 meals per week being served in the twice weekly meal service. Given the numbers served and the consistency of the large numbers of attendees, it was only natural to see an expansion of the program.

The three weekly meals will begin in July 2015. Due to the Independence Day holiday we will be closed on July 3, 2015. Therefore, the meal service change begins on Monday, July 6, 2015. Meals will continue to be served Tuesday and Thursday through the month of June.

The *Meals on Wheels and More* program is an effort of cooperation between San Juan County, Whatcom County and the Senior Center. *Meals on Wheels and More* supports the health and independence of the older adult populations of Whatcom and San Juan Counties by providing nutritious food, social connection, nutritional education and counseling services. Every meal we provide meets at least one third of a senior's daily nutritional requirements.

Seniors are at increased risk for malnutrition for multiple reasons including:

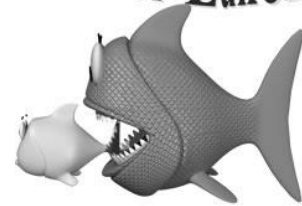
- chronic or acute illnesses
- decreased ability to shop for and to prepare healthy meals
- depression
- lack of funds

It is our goal to ensure that ALL Whatcom and San Juan County seniors have access to the nutrition they need to remain healthy and independent in their homes as long as possible.

Orcas Island Senior Services is proud to be the first in San Juan County to expand the nutrition program to add additional meal services. We would like to thank all of our partners and those who provided the donations to make this expansion possible.

We look forward to seeing you at lunch!

Join Me For Lunch



BEGINNING JULY 6, 2015

LUNCH WILL BE SERVED

**MONDAY
WEDNESDAY
FRIDAY**

12:00noon

Upcoming lunch service dates:

June 2
June 5
June 9
June 12
June 16
June 19
June 23
June 26
June 30
July 6
July 8
July 10
July 13
July 15
July 17
July 20
July 22
July 24

Special Announcements

Summer Time Health Tips

Danger: Heat exhaustion

Action plan: Your internal cooling system doesn't work as well as you age, so if you're feeling dizzy or light-headed and your skin is clammy, those are sure signs you're becoming overheated. Immediately find shade and elevate your feet, then rehydrate with cool water. (Avoid ice water, which is not as easily absorbed.) Pouring cool water on your wrists and feet can also help lower your body temp more quickly.

Danger: Ticks

Action plan: Ticks can transmit diseases and are notoriously hard to avoid, but tucking long pants into your socks and wearing long-sleeved shirts are a good first defense. Plus, consider planting American beautyberry. Crush the leaves and rub them on your skin to release chemicals that repel ticks and also mosquitoes, advise scientists at the U.S. Agricultural Research Service. If you do find a tick, use tweezers to grasp it as close to the skin as possible and pull up with steady, even pressure, making sure you get the whole bug. Clean the bite and your hands with rubbing

alcohol or soap and water. If the area shows a target-shaped rash afterward, see your doctor — it could be a sign of Lyme disease.

Danger: Blisters on your feet

Action plan: Try to avoid popping a blister, because the fluid-filled sac serves as a germ shield. To dull the pain and speed healing, soak the area in cool green tea, brewed strong. Down a glass while you're at it; green tea is a powerful anti-inflammatory.

Danger: Lost in the Woods

Action Plan: Never leave to go hiking without telling someone where you are going and approximately what time to expect you to return. Do a bit of recon before you hit the trail, making note of its creek crossings and sharp turns in case you need to backtrack, says Rebecca Jensen, a navigation instructor at Northwest Trail Runs in Seattle. Or use the sun and a watch to find your way. First, align the hour hand with the sun. (Or put a twig in the dirt and align the hour hand with its shadow.) Bisect the angle between the hour hand and the 12 o'clock mark. That will be due south; due north is opposite. If you've been wandering awhile and still have no idea where you are, stay put. It will be easier to find you.

Volunteer Drivers Needed!

Volunteer drivers for lunch deliveries and for medical trips are needed. Please see Marla for more information.

Island Hearing

If you need an appointment with an audiologist there is no need to travel off island! Stacie Baisch with Island Hearing visits the Orcas Senior Center every other wee. See the calendar for dates and call 378-2330 to schedule your appointment.

State Park Free Days!

June 6: National Trails Day

June 13: National Get Outdoors Day

Aug. 25: National Park Service Birthday

Sept. 26: National Public Lands Day

Nov. 11: Veterans Day

Summer Fruit- It is *Hot* on the Grill!

By Carol Simmer, RDN
Meals on Wheels and More!

Put zest in summertime by grilling the fabulous fruits we can find in Washington State and especially Whatcom and San Juan Counties.

Grilled Fruit is not hard to do and it makes a great summertime dessert or an interesting antipasto when paired with cheese. Add grilled fruit to a hearty salad or serve it as a side dish on its own.

Washington's Farmers markets are a great place for locally grown fruits and vegetables. Many Whatcom County farmers markets and U-Pick farms can be found on the Food & Farm Finder printed each year by Sustainable Connections online at www.sustainableconnections.org then click on Food and Farm Finder. Check online for the farmers markets on San Juan Island, www.sjifarmersmarket.com, Orcas Island, www.orcasislandfarmersmarket.org, and Lopez Island, www.lopezfarmersmarket.com.

Choose fruit to grill that is ripe but firm. If the fruit needs to be sliced, such as pineapple or melon, I suggest slices at least ¼ inch thick. The grill needs to be **clean, hot, and well-oiled** or sprayed with a non-stick spray. If the grill is not hot enough you may not get nice grill marks that make grilled fruits and vegetables so appealing. Do not leave fruit on the grill unattended! Fruit's naturally high sugar content will allow it to burn quickly! Some fruits need no marinade or basting, but a light brushing with a vegetable oil makes sticking a non-problem. Fruits like strawberries can be skewered for a great presentation (soak wooden skewers to prevent burning). A marinade for fruits, especially strawberries, is 2 teaspoons each of lemon juice, vegetable oil, and sugar. After grilling, drizzle with a touch of aged balsamic vinegar-yum! If a grill is not available, don't despair! Use the broiler in the oven to get a similar result. Again, watch the fruit carefully to prevent burning.

As always, colorful fruits and vegetables are chock-full of healthy antioxidants and fiber. Enjoy the bounty of the summer harvest! Comments or questions? Contact Carol at csimmer@wcco.org.



Tuesday	Friday
2 Shrimp Salad Texas Toast Fresh Grapes	5 Turkey Pot Roast Mash Potatoes & Gravy Broccoli Florets Garden Salad Raspberry Sherbet
9 Baked Potato Vegetarian Chili with Cheese & Sour Cream Broccoli Florets Sliced Pears	12 Chicken Swiss Burger (garden burger available) Lettuce & Tomato Potato Salad Fruited Jello
16 Roasted Pork Loin with Apple Chutney Wild Rice Pilaf Green Beans Fruit	19 Baked Fish with Dill Cream Sauce Green Beans Garden Salad Mixed Fruit
23 Turkey Cranberry Mash Potatoes & Gravy Seasonal Veggies Strawberry Cake	26 Chicken Taco Salad Cornbread Orange Wedges
30 French Dip Sandwich Au Jus Roasted Potatoes Coleslaw Fruit	

****Salad bar will be served from
11:30am-12:00pm only****

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10am: TML FREE	2 12pm: Lunch 1pm: Songbirds Rehearsal	3 Bargain Shopping Day 8:45am ferry – 3:40pm ferry \$10 10am-3pm: Island Hearing 11:30am-4pm: Open art studio time 10am: Chair Yoga	4 10am: TML FREE	5 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	
5	6 10am: TML FREE	9 12pm: Lunch 1pm: Songbirds Rehearsal	10 11:30am-4pm: Open art studio time 10am: Chair Yoga 2pm: Afternoon Tea	11 10am: TML FREE	12 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	13
14	15 10am: TML FREE	16 12pm: Lunch 1pm: Songbirds Rehearsal	17 11:30am-4pm: Open art studio time 10am-3pm: Island Hearing 10am: Chair Yoga	18 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 10am: TML FREE	23 12pm: Lunch 1pm: Songbirds Rehearsal 1pm: Book Club	24 11:30am-4pm: Open art studio time 10am: Chair Yoga 12:00pm - Potluck	25 10am: TML FREE	26 12pm: lunch 1pm: crafty afternoon FREE 4pm: Strength training	27
28	29 10am: TML FREE	30 12pm: Lunch 1pm: Songbirds Rehearsal	<div> <div>June</div> </div>			

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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 Didier Gincig 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.

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.

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Maggie Kaplan
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Margo Rubel
Jerry Todd
Magdalena Verhasselt (chair)
Judy Zimmerman

Jami Mitchell, Senior Center Manager

Didier Gincig, Hearts and Hands Coordinator

Senior Signal

August 2015

Orcas Senior Center **Membership Drive!!!**

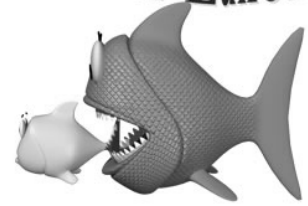
Together, we make Orcas Great!!

It's membership time at the Orcas Senior Center. Your 2015-2016 membership helps strengthen this vital community hub. Benefits of membership include access to the Athletic Club, \$5 tickets for Orcas Center shows, 10% discount at Rays (excluding wine and pharmacy), free and discounted classes, trips and travel, 10% Eastsound Kennel discount, and more.

Please consider making an additional donation above the cost of the annual membership in support of the Senior Center and Orcas elders.

We sincerely appreciate your support and contribution.
Thank you!

Join Me For Lunch



Lunch is served every
Monday, Wednesday & Friday.
11:30am – 12pm: salad bar
12pm : lunch

**BEGINNING WITH
THE SEPTEMBER
NEWSLETTER . . .**

**NEWSLETTERS
WILL ONLY BE
MAILED TO SENIOR
CENTER MEMBERS.**

Extra copies will be
available for pick up and
can be downloaded at
www.orcasseniors.org



Special Announcements

Reminder: Orcas Center has a new Subsidized Ticket Program for Senior Center Members!

Orcas Center is offering a new and improved Subsidized Ticket Program available to Senior Center members. \$5 subsidized tickets are available to Senior Center membership cardholders for all regular Orcas Center-produced events.

Orcas Center's Box Office is currently open Wednesday, Thursday, and Friday afternoons from 12 pm – 2 pm, and one hour prior to each performance. For those of you who plan to call in your request for a seat due to limited mobility, please call 376.2281 x1 during those same operating hours.

August *Wild & Precious*

Saturday, August 1, 7:30 pm, Center Stage
Written and Performed by Steven Cadwell, *Wild and Precious* celebrates, dramatizes and educates about the arc of the last 50 years of Gay Liberation. It is a multi-media, poememoir in two acts, which includes original songs, photographs, costumes, stories, and poems. Sponsored by Orcas LGBT Fund.

Clarification on Mert's Taxi Service (exert from email submitted by Barbara Trunkey)

"The cab is free to islanders ONLY if you really have an appointment with the HOSPITAL. They use public donated funds for this service, and are very reluctant to pay for someone cheating. He charges the customer (\$13 each way) . If someone uses the cab and lies about their appointment, Mert does not get paid. A properly eligible service ride reimburses him at exactly the same rate as you pay. A cheater costs him money and time.

So- if we want this service to continue, we need to understand what the coverage really is. It is a good service- even paying both ways between ferry and hospital, using Merts saves you money over summer rates for a car drive on, and best of all , walk on any ferry , no reservation needed.. . Check with the physician when making an appointment to see if they will pay for the cab!!

I told Mert that I would try to have this matter clearly posted at the senior center."



Volunteer Drivers Needed!

Volunteer drivers for lunch deliveries and for medical trips are needed. Please see Marla or Jami for more

Island Hearing

If you need an appointment with an audiologist there is no need to travel off island! Stacie Baisch with Island Hearing visits the Orcas Senior Center every other week. See the calendar for dates and call 378-2330 to schedule your appointment.

Songbirds are taking a much deserved rest.

Rehearsals will resume in September.

New and old members please mark your calendars.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> Swiss Steak Mashed Potatoes & Gravy Green Beans Garden Salad Fruit Cocktail	<div>4</div>	<div>5</div> Shrimp Salad Oatmeal Bread Fruit	<div>6</div>	<div>7</div> Mediterranean Chicken Couscous Sautéed Squash Tomato and Feta Salad Apricots
<div>10</div> Ham & Pineapple Baked Yam Caribbean Veggies Spinach Salad Sliced Pears	<div>11</div>	<div>12</div> Tomato Vegetable Soup Chicken Caesar Wrap Fresh Grapes Chocolate Chip Cookie	<div>13</div>	<div>14</div> Beef Stroganoff w/ Rotelle Pasta Green Peas Garden Salad Sliced Peaches
<div>17</div> Baked Cod Wild Rice Pilaf Whole Green Beans Garden Salad Coconut Fruit Salad	<div>18</div>	<div>19</div> Taco Salad Cornbread Fresh Fruit`	<div>20</div>	<div>21</div> Turkey & Cranberry Mashed Potatoes & Gravy Seasonal Veggie Apple Cake
<div>24</div> Ravioli w/ Meat Sauce Italian Veggies Caesar Salad Breadstick Fruit	<div>25</div>	<div>26</div> BBQ Pulled Pork Brown Rice Veggies Garden Salad Raspberry Sherbet	<div>27</div>	<div>28</div> Roasted Pork Loin w/ Apple Chutney Mashed Potatoes Peas & Onions Fruit
<div>31</div> Tuna Noodle Casserole Broccoli Florets Garden Salad Apple Crisp	<div>August Menu</div>			

Ancient Power Packed Seeds Aids Modern Diets! By Carol Simmer, RDN - Meals on Wheels and More!

Have you heard of Amaranth, Chia, Quinoa, Flax and Hemp seeds? These are the new but quite “old” seeds that are making nutrition headlines because of their fiber and complete protein (amino acids profile).

These **Super Seeds** can substitute in recipes for gluten, nut and egg allergies, and they are excellent sources of fiber, unlike animal protein. All are cholesterol free. Here are some facts and tips on how to use them.

Amaranth and quinoa are not true grains, often called pseudo-cereals, and belong to the plant family that also includes beets, chard, spinach, and others. Amaranth, quinoa, and chia have their origins in Mexico and South America. Amaranth was grown and used by the Aztecs for centuries until the Spaniards banned its use. Amaranth flour can be mixed with other flours in breads and baking to increase protein. Amaranth can be cooked as a hot cereal, or popped like popcorn for a snack or a crunchy topping. Quinoa and amaranth porridge are wonderful first solids for babies because they are not likely to cause an allergic reaction and have a smooth texture.

Quinoa can be purchased as seeds, flakes, and flour. Quinoa seeds have a soapy, bitter-tasting coating (to keep birds from eating them), but a thorough rinse

makes the strong taste easy to remove. Most quinoa sold in the USA is pre-rinsed, but you can rinse it again if you choose.

Chia and flax seeds have a gelatinous quality when soaked in water and can be used in smoothies and even substituted for eggs in recipes. Soak chia for at least 10 minutes and stir while soaking. Chia, as a natural thickener, is perfect for making jams, syrups, and puddings without other starches and gelatins. Who knew a jam could be a high protein food!

Flax seeds need to be ground for best digestion and absorption of its nutrients. Ground flax seeds, flax oil, and hemp seeds are excellent sources of omega 3 fatty acids, powerful anti-inflammatory agents! Flaxseed meal and oil can be sprinkled on hot and cold foods and used in granola.

Hemp seeds or shelled hems seeds (called hemp hearts) can be eaten as is like nuts without the fear of nut allergies. Hemp hearts are creamy when blended, and are crunchy when baked. Crunchy hemp hearts are good by themselves or added to other seeds as a snack. Although hemp seeds are related to marijuana, they are not considered a drug because they have only miniscule amounts of the active chemical THC.

Add **Super Seeds** to pack **super nutrition** in your diet! Comments or questions? Email csimmer@wcco.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 12pm: Lunch	4 10am: TML FREE	5 Bargain Shopping Day 8:45am ferry – 3:40pm ferry \$10 10am-3pm: Island Hearing 12pm: Lunch	6 10am: TML FREE	7 12pm: lunch 1pm: Doe Bay Fest Field Trip. FREE 4pm: Strength training	8
9	10 12pm: Lunch	11 10am: TML FREE	12 12pm: Lunch Island Hearing 10am-3pm	13 10am: TML FREE 2pm: Afternoon Tea FREE	14 12pm: lunch 4pm: Strength training	15
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30	31 12pm: Lunch		<div> <i>August</i> </div>			

Orcas Senior Center Membership

Together, we make Orcas great!

Your membership helps strengthen this vital community hub. Benefits of membership include access to the Athletic Club, \$5 tickets for Orcas Center shows, 10% discount at Ray's (not including pharmacy), free and discounted classes, trips and travels, and more.

Please consider making an additional donation above the cost of the annual membership in support of the Senior Center and Orcas elders. We sincerely appreciate your contribution!

Jami Mitchell, Senior Center Manager

Yes, I/we want to join the Orcas Senior Center for 2015/2016 (8/1/15 – 7/31/16)

☐ Individual Membership (\$20)

☐ Dual Membership (\$35)

I/we wish to make an additional contribution to support the Senior Center.

☐ \$25 ☐ \$50 ☐ \$100 ☐ \$250 ☐ \$500 ☐ \$ _____

Member Name: _____

2nd Member: _____

Mailing Address: _____

Phone: _____ Email: _____

Would you like to receive our newsletter? ☐ Mail ☐ Email ☐ Do not send newsletter

Island-wide emergencies place people at risk, especially those that live alone and have health problems. In an effort for Senior Services to increase response in the event of emergencies, we request the following 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?

(Examples: Oxygen, nebulizer, cpap machines, etc.)

Circle one: YES NO

Do you have an emergency pendant system?

Circle one: YES NO

On case of emergency, who would you like to be notified?

Name: _____ *Relationship:* _____

Home Phone: _____ *Cell Phone:* _____

Please make your check payable to:

Orcas Senior Center. Mail to: PO Box 1653, Eastsound, WA 98245

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Judy Zimmerman

Jami Mitchell, Senior Center Manager

Didier Gincig, Hearts and Hands Coordinator



Orcas Senior Signal

Orcas Senior
Center

September, 2015

Senior Services

“The White House Conference on Aging”

The White House Conference on Aging (WHCOA) is a once-a-decade conference sponsored by the Executive Office of the President of the United States, which makes policy recommendations to the president and Congress regarding the aged. The goals of the conference are to promote the dignity, health and economic security of older Americans.

The 2015 White House Conference on Aging (WHCOA) took place at the White House on July 13, 2015. The Conference was truly a national conversation. In addition to the older Americans, community leaders and advocates at the White House, there were more than 700 watch parties in every state of the Union.

The Conference was a culmination of the country coming together in a dialogue about aging in America today and what the coming decade holds. We heard from speakers and audience participants discussing a wide range of topics from caregiving to financial security to technology and more.

(continued on page #2)

**Wendy Stephens,
Senior Services Manager**

“The White House Conference on Aging”

To quote Secretary Sylvia Matthews Burwell,
U.S. Department of Health and Human Services:

“We need a cultural change in our view of aging that recognizes older adults bring experience and value to our communities that strengthen our society and can solve social problems.

In other words, it's time to shift the conversation from one that assumes an aging population will overwhelm us to one that recognizes older adults as an asset to our country and celebrates their contributions to improve lives for all generations.”



Quote for the Month . . .

***“Find what
makes your heart
sing and create
your own music.”***

Mac Anderson

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ORCAS SENIOR CENTER

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Jerry Todd
Judy Zimmerman

Jami Mitchell, Senior Center Manager

Didier Gincig, Hearts and Hands Coordinator

(continued from front page)

“The White House Conference on Aging”

The 2015 White House Conference on Aging was an opportunity to highlight the importance of supporting the aging population in the United States.

The true highlight of the day came early on when President Obama delivered remarks from the East Room of the White House. He noted that one of the best measures of a country is how it treats its older citizens, and some of this country's greatest triumphs are Medicare, Medicaid and Social Security programs, which were created by Congress in 1965 and 1935 respectively.

The agenda included panel discussions on Caregiving in America, Financial Security at Every Age, the Power of Intergenerational Connections and Healthy Aging, Elder Justice in the 21st Century, and Technology and the Future of Aging.

The morning session ended with remarks from White House Conference on Aging Executive Director Nora Super. She compared the work of WHCOA to a symphony. Each and every instrument has an important role to play, a voice to add. Take away a single instrument and the entire work is diminished, the outcome is lessened, and the score incomplete. It's the same with our work here. Take away a single voice, a single contribution, from our dialogue and discussion, and the outcome will certainly be diminished.

The conference was filled with dynamic speakers, intriguing panel discussions, and robust question and answer sessions.



Orcas Center

Subsidized Ticket Opportunities for Senior Center Members at Orcas Center *September 2015*

April Verch

Friday, September 18, 7:30 pm, Center Stage

April Verch steps, sings, and fiddles with a fresh and feisty approach to deep North American traditions. Touring the world to share songs from her milestone 10th album, *The Newpart*, Verch and her band keep the community-fired celebratory side of their traditional music at the forefront. Clogging workshop from 5:00-6:00 pm before the show (free with ticket).

Whale of a Show

Saturday, September 26, 6:30 pm, Center Stage

It is time for the Orcas all-kid talent show! Directed by Didier Gincig and crew, this annual event is an opportunity to see children and youth of all ages share their performing arts talents including singing, dancing and musicianship. Skits and family acts also. All ticket proceeds benefit Orcas Center's youth programs.

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Love Your Liver All Year Long!

By Carol Simmer, RDN
Meals on Wheels and More!

Why wouldn't I love the largest organ in my body? It is important to my well-being by creating and secreting bile used in my digestion; by metabolizing, and storing my fats and carbohydrates; storing my vitamins and minerals; manufacturing proteins, including my blood clotting factors; and detoxifying my body of drugs, alcohol, wastes, bacteria and environmental toxins! What is not to love? I could not live without it!

I recently consulted with a senior who, desperate to lose weight, wanted to do a "detox cleanse" that was recommended by her friend, stating "It worked for my friend so it may work for me". I asked if she had talked with her doctor and she said, "No". She had already spent \$200 on supplements! My major concern for her was that she had liver disease and any "cleanse" needed to be approved by her doctor. The supplements and diets recommended by cleanses may do more harm than good to a diseased liver and other stressed organs in the body.

Detox diets come in many forms from fasting (water only) to only liquids to very restrictive diets with supplements. They may last from 48 hours to 7 days. The diet may not be advised because of medications you are taking or may have side effects such as low blood sugar, fatigue, nausea, or dizziness. The long-term results you may be expecting from a detox diet may not be possible. Think about what your goals are and weigh them against the cost, time, and possible health risks involved.

Continued on page 4.....

Love Your Liver All Year Long!

The body is very good at getting rid of toxins if given the right tools. Here are the tools to keep the liver healthy and to help prevent disease. Top of the list is to eat a healthy diet of fruits and vegetables, whole grains, legumes, nuts and seeds and drink plenty of water. Next is to adopt a healthy lifestyle including regular exercise, avoiding excess alcohol and maintaining a healthy weight. A few foods and spices and herbs known to be good for the liver include high sulphur- containing foods like garlic, legumes, onions and eggs; good sources of water-soluble fibers such as pears, oat bran, apples, and legumes; others include artichokes, beets, carrots, dandelion, turmeric and cinnamon; and cabbage family vegetables, especially broccoli, Brussels sprouts and cabbage.

I hope you will love your liver a little bit more! Comments or questions? Email Carol at csimmer@wccoa.org

Free State Park Passes for Low Income Seniors

The Limited Income Senior Citizen Pass provides camping year-round at 50 percent off the overnight camping fee plus free day-use access. You must be 62, a Washington resident and have an annual income, including Social Security, that does not exceed \$35,000, either singly or combined with a spouse or co-tenant. You may call Washington State Parks at 360-902-8500 or <http://www.parks.wa.gov/205/Passes> for more information.



Free Hearing Aid Loans

This service is for all seniors and people with disabilities who live in Washington State. Assistive Technology Loans, provided by the Washington Assistive Technology Foundation, provides loans ranging from \$250 to \$10,000 at very low interest rates.

Loans can be used for hearing aids, TTY machines, pocket talkers, computers with specialized software and hardware adaptations, flashing smoke alarms and doorbells and vibrating alarms. There are no upper or lower income limits for these loans. Applicants need to show that they can repay the loan. For more information, contact WATF at 888-808-8942 or visit



Are you getting the Help you Need?

BenefitsCheckUp is a free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization based in Washington, DC that can help you connect with resources to help you meet the costs of basic needs such as medications, food, utilities, legal help, health care, housing, in-home services, taxes, transportation and employment training. BenefitsCheckUp is an online questionnaire that asks you a series of questions and then creates a personalized report identifying programs that might be helpful to you. To access the BenefitsCheckUp questionnaire, go to www.benefitscheckup.org.

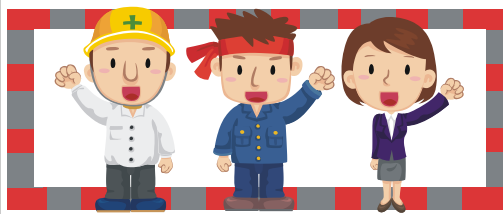
September Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Salmon Filet Wild Rice Pilaf Nantucket Vegetables Garden Salad Coconut Fruit Salad	3	4 ¼ lb. All-Beef Frank w/ Whole Wheat Bun Potato Salad Garden Salad Fruited Jell-O
7 	8	9 Turkey Meatloaf Mashed Potatoes & Gravy Caribbean Veggies Garden Salad Sliced Peaches	10	11 Sole Almandine Wild Rice Pilaf Scandinavian Veggies Garden Salad Fresh Melon
14 Baked Cod Roasted Red Potatoes Broccoli Normandy Garden Salad Fruit & Yogurt	15	16 Chef Salad Fresh Fruit Oatmeal Bread	17	18 Chicken Penne Pasta Broccoli Normandy Caesar Salad Fruit
21 Salisbury Steak Mashed Potatoes & Gravy Peas & Carrots Cucumber Salad Apple Crisp	22	23 Lentil Soup w/ Grilled Sandwich Garden Salad Fruit	24	25 Turkey & Cranberry Mashed Potatoes & Gravy Chef's Veggies Pumpkin Cake
28 Reuben Style Chicken Baby Red Potatoes Chef's Veggies Spinach Salad Tropical Fruit	29	30 Pork Loin w/ Apple Chutney Mashed Potatoes & Gravy Peas & Onions Sliced Peaches		

All menus are subject to change due to food cost and availability. Gluten Free Entrée available (ask). Entrée Salad available daily.

Newsletters are mailed to all current members. Please renew your annual 2015-2016 membership to continue receiving this newsletter. Membership is due now! Renew using the form on the last page of this newsletter.

September 2015



Labor Day: How it Came About; What It Means



Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers.

It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

<div><u>LUNCH</u></div> <div><u>LUNCH</u></div> <div><u>LUNCH</u></div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9am: Footcare 10am: TML FREE 11am: Chair Yoga	2 11:30am: Lunch	3 10am: TML FREE 11am: Chair Yoga	4 11:30am: Lunch 4pm: Strength training	5
6	7 LABOR DAY	8 9am: Footcare 10am: TML FREE 11am: Chair Yoga	9 10am: Island Hearing 11:30am: Lunch	10 10am: TML FREE 11am: Chair Yoga 2pm: Afternoon Tea	11 11:30am: Lunch 4pm: Strength training	12
13	14 11:30am: Lunch 1pm: Songbirds Rehearsal	15 9am: Footcare 10am: TML FREE 11am: Chair Yoga 1pm: Book Club	16 11am: Free Elder Law Clinic 11:30am: Lunch	17 10am: TML FREE 11am: Chair Yoga 5:30pm: DVSAS	18 11:30am: Lunch 4pm: Strength training	19
20	21 11:30am: Lunch 1pm: Songbirds Rehearsal	22 9am: Footcare 10am: TML FREE 11am: Chair Yoga	23 10am: Island Hearing 11:30am: Lunch	24 10am: TML FREE 11am: Chair Yoga	25 11:30am: Lunch 4pm: Strength training	26
27	28 11:30am: Lunch 1pm: Songbirds Rehearsal	29 9am: Footcare 10am: TML FREE 11am: Chair Yoga	30 11:30am: Lunch			

Services We Provide and reference numbers

Lunch is served three times weekly on *Monday, Wednesday and Friday* at noon. Suggested donation is \$5; however, no senior will be denied a meal due to inability to pay.



Case Management: **services** are available to assess and offer options for those in need. Call Wendy at 378-2677

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

Home delivered meals are provided each lunch day from your Senior Center. Please call 376-2677.

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.

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.

Transportation to mainland for medical appointments is available, scheduled as volunteers are available:

2nd Tuesday to Anacortes, Mt. Vernon & Burlington (suggested donation \$40)

4th Tuesday to Bellingham and surrounding area (suggested donation \$50)

Call the front desk at 376-2677 to schedule.

Thank You!

To all our volunteers that help the Orcas Senior Center-

We appreciate YOU!

We are looking for lunch room aids to help clean off the tables following lunch service Mon, Wed, & Fri, 12:30p-1:30p. Please consider volunteering one or all of these days.

Contact Jami to sign up - 376-7929

Orcas Senior Center Membership

Together, we make Orcas great!

We sincerely value your involvement with the Orcas Island Senior Center. Thank you.

Yes, I/we want to join the Orcas Senior Center for 2015/2016 (7/1/15 – 7/31/16)

o Individual Membership (\$20)

o Dual Membership (\$35)

I/we wish to make an additional contribution to support the Senior Center

o \$25 o \$50 o \$100 o \$250 o \$500 o \$ _____

Member Name: _____

2nd Member: _____

Mailing Address: _____

Phone: _____ **Email:** _____

How would you like to receive our newsletter? ☐ Mail ☐ Email ☐ Do not send me one

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Eastsound, WA
98245

Return Service Requested

SENIOR SERVICES COUNCIL OF SAN JUAN COUNTY
P O Box 1653 Eastsound, WA 98245
Phone: 360-376-2677 Location: 62 Henry Rd Email: wendys@sanjuanco.com Issue: September 2015 Website: www.orcasseniors.org

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o \$25 o \$50 o \$100 o \$250 o \$500 o \$ _____

Member Name: _____

2nd Member: _____

Mailing Address: _____

Phone: _____ Email: _____

How would you like to receive our newsletter? ☐ Mail ☐ Email ☐ Do not send me one

Please make check payable to Orcas Island Senior Center and mail with completed form to PO Box 1653, Eastsound, WA 98245, or bring to our front desk. Thank You!

Bulk Rate
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U.S. Postage
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Permit #10
Eastsound, WA
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OF SAN JUAN COUNTY

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Phone: 360-376-2677
Location: 62 Henry Rd
Email: wendys@sanjuanco.com
Issue: September 2015
Website: www.orcaseniors.org



Orcas Senior Center

A Note From Senior Services

As many of you may already know, I have been promoted from Senior Services Coordinator on San Juan Island to Senior Services Manager, County wide. I would like to take this opportunity via the Newsletter to better reach everyone far and wide to offer an explanation of details.

On becoming Manager, I saw this as a chance to move forward with a more progressive model that better serves San Juan County. It has taken some time to hammer out the details and job descriptions and to get County approval, but it is now complete. This new model is more similar to the State model/NWRC/ and other Counties. Under this new model we can specialize more with the specific and varied tasks that we provide. One path is more Senior Center therapeutic Activities driven, as well as providing Information and Assistance, while the other path is more social-work and case-coordination, as well as Family Care-giver Support.

The position and title of Senior Services Coordinator on each of the three Islands goes away and is replaced by a new position called Senior Services Specialist on each of the three Islands. Also a new county-wide position called Aging and Family Case-Coordinator has been created. In addition to my title being the new Senior Services Manager housed in San Juan Island, I will also share the responsibilities of the Case-Coordinator position on all Islands.

Carl Bender, a Board Member on Lopez, cleverly dubbed the Senior Services Specialist positions as, S- cubed (**S³**). From that suggestion, we evolved into calling the Case-Coordinator, C- squared, (**C²**), and that leaves my position being MC- squared (**MC²**). As you can see we have been having a bit of fun with these new titles.

Continued...

Orcas Senior Signal

October, 2015



A Note From Senior Services

I look forward to working with all the Islands as we move forward with meeting the challenges and needs of our baby-boomer generation and to welcome all our senior citizens, both young and old to participate in the progressive evolution of our senior centers.

Please do not hesitate to call me with any comments, questions, concerns, and suggestions, so that we may work together to seek the solutions. In this way we can be united as we move towards better serving the needs of our communities.

My door, no matter what Island that door may be on, is always open . . .

Thanking You in Advance,
Wendy Stephens , Senior Services Manager

We welcome **Jami Mitchell** as our new **Senior Services Specialist** on Orcas Island. Most of you already know her, but for those of you who do not, please stop by the Orcas Senior Center to say hello. Jami has been the Senior Center Manager since last January. She is experienced with working in the building and is eager to work with all of you in this new capacity. Jami has a Master's Degree and has had many adventures around the world prior to arriving to Orcas 13 years ago. She and her husband bought an OPAL house in 2009 and are happily raising their family on Orcas. One of her goals is to develop more educational activities here at the Orcas Island Senior Center. Stay tuned for more events... and welcome, Jami!



Quote for the Month . . .

“Where words fail, music speaks.”

Hans Christian Andersen

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ORCAS SENIOR CENTER

Nonprofit Status

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

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 1653, Eastsound, WA 98245

YOUR STAFF

Wendy Stephens
Senior Services Manager
(360)378-2677
email: wendys@sanjuanco.com

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

Orcas Island Operations Committee

Patricia Ayers
Bonnie Burg
Larry Hughes
Maggie Kaplan (chair)
Christina Orchid
Aaron Redford
Margo Rubel
Jerry Todd
Judy Zimmerman

Jami Mitchell, Senior Center Manager

Didier Gincig, Hearts and Hands Coordinator

FLU CLINIC 2015-2016



San Juan Health Care Associates, in partnership with San Juan County Health and Community Services, will be conducting the 2015 ADULT INFLUENZA IMMUNIZATION CLINIC AT THE ORCAS SENIOR CENTER.

Date: October 7, Wednesday

Time: 11:00 a.m. to 2:00 p.m.

Cost: \$38.00.

We can only take cash, checks, or Medicare card numbers for payment. We are not able to bill any other insurances, but can print receipts for people to submit to their insurance companies for reimbursement.

Influenza is the most frequent cause of serious illness and death from a vaccine preventable illness in the United States. It is recommended that everyone 6 months and older get an annual flu vaccine. The flu vaccine is important for all, but it is especially critical that certain people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications. The most vulnerable to flu effects are children younger than 5; adults 65 or older, pregnant women, people who have chronic medical conditions (diabetes, kidney disease, asthma, and heart disease) or weakened immune systems.

If you are 65 or older, health officials urge you in particular to get a flu shot right away. Anyone can get the flu, but some people are at greater risk for serious flu-related complications, like pneumonia, that can lead to hospitalization and even death.

The Centers for Disease Control (CDC) is urging seniors to take prompt action to protect against serious flu illness. **CDC recommends the annual flu vaccination as the first and best step in helping to prevent influenza and its potential serious complications.**

For more information: contact www.cdc.gov/flu

HELP IS JUST A CALL AWAY

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

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 Tuesdays & Wednesdays 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 1-800-772-1213

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 Didier Gincig 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 1-888-685-1748 for an appointment.

SERVICES WE PROVIDE

Lunch is served three times weekly on Monday, Wednesday and Friday 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.

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October 2015

LUNCH

LUNCH

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10am: TML 11am: Chair Yoga	2 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	3
4 Orcas Farm Tour FREE! 10am	5 11:30am: Lunch 1pm: Songbirds Singing Group	6 9am: Footcare 10am: TML 11am: Chair Yoga	7 10am: Island Hearing 10am: Mobility Equipment 11am: Senior Flu Clinic 11:30am: Lunch	8 10am: TML 11am: Chair Yoga 2pm: Afternoon Tea– FREE! 	9 9:30am: Palettes Art Group 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	10 12pm: Volunteer Appreciation Luncheon
11	12 11:30am: Lunch 1pm: Songbirds Singing Group	13 9am: Footcare 10am: TML 11am: Chair Yoga 1:30pm: Tai Chi class 	14 10am: Mobility Equipment 11:30am: Lunch	15 8am: Mainland Shopping trip 9am: Make Preserves 10am: TML 11am: Chair Yoga 5pm: Ferry Public Meeting	16 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	17 10am: Craft Day 
18	19 11:30am: Lunch 1pm: Songbirds Singing Group	20 9am: Footcare 10am: TML 11am: Chair Yoga 1pm Sage Retirement Reception 1pm: Book Club	21 10am: Island Hearing 10am: Mobility Equipment 11:30am: Lunch 	22 10am: TML 11am: Chair Yoga 5pm: Taco Night at Doe Bay 	23 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	24
25 	26 11:30am: Lunch 1pm: Songbirds Singing Group	27 9am: Footcare 10am: TML 11am: Chair Yoga 1:30pm: Tai Chi class	28 8:30am: Senior Faire 10am: Mobility Equipment 11:30am: Lunch	29 8am: Bargain Shopping trip 10am: TML 11am: Chair Yoga	30 10am: Mobility Equipment 11:30am: Lunch 1pm: Pumpkin Party 4pm: Strength Training	31 

2015 Senior Faire

Staying on the Island We Love

Many of us move to Orcas because the unique beauty, lifestyle and community the island has to offer. So, one would think we'd like to stay as long as we could, but sometimes the impacts of aging get in the way. How can I stay on Orcas as I age? How can I help others stay? Come to the 2015 Senior Faire on Wednesday, October 28th, at the Orcas Island Senior Center, to understand what's available to help us stay on the island we love.

This year's Senior Faire will have informative panels and entertaining sessions dealing with the sometimes unique challenges of aging and staying here on Orcas, as well as information tables describing various senior services available on the island.

Sessions will include:

-Medicaid, Medicare and You

-When Emergencies Happen

-Falls and Sprawls, How Not To Do It!

-Lions Mobility Assistance Equipment Loaner Program

-All About Advanced Directives

-Bringing Services into the Home

-How to Hire a Caregiver

-Medicaid Home Care Program (COPES)

-Emergency Flight Insurance Programs and more

Participating organizations include Orcas Island Fire & Rescue, Orcas Island Physical Therapy, Washington State Department of Social and Health Services(DSHS), Lahari, Airlift Northwest, Air Island Ambulance, Hearts and Hands, Orcas at Home and many volunteers from the Orcas Island Senior Center.

Continued....

October Events

Senior Faire continued

This free, day long event is sponsored by Lahari and the Orcas Island Senior Center Operations Committee. Doors open at 8:30 for coffee and registration, and the first panel begins at 9:00am. A one hour lunch break begins at 11:45am, with lunch for seniors provided by donation at the Senior Center, and the conference will end at 4:00pm. For a detailed schedule please visit: <http://orcasseniors.org/2015seniorfaire.htm>.

Also, please RSVP if you will be joining us for the Senior Lunch by emailing orcasseniiorcenter@gmail.com

Volunteer Appreciation Luncheon

Calling all volunteers that have contributed to the Senior Center this year! We invite our volunteers to please join us for a Volunteer Appreciation Luncheon on Saturday, October 10, from Noon-2pm.

RSVP is required - please let Jami know if you are able to attend. You can RSVP by either calling Jami at 376-7929 or emailing orcasseniiorcenter@gmail.com.

THANK YOU for all that YOU have contributed to the Senior Center. We look forward to serving you at the luncheon!

Fruit Preserves Workshop

With the abundance of fruit on Orcas, Cathy Ellis and Jeanne Morris are teaming up to put the harvest to good use. They are spearheading a morning of making jam and fruit preserves here at the Senior Center from 9am to Noon on Thursday, October 15.

Bring your favorite recipe and excess fruit, or just come as you are. Make jam for yourself, for gifts, or for the food bank. Apples will be the most likely candidate, as we know there are plenty of them around! If you are interested in participating, please call Cathy Ellis at 376-1018 or email catellis@gmail.com.

October Events

Afternoon Tea
Please join us for Afternoon Tea on the second Thursday of each month at 2pm. The tea is free to attend and in October it will be held on Thursday, October 8.

Volunteers serve delicious tea sandwiches, desserts, and tea, while our guests have the pleasure of enjoying live music from Ron Myers and friends. We look forward to hosting you for Afternoon Tea!

Volunteers Needed
THANK YOU to all volunteers that help the Orcas Senior Center - We appreciate YOU! We are looking for lunch room aids to help clean off the tables following lunch service Mon, Wed, & Fri, 12:30p-1:30p. Please consider volunteering for an hour one day/week. Contact Jami to sign up - 376-7929.

Pumpkin Party!
Celebrate with us on Friday, Oct. 30, after lunch from 1p-2p with a pumpkin decorating party. Come in costume, win a prize, and decorate pumpkins in celebration of the season. Free and fun for all ages!

Taco Nights at Doe Bay!
Every Thursday evening in October, Doe Bay Cafe is hosting Taco Night and Open Mic, and the Orcas Senior Center will get \$1 from every taco entree sold! This is a super delicious way to support the Senior Center. Taco Night is each Thursday in October from 5p-10p.

You are invited to join us for a special outing on Thurs., Oct. 22, when we will drive the Senior Center van to Doe Bay for an evening out. You must preregister for this free field trip, and bring your own money for food and drinks.

Sign up at the front desk beforehand, and then meet us at 5pm on Oct. 22 at the Senior Center to ride to the Doe Bay Cafe. We hope you can join us, and please encourage all supporters of the Senior Center to eat at the Doe Bay Cafe on Thursday nights throughout October. We thank Doe Bay for this generous donation!

Orcas Center

Subsidized Tickets for Senior Center Members at Orcas Center in October

These shows are only \$5 for Senior Center members! Present your Senior Center membership card at the Orcas Center box office to collect your discounted ticket.

BodyVox Reverie
Saturday, October 3, 7:30 pm, Center Stage
Reverie was conceived by BodyVox's Artistic Directors Jamey Hampton and Ashley Roland in the months surrounding 9/11. The horror that unfolded on that day led to the creation of this dance show with beauty as its central theme.
The Met: Live in HD - Verdi's Il Trovatore
Sunday, October 4, 1:00 pm, Streaming Live
Verdi's turbulent tragedy of four characters caught in a web of family ties, politics, and love is a mainstay of the operatic repertory and opens the 2015-2016 Season with Met diva Anna Netrebko.
Dallas Brass
Saturday, October 17, 7:30 pm, Center Stage
Founded in 1983 by Michael Levine, Dallas Brass has become one of America's foremost musical ensembles. The group's unique blend of traditional brass instruments with drums and percussion creates a performing entity of extraordinary range .
The Met: Live in HD - Verdi's Otello
Sunday, October 18, 1:00 pm, Streaming Live
Often cited as Italian opera's greatest tragedy, Otello is a miraculous union of music and drama, a Verdi masterpiece. Shakespeare's tale of an outsider, a great hero who can't control his jealousy, was carefully molded by the librettist Arrigo Boito into a taut and powerful opera text.
NT Live - Hamlet
Thursday, October 22, 7:30 pm, Streaming Live
Academy Award® nominee Benedict Cumberbatch (BBC's Sherlock, The Imitation Game, Star Trek) takes on the title role of Shakespeare's great tragedy, directed by Lyndsey Turner and produced by Sonia Friedman. Forced to avenge his father's death, Hamlet rages against his predicament, threatening both his sanity and the security of the state.
Bolshoi Ballet in Cinema Giselle
Saturday, October 24, 6:30 pm, Streaming Live
The Bolshoi is renowned for its intimate and emotionally intense interpretation of this treasure of romantic ballet, one of the oldest and greatest in classical repertoire.

October Lunch Menu



WHATCOM\SAN JUAN NUTRITION				October 2015
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 Stuffed Cabbage Rolls Scalloped Potatoes Veggies Garden Salad Raspberry Sherbet
5 Roast Beef w/ Horseradish Mashed Potatoes & Gravy Roasted Carrots & Parsnips Apple Cake	6	7 Roasted Chicken Mashed Potatoes & Gravy Steamed Veggies Garden Salad Fruit	8	9 Baked Fish w/ Dill Cream Sauce Baked Yam Brussels Sprouts Spinach Salad Fruit
12 Columbus Day Country Fried Steak Mashed Potatoes Country Gravy Peas Carrots Fresh Melon	13	14 Cranberry Chicken Salad Wraps w/ Garden Chips Garden Salad Fresh Grapes	15	16 Herbed Pork Chops Mashed Potatoes & Gravy Baby Carrots Garden Salad Applesauce
19 Ham & Pineapple Steamed Red Potatoes Caribbean Veggies Garden Salad Fruit	20	21 Shrimp Salad Oatmeal Bread Orange Wedges	22	23 Pesto Cheese Tortellini Italian Veggies Garden Salad Apricots
26 Taco Salad Cornbread Orange Wedges	27	28 Florentine Fish Wild Rice Pilaf Scandinavian Veggies Garden Salad Fruit	29	<i>Halloween Luncheon</i> Black Caldron Beef Stew Spooky Garden Salad Graveyard Biscuits Grapes of Wrath Rice Crispy Treats
All menus are subject to change due to food cost and availability. <u>Gluten Free Entrée available (ask).</u> <u>Entrée Salad available daily.</u>				



Orcas Senior Signal

Orcas Senior
Center

November, 2015

Introducing New Staff at the Senior Center

We are thrilled to have our new hires in place at the Orcas Island Senior Center. Recognizing the growing needs of seniors on Orcas, San Juan County restructured Senior Services and has now hired several new positions, two are based at the Orcas Senior Center. These newly-created County positions are titled Senior Services Specialist and Aging and Family Case Coordinator. We appreciate this increased support and look forward to this exciting new chapter. Here are the new positions, with some words from each of the folks now filling these roles:

Jami Mitchell — Senior Services Specialist

I have loved being the Senior Center Manager since last January and now I am really excited to move from that part-time position to this full-time role. I look forward to having even more time available to work with the elder community on Orcas and do what I can to support the Senior Center which is an invaluable community resource. I grew up in Idaho and went to Smith College in Massachusetts for my undergraduate degree. After post-college travels where I fell in love in Israel with a Dutchman, I entered a graduate studies program in Spain and then finished my Master's degree in Austria. My husband and I moved to Orcas for the birth of our first son 13 years ago and now own an OPAL home and have a second son. We feel that we couldn't have chosen a more wonderful place to raise a family and call home.

Continued....

Introducing New Staff at the Senior Center

Larry Hughes — Aging and Family Case Coordinator

based on Orcas and serving primarily Orcas and Lopez
My wife and I escaped from Brooklyn, NY to Orcas Island 2 years ago and we love it here. No more East Coast ice storms, hurricanes, or 2 hour commutes to work standing up on the subway! We bought a home in the Highlands and enjoy hiking in Moran State Park and exploring other areas of the island. I have a Masters in Social Work, and 15+ years of experience in the social services field. My focus is on helping seniors and their families cope with life's changes and challenges. My office hours are Tuesday through Friday from 9am to 5:30pm, so please feel free to stop by my office at the Orcas Senior Center if you have any questions or just want to say Hi.

Arron Redford — Senior Center Manager

Replacing Jami as the Senior Center Manager, I am the new employee of the Operations Committee dedicated to fundraising, room rentals, building maintenance, and supporting all of the amazing programs and events here at our Senior Center. Most of you will recognize me as a familiar face here at the Senior Center and I am thrilled to be joining the team. After becoming disenchanted with the Fisheries and Aquaculture industry I began work as a home care aid in 2003. In 2006 I met my husband on Salt Spring Island and began visits to Orcas Island in 2009. We were married and began work building a Homes for Islanders home off of North Beach Road in 2010. I enjoy very much the rich environment and community here at the Senior Center. My door is always open so please come in and stop by for tea any time!

Quote for the Month . . .

***"Families are like
fudge. Mostly
sweet with a few
nuts".***

Author Unknown

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ORCAS SENIOR CENTER

Nonprofit Status

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

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.

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Orcas Island Operations

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Bonnie Burg
Maggie Kaplan (chair)
Christina Orchid
Margo Rubel
Jerry Todd

Arron Redford, Orcas Senior Center Manager

Didier Gincig, Hearts and Hands Coordinator

Seniors Have Talent



**Saturday, November 7 (2:00-4:00 matinee)
@ Orcas Island Senior Center**

\$15 Tickets are available at the Senior Center and Darvill's Bookstore

Talented seniors will share their music, jokes, and other talents to raise funds for Hearts and Hands and the Senior Center. There will also be a Silent Auction and a brief Live Auction. Talent includes Ron Myers, Tony Lee, Martin Lund, George Post, Bill Gincig, the Songbirds, and more.....

Trip to Seattle Art Museum Thursday, November 5, 2015

The Palettes art group is organizing a trip to Seattle to view an exhibit on impressionism this month. The trip is filling up fast but if you would like to join in please sign up at the front desk. There will be costs associated with the trip, so please speak with Jami or Arron at 376-7926 / 376-7929 for more information. If there is additional interest for a trip of this kind we can organize another trip in the near future. Let's all go out on an expedition, culture awaits!

Orcas Island Senior Center
Presents

Holiday Festival of Arts

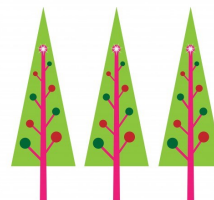
Saturday, November 28 10-4PM

Join in the Spirit of the Season

Gifted Island Artists

Offering

Arts, Crafts, Music, Food, Visit Santa, and more
Admission \$1.00 or Food Bank Donation



Mastering Moderation!

By Carol Simmer, RDN

Mastering Moderation, a title of an article in the November 2014 issue of Diabetes Forecast, motivated me to write about moderation as we enter the holiday season, with all its temptations to overeat. Overeating is not only a problem for weight control, but also for those with diabetes who are concerned about good blood sugar control. Healthy eating during the holidays is challenging. Here are a few suggestions to gain skills in adopting a moderate eating approach.

Use smaller plates. You will feel more satisfied if your plate looks full, even if the portions are smaller.

Make healthy choices easier. Stock-up on healthy food choices and keep the high calorie, high sugar and high fat foods out of the house or at least **out of sight!**

Before eating out, check out the menu beforehand (menus are often available online) and decide what you will order. Be the first to place your order so you are not overly influenced by what others choose.

Do not go to a restaurant or event overly hungry. Eat a healthy snack at home before leaving.

Check your emotional state: You are more likely to overeat when you are sad, stressed, bored, or anxious. Realizing your mood is the first step to combat those feelings, rather than eating as a solution.

Avoid trigger foods. Let's face the facts: Some foods are difficult to eat in moderation (I have this problem with chocolate)! If you can't control the amount you eat of certain foods, **control how often you eat them.**

Don't let "I don't have time to eat right" be an excuse. Make a plan and stick to it! If the plan needs changing, do it and keep going! For example, for breakfast keep simple and fast foods handy like bread or English muffins to toast. Add peanut butter or a hard-boiled egg (keep cooked hard boiled eggs in the fridge for easy access) and a piece of fruit and you are on your way in no time!

When you mess up, forgive yourself. Tomorrow is a new day. Start fresh and move on. Comments or questions? Email csimmer@wccoa.org

Orcas Center

Subsidized Tickets for Senior Center Members at Orcas Center in November

These shows are only \$5 for Senior Center members! Present your Senior Center membership card at the Orcas Center box office to collect your discounted ticket.

The Met: Live in HD – Wagner's *Tannhauser*

Sunday, November 1, 1:00 pm, Streaming Live
James Levine conducts Wagner's early masterpiece in its first return to the Met stage in more than a decade. Today's leading Wagnerian tenor, Johan Botha, takes on the daunting title role of the young knight caught between true love and passion.

Wild & Scenic Film Festival

Saturday, November 14, 7:30 pm, On Screen
Change makers are rethinking how we inhabit our planet, and so can you, at the Wild & Scenic Film Festival. This year's short films combine stellar filmmaking, beautiful cinematography and first-rate storytelling with the festival theme of "A Wild Life". Hosted by Orcas Center and the San Juan Preservation Trust with Burgers & Brew before at 5:30 pm.

Bolshoi Ballet in Cinema *Jewels*

Friday, November 20, 6:30 pm, On Screen
This opulent Balanchine triptych celebrates the cities and dance schools of Paris, New York and St. Petersburg, each bound to its own precious stone: emerald, ruby, and diamond. *Jewels* offers a unique occasion to enjoy Balanchine's visually captivating work, as the Bolshoi is the only company authorized to film and broadcast his masterpiece.

The Met: Live in HD Berg's *Lulu*

Sunday, November 22, 1:00 pm, Streaming Live
Acclaimed artist and director William Kentridge (*The Nose*) applies his unique theatrical vision to Berg's notorious femme fatale who shatters lives, including her own.

The Olga Symphony

Friday-Saturday, November 27-28, 7:30 pm, Center Stage Join Z, Melinda, Gordon, JP, and Anita for this annual holiday tradition with new tunes, old favorites, and well-dressed people having fun making music. Proceeds benefit Orcas Center and other island charities.

Operations Committee Seeks New Members

The Orcas Island Senior Center is seeking new Operations Committee members. The position of Senior Center Manager left open by Jami Mitchell when she moved to Senior Services Specialist has been filled by Arron Redford. The position of Aging and Family Case coordinator has been filled by Larry Hughes. Larry and Arron were both active members of the committee. In their absence the committee is left with an exciting opportunity for re-building and renewal of the board.

We will publish a ballot of nominees in the Senior Signal this December and finalize elections January 15, 2016. If you would like more information please join us at our next Advisory Committee meeting on November 5, 2015, or contact Arron at 376-7929. Please help us spread the word to any likely candidates you may know. We are looking forward to a bright future starting right here at the Orcas Island Senior Center.

Holiday Festival of Arts November 28, 2015

The Operations Committee of the Orcas Island Senior Center invites you to participate in our annual Holiday Festival of Arts, 10AM to 4PM on Saturday, November 28th. This is one of our major fund-raisers of the year. The festival provides substantial funds to keep our doors open for Senior Meals, classes, assistance, and numerous community events.

To attract customers for your island-made crafts, the Holiday Festival will include a silent auction, live music, and exciting raffle and good food. If you would like an application to participate and have not yet received one, or if you would like to know more please contact Arron at 367-2677 or 376-7929. We hope the Festival will be enjoyable and successful for everyone and we look forward to seeing you there!



Hearts and Hands "Staying on the Island We Love"

By Didier Gincig, Coordinator, Hearts and Hands

Staying on the island we love. That's a big part of what Hearts and Hands is about as a cornerstone to bringing services into the home. Hearts and Hands supplies volunteers to bring people together for services that are needed for seniors and individuals with disabilities. That way, volunteers take part when they don't need our services and help strengthen our program so it is strong when they do need it.

Because of funding from OICF, United Way, and community donations, Hearts and Hands thrives, bringing together people, and finding creative solutions with transportation, friendly visits, shopping, and light housekeeping.

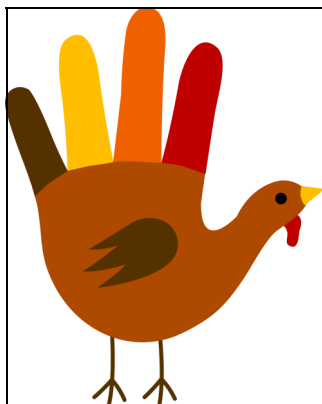
Hearts and Hands began through Lahari as Faith in Action in 2004. While the name connotes a religious organization, the goal was simply to bring volunteers of many faiths together to help others. Later it became Hearts and Hands and joined forces with the Senior Center.

We need volunteers! Initially the work and time commitment of a volunteer feels like service, but soon one realizes there is great personal benefit in offering such care. These people are our island's treasure and they have much to offer someone who chooses to care. It's important to have a steady amount of volunteers for one-time service requests as they come up and for one-on-one matches for people who can use consistent help and companionship. Please help me identify, recruit, and enlist volunteers in your geographical area and ask them to contact our office to be part of our Hearts and Hands team (376-7723 or orcasheartsandhands@gmail.com). It's a satisfying way to meet the need to be of service in our community.

We are building a bank of volunteers on every part of the island. Perhaps you may be able to commit to offering rides, cooking meals, helping with carpentry skills, or occasionally pinch hit for Hearts and Hands volunteers when they are off-island or sick. Perhaps you can make the once a week commitment for a one-on-one match. Our network makes opportunities available that you may not be aware of. Our goal is to aid community members in maintaining independence and improving their quality of life. This assistance is often a key factor in enabling someone to continue to live and thrive at home.

Please keep our services in mind as you encounter someone who can use some help and can benefit from our services. It is all done with strict confidentiality.

November Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Baked Cod Roasted Yam Green Beans Garden Salad Tropical Fruit</p>	<p>3</p>	<p>4</p> <p>Laura's Clam Chowder Oyster Crackers Quinoa Vegetable Salad Raspberry Sherbet</p>	<p>5</p>	<p>6</p> <p>Macaroni & Cheese w/ Italian Sausage Link Broccoli Florets Garden Salad Fruited Jell-O</p>
<p>9</p> <p>Beef Stroganoff w/ Rotelle Pasta Crinkle Cut Carrots Garden Salad Grapes</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p> <p>Lemon Herb Chicken Mashed Potatoes & Gravy Brussels Sprouts Garden Salad Fruit Crisp</p>
<p>16</p> <p>Portobello Ravioli In Tomato Crème Sauce Baby Carrots Caesar Salad Fresh Fruit</p>	<p>17</p>	<p>18</p> <p>Sweet & Sour Meatballs Over Brown Rice Asian Veggies Cucumber Salad Mandarin Oranges</p>	<p>19</p>	<p>20</p> <p>Thanksgiving Lunch Roasted Turkey w/ Cranberry Sauce Mashed Potatoes & Gravy Home-style Stuffing Seasonal Veggies Pumpkin Pie</p>
<p>23</p> <p>Sole Almandine Scalloped Potatoes Roasted Veggies Garden Salad Banana Pudding</p>	<p>24</p>	<p>25</p> <p>Spaghetti w/ Meat Sauce Italian Veggies Caesar Salad Fruit</p>	<p>26</p>	<p>27</p>
<p>30</p> <p>Roasted Pork Loin w/ Apple Chutney Wild Rice Pilaf Green Beans Fruit</p>				

All menus are subject to change due to food cost and availability.



November 2015

**LUNCH****LUNCH****LUNCH**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 DAYLIGHT SAVING TIME Don't forget to turn the clocks back	2 11:30am: Lunch	3 9am: Footcare 10am: TML 11am: Chair Yoga 1:30pm: Tai Chi	4 10am: Island Hearing 10am: Mobility Equipment 11:30am: Lunch 12pm: Library Lady 1pm: Songbirds Singing Group	5 8am: Trip to Seattle Art Museum 10am: TML 11am: Chair Yoga 	6 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	7 2-4pm: Seniors Have Talent
8	9 11:30am: Lunch	10 9am: Footcare 10am: TML 11am: Chair Yoga 1:30pm: Tai Chi	11 CLOSED FOR VETERAN'S DAY 	12 10am: TML 11am: Chair Yoga 2pm: Afternoon Tea Free!	13 9:30am: Palettes 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	14
15	16 11:30am: Lunch	17 9am: Footcare 10am: TML 11am: Chair Yoga 1pm: Book Club 1:30pm: Tai Chi	18 10am: Island Hearing 10am: Mobility Equipment 11:30am: Lunch 1pm: Open Art Studio 1pm: Songbirds Singing Group	19 8am: Mainland Shopping Trip 10am: TML 11am: Chair Yoga 	20 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	21 10am: Craft Day
22	23 11:30am: Lunch	24 9am: Footcare 10am: TML 11am: Chair Yoga	25 10am: Mobility Equipment 11:30am: Lunch 1pm: Open Art Studio 1pm: Songbirds Singing Group	26 CLOSED 	27 CLOSED FOR HOLIDAY FESTIVAL SET UP	28 10am: Holiday Festival of Arts 
29	30 11:30am: Lunch					

HELP IS JUST A CALL AWAY

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

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 Tuesdays & Wednesdays 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 1-800-772-1213

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 Didier Gincig 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 1-888-685-1748 for an appointment.

SERVICES WE PROVIDE

Lunch is served three times weekly on Monday, Wednesday and Friday 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 for medical appointments is available, scheduled as volunteers are available:

2nd Tuesday to Anacortes, Mt. Vernon & Burlington (suggested donation \$40)

4th Tuesday to Bellingham and surrounding area (suggested donation \$50)

Call the front desk 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 assess and offer options for those in need. Call Wendy at 378-2677

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

Orcas Senior Center Membership

Together, we make Orcas great!

We sincerely value your involvement with the Orcas Island Senior Center. Thank you.

Yes, I/we want to join the Orcas Senior Center for 2015/2016 (7/1/15 – 7/31/16)

o Individual Membership (\$20)

o Dual Membership (\$35)

I/we wish to make an additional contribution to support the Senior Center

o \$25 o \$50 o \$100 o \$250 o \$500 o \$ _____

Member Name: _____

2nd Member: _____

Mailing Address: _____

Phone: _____ Email: _____

How would you like to receive our newsletter? ☐ Mail ☐ Email ☐ Do not send me one

Please make check payable to Orcas Island Senior Center and mail with completed form to PO Box 1653, Eastsound, WA 98245, or bring to our front desk. Thank You!

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

Or Current Resident

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

P O Box 1653
Eastsound, WA 98245

Phone: 360-376-2677
Location: 62 Henry Rd
Email: jamim@sanjuanco.com
Issue: November 2015
Website: www.orcasseniors.org



Orcas Senior Signal

Orcas Senior
Center



December, 2015

A Note From Senior Services

“Believing In Santa”

Who says there is no such thing as Santa??? Well, I would say that Santa comes in all shapes, sizes, and forms. And for us here in San Juan County we have been blessed with Santa visiting us each year, especially for the last couple of years.

Ever since I first met a gentleman called Lynn Carlson, I knew there was a very special person there. He is multi-faceted and has been successful in many arenas during his life-time. He is among many other things, a Board member of a Foundation that requests to remain anonymous.

Through this Foundation, San Juan Island was given a sizable grant to purchase a new van one year and the next year a new mini-bus.

In the kindred spirit of serving ALL the seniors in our County, these generous gifts were expanded this time to include Lopez and Orcas. In this way, ALL the seniors of San Juan County will reap the benefits of such enormous generosity.

This year Santa certainly visited us early by filling our stockings once again most generously by planting enough seed money to make it
(continued >>>)



“Believing In Santa”

possible to purchase a van for Lopez and a small car for Orcas. This is what was on their wish list. For San Juan Island a comfortable lift chair for the library lounge.

Now the rest is up to each Island to match the grant that was given by fundraising for the remaining amount in order to fully achieve these goals. Remember that we are a 501c3 non-profit organization and that your donation is tax deductible.

Please give generously as the local Island Board Members ask for your donations so that these vehicles can soon be purchased. The seniors are in need of these vehicles for transport to medical appointments, social, educational, and nutritional gatherings.

Senior Services wishes you ALL Happy Holidays !!!

Wendy Stephens

Senior Services Manager – San Juan County

Quote for the Month . . .

“I believe...
I believe...It’s silly,
but I believe.”
“Faith is believing
when common
sense tells you not
to.” (1947 movie)
*Miracle on 34th
Street*

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ORCAS SENIOR CENTER

Nonprofit Status

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Margo Rubel
Jerry Todd

Arron Redford, *Orcas Senior Center Manager*
orcasseniorscenter@gmail.com

Didier Gincig, *Hearts and Hands Coordinator*
orcasheartsandhands@gmail.com

Thank You Volunteer Drivers



Special thanks to all of our amazing volunteer drivers that are the backbone of many of the services here at the Senior Center. These generous individuals give their time to pick people up for our Senior Lunch days and take them home again after the meal.

Our Meals on Wheels program relies on volunteer drivers to take meals to homebound seniors on Orcas three days a week. We also use volunteer drivers for off island medical trips. These trips are an essential support for many island seniors and the trips couldn't happen without our fantastic volunteer drivers.

THANK YOU to each and every one of you that has given your time to support our island elders as a volunteer driver. We couldn't do it without you! If you would like to sign-up to become a volunteer driver, we can always use the help and would love to get you plugged in for a day a month, an afternoon a week, or whatever works for you. Please contact Jami at jamim@sanjuanco.com or 376-7926. We love our drivers!

On Friday, December 18, starting at 11:30, Charley and Charlie (from Coffelt Farm and Orcas Horns) will play holiday music on their horn and ukulele and invite folks to sing along before lunch. They are accomplished musicians that will delight the crowd with their skill and charm.

Operations Committee

Operations Committee Seeks New Members

The Orcas Island Senior Center is seeking new Operations Committee members. The position of Senior Center Manager left open by Jami Mitchell when she moved to Senior Services Specialist has been filled by Arron Redford. The position of Aging and Family Case coordinator has been filled by Larry Hughes. Larry and Arron were both active members of the committee. In their absence the committee is left with an exciting opportunity for re-building and renewal of the board.

If you would like more information please join us at our next Advisory Committee meeting on December 3, 2015, or contact Arron at 376-7929. Please help us spread the word to any likely candidates you may know. We are looking forward to a bright future starting right here at the Orcas Island Senior Center.

Buying a Small Car for the Senior Center

With a gift from a generous donor (see front page story), our fundraising efforts for buying the Senior Center a passenger car are well underway! With this donation and money already earned by the Operations Committee, our final phase for raising the funds to buy a car is a fantastic grant opportunity from the Orcas Island Community Foundation (OICF), via www.giveorcas.org.

The Senior Center's appeal for buying a small car was selected for inclusion in OICF's Holiday Catalog for 2015. This is the third year of the online catalog, and the OICF grants subcommittee narrowed down the numerous submissions to just 12 compelling asks to be included for 2015. We are thrilled that the Senior Center was selected!

The Orcas Senior Center needs a passenger car for off-island medical trips. Driving one person in our large van to a medical appointment off-island is impractical and inefficient. The gas and ferry fees are not cost effective. Not all volunteer drivers feel comfortable taking the large vans off-island, and some seniors have trouble climbing into a van. With a small car, we will be able to better serve the needs of our island seniors.

It is wonderful that OICF offers this online platform for local charities and it's a great way for gift givers to give a charitable gift for the holidays. The catalog is available online from Thanksgiving through the New Year, which you can access by going to www.giveorcas.org.

This success of this grant is the final step towards meeting our fundraising goal to be able to buy a passenger car for the Senior Center. Please go to www.giveorcas.org see our listing in the OICF Holiday Catalog. Thank you for supporting Orcas elders!

Orcas Center Events

NT Live – *Hamlet* *New Date*

Thursday, October 22, 7:30 pm, Streaming Live Academy Award® nominee Benedict Cumberbatch (BBC's *Sherlock*, *The Imitation Game*, *Star Trek*) takes on the title role of Shakespeare's great tragedy, directed by Lyndsey Turner and produced by Sonia Friedman. Forced to avenge his father's death, Hamlet rages against his predicament, threatening both his sanity and the security of the state.

Orcas Choral Society* *Holiday Concert: Night Fall*

Saturday, December 5, Ticketed Open Rehearsal 10:00 am & Performance 7:30 pm, Center Stage The Orcas Choral Society presents its annual holiday program of music "of the season." Join us for carols, anthems and songs from a variety of traditions which observe the end of the year and the beginning of winter.

NT Live *Jane Eyre*

Thursday, December 10, 7:30 pm, Streaming Live Almost 170 years old, Charlotte Brontë's story of the trailblazing Jane is as inspiring as ever. This bold production uncovers one woman's fight for freedom and fulfillment on her own terms. Director Sally Cookson brings her celebrated production to the National, presented as a single, exhilarating performance.

Orcas Island Community Band*

Saturday, December 12, 2:00 pm, Center Stage Come inside with the Orcas Island Community Band where the music and friendship are warm and inviting. Enjoy a variety of beloved carols/hymns, plus pop/traditional holiday favorites.

The Met: Live Encore Mozart's *The Magic Flute*

Sunday, December 13, 1:00 pm, On Screen Enter a magical world of dancing bears, giant birds, and colorful adventure in Mozart's ever-popular masterpiece *The Magic Flute*. This abridged 100-minute version, sung in English, is perfect for opera fans of all ages. Tony Award winner Julie Taymor (*The Lion King*) directs a youthful cast conducted by Metropolitan Opera Music Director James Levine.

Bolshoi Ballet in Cinema *The Nutcracker*

Saturday, December 19, 6:30 pm, On Screen This beloved holiday classic will enchant the whole family with its fairytale setting and Tchaikovsky's timeless score. The Bolshoi's version of *The Nutcracker* has a beautiful sense of romance and philosophy, danced by the heroic Denis Rodkin as the Prince and the magical Anna Nikulina as Marie.

Inclement Weather

The Orcas Senior Center may close in the event of inclement weather. If school is cancelled due to inclement weather, the Senior Center activities and meals are most likely also cancelled. School closures on Orcas are listed on the school website www.orcasschools.org and also via the number 376-1596. Radio station KGMI in Bellingham carries all the school closures as well. Here's to a safe and cheery winter season!

Holiday Field Trip to Quilt Museum

Please join us for a holiday field trip to the La Conner Quilt & Textile Museum on Thurs., Dec. 17. The Museum will be decorated for a Victorian Christmas displaying many traditional red and green quilts, as well as featuring a unique Christmas collection of handmade dolls. With the help of a generous donation to offset the expenses, the cost of this excursion is only \$10 a person (scholarships available), including the museum entrance, gas, and ferry fees! Space is limited, so do register soon. Please sign up at the Senior Center front desk, or by calling 376-2677. It'll be a very merry outing and we hope you can come along!

Holiday Tea

Please join us for our special Holiday Tea on Thursday, December 10, at 2pm. Afternoon Tea is FREE, and is a tradition here at the Senior Center every 2nd Thursday of the month. This month's tea will be a special affair to celebrate the Holiday season! Please join us for an afternoon of live music, delicious sandwiches and baked goods, and of course plenty of tea. We look forward to seeing you there!



Hearts and Hands News

We had a very successful Seniors Have Talent show on November 7. It was a full house with lots of laughter, wonderful talent, and a lot of appreciation for the people who shared their talents. Thank you to everyone who took part in the show and who attended. For those of you who missed it, we'll see you next year. The show was a success because it brought in money for the Senior Center and Hearts and Hands, and it was a success because we're adding to the culture of this place!

Volunteers have been busy helping in a variety of ways throughout the island. Please keep Hearts and Hands in mind if you know of anyone who could use some practical help or a friendly visit, as well as if you are looking for ways to volunteer to help others. There are various ways to help from offering rides, to practical assistance around the house, to contributing meals, to being matched with someone you can connect with once a week.

I'm enthusiastic about how things are going here at the Senior Center. I wish you all a joyous season of giving thanks. Is thanksgiving not every day?

Didier Gincig, Hearts and Hands
376-7723
orcasheartsandhands@gmail.com

The Care and Feeding of a Child's Spirit

Join Orcas' own Dr. Rosie Kuhn for an hour discussion on what it takes to make every child's spirit soar. She will be sharing from her latest book: *Cultivating Spirituality in Children: 101 Ways to Make Every Child's Spirit Soar*. This event is FREE and open to the public, Friday, Dec. 11, from 1-2pm in the Senior Center Multi-Purpose Room.

Mainland Medical Trips: 2nd and 4th Tuesdays

Try to schedule your necessary, off-island medical appointments on our regular trip days. We travel to Anacortes and Mount Vernon/Burlington on the 2nd Tuesday of the month and we travel to Bellingham on the 4th Tuesdays. Please give your appointment location and time to our front desk staff when you call us to book your medical trip (376-2677). Your membership dues and the volunteer drivers make the trips affordable. Please renew today – Thank you!

December Lunch Menu







MONDAY	WEDNESDAY	FRIDAY
	Lemon Herb Chicken Mashed Potatoes & Gravy Brussels Sprouts Spinach Salad Applesauce	Turkey Meatloaf Mashed Potatoes & Gravy Caribbean Veggies Garden Salad Sliced Peaches
Pulled Pork Brown Rice Coleslaw Garden Salad Coconut Fruit Salad	Chili Stuffed Baked Potato Broccoli Florets Carrot Raisin Salad Sliced Pears	Chicken Penne Pasta Steamed Veggies Spinach Salad Raspberry Sherbet
Beef Stew Buttermilk Biscuit Garden Salad Fruit	Teriyaki Chicken Brown Rice Asian Style Veggies Sesame Coleslaw Tropical Fruit	Holiday Luncheon Roast Beef Mashed Potatoes & Gravy Roasted Veggies Butterflake Roll Holiday Cake
Chicken Ala King Served on Brown Rice Steamed Veggies Garden Salad Fruit	Salisbury Steak Mashed Potatoes & Gravy Peas & Carrots Cucumber Salad Apple Crisp	~CLOSED~ Merry Christmas
Beef Stroganoff Over Rotelle Pasta Veggies Garden Salad Fruit	Ham & Pineapple Pesto Scalloped Potatoes Green Beans Plum Cake	

All menus subject to change due to food cost and availability



December 2015



<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9am: Footcare 10am: TML 11am: Chair Yoga 1:30pm: Tai Chi	2 10am: Island Hearing 10am: Mobility Equipment 11am: FREE Elder Law Clinic 11:30am: Lunch 12pm: Library Lady 1pm: Songbirds Singing Group	3 10am: TML 11am: Chair Yoga	4 10am: Mobility Equipment 11:30am: Lunch 3pm: Hearts and Hands Volunteer Potluck 4pm: Strength Training	5
6	7 11:30am: Lunch	8 9am: Footcare 10am: TML 11am: Chair Yoga 1:30pm: Tai Chi	9 10am: Mobility Equipment 11:30am: Lunch 1pm: Songbirds Singing Group 1pm: Open Art Studio	10 10am: TML 11am: Chair Yoga 2pm: Afternoon Tea	11 10am: Mobility Equipment 11:30am: Lunch 1-2pm: Rosie Kuhn Lecture 4pm: Strength Training	12
13	14 11:30am: Lunch	15 9am: Footcare 10am: TML 11am: Chair Yoga 1pm: Book Club 1:30pm: Tai Chi	16 10am: Island Hearing 10am: Mobility Equipment 11:30am: Lunch 1pm: Open Art Studio 1pm: Songbirds Singing Group	17 8am: Quilt Museum Field Trip 10am: TML 11am: Chair Yoga 	18 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	19 10am: Craft Day!
20	21 11:30am: Lunch	22 9am: Footcare 10am: TML 11am: Chair Yoga	23 10am: Mobility Equipment 11:30am: Lunch 1pm: Open Art Studio 1pm: Songbirds Singing Group	24 10am: TML 11am: Chair Yoga	25 Christmas Holiday Center Closed	26 
27	28 11:30am: Lunch	29 9am: Footcare 10am: TML 11am: Chair Yoga	30 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Open Art Studio 1pm: Songbirds Singing Group	31 10am: TML 11am: Chair Yoga		

HELP IS JUST A CALL AWAY

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

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 Tuesdays & Wednesdays 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 1-800-772-1213

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 Didier Gincig 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 1-888-685-1748 for an appointment.

SERVICES WE PROVIDE

Lunch is served three times weekly on Monday, Wednesday and Friday 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 for medical appointments is available, scheduled as volunteers are available:

2nd Tuesday to Anacortes, Mt. Vernon & Burlington (suggested donation \$40)

4th Tuesday to Bellingham and surrounding area (suggested donation \$50)

Call the front desk 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 assess and offer options for those in need. Call Larry Hughes at 370-0591

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

Orcas Senior Center Membership

Together, we make Orcas great!

We sincerely value your involvement with the Orcas Island Senior Center. Thank you.

Yes, I/we want to join the Orcas Senior Center for 2015/2016 (7/1/15 – 7/31/16)

o Individual Membership (\$20)

o Dual Membership (\$35)

I/we wish to make an additional contribution to support the Senior Center

o \$25 o \$50 o \$100 o \$250 o \$500 o \$ _____

Member Name: _____

2nd Member: _____

Mailing Address: _____

Phone: _____ **Email:** _____

How would you like to receive our newsletter? ☐ Mail ☐ Email ☐ Do not send me one

Please make check payable to Orcas Island Senior Center and mail with completed form to PO Box 1653, Eastsound, WA 98245, or bring to our front desk. Thank You!

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SENIOR SERVICES COUNCIL OF SAN JUAN COUNTY
P O Box 1653 Eastsound, WA 98245
Phone: 360-376-2677 Location: 62 Henry Rd Email: jamim@sanjuanco.com Issue: December 2015 Website: www.orcasseniors.org