



Orcas Senior Signal

Orcas Senior
Center

January, 2016

Together We Thrive!

We are delighted to be able to announce the success of our 2015 Holiday Festival of Arts. Sales this year added up to over \$5,500 (and counting) which meets our goal for the year and surpasses sales of 2014! In the past Martin Lund has played music for us while selling his CD's. Unable to play this year we were left with the opportunity to present a new line-up of musicians. Faith Heath, Katie Jensen, Skye Hovelman, Ron Myers, Marilyn Parman and Grace McCune each took their turn on the stage and were warmly received by vendors and shoppers in the Holiday Hall. Our analysis of our Panini sales in 2014 revealed them to be unsustainable. This year Bill Patterson, and all who were volunteering to assist were overjoyed with the reception of Chimayo Redemption salads and Burritos. We capitalized on having fewer vendors which allowed more space in the Lundeen room for shoppers to consider their purchases and visit with friends in the community. Our Granny's Attic Christmas rummage sale in "Ye Olde Shoppe" amassed a sum of \$610 at the close of the day. Everyone involved deserves our wholehearted praise and congratulations for their cooperation leading to the achievement of this year's Holiday Festival of Arts. Thank-you!

Arron Redford, Senior Center
Manager & Jami Mitchell, Senior
Services Specialist

Prescription for Avoiding Medical Mistakes

Errors are a part of everyday life, but when it comes to medical care, you should do your best to make sure they don't happen at all. Help protect yourself from medical mistakes by being an active of your health-care team. Think of yourself as the CEO of your body.

#1. Inform doctors about all medications you are taking.

This includes over-the-counter medicines, vitamins, and supplements, which could interact with medications your health-care provider may prescribe.

#2. Tell your doctor about any allergies.

#3. Ask questions about medication, such as what it's for and what side effects it may cause, before you begin taking the medication.

#4. Make sure your doctors have access to all important health information.

#5. Be sure you can read your doctor's handwriting on any prescription, or ask your doctor's staff to fax the prescription directly to the pharmacy.

#6. Take all prescribed medications as directed. Contact your health-care provider to figure out what you should do if you forget to take your medication, have a bad reaction to the medication, or are unable to get prescriptions filled.

#7. Educate yourself about your own health. Don't be afraid to speak up and ask questions.

Wendy Stephens

Senior Services Manager - San Juan County

Quote for the Month . . .

"Life is just
repeated attempts
at trying to do
better."

— Richelle E.
Goodrich

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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

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Field Trip to SJIMA

Please join us for a field trip to Friday Harbor for a special viewing at the San Juan Islands Museum of Art (SJIMA) on Thursday, January 7. The SJIMA is presenting the 4th annual "IMA Islands Artists' Registry" which is an exhibition of artworks by more than 70 Artists' Registry members from San Juan County. Numerous Orcas artists have pieces featured in the show, including artists from our own Senior Center community!

This outing will include lunch at the Mullis Center prior to visiting the SJIMA. We will walk on the ferry and then use a van for transport to lunch, the museum, and back to the ferry. The \$10 cost of the trip includes lunch, transportation, and museum entrance. Please sign-up at our front desk, or by calling 376-2677.

If you have friends on San Juan Island that would like to join us for this event, please invite them to meet us at the SJIMA at 1pm on Thursday, January 7, and they can be part of our Senior Center group for just a \$5 donation to the Museum. There is room enough for us to share this special experience together at the SJIMA!

Craft Day

You are invited to join us for our monthly Craft Day on the 3rd Saturday of each month, held on January 16 this month. Craft Day is a coming together to sew, scrapbook, knit or do whatever your craft interest is. It's fun, it's informal, and there is lots of sharing of ideas and skills. Not sure what you want to craft? Please come peruse our supplies for ideas. Bring your project and sack lunch and spend the day 10am to 3pm or even longer if we are really on a roll with our projects. See you there!

Estate Planning Lecture

Attorney Cy Fields is offering a free talk on Estate Planning at the Senior Center on Monday, January 25, from 1-2pm. Get in the driver's seat on decision making regarding your possessions and finances. What can you do now? What happens at end of life? Come to this talk to learn more!

Food for Thought

By Carol Simmer, RDN
Meal on Wheels and More!

The Boston University School of Medicine and Tufts University School of Medicine gathered mounting evidence that continues to show strong association between good nutrition and decreased risk of cognitive decline in older adults. They have put this evidence-based information together in a Memory Preservation Nutrition (MPN) program. This is an integrated whole-foods nutrition program that improves cognitive and emotional health while increasing overall health. It is continually updated and enhanced as new brain-relevant research becomes available.

Here are the MPN nutrition strategies to improve brain health in older adults:

1. **Replace dietary salt and sugar with herbs and spices.** All spices, herbs, teas (especially green tea), and dark chocolate which contain potent antioxidants and anti-inflammatory agents help protect the brain and heart.
 2. **Avoid trans- fats and processed meats** with nitrates and limit red meats such as beef, pork, and lamb to no more than once per week. Multiple studies of trans- fats, found in margarines and many processed foods (especially boxed mixes), agree that higher consumption of trans-fats is associated with a higher risk of cognitive impairment.
 3. **Increase intake of a variety of antioxidants,** including those found in spices, nuts and seeds, whole grains, green leafy vegetables, and berries.
 4. **Increase consumption of omega-3s and other healthful fats** such as those found in fish and seafood, walnuts, flax, chia, and hemp, olive oil, and leafy greens.
 5. **Reduce insulin resistance by limiting sugar intake and eating complex carbohydrates** such as beans and lentils, root vegetables, and whole grains.
 6. **Consume adequate amounts of vitamins B complex, vitamins D, E, B12 and niacin** which are critical for brain health. Eat foods with bright, vibrant color, whole grains, and foods fortified with vitamins (such as cereals and milk).
 7. **Stay hydrated and maintain good gut microbes** by drinking plenty of water and eating probiotics and prebiotics from yogurts and other fermented foods such as sauerkraut and pickles!
- Comments or questions?
Contact Carol at csimmer@wcco.org.

Hearts and Hands Thanks YOU

Happy New Year! In 2015, Hearts and Hands volunteers offered approximately 2,000 hours of service and 900 separate activities! I'd like to express my gratitude for everyone who makes these important connections possible. Thank you to the Senior Center Operations Committee members who give their time and talents to the Senior Center, and for their strong support of Hearts and Hands. I wish to express my gratitude to all the volunteers and to the individuals who receive so graciously help that is offered.

I invite you to contact me to be part of Hearts and Hands. Would you like to be contacted to cook a meal for someone in need, offer your time to be of service, or offer rides to town? In 2016, we'll need more volunteers so we can provide further support on the island. The program exists because of generous donations. If you would like to offer a donation to Hearts and Hands, we'll put your gift to excellent use. Our address is PO Box 1653, Eastsound, WA 98245.

I feel blessed to know so many of you.
Happy New Year and many blessings to you!

In Gratitude,
Didier Gincig, Hearts and Hands Coordinator

Granny's Attic and Art Auction

Please remember that the Orcas Senior Center is happy to receive items of value that have been gently-used which we will sell in our annual Granny's Attic rummage sale. We are also accepting artwork of value for our Black Tie Art Auction coming in June. If you have Christmas decorations to pass on, we can store them for our Christmas sale at the end of the year. We can provide donation receipts for tax purposes. Please contact Arron to arrange a drop-off time for your donations via 376-7929 or orcasseniorecenter@gmail.com.

Thank you for your contributions!

5 Myths About Hearing Loss

By Craig Newman, Ph.D., AARP Magazine, 2015

Myth: Hearing loss happens only to old people.

Truth: In fact, 40 percent of the 48 million Americans with hearing loss are younger than 60. Hearing loss does accelerate with age: 45 percent of people between 60 and 69 have impaired hearing; and three-quarters of those older than 70 do.

Myth: Your hearing loss was caused by all those rock concerts years ago.

Truth: They certainly didn't help, but there are many other contributors, including the normal aging process, genetics, medications, smoking, a poor diet and diabetes. All of these destroy the hair cells in the inner ear — and it's the hair cells that send auditory signals to your brain. Once hair cells are damaged, they're damaged.

Myth: If other people would just talk louder, you would hear just fine.

Truth: Hearing is like the body's biological microphone. If you've ever heard anyone speak into a microphone that's damaged, it might be plenty loud, but there's a level of distortion that makes it hard to understand. The goal of today's hearing aid technology is both to make sounds louder and to reduce background noise and extract the more important features of sound to clarify speech.

Myth: As long as you can hear some sound, it's OK to wait to get hearing aids.

Truth: The longer you wait, the harder your hearing loss will be to treat. That's because the auditory system in your brain isn't stimulated, and so the brain stops recognizing sound. That's why people with hearing loss who wait to get hearing aids sometimes find that they don't help as much. Fortunately, our brains can "relearn" to hear, thanks to neuroplasticity — the fairly recent finding that the brain can reprogram itself into very old age with the proper stimulation.

Myth: Hearing loss is annoying, but it doesn't really affect your health.

New research from Johns Hopkins University shows that hearing loss may increase your risk of developing dementia. The upside is that research also shows you can improve memory and mood by correcting the hearing loss. A new study in the journal *Laryngoscope* found that hearing aids can improve balance.

Stacie Baisch, Doctor of Audiology, provides free screenings at the Orcas Senior Center every other Wednesday. Please call Stacie directly to schedule your appointment: 378-2330.

Mainland Shopping Trip

Please join us for our mainland shopping trip on Thursday, January 21. The cost is just \$10 for Senior Center members, which includes all transportation costs. Our volunteer driver will make stops at various stores and shopping areas throughout the Mount Vernon/Burlington area — just let the driver know where you want to go! Please sign up at the front desk, or by calling 376-2677.

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!

Message From Orcas Island Fire and Rescue at Senior Center


Patrick Shepler will be here at 11:30am on Friday, January 8th to give a short presentation on fall prevention. As the weather turns colder, Orcas Island Fire and Rescue would like to remind all of us to take extra precautions to prevent slips, trips, and falls outside. Slick decks and patios are the location of many serious falls, especially when it is wet and near freezing. Use commercially available salt de-icing crystals on walkways.

They also remind us that they have a supply of batteries and smoke detectors at the Eastsound Fire Hall; available for free. They will come to your home to replace batteries or install new smoke alarms for those of you who request this valuable service.

The message from them both is, "We want to prevent debilitating injuries before they happen. Orcas Fire will gladly assist you. Leave the ladders to us!"

January Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
		1 HAPPY NEW YEAR
4 Baked Fish Roasted Yam Green Peas Cabbage & Kale Slaw Fruit	6 Homemade Soup ½ Chicken Salad on Whole Wheat Garden Salad Fresh Fruit	8 Tuna Noodle Casserole Baby Carrots Garden Salad Apple Cake
11 Sweet & Sour Meatballs Brown Rice Asian Style Veggies Asian Sesame Slaw Mandarin Oranges	13 Grilled Reuben on Rye Pickle Spear Hot Potato Salad Garden Salad Sliced Peaches	15 Beef Stroganoff w/ Rotelle Pasta Steamed Carrots Garden Salad Fruit
18 	20 Herb Roast Chicken Mashed Potatoes & Gravy Green Beans Carrot Raisin Salad Raspberry Sherbet	22 Ham & Pineapple Baked Yam Caribbean Veggies Spinach Salad Sliced Pears
25 Chicken Parmesan w/ Spaghetti Crinkle Cut Carrots Garden Salad Fruited Gelatin	27 Almandine Fish Wild Rice Pilaf Whole Green Beans Spinach Salad Sliced Pears	29 Turkey & Cranberry Mashed Potatoes & Gravy Nantucket Veggies Pumpkin Bars

All menus subject to change due to food cost and availability



January 2016

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NEW YEARS DAY SENIOR CENTER CLOSED	2 
3	4 11:30am: Lunch	5 9am: Footcare 10am: TML 11am: Chair Yoga	6 10am: Mobility Equipment 11:30am: Lunch 12pm: Library Lady 1pm: Songbirds Singing Group 1pm: Open Art Studio	7 10am: TML 11am: Chair Yoga	8 9:30am: Palettes 10am: Mobility Equipment 11:30am: Lunch 11:30am: OIFR Talk 4pm: Strength Training	9
10	11 11:30am: Lunch	12 9am: Footcare 10am: TML 11am: Chair Yoga 	13 10am: Island Hearing 10am: Mobility Equipment 11:30am: Lunch 1pm: Open Art Studio 1pm: Songbirds Singing Group	14 10am: TML 11am: Chair Yoga 2pm: Afternoon Tea	15 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	16 10am: Craft Day!
17	18 MLK DAY SENIOR CENTER CLOSED	19 9am: Footcare 10am: TML 11am: Chair Yoga 1pm: Book Club	20 10am: Mobility Equipment 11:30am: Lunch 1pm: Open Art Studio 1pm: Songbirds Singing Group	21 8am: Shopping Trip 10am: TML 11am: Chair Yoga	22 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	23
24 31	25 11:30am: Lunch 1pm: Estate Planning Talk	26 9am: Footcare 10am: TML 11am: Chair Yoga	27 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Open Art Studio 1pm: Songbirds Singing Group	28 10am: TML 11am: Chair Yoga	29	30

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 1-888-685-1475 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!

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: January 2016 Website: www.orcasseniors.org



Orcas Senior Signal

Orcas Senior
Center

February, 2016

Senior Services on Orcas in 2016

The Orcas Island Senior Center is bustling with activity and enthusiasm as we move into the New Year. It has been a period of growth and transition with many exciting developments that brings us to this point. Now it's time to look into the future and decide exactly what it is that we want for our Orcas Senior Center.

The Senior Center staff actively collaborates on many fronts, bringing the County and the operating non-profit closer together than ever before. That team atmosphere infuses the building but doesn't stop at the Senior Center doors. As part of our aim to collaborate with the wider community and the many organizations lending a helping hand on Orcas, we are actively engaged with a variety of Orcas networks, non-profits, service groups, and individuals all dedicated to supporting and improving the lives of Orcas residents.

The Senior Center's own Hearts and Hands program is more active than ever before, having expanded its focus to include assisting with one-time activities in addition to long-term matches. Our medical transportation program is growing as more people become aware of the service, and the Senior Center is actively fundraising to purchase a small passenger car to improve our capacity to meet the needs of Orcas Seniors.

Continued....



**Seniors enjoying a field trip to
San Juan Island last month**

The Orcas Senior Center is dedicated to offering a variety of educational and physical-stimulating classes and we look forward to expanding these opportunities further in 2016. We host weekly

classes and also single events on topics of interest to our elder community. In addition, our field trip calendar is booming, with many interesting offerings both on and off-island.

The Orcas community is responding well to the renaissance taking place at the Orcas Senior Center. We are shepherding that enthusiasm and encouragement into new volunteers, activities, and support for our Senior Center. Please call or email me if you would like to get involved or learn more. The future is bright, and it's a team effort. Together, we make this place great!

~ Jami Mitchell, Senior Services Specialist
jamim@sanjuanco.com, 376-7926

Quote for the Month . . .

"Love is a better
teacher than
duty."

~Albert Einstein

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Margo Rubel
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Judy Schliebus
Jerry Todd

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Didier Gincig, Hearts and Hands Coordinator
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Dementia Caregiver Support Group

We are pleased to announce the formation of a Dementia/Alzheimer's Caregiver Support Group to meet at the Senior Center. Facilitated by Larry Hughes, Aging & Family Case Coordinator, caregivers will have the opportunity to meet with others who are currently caring for loved ones with Dementia/Alzheimer's to receive practical and emotional support. Supervision is available for your care receiver at the Senior Center during the meeting. The group will first meet Wed., Feb. 24, from Noon-1:30. Lunch will be available for a \$5 donation per person. Pre-registration is required by calling the Senior Center at 376-2677 or by emailing orcasheartsandhands@gmail.com.

New Punch Cards Now Available

We are privileged to have 4 different classes currently being offered at the Senior Center. Christopher Evans teaches Transformational Movement Lessons (TML), Sarah Ross and Sara Dailey-Smith teach chair yoga, Cameron Krein teaches strength training, Joan Roulac has recently re-joined us with her T'ai Chi Chih classes and new this month Sue Weiss will be offering a Stretch and Groove Class with music. For some time now we have been able to offer many of our classes for free and were able to compensate our teachers through a grant that has now run out. In February, we will be charging for classes again.

We are optimistic about this opportunity to encourage our members to attend all of our various classes with their special punch cards. The new punch cards will be available for \$60 for members and \$80 for non-members and contain 20 punches. Teachers will punch the card twice, 3 times, or 5 depending on the type of class. We would also like to offer a limited scholarship to 10 applicants, allowing them to attend each class for one "punch". Please see our calendar included in this newsletter for a complete list of available dates and times. Many thanks to our teachers and our students who participate in these activities which promote our physical health and well-being.

Winter Whites-More Potent Than They Appear!

by Carol Simmer, RDN

This title caught my eye in the Jan/Feb edition of Eating Well Magazine. Health professionals often preach the importance of vibrant color in choosing our veggies and fruits. But the light colored veggies and fruits, plentiful in winter, have a variety of important nutrients worth noting.

The cruciferous vegetables **cauliflower** and **turnips** are noted for their anti-inflammatory and antibacterial phytochemicals. The phytochemical, sinigrin, helps detoxify carcinogens by inhibiting cell growth and division of cancer cells. Turnips are also high in nitrate which may decrease blood pressure.

Potatoes are very high in potassium (rivaling bananas!), and are a good source of fiber (with the skin) and a good source of Vit B6. Potassium is a vital electrolyte for our nerves and cardiovascular system and also helps with bone strength. Vitamin B6 is thought to activate a gene that suppresses cancer tumor growth.

Garlic has been used for centuries for its medicinal properties. A new study in 2014 showed, in the lab, that garlic extract may be able to treat bacteria that are resistant to most antibiotics! Wow! Modern medicine is continuing to learn from age-old treatments! Allicin, a compound in garlic and onions, accounts for their pungent smell and also their cancer protective punch, especially in regards to colon cancer.

Onions have anti-inflammatory, antibacterial, and anti-tumor properties as mentioned above. I grow sweet Walla Walla onions in my garden each year and I cook with onion almost daily!

Pears are always a winter treat! A delicious dessert or salad all by themselves or mixed with other fruits. The pear's high fiber content is one sweet fruit that may slow-down digestion and help prevent blood sugar spikes, especially important for diabetes management.

"Eating the rainbow" has visual appeal and is certainly great nutrition advice. However, the "winter whites" is an underappreciated category of foods that boosts flavor and nutrition in winter and all year round. Enjoy!

Questions or comments?
Contact Carol: csimmer@wccoa.org

Chamber Music Performance

The exciting duo of Miho Takekawa & Diego Coy is returning to Orcas Island the week of February 1-6 as Orcas Island Chamber Music Festival Musicians-in-Residence. The Miho & Diego Duo have been boldly blending Latin and Japanese musical traditions since 2006, encouraging cultural understanding through music. Miho and Diego are delighted to perform once again at the Senior Center during lunch on Friday, February 5th at 12:30 pm.

In addition during the week, the Duo will spend time with Orcas students, and adult community musicians.

Funding for this Orcas Island Chamber Festival 2015-16 Musicians-in-Residence program is from the Washington State Arts Commission.

The Taxman Comeith

Tax Service is available for low to moderate income taxpayers Fridays, February 12 through April 15 by appointment 9am – 4pm. The program is free, but donations are encouraged and will go to support the Orcas Island Senior Center.

To schedule an appointment call 376-2488. (Fridays will be added as needed). This service is generously provided by Jim Biddick and John Carl.

Granny's Attic and Art Auction

Please remember that the Orcas Senior Center is happy to receive items of value that have been gently-used which we will sell in our annual Granny's Attic rummage sale. We are also accepting artwork of value for our Black Tie Art Auction coming this summer. We can provide donation receipts for tax purposes. Please contact Arron to arrange a drop-off time for your donations via 376-7929 or

orcasseniorecenter@gmail.com.

Thank you for your contributions!

Interested in becoming a caregiver?
FREE Course starts in February.
See www.LahariOnOrcas.org for more information or call 1-888-685-1475.

YOUR SOCIAL SECURITY RECORD AT YOUR FINGERTIPS

**By Kirk Larson
Social Security Washington
Public Affairs Specialist**

With today's technology, you may never have to go to an office or even make a phone call to do your business with Social Security. People who receive benefits can open a free *My Social Security* account. It's easy, safe, and, most of all, secure. You'll only need a few minutes at www.socialsecurity.gov/myaccount to sign up.

With a *My Social Security* account you can manage your benefits online.

- Get a benefit verification letter which you can print out anytime;
 - Change your address and phone number;
 - Change direct deposit of your benefits payment;
 - Get a replacement SSA-1099 or SSA-1042S for tax season; and
- If you're signed up for Medicare, order a Medicare replacement card if your old one is lost or damaged.

To open your free *My Social Security* account, you must have a

- valid email address;
 - Social Security number; and
- U.S. mailing address.

It only takes a few minutes to sign up, and it's easy to do. There's an informative video and frequently asked questions on the website to help you. Go to www.socialsecurity.gov/myaccount to sign up.

If you can't or don't want to use an online account, you can call **1-800-772-1213**, Monday through Friday from 7 a.m. to 7 p.m. and a customer service representative can assist you. Either online or over the phone, your Social Security record is available for you when you need to access it.

Woodworking Field Trip

You are invited to join us for a fascinating look at Steve Emmes beautiful wood working shop in Olga on Friday, February 12. This field trip is FREE and our van will depart the Senior Center at 1pm and return at 3pm.

Steve and his wife Lynn built their woodworking shop about a mile east of the Olga Artworks and create beautiful kitchen and bath cabinetry, living room and office furniture, and build and repair boats. We look forward to this opportunity to visit this special wood shop and hope that you can come along. Please sign up at the front desk, or by calling 376-2677.

Passenger Car Progress

Our fundraising efforts for buying the Senior Center a passenger car are making great progress! A very special thank you goes to everybody that donated to our grant in the Orcas Island Community Foundation Holiday Catalog. Through that grant, we raised \$3,330 and we are very grateful to OICF for that amazing opportunity.

The Orcas Senior Center needs a passenger car for off-island medical trips. With a small car, we will be able to better serve the needs of our island seniors, and we are now in the final chapter of fundraising for this important goal. If you are able to contribute to this worthy cause, please do via PO Box 1653, Eastsound, WA 98245. Stay tuned for more news as we move towards the purchase of this much needed and much anticipated vehicle. Thank you for supporting Orcas elders!


Risk Assessments Talk

We are pleased to host Michele Wiley of Madrona Point Insurance on Friday, Feb. 26, from 1-2pm for an informative presentation on risk assessments and common insurance questions. Michele will discuss insurance pitfalls, what home inspectors look for, renter's insurance considerations, coverage for financial portfolios, and etc.

The talk will be followed by a Q&A, and Michele will also be available for free reviews of existing policies, so feel free to bring your questions and paperwork.

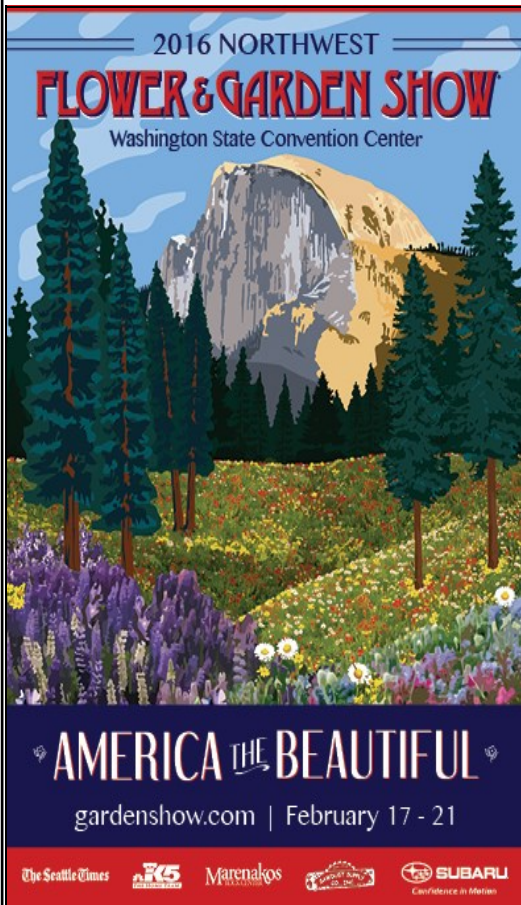
February Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
1 Pulled Pork w/ BBQ Brown Rice Cabbage Kale Slaw Garden Salad Tropical Fruit	3 Shrimp Fettuccini Steamed Broccoli Caesar Salad Fruit	5 Lemon Pepper Fish Baby Red Potatoes Caribbean Veggies Quinoa Veggie Salad Fruit
8 BBQ Chicken Mashed Potatoes & Gravy Peas & Carrots Garden Salad Fresh Fruit	10 <u>Chicken & Sausage Gumbo</u> Brown Rice Garden Salad Warm Cinnamon Apples & Raisins	12 Turkey Pot Roast Mashed Potatoes & Gravy Brussels Sprouts Garden salad Raspberry Sherbet
15 	17 Turkey Meatloaf Mashed Potatoes & Gravy Broccoli Florets Garden Salad Fruit	19 Florentine Fish Scalloped Potatoes Baby Carrots Spinach Salad Sliced Pears
22 Taco Salad Cornbread Orange Wedges	24 French Dip Sandwich w/ Au Jus Roasted Potatoes Coleslaw Raspberry Sherbet	26 Turkey & Cranberry Mashed Potatoes & Gravy Seasonal Veggies Strawberry Cake
29 Cheese Enchiladas Spanish-Style Rice Steamed Veggies Garden Salad Tropical Fruit		

All menus subject to change due to food cost and availability

Flower & Garden Show Field Trip



Please join us for a field trip to the Northwest Flower & Garden Show on Thursday, Feb. 18. Let us handle the driving and logistics while you enjoy the ride to see the largest garden show in the state, held annually at the Washington State Convention Center in downtown Seattle. The cost for the trip is \$50 per person and includes entrance to the show and all travel costs.

This spectacular garden show has heralded the start of spring for nearly 30 years, as garden and flower enthusiasts flock to the annual celebration to see display gardens created by the most respected garden designers and landscapers in the region. You will come away inspired and brimming with ideas just in time to get your own garden and flowers planned for the season.

We are thrilled to be able to offer this field trip and encourage you to sign up for what promises to be a great outing. Come along to meet new friends and spend time with fellow garden enthusiasts, or just to get out about to the big city! Pre-registration prior to Tuesday, Feb. 16, is required for the Thursday, Feb. 18, field trip. Sign up by coming in to our front desk or calling 376-2677. This is a perfect chance to 'stop and smell the roses'!

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)

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Case Management: Services are available to assess and offer options for those in need. Call Larry Hughes at 370-0591.

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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: February 2016
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

March, 2016

Get out your Green Thumb!

Spring is here and for many of us, that means it's time to get our hands dirty in the garden. Gardening has multiple benefits, not just food and beauty. Gardening enriches us on multiple levels – physically, mentally, and spiritually. There are also things to consider as we age to make gardening work for us so we can keep at it even as our own life seasons shift. Below are a few tips for clever gardening, excerpted from the article "Tips and Techniques for the Senior Gardener" by Karen Funkenbusch and Willard Downs.

-Grow plants that heighten the sense of touch or smell – it's a wonderful way to stay connected to the natural world.

-Use a vertical garden or trellis. This allows us to plant and weed without stooping or bending.

-Raised beds that provide a place to sit and garden are extremely handy.

-Try using a stool, chair, or bench to avoid constant stooping or squatting.

-Use the right length tools. Long handled or curved handled tools provide better grips and more leverage.

-For safety sake, garden early in the morning or late in the day. Avoid being out between 10am and 2pm. Drink plenty of decaffeinated fluids to prevent dehydration. Also, allow time for breaks in the shade.

-Wear lightweight clothing, long sleeved shirt, eye protection, sunscreen, a big hat to shade face, and gardening gloves.

If your garden is booming this year, please consider donating your surplus produce to the Orcas Food Bank or right here to our own Senior Center kitchen. Here's to a sunny spring, and to seeing you out in the garden!

~Jami Mitchell

Senior Services Specialist, Orcas Island



Our February field trip to Emmes Woodshop was well attended and quite a treat! Thank you to Steve and Lynn Emmes for an excellent outing. If you'd like to suggest a local field trip, please contact Jami at 376-7926 or jamim@sanjuanco.com.

Gourmet Spring Brunch by Christina Orchid!

Saturday, March 19, 10am-1pm at the Orcas Island Senior Center. Tickets are \$15 in advance (\$20 at the door), kids half-price. All proceeds will support Meals on Wheels and More to feed seniors on Orcas.

Quote for the Month . . .

*"Be yourself.
Everyone else
is already
taken."*

- Oscar Wilde

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ORCAS SENIOR CENTER

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

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Didier Gincig, Hearts and Hands Coordinator
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Spotlight on a Volunteer

Dick Thompson has volunteered as a driver for the Senior Center for nearly 15 years. This brief biography is a chance for our community to get to know a little more about this golden volunteer.

Dick hails from Bellingham, Washington. Second of nine children, he is a twin, grandchild of a Montana lawman and a Swiss stow-away. His father, a crane operator, rode the rails to settle out West. His family managed to weather the Depression quite well as they had a successful egg business, owning the largest chicken ranch in the state.

Success in business is something Dick managed in his lifetime. His early interests impressed his future; in high school you could find him in the machine shop, and engineering intrigued him. He was a Scout and Navy Reservist. During his time in the Navy aboard a tug in the Puget Sound he fell in love with being on the water. He became a salesman, traveling the state in a station wagon, visiting small Ma and Pa groceries selling price marker tools; notably the early jump stamp. This was the beginning of a successful price marking and store supply business. Dick retired in 1997 after his company received an award as Best Small Company to Work For.

Dick raised nine children from two separate marriages, including a set of twins. They share fond memories of camping trips and travels. He enjoys country music, Lawrence Welk and Burt Bacharach. His heroes are Thomas Edison and Benjamin Franklin. Dick is now grandfather to 19 grandchildren and 7 great grandchildren. After 34 years of sailing the Salish Sea he and his wife of forty years, Patty, chose to retire on Orcas.

His pearl of wisdom~ "My idea of earthly happiness is to be content with what one has and to help others realize true happiness within themselves - thus making the world a better place for all."



Orcas Center Events

National Theater Live – *As You Like It*

Thursday, March 3, 7:30 pm, Streaming Live
Shakespeare's comedy comes to NT for the first time in over 30 years. With Rosalind's father the Duke in exile, she journeys into the Forest of Arden. There, released from convention, Rosalind experiences transformation and falls spectacularly in love.

Uke-a-palooza

Saturday, March 12, 6:30 pm, Center Stage
Uke-a-palooza is a festival of all things ukulele! An extravaganza of local musicians, young and old, will be performing. You can find more information on our Facebook page Uke-a-Palooza, or contact Betsy Wareham, sailorcas@hotmail.com 376-4258.

The Met: Live in HD Puccini's *Manon Lescaut*

Sunday, March 13, 1:00 pm Streaming Live
Kristine Opolais sings the title role of the country girl who transforms herself into a Parisian temptress, and Jonas Kaufmann sings the dashing student who desperately woos her. Director Richard Eyre places the action in occupied France in a film noir setting.

True West

Thursday-Saturday, March 17-19 & 24-26, 7:30 pm
OffCenter Stage

True West, by Sam Shepard, is a play about two estranged brothers. The conflict between the brothers creates a heated situation in which their roles as successful family man and nomadic drifter are somehow reversed. Robert Hall directs an all local cast.

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

Orcas Center offers \$5 subsidized tickets to Senior Center membership cardholders for all regular Orcas Center-produced events. Subsidized Tickets are available at the Box Office, in person, one ticket per person. For those of you who plan to call in your request for a seat due to limited mobility, please call 376.2281 x1 during open hours of Wed., Thurs., and Fri., Noon-2pm or one hour before performances.

REMINDER: Please don't park at the Crossroads Condominiums (aka Crayola Cottages) for Senior Center activities or lunches. The Kingdom Hall church has generously offered us use of their adjacent parking lot for overflow parking during lunch or special events. Thank you!

How to Build a Better Brain

Join us to learn some tips and tricks to help retain your memory, and get helpful facts about memory loss and dementia. This interesting and important presentation on How to Build a Better Brain will be Saturday, March 5, from 10am-11:30am at the Orcas Senior Center. Our guest speaker is Mary Gould, Executive Director of Lighthouse Memory Care in Anacortes. This presentation is FREE, and we do welcome donations to the Senior Center and to Hearts and Hands.

St. Patty's at the Brewery

Saint Patrick's Day is reason enough for a tour and tasting at our own local hotspot, Island Hoppin' Brewery. Paired with a visit to Camp Orkila's renowned Marine Salmon Center, our field trip on Thursday, March 17, will be one to remember! We'll gather at the Senior Center at 1pm and drive up to Camp Orkila where we will have a special tour of the Marine Salmon Center which boasts a touch tank. We'll get to see the feeding of the critters living in there, and hear about Camp Orkila's environmental education facilities and programming. After a drive through the grounds, we'll head to the brewery down the road. Our local microbrewery, Island Hoppin', will be pouring tasters for us at a cost of \$2.25 per small glass. We will also get a peek into the world of beer with a special tour of their on-site brewing facility. While this field trip is FREE, please bring money for beer if you plan to partake. We aim to return to the Senior Center at about 3:30pm. Wear green; why not!?



New Caregiving Website for Orcas

Aging on Orcas can be challenging. Unlike the mainland, there are no senior housing options like assisted living or skilled nursing facilities. So bringing services and care to your home when you need it is essential to staying on the island we love.

The Hearts and Hands organization, that operates out of the Senior Center, is a great place to start when you need some help or companion care. However, when your needs become greater you can turn to the skilled and experienced caregivers that live and work here and Lahari's Orcas Caregiving Connection website can help you find and hire the caregiver that meets your needs.

OrcasCaregivingConnection.org is a new website that provides resources for care seekers, tips for hiring an in-home caregiver as well a directory of caregivers and a way to contact them. The site also provides resources for caregivers as well as individuals who would like to become caregivers.

If you, or someone you know, is looking for help to stay on our beautiful island visit:

OrcasCaregivingConnection.org

Myths about Metabolism and Weight Loss

By Carol Simmer, RDN

There are ways to support our metabolism to either maintain a healthy weight *or lose weight in a healthy manner*. A few metabolism myths are discussed below. This information was taken from the Eat-Right.org, website of the Academy of Nutrition and Dietetics, Jan 2016.

Myth #1 Our metabolic rates can't change no matter what our age!

The TRUTH: While genetics may determine our metabolism, we can boost metabolism at any age by increasing lean muscle mass. Plan some aerobic activity like walking or weight training to maintain and/or build your muscle!

Myth #2 A diet of green tea and chili peppers will boost metabolism.

The TRUTH: No magic food or drink will speed up metabolism. Green tea and hot chilies may temporarily boost metabolic rates, but the lift isn't long enough to offset eating too many calories.

Myth #3 Eating late at night slows metabolism

The TRUTH: It is the extra calories- **not when you eat them**- that causes weight gain! There is little evidence to support the fact that eating after 8 p.m. causes weight gain. If you must snack, **plan the amount of food** as well as the kind of food you will eat!

Myth #4 Very low calorie diets and skipping meals can jump start weight loss.

The TRUTH: Weight loss is about creating an energy deficit by eating fewer calories than your body uses. However, creating too large a calorie deficit can backfire! Limiting calories too much can make your body think it is entering a famine and it gets more efficient! **Your body will adapt** to the restricted caloric intake by using **fewer calories to perform the same tasks!** Eat at least 1000 calories per day to **prevent** metabolism "slow down".

Eat well! Spring is coming! Comments or questions? Email Carol @csimmer@wcco.org

A heartfelt THANK YOU to all of our volunteers that so generously offer their time and talents to support the Senior Center. Without YOU, we couldn't do what we do. Interested in volunteering?

Please call Arron at 360-376-7929 or email:

orcasseniorcenter@gmail.com

Hearts and Hands Potluck

There will be a Hearts and Hands potluck at the Senior Center on Thursday, March 24 at 4:00. This is open to volunteers who have a one-on-one match, volunteers who help with one-time activities, and folks who are interested in learning more about volunteering in our community through Hearts and Hands. We'll be happy to see you there!

Here is a recent example of what goes on because of Hearts and Hands and the generosity of spirit from our volunteers. A man was in the hospital for six months with life threatening medical issues. When he returned to Orcas, he had to move from his home. With few connections and meager finances, he approached Hearts and Hands. We found an amazing volunteer who helped him pack his belongings in boxes. Volunteers helped him move to his new home. He told us he felt enormous gratitude that we helped him move, but it was the human connection that he felt most grateful for. Hearts and Hands makes a real difference in people's lives!

The Taxman Comeith

Tax Service is available for low to moderate income taxpayers by appointment on Fridays 9am – 4pm until April 15. The program is free, but donations are encouraged and support the Orcas Island Senior Center. To schedule an appointment call 376-2488. This service is generously provided by Jim Biddick and John Carl.

Donate Items for Granny's Attic Sale


Spring is on the doorstep and it's time to clean out the attic! Once again the Orcas Island Senior Center is collecting donations of interesting and unique (gently used) items of value for our annual Granny's Attic rummage sale, to be held April 30 from 10am-3pm. Begin your spring cleaning now so that you don't miss your chance to support the Senior Center by contributing to this fun and fabulous event.

Drop off days for donating items are on Tuesdays from 11am to 3pm at the Senior Center starting on March 22nd and continuing until April 26th. If you have larger items such as furniture please call or e-mail Arron Redford at 376-7929 or orcasseniorcenter@gmail.com to arrange for pick-up or drop-off. Please note that we do not accept clothing, small appliances, or large electronics.

NOTICE: The cost of foot care appointments has increased from \$25 to \$27 beginning March 1, 2016, to cover increasing costs. To schedule an appointment, please call 376-2677.

March Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
	2 Stuffed Green Peppers Steamed Red Potatoes Crinkle Cut Carrots Garden Salad Banana Pudding	4 Country Fried Steak Mashed Potatoes & Gravy Peas & Onions Spinach Salad Sliced Peaches
7 BBQ Chicken Sliders Potato Wedges Steamed Veggies Garden Salad Tropical Fruit	9 Broccoli Bacon Quiche Tri-Color Potatoes Garden Salad Fruit	11 Chef Salad w/ Turkey & Ham Fresh Fruit Oatmeal Bread
14 ¼ lb. All-Beef Frank w/ Whole Wheat Bun Potato Salad Garden Salad Fresh Watermelon	16 Irish Beef Stew w/ Soda Bread Garden Salad Fruited Green Gelatin	18 Baked Cod Roasted Red Potatoes Broccoli Normandy Garden Salad Fruit & Yogurt
21 BBQ Chicken Roasted Sweet Potato Sautéed Squash Garden Salad Apricots	23 Salisbury Steak Mashed Potatoes & Gravy Peas & Carrots Cucumber Salad Apple Crisp	25 Pork Chops Au Gratin Potatoes Green Beans Garden Salad Applesauce
28 Macaroni & Cheese Italian Sausage Link Crinkled Cut Carrots Italian Bean Salad Fruit Cocktail	30 Salmon Filet Wild Rice Pilaf Nantucket Vegetables Garden Salad Cranberry Pumpkin Cake	

All menus subject to change due to food cost and availability



March 2016

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9am: Footcare 10am: TML 11am: Chair Yoga 1:30pm: Tai Chi	2 10am: Mobility Equipment 11:30am: Lunch 12pm: Library Lady 1pm: Open Art Studio	3 10am: TML 11am: Chair Yoga	4 9am: Tax Services 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	5 10am: Build a Better Brain
6	7 11:30am: Lunch	8 9am: Footcare 10am: TML 11am: Chair Yoga	9 10am: Island Hearing 10am: Mobility Equipment 11:30am: Lunch 1pm: Open Art Studio	10 10am: TML 11am: Chair Yoga 2pm: Afternoon Tea Free!	11 9am: Tax Services 9:30am: Palettes Art Group 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	12 9am: Bird Festival Field Trip  10am: Craft Day!
13	14 11:30am: Lunch 1pm: Terrarium Project w/ Barbara Trunkey	15 9am: Footcare 11am: Chair Yoga 1pm: Book Club 1:30pm: Tai Chi	16 10am: Mobility Equipment 11:30am: Lunch 1pm: Open Art Studio	17 11am: Chair Yoga 1pm: Orkila + Brewery Field Trip	18 9am: Tax Services 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	19 10am: Gourmet Spring Brunch w/ Christina Orchid
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27	28 11:30am: Lunch	29 9am: Footcare 11am: Drop Off for Granny's Attic 11am: Chair Yoga 1:30pm: Tai Chi	30 10am: Mobility Equipment 11:30am: Lunch 1pm: Open Art Studio 1pm: Songbirds Singing Group	31 11am: Chair Yoga		

Bird Festival Field Trip

We are excited to attend the Wings Over Water Northwest Birding Festival in Blaine, WA, and we hope that you will come along! This annual festival celebrates the incredible variety of migratory birds that flock to the pristine coastal area located along the Pacific Flyway and is located in one of the country's premier bird viewing areas where you can observe a large variety of birds close at hand.

Our field trip on Saturday, March 12, will include time for a mix of both indoor and outdoor activities including checking out the many festival booths and wildlife exhibits, a live raptor presentation by Sardis Raptor Center, bird viewing stations, and a wildlife cruise around Drayton Harbor on the historic Plover Ferry. Bring your binoculars if you have them and dress for variable weather. You can pack a lunch or buy food at the event. Cost is just \$30 per member (\$50 non-members) and includes all transportation and the wildlife cruise. Please sign up at the front desk or by calling 376-2677.



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SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY



Orcas Senior Signal

Orcas Senior Center

April, 2016

Granny's Attic Sale is HERE!

Spring has sprung 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 Rummage Sale, to be held Saturday, April 30, 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 contribute to this fun and fabulous fund raising event which supports the Senior Center and its programming. We depend on your donated goods 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 26th. If you have larger items such as furniture please call Arron Redford at 376-7929. Please note that we do not accept clothing, small appliances, or large electronics.

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

By Jami Mitchell
Senior Services Specialist



Houston, We Have A CAR!!!

It is with extreme pleasure and gratitude that we introduce to you the newest vehicle at the Orcas Senior Center. After many months of fundraising, research, and test drives, we are thrilled to welcome this 2016 Kia Soul to our lot and begin using it for medical transportation trips to the mainland. THANK YOU to each of you that contributed time, money, and encouragement in support of this project. We couldn't have done it without you!

Quote for the Month . . .

*"No winter lasts
forever; no
spring skips its
turn."*

— Hal Borland

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Judy Schliebus
Jerry Todd

Arron Redford, Orcas Senior Center Manager
orcasseniorecenter@gmail.com

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

Spotlight on a Volunteer

Joyce Greene has volunteered for the Senior Center for 8 years. This brief biography is a chance for our community to get to know a little more about this golden volunteer.

Joyce Greene hails from the Smokey Mountains, born in Kentucky and raised in Tennessee. She and her brother were raised by grandparents near Mt Mitchell, tallest mountain east of the Mississippi. They farmed tobacco, Kentucky bluegrass, corn, alfalfa, horses, hogs and chickens. Her stepfather was in the army and brother Jack, her hero, died in Korea. She has a half brother in Alaska. Joyce was a working mother and raised three sons and two stepsons. Among other things, she waitressed, bartended, operated telephones, and served as a nurse's aide. She is a people person, and enjoyed 25 years happily selling cars. A childhood spent in tobacco auctions honed her skills. Joyce grew up in the Depression and remembers that after the frost some children could no longer attend school because they had no shoes. Witnessing the poverty and struggles, the WPA and C.C.C. efforts shaped her character. She cleaned house for a dollar a day and rode a mule. She says "you could not get me on a horse today, but I love to bet on them!" The depression taught her to always appreciate and to take care of what you have.

The Greene family traveled and camped the country from the Southwest to the Northwest and Canada since the 1970s and traditionally camped here on Orcas at West Beach. They settled on the island for good in 2006. Her husband died in 1980 and her son in 2004. Joyce is grandmother of three and great-grandmother of one. Her two surviving sons live nearby, off island.

Joyce organizes birthday cake day at the Senior Center once a month and is known for her storytelling and jokes.



She is an artist, admires Georgia O' Keefe and Peggy Pitts, whom she studied with. An avid reader and country western music fan, she listens to Loretta Lynn, Willy Nelson and especially Patsy Cline. The quality she most values in a person is honesty.

Her pearl of wisdom:
"Always have a smile and be a true friend."

Hearts and Hands Make a Difference

Thea Mayerson (age 98) lives with her daughter at Blue Moon Farm. These are some of Shana's thoughts on how the Senior Center and Hearts and Hands has had a meaningful impact on her mom's life and on her own life.

Shana shares, "I believe Hearts and Hands is essential for our community, and we should continue to see this program grow. We all believe the Senior building is VITAL and so well received and utilized in our community. We are so fortunate to have this center! Senior Center programs at the Eastsound location must grow and keep expanding into a center with daily robust programming to satisfy everyone's needs and interests. All seniors benefit greatly from a center to meet and socialize, learn, and get vital services. Just another component is the home outreach, and I am so grateful for the Hearts and Hands volunteers. Hearts and Hands program is one of the best tools we have on Orcas Island to bridge the gap for seniors living in homes away from community. Each week, when Margo comes to visit Thea in her home, Thea becomes so animated with a new vitality and pure joy of seeing her very own friend.

I truly believe the main gift that Hearts and Hands has to offer is usually impossible to find, but Hearts and Hands is there with this most important ingredient: with love and friendship and true caring."

Thank you, Shana, for sharing your enthusiasm for the Hearts and Hands program and the Orcas Senior Center!

Senior Project Art Exhibit

Simone Hansen from the Orcas Island High School has chosen to put up an Art Exhibit at the Orcas Senior Center as her Senior Project. Her photographs and drawings will be displayed from March 29 – April 27th with a reception on April 4th from 4:30 – 5:30.

Thank you Taxman!

We extend our sincere gratitude to the Kiwanis Club and the Lions Club for their support of tax help for low to moderate income taxpayers that received assistance here at the Senior Center this tax season. A huge thank you to Jim Biddick and John Carl for their time and dedication to making this happen. Their service to our community is invaluable, and we are so grateful.

Orcas Center April Events

A Midsummer Night's Dream

Friday-Saturday, April 1-2, 7:30 pm Center Stage
Featuring both local high school students & adult actors, *A Midsummer Night's Dream* as you've never seen it before! Utilizing Shakespeare's exquisite text of yore, this production is set in modern times. Expect the unexpected!

The Met: Live in HD Puccini's *Madame Butterfly*

Sunday, April 3, 1:00 pm Streaming Live
Anthony Minghella's production has thrilled audiences ever since its premiere in 2006. Kristine Opolais reprises her acclaimed portrayal of the title role, opposite Roberto Alagna as Pinkerton, the naval officer who breaks Butterfly's heart.

Tingstad and Rumbel

Saturday, April 9, 7:30 pm Center Stage
An encore performance by Grammy award winning artists Tingstad and Rumbel who have been delighting audiences across the country combining American finger-style guitar with melodic woodwinds.

Bolshoi Ballet in Cinema: *Don Quixote*

Saturday, April 16, 6:30 pm Streaming Live
Cervantes' eccentric hero Don Quixote leaves on journey full of adventures, as the Bolshoi's panache and excellence are combined in Fadeychev's critically acclaimed staging with Leon Minkus' famous score.

The Met: Live in HD Donizetti's *Roberto Devereux*

Sunday, April 17, 1:00 pm Streaming Live
Sondra Radvanovsky sings all three of Donizetti's Tudor queens in a single season. In this climactic opera of the trilogy, she plays Queen Elizabeth I, forced to sign the death warrant of the nobleman she loves, Roberto Devereux.

NT Live *Hangmen*

Thursday, April 21, 7:30 pm Streaming Live
Following a sell-out run in London, Olivier and Academy Award® winner Martin McDonagh returns with Matthew Dunster's award-winning production of his deeply funny new play.

Island Aerial Acrobatics

Friday-Saturday, April 29-30, 6:30 pm Center Stage
Island Aerial Acrobats led by Maria Bullock are back with a spectacular show in which aerialists of all ages share their passion for aerial silks and hoops. *In Your Dreams* follows a group of friends, and audiences will witness their adventures. Anything is possible!

Introduction to Meditation

facilitated by Hugh M. Grant

You are invited to the Senior Center Friday, April 22, 1-2pm for an introduction to the practice of meditation. The regular practice of meditation can yield physical, psychological, and spiritual benefits. In addition to deepening the spiritual journey and grounding us in what we might call the *true self*, many people find that it reduces stress, improves sleep, increases energy, and assists in finding a sense of equilibrium and balance in life.

This class will offer a brief review of benefits and techniques, specific instruction on how to meditate, and a shared experience of practicing a particular technique together. We will conclude with time to reflect on the experience of meditation through conversation. Although we will explore a bit about the ways some different religious traditions teach meditation practices, our approach will be non-sectarian. All are welcome!

Hugh is an Episcopal priest, clinical social worker, and retreat leader. He has been practicing meditation regularly for 14 years.

Chronic Disease Self-Management Program

Do you live with a chronic disease like arthritis, diabetes, depression, COPD, obesity, back problems, or another chronic condition? Or are you the caregiver for someone who does? The Orcas Senior Center is honored to offer an interactive workshop developed by Stanford University specifically designed to help people living with chronic diseases take charge and improve their quality of life.

The Chronic Disease Self-Management Program (CDSMP) is offered in partnership with Northwest Regional Council and includes six, 2.5 hour sessions in which participants learn how to manage symptoms, set realistic goals, work with doctors, and much more. The program focuses on problems that are common to individuals dealing with any chronic condition and studies show that participants have significant, measurable improvements in their health and quality of life.

This unique opportunity comes to the Orcas Senior Center via support by Northwest Regional Council and San Juan County to train facilitators to bring this program to the islands. The Orcas workshop will be led by Jami Mitchell of Orcas and Mary Ann Riggs from Lopez and begins Tuesday, May 3. It will be held every Tuesday afternoon for 6 weeks (May 3-June 7) from 11:30a-2p with a FREE sack lunch provided.

Please pre-register by calling Jami directly at 376-7926 or emailing jamim@sanjuanco.com. Feel free to call with questions, and please spread the word about this special chance to get ahead of chronic diseases.

Advanced Care Planning

Contributed by Hilary Walker, OTR

Navigating your way in the medical system can be challenging. As an Acute Care Occupational Therapist at Island Hospital, with a specialization in Geriatrics and End of Life Care planning, I am also a Death Doula with A Sacred Passing and engaged in an extensive training as a Death Midwife.

I have lived on Orcas and have a strong passion for creating a bridge between the island and the mainland through education and conversation. I can offer tips for being prepared to be a knowledgeable advocate for yourself and your loved ones should you be faced with a hospital stay or unexpected medical event.

At the top of the list of essentials: Advanced Care Directives. Recent studies show that more than 70% of people think about filling out this form, but less than 30% have done so. Here are some helpful hints:

- 1) You *do not* need a lawyer to fill out an Advanced Care directive and to choose a Durable Power of Attorney (DPOA) for health care (one who will speak for you when you are unable to do so for yourself). Go to www.endoflifewa.org or www.whatcomalliance.org for current form options.
- 2) Be sure to talk to the people you are choosing as a DPOA. Choose at least a primary and secondary in case the first one is unavailable when needed.
- 3) Get the form notarized so it is a legal document. Your bank will do this for free.
- 4) Make 5 copies. One for yourself, your DPOAs, your doctor and file one at your local hospital (Island Hospital will now allow you to open a patient file even if you have never been there as a patient so your information is on file if needed).
- 5) Re-visit these forms yearly. Be sure all information is correct and up to date.

Please contact me via hilaryw@asacredpassing.com or 802-522-6537 with questions, to schedule an appointment to assist you with paperwork, or to schedule a "Death for Dinner", a light and engaging way to plan end of life care and fill out essential forms together. Visit www.asacredpassing.com for more information.

April Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
		1 Shrimp Salad Oatmeal Bread Fresh Fruit
4 Chicken Parmesan w/ Spaghetti Crinkle Cut Carrots Garden Salad Fruited Jell-O	6 Herb Roasted Pork Mashed Potatoes & Gravy Broccoli Fresh Fruit	8 Turkey Meatloaf Mashed Potatoes & Gravy Brussels Sprouts Garden Salad Sliced Peaches
11 Lemon Pepper Fish Baked Yams California Blend Veggies Cabbage Slaw Chocolate Chip Cookie	13 Sweet & Sour Meatballs Brown Rice Asian Style Veggies Asian Sesame Slaw Mandarin Oranges	15 Spaghetti & Meat Sauce Italian Vegetables Caesar Salad Banana Pudding
18 Florentine Fish Wild Rice Pilaf Whole Green Beans Spinach Salad Sliced Pears	20 Pork Chops Baby Reds Caribbean Vegetables Garden Salad Strawberry Cake	22 Laura's Chicken Soup Tuna Salad Rolls Coleslaw Fruit
25 Baked Cod Baked Yam Green Peas Kale Salad Fruit	27 Tortellini w/ Pesto Cream Sauce Italian Veggies Caesar Salad Fresh Melon	29 Turkey & Cranberry Mashed Potatoes & Gravy Nantucket Veggies Pumpkin Cake

All menus subject to change due to food cost and availability

April 2016

<u>LUNCH</u>		<u>LUNCH</u>		<u>LUNCH</u>		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9am: Tax Services 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	2
3	4 11:30am: Lunch 1pm: Bus to Health Screening	5 9am: Footcare 10am: Granny's Attic Drop off 11am: Chair Yoga 1:30pm: Tai Chi	6 10am: Island Hearing 10am: Mobility Equipment 11:30am: Lunch 12pm: Library Lady 12pm: Caregiver Support Group 1pm: Open Art Studio	7 11am: Chair Yoga	8 9am: Tax Services 9:30am: Palettes Art Group 10am: Mobility Equipment 11:30am: Lunch 1pm: Lambiel Museum Tour Field Trip 4pm: Strength Training	9 10am: Craft Day!
10	11 11:30am: Lunch	12 9am: Footcare 10am: Granny's Attic Drop off 11am: Chair Yoga	13 10am: Mobility Equipment 11:30am: Lunch 1pm: Open Art Studio	14 11am: Chair Yoga 2pm: Afternoon Tea	15 9am: Tax Services 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength	16 7:45am: Quilts, Casinos, and Tulips Field Trip
17	18 11:30am: Lunch	19 9am: Footcare 10am: Granny's Attic Drop Off 11am: Chair Yoga 1pm: Book Club 1:30pm: Tai Chi	20 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 12pm: Caregivers Support Group 1pm: Open Art Studio	21 11am: Chair Yoga	22 10am: Mobility Equipment 11:30am: Lunch 1pm: Intro to Meditation 4pm: Strength Training	23
24	25 11:30am: Lunch	26 9am: Footcare 10am: Granny's Attic Drop off 11am: Chair Yoga 1:30pm: Tai Chi	27 10am: Island Hearing 10am: Mobility Equipment 11:30am: Lunch 1pm: Open Art Studio 1pm: Songbirds	28 11am: Chair Yoga	29 CLOSED FOR GRANNY'S ATTIC SETUP	30 10AM-3PM: GRANNY'S ATTIC

Lambiel Museum Art Tour

The Senior Center invites you on a field trip to the Lambiel Museum on April 8 from 1-3pm. The guided tour offers the finest collection of San Juan County art found anywhere in the county, dating back 100 years and including 270 artists. Visiting the Lambiel Museum is a unique chance to enjoy the best pieces by the premier artists in the San Juan Islands. The cost is \$20 per person (some scholarships available) and pre-registration is necessary by calling the front desk at 376-2677.

Quilts, Casinos, and Tulips, Oh my!

Please join us for a springtime field trip extraordinaire to the show "Quilts in Bloom" on Saturday April 16. This annual quilt show presented by the Fidalgo Island Quilters is held in a new location this year, the Swinomish Casino in Anacortes.

That venue lends itself to fun on its own accord if you want to hit the slots or try your luck at the casino tables. We'll drive through the flowers to see the brilliant colors of the bulb field as Skagit Valley celebrates the Tulip Festival throughout the month of April with many activities to choose from that day including the Downtown Mount Vernon Street Fair.

Whether you are in it for the slots, the bulbs, or the quilts, this trip promises to be a fun day out and about. The cost per person is \$25 which includes entry into the quilt show and all transportation costs. Some scholarships are available (ask Arron or Jami). Please sign-up at the front desk or by calling 360-376-2677. Yeah Spring!



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.

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 1-888-685-1475 for an appointment.

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: April 2016
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

May, 2016

Chronic Disease Self-Management Program

Time is running out to sign up for this special FREE opportunity which begins TUESDAY, MAY 3.

Do you live with a chronic disease like arthritis, diabetes, depression, COPD, obesity, back problems, or another chronic condition? Or are you the caregiver for someone who does? The Orcas Senior Center is honored to offer a free interactive workshop developed by Stanford University specifically designed to help people living with chronic diseases improve their quality of life.

The Chronic Disease Self-Management Program (CDSMP) is offered in partnership with Northwest Regional Council and includes six, FREE 2.5 hour sessions in which participants learn how to manage symptoms, set realistic goals, work with doctors, and much more. The program focuses on problems that are common to individuals dealing with any chronic condition and studies show that participants have significant, measurable improvements in their health and quality of life.

This unique opportunity comes via support by San Juan County to train facilitators to bring this program to our Senior Center. The Orcas workshop will be led by Jami Mitchell of Orcas and Wendy Stephens from San Juan and begins Tuesday, May 3. It will be held every Tuesday afternoon for 6 weeks (May 3-June 7) from 11:30a-2p with a free sack lunch provided. Please pre-register by calling Jami directly at 376-7926 or by emailing jamim@sanjuanco.com.

by Jami Mitchell
Senior Services Specialist on Orcas



Photo by Margot Shaw.

Granny's Attic Rummage Sale on Saturday, April 30, is one of our biggest fundraisers of the year. Thank you to EVERYBODY that makes this and all of our fundraising events such a success. On behalf of the Senior Center I especially want to thank Milly Vetterlein, Lise Reinholt, Mary Greenwell, Beth Jurgensen, Gael Shipstad, and Dorothy Patton who have generously donated their time year after year to price and sort our donations. Special thanks also to Jane Heisinger who continues to offer her expertise, time and attention for the success of the event. We couldn't do it without the support of our fantastic volunteers – you know who you are, and we are so grateful!

Arron Redford
Senior Center Manager

Quote for the Month . . .

"May you live as long as you wish and love as long as you live."

-Robert A. Heinlein

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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

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

Arron Redford, Orcas Senior Center Manager
orcasseniorecenter@gmail.com

Didier Gincig, Hearts and Hands Coordinator
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Senior Spotlight

This month instead of highlighting a single senior volunteer, please see the special insert from the Salmonberry School featuring oral histories from many elders in our community. These stories came from multiple interview sessions with the students and seniors getting to know each other and sharing experiences from their lives. Both the children and the elders enjoyed the encounters and spending time together.

Please join us Friday, May 20, for a special presentation by the students enacting some of the stories that the seniors shared. Enjoy the newsletter insert from this wonderful oral history project, and we hope to see you for the performance art piece. Lunch begins at 11:30am with the theatrical performance to follow.



Salmonberry Students and Orcas Seniors gathered together throughout the spring in a very special Oral History project which culminated in the enclosed newsletter insert and a performance art piece to be performed on Friday, May 20, at the Senior Center.

Tourist in Your Own Land

How long was it since you traveled to the top of Mt. Constitution? Have you visited the Olga Artworks since it re-opened following the big fire and extensive reconstruction? Here is your chance to be a tourist in your own land, and let us do the driving!

Please join our FREE outing on Friday, May 6, as we enjoy some of the sights in Moran State Park and travel to the lookout at the top of the mountain. The Gift Shop will be open and hopefully the sky will be clear. Even on a foggy day, it's a worthwhile pilgrimage. Please wear good shoes if you want to walk the few hundred yards to get to the observation tower.

We'll also take this opportunity to drive out to Olga Artworks and peruse their gorgeous new gallery and Café. For a special treat, a representative will be on hand to tell us a little about the illustrious history of the building.

Please sign up for this FREE field trip at the front desk or by calling 376-2677. We'll meet at the Senior Center after lunch on Friday, May 6, and be gone from 1-3:30pm exploring some of the gems right here in our own backyard.

Medicare Preventative Benefits

Do you know that Medicare provides a free annual wellness visit with your doctor and pays for annual flu shots and other preventative treatments? Come to the Senior Center Monday, May 9, at 12:45pm to hear Pegi Groundwater, a volunteer counselor with SHIBA, the Statewide Health Insurance Benefit Advisors, describe Medicare's preventative services to help keep you healthy. SHIBA is a free, unbiased, and confidential counseling service sponsored by the Washington State Insurance Commissioner's Office. The local SHIBA office is sponsored by Island Hospital, and free appointments to meet with a SHIBA volunteer at the Orcas Medical Clinic can be scheduled by calling 376-2561.

Volunteer Opportunities

Thank you to the amazing volunteers that support the services we offer. There are a variety of open opportunities - how can you help? Interested in supporting the nutrition program? We serve almost 10,000 meals on Orcas each year! We need volunteer dishwashers, and could use your assistance. Our volunteer drivers give folks rides to lunch and deliver meals to homebound seniors. We also offer rides to medical appointments off-island. We are busier than ever and need more drivers, like you! Do you have a skill or passion to share? We're looking for new and interesting speakers, classes, and activities, please let us know if there is something you can offer. To volunteer, please contact Arron at 376-7929, orcasseniorecenter@gmail.com, or Jami at 376-7926, jamim@sanjuanico.com.

THANK YOU!

OLDER AMERICANS MONTH

By Kirk Larson

Social Security Western Washington Public Affairs Specialist

In May, we recognize Older Americans Month to acknowledge older Americans and their contributions to the nation. More than 40 million people in the United States are 65 or older. By 2035, the U.S. Census Bureau projects this number will double, which makes improving the quality of life for older Americans even more important as we look to the future. It is Social Security's priority to provide a safety net for older Americans. You can learn more about Social Security at www.socialsecurity.gov

The main reason Social Security was established over 80 years ago was to help older Americans. For many older Americans, Social Security benefits are their only source of retirement income. Social Security payments continue for life and are adjusted to keep pace with inflation. The American Association of Retired Persons (AARP) estimates that these benefits help keep 35 percent of older Americans out of poverty.

Visit www.socialsecurity.gov/myaccount and join the millions of people who have already created accounts to help them plan for retirement.

This May also marks the 51th anniversary of the Older Americans Act. Congress passed the Act in 1965 in response to a lack of community social services for older persons. In addition, Medicare, in effect since July 1, 1966, is celebrating its 50th anniversary. Medicare provides health insurance to more than 43 million Americans age 65 and older.

To learn more about applying for Medicare, read our publication *Applying For Medicare Only—Before You Decide*. To learn more about Social Security, read *Understanding the Benefits*. Both are available at www.socialsecurity.gov/pubs.

Art Auction Items

The Senior Center is well underway with collecting a wide variety of beautiful, valuable, and fascinating pieces of art for our Art Auction to be held Saturday, July 9, 2016. If you have art to donate to this worthy cause, please contact Arron at 376-7929 or orcasseniorecenter@gmail.com. We provide receipts for tax deductions so that you get a double bonus for supporting the Senior Center. Thank you!

Good News From Hearts and Hands

Collaboration in Action

Recently, we had a collaboration between Hearts & Hands, Sunrise Volunteers, Odd Fellows, and the Christian School, helping someone move. This service was for someone who could not afford to pay and has declining health. I was impressed with the compassion. The people we have helped (delivering wood, making meals, special projects, rides, etc.) have expressed their gratitude.

One-on-One Matches

Hearts & Hands matches maintain a consistency in people's lives. I am thankful for all the love and support people give and receive on a weekly basis. The common theme is you go in to give and you come out receiving.

Meals, Transportation, and One-Time Volunteering

I have a list of people who are willing to make a meal for someone in need. Another list is to offer rides to on-island medical appointments. A third list is for people who are willing to help outside or inside on special projects. Please consider contacting me to be on any of these lists. With service groups and church volunteers, we are creating networks based in local areas around the island.

Appreciation

I would like to express my appreciation to everyone involved with the Senior Center and Hearts & Hands. The spirit of what goes on here is positive and inspiring. Whether you're a volunteer, donor, care recipient, or a paid staff member, THANK YOU for making a positive impact on the Senior Center, Hearts & Hands, and in people's lives.

With gratitude,
Didier Gincig, Hearts & Hands Coordinator

3% Thursday on May 19

We are excited to announce that the Co-op has chosen the Senior Center as their recipient for May's 3% Thursday on May 19th. For every purchase that you make at the Orcas Co-op that Thursday, 3% of the money you spend will be donated to the Orcas Senior Center!

In addition to 3% of the gross profits from May 19, the Co-op will also have a Coins for Community box designated for our organization at the register all month, and will be asking people if they would like to 'donate the difference' at the register (round up to the nearest dollar and donate that value).

Thank you to the Orcas Co-op for supporting our Senior Center, and Thank YOU for shopping at the Co-op on Thursday, May 19. Please mark your calendars!

Museum Trip to Seattle

Now is your chance to visit some of the great Seattle art museums without having to struggle with parking or traffic. Our field trip to Seattle on Thursday, May 26, will start with a visit to the Chihuly Garden and Glass Museum to eat lunch at their Collections Café. You can order from the menu or bring a sack lunch to enjoy in the vicinity. The glass museum and café are located next to the Space Needle at the Seattle Center. After lunch visit the famous glass museum to get inspired by Chihuly's amazing art or wander the Seattle Center to see the other sites.

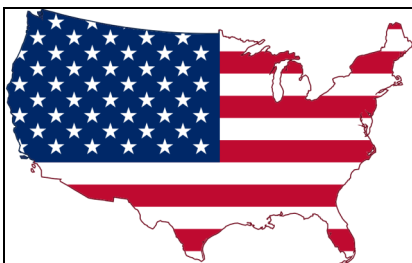
The second half of the day will include a visit to the Asian Art Museum in Seattle's Volunteer Park. Their permanent collection is worth the trip, but the special exhibit *Mood Indigo: Textiles From Around the World* is reason to get there now. This unique show honors the ability of the color blue to create many moods in cloth and illuminates the historic scope of the vibrant dye indigo.


The cost for the field trip is \$30 and includes admission to the Asian Art Museum and all transportation costs. Either pack food or bring money for lunch and dinner. Admission to the glass museum or any of the other sites at Seattle Center is not included, so pay as you go if you want to enjoy those additional opportunities. Please pre-register at the front desk or by calling 376-2677. Questions can be directed to Jami at 376-7926 or jamim@sanjuanco.com.



Participants in our March field trip to a large birding festival in Blaine, WA, had a great time! They enjoyed numerous activities including a nature cruise on the historic Plover Ferry pictured above.

May Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
<p>2</p> <p><i>Meatless Monday</i></p> <p>Portobello Ravioli In Tomato Crème Sauce Italian Veggies Caesar Salad Fresh Fruit</p>	<p>4</p> <p><i>Cinco de Mayo</i></p> <p>Chicken Enchiladas Pinto & Black Beans Garden Salad Coconut Fruit Salad</p>	<p>6</p> <p>Homemade Meat Lasagna Italian Green Beans Caesar Salad Apple Cake</p>
<p>9</p> <p>Beef Stroganoff w/ Rotelle Pasta Peas & Onions Garden Salad Sliced Pears</p>	<p>11</p> <p>Broccoli Bacon Quiche Roasted Red Potatoes Garden Salad Fresh Fruit</p>	<p>13</p> <p>Lemon Herb Chicken Rice Pilaf Brussels Sprouts Garden Salad Fruit Crisp</p>
<p>16</p> <p>Asian Chicken Salad Egg Roll Fortune Cookie</p>	<p>18</p> <p>Burgundy Braised Beef Tips Over Rice Maple Glazed Carrots Kale Citrus Salad Raspberry Sherbet</p>	<p>20</p> <p>Roasted Turkey w/ Cranberry Sauce Mashed Potatoes & Gravy Seasonal Veggies</p>
<p>23</p> <p>Chicken Cordon Bleu Potatoes Colcannon Nantucket Veggies Garden Salad Fruit</p>	<p>25</p> <p>Roasted Pork Loin w/ Apple Chutney Herbed Quinoa Green Beans Fruit</p>	<p>27</p> <p>Cheeseburgers w/ Lettuce & Tomato Potato Salad Carrot Sticks Tropical Fruit</p>
<p>30</p> 		

All menus subject to change due to food cost and availability

May 2016

<u>LUNCH</u>		<u>LUNCH</u>		<u>LUNCH</u>		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 11:30am: Lunch	3 9am: Footcare 10am: TML 11am: Chair Yoga 11am: Disease Self Management 1:30pm: Tai Chi	4 10am: Island Hearing 10am: Mobility Equipment 11:30am: Lunch 12pm: Library Lady 1pm: Open Art Studio	5 10am: TML 11am: Chair Yoga 11: Elder Law Clinic 6pm: Jami Mitchell Birthday Potluck!	6 10am: Mobility Equipment 11:30am: Lunch 1pm: Field Trip 4pm: Strength Training	7 
8	9 11:30am: Lunch 12:45pm: Medicare Preventative Benefits Presentation	10 9am: Footcare 10am: TML 11am: Chair Yoga 11am: Disease Self Management 1:30pm: Tai Chi	11 10am: Mobility Equipment 11:30am: Lunch 12pm: Caregiver Support Group 1pm: Open Art Studio	12 10am: TML 11am: Chair Yoga 2pm: Afternoon Tea Free!	13 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	14
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Support the Senior Center through GiveOrcas.org!

The Senior Center was accepted in the 2016 Orcas Island Community Foundation's grant catalog for 2016 and fundraising is underway! We worked diligently on the grant and are enthusiastic about community support. Please go to giveorcas.org or call 376-OICF (376-6423) to support our grant. Funds gained in this important campaign will help expand programming to serve our growing senior population on Orcas and support critical programs like Hearts and Hands, Transportation, Nutrition, and so much more!

Striving towards sustainability, the Orcas Senior Center seeks to provide need-based subsidies for some activities and significantly expand programming. Our excellent private-public collaboration increases opportunities for and ease of program development. It is estimated that there are over 2,000 residents on Orcas who are over 60 and it is our goal to serve as many of them as possible. By expanding the breadth of programming at the Senior Center we hope to draw all those who remain forever young at heart.

The Orcas Island Community Foundation welcomes contributions by personal check or through other foundations; send to OICF, PO Box 1496, Eastsound, WA 98245. To give your donation online go to giveorcas.org or visit the Orcas Senior Center website at orcasseniors.org. You may also make a donation by calling 376-OICF (376-6423). All donations are tax-deductible. Thank you for your generous support of the Orcas Senior Center. Donors are invited to join us June 2 for the OICF Grants Celebration!



Give Where You Live
Orcas Island Community Foundation

giveorcas.org

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:

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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: May 2016
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

June, 2016

Sign Language Club Kick-Off!

Interested in learning Sign Language or want to practice your skills? Sign Language is a fun and useful tool for people of all ages, interests, and abilities. The Senior Center is hosting a Sign Language Club pilot program for six weeks which will allow participants to learn vocabulary and practice conversational sign in a small group class, led by Senior Services Specialist Jami Mitchell.

Jami's mother Julie Melton is a professional Sign Language interpreter and will be joining us at the Senior Center for a special kick-off to our pilot program. Julie recently retired as Associate Professor of Sign Language Studies and Interpreting at Idaho State University, in Meridian, Idaho. She has also been teaching community based Sign Language classes for over 30 years, and has presented numerous workshops at the State and Regional level. She enjoys providing online mentoring services in order to reach students who may not have access to classes in their area. Julie is looking forward to meeting anyone who is interested in attending the Club Kick-Off when she is on Orcas to visit.

The Sign Language Club Kick-Off will be Tuesday and Thursday, June 7 & 9, from 3:15p-4:15p. Julie will lead these initial Kick-Off sessions as a guest presenter. Continuing on through mid-July for a total of 6 weeks, the Club will meet one hour per week on Thursday afternoons. Please join us!

Questions?
Please call or email Jami at
jamim@sanjuanico.com or 376-7926.



Salmonberry students performed a variety of vignettes at the Senior Center in May which they scripted from stories told to them by Orcas elders. These short plays based on the true stories shared with them were the culmination of a semester-long Oral History project between Salmonberry School and The Orcas Senior Center. Both the students and the seniors enjoyed the chance to spend time together, and we look forward to more opportunities for reaching across the generations.

Art Auction Coming!

The Senior Center has collected a wide variety of beautiful, valuable, and fascinating pieces of art for our Art Auction to be held Saturday, July 9, 2016. Please save the date and plan to attend this wonderful event in support of the Senior Center. Food, wine, ART ART ART. Details available by calling the front desk at 376-2677.

Quote for the Month . . .

*Summer afternoon—
summer afternoon; to
me those have
always been the two
most beautiful words in
the English
language.*

— Henry James

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ORCAS SENIOR CENTER

Nonprofit Status

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Mail submissions to: PO Box 1653, Eastsound, WA 98245

YOUR STAFF

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Jay Savell – Cook

Meals provided through a partnership with Whatcom Council on Aging.

(360) 376-2677

Orcas Island Operations Committee

Patricia Ayers
Bonnie Burg
Maggie Kaplan (chair)
Christina Orchid
Margo Rubel
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Judy Schliebus
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Spotlight on a Volunteer

Irene O'Neill is the oldest of three children, of Scotch-English decent, born in Solida, Colorado. She homesteaded her mother's family's 150 acres at Obstruction Pass in 1944.

They raised and processed their own food near Olga. Irene raised 4 children and is proud to have been a stay-at-home mother and wife. She was head cook at public school for many years and is still greeted by students. She encouraged them to leave the island, get educated, learn how precious the island is, and come back to Orcas. She and her husband did leave the island for 25 years then returned and built their own home.

Irene's father was handicapped, having one arm and a short leg. She saw the courage he had to learn to provide for his wife and family. She grew up being his left arm, his balancer. Learning to accept the things she could not change and learning the wisdom to know the difference. In high school her classmates wanted her to show them how to roll their own cigarettes. They thought it was cool. Sometimes she shifted the stick shift for her Dad.

Irene crochets for relaxation, enjoying the challenge of copying old pieces of linen or potholders into modern colors. She enjoys watching birds, reading historical novels and listening to music, especially live, and has admiration for the training and dedication involved. If she disagrees with something she keeps her mouth shut unless she has something to provide or can offer a better solution and be willing to work. One of her most rewarding times was as an environmental guide at Moran Park Spring Camp. Her camp name is Bob White. She has kept records of migrations and can predict almost to the day when hummingbirds arrive or blue Jays leave. She also feeds a zoo of chipmunks, squirrels, deer, a dog and 2 cats.



Irene has been a long time and steady presence at the Orcas Senior Center. Presently a table setter, she has been a board member, front desk host, medical and shopping driver, travel planner, Granny's Attic and Holiday Fair volunteer, and Birthday Cake Coordinator. The Senior Center appreciates Irene's dedication and thanks her for her selfless service.

Lopez Art Studio Tour!

You are invited to join our field trip to Lopez Island on Wednesday, June 15, for a very special tour of artist Steve Hill's gallery Windswept Studios. Steve Hill is an acclaimed Lopez artist with numerous art awards and prestigious honors to his credit.

Hill recently participated in the Paint Cuba! project. The invitational one week plein air painting event, organized by B. Eric Rhoads, publisher of "Plein Air Magazine", was held in and around Havana, Cuba. The 70+ invited artists visited many of Ernest Hemingway's haunts, which Hill thoroughly enjoyed. He came home with eleven new plein air paintings, some of which we will be able to view during our tour of his studio.

On this field trip, we will also have the opportunity to join the Lopez Senior Lunch at Woodman Hall. We are looking forward to this opportunity to visit with the Lopez senior community while we are in the neighborhood! The cost for the trip is \$15 which includes lunch and all transportation costs. Please pre-register at the front desk or by calling 376-2677.



Artist Steve Hill painting in Cuba during a recent plein air invitational event. Tour his studio with us June 15.

Book Club's Summer Reading List

The Senior Center Book Club is held the third Tuesday of each month at 1pm. You are invited to participate in this engaging group led by Stephen Bentley. Here is the reading list for this summer.

June: The Living, by Annie Dillard
 July: The Boys in the Boat, by Daniel James Brown
 August: English Creek, by Ivan Doig

Save the Date

The Orcas Senior Center will be hosting an Art Auction on Saturday July 9th. Please come to the Senior Center starting June 13th to participate in our Silent Auction which will close on the evening of July 9th following a Live Auction. Art will be hung by June 6th featuring 200 art pieces--silent and live auction--with good food and wine!

An Afternoon at the Lake

Are you ready for a visit to Cascade Lake to enjoy the beauty, go for a dip, take a walk, have a picnic, or just sit and listen to the birds? Please join us for a drive to Moran State Park to see the sites and revel in one of the gems of Orcas Island. It's a FREE, easy, bite-size excursion for anybody that wants just a little more nature in their day! Our van will leave the Senior Center Friday, June 10, at 1pm and return at 3pm. Please sign-up at our front desk or by calling 376-2677. Need a ride from your home? Please let us know if you need to be picked up. Call or email Jami at 376-7926 or jamim@sanjuanco.com.

\$5 Tickets for Senior Center Members at Orcas Center

Bolshoi Ballet in Cinema: Don Quixote
 Friday, June 10, 6:30 pm Streaming Live
 Cervantes' eccentric hero Don Quixote leaves on journey full of adventures, as the Bolshoi's panache and excellence are combined in Fadeychev's critically acclaimed staging of this exalting performance with Leon Minkus' famous score.

Orcas Center is offering a 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. Subsidized Tickets are available at the Box Office, in person, one ticket per person.

Mammograms Made Easy

Assured Imaging is bringing their mobile mammogram van to the Orcas Senior Center on Monday, June 13. This opportunity for island women to get a mammogram right here on Orcas is in collaboration with the Orcas Island Library as part of their 2016 Health and Wellness Week.

To schedule an appointment, please call 1-888-233-6121. Appointments do fill up fast, so please call soon. If this June date doesn't work for you, the van will be back at the Orcas Senior Center for another day of mammograms on September 13.

Where there's a Will, there's a Way

Contributed by Hilary Walker

A few months ago I wrote an article about the importance of Advanced Directives (aka Living Will) and choosing a Durable Power of Attorney (DPOA). Since then, I have had the beautiful and challenging task of assisting someone I love dearly through their dying process and am reminded of the significance of choosing that person who will not only speak for us when we are unable to do so, but also to carry out our wishes of how we want our dying to look like.

This can be a difficult role for our loved ones and/or designated DPOA. One day, in this process, a dear friend said to me, "where there is a will, there is a way". I paused and thought "Brilliant". When we provide a map (an Advanced Directive) for how we want the journey at the end of our lives to feel, to look, to unfold, we give the gift of providing a map to our support system on a long and often confusing road. We allow those who are caring for us to know they are following our wishes, as difficult as it may be, and we allow them to be more present for the grieving process to occur more naturally without the mental processing of finding their way on unfamiliar ground.

A Physician I recently saw speak about choosing a DPOA asked "Who knows you?" Who will have the courage and the strength to follow YOUR map and truly honor your journey, in the midst of their own grieving and sense of loss? It may be a family member, or a neighbor, or a member of your faith community. If in reading this you are uncertain who this may be in your life, this is the time to look deeply into who is around you. Begin to create relationships that can hold you in times of hardship.

The gift of looking into our own dying is that we can begin to live our lives in a way that supports how we wish it to be in the end of our days. It is truly a gift.

Hilary Walker is an acute care Occupational Therapist at Island Hospital with a specialization in geriatrics and end of life care planning.

Foodbank Outreach

The Orcas Island Foodbank offers weekly home deliveries as part of the Foodbank's commitment to feeding the community in need.

You may receive food if you are elderly and unable to visit the Foodbank in person for reasons including ill health, lack of transportation, or recent surgery. These home deliveries may be temporary or permanent according to need.

If you are or know an elderly citizen who could use some help, please call the Foodbank at 376-4445. Please leave a message for Joanne with your name and phone number.

You can also call Jami at the Senior Center at 376-7926 for information on this or other helpful services when in need.

News from Hearts and Hands

Hearts and Hands recently held a work party for a family who sure needed the help on their land. It was a pleasure to work alongside generous volunteers who offered their time, mostly weeding and transforming sections to highlight the beauty of the place. I am always moved by the impact volunteers can make to help people who face challenging circumstances.

I am taking this opportunity to honor Hi Stickney, who was such a kind man. Hi always showed interest in others and exemplified what it is to be a true gentleman, a gentle man who delighted in the joy and interests of others. He will be missed and remembered. I can still hear his golden voice singing.

We are looking for drivers who would be willing to bring people to town and back. Please call my office if you can help at 376-7723. And, of course, please call me if you would like to be part of the Hearts and Hands volunteer team; there are many ways you can help!

*Contributed by Didier Gincing,
Hearts and Hands Coordinator*

Tips for Buying a Medical Alert System

Contributed by Joe Thoron

If you're resistant to the idea of getting a medical alert system, you're in good company. But they're not just for people who can no longer take care of themselves. Instead, they are for anyone who feels they have an increased risk of falling or having any other kind of emergency when they are alone.

And while it's true that many systems you see advertised on TV are still the same old ugly systems from the 1980s, an increasing number are unobtrusive or even stylish. And new systems with cellular and GPS technology can protect you both at home and on the go.

Questions to ask yourself before buying a system:

First, are you willing to wear and use a medical alert? Don't buy one (or let anyone else pressure you into one) if you don't want to wear it. Second, do you want a system that dials a professional monitoring center or one that dials a pre-programmed list of friends and family? Both have their advantages, but you'll get a faster response with a "monitored" system. Third, are you homebound? If not, you want to avoid old-fashioned systems that only protect you inside your home.

Special note: There is no reason to buy a system with a long-term contract. (LifeAlert® is one system that requires a contract.)

Joe Thoron is an Orcas resident who is interested in technology that helps boomers and seniors live better lives as they age. You can find more of his advice on medical alerts at <http://findtherightalert.com>, or reach him by email at joe@findtherightalert.com.

June Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
	1 Shrimp Salad Oatmeal Bread Fresh Melon	3 Roast Beef Mashed Potatoes & Gravy Baby Carrots Spinach Salad Fresh Grapes
6 Coconut Curry Chicken Over Jasmine Rice Broccoli Florets Kale Citrus Salad Tropical Fruit	8 Veggie Lentil Soup Turkey Cranberry Cream Cheese Wrap Garden Salad Oatmeal Raisin Cookie	10 Homemade Meatloaf Mashed Potatoes & Gravy Brussels Sprouts Garden Salad Sliced Peaches
13 Pulled Pork w/ Roll Rice Pilaf Baby Carrots Coleslaw Fruit	15 Salmon Filet Wild Rice Pilaf Whole Green Beans Garden Salad Fresh Grapes	17 Croissant Sandwich w/ Ham, Gouda, Lettuce, and Tomato Potato Salad Carrot Sticks Strawberry Shortcake
20 Beef Shepherd's Pie Sautéed Squash Spinach Salad Waldorf Salad w/ Greek Yogurt	22 Roasted Herb Chicken Mashed Potatoes & Gravy Broccoli & Cauliflower Garden Salad Fruit Cocktail	24 Baked Fish w/ Dill Sauce Potatoes Au Gratin Green Beans Garden Salad Fruit
27 Taco Salad Cornbread Fresh Fruit	29 Pork Chops w/ Roasted Potatoes Steamed Veggies Garden Salad Applesauce	

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



June 2016

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10am: Island Hearing 10am: Mobility Equipment 11:30am: Lunch 12pm: Library Lady 1pm: Open Art Studio	2 9:30am: Operations Committee Meeting 10am: TML 11am: Chair Yoga	3 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	4
5	6 11:30am: Lunch	7 9am: Footcare 10am: TML 11am: Chair Yoga 1:30pm: Tai Chi 3:15pm: Sign Language Club	8 10am: Mobility Equipment 11:30am: Lunch 12pm: Caregiver Support Group 1pm: Open Art Studio	9 10am: TML 11am: Chair Yoga 2pm: Afternoon Tea Free! 3:15pm: Sign Language Club	10 9:30am: Palettes Art Group 10am: Mobility Equipment 11:30am: Lunch 1pm: Trip to the Lake 4pm: Strength Training	11
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Creative Inspirations:

**Art Lessons with Artist Susan Slapin
Tuesday and Thursday, June 14th
and 16th, 11am – 1pm.**

Get your start or continue on the journey of the elements of art. Specific studies and exercises through creative process; line, color and design.

Pencil, pen and colored pencils. Bring your own materials and a sac lunch. Bring your creative voice, be prepared to learn, explore and play. All ages welcome.

As a special offering to the Senior Center, the cost of this 2 day workshop is \$25, 10% of all earnings will be donated to support the Senior Center. Class size will not exceed 10 participants.

See Susan's website for more details: www.susanslapin.com

Email: susan@susanslapin.com
Telephone: 376-8855

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OF SAN JUAN COUNTY

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Issue: June 2016
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

July, 2016

Art Auction July 9!

The Orcas Senior Center is proud to present our very first Art Auction, featuring over 200 paintings, photographs, and prints. Bidding has begun! Stop by soon to place your bid in the silent auction and to see our amazing display of artwork, Monday – Friday, 9am – 4pm.

The Live Auction on Saturday, July 9th will highlight some of our most unique and exquisite pieces and will begin at approximately 6pm on the night of the event. To allow time to view all that is on display and give everyone an opportunity to place their bids, doors will open at 4:30pm. We will be offering wine (2 tickets included on the back of every entry ticket) as well as hors d'oeuvres by Christina Orchid. The evening will begin and end with live entertainment by musical guests Skye Hovelman and Paris Wilson. We will close the evening with tea, coffee and baked delectables. Our guests will have 15 minutes after the Live Auction closes to place their final bids for the silent auction pieces.

Tickets for the event are \$20 in advance and \$25 at the door and may be purchased at the Orcas Senior Center, Monday – Friday from 9am – 4pm or at Darvill's Book Store. All proceeds will benefit the Orcas Senior Center, one of our island's most vital organizations. *A very special Thank-you to those who have donated their art and who have so skillfully created this spectacular display for all of us, young and old, to enjoy!*

Admit One

Art Auction IS HAPPENING NOW!

Bidding is open, drop-in and check out the show!
Live Auction Sat., July 9, with food, wine, and
ART ART ART.
Tickets are \$20 in advance and \$25 at the door.

Admit One



Thank-you to volunteers Robbie Walker, Suzanne Lamb, Jacqueline Kempfer, Rosemarie Altberg, and Heidi Lindberg (not pictured) for your expert work in hanging this amazing show for our Senior Center.

Quote for the Month . . .

*Deep summer is
when laziness finds
respectability."*

- Sam Keen

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Margo Rubel
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Judy Schliebus
Jerry Todd

Arron Redford, Orcas Senior Center Manager
orcasseniorecenter@gmail.com

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

Spotlight on a Volunteer

Milly Vetterlein has been a dedicated and enthusiastic volunteer at the Senior Center for many years, including playing a crucial role in our annual Granny's Attic rummage sale and spearheading the new project The Waiting Room (see page 4). This brief biography is a chance for our community to get



to know a little more about this fantastic volunteer.

Milly Vetterlein grew up in Chestnut Hill, Philadelphia, where she managed cultural exchange. She then spent 25 years in Portland, Maine, where she coordinated the Portland Symphony String Quartet. Her experience in Public Relations brought her to tour Brazil, where she spent time in the port city Recife, Portland's sister city, established in 1537. There she developed an admiration for Baroque Churches. She now listens to medieval music classical piano and Gregorian chants.

Milly found her way to the San Juan's by way of Elder Hostel and a friendship with Emily and Patsy Stevens. She took the "beautiful leap" from the confining and grisly Maine winters to our island ten years ago. She promptly joined the Senior Center board, where she served for eight years. Presently she arranges flowers at the Episcopal church, carrying out her mother's artful influence, keeping bright the spark of her first job as a teen, being a florist assistant.

Milly now enjoys two Shih Tzu dogs, is a biography and memoir reader, and follows Donna Hill. She is the author of a short story and poetry collection "In Sight of Goodwill Island" which takes its title from an Albert Einstein quote, "How I wish that somewhere there existed an island for those that are wise and of good will."

Where there's a Will, there's a Way

Join us for a hands-on workshop Monday, July 11, from 1-3pm for step by step instructions in filling out an Advanced Directive or Living Will. Each participant will be guided through the simple, yet deeply thought provoking, process of completing this form, led by Hilary Walker. Participants will go home with a copy to share with loved ones, their physicians and others.

Please visit endoflifewa.org to print out a copy of the Advanced Directive. Copies will be available for people unable to bring their own. Class size is limited, so please pre-register at the front desk or by calling 376-2677. Class fee is \$15/person. Please notify Jami or Arron if you would like to take advantage of a subsidy to assist with payment. All ages are welcome to attend!

FREE Whale Watching Trip!

We are thrilled to announce that Deer Harbor Charters has graciously offered to host a FREE Whale Watching trip for Senior Center members on Sunday, July 17. We will meet at the Senior Center at 11am to drive to Deer Harbor and board the boat. We will be back at the Senior Center by 5pm that evening. Please bring a sack lunch & snacks, water, clothing for all weather, and your binoculars if you have them. Our nature cruise will include beautiful points of interest seen best from the water, so please take advantage of this opportunity for a free boat tour in your own local waters.

Space is limited, so pre-register for this amazing trip at the front desk or by calling 376-2677. Big thanks to Nate Averna and Deer Harbor Charters for hosting this event especially for Orcas Seniors. We love our community!

Mended Hearts Meeting

Mended Hearts is a support group for anybody living with heart disease. The network is comprised of heart patients and caregiver volunteers who provide support and hope to patients and their caregivers from the diagnosis of heart disease through treatment and beyond. To learn more about the group and its mission to support patients with a heart disease diagnosis, please join us for a free presentation by local coordinator Rick Rubin on Wednesday July 13 after lunch at the Senior Center. The talk will begin at 12:45pm and all are invited to attend.

Now meeting regularly on Orcas, the Mended Hearts support group gathers the 4th Thursday of each month, currently at the Eastsound Fire Station. More information is available at www.mendedhearts-bellingham.org.

As Rick Rubin says, "your heart is life itself." For more information about Mended Hearts and their local activities, please contact Rick Rubin at 360-378-3774, and attend his free talk here on Wednesday, July 13.

Stay Cool with the Bounty of the Season!

By Carol Simmer, RDN

Summertime gives us many choices in fruits and vegetables. When combined with lentils, whole grains, or beans, the combinations are endless. Here are a few suggestions, but I would like to hear your special summer fruit and veggie recipes.

Try a wrap: Make a Caesar salad (Romaine lettuce, chopped tomato, chopped onion, parmesan cheese, Caesar salad dressing); place on a tortilla and roll it up! Add chicken, tuna, or other cheese if desired.

Combine greens, nuts, and fruit: We serve a lovely kale citrus salad that also contains walnuts (or any nut of choice) oranges, and cranberries that is a hit at our senior center lunches! Mix your own combo of greens, fruits (strawberries, apples, pears, grapes, etc.) and nuts. A citrus salad dressing makes these salads pop!

Carol's taco salad: Combine equal amounts of low fat cream cheese and low fat sour cream; add Worcestershire sauce and cumin powder; blend well and spread onto a platter or plate (make ahead and refrigerate). Top with shredded lettuce, chopped tomatoes, onions, canned beans of choice (rinsed and drained), shredded cheddar cheese and lots of salsa. Serve with tortilla chips or thick crackers or toasted French bread rounds.

Tuna, white bean, dill, spinach, and beet salad: Combine white beans, tuna (drained and flaked), and chopped red onion; whisk together 3 T. honey Dijon-style mustard, 2 T. mayo, 1 T. cider vinegar, 1 tsp dill, and ½ tsp lemon-pepper seasoning. Gently toss dressing with tuna. Chill. Line salad plates with fresh spinach; top with a few pickled beets and add tuna mixture on top. Garnish with fresh dill and/or black pepper.

Note each of the above has a variety of veggies and fruits, nuts and legumes. Variety is key to any satisfying meal. Variety also adds the nutrition benefit of antioxidants. A glass of milk or other calcium-rich drink would complete the nutrition profile of most hearty salads.

Don't forget to send me your favorite summer recipes! Comments?
Email Carol, csimmer@wccoa.org.

Wine and School

Our on-island field trip for July is going to be a fun one! Please join us for a visit to the Crow Valley School followed by a wine tasting at the Orcas Island Winery on Friday, July 15, from 1-3:30pm.

We'll begin our trip at the Crow Valley School Museum, met by a museum docent who can elaborate on the displays and share additional points of interest about this historical land mark built in 1888. We'll have the chance to get our museum passports validated – please see the "Passport into History" story on the right for more details about that program.

Following our visit to the school, we'll move on to the Orcas Island Winery just down the road. There we'll have a chance to taste the wares, and hear about this father-son boutique winery started in 2011. The wine tasting is optional, just \$5 paid directly to the winery. Even if you choose not to partake, the Orcas Island Winery will be an interesting stop for a behind the scenes look into this unique project on our beloved island.

This field trip is FREE (wine tasting is \$5 paid per person directly to the winery). Our van will depart from the Senior Center at 1pm on Friday, July 15. Please pre-register at the front desk or by calling 376-2677.

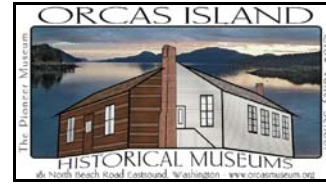
Mobility Equipment Program at the Senior Center

The Mobility Equipment Program is a vital service offered in collaboration between the Orcas Island Lions Club and the Senior Center. The services offered help people increase their mobility and make it easier to remain in home. Many people use the equipment following hospital stays and are short term users grateful for a temporary loan to aid recovery.

Formerly, the equipment was stored down in the basement, but is now more accessible thanks to the Lions Club volunteers that built closets on the main level of the building. Lions regularly maintain the equipment and are available to offer basic advice and check outs Wednesday and Friday mornings from 10 to 11am. Equipment can be checked out anytime the Senior Center building is open Monday-Friday 9a-4p. A wide variety of mobility equipment is available to borrow for as long as needed at no charge for islanders. The equipment inventory includes electric wheelchairs, lightweight, foldable transfer wheelchairs, regular and specially sized wheelchairs, electric scooters, walkers, crutches, various kinds of canes (such as 3-pronged, which offer more stability), knee walkers, bath chairs and benches, commodes and grab bars - all on loan free of charge.

Contributions to the Lions Club and Senior Center are always welcome to help with the ongoing costs of maintaining the equipment in tip top shape. They also are glad to accept and repair good usable mobility equipment. Thanks to all who help to keep this great service available!

Passport into History



Make 2016 a year to visit the historical museums in the San Juan Islands and qualify for a chance to win one of three island getaway packages! The historical museums on Orcas, San Juan, and Lopez Islands, in collaboration with the San Juan Visitor's Bureau, have launched a special "Passport into History" program. Passports are free to pick up at the museums and will be validated when you visit Crow Valley School Museum (Orcas Island), Lopez Island Historical Museum, Orcas Island Pioneer Museum, and the San Juan Historical Museum. With a stamp from each island, you are eligible to win a getaway for two, which includes two nights' lodging, dinner for two, and fun local extras. The drawing will be held at the end of the year.

In July we'll tour the Crow Valley School Museum (see story to the left), which is a chance to get your passport validated. You can also join our field trip to San Juan Island in the fall and get your passport validated while we are there!

THE WAITING ROOM

Open the 1st Saturday and Sunday of the month
9am – 2pm
Larson Storage Unit #56



Look forward to an ever changing
inventory of furnishings and
decorative items each month!

Book Sale! Mon. – Fri., July 11th – 15th, 9am – 4pm, and Sat., July 16th 10am -3pm. All proceeds support the Senior Center! Questions? Call Doug McDonald at 206-818-5470. Thank you for your participation!

July Lunch Menu

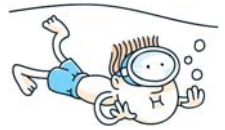


MONDAY	WEDNESDAY	FRIDAY
		4 th of July Lunch 1
		Bacon Cheeseburgers Potato Wedges Garden Salad Strawberry Yogurt Parfait
 <p>Happy 4th of July</p>	4	6
	Beef Stroganoff Over Rotelle Pasta Green Beans Garden Salad Fresh Grapes	8
		Turkey Meatloaf Mashed Pot. & Gravy Nantucket Veggies Garden Salad Sliced Peaches
11	13	15
Chicken Cobb Salad w/ Oatmeal Bread & Fresh Fruit	Pub Style Fish & Chips Baby Carrots Coleslaw Fresh Melon	Spaghetti & Meat Sauce Italian Vegetables Caesar Salad Banana Pudding
18	20	22
BBQ Chicken Roasted Potatoes Steamed Veggies Broccoli Bacon Salad Fruit Cocktail	Chicken Fettuccini Italian Veggies Caesar Salad Fruit Crisp	Florentine Fish Garlic Dill Potatoes Brussels Sprouts Garden Salad Sliced Pears
25	27	29
Sesame Ahi Tuna Salad w/ Mixed Greens Sesame Vinaigrette Veggie Spring Rolls Fresh Fruit	Lemon Pepper Fish Baked Yams Steamed Veggies Garden Salad Fruit	Turkey & Cranberry Mashed Potatoes & Gravy Nantucket Veggies Pumpkin Cake






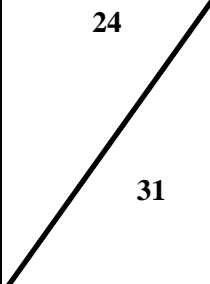
All menus subject to change due to food cost and availability.



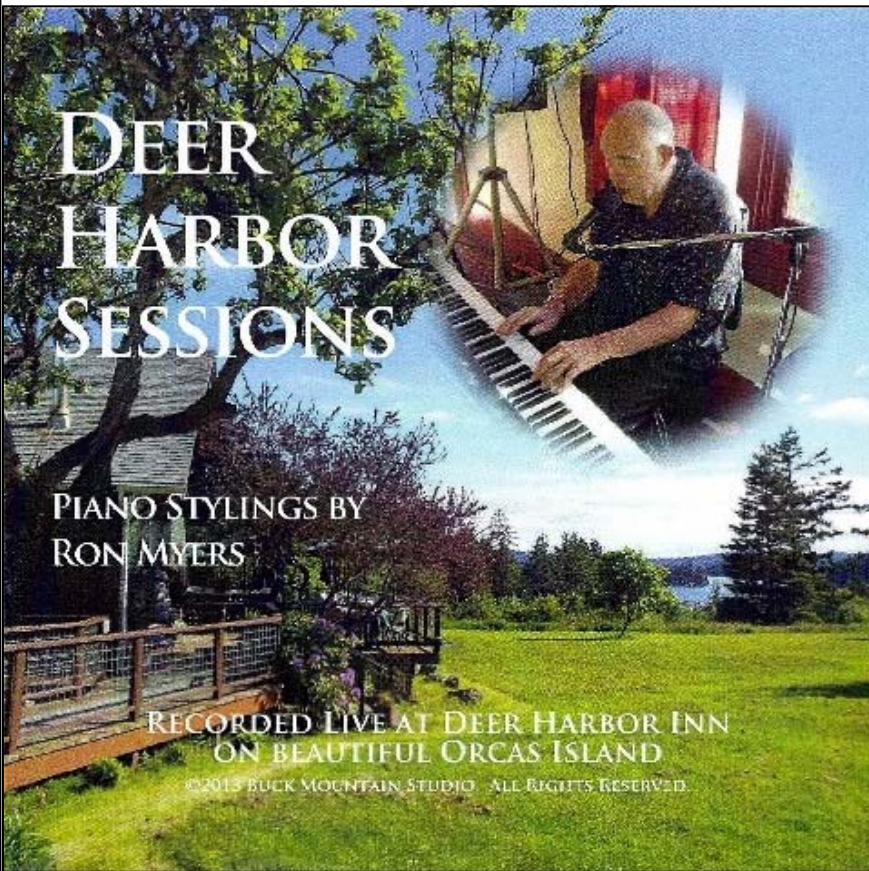
July 2016



LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	2 9am: The Waiting Room 
3 9am: The Waiting Room 	4 CLOSED FOR 4TH OF JULY 	5 9am: Footcare 10am: TML 11:15am: Chair Yoga 1:30pm: Tai Chi	6 10am: Mobility Equipment 11:30am: Lunch	7 9:30am: Operations Committee Meeting 10am: TML 11:15am: Chair Yoga 3:15pm: Sign Language Club	8 9:30am: Palettes Art Group 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	9 4:30pm: Art Auction 
10	11 11:30am: Lunch 1pm: Where There's a Will, There's a Way <i>Book Sale Begins</i>	12 9am: Footcare 10am: TML 11:15am: Chair Yoga 1:30pm: Tai Chi	13 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 12:45pm: Mended Hearts	14 10am: TML 11:15am: Chair Yoga 2pm: Afternoon Tea- FREE! 3:15pm: Sign Language Club	15 10am: Mobility Equipment 11:30am: Lunch 1pm: Wine & School Field Trip 4pm: Strength Training	16 10am: Craft Day! <i>Book Sale Ends</i>
17 11am: FREE Whale Watching Trip! 	18 11:30am: Lunch	19 9am: Footcare 10am: TML 11:15am: Chair Yoga 1pm: Book Club 1:30pm: Tai Chi	20 10am: Mobility Equipment 11:30am: Lunch	21 10am: TML 11:15am: Chair Yoga	22 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	23
24  31	25 11:30am: Lunch	26 9am: Footcare 10am: TML 11:15am: Chair Yoga 1:30pm: Tai Chi	27 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch	28 7:45am: Mainland Shopping trip 10am: TML 11:15am: Chair Yoga	29 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	30

Ron Myers began private classical training at the age of six and continued for the next eleven years. During high school, Ron played with various bands, choirs, and was a regular pianist for two years on a weekly radio



show. A forty-year professional career in aviation precluded music as a full-time endeavor. He served in the United States Air Force for 31 years, and as he was afforded the opportunity to travel worldwide, he always found a piano to play. Dance bands, radio shows, piano bars, weddings, variety shows, and theatre productions have all contributed to his musical experience.

Ron favors love songs and standards of the twentieth century, but enjoys playing all types of music. We are very fortunate here at the Senior Center to have him as a regular accompaniment to our Senior Lunches. Please note that if you purchase one of Ron's CD's during lunch at the Senior Center, \$5 from every sale goes to support our Senior Center.

Thank-you Ron, for sharing with us your fantastic Spirit of Service.

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: Call the front desk at 376-2677 to schedule.

Anacortes, Mt. Vernon & Burlington (suggested donation \$40)

Bellingham and surrounding area (suggested donation \$50)

Seattle Area (suggested donation \$60)

Foot care nurses are available every Tuesday and some Thursdays/Fridays for routine foot care. Reservations are required by calling 376-2677. Cost is \$27.

Case Coordination: 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.

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 assist with Medicare enrollment, choosing secondary plans, and 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 1-888-685-1475 for an appointment.

Caregiving Information: OrcasCaregivingConnection.org is an online directory of local caregivers and resources for caregiving on Orcas. Call 1-888-685-1475 for more information.

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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: July 2016
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

August, 2016

Together, We Can do Anything!

Our membership drive for 2016-2017 is officially underway, and you will see an application form again included with this month's newsletter. Please take a moment to fill it out – your support goes a long way! If you've already signed up in the past few weeks, please pass this form along to somebody who hasn't.

Membership dues help keep our Senior Center thriving! Benefits of membership include access to the Athletic Club, \$5 tickets for Orcas Center shows, 10% discount at Ray's (excluding wine and pharmacy), free and discounted classes, trips and travels, a 10% Eastsound Kennel discount, and more.

As part of our public-private collaboration, our vehicle insurance is covered under the County insurance, which is a significant help. However, the Orcas Island Senior Center non-profit is responsible for all of our other transportation-related expenses including gas, ferry fees, the regular maintenance of our existing vehicles, and the purchase of any new vehicles.

Transportation expenses are primarily covered through membership dues and so your support by maintaining your active membership this year makes possible all our off-island medical trips, transportation to lunch and Meals on Wheels deliveries, and field trips both on and off-island.

THANK YOU - we look forward to a lively 2016/17 because of friends like you!



Our field trip to Lopez Island included this visit to Windswept Studios and many other interesting and enjoyable stops along the way. Please sign up for our excursions by coming in to the front desk. We'd be happy to have you along!

Diabetes Presentation

You are invited to attend an informative session on living with Diabetes, presented by medical student Troy Fowler. The presentation is part of Troy's Rural Health & Community project for his medical program at the University of Washington and will be held Wednesday, August 3, 1p-2p here at the Senior Center.

Troy will present information about living with diabetes, warning signs, healthy living tips, and other information related to this disease. Anyone interested in learning more about this important topic is encouraged to attend this FREE talk, which will include time for questions.

Quote for the Month . . .

*"A single sunbeam
is enough to drive
away many
shadows."*

St. Francis of Assisi

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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.

Please include us in your will and estate planning.

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

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Vacant at time of Printing

Aging and Family Case Coordinator

Jay Savell – Cook

Meals provided through a partnership with Whatcom Council on Aging.

(360) 376-2677

Orcas Island Operations Committee

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

Arron Redford, Orcas Senior Center Manager
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Spotlight on a Volunteer

Suzanne Lamb is a dedicated volunteer at the Senior Center, including being instrumental to our Art Auction and serving as Co-Chair of the Visual Arts Committee which organizes our monthly art rotations. This biography is a chance for our community to get to know a little more about this spectacular volunteer.

At an early age Suzanne Subrin Lamb knew herself as an artist. She attended life drawing class at Art Center in L.A. as a high school student in North Hollywood. She earned her BA in Art Education from San Jose State. After college she moved to San Francisco, where she met her husband Bruce. She worked for a publishing company and for P&O Steamship Company.

Following a dream, she and her husband purchased a 30-foot sailboat and sailed to the South Pacific. After visiting parts of French Polynesia, 30 miles from Tahiti, they sailed up on a reef and lost the boat. They returned to L.A. where Suzanne worked as a passenger representative for a steamship agency. In 1970, Suzanne was offered a job as group tour manager in Tahiti. She flew there and Bruce singlehanded their new sailboat to Tahiti. After a year and a half, they continued their adventure visiting the Cook Islands, Samoa, Fiji and New Zealand. In New Zealand, she worked for P&O. After one year, they sailed to Fiji and capsized 3 days out of Auckland, in 60-foot seas and 70–80 knot winds. They continued sailing, making repairs in Fiji, and returned to Hawaii 5 months later.

Exposure to a variety of intriguing cultures has given her a deep appreciation for diversity. They lived in Honolulu for 6 years, where their daughter Edy was born. In 1979, they moved to Maui where they lived for 17 years. Suzanne worked as controller for a title & escrow company. On Maui, she painted in watercolor. While living on Maui she volunteered and served on several arts boards. She was secretary of the Maui Commission of Culture and Arts.

After retirement they returned to Southern California to be with Sue's Mother. She painted and exhibited with the Ventura Plein Aire Group and is a Signature Member of

Gold Coast Watercolor Society.

In 2000, Sue and Bruce sailed their sailboat Caprice to Deer Harbor. Their daughter and 3 granddaughters also call Orcas Island their home. Orcas is blessed by Suzanne's volunteerism and generous spirit. She finds purpose and satisfaction in service and working with her dedicated friends. We are forever grateful.



Where there's a Will, there's a Way

Last month's workshop filled up fast, and we are happy to offer this opportunity again. Join us for a hands-on tutorial Monday, August 8, from 1-3pm for step by step instructions in filling out an Advanced Directive & Living Will. Each participant will be guided through the simple, yet deeply thought provoking, process of completing this form, led by Hilary Walker. Hilary is an Acute Care Occupational Therapist at Island Hospital, with a specialization in Geriatrics and End of Life Care planning.

Participants will go home with a copy to share with loved ones, their physicians and others. Please visit endoflifewa.org to review the Advanced Directive form that we will be using. Copies will be available for all participants at the workshop. The class price is subsidized by grant funds to allow for broader access and costs only \$5 for members and \$15 for non-members. Class size is limited, so pre-register at the front desk or by calling 376-2677.

THE WAITING ROOM

Open the 1st Saturday and Sunday of the month

9am – 2pm

Larson Storage Unit #56



Look forward to an ever changing inventory of furnishings and decorative items each month!

Artist Studio Tour

You are invited to join us for a field trip visiting a few specially selected studios during the 2016 Orcas Island Artists' Three Day Studio Tour. Sunday, August 21, we will meet at the Senior Center at 10:30am. Our van will drive to a handful of destinations that span artistic mediums, with some of them offering demos or brief talks to our group during our visit. Bring a sack lunch and water, as the outing will last until approximately 4pm.

FREE for members, this outing is an opportunity to see some remarkable works of art presented in private studio spaces by the artists who crafted them. Please note that participants will be required to walk short distances to access a few of the studios. Sign up for this unique experience at our front desk or by calling 376-2677.

Tomato or Tomahto?

By Carol Simmer, RDN
Meals on Wheels and More!

Did you know?

- Tomatoes were originally thought to be poisonous!
- Americans eat more tomatoes each year than any other country - 12 million tons!
- Tomato ketchup was popular in the U.S. long before tomatoes were commonly eaten raw.
- Eating tomatoes along with healthy fats such as avocado or olive oils increases the bodies' absorption of Vit A from 2 to 15 times!

The poisonous myth about the tomato came about because of lead poisoning. The "rich" at that time used pewter flatware (high lead content). The acidic nature of the tomato caused lead to leach into tomato based foods eaten with the flatware. Poor people, who ate from plates made of wood, did not have that problem.

By eating tomatoes we benefit from the beauty, taste, and nutrition of the fruit. Tomatoes offer taste and texture to many recipes. Tomatoes are **low** in calories, carbohydrate and fat, and **high** in vitamins C and K, potassium, folate, lycopene, and beta carotene (Vit. A). Tomato research has shown health benefits in reducing risk from heart disease, stroke, and some cancers.

Cooking tomatoes increases the benefits from lycopene. Lycopene has the highest antioxidant activity of all the carotenoids (pre Vit A compounds) and is especially good for the eyes. The skin of the tomato has increased concentration of flavonols, another family of phytochemicals. So don't peel your tomato unless you have to!

Ever wonder why a home grown tomato tastes so much better than store bought? The answer is the home grown tomato is allowed to fully ripen so that the green chlorophylls are converted naturally to carotenoids (red color). This improves flavor over the picked green tomatoes that are artificially ripened by ethylene gas in storage. Buy locally when you can from someone who lets their tomatoes ripen on the vine!

Comments or questions? Email csimmer@wccoa.org

Doe Bay Fest!

Get a glimpse of the action at Doe Bay Fest by joining our Senior Center field trip on Friday, August 5. The van will leave the Senior Center at 1pm for a visit to the music festival at Doe Bay Resort and return at approx. 3:30pm. We'll have a chance to listen to some live music and take a tour of the festival grounds. Please dress appropriate for the weather. Donations for this trip support the Senior Center, \$5 for members and \$10 for non-members. Space is limited so register early at the front desk or by calling 376-2677.

Art Auction a Success!

The Art Auction at the Senior Center was a huge success, collecting more than double the goal that was set! We would like to express our gratitude to this community for their participation and for their donations of art. We couldn't have done this without the terrific support of all of our amazing volunteers.

Thanks to Mark Padbury for his humor and enthusiasm as auctioneer; to Paris Wilson, Emy Carter and Skye Hovelman for their musical talents; and to Christina Orchid for her spectacular food. The event was also supported by many local businesses including, The Sounder, Orcas Issues, Darvill's bookstore, San Juan Vineyards, Country Corner, Harmony Chai, the Trading Company and the Island Market. A special recognition and thanks to Jackie Kempfer and Sue Lamb, Co-Chairs of our Visual Arts Committee. Please come in and see the new show they have hung in the Lundeen Room for August featuring prints from local printmakers.

We are humbled by the love and generosity of this amazing community. Thank you.

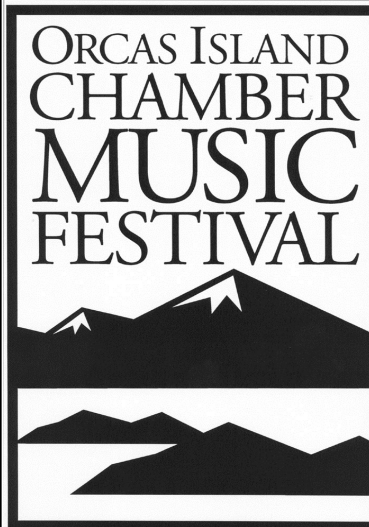
Design a Memorial Candle

Join us for a brief workshop for helping heal a broken heart. This class, a grief workshop, will culminate in the creation of a memorial candle to honor a loved one who has died. No matter where you are in the process of living with loss, memories shared and a candle to honor can be helpful and healing.

This class will be led by Kathleen McDougald Ph.D. Kathleen is a medical psychologist with over 35 years professional experience working with people with life limiting conditions and diseases, as well as working with their families including hospice and grief work. Loss is universal, as is honoring memories and living. Kathleen hopes that this class may provide a new and helpful way to uplift spirits while honoring those we have outlived.

Please consider joining us for one or more of three sessions, held on Thursdays, August 11, 18, and 25, from 11a-12p. Suggested donation is just \$5 for members and \$15 for non-members, and a portion of the proceeds benefit the Senior Center.

Chamber Music Festival Open Rehearsal



The Orcas Island Chamber Music Festival will present a special program for Seniors at Orcas Center on Friday, August 19, at 1pm. The audience will be treated to a selection of music being performed during the Festival from composers old and new, from W. A. Mozart to Kenji

Bunch. The concert is free for adults 65 and over, but tickets must be reserved in advance. Reserve tickets at the Orcas Center Box Office, by calling 376-2281, or by picking them up at the Senior Center front desk.

Don't miss this chance to hear world class musicians performing right here on Orcas! In support of this event, lunch will be served EARLY Friday, August 19 – see below.

Early Lunch Service

Please note that because of the Chamber Music Festival's Open Rehearsal (please see above) we will have a very busy Senior Lunch Friday, August 19. For that day only, we are boosting meal service up to begin at 11am for the salad bar and 11:30am for the hot food. Please arrive at 11am to have time to eat and get over to the special performance by 1pm.

Please Save the Date!

Our Volunteer Appreciation Luncheon will be held on Saturday, August 27th from 12pm – 2pm. If you have received an invitation (or think you should have) please RSVP to 376-2677 or orcasseniorcenter@gmail.com. *Volunteers do not necessarily have the time; they just have the heart.* ~Elizabeth Andrew

August Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
<p>1</p> <p>Teriyaki Pork Loin Fried Rice Steamed Veggies Asian Sesame Slaw Mandarin Oranges</p>	<p>3</p> <p>Taco Salad Cornbread Fruit</p>	<p>5</p> <p>Chicken Breast Strips w/ Honey Mustard Capri Veggies Potato Wedges Grapes</p>
<p>8</p> <p>Florentine Fish Scalloped Potatoes Baby Carrots Spinach Salad Sliced Pears</p>	<p>10</p> <p>Turkey Pot Roast Mashed Potatoes & Gravy Brussels Sprouts Garden salad Raspberry Sherbet</p>	<p>12</p> <p>Beef Stroganoff w/ Rotelle Pasta Brussels Sprouts Garden Salad Fruit</p>
<p>15</p> <p>Pulled Pork w/ BBQ Brown Rice Cabbage Kale Slaw Garden Salad Tropical Fruit</p>	<p>17</p> <p>Turkey Meatloaf Mashed Potatoes & Gravy Broccoli Florets Garden Salad Fruit</p>	<p>Lunch Today at 11am! 19</p> <p>★ Baked Cod Baby Red Potatoes Caribbean Veggies Quinoa Veggie Salad Fruit ★</p>
<p>22</p> <p>Homemade Veggie Lasagna Italian Green Beans Caesar Salad Apple Crisp</p>	<p>24</p> <p>Shrimp Salad Oatmeal Bread Orange Wedges</p>	<p>26</p> <p>Salmon Filet Wild Rice Pilaf Green Beans Kale Citrus Salad Fresh Fruit</p>
<p>29</p> <p>Chicken Enchiladas Spanish Rice Pinto Beans Garden Salad Fresh Pineapple</p>	<p>31</p> <p>French Dip Sandwich w/ Au Jus Roasted Potatoes Garden Salad Raspberry Sherbet</p>	<p>★ FRIDAY 8/19 ONLY: LUNCH STARTS EARLY at 11am ★</p>

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



August 2016

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:30am: Lunch	2 10am: TML 11:15am: Chair Yoga	3 10am: Mobility Equipment 11:30am: Lunch 12pm: Library Lady 1pm: Diabetes Presentation	4 9:30am: Operations Committee Meeting 10am: TML 11:15am: Chair Yoga	5 10am: Mobility Equipment 11:30am: Lunch 1pm: Doe Bay Fest Field Trip 4pm: Strength Training	6 9am: The Waiting Room 
7 9am: The Waiting Room 	8 11:30am: Lunch 1pm: Where There's a Will, There's a Way	9 10am: TML 11:15am: Chair Yoga 1:30pm: Tai Chi	10 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch	11 10am: TML 11am: Memorial Candle Workshop 11:15am: Chair Yoga 2pm: Afternoon Tea- FREE!	12 9:30am: Palettes Art Group 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	13 10am: Craft Day! 
14	15 11:30am: Lunch	16 10am: TML 11:15am: Chair Yoga 1pm: Book Club 1:30pm: Tai Chi	17 10am: Mobility Equipment 11:30am: Lunch	18 10am: TML 11am: Memorial Candle Workshop 11:15am: Chair Yoga	19 10am: Mobility Equipment 11:00am: Lunch Stars Early Today! 4pm: Strength Training	20
21 10:30am: Artist Studio Tour	22 11:30am: Lunch	23 10am: TML 11:15am: Chair Yoga 1:30pm: Tai Chi	24 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch	25 8am: Bargain Shopping 10am: TML 11am: Memorial Candle Workshop 11:15am: Chair Yoga	26 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	27 12pm-2pm: Volunteer Luncheon
28	29 11:30am: Lunch	30 10am: TML 11:15am: Chair Yoga 1:30pm: Tai	31 10am: Mobility Equipment 11:30am: Lunch			

Afternoon Tea is a Popular Outing

Are you curious about our Afternoon Tea served once a month on the second Thursdays at the Orcas Island Senior Center? Looking for a fun outing with loved ones that is unique, free, and a wonderful community experience? Or are you interested in volunteering for this popular event? If so, Afternoon Tea is for YOU!

Every month we host a full house of folks dressed up to drink up as the tea flows freely and volunteers serve delightful tea sandwiches from table to table. Hot one-bite scones served with lemon curd and seedless raspberry jam bridge the transition from sweet into savory as platters laden with baked goods are then delivered around the room.

Please join us the second Thursday of each month, promptly at 2pm, for a free Afternoon Tea filled with food and friends. If you'd like to help, we are seeking volunteers to help make tea sandwiches and baked goods – please inquire by emailing orcasseniorecenter@gmail.com. See you at Tea!



Four generations enjoyed the Afternoon Tea on July 14, 2016, at the Orcas Senior Center. Pictured are Fannie O'Leary, great grandmother, Sally Larson, grandmother, Michele Larson, daughter, and Lily Larson, granddaughter.



Aged from 7 to 95, all four ladies said that they had a wonderful time listening to live music by Ron Myers and Jim Shaffer-Bauck. The group proclaimed "the scones and sandwiches are delicious!" We are thrilled that this family appreciated the Afternoon Tea so much – thank you for coming.

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: Call the front desk at 376-2677 to schedule.

Anacortes, Mt. Vernon & Burlington (suggested donation \$40)

Bellingham and surrounding area (suggested donation \$50)

Seattle Area (suggested donation \$60)

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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@sanjuan.co.com
Issue: August 2016
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

September, 2016

Salmon Homecoming

Please RSVP now for a unique opportunity to welcome the salmon home to Orcas on Saturday, September 3. Long Live the Kings is celebrating the return of our Chinook with their 18th annual Salmon Homecoming and we are subsidizing the ticket price, which includes a full lunch, to be just \$10 per person for Senior Center members (\$30 for non-members). This low price is possible because of our OICF grant funds. We encourage you to take advantage of this amazing chance to see the hatchery first-hand and sign-up for the trip ASAP.

The event is held at the Glenwood Springs Salmon Hatchery on Orcas and consists of viewings of the salmon ladder and the hatchery facility. There will be a salmon and pizza cookout with other food and drink provided by Rose's Bakery, Red Rabbit Farm, Lopez Island Winery, Lopez Island Creamery and Island Hoppin' Brewing. There will also be speakers to discuss issues facing salmon in the Puget Sound and the Salish Sea.

To register, please come to the front desk or call 376-2677. We hope you can join us!



Game Day!

This month we are heading to the big leagues! We are excited for this opportunity to take a trip to Safeco Field on Sunday, September 18, to watch the Seattle Mariners versus the Houston Astros. We'll see if the home field advantage pays off, and we're in for a good time regardless.

The cost of this trip is generously underwritten by two amazing local businesses to make this trip affordable. Thank you Smuggler's Villa and West Sound Marina! We are able to make this trip even more affordable using our OICF grant funds to further drop the price to just \$30 per member and \$40 for non-members. This heavily-subsidized price gets you the game ticket and all of the transportation for the outing! Thank you to the sponsors and our OICF grant for making this low price possible! Senior participants are welcome to invite a friend, family-member, or grand-child and hop aboard our bus for a day of baseball and camaraderie as we share this American past-time. For our travel schedule or to sign up, please inquire at the front desk or call 376-2677.



Senior Center field trips are a popular and rewarding way to travel to local and regional points of interest. Please see the stories on this page for information about a few of our upcoming outings!

Quote for the Month . . .

"Every artist was first an amateur."

~Ralph Waldo Emerson

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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.

Please include us in your will and estate planning.

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

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Jay Savell – Cook

Meals provided through a partnership with Whatcom Council on Aging.

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Orcas Island Operations Committee

Patricia Ayers
Bonnie Burg
Maggie Kaplan (chair)
Christina Orchid
Margo Rubel
Doug Schliebus
Judy Schliebus
Jerry Todd

Arron Redford, Orcas Senior Center Manager
orcasseniorecenter@gmail.com

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

Spotlight on a Volunteer



Maggie Kaplan, pictured on right, with Marlia Dunsmore enjoying the Senior Center's recent whale watching field

Color is what makes Maggie Kaplan tick. She remembers sitting under the sewing table at her mothers' feet playing with scraps of fabric, attempting to sew at the age of four. Sewing, most especially quilting, has been a lifelong creative outlet, a stress diffuser and meditation. She is a 26-year fiber arts member of Artworks. Maggie had an eighteen year long career as a pediatric nurse, so keeping balance was helpful and Fiber Arts is her means of doing so.

Maggie Kaplan is of Scottish English heritage, the youngest of three and grew up in the San Francisco and Central Valley areas of California. Initially trained as a data processor, she found that as a woman in the 1960's, her career potential was limited. In 1967, as a mother of two, she earned her R.N. and then continued on, at the encouragement of a teacher, to gain her Masters; becoming a Nurse Practitioner. Pediatrics was a good fit and she valued the nurturing relationships she found. She practiced in Madera County, California, offering healthcare to the rural, migrant and indigenous families. Her territory ranged from Yosemite to Highway 5. The work was diverse and satisfying. It honed her desire and ability to be kind and to care for others. She especially understands the importance of Taking Time to Listen. Honesty is the character trait she values most.

Maggie's husband, a Navy Captain, found her Orcas property in a magazine and three weeks later they happily moved here. The quality, support and friendliness she experiences in her close work with both the Senior Center and Food Bank is something she greatly values. She remembers when the Senior Center was in a ramshackle house in Eastsound and with humor recalls how as a youngster, she would slouch down out of the window of the senior bus in embarrassment when riding with her mother, and how, as time marched on she became the bus driver, and fully engaged in the Senior Center. She is now Operations chairwoman on the committee and an avid and happy volunteer. She brings color to our community with her helpful and thoughtful contributions.

Thank you, Maggie. You are appreciated!

Orcas Center Events

Island Inspirational All-Stars: *The Nocturnes*

Friday & Saturday Sept. 10-11, 7:30 pm, Center Stage
This concert is an introspective look by the All-Star cast with a few works of Frédéric Chopin featuring world renowned ballet accompanist Lisa Harris on piano. The dance collective will also weave its way from the Baroque Era, to Bach, and through Mozart in a delectable Contemporary Dance concert.

NT Encore: *One Man, Two Guvnors*

Thursday Sept. 17, 7:30 pm, Streaming
Olivier Award-winning production of Richard Bean's English version of Goldoni's classic, starring James Corden, this Italian comedy has sex, food and money high on the agenda. The feel good hit play is directed by National Theatre's Director, Nicholas Hytner and boasts to be one of the funniest productions in the National's Theatre's history.

Whale of a Show

Saturday Sept. 24, 6:30 pm, Center Stage
It's 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 included. All ticket proceeds benefit Orcas Center's youth programs. (Tickets: \$8)

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

Orcas Center offers a 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. Subsidized Tickets are available at the Box Office, in person, one ticket per person.

Foodbank Outreach

The Orcas Island Foodbank offers weekly home deliveries as part of the Foodbank's commitment to feeding the community in need.

You may receive food if you are elderly and unable to visit the Foodbank in person for reasons including ill health, lack of transportation, or recent surgery. These home deliveries may be temporary or permanent according to need.

If you are or know an elderly citizen who could use some help, please call the Foodbank at 376-4445. Please leave a message for Joanne with your name and phone number. You can also call Jami at the Senior Center at 376-7926 for information on this or other helpful services when in need.

Social Security Survivor Benefits

By Kirk Larson

Social Security Washington Public Affairs Specialist

Tragedy strikes without warning. For families who lose a wage earner, it can have a devastating financial impact in addition to the emotional one.

Acting Commissioner Carolyn Colvin says that Social Security touches the lives of every American, often in times of tragedy and uncertainty. It's true. Our programs go beyond retirement and disability benefits. Social Security helps care for the surviving families of deceased entitled workers.

If you work, some of the Social Security taxes you pay now go toward survivors benefits for workers and their families. In the event of your death, certain family members — widows, widowers (including your divorced spouse), children and dependent parents — may be eligible for survivors benefits. Today, in Washington State, there are over 110,000 widows/widowers and children receiving monthly benefits. The average payment is just over \$1,200 per month. Social Security's survivors benefits may be more valuable than your individual life insurance. The best thing you can do for your family is prepare as much as possible: get started at www.socialsecurity.gov/survivors.

The benefit amount your family is eligible for depends on your average lifetime earnings. The more you earned, the more their benefits will be. Check your Social Security Statement to see an estimate of survivors benefits we could pay. You can create a secure [my Social Security](http://www.ssa.gov/myaccount) account to access your Statement anytime and see an estimate of these benefits by going to www.ssa.gov/myaccount.

In certain circumstances, we also make a one-time payment of \$255 to your spouse or child if you've worked long enough. Survivors must apply for this payment within two years of the date of death.

For more information about how Social Security's survivors benefits visit our website at www.SSA.GOV. No one likes to think about death, but, unfortunately, it's inevitable. When it happens, know that you can count on Social Security to be there for your loved ones.

Craft Day

You are invited to join us for our monthly Craft Day on one Saturday of each month, held on September 10 this month. Craft Day is a coming together to sew, scrapbook, knit or do whatever your craft interest is. It's fun, it's informal, and there is lots of sharing of ideas and skills. Not sure what you want to craft? Please come peruse through our supplies for ideas. Bring your project and sack lunch and spend the day 10am to 3pm or even longer if we are really on a roll with our projects. See you there!

Where there's a Will, there's a Way

These workshops are proving popular, and we are happy to offer this opportunity again. Join us for a hands-on tutorial Monday, September 12, from 1-3pm for step by step instructions in filling out an Advanced Directive & Living Will. Each participant will be guided through the simple, yet deeply thought provoking, process of completing this form, led by Hilary Walker. Hilary is an Acute Care Occupational Therapist at Island Hospital, with a specialization in Geriatrics and End of Life Care planning.

Participants will go home with a copy to share with loved ones, their physicians and others. Please visit endoflifewa.org to review the Advanced Directive form that we will be using. Copies will be available for all participants at the workshop. The class price is subsidized by grant funds to allow for broader access and costs only \$5 for members and \$15 for non-members. Class size is limited, so pre-register at the front desk or by calling 376-2677.

Mainland Shopping Trip

Please join us for our mainland shopping trip on Thursday, September 22. This trip is grant-supported to increase accessibility and so the cost is just \$10 for Senior Center members. This price includes all transportation costs - what a deal! Our van will make stops at various stores and shopping areas throughout the Mount Vernon/Burlington area – just let the volunteer driver know where you want to go. Please sign up at the front desk, or by calling 376-2677.

Mainland Medical Transportation

We offer transportation to off-island medical appointments, based on the availability of our volunteer drivers. We travel to Anacortes and Mount Vernon/Burlington for a donation of \$40, Bellingham for \$50, and the Seattle area for \$60. These suggested donations cover the immediate travel expenses of gas and ferry fees, but we rely on membership dues to pay for the maintenance of the vehicles and other expenses associated with our transportation program. Your membership dues and the donated time of the volunteer drivers make these trips affordable. Please renew your membership today – Thank you!

To inquire about booking a medical trip, please call Jami at 376-7926. Please have your appointment location and time ready when you call. For more information or to book a trip, call Jami – she is happy to assist you.

An Introductory EFT Workshop

On Monday, September 26 from 1pm-3pm the Orcas Senior Center will host an introductory EFT workshop (Emotional Freedom Technique) presented by Nancy Southern, MSW. Nancy is an EFT practitioner and creative life coach and has designed this workshop to empower you to begin to use this technique as a first aid tool for your daily life. EFT incorporates an emotional element with the tapping process; addressing unresolved emotional memories as a likely cause of physical disease, psychological dysfunction, and personal performance limitations. Old negative emotional experiences can disrupt the energy meridians that run through your body. The physical evidence we feel from those disruptions, including pain, nausea, tension or anxiety, can affect the way you react to the world around you.

This workshop is your opportunity to learn its history, how to use it, and experience it for yourself. It has been used successfully to treat a wide variety of distress in mind, body and spirit. EFT has been useful in relieving phobias such as fear of heights, public speaking, fear of snakes or other critters, as well as food or tobacco cravings, chronic pain, unresolved anger or prolonged grief. Properly applied, EFT can realign the negative energy and discontinue the discomfort that it causes. Other related symptoms often decrease or no longer bother you in the same way as before.

This class is subsidized by grant funding and costs only \$5 for members (\$15 for non-members), please pre-register at the front desk or by calling 376-2677.

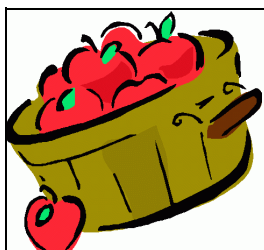
Out of the Closet

The Visual Arts Committee is looking for old costumes: i.e. hats, dresses (Wedding), jackets to display in our November 2016 exhibit. Any photographs of people dressed in old fashioned clothing would also be welcomed. Please look through your closets, photo books and attics for things to share. Please bring any contributions to the Senior Center the week of October 24th. The show will be hung on Tuesday, November 1st.

Mammograms Made Easy

Assured Imaging is bringing their mobile mammogram van back to the Orcas Senior Center on Tuesday, September 13. This opportunity for island women to get a mammogram using the latest in digital mammography right here on Orcas makes these tests easy and convenient. All major insurances are accepted, and no referral is necessary. To schedule an appointment, please call 1-888-233-6121. Appointments do fill up fast, so please call soon.

September Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
		2 Chicken Cordon Bleu Scalloped Potatoes Caribbean Veggies Spinach Salad Coconut Fruit Salad
5 	7 Baked Fish Asparagus Roasted Red Potatoes Carrot Cake	9 Cranberry Chicken Salad Wraps w/ Garden Chips Garden Salad Fresh Grapes
12 Cheese Enchiladas Rice and Pinto Beans Garden Salad Tropical Fruit	14 Ahi Tuna Salad w/ Sesame Dressing Veggie Spring Rolls Mandarin Oranges Cookie	16 Herbed Pork Chops Mashed Potatoes & Gravy Steamed Carrots Garden Salad Applesauce
19 Ham & Pineapple Garlic Dill Potatoes Caribbean Veggies Garden Salad Fruit	21 Roast Beef w/ Horseradish Mashed Potatoes & Gravy Green Beans Garden Salad Apple Cake	23 Pub-Style Fish & Chips Dill Carrots Coleslaw Fresh Fruit
26 Ravioli w/ Meat Sauce Italian Veggies Garden Salad Apricots	28 Baked Fish Roasted Yam Green Beans Garden Salad Fruit	30 Chicken Cobb Salad Oatmeal Bread Orange Wedges

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

September 2016

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Membership Drive is On!

Our membership drive for 2016-2017 is officially underway, and you will see an application form again included with this month's newsletter. Please take a moment to fill it out – your support goes a long way! If you have renewed your membership as recently as July or August 2016, please pass this form along to somebody who hasn't. Membership dues help keep our Senior Center thriving! Benefits of membership include access to the Athletic Club, \$5 tickets for Orcas Center shows, 10% discount at Ray's (excluding wine and pharmacy), free and discounted classes, trips and travels, a 10% Eastsound Kennel discount, and more.

As a special promotional offer we are offering 2 for 1 classes throughout the month of September. Encourage a friend to sign up for a class series of TML (Transformational Movement Lessons), T'ai Chi Chih, Chair Yoga or Strength training and receive 50% off of your class card.* Interested, but not ready to make a commitment? Come take your first class for FREE to see which one best suits your needs. Prices and schedules may vary so please check with your class instructor or contact Arron Redford at 376-2677 or orcasseniocenter@gmail.com for more information. Transportation expenses are primarily covered through membership dues and so your support by maintaining your active membership this year makes possible all our off-island medical trips, transportation to lunch and Meals on Wheels deliveries, and field trips both on and off-island.

THANK YOU - we look forward to a lively 2016/17 because of friends like you!

**Membership is required for all class participation.*



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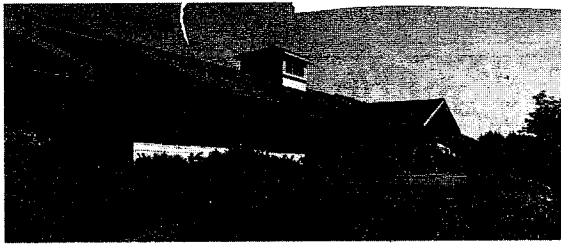
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SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

P O Box 1653
Eastsound, WA 98245

Phone: 360-376-2677
Location: 62 Henry Rd
Email: jamim@sanjuanco.com
Issue: September 2016
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

October, 2016

Bellingham – Rags to Riches

We are particularly excited to offer this field trip to Bellingham on Thursday, Oct. 20, because of the special stops we have planned. We will first go to the Bellingham Senior Center for lunch, and then spend the afternoon visiting two interesting locations.

Rags: Ragfinery is a special textile storefront and recycling project which we will get the opportunity to shop, tour, and also bring along textiles to donate. This textile reuse center collects unwanted cloth items and uses them in creative ways to teach classes, upcycle, and create local jobs.

You can bring a bag of clothes, old pillows, bedding, anything of the sort! We won't have room for more donations than can ride along with us in the van, but it is an opportunity to get rid of some clutter and contribute to a good cause.

Riches: We will also visit Whatcom Museum's Lightcatcher Building to view the incredibly rich history of National Geographic photography. The special exhibit National Geographic's 50 greatest Photographs is on display, and this is the only West Coast stop of this national traveling exhibition. What a treasure trove, and we have a chance to see it! The photographic displays include not only the famous photos themselves, but also the stories behind the scenes.

This field trip will cost participants only \$20 for members (\$40 non-members) including all transportation, lunch, and admission fees. This low price is supplemented by Senior Center funding to increase accessibility for this trip. Please sign up at the front desk or by calling 376-2677. We hope you can join us!



We filled two vans full of Senior Center members to go to the Salmon Hatchery celebration in September. The tours, talk, and lunch were fantastic, and so was spending a sunny day in good company. Please renew your membership if you haven't already, and join us for a variety of excursions, classes, workshops, and activities for Senior Center members. We are happy to have you join the fun!



Afternoon Tea is now the first Thursday of every month. Please join us Thursday, October 6, at 2pm for this beloved tradition!

Quote for the Month . . .

"Autumn is a second spring when every leaf is a flower."

Albert Camus

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Nonprofit Status

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

Please include us in your will and estate planning.

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

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Orcas Island Operations Committee

Patricia Ayers

Bonnie Burg

Maggie Kaplan (chair)

Christina Orchid

Margo Rubel

Doug Schliebus

Judy Schliebus

Jerry Todd

Arron Redford, Orcas Senior Center Manager

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Didier Gincig, Hearts and Hands Coordinator

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Spotlight on a Volunteer

Bobbette Murk is one of our volunteers in the kitchen for our Senior Lunch program. This brief biography is a chance for our community to get to know a little more about this faithful volunteer.

Bobbette was born in Honolulu, Hawaii, in 1940. At the age of 15 she moved to the mainland and settled in Bellingham. In 1958 she graduated from high school and in 1960 she married her high school sweetheart who was a Navy man. This September marks their 56th wedding anniversary. A job offer took the couple to Hawaii in 1962 where they had two children before again returning to Bellingham in 1969. She had attended Washington State University previously and re-entered the workforce in 1977 in secretarial jobs, with many years as secretary to the CEO of a large construction company, while her husband was employed in banking for 33 years.

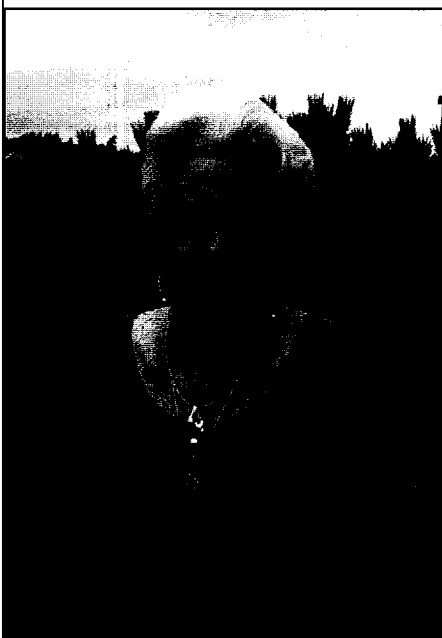
In 1993 they built a home on Orcas Island and enjoyed the fishing and crabbing in our local waters. Recently, in 2014, they decided to downsize and reduce the upkeep of owning two homes and happily moved here to the island. Her family is nearby; and between her daughter who is here on island, and her son, she has seven grandchildren and thirteen great grandchildren under the age of four. She misses her network of friends and school chums from Bellingham but adjusting to the island is made easier by her experience of welcome and warmth.

Bobbette has found good company with Betty Hall as she enjoys cross-stitch, crochet and some small degree of quilting. She is a regular here at the Senior Center and helps out in the kitchen with Jay. She is presently reading a James Patterson mystery, loves playing

Mexican train dominoes, and listens to rock and roll from the '60s and '70s, especially Elvis Presley.

Bobbette's Pearl of Wisdom is ~ "Be honest and helpful". She greatly values Participation.

Our community is graced by these words in action and we welcome Bobbette with a heartfelt Aloha.



SENIORS HAVE TALENT!

Mark your calendars for Seniors Have Talent, Saturday November 5 & 12 at 2pm. Last year's show was such a big success (we packed the Lundeen Room) that we decided to have two shows this year! The shows will feature different acts. Tickets will be available at the front desk and at Darvill's, and proceeds benefit the Senior Center and the Hearts and Hand Program. There will also be silent auction items to help raise funds for our vital programs. See you at the show(s)!

Book Club's Reading List

The Senior Center Book Club is held the third Tuesday of each month at 1pm. You are invited to participate in this engaging group led by Stephen Bentley. Here is the reading list for this fall and winter.

October: Dead Wake, by Erik Larson

November: A Tale for the Time Being, by Ruth Ozeki

December: The Little Paris Bookshop, by Nina George

January: Between the World and Me, by Ta-Nehisi Coates

Where there's a Will, there's a Way

By Hilary Walker, OT
hwalker@islandhospital.org

Join us for the next hands-on tutorial Monday, October 17, from 1-3pm for step by step instructions in filling out an Advanced Directive/Living Will. You can visit endoflifewa.org to review the Advanced Directive form that we use. Copies will be available for all participants at the workshop. The class price is subsidized by grant funds to allow for broader access and costs only \$5 for members and \$15 for non-members. Class size is limited, so pre-register at the front desk or by calling 376-2677.

Here is a note and information from the presenter:

Dear Orcas Community,

I have had the honor of facilitating this ongoing discussion with the Orcas community about Advanced Directives and End of life choices and continue to learn a lot in the process. For those of you who have already completed your Advance Directive or plan to complete them outside of the class, the following information may be useful for you. Both Island Hospital and the Peace Health network will create a "new patient" file for you and will scan your paperwork as a part of that file. Please include your full name, date of birth, address and phone number. Feel free to join us in an upcoming class and thank you, in advance, for taking the time and spreading the word.

Following the completion of your paperwork, be sure to follow these next steps:

Make 5 copies of your completed, signed, and notarized (preferable) Advance Directive.

2 to each of your Durable Power of Attorney

1 to your primary care doctor

**1 copy to Island Hospital: % Medical Records 1211
 24th St. Anacortes, WA 98221**

**1 copy to Peace Health: % Medical records 2901
 Squalicum Parkway Bellingham, WA 98225**

Sunset Sailing Trip Success

Thanks to the Orcas Island Yacht Club, two boats skippered by Jeff Johnson and Steve Hulley recently hosted Senior Center members for a pleasant sailing in West Sound.



Participants were treated to snacks, good company, and delightful views. The Senior Center was pleased to collaborate with the Yacht Club and is looking forward to more adventures in the future. Sign up early since our field trips do fill up, and if you have suggestions for excursions, please let us know!

What Veggie comes in Purple, Yellow, White, Red and Orange?

By Carol Simmer, RDN
 Meals on Wheels and More

This vegetable can be eaten raw or cooked, steamed, pureed, baked, and boiled. A soup and a cake are named for it. Its botanical cousins include parsley, anise, celery, parsnips, caraway, cumin and dill. You guessed it, one of the most popular veggies in the world, is the CARROT!

The name carrot comes from the Greek word "karoton." The phytonutrient, beta-carotene, was named for the carrot because of its high content of this nutrient. Beta carotene is needed to make vitamin A.

The nutrients in carrots have been shown to slow down the production of cancer cells in the colon. Their high content of digestible fiber makes them very healthy for the entire digestive tract. Research is on-going for beta-carotene and vitamin A's benefit for cardiovascular diseases and in vision conditions such as glaucoma.

China produces more carrots than any country of the world, with Russia and the U.S. second and third. They will keep in the ground for many weeks of the winter if the ground is not frozen too hard, too long. Store carrots in a cool place and wrapped to keep them from dehydrating. One storage tip is to keep carrots away from foods that give off ethylene gas such as apples, pears, and potatoes as they may become bitter. Another tip is to cut off the green tops of the carrot as they pull moisture from the carrot. Also, a dark stem of the carrot indicates a sign of age.

What is your favorite way to prepare carrots? A comment sheet will be available at lunch for you to write down your suggestions. Maybe your idea will show-up on the menu in the coming months! Comments or questions? Email Carol at csimmer@wcco.org

Intergenerational Game Day

Please join us on Wednesday, October 19th from 1-3pm for Intergenerational Board Game Day! The kids at the Funhouse Commons will be collaborating with members of the Orcas Senior Center to play and share their favorite board games!

Holiday Festival of Arts Call to Vendors

The Orcas Senior Center invites you to participate in this year's Holiday Festival of the Arts on Saturday, November 26. Past vendors have already received their invitations, so sign up soon if you would like to join in the festivities. The cost is \$30 per table and a small share of the artists' sales beyond the first \$100 sold benefits the Senior Center. The Holiday Festival of the Arts is one our major fundraisers for the Senior Center. If you or anybody you know would like to contribute to this year's festival, please come visit us at 62 Henry Rd. to pick up an application (Mon. – Fri. 9am-4pm). For more information, or to have an application sent to you, please contact Arron at 376-7929 or orcasseniorecenter@gmail.com.

Halloween Party

Join Orcas Senior Services, Orcas Christian School and Washington Vocational Services for Pumpkin Decorating and a Halloween Costume Contest Friday, October 28th during Senior Lunch. We will decorate pumpkins following our meal together. This event is sponsored by generous support from United Way of San Juan County. Hope to see you there.

Farm Tour on Orcas

The San Juan Islands Farm Fall Tour on Orcas is Sunday, October 2, celebrating farms, food, and community. Senior Center members are welcome to ride our bus as we visit a few special farms along the tour route. Please sign up at the front desk or by calling 376-2677. Pre-registration is required since this FREE trip will certainly fill up.

Afternoon Tea

Due to the need to make a change in the timing of our Operations Committee meeting Afternoon Tea has been moved to the first Thursday of the month. The next tea will occur on Thursday, October 6th and then repeat on the first Thursday of every month thereafter. If you haven't been to tea before please join us for this FREE event which begins at 2pm. We will treat you like royalty, serving you rounds of tea, sandwiches, scones and baked delectables. Thank-you for your participation!

Flu Clinic

San Juan County public health nurses will be at the Orcas Senior Center on Wednesday, November 9, 11a-2p, offering a Flu Shot Clinic. For more information, call 378-4474.

Beginning Ukulele Class

Always wanted to learn how to play the ukulele? This class is for you! Explore the basics of chord formation, strumming and fingerpicking. Start with simple folk songs and move into whatever you love to sing! We will get going quickly on this fun and social instrument, working both as a group and individually so people can go at their own pace. The class will culminate in a short set at the Seniors Have Talent Shows on Nov. 5 and 12, which is optional, though encouraged. Classes are Tuesdays, 4:30-5:30pm, Oct 4, 11, 18, 25, and Nov. 1 for a total of five classes. Class fee is \$25 for members, \$75 for non-members. Bring your ukulele. Thanks to the generosity of Four Winds Camp we have several loaner instruments available for students who do not have their own. Pre-register in person at the Senior Center or call 376-2677. Class taught by Carolyn Cruso.

\$5 Tickets for Senior Center Members

Mary's Wedding

Thu-Sat 13-15 & 20-22, 7:30 pm, OffCenter Stage
A poignant story of love and war, Mary's Wedding by Stephen Massicotte is one of the most beautiful plays written in recent times.

The Met: Live in HD *Tristan und Isolde*

Sun. 16, 1:00 pm, Streaming Live
Tristan und Isolde opens the Met's Live in HD season in a new production by Mariusz Trelinski and will be well served by a cast of outstanding Wagnerians.

The Met: Live in HD *Don Giovanni*

Sun. 23, 1:00 pm, Streaming Live
The charismatic baritone Simon Keenlyside plays the title hero, opera's ultimate cad, who goes to hell in a dazzling coup de théâtre.

Acrobatic Conundrum: *Love & Gravity*

Fri. 28, 6:30 pm, Center Stage
In this new, thrillingly beautiful circus show, Acrobatic Conundrum transports audiences to a captivating world seemingly free of the bounds of physics, but not free of the capricious struggle for human connection.

NT Encore: *Frankenstein*

Sat. 29, 7:30 pm, Streaming Encore
Frankenstein is back! This play by Nick Dear is based on the novel by Mary Shelley. Oscar-winner Danny Boyle returned to the theatre to direct this visionary production with Benedict Cumberbatch and Jonny Lee Miller.

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

Orcas Center offers a Subsidized Ticket Program available to Senior Center members. \$5 subsidized tickets are available to cardholders for all regular Orcas Center-produced events. Subsidized Tickets are available at the Box Office, in person, one ticket per person.

October Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
3 Spaghetti w/ Meat Sauce Italian Veggies Caesar Salad Fruit & Yogurt Parfait	5 Turkey Meatloaf Mashed Potatoes & Gravy Green Beans Garden Salad Fruit	7 OKTOBERFEST German Sausage Red Sauerkraut German Potatoes Garden Salad Black Forest Cake
10 Roasted Herb Chicken Potatoes Colcannon Brussels Sprouts Garden Salad Orange Wedges	12 Homestyle Pork Chops Roasted Potatoes Steamed Veggies Garden Salad Applesauce	14 Shrimp Salad Oatmeal Bread Fruit
17 Baked Cod Wild Rice Pilaf Whole Green Beans Garden Salad Coconut Fruit Salad	19 Beef Stew w/ Garden Vegetables Garden Salad Buttermilk Biscuit Chocolate Pudding	21 BBQ Pulled Pork Brown Rice Coleslaw Garden Salad Raspberry Sherbet
24 Roasted Pork Loin w/ Apple Chutney Mashed Potatoes Peas & Onions Fruit	26 Florentine Fish Potatoes Au Gratin Steamed Broccoli Garden Salad Sliced Apples	28 Beef Stroganoff w/ Rotelle Pasta Green Peas Garden Salad Sliced Peaches
31 HAPPY HALLOWEEN Turkey & Cranberry Mashed Potatoes & Gravy Seasonal Veggie Pumpkin Cake		

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

October 2016

<u>LUNCH</u>		<u>LUNCH</u>		<u>LUNCH</u>		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9am: The Waiting Room 
2 9am: The Waiting Room 10:30am: Farm Tour	3 11:30am: Lunch 12pm: Autism Spectrum Anonymous	4 10am: TML 1:30pm: Tai Chi 4:30pm: Ukulele Class	5 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 12pm: Library Lady	6 10am: TML 2pm: Afternoon Tea- FREE!	7 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	8
9	10 11:30am: Lunch 12pm: Autism Spectrum Anonymous	11 10am: TML 1:30pm: Tai Chi 4:30pm: Ukulele Class	12 10am: Mobility Equipment 11:30am: Lunch	13 9:30am: Operations Committee Meeting 10am: TML	14 9:30am: Palettes Art Group 10am: Mobility Equipment 11:00am: Lunch 4pm: Strength Training	15
16	17 11:30am: Lunch 12pm: Autism Spectrum Anonymous 1pm: Where There's a Will, There's a Way	18 10am: TML 1pm: Book Club 4:30pm: Ukulele Class	19 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Intergenerational Game Day	20 8am: Bellingham Field Trip 10am: TML	21 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	22 10am: Craft Day 
23 30	24/31 11:30am: Lunch 12pm: Autism Spectrum Anonymous	25 10am: TML 1:30pm: Tai Chi 4:30pm: Ukulele Class	26 8am: Elder Law Clinic 10am: Mobility Equipment 11:30am: Lunch	27 8am: Bargain Shopping 10am: TML	28 10am: Mobility Equipment 11:30am: Lunch 1pm: Halloween Party 4pm: Strength Training	29

When one door closes, another one opens.

We would like to thank Didier Gincig for his years of service at the Senior Center as Hearts and Hands Coordinator. His energy and enthusiasm for coordinating the care and service of our islands elders is recognized by all of us here at the Senior Center. His talent for facilitating events and bringing people together to serve a worthy cause will surely continue to be of service on this island and hopefully again in other forms here at our Senior Center. Please join us to celebrate, thank and enjoy the talents of Didier and his friends at our Seniors Have Talent show this upcoming November 5th and 12th.

While Didier has continued to fulfill his duties as Hearts and Hands coordinator, he has also become increasingly involved in the operations of the Senior Center through fundraising, events, activities, programming and facility support. Since 2014, the HR Committee has recommended a revision of his position description to more accurately describe the real contribution that the Hearts and Hands coordinator contributes to the Senior Center. The achievement of this goal has resulted in a revision of both the Senior Center Manager position and the creation of a Senior Center Administrator position. The role of Hearts and Hands Coordinator will no longer exist as it did previously, and Didier respectfully declined from applying for the new position. The newly defined roles of Senior Center Manager and Senior Center Administrator will work together to achieve the goals of the Operations Committee while more fully integrating the Hearts and Hands program as a program of the Senior Center.

We are excited to announce that Celia Farr-Smith has accepted our offer for the position of Senior Center Administrator. Celia moved to Orcas Island two years ago from Bellingham, Washington – her adopted hometown where she studied linguistics, French, the English language, and experiential learning in adult education. Celia's interests include writing, blogging, journaling, painting, dancing, playing music, and learning. Celia is very excited to joining the team at the Senior Center! Please, stop by to say hello and introduce yourself. *"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one, which has been opened for us."* – Helen Keller –



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: Call the front desk at 376-2677 to schedule.

Anacortes, Mt. Vernon & Burlington (suggested donation \$40)

Bellingham and surrounding area (suggested donation \$50)

Seattle Area (suggested donation \$60)

Foot care nurses are available every Tuesday and some Thursdays/Fridays for routine foot care. Reservations are required by calling 376-2677. Cost is \$27.

Case Coordination: Services are available to assess and offer options for those in need. Call Delphina Liles at 376-2677.

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.

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 assist with Medicare enrollment, choosing secondary plans, and 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 1-888-685-1475 for an appointment.

Caregiving Information: OrcasCaregivingConnection.org is an online directory of local caregivers and resources for caregiving on Orcas. Call 1-888-685-1475 for more information.

Bulk Rate
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Eastsound, WA
98245

Or Current Resident

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

P O Box 1653
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Email: jamim@sanjuanco.com
Issue: October 2016
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

November, 2016

Welcome New Senior Center Staff

Delphina Liles, County employee

Hello and thank you for welcoming me into the island community as the new Aging and Family Case Coordinator! My name is Delphina Liles, and you can feel free to call me Del if it's easier to remember. My background is in social work and public health and I'm also a certified yoga teacher, birth doula, breastfeeding educator, and wilderness first responder. Throughout my educational and work history my energy has been focused on improving the health of communities through access to gardens, nutrition education, counseling and advocacy, and intergenerational activities. In my free time I enjoy being outdoors and by the water, writing poetry, ceramics, and performing aerial arts.

My partner and I have an organic farm on San Juan and now I'm looking forward to learning about each of the islands, as I'll be working on Orcas and Lopez as well. I'll be the point person for caregivers and care receivers, offering help navigating the complexities of healthcare, long term planning, and well-being. So don't be shy--- please stop in and say hello! I can also be reached at delphinal@sanjuanco.com, at my office on Orcas at (360) 370-0591 or on my work cell at (360) 622-9026.

Celia Farr-Smith, Non-profit employee

I am excited to be joining the team here at the Senior Center! Thank you all for the very warm welcome. Having visited the island for years, I made the decision to move to Orcas Island two years ago from Bellingham, Washington – my adopted hometown. In Bellingham, I attended school at WWU where I studied linguistics, French, English as language, and Experiential Learning in adult education. Currently, I am furthering my ongoing research in the areas of emotional intelligence and self-authorship. The hobbies and interests that give me joy include writing, blogging, journaling, painting, dancing, playing music (mandolin, violin, and mountain dulcimer), having fun with my two daughters, and life-long learning.

The primary responsibility of the Senior Center administrator will be to document and report volunteer hours and activities for the Hearts and Hands program. I will also provide assistance to the Senior Center Manager in all aspects of efficient operation of the Orcas Island Senior Center. Any inquiries regarding Room Rentals or updates to our online calendar can be brought to me by calling 360-376-0591 or emailing orcasseniorenter@gmail.com. Please, stop by to say hello and introduce yourself. I look forward to meeting you!



Pictured are non-profit employee Celia Farr-Smith (left) and county employee Delphina Liles (right). We are delighted to have them on board!

Changes with Hearts and Hands

Services continue to expand and improve at the Senior Center, and the Operations Committee reorganized its staffing to meet the growing needs of the center. The previous position of Hearts and Hands Coordinator has been modified to become a staff position with increased hours, administrative duties, and regularly scheduled office days.

We're sorry to see Didier go and really appreciate everything he has contributed to the program. We understand his reasons for not wanting to apply for the job now that it is no longer an independent contractor position, and wish him well as he fulfills his personal dreams whatever they may be. Thank you Didier, and please don't be a stranger! We are excited for what the future brings with our new team here at the Senior Center and look forward to serving Orcas elders as best we can. Thank you for your support!

Quote for the Month . . .

Nothing is more honorable than a grateful heart.

~Seneca

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ORCAS SENIOR CENTER

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Arron Redford, Orcas Senior Center Manager
376-7929 or orcasseniorecenter@gmail.com

Celia Farr-Smith, Senior Center Administrator
376-7723 or orcasseniorecenter@gmail.com

Spotlight on a Volunteer

These past few years Clarissa Fernandez's smile can be found any number of places in the Senior Center building. She is most happy in the kitchen with Jay or working with Barbara at the front desk, and often sits as a substitute at the front desk or sets up in the



dining room for Senior lunches. This Spotlight on Clarissa is a chance to get to know this treasured volunteer a bit better.

Clarissa is the oldest of eight children and hails from the Philippines. Her family is rooted in food. Her uncle is a famous chef in Los Angeles, and her sister is a hotel director. As the oldest child, at family gatherings she is queen of the kitchen. Clarissa is at ease with the bustle and demand as she once owned and ran a farm-to-market coffee plantation in the Batanga mountains. She was in the cafeteria at the Christian School for 4 years.

Clarissa raised three daughters here on the island, and it was her children who brought her here. They were watching the movie *Free Willy*, looked up the San Juans on the web, and made an offer on a home in Olga, site unseen. For the next 20 years Clarissa made the commute to school with her girls. She found the drive peaceful, the mountain and beauty of the lake a comfort.

After a long struggle with undiagnosed and under-treated multiple sclerosis, Clarissa has managed to find acceptance in her heart and this grace fuels her spirit. She likes to knit and has recently taken up quilting and is lucky to be tucked under the wings of Maggie Kaplan and Betty Hall. She enjoys the diversity of tasks in her time volunteering at the Senior Center and finds it supportive to be helpful to others. Thank you for that help, Clarissa. You are appreciated!

Orcas Center Events

Art Opening

Friday, Nov. 4, 5:30 pm, Lobby Gallery & Madrona Room
With an opening reception Nov. 4, 'Art from Around the World' includes original art from across the globe.

Bolshoi Ballet in Cinema

The Golden Age

Saturday, Nov. 5, 6:30 pm, Streaming Live

A satire of Europe during the Roaring 20s, The Golden Age makes for an original, colorful, and dazzling show. Mad rhythms, vigorous chase scenes, and decadent cabaret numbers!

Wild & Scenic Film Festival

Saturday, Nov. 12, 7:30 pm, Center Stage

Change makers are rethinking how we inhabit our planet, and so can you, at Orcas Center's 4th annual *Wild & Scenic Film Festival*. The festival theme is "A Change of Course."

Bolshoi Ballet in Cinema

The Bright Stream

Friday, Nov. 18, 6:30 pm, Streaming Live

During a harvest festival, a ballerina and her friend swap roles to teach a lesson to an unfaithful husband. Alexei Ratmanský invokes Shostakovich's score with his brilliantly choreographed smash.

The Olga Symphony, More or Less

Fri & Sat, Nov. 25-26, 7:30 pm, Center Stage

The Olga Symphony, More or Less - Join Melinda, Gordon, JP, and Anita as they once again bring us a romping rollicking good time. Old favorites and new, the Symphony will bring some friends back for an even better time and more music!

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

Orcas Center is offering a Subsidized Ticket Program available to Senior Center members. \$5 subsidized tickets are available to Senior Center member cardholders for all regular Orcas Center-produced events. Subsidized Tickets are available at the Box Office, in person, one ticket per person. Orcas Center's Box Office is open Wed., Thurs., and Fri. afternoons from Noon-2pm, and one hour prior to each performance. To call in your request for a seat due to limited mobility, please call 376-2281 x1 during those same open hours.

Where there's a Will, there's a Way

Join us for the next hands-on tutorial Monday, November 14, from 1-3pm for step by step instructions in filling out an Advanced Directive/Living Will. You can visit endoflifewa.org to review the Advanced Directive form that we use. Copies will be available for all participants at the workshop. The class price is subsidized by grant funds to allow for broader access and costs only \$5 for members and \$15 for non-members. Size is limited to 10 and it fills up every time. Pre-register at the front desk or by calling 376-2677.

Tour Local Goods

Curious to see behind the scenes of local food producer and distributor Local Goods? Here's your chance! Rob Kirby started his Orcas-based business in 2000 and has been going gang busters ever since. He is known for his oyster booth at the Orcas Farmer's Market, where he also sells his coffee and other fine foods. Our field trip on Monday, Nov. 7, 1-3pm, will take us to Rob's home business in Deer Harbor where we will peek behind the curtain of his coffee, pasta, and assorted condiments to see how it all comes together. Be prepared to taste some of the fruits of his labors! Please pre-register for this trip by signing up at the front desk or calling 376-2677. This trip is just \$5 for Senior Center members and \$10 for non-members. Proceeds support future field trips – thank you for your participation!



We always have a puzzle going in the lobby of the Senior Center. This team was particularly proud of their work completing the challenging puzzle pictured above. Good times with good friends!

Flu Clinic

San Juan County public health nurses will be at the Orcas Senior Center on **Wednesday, November 9, 10a-2p**, offering a Flu Shot Clinic. For more information, call 378-4474.

Opening Leg Energy Flows

The Orcas Island Senior Center is offering a special class for people living with leg, hip, knee or foot discomfort, taught by acupuncturist Teri Murray. Please join us Friday, Nov. 4, 1-2:30pm as Teri demonstrates several techniques where participants can use their own hands for opening up energy flows in their legs. Teri particularly recommends this class for anybody with a hip or knee replacement, or anyone who wants their legs to feel better than they do now! The electrical pathways that nourish the body can become blocked, and Teri teaches specific hand-holds to open the flows, based on what Teri says is thousands of years of human practice.

This class is just \$5 for Senior Center members and \$15 for non-members. Please sign-up at the front desk or by calling 376-2677.

Orcas Door to Door Assistive Transportation

Not being able to drive oneself to essential medical appointments, shopping or social events due to the effects of aging, medical procedures or a disability has shown to be detrimental to one's physical, mental and emotional well-being. Assistive transportation, therefore, is an essential service to enable our residents to continue to live and age on Orcas.

Lahari is planning on launching **Orcas Door to Door**, an assistive transportation program with volunteer drivers using their personal vehicles, targeted to Orcas seniors, 60+, who are unable or uncomfortable to drive, and people of all ages who are disabled, either long or short term. The program will launch in January 2017 assuming enough volunteer drivers are interested in joining the program.

Orcas Door to Door is planned to complement the existing transportation service currently offered by Senior Services and the Senior Center by offering rides throughout the island to community and social events as well as on-island medical appointments and shopping trips. For more information, or to get on a mailing list as a potential volunteer please call Lahari's toll free number at 1-888-685-1475 (it rings on Orcas, really!) or give your contact information to the Senior Center front desk.

Writing Workshop

Please join us for a writing workshop this fall with Tish Knapp. Classes will be held over four sessions on Tuesday, November 8, 15, 22, 29 from 10:30am – 12pm. These classes will embrace writers of all genres, poetry, memoir, short story, novel, etc. Bring a notebook or journal, a writing implement and a ready creativity to class. The cost for the class is \$5.00 for members and \$15.00 for non-members. Class size is limited to 15 people so sign up early.

Hearing Test and More!

We have an assortment of activities packed into our field trip to Friday Harbor on Thursday, Nov. 17. We'll start with lunch at the Mullis Center and then join together afterwards for some friendly rounds of Scrabble. While we stretch our word-skills with Scrabble at the Mullis Center, folks will have an opportunity to each go next door for a special hearing test in Island Hearing's sound booth. This state-of-the-art equipment isn't available on Orcas, so take advantage of this opportunity to do a **FREE** hearing test with audiologist Stacie Baisch. Tests last just 5-10 minutes per person, and we will have a chance to cycle everybody through the sound booth.

Our day on San Juan will also include a visit to San Juan Island's historical museum, which completes our tour of museums in the county as part of the 2016 Passport into History program. Following the museum tour, our last stop of the day is Aurora Farms where we'll get a chance to see cold-hardy lemons and other fascinating projects in their new extra-large greenhouse.

The cost is just \$10 for Senior Center members and includes lunch, transportation and all entry fees! The price for non-members is \$20 per person. Please sign-up for this field trip at the front desk, or call 376-2677. Space is limited – so please register soon. We hope that you can join us!

OPEN ART STUDIO AT ORCAS SENIOR CENTER

On Wednesdays, 1-3pm, creative people are invited to explore their artistic talents in the Multipurpose Room at the Senior Center. Come paint, draw, sew, and quilt with your artistic friends. No instruction, but plenty of encouragement.

Making art is more fun when done in a group environment. Come and join us for lunch at 11:30 am, have a wonderful lunch and then stay to create ART in good company.

Weather & Power

The Orcas Senior Center may close in the event of inclement weather. If school is cancelled due to weather conditions, 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 by calling 376-1596. Radio station KGMI in Bellingham carries area school closures as well.

Power fluctuations are of particular concern to people relying on medical equipment that requires power. OPALCO maintains a list of these people and will do their best to notify them of planned power outages. Be sure to get on the list by calling 376-3500. In the case of unplanned power outages, it is up to individuals to have emergency backup power plans in place to cover their personal needs. Please be prepared for what the winter season may bring, including extended power outages.

Here's to a safe and cheery winter on Orcas!

November Lunch Menu

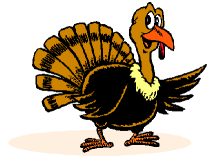


MONDAY	WEDNESDAY	FRIDAY
	2 Honey Mustard Chicken Mashed Potatoes & Gravy Brussels Sprouts Citrus Kale Salad Applesauce	4 Taco Salad Cornbread Orange Wedges
7 Chicken Penne Pasta Italian Veggies Caesar Salad Coconut Fruit Salad	9 Herbed Pork Chops Baked Yam Green Beans Garden Salad Applesauce	11 
14 Pub-Style Fish & Chips Glazed Ginger Carrots Kale Coleslaw Fresh Fruit	16 Chicken Breast Strips w/ Honey Mustard Capri Veggies Potato Wedges Grapes	18 Thanksgiving Lunch Roasted Turkey w/ Cranberry Sauce Mashed Potatoes & Gravy Home-style Stuffing Seasonal Veggies Pumpkin Pie
21 Salisbury Steak Mashed Potatoes & Gravy Peas & Carrots Cucumber Salad Berry Crisp	23 Baked Fish w/ Dill Sauce Rice Pilaf Broccoli Bacon Kale Salad Sliced Peaches	25 
28 Sweet & Sour Meatballs Over Rice Asian Style Veggies Sesame Slaw Mandarin Oranges	30 Herb Roasted Chicken Roasted Potatoes Roast Squash & Kale Garden Salad Apricots	

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



November 2016

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10am: TML 1:30pm: Tai Chi 4:30pm: Ukulele Class	2 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 12pm: Library Lady 1pm: Open Art Studio	3 10am: TML 2pm: Afternoon Tea- FREE	4 10am: Mobility Equipment 11:30am: Lunch 1pm: Leg Energy Workshop 4pm: Strength Training	5 2pm: SENIORS HAVE TALENT 
6	7 11:30am: Lunch 12pm: Autism Spectrum Anonymous 1pm: Local Goods Field Trip	8 10am: TML 10:30am: Writing Workshop 1:30pm: Tai Chi	9 10am: Flu Clinic 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 12pm: Library Lady 1pm: Open Art Studio	10 9:30am: Operations Committee Meeting 10am: TML	11 CLOSED FOR VETERANS DAY 	12 2pm: SENIORS HAVE TALENT 
13	14 11:30am: Lunch 12pm: Autism Spectrum Anonymous	15 10am: TML 10:30am: Writing Workshop 1pm: Book Club 1:30pm: Tai Chi	16 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Open Art Studio	17 8am: Mainland Shopping Trip 8am: San Juan Island Field Trip 10am: TML	18 10am: Mobility Equipment 11:00am: Lunch 4pm: Strength Training	19 10am: Craft Day! 
20	21 11:30am: Lunch 12pm: Autism Spectrum Anonymous	22 10am: TML 10:30am: Writing Workshop 1:30pm: Tai Chi	23 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Open Art Studio	24 CLOSED FOR THANKSGIVING 	25 CLOSED FOR THANKSGIVING	26 10am: Holiday Festival of the Arts 
27	28 11:30am: Lunch 12pm: Autism Spectrum Anonymous	29 10am: TML 10:30am: Writing Workshop 1:30pm: Tai Chi	30 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Open Art Studio			



Holiday Festival of Arts November 26, 2016

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 26th. 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. The Holiday Festival will include a silent auction, live music, an exciting raffle and good food. Shoppers will find handmade candles, ceramics and pottery, hand-printed cards and photographs, handmade jewelry, upcycled accessories, and cashmere clothes for adults and children.

There are still a few vendor tables left, so if you are interested in participating as a vendor, please contact Arron at 367-2677. We hope the Festival will be enjoyable and successful for everyone and we look forward to seeing you there!

Seniors Have Talent!

Saturdays, November 5 & 12
(2:00 matinees)

@ the Senior Center

Tickets at the Senior Center & Darvill's
Bookstore, \$15 per person.

Last year's show was so successful, we decided to have two shows this year! Gifted seniors will share their talents at this FUN(d)raiser for Hearts & Hands and the Senior Center. Talent includes Ron Myers, Tony Lee, Martin Lund, Marj Franke, Tish Knapp, and much more! Both shows will be completely unique with no repeat acts; so join us for both shows!

We will provide rides for Seniors to and from the event (call 376-7723 for a ride).

Special thanks to event sponsors:

Green Construction, Crow Valley Gallery, Island Hardware, Mary Clure, co-owner Orcas Island Realty, San Juan Insurance, Sara Dailey-Smith and Alan Smith, and TWilliams Realty

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: Call the front desk at 376-2677 to schedule.

Anacortes, Mt. Vernon & Burlington (suggested donation \$40)

Bellingham and surrounding area (suggested donation \$50)

Seattle Area (suggested donation \$60)

Foot care nurses are available every Tuesday and some Thursdays/Fridays for routine foot care. Reservations are required by calling 376-2677. Cost is \$27.

Case Coordination: Services are available to assess and offer options for those in need. Call Delphina Liles at 376-2677.

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.

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 assist with Medicare enrollment, choosing secondary plans, and 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 Arron Redford at 376-7929 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.

Caregiving Information: OrcasCaregivingConnection.org is an online directory of local caregivers and resources for caregiving on Orcas. Call 1-888-685-1475 for more information.

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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: November 2016
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

December, 2016

What a year!

2016 has been a wonderful year for the Orcas Senior Center, with expanded programming, staff, participation, and services. Each step forward is a small but meaningful move towards supporting our elder community on Orcas in meeting their needs and living fulfilling lives on this beautiful island.

We are so grateful to all of you that supported the Senior Center this year with your time, money, enthusiasm, and most of all the love that ties us all together. THANK YOU for everything you contribute to the success of the Senior Center. Here's to wrapping up an eventful 2016 and welcoming in the year ahead. We look forward to a fabulous 2017 with new friends and old, one is silver and the other is gold!

Holiday Fair a Success!

On behalf of the Senior Center, and the seniors who depend on the Senior Center services, we wish to thank you for participating in this year's Holiday Festival of Arts. The vendors, musicians and volunteers all gave generously of their time and talents to make this year's event such a success.

With your support we are able to provide a variety of services which are so needed in our Orcas Island community. Your contributions this year are greatly appreciated and we look forward to working with you again in 2017!



Seniors Have Talent was a rollicking good time with a packed house for both performances. Please enjoy these photos of some of the talent that graced the stage, photos courtesy of Rebecca McDonough.



Quote for the Month . . .

*"In seed time learn,
in harvest teach, in
winter enjoy."*

William Blake

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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.

Please include us in your will and estate planning.

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

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Orcas Island Operations Committee

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

Arron Redford, Orcas Senior Center Manager
376-7929 or orcasseniiorcenter@gmail.com

Celia Farr-Smith, Senior Center Administrator
376-7723 or orcasseniiorcenter@gmail.com

Spotlight on a Volunteer

Peter Carlson is putting down roots here on Orcas Island. With fifty trees in the ground, he and his wife Norris have established a farm home here. A commitment to soil building, experimental intercropping, and cider-making reflect his renewed dedication to family, community, and the decision to settle down.

A rolling stone for twenty years, Peter traveled to a variety of countries and major cities. He is an artist, writer, toymaker, and general laborer. Peter was born in Zaire, is the middle son of a medical doctor, a teacher and fiber artist, and brother to four.

Peter's most impressive childhood years were formed in our sister archipelago to the north, near Ketchikan, Alaska, where his family still resides. He identifies with the fishing culture and self-reliance of our Northern region.

Peter has come full circle; returning to embrace the early imprints of land and sea, the nature, and the close knit people that formed his earthy beginnings. He has come to find a fulfilling appreciation for intergenerational wisdom and finds it rewarding to volunteer here at the Senior Center.

Peter is one of the friendly faces helping in the kitchen for our Friday lunches. We appreciate his reliable dedication and are happy to use this spotlight to get to know a little more about him.



Join us for lunch on a Friday and share in our appreciation of this great volunteer.

Thank you, Peter!

Orcas Center Events

The Revelers

Saturday 3, 7:30 pm, Center Stage

The Revelers are a Louisiana super group which combines swamp-pop, Cajun, country, blues and zydeco!

Membership Kickoff - FREE

Monday 5, 5:00 pm, Center Stage, Lobby Gallery & Madrona Room

Watch 30 years of Orcas Center productions on our HD screen, thumb through old scrapbooks, enjoy refreshments and mingle with your friends and neighbors. See you there!

NT Live Encore *War Horse*

Thursday 8, 7:30 pm, Streaming Encore

The National Theatre's multi-award-winning production of *War Horse* is the powerful story of a young boy and his beloved horse, who has been requisitioned to fight for the British in WWI.

Bolshoi Ballet in Cinema *The Nutcracker*

Wednesday 14, 6:30 pm, Streaming Live

Christmas would not be complete without the enchanting tale of young Marie and her Nutcracker prince! Danced by the Bolshoi's principals, this will transport children and adults alike to a world of magic and wonder.

NT Live *No Man's Land*

Thursday 15, 7:30 pm, Streaming Live

Following their hit run on Broadway, Ian McKellen and Patrick Stewart return to the West End stage in Harold Pinter's *No Man's Land*. The broadcast will be followed by an exclusive Q&A with the cast and director.

The Met Live in HD *L'amour de Lion*

Sunday 18, 1:00 pm, Streaming Live

In Kaija Saariaho's breakthrough opera, Eric Owens is the knight on a quest of love and Susanna Phillips is his lover on the other side of the sea.

Sea Stars *Return of the Sun*

Wednesday 21, 7:30 pm, Center Stage

Join Sea Stars as they weave a magical sonic journey from the dark into the light with the *Return of the Sun*.

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

Orcas Center is offering a 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. Subsidized Tickets are available at the Box Office, in person, one ticket per person.

Where there's a Will, there's a Way

Join us Monday, December 12, 1-3pm, for the final hands-on tutorial of the year with teacher Hilary Walker as she guides you through step by step instructions in filling out an Advanced Directive/Living Will. You can visit endoflifewa.org to review the Advanced Directive form that we use. Copies will be available for all participants at the workshop. The class price is subsidized by grant funds to allow for broader access and costs only \$5 for members and \$15 for non-members. Class size is limited to 10 and it does fill up. Pre-register at the front desk or by calling 376-2677.

Tales of Kale

By Carol Simmer, RDN
Meals on Wheels and More!

Kale has been eaten in Europe since Roman times but was not brought to North America until Russian traders introduced kale into Canada in the 19th century. After WWII, the UK encouraged cultivating kale because its high nutrient content was thought important to supplement the nutrients missing in diets (such as vitamins A, K, and C) after years of food rationing.

Did you know?

- Kale tastes sweeter and more flavorful after being exposed to a frost
- Kale "chips" are a great potato chip substitute.
- You can grow kale in a container or in the garden.
- Kale is a cousin of broccoli, cauliflower, and collards
- One cup of kale has 33 calories, 3 grams of protein, and 2.5 grams of fiber- suitable for any eating pattern!
- Kale gets its deep dark green from the nutrients lutein and zeaxanthin, known to aid in protection against macular degeneration and cataracts.

Tips and cooking kale:

- **Sauté:** Wash and shake off as much water as possible. Pull leaves off the tough center rib (not necessary if baby kale). Add olive oil and chopped garlic to hot pan and sauté slightly. Add kale to pan and gently turn it until wilted down about ½. Sprinkle a bit of salt during this process. Serve immediately.
- **Salads:** Raw kale can stand-up to heavier dressings such as Caesar or mustard. It will not wilt as fast as spinach or tender leafed lettuces. Strong flavors such as peanuts, soy sauce, roasted nuts, chili flakes, or citrus juice concentrates are good additions to a kale salad/dressing. Kale is more tender if chopped or sliced and mixed with a salad dressing thoroughly and let set a few minutes. The acidity of the dressing helps tenderize the kale.
- **Baking:** For chips, curly kale is best. Dry kale leaves thoroughly that have been pulled from the ribs. Sprinkle with olive oil and toss with hands to coat. Spread-out on baking sheet. Sprinkle **lightly** with salt. Place in 275 degree oven for 20-25 minutes until crisp.

Comments or questions? Contact csimmer@wcco.org

Transformational Movement Lessons

Christopher Evans, a licensed massage practitioner has 700 hours of training in the Anat Baniel Method, based on the work of Moshe Feldenkrais. The work is an active process of exploring novel & varied patterns of movement that gradually increase in complexity. This process creates new connections throughout our brain, thus enhancing our brain-body connection. Participation in Transformational Movement Lessons (TML) greatly enhances flexibility, balance, coordination and well being. These classes have helped people overcome pain, reverse the symptoms of aging, re-discover vitality, improve performance and explore the joy and pleasure of movement. Cost for the 8 class series is \$60. Classes are held Tuesdays and Thursdays at 10:00. Space is limited to 12 participants. Please sign up in person at the Front Desk or by calling 376-2677. For more information you may contact Christopher Evans @ 298-6102 or christofireonorcas@gmail.com

Trans-Atlantic Voyage Presentation

In 2004 Tiffany Loney and Bruce Halabisky left Victoria, Canada for Hawaii aboard their sailboat. This was to be the first leg of an 11-year voyage around the world including crossing the Pacific and Indian Oceans and three trans-Atlantics. Along the way Tiffany and Bruce added two children to their crew -- Solianna and Seffa Jane. The entire family will be at the Senior Center Saturday, December 10, 3p-5p, to talk about the challenges and rewards of ocean voyaging on a small wooden boat.

Tech Weekend with Leo Miller



Free Tech Help for Seniors on 12/10/16 and 12/11/16 at the Orcas Public Library, 11:30a-3p both days!

Get FREE help with laptops, phones, tablets, all devices from student Leo Miller. Thanks Leo!

Serenity on the Spectrum

If you think that you, a friend, or a relative is challenged with Autism Spectrum, and if you ever wished there was a path to greater peace and acceptance while dealing with Autism Spectrum issues, you do not have to feel alone. A new Autism Spectrum Anonymous group is meeting to share the journey.

This newly forming, voluntary group of adult individuals who are facing some aspect of Autism Spectrum may be a place where you will be able to share your experience, strength, and hope. This group follows the "Twelve Step" approach, adapted to the special features of people on the Autism Spectrum. Our intention is to discover joy, peace, and dignity that comes from celebrating our strengths, and facing our difficulties, together. Come and see if you find more pieces of the puzzle. This group will meet every Monday at 4:30 in the Conference Room. There is no charge to attend and the meeting is open to anyone who would like to attend. For more information please call Aron at 376-2677.

Christmas Quilt Trip!

It's time for our pilgrimage to the amazing La Conner Quilt & Textile Museum for their annual spectacular – A Victorian Christmas. This is our chance to enjoy the historic Gaches Mansion dressed up with holiday quilts from top to bottom. Explore all 3 floors decorated with trees and textiles popular during the long reign of Queen Victoria (1837-1901). On display will be quilts and textiles dating from the 1840s, red & green applique quilts from the 1850s, 1860's Civil War era quilts, 1880's Crazy Quilts, and Geometric quilts that were popular after 1890.

This excursion is planned for Thursday, Dec. 15. You can be sure of a fun day out when you head to the main land on one of our Senior Center field trips! The cost is subsidized to keep the price affordable at just \$15 for members and \$25 for non-members, including all travel expenses and museum entrance. Please sign-up in advance at the front desk or by calling 376-2677.

Rosario Outing

Have you ventured out to Rosario to see the gorgeous holiday trees on display in the mansion? These festival trees are decorated by various community groups and local non-profits, and spectators have the opportunity to vote for their favorite tree. The winning tree benefits the non-profit that created it.

Join us on this outing to see these trees, vote on our favorites, and visit the mansion. We will be treated to a brief presentation about the history of Rosario and the impressive mansion from Christopher Peacock, Rosario's general manager. This is a great opportunity to get out and about on our own island – please join us! The date is still TBD as of press time, but please call the front desk at 376-2677 or stop by the Senior Center to find out details.

December Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
		<div>2</div> Pork Loin w/ Apple Chutney Mashed Potatoes & Gravy Roasted Root Veg Garden Salad Peach Crisp
<div>5</div> Garlic Dill Salmon Wild Rice Pilaf Green Beans Garden Salad Fruit	<div>7</div> Veg Harvest Soup ½ Grilled Cheese on Whole Wheat Garden Salad Banana Pudding	<div>9</div> Chicken Cordon Bleu Scalloped Potatoes Caribbean Veggies Spinach Salad Apple Cake
<div>12</div> Spaghetti w/ Meat Sauce Italian Veggie Garden Salad Cookie	<div>14</div> Pulled Pork w/ BBQ Brown Rice Cabbage Kale Slaw Hawaiian Roll Tropical Fruit	<div>16</div> Baked Fish Roasted Yam Green Beans Garden Salad Fruit
<div>19</div> French Dip Sandwich w/ Au Jus Roasted Potatoes Garden Salad Apple Cake	<div>21</div> Roast Beef Mashed Potatoes & Gravy Baby Carrots Wheat Roll Chef's Choice Dessert	<div>23</div> 
<div>26</div> <div>~CLOSED~ Merry Christmas</div>	<div>28</div> Chinese BBQ Pork Fried Rice Veggie Egg Roll Mandarin Oranges Fortune Cookie	<div>30</div> Shrimp Fettuccini Italian Veggies Caesar Salad Sliced Peaches

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



December 2016



<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"><u>LUNCH</u></div> <div style="text-align: center;"><u>LUNCH</u></div> <div style="text-align: center;"><u>LUNCH</u></div> </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10am: TML 2pm: Afternoon Tea- FREE	2 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	3
4	5 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous	6 10am: TML	7 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 12pm: Library Lady 1pm: Open Art Studio	8 9:30am: Operations Committee Meeting 10am: TML 1pm: Art Therapy 2pm: Chair Yoga	9 10am: Mobility Equipment 10am: Palettes Art Group 11:00am: Lunch 4pm: Strength Training	10 11:30am: Free Tech Help at the Orcas Public Library 3pm: Trans-Atlantic Voyage Presentation
11 11:30am: Free Tech Help at the Orcas Public Library	12 11:30am: Lunch 12pm: Caregivers Support Group 1pm: Where There's a Will, There's a Way 4:30pm: Autism Spectrum Anonymous	13 10am: TML	14 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Open Art Studio	15 7:30am: Quilt Trip! 10am: TML 1pm: Art Therapy 2pm: Chair Yoga	16 10am: Mobility Equipment 11:00am: Lunch 4pm: Strength Training	17 10am: Craft Day! 
18	19 11:30am: Lunch 12pm: Autism Spectrum Anonymous	20 10am: TML 1pm: Book Club	21 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Open Art Studio	22 10am: TML 1pm: Art Therapy 2pm: Chair Yoga	23 10am: Mobility Equipment !NO LUNCH TODAY! 4pm: Strength Training	24
25	26 Senior Center Closed for Christmas 	27 10am: TML	28 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Open Art Studio	29 7:30am: Bargain Shopping Trip 10am: TML 1pm: Art Therapy 2pm: Chair Yoga	30 10am: Mobility Equipment 11:00am: Lunch 4pm: Strength Training	31

Craft Day

You are invited to join us for our monthly Craft Day on one Saturday each month, held on December 17 this month. Craft Day is a coming together to sew, scrapbook, knit or do whatever your craft interest is. It's fun, it's informal, and there's lots of sharing of ideas and skills. Not sure what you want to craft? Please come peruse through our supplies for ideas. Bring your project and sack lunch and spend the day 10am to 3pm or even longer if we are really on a roll with our projects. See you there!

Holiday Tea

Please join us for our special Holiday Tea on Thursday, December 1, at 2pm. Afternoon Tea is FREE, and is a tradition here at the Senior Center every 1st 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!

Book Club's Reading List

The Senior Center Book Club is held the third Tuesday of each month at 1pm. You are invited to participate in this engaging group led by Stephen Bentley. Here is the reading list for this month and next:

December: The Little Paris Bookshop, by Nina George
January: Between the World and Me, by Ta-Nehisi Coates

Art Therapy for Adults

We are excited to offer a special Art Therapy class for adults, led by Lana Hickman and with materials provided by Rainbow Services. The classes will be held at the Senior Center Thursdays in December on the 8th, 15th, 22nd, and 29th, from 1-2:30pm. The cost for members is \$6 per session or just \$20 for all 4 sessions. For non-members, the class is \$16 per session. Please pre-register at the front desk or by calling 376-2677. We look forward to your participation in this unique offering!

Chair Yoga

Starting December 8th chair yoga will be offered again in the Lundeen Room of the Senior Center on Thursdays from 2-3pm except for the first Thursdays of the month when we host afternoon tea. These winter yoga classes will be offered by Whitney Page. Whitney discovered yoga at a young age through her love of dance and alternative healing. She is excited to offer a gentle practice, open to all, including those with limited mobility (please check in with Arron prior to the class if you are reliant on a wheelchair or other device). In addition to yoga, Whitney enjoys hiking in Moran State Park, sewing clothes, reading historical fiction and food memoir, and performing improv comedy. Originally from Texas, she lives on Orcas Island with her dashing husband, Ryan, and laughing baby boy, Bernard. Classes price for members is \$6 per class or \$50 for a 10-class punch card. Non-members pay \$8 per class. We hope you can join us for Thursday afternoon yoga!

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: Call the front desk at 376-2677 to schedule.

Anacortes, Mt. Vernon & Burlington (suggested donation \$40)

Bellingham and surrounding area (suggested donation \$50)

Seattle Area (suggested donation \$60)

Foot care nurses are available every Tuesday and some Thursdays/Fridays for routine foot care. Reservations are required by calling 376-2677. Cost is \$27.

Case Coordination: Services are available to assess and offer options for those in need. Call Delphina Liles at 376-2677.

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.

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 assist with Medicare enrollment, choosing secondary plans, and 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 Arron Redford at 376-7929 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.

Caregiving Information: OrcasCaregivingConnection.org is an online directory of local caregivers and resources for caregiving on Orcas. Call 1-888-685-1475 for more information.

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SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

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