

Orcas Senior Signal

Orcas Senior Center

January, 2017

CAR FOR SALE

The Orcas Island Senior Center is the proud new owner of a 2005 Toyota Prius. The vehicle was left to us as a legacy gift from Marilyn Anderson. After consideration as to whether to keep the vehicle as part of our fleet, the Operations Committee has opted to sell this great commuter car and use the profits from the sales to help serve our local seniors.

Marilyn Anderson, 89, died peacefully at her Eastsound home on April 22, 2016, basking in the kind words and gestures from people she loved. Abiding by her favorite motto – "Prior planning precludes poor performance" – Marilyn left a legacy of outstanding accomplishments.



It is with gifts such as these that vital organizations like the Senior Center are able to thrive. We are grateful for the generosity of so many like Marilyn who have committed their own lives to improving the lives of others in our community.

If you or someone you know is interested, the 2005 Toyota Prius has 99,512 miles and is in good condition. We are asking \$5,000 or best offer. If you would like to see the vehicle or take it for a spin, please contact Arron at 376-7929 or orcasseniorecenter@gmail.com.



Spontaneous caroling at a Senior Center lunch in December helped celebrate the holiday season.

Funhouse Discovery Tour!

Come along as we venture into the Funhouse, Orcas' own version of a boys and girls club. The Funhouse is a treasured island institution that many of us have never seen the inside of – now's your chance! Our unconventional tour will use storytelling to share the Funhouse mission and is a great way to get a pulse on their youth work and what they see for the future of the Funhouse.

We will meet at the Senior Center on Friday, Jan 13, at 1pm and this trip is FREE. Please sign-up at the front desk, or by calling 376-2677.

Quote for the Month . . .

"You are never too old to set another goal or to dream a new dream."
- Aristotle

What's Inside

Volunteer Opportunities	2
Ukulele Class	3
New Year New Feet	4
Lunch Menu	5
Event Calendar	6
SJIMA Field Trip	7
Services & Reference	8



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February, 2017

Tai Ji Quan: Moving for Better Balance® (TJQMBB)

Tai Ji Quan: Moving for Better Balance® (TJQMBB) is a research-based balance training for older adults and people with balance disorders, and it's coming to our Senior Center! The instructor is Scott Heisinger, PT, DPT, a physical therapist at Orcas Island Physical Therapy who has specialized in balance training and falls recovery.

TJQMBB consists of an 8-form core with built-in practice variations and a subroutine of Tai Ji Quan - Mini Therapeutic Movements®, which, collectively, comprise a set of functional Tai Ji Quan exercises.

This program transforms martial arts movements into a therapeutic regimen aimed at improving postural stability, functional walking, movement symmetry and coordination, range of motion, and lower-extremity muscle strength, culminating in reduced falls.

People who would benefit are those with a history of falls, balance disorders, leg muscle weakness, or walking difficulty. The program is able to accommodate people with a mild level of mobility difficulty (e.g., people who are occasional cane users). Consistent class attendance (at least 75% of available class sessions) is expected to result in improvement in balance and mobility and reductions in the incidence of falls.

The classes are 60-minute sessions conducted twice per week for 24 consecutive weeks. Students will pay \$120 up-front (installments also accepted) for the first 12 weeks of classes. Those students who are able to maintain excellent attendance throughout the 24 weeks will have an opportunity to have the remainder of their class fees paid for by grant funding.

Classes will be at the Senior Center two days per week from 4:30 – 5:30pm. The dates will be announced when we have a commitment from 10 dedicated students. Serious applicants may sign up at the front desk or call 376-2677 to reserve your spot. For more information, contact Scott Heisinger directly at 376-6604.



Thank you to the National Honor Society students that hosted an intro to Facebook class at the Senior Center. We hope to do it again!

Powerful Tools for Caregivers

A FREE workshop for family caregivers is offered at the Senior Center, led by Jami Mitchell and Wendy Stephens. The 6-week class helps caregivers practice tools that support their own needs so that they can be effective at caring for their loved ones. This opportunity is possible through support from San Juan County and the Northwest Regional Council, and will be held Tuesdays 1-3:30pm, February 21 through March 28. Please see the double-sided insert in this newsletter for more information, and sign up at the front desk or by calling 376-2677.

Quote for the Month . . .

I've decided to be happy because it's good for my health.

-Voltaire

What's Inside

Volunteer Opportunities	2
Social Security Changes	3
Tax Help	4
Advanced directives	4
Lunch Menu	5
Event Calendar	6
Field Trips	7
Services & Reference	8

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

YOUR STAFF

Wendy Stephens

Senior Services Manager

(360) 378-2677

email: wendys@sanjuanco.com

Jami Mitchell

Senior Services Specialist

(360) 376-7926

email: jamim@sanjuanco.com

Delphina Liles

Aging & Family Case Coordinator, 360-376-0591

email: delphinal@sanjuanco.com

Jay Savell – Cook

Meals provided through a partnership with Whatcom Council on Aging.

(360) 376-2677

Orcas Island Operations Committee

Bonnie Burg (Chair)

Kristin Dalla Santa (Secretary)

Maggie Kaplan (Vice-Chair)

Christina Orchid

Margo Rubel

Doug Schliebus (Treasurer)

Judy Schliebus

Margot Shaw

Jerry Todd

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

Volunteers make our world go round!

Hundreds of volunteers at the Orcas Island Senior Center contributed more than 7,000 hours of help during 2016. That's amazing! THANK YOU to each and every one of you.

Interested in getting involved? Here are a few volunteer needs currently at the Senior Center:

Drivers for off-island medical trips

Help preparing the Meals on Wheels home deliveries

Dishwashing assistance after community lunches

Upholstery cleaning our cloth chairs

Companion care and respite for family caregivers through our Hearts and Hands program

Administrative assistance including help with our new website and our monthly newsletter

Hosts for interesting on-island field trips – do you have an Orcas location worth sharing for a field trip?

If you have any questions or want to volunteer on these or other projects, please let us know. Contact Arron at 376-7929 or Jami at 376-7926, or email orcasseniorecenter@gmail.com. Thank you - It's a team effort!



In Search Of...

Did you get a new iPad for Christmas and now you are willing to please please donate your old one to the Orcas Senior Center? The Senior Center uses 2 iPads for the front desk and lobby and ours are failing. We are ready for new hand-me-downs pretty please! Tax deductible donation to a worthy non-profit... Please contact Arron or Jami at 376-2677 or just stop by. THANK YOU!

Social Security Benefits and Medicare Part B both Increase

by Kirk Larson
Social Security Specialist

Monthly Social Security and Supplemental Security Income (SSI) benefits will increase 0.3 percent in 2017. The 0.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 60 million Social Security beneficiaries in January 2017. Increased payments to more than 8 million SSI beneficiaries began in December. The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.

The standard Part B premium amount in 2017 will be \$134 (or higher depending on your income). However, most people who get Social Security benefits will pay less than this amount. This is because the Part B premium increased more than the cost-of-living increase for 2017 Social Security benefits. If you pay your Part B premium from your monthly Social Security payment, your monthly premium can go no higher than the increase you receive to your monthly Social Security benefit. Social Security will tell you the exact amount you will pay for Part B in 2017. You'll pay the standard premium amount if:

- You enroll in Part B for the first time in 2017.
- You don't get Social Security benefits.
- You're directly billed for your Part B premiums.
- You have Medicare and Medicaid, and Medicaid pays your premiums. (Your state will pay the standard premium amount of \$134.)

Your modified adjusted gross income as reported on your IRS tax return from 2 years ago is above \$85,000 for an individual or \$170,000 for a couple filing a joint tax return amount. If so, you'll pay the standard premium amount plus an Income Related Monthly Adjustment Amount (IRMAA). IRMAA is an extra charge added to your premium.

Most Social Security beneficiaries will not see a reduction in their 2016 monthly benefit amount because of the increase in the Medicare Part B premium. This is because the Social Security Act contains a "hold harmless" provision that protects most beneficiaries. The amount of the benefit payable between 2016 and 2017 will stay the same even though the Medicare Part B premium increases.

To learn more about Medicare Part B costs go to <https://www.medicare.gov/your-medicare-costs/part-b-costs/part-b-costs.html> at the Medicare webpage.

It's February - Put Your **Red-IN!**

by Carol Simmer, RDN
Meals on Wheels & More!

February is the month of love. Love yourself this month and every month by putting **RED FOODS** in your body that support good health! The red pigments in fruits and vegetables, lycopene and anthocyanin, contribute excellent nutrition as well as beautiful color to the diet. Both are considered phytonutrients. Phyto(*plant*)nutrients are antioxidants found in plants. Phytonutrients are not created by the human body, but are produced by plants as their defense against environmental damage from pests, toxins and UV (sun) damage. When we eat plants with phytonutrients our bodies also get the benefits of the plants' antioxidants to fight-off similar environmental damages to our cells.

Lycopene is an antioxidant known as a **carotenoid**. It is a *fat-soluble nutrient* which means the fat in a meal helps its absorption. Tomatoes have a high concentration of lycopene and the concentration is even higher when tomatoes are cooked. Watermelon, red grapefruit, and red cabbage also contain high concentrations of lycopene. Research continues on the effects of lycopene on the immune system, cancer (esp. breast and prostate), eye health, neuropathy, heart and bone health, and Alzheimer's disease.

Anthocyanins are *water-soluble* pigments in plants, collectively known as **flavonoids**. The study of Anthocyanins and their effects on the human immune systems, cancer, viruses, allergies, diabetes, the cardiovascular system, and eye health are getting a lot of attention in the scientific community in recent years.

Each red fruit and vegetable has its own list of health-promoting phytochemicals along with many vitamins and minerals and plenty of fiber. Several countries around the world feature red foods in their traditions and health practices. Isn't it interesting to know modern science is proving why these ancient beliefs are healthy.

Eat **RED** for the health of it!
Comments or questions?
Email csimmer@wccoa.org

Orcas Center Events

NT Live

Amadeus

Thursday Feb. 2, 7:30 pm, Streaming Encore
Lucian Msamati (*Luther, Game of Thrones, NT Live: The Comedy of Errors*) plays Salieri in Peter Shaffer's iconic play. Mozart, a rowdy young prodigy, arrives in Vienna determined to make a splash. Court composer Antonio Salieri, seized by obsessive jealousy, begins a war with Mozart, with music, and ultimately, with God.

Bolshoi Ballet in Cinema

Swan Lake

Saturday Feb. 11, 6:30 pm, Streaming Live
A ballet of ultimate beauty and a score of unparalleled perfection born at the Bolshoi in 1877. In the dual role of white swan Odette and her rival black swan Odile, prima ballerina Svetlana Zakharova exudes both vulnerability and cunning through superb technical mastery.

NT Live

St. Joan

Thursday Feb. 25, 7:30 pm, Streaming Live
Bernard Shaw's classic play follows the life and trial of a young country girl who declares a bloody mission to drive the English from France. As one of the first Protestants and nationalists, she threatens the very fabric of the feudal society and the Catholic Church across Europe.

The Met: Live in HD

Rusalka

Sunday Feb. 26, 1:00 pm, Streaming Live
Kristine Opolais stars in a new production of the opera that first won her international acclaim. Sir Mark Elder conducts Mary Zimmerman's new staging, which also stars Brandon Jovanovich as the human prince who captures Rusalka's heart.

Reminder: \$5 tickets for 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. Box Office is open Wed., Thurs., and Fri. afternoons 12 pm – 2 pm, and one hour prior to each performance.

The Taxman Comeith

Tax Service is available for low to moderate income taxpayers (\$54,000 or less) Fridays, February 10 through April 14, by appointment from 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. This service is generously provided by Jim Biddick (Lions Club) and John Carl (Kiwanis Club).

End of Life Care Options and Advance Care Planning

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

Back by popular demand! Join us for a hands-on tutorial Monday, February 13, 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 to 10 and it does fill up. Pre-register at the front desk or by calling 376-2677.

Aging - Who Me? Growing Life, Killing It, Or Letting it Go Quietly

Aging is something we all do, however, most of us do it in isolation. Even though we read about it, listen to others talk about needs and health issues, the majority of us suffer silently with our gaining concerns and our losses of who we thought we were in our health, wealth and vitality.

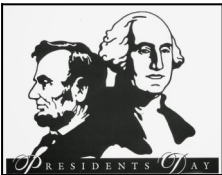

Join Dr. Rosie Kuhn at the Senior Center on the 2nd and the 4th Tuesdays of every month, from 1-2:30, for a discussion on how we empower ourselves to consciously choose to age with grace and dignity. This is for everyone interested in all aspects aging.

Dr. Rosie is a member of our community. She is a Life and Spiritual Coach, and has written many books on living consciously, such as Self-Empowerment 101, If Only My Mother Had Told Me!, and Cultivating Spirituality in Children (We are all children!).

This class costs only \$6 for members and \$10 for non-members. Members can save further by purchasing 10 sessions for \$50. This class is open to anyone who would like to participate and there is no age limit to becoming a member. Class size is limited to 10 and it does fill up. Pre-register at the front desk or by calling 376-2677.





February Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
	1 Chicken Strips w/ Honey Mustard Potato Wedges Broccoli Florets Garden Salad Fresh Oranges	3 Pork Chops w/ Roasted Potatoes Steamed Veggies Garden Salad Applesauce
6 Tilapia with Roasted Red Pepper Coulis Rosemary Potatoes Broccoli Florets Garden Salad Fresh Melon	8 Beef Stroganoff Over Rotelle Pasta Peas & Onions Garden Salad Coconut Fruit Salad	10 Homemade Meatloaf Mashed Potatoes & Gravy Brussels Sprouts Garden Salad Sliced Peaches
13 Taco Salad Cornbread Fresh Fruit	15 Florentine Fish Wild Rice Pilaf Whole Green Beans Garden Salad	17 Roast Beef Mashed Potatoes & Gravy Baby Carrots Spinach Salad Fresh Grapes
President's Day 20 CLOSED 	22 Lemon Herb Chicken Mashed Potatoes & Gravy Broccoli & Cauliflower Garden Salad Fruit Cocktail	24 Cajun Shrimp Pasta w/ Peppers & Crawfish Nantucket Veggies Garden Salad Apple Cake
27 Swedish Style Meatballs Over Egg Noodles Green Beans Beet & Spinach Salad Fruit		

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

February 2017

	<u>LUNCH</u>		<u>LUNCH</u>		<u>LUNCH</u>	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10am: Mobility Equipment 11:30am: Lunch 12pm: Library Lady 1pm: Open Art Studio	2 10am: TML 2pm: Afternoon Tea- FREE	3 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	4
5	6 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous	7 10am: TML 11:15am: Chair Yoga 4:30: Ukulele Class	8 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Open Art Studio 1pm: Ukulele Performance	9 9:30am: Operations Committee Meeting 10am: TML 2pm: Chair Yoga	10 9am: Tax Help 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	11 7:30am: Bargain Shopping 
12	13 10am: Palettes Art Group 11:30am: Lunch 1pm: Advance Directives work-shop 4:30pm: Autism Spectrum Anonymous	14 10am: TML 11:15am: Chair Yoga 1pm: Independence Group	15 10am: Mobility Equipment 11:30am: Lunch 1pm: Open Art Studio	16 10am: TML 2pm: Chair Yoga	17 9am: Tax Help 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	18 10am: Craft Day! 
19	20 CLOSED President's Day 	21 7:30am: Flying Heritage trip 10am: TML 11:15am: Chair Yoga 1pm: Powerful Tools for Care-givers 1pm: Book Club	22 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Open Art Studio	23 10am: TML 2pm: Chair Yoga	24 9am: Tax Help 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	25
26	27 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous	28 10am: TML 11:15am: Yoga 1pm: Independence Group 1pm: Powerful Tools for Care-givers	<div style="border: 2px solid black; padding: 10px;"> <p style="text-align: center;">Free Ukulele Concert!</p> <p>Please join us Wednesday, February 8, from 1-2pm for a special performance by the beginning ukulele class. This popular series is led by teacher Carolyn Cruso. Please come to the Senior Center to celebrate their accomplishments and hear what they have learned!</p> </div>			

Fun With Friends: Field Trips on and off Orcas

Flying Heritage Trip!

Please join us Tuesday, February 21, for a special excursion to the incredible Flying Heritage Collection in Everett. Let us do the driving as you fly through history admiring the leading technologies of the 1930s and 1940s, with the main emphasis of the distinguished collection including combat aircraft from World War II.

In 1998, Paul G. Allen began acquiring and preserving these iconic warriors and workhorses, many of which are the last of their kind. Allen's passion for aviation and history, and his awareness of the increasing rarity of original WWII aircraft, motivated him to restore these artifacts to the highest standard of authenticity and share them with the public.

The cost to see these treasures is only \$20 for Senior Center members (\$40 for non-members) including all travel and museum entry fees. This very affordable rate is made possible by grant funds to increase the accessibility of our programming. To sign up for this field trip, please call 376-2677 or come to our front desk. Space is limited so please register soon.



Participants enjoyed the Senior Center field trip to the San Juan Island's Museum of Art in January. Good times!

Coffelt Farm Visit

We're invited to visit the historic Coffelt Farm during lambing season this month! Come hear a bit about the history of the working farm and land preservation collaboration, and join us in welcoming in the new batch of baby lambs. We'll plan the date for late February once the lambs start arriving, so call the front desk for specific date and time, 376-2677. This field trip is FREE for Senior Center members and \$5 for non-members.

Do you have an Orcas location worth sharing? Looking for hosts for interesting on-island field trips. Contact Jami, 376-7926 or jamim@sanjuanco.com.

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, or locally call 360-370-7470 or email veterans@sanjuanco.com

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
Non-Profit
U.S. Postage
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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: February 2017
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

March, 2017

Open Mic Thursdays at Doe Bay Café

Proceeds from the Doe Bay Café's weekly Open Mic benefit various island non-profits throughout the year. The Orcas Senior Center is excited to be selected as the non-profit for March! This means \$1 from every entrée sold on Thursday nights in March goes directly to the Senior Center.

You are invited to join our Senior Center group going to Open Mic together on Thursday evening, March 23. Sign up at the front desk and either meet us there or ride along with us from the center in our 10-passenger van. Normally Open Mic starts at 7:30pm, but as a special favor to the Senior Center, Doe Bay will kick off the music that night at 7pm, thanks to the Open Mic hostess Carolyn Cruso. We hope you will join the fun!

Donate Items for Granny's Attic Sale

Spring is on the doorstep and it's time to clean out the attic! The Orcas Island Senior Center is again collecting donations of interesting and unique (gently used) items of value for our annual Granny's Attic rummage sale to be held on Saturday, April 29, from 10am to 3pm. Begin your spring cleaning and 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 21st and continuing until April 25th. If you have larger items such as furniture please call or e-mail Arron Redford at 376-7929 or orcasseniorecenter@gmail.com to arrange for pick-up or drop-off. Please note that we do not accept clothing, small appliances, or large electronics.

The Now Legendary Spring Brunch

by Chef Christina Orchid

featuring Chefs Jay Savell and Ian Cassinos

A Benefit for Meals on Wheels And More

Menu:

*Classic Eggs Benedict
Strawberry Ricotta Blintzes
Broccoli 'Shroom Scramble
Thick Cut Bacon
Farmer's Maple Sausage
Homestyle Breakfast Potatoes
Fresh Cut Fruit Salad
Assorted Pastries and Preserves
from Red Rabbit Farm*

Saturday, March 18th

10 am-1 pm

Advance: \$15 Adults; \$7 Kids 10&under.

At Door: \$20 Adults; \$10 Kids.

Orcas Island Senior Center
62 Henry Road
(360) 376-2677



Quote for the Month . . .

*"In the last analysis
all moments are key
moments, and life
itself is grace."*

-Frederick Buechner

What's Inside

Tulalip Casino Trip	2
Tax Help	3
EFT Workshop	4
Lunch Menu	5
Monthly Calendar	6
Photographic Exhibit	7
Services & Reference	8

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Please include us in your will and estate planning.

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

YOUR STAFF

Wendy Stephens

Senior Services Manager

(360) 378-2677

email: wendys@sanjuanco.com

Jami Mitchell

Senior Services Specialist

(360) 376-7926

email: jamim@sanjuanco.com

Delphina Liles

Aging and Family Case Coordinator

(360) 370-0591

email: delphinal@sanjuanco.com

Jay Savell – Cook

Meals provided through a partnership with

Whatcom Council on Aging

(360) 376-2677

Balance Classes with Scott Heisinger

The Orcas Senior Center is excited to present a 24-week series of Tai Ji Quan: Moving for Better Balance® (TJQMBB). These TJQMBB, or balance classes, will be instructed by Scott Heisinger, PT, DPT, a physical therapist at Orcas Island Physical Therapy. Students MUST pre-register, and the first class is Tuesday, March 7th at 4:30pm. The sessions will continue on Tuesdays and Thursdays, 4:30-5:30pm. Some guidelines for those in attendance include:

- 1) Wear comfortable clothing that does not restrict movement. We suggest wearing layers so that you can maintain your temperature as desired.
- 2) Wear comfortable, appropriate shoe wear, tennis shoes/walking shoes versus sandals or clogs or footwear that you can easily slide out of.

The exercises will be performed in different positions, from sitting to standing and will gradually move from an 'easy' level of exertion to a 'moderate' and 'strong' perceived exertion level over time.

Casino Trip!

Back by popular demand... It's been a long time since we hit the casino together, and folks are feeling like it's about time! Please sign up to join us on our excursion to the Tulalip Casino on Saturday, March 25. It's also possible to visit the nearby Outlet Mall for the day if you'd like the ride but don't want to go to the casino. Maggie Kaplan and Clarissa Fernandez are coordinating this trip, so you know it will be a good time. The cost is just \$15 per person for transportation costs; bring money for food. Pre-register at the front desk or by calling 376-2677.

Orcas Island Operations Committee

Bonnie Burg (Chair)
 Kristin Dalla Santa (Secretary)
 Maggie Kaplan (Vice Chair)
 Christina Orchid
 Margo Rubel
 Doug Schliebus (Treasurer)
 Judy Schliebus
 Margot Shaw
 Jerry Todd

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

A Big Day—March 18

Mark your calendar to join us for our special Spring Brunch prepared by Chef Christina Orchid here at the Senior Center Saturday, March 18, 10-1pm. This incredible brunch is only \$15 in advance (\$20 at the door) and tickets can be purchased at our front desk. All proceeds benefit our Meals on Wheels program!

Following brunch, you are invited to attend a panel discussion at 2pm at the Odd Fellow's Hall entitled "Living and Dying Well on Orcas Island." Molly Roberts, Suzi Rose, and Annekieka Neenan--all having many years of helping people while they live and pass from their lives--will offer a panel discussion on options for people who choose to die at home. What are some advantages and consequences of that choice? There will be a presentation followed with Q & A. The event is by donation.

Get Replacement Social Security Tax Forms Online

By Kirk Larson
Social Security Western Washington Public Affairs Specialist

It's that time of year again, and tax season can seem overwhelming. Some forms and paperwork might be difficult to track down. If you misplaced your Benefits Statement or didn't receive it by the end of January, we've made it easy for you to go online to request a replacement with *my Social Security*.

An SSA-1099 is a tax form Social Security mails each year in January to the more than 60 million people who receive Social Security benefits. It shows the total amount of benefits received from Social Security in the previous year so people know how much Social Security income to report to the IRS on their tax return. It will also show any voluntary federal income taxes you had withheld from your Social Security payments. Some people have to pay federal income taxes on their Social Security benefits. This usually happens only if you have other substantial income (such as wages, self-employment, interest, dividends and other taxable income that must be reported on your tax return) in addition to your benefits. To learn more about benefit taxation, go to www.ssa.gov/planners/taxes.

If you currently live in the United States and need a replacement form SSA-1099, we have a way for you to get a replacement quickly and easily. Go online and request a replacement form with a *my Social Security* account at www.socialsecurity.gov/myaccount.

Every working person in the U.S. should create a *my Social Security* account. The secure and personalized features of *my Social Security* are invaluable in securing a comfortable retirement — for today and tomorrow.

The Taxman Comeith

Tax Service is available for low to moderate income taxpayers (\$54,000 or less) Fridays at the Senior Center through April 14, by appointment from 9am - 4pm. The program is free, but donations are encouraged and will go to support the Orcas Island Senior Center.

To schedule an appointment, please call 376-2488. This service is generously provided by Jim Biddick (Lions Club) and John Carl (Kiwanis Club).

Heartburn? Let's Talk!

By Carol Simmer, RDN
Meals and Wheels and More!

Heartburn is the pain and discomfort in your chest and throat experienced after eating. It happens when stomach acid backs up, or "refluxes", through the valve between your stomach and esophagus, the tube connecting your mouth and stomach. Here are tips to help avoid the "reflux".

Eat smaller portions. No matter what foods you are eating, a stuffed stomach makes heartburn more likely.

Slow down. The three G's grab, gulp, and go ALWAYS make indigestion and heartburn riskier!

Reduce the fatty foods. Cut the fat off meats and eat smaller portions of a fatty food. Fat takes longer to empty from the stomach and may contribute to reflux.

Beverages to consider: **Regular and decaf coffee** boost acid in the stomach as well as tomato and citrus Juices; **alcohol** can relax the valve between the esophagus and stomach, letting acid escape into the esophagus; **carbonated beverages** can bloat the stomach.

Limit High Acid Foods Tomatoes and citrus fruits can trigger heartburn, especially when eaten by themselves on an empty stomach. Foods with a high vinegar content may be a trigger, too.

Chocolate contains caffeine which may be a trigger. Eating a small amount of chocolate without other high fat foods may reduce the risk.

Foods with a kick or intense flavor: Hot, spicy foods are common triggers for heartburn, but peppermint may also be a problem as it may relax the esophageal valve. A lot of garlic and onion, especially raw, can also be risky. Don't do away with spices, onion and garlic, but dial down the amounts you use.

Chew Gum (not peppermint) after a meal.

Chewing gum keeps your mouth making saliva. This extra liquid helps neutralize acid and stimulates your stomach to empty faster, reducing the time heartburn has to set-in.

Don't lie down, especially flat, after a meal.

Allow 2-3 hours between supper and bedtime. Talk with your doctor if heartburn is frequent. It could be a sign of other digestive problems.

Track your triggers: Make notes to help you pinpoint what causes discomfort. You may find that you may be able to drink or eat risky foods if you slow down your eating or just eat less. Sometimes eating a food by itself hurts but eating it with a meal does not!

Orcas Center Events

\$5 Tickets for Senior Center Members

NT Live

Hedda Gabler

Saturday, Mar. 11, 7:30pm, Streaming Live, Ibsen's controversial story of female independence. The Tony Award-winning director crafts a modern production of Ibsen's masterpiece.

Spamalot

Thu-Sat, Mar. 16-18 & Mar. 23-25, 7:30pm, Center Stage

Monty Python's *Spamalot* is a musical comedy adapted from the 1975 film *Monty Python and the Holy Grail*. Like the film, it is a highly irreverent parody of the Arthurian Legend. This version is directed by Doug Bechtel with musical direction by Jim Shaffer-Bauck. The original 2005 Broadway production won the Tony Award for Best Musical of the 2004-2005 season.

The Met: Live in HD

La Traviata

Sunday, Mar. 26, 1:00pm, Streaming Live
Sonya Yoncheva portrays the doomed courtesan Violetta Valéry, opposite rising American tenor Michael Fabiano as her lover, Alfredo.

Taylor 2 Dance Company

Friday, Mar. 31, 6:30pm, Center Stage

Paul Taylor's *Taylor 2* is the six-member company from New York that brings the American Choreographer's dances to Orcas Island with world renowned artistry—representing a wide range of athleticism, humor and emotion.

Reminder: \$5 tickets are available to Senior Center members for all regular Orcas Center-produced events.

Subsidized Tickets are available at the Box Office, in person, one ticket per person. The Box Office is open Wed., Thurs., and Fri. 12 pm – 2 pm, and one hour prior to performances. If you plan to call in your request for a seat due to limited mobility, call 376-2281 x1 during those same open hours.

Miho and Diego return

The exciting Miho & Diego Duo is coming back to Orcas Island to teach and perform as Orcas Island Chamber Music Festival Musicians-in-Residence. Play along at the free World Rhythm Workshop on Tuesday, March 28th, from 6:00-7:00pm at the Odd Fellows Hall. All skill levels are welcome! Next, the free Family Concert will take place at 2:00pm on Saturday, April 1st, at the Odd Fellows Hall. We hope to see you there! This programming is in partnership with the Senior Center and is supported in part by a grant from the Washington State Arts Commission and the National Endowment for the Arts.

Enjoy Nearby Nature

Come along on guided explorations of local parks with Trillium Swanson. Our first outing will be a walk along the Crescent Beach Trail on Friday, March 24, 1-3pm. Join us as we walk through the Land Bank property on the flat trail that stretches between Mount Baker Road and Crescent Beach. We will see signs of spring and enjoy the view when we emerge from the forest trail, overlooking the water.

An Introductory EFT Workshop

On Monday, March 27th 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 designed this workshop to empower people to use this technique as a first aid tool for 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 one's body. The physical evidence we feel from those disruptions, including pain, nausea, tension or anxiety, can affect the way one reacts to the world.

This workshop is an opportunity to learn how to use EFT and experience it for oneself. It has been used successfully to treat a wide variety of distress in mind, body and spirit. EFT has been useful in relieving phobias, 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. This class is subsidized by grant funding and costs only \$5 for members and \$15 for non-members. Please pre-register at the front desk or by calling 376-2677.

MAKE YOUR EXECUTOR'S JOB EASIER

Having a will and Advance Directive is good preparation, but many tasks will fall to your will's Executor. Creating an addendum to your will makes it unnecessary for your Executor to search for account numbers and customer service contact information. Virginia Erhardt has created a scrubbed version of such a document to share with friends. This document includes the additional information and instructions that will inform your Executor of all the necessary tasks, how to accomplish them, and the order in which it would be important to address these matters. The Orcas Senior Center is proud to present this workshop on Monday, March 20 from 1pm – 2pm. The material presented will cover advance funeral arrangements, dealing with probate of a will, and information/documents an Executor needs in order to complete the processing of financial details of an estate. This class is free for Senior Center members and \$5 for non-members. Please sign up at the front desk or by calling 376-2677.

March Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
	<div>1</div> Chicken Cordon Bleu Baby Yukon Potatoes Caribbean Veggies Spinach Salad Fruit	<div>3</div> Meat Lasagna Italian Veggies Caesar Salad Fruit
<div>6</div> BBQ Pork Ribs Baked Potato Baby Carrots Citrus Kale Salad Peach Crisp	<div>8</div> Pesto Cheese Tortellini Baby Carrots Garden Salad Apple Crisp	<div>10</div> Country Fried Steak Mashed Potatoes Country Gravy Peas And Carrots Raspberry Sherbet
<div>13</div> Shrimp Salad Oatmeal Bread Orange Wedges	<div>15</div> Baked Fish w/ Dill Sauce Baked Yam Green Beans Garden Salad Fruit	<div>17</div> St. Patty's Day Irish Beef Stew w/ Garden Vegetables Buttermilk Biscuits Garden Salad  Fruit
<div>20</div> Swiss Steak Mashed Potatoes & Gravy Steamed Veggies Garden Salad Fruit	<div>22</div> Roasted Herb Chicken Potatoes Colcannon Broccoli & Cauliflower Garden Salad Fruit Cocktail	<div>24</div> Turkey & Cranberry Mashed Potatoes & Gravy Nantucket Veggies Pumpkin Cake
<div>27</div> Sweet & Sour Meatballs Over Brown Rice Asian Veggies Spinach Salad Pineapple Chunks	<div>29</div> Pork Loin w/ Apple Chutney Mashed Potatoes Steamed Veggies Garden Salad Applesauce	<div>31</div> Salmon Filet Wild Rice Pilaf Whole Green Beans Garden Salad Fresh Grapes

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

March 2017

<div><u>LUNCH</u></div> <div><u>LUNCH</u></div> <div><u>LUNCH</u></div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10am: Mobility Equipment 11:30am: Lunch 12pm: Library Lady 1pm: Open Art Studio	2 10am: TML 11:15am: Chair Yoga 2pm: Afternoon Tea- FREE	3 9am: Tax Help 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	4
5 Art Show Reception 2-4pm 	6 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous	7 10am: TML 11:15am: Chair Yoga 1pm: Caregiver class 4:30pm: Balance class	8 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Open Art Studio 1pm: Food worker class	9 10am: TML 11:15am: Chair Yoga 4:30pm: Balance class	10 9am: Tax Help 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	11 10am: Craft Day! 
12	13 1 0am: Palettes Art Group 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous	14 10am: TML 11:15am: Chair Yoga 1p: Caregivers 1p: Growing Independence 4:30pm: Balance class	15 10am: Mobility Equipment 11:30am: Lunch 1pm: Open Art Studio	16 9:30am: Operations Committee mtg. 10am: TML 11:15am: Chair Yoga 4:30pm: Balance class	17 9am: Tax Help 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	18 10am: SPRING BRUNCH! 
19	20 11:30am: Lunch 1pm: Will workshop 4:30pm: Autism Spectrum Anonymous	21 10am: TML 11am: Granny's Donations 11:15am: Chair Yoga 1pm: Caregiver class 1p: Book Club 4:30pm: Balance class	22 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Open Art Studio	23 7:30am: Mainland Shopping 10am: TML 11:15am: Chair Yoga 4:30pm: Balance class 5:15p: Doe Bay trip	24 9am: Tax Help 10am: Mobility Equipment 11:30am: Lunch 1pm: Nature walk 4pm: Strength Training	25 Tulalip Casino Field Trip! 
26	27 11:30am: Lunch 1pm: EFT workshop 4:30pm: Autism Spectrum Anonymous	28 10am: TML 11am: Granny's Donations 11:15a: Chair Yoga 1p: Caregivers 1p: Growing Independence 4:30pm: Balance class	29 10am: Mobility Equipment 11:30am: Lunch 1pm: Open Art Studio	30 10am: TML 11:15am: Chair Yoga 4:30pm: Balance class	31 9am: Tax Help 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training	

Photographic Art Exhibit Feb 27-April 12

Don't miss the new art show gracing the walls of the *Lundeen Room* – a fabulous photo exhibit by a group of professional photographers. Their work includes a wide range of interests encompassing landscapes, abstracts, photography in motion, and *minimalism*, often from the perspective of turning the ordinary into the extraordinary. They employ both digital and traditional film formats.

Dave Kosiur, Derk Jager, Peter Olesen, John Altberg and Jeff Otis – who jokingly refer to themselves as the “FabFoto 5” – originally connected through the *Orcas Camera Club*, but have been meeting together as a smaller group for about 5 years, sharing & supporting one another in their individual experimentation, development, and enjoyment of their art. Their backgrounds include teaching; photographing for magazines, universities & advertising; working for KODAK; and showing in galleries & universities.

We are fortunate to be able to display this creative and fun fine art photography exhibit, which you are sure to enjoy! The building is open weekdays from 9a-4p and excepting the times when the Lundeen Room is in use for scheduled activities, visitors are welcome to stop by to take a look.



Boathouse at Cascade Lake by Jeff Otis

Opening Reception for Photographic Art Exhibit

You are invited to a special Opening Reception for our Photographic Art Exhibit on display at the Senior Center until April 12. The reception is Sunday, March 5, 2-4pm. Light refreshments will be served. This exhibit is curated by Suzan Chamberlayne and Jeff Otis. Thank you to them and to the amazing Visual Arts Committee which does an incredible job curating monthly art displays in our Lundeen Room. Please come by to check out the new exhibit every month - **THANK YOU VISUAL ARTS COMMITTEE!**

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, or locally call 360-370-7470 or email veterans@sanjuanco.com

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: March 2017
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

April, 2017

Wills and Estate Planning – Get the Ball Rolling!

April is Financial Education Month and the Orcas Island Library will be presenting a **FREE, multi-week workshop on Wills and Estate Planning** at the Orcas Island Senior Center. Many put off doing anything because they don't know where to begin. Everybody has stuff! Even if you don't own property, you have things you have collected throughout your lifetime. Lack of planning will add up to 7 years and probate through the courts if you don't have a Will. Library staff will have a step-by-step survey that participants can use to develop their own personal plan. Please join us at the Senior Center for this unique and important hands-on workshop in April!

It is important to please attend all 3 classes if you sign up, and here is the breakdown for each session:

Beginning **Wednesday April 12 at 1pm** you will get your survey and actually start to fill it out line by line. There will be plenty of opportunity for questions and answers.

Monday April 17 at 1pm, bring your survey and local attorney Tom Fiscus will be on hand to discuss things you may not have thought of and answer questions.

Monday April 24 at 1pm bring your finalized survey and Library staff will discuss next steps in your planning process.

You can use these very hands-on workshops to take charge of your personal planning and *get it done*.

Please sign up for this **FREE** multi-week workshop at the Senior Center's front desk or by calling 376-2677. **Although it is free, pre-registration is required and there is a class limit of 25 participants.** Previous classes on estate planning have filled to capacity and had extensive wait lists, so **PLEASE** be sure to pre-register in advance and **sign-up early!**

For more information about the workshop see the Library's website www.orcaslibrary.org or call Mary at 376-4985.



A wonderful way to spend a sunny afternoon! Seniors from both Orcas and San Juan Island enjoyed a trip together to visit the baby lambs at historic Coffelt Farm. Thanks to everybody that made it such a fun outing!



Granny's Attic Saturday April 29, 10am-3pm
 Don't miss the excellent finds and super deals at the best rummage sale of the year! This fundraiser is one of our most important, so please consider donating items (be sure to see page 7 for details about donating) and please attend the sale itself on Saturday, April 29!

Quote for the Month . . .

Most folks are as happy as they make their minds up to be.

-Abraham Lincoln

What's Inside

Laughter Yoga	2
Diabetes Information	3
Wills & Estate Planning	4
Qi-Gong Class	4
Lunch Menu	5
Event Calendar	6
Granny's Attic	7
Services & Reference	8

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

YOUR STAFF

Wendy Stephens

Senior Services Manager

(360) 378-2677

email: wendys@sanjuanco.com

Jami Mitchell

Senior Services Specialist

(360) 376-7926

email: jamim@sanjuanco.com

Delphina Liles

Aging and Family Case Coordinator

email: delphinal@sanjuanco.com

Jay Savell – Cook

Meals provided through a partnership with Whatcom Council on Aging.

(360) 376-2677

Orcas Island Operations Committee

Bonnie Burg (Chair)
Maggie Kaplan (Vice Chair)
Christina Orchid
Margo Rubel
Doug Schliebus (Treasurer)
Judy Schliebus
Margot Shaw
Jerry Todd

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

Kristin Dalla Santa, Office Team Member
376-7723 or orcasseniiorcenter@gmail.com



The Spring Brunch was a success! Thank you to everybody that helped with this benefit for Orcas Meals on Wheels. We appreciate your support!

Laughter Yoga at the Senior Center

Please join us Laughter Yoga! The weekly clinic is Fridays 1-2pm, introducing Laughter Yoga to Orcas Islanders who enjoy camaraderie and gentle breathing exercise. Robert Rivest teaches Laughter Yoga internationally, and class leader Lesley Liddle will use his videos to get started on an enjoyable and often hilarious journey.

In Robert Rivest's words: **Laughter Yoga** combines interactive laughter exercises with deep centering breaths and calming movements. It is a joyful way to connect with others and laugh your blues away. Laughter Yoga is a fun, effective stress relief program, and can be done in a chair if needed or moving throughout the room. Robert's joyful laugh and playful spirit make it easy for everyone to join in.

When you generate laughter for at least 10-15 minutes, you can get some amazing physiological and psychological benefits, says Rivest: it can boost the immune system, increase oxygen intake, release endorphins and serotonin, reduce Blood Pressure, promote emotional growth, and relieve stress.

This class at the Senior Center is by donation, and nobody will be turned away due to inability to pay. Please sign up at the front desk or by calling 376-2677. Come laugh with us!

Social Security Benefits—When to Start?

By Kirk Larson
Social Security Washington Public Affairs Specialist

Full retirement age is the age when a person can receive Social Security benefits without any reduction, even if they are still working. In other words, you don't actually need to stop working to get your full benefits. For people who attain age 62 in 2017, full retirement age is 66 and two months. Full retirement age was age 65 for many years. However, due to a law passed by Congress in 1983, it has been gradually increasing, beginning with people born in 1938 or later, until it reaches 67 for people born after 1959. You can look up your own full retirement age at www.socialsecurity.gov/planners/retire/retirechart.html.

You can start receiving Social Security benefits as early as age 62 or any time after that. The longer you wait, the higher your monthly benefit will be, although it stops increasing at age 70. **Your monthly benefits will be reduced** permanently if you start them any time before your full retirement age. For example, if you start receiving benefits in 2017 at age 62, your monthly benefit amount will be reduced permanently by about 26 percent.

If you wait to start receiving your benefits until after your full retirement age, then your monthly benefit will be higher. The amount of this increase is two-thirds of one percent for each month — or eight percent for each year — that you delay receiving them until you reach age 70. You need to be as informed as possible when making any decision about receiving Social Security benefits. Read the publication *When to Start Receiving Retirement Benefits* at www.socialsecurity.gov/pubs/EN-05-10147.pdf.

If you decide to receive benefits before you reach full retirement age, you should also understand how continuing to work can affect your benefits. Social Security may withhold or reduce your benefits if your annual earnings exceed a certain amount. However, for every month benefits are withheld, it increases your future benefits. That's because at your full retirement age Social Security will recalculate your benefit amount to give you credit for the months in which benefits were reduced or withheld due to your excess earnings. In effect, it's as if you hadn't filed for those months.

You can learn more at www.socialsecurity.gov/planners/retire/whileworking.html.

1 out of 3 Adults have pre-Diabetes and 9 out of 10 don't know it!

By Carol Simmer, RDN
Meals on Wheels & More!

The World Health Organization reports that the number of adults living with diabetes worldwide has almost **quadrupled** since 1980. The Jan/Feb, 2017, issue of Nutrition Action Health Letter shows the diabetes rate in WA State has risen from **14% in 1994 to 22% in 2014!**

As part of the Diabetes Prevention Program study, conducted in 2000, 3,200 overweight people with pre-diabetes (Hgb A1C of 5.7% to 6.4%) were divided into 3 groups: one group took metformin, a drug that lowers blood sugar; another group took a placebo; and a third group followed a diet plus-exercise (lifestyle change) plan. Researchers halted the study after one year because the difference among the groups was so striking! The lifestyle group had a 58% lower risk of diabetes than the placebo group. The metformin group was 31% lower. And the **risk dropped by 70% among people in the lifestyle group who were over 60!** The results were similar to trials in Europe and Asia.

What affected diabetes risk most among all groups was weight loss, even if they didn't lose much. The data showed that weight loss was on average 7% of body weight at 6 months and 5% in three years. Exercise (150 minutes a week) was part of the lifestyle group's goal and important to their success, but not as important as weight loss. **After 10 years the development of diabetes was still lower in the lifestyle group.**

"We could prevent about 90 percent of type 2 diabetes in the U.S. if we could keep everyone at low risk," says Walter Willett, of the Harvard T.H. Chan School of Public Health. Steps you can do to lower your risk of diabetes: **Treat high blood pressure; Become physically active at least 150 minutes a week and make activity a habit you continue for a lifetime; Lose weight if you are overweight, even a small amount, and do not gain it back!**

Willett points out that making even small, but **consistent** changes in your lifestyle can make a **BIG difference** in your diabetes risk. A DPP participant said, **"Nothing tastes as good as being healthy feels!"**

Please give me feedback on diabetes topics you would like to see. Contact csimmer@wccoa.org.

Orcas Center Events

\$5 Tickets for Senior Center Members!

Art Opening Reception: Sculpture: All Media
Fri. April 3, 5:30 – 7:00 pm, Lobby Gallery & Madrona Room

Bolshoi Ballet in Cinema: A Contemporary Evening
Saturday 1, 6:30 pm, Streaming Live
The Bolshoi presents Hans Van Manen's Frank Bridge's Variations, Sol León and Paul Lightfoot's Short Time Together and Alexei Ratmansky's Russian Seasons. An outstanding synthesis!

The Met: Live in HD
Idomeneo

Sunday 2, 1:00 pm, Streaming Live
James Levine conducts a rare Met revival of Mozart's *Idomeneo*, set in the aftermath of the Trojan War.

The Tempest

Fri-Sat 7-8 & Thu-Fri 13-14, 7:30 pm, OffCenter Stage
OIHS Theatre as Literature class performs Shakespeare's *The Tempest* at Orcas Center's Black Box Theater. Jake Perrine directs 21 students in the timeless classic. A grant from OICF makes these performances possible.

Bolshoi Ballet in Cinema
A Hero of Our Time

Saturday 15, 6:30 pm, Streaming Live
This brand new production by choreographer Yuri Possokhov is a tragic poetic journey that can only be experienced with the Bolshoi. Is Pechorin a real hero? Or is he a man like any other?

NT Live

Rosencrantz and Guildenstern are Dead

Thursday 20, 7:30 pm, Streaming Live
Daniel Radcliffe, Joshua McGuire and David Haig star in Tom Stoppard's brilliantly funny situation comedy, broadcast live from The Old Vic theatre in London.

Climate Monologues: Earth day event

Sat 22, 7:30 pm, Center Stage
Workshop 5:30-6:30 is free for ticket holders and \$10
A one-woman performance about climate change, Sharon Abreu brings to life stories of real people already impacted by climate change and people working to transcend this global challenge. Sharon will offer a workshop 5:30-6:30 to empower people to use their own voices and practice positive activism.

The Met: Live in HD
Eugene Onegin

Sunday 23, 1:00 pm, Streaming Live
Anna Netrebko reprises one of her most acclaimed roles as Tatiana, the naïve heroine of Tchaikovsky's opera, adapted from Pushkin's classic novel.

Reminder: \$5 Tickets for Senior Center Members!

Tickets are available in person, one ticket per person. Box Office is open Wed., Thurs., and Fri. from 12p – 2p, and one hour prior to each performance. To call in a request for a seat due to limited mobility, call 376-2281 x1 during the Box Office open hours.

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

Hilary Walker returns to the Orcas Senior Center this month for another hands-on tutorial in filling out one's Advanced Directives paperwork. Please join us Monday, April 10, 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 to 10 and it fills up every time. Pre-register at the front desk or by calling 376-2677.

Will & Estate Planning

Remember to register IN ADVANCE for the FREE Wills and Estate planning workshop in April that is featured on our front page. This multi-class series is a unique opportunity presented at the Senior Center by the Orcas island Library as part of their Money Smart programming. Don't miss out—PRE-REGISTRATION REQUIRED. Full details on the cover page of this newsletter.

Spring Tulips and Salmon BBQ!

We are excited to welcome spring with a visit to the gorgeous tulip fields of Skagit Valley. Please join us Thursday, April 20, for a field trip to see the bulbs. Either bring a sack lunch or \$15 for the Kiwanis Salmon BBQ in Mount Vernon. Transportation for the trip is only \$10 for members (\$20 for non-members). Please sign up at the front desk or by calling 376-2677.

New Qi-Gong Class Starting

We are pleased to announce the start of a weekly Qi-Gong class, to be held Mondays from 10am-11am at the Senior Center. The class is by donation (no one will be turned away due to inability to pay) and will be led by Vincent W. Shu, board certified Internist, Geriatriest and Cardiologist. He is pleased to share his years of experience in Qi-Gong for Islanders to optimize their health. Dr. Shu says the class is designed to promote and cultivate the balance of the inner harmony closely linked to the mind, body and spirit.

Qi-Gong is the combination of Tai-Chi and a unique breathing technique to create a sort of "moving meditation." When practicing Qi-Gong, one's hands slowly push the air and the body sways like seaweed that is gently carried by the water. Qi-Gong is almost like a dance in slow motion. It was called "meditation in motion" by Harvard Women's Health Watch in May, 2009, since this mind-body-breathing practice can help treat and/or prevent stress-related health problems such as hypertension, cardiac arrhythmia, anxiety, insomnia, and arthritic pain. It can also help to improve balance and prevent falls.

The class is by donation; no one will be turned away due to inability to pay. Please pre-register by signing up at the front desk or call 376-2677.

April Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
<p>3</p> <p>Macaroni & Cheese w/ Italian Sausage Link Broccoli Florets Garden Salad Fruit</p>	<p>5</p> <p>French Dip Au Jus Potato Wedges Garden Salad Raspberry Sherbet</p>	<p>7</p> <p>Meatloaf w/ Mashed Potatoes & Gravy Brussels Sprouts Garden Salad Apple Crisp</p>
<p>10</p> <p>BBQ Chicken Roasted Herb Potatoes Green Peas Spinach Salad Tropical Fruit</p>	<p>12</p> <p>BBQ Pulled Pork Hawaiian Roll Brown Rice Veggies Garden Salad Ice Cream</p>	<p>Easter Lunch 14</p> <p>Pineapple Glazed Ham Roasted Yam Nantucket Veggies Beet Salad Strawberry Shortcake</p>
<p>17</p> <p>Baked Cod Wild Rice Pilaf Whole Green Beans Garden Salad Coconut Fruit Salad</p>	<p>19</p> <p>Taco Salad Cornbread Fresh Fruit Fruit & Yogurt</p>	<p>21</p> <p>Bratwurst served w/ Red Sauerkraut Tri Colored Potatoes Sautéed Squash Fresh Apples</p>
<p>24</p> <p>Tomato Vegetable Soup ½ Chicken Caesar Wrap Fresh Grapes Chocolate Chip Cookie</p>	<p>26</p> <p>Pub-Style Fish & Chips Dill Carrots Quinoa Bean Salad Fresh Fruit</p>	<p>28</p> <p>CLOSED for Granny's Attic rummage sale set-up. Come to the sale Saturday 4/29!</p>

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

April 2017

	<u>LUNCH</u>		<u>LUNCH</u>		<u>LUNCH</u>	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 10am: Qi-Gong 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous	4 10am: TML 10am: Granny's Attic Drop-Off 11:15am: Chair Yoga 4:30: Balance Class	5 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 12pm: Library Lady 1pm: After Lunch Activities	6 10am: TML 11:15am: Chair Yoga 2pm: Afternoon Tea- FREE 4:30: Balance Class	7 9am: Tax Help 10am: Mobility Equipment 11:30am: Lunch 1pm: Laughter Yoga 4pm: Strength Training	8
9	10 10am: Qi-Gong 11:30am: Lunch 1pm: Advance Care Planning 4:30pm: Autism Spectrum Anonymous	11 10am: TML 10am: Granny's Attic Drop-Off 11:15am: Chair Yoga 1pm: Growing Independence 4:30: Balance Class	12 10am: Mobility Equipment 11:30am: Lunch 1pm: After Lunch Activities 1pm: Will & Estate planning	13 9:30am: Operations Committee Meeting 10am: TML 11:15am: Chair Yoga 4:30: Balance Class	14 9am: Tax Help 10am: Mobility Equipment 11:30am: Lunch 1pm: Laughter Yoga 4pm: Strength Training	15 10am: Craft Day! 
16 	17 10am: Qi-Gong 11:30am: Lunch 1pm: Will & Estate Planning 4:30pm: Autism Spectrum Anonymous	18 10am: TML 10am: Granny's Attic Drop-Off 11:15am: Chair Yoga 1pm: Book Club 4:30: Balance Class	19 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: After Lunch Activities	20 7:30am: Tulip Trip 10am: TML 11:15am: Chair Yoga 4:30: Balance Class	21 10am: Mobility Equipment 11:30am: Lunch 1pm: Laughter Yoga 4pm: Strength Training	22
23	24 10am: Qi-Gong 11:30am: Lunch 1pm: Will & Estate Planning 4:30pm: Autism Spectrum Anonymous	25 10am: TML 10am: Granny's Attic Drop-Off 11:15am: Chair Yoga 1pm: Growing Independence 4:30: Balance Class	26 10am: Mobility Equipment 11:30am: Lunch	27 7:30am: Bargain Shopping All Day: Granny's Attic Set-up	28 CLOSED for Granny's Attic Set-up	29 GRANNY'S ATTIC RUMMAGE SALE 10a-3p 
30						

Donate Items for Granny's Attic Sale

Spring is on the doorstep and it's time to clean out the attic! The Orcas Island Senior Center is collecting donations of interesting and unique items of value for our annual Granny's Attic rummage sale, to be held on **April 29 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.

Please bring your gently used items to 62 Henry Rd on **Tuesdays from 11am to 3pm** at the Senior Center continuing until Tuesday April 18th. We are collecting kitchen ware, items for bath and bedroom, Christmas and other seasonal décor, sporting goods, tools, baskets, collectibles, jewelry, yard and garden items in working condition, pet supplies, games, toys, and crafting supplies including quality linens and accessories.

Please note that we are not accepting clothing, books, CD's, cassette or VHS tapes, or any computer or electronic equipment. If you have larger items such as furniture please call or e-mail Arron Redford at 376-7929 or orcasseniiorcenter@gmail.com to arrange for pick-up or drop-off.

Unattended items left outside will be discarded.

THANK YOU for your support!!!



Please bring your gently used items to

62 Henry Rd

Tuesdays from 11am—3pm

Sporting Goods	Kitchen	Bath	Christmas
Tools	Baskets	Toys	Collectibles
Jewelry	Yard/ Garden	Pets	Games Crafts

We will not be accepting: Clothing, Books, CD's, Cassette Tapes, VHS, Computer or Electronic equipment.

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, or locally call 360-370-7470 or email veterans@sanjuanco.com

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.

Orcas Community Resource Center, at 376-3184, works to insure that all Orcas Islanders have access to services and support for their well being, and can help with a wide variety of needs .

Bulk Rate
Non-Profit
U.S. Postage
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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 2017
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

May, 2017

OICF Grant & Game Days

We are thrilled to be accepted into the Orcas Island Community Foundation's spring grant cycle. Our grant request would have long term benefits for seniors on Orcas that want to age in place. Orcas Island Senior Center will conduct a feasibility study to determine both the current reality and the future needs of island residents over age 60. Research shows that limited access to services already exists for seniors choosing to age at home and services such as additional transportation, home maintenance, personal care, etc. are important for seniors to stay safe and healthy in their own homes. This is a first step to creating a comprehensive support system for a fast growing population. Together, we hope to raise a total of \$10,000 to cover the expenses of the study, which include staff time, hiring of a consultant, materials, and advertising. You can make your donation to this catalog as soon as it opens on May 1st. Throughout the campaign we will be announcing the following games. Please encourage your friends and family to participate in these fun-filled opportunities. Here are some key dates for you to remember:

May 1: Grant Catalog Opens
May 5: Golden Ticket Day #1 (win \$750)
May 10: Golden Ticket Day #2 (win \$750)
May 12: Game #1: Most Unique Donors (win either \$1,000 or \$500)
May 17: Game #2: Most Money Raised (win \$1,000)
May 19: Grant Catalog Closes

If you would like to view the grant in its entirety or see a description of the above mentioned games, please visit our **NEW website orcasseniors.org**.

Thank you for supporting this grant with your contribution—every gift is valuable no matter its size!



A HUGE **THANK YOU** to all of the volunteers that helped make Granny's Attic such a success! This is one of our largest fund raisers of the year and relies on the generosity of many dedicated volunteers to make it work. We are so grateful! It's wonderful to do this all together with such a great team. ♥

Not driving anymore or not as often?

Lahari has launched Orcas Door to Door, a new assistive driving service designed to help island residents get to on-island medical appointments and shopping trips as well social and community events. Orcas residents age 60 and older, as well as residents with a temporary or permanent disability, are eligible to enroll.

Rides are provided by volunteer drivers using their personal vehicles, and requesting a ride is as simple as making a phone call at least 3 days in advance.

Rides are provided at no cost to enrolled members, although Orcas Door to Door will be establishing a membership fee to help pay for insurance and other administrative overhead. Membership fees are waived for a limited time during the program's launch and rollout. Members enrolled during this period will receive their first year free.

Information packets are available at the Senior Center Front Desk or call the Orcas Door to Door Coordinator at **360-622-2929** to have a packet mailed to you. Please visit **OrcasDoorToDoor.org** for more information.

Quote for the Month . . .

*People may hear
your words, but
they feel your at-
titude.*

-John C. Maxwell

What's Inside

Meditation Class	2
Meals on Wheels	3
Wills & Estate Planning	4
Hospice Presentation	4
Lunch Menu	5
Event Calendar	6
Various Outings	7
Services & Reference	8

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

YOUR STAFF

Wendy Stephens

Senior Services Manager

(360) 378-2677

email: wendys@sanjuanco.com

Jami Mitchell

Senior Services Specialist

(360) 376-7926

email: jamim@sanjuanco.com

Delphina Liles

Aging and Family Case Coordinator

email: delphinal@sanjuanco.com

Jay Savell – Cook

Meals provided through a partnership with Whatcom Council on Aging.

(360) 376-2677

Orcas Island Operations Committee

Bonnie Burg (Chair)
Maggie Kaplan (Vice Chair)
Christina Orchid
Margo Rubel
Doug Schliebus (Treasurer)
Judy Schliebus
Margot Shaw
Jerry Todd

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

Kristin Dalla Santa, Office Team Member
376-7723 or orcasseniiorcenter@gmail.com

Stress??? Pain???

We hope our newest class at the Senior Center is an antidote! Led by Carol Owens, CRNA, AIH, the course called *MEDITATION: It's not what you THINK!* is a meditation for beginners group and will meet weekly for 6 weeks. Classes begin on Monday, May 15, and will fill up fast so be certain to sign-up ASAP at the front desk or by calling 376-2677.

Learn how to meditate with these techniques: mindfulness meditation, relaxation techniques and guided imagery. Carol has been meditating for 40 years and has experience helping others with Clinical Hypnotherapy and Meditation techniques. Her interest in teaching stems from learning how to deal with arthritic pain and stress in her own life.

The suggested donation is \$5 per session for members and \$10 per session for non-members. Students will not be turned away for lack of funds, but pre-registration is required and class size is limited to 10 participants.

What is Killing us on Orcas Island?

How can you help the Fire Department in keeping you safe? Please join us at the Senior Center Wednesday, May 17, at 1pm for a special presentation by Patrick Shepler, Orcas Battalion Chief and very experienced Paramedic and Firefighter. As Patrick says, EMS Paramedics need to be jacks-of-all-trades but masters of the four major causes of death on Orcas, and nation-wide. Come hear about those four perils and how you can help the emergency responders help you. Recognizing these life threatening emergencies is a critical step in getting the most effective response possible. We look forward to hosting Patrick for this FREE presentation and hope that you can be there.

You're invited!

**Community Potluck
at the Senior Center
Friday May 5, at 5pm**

Come celebrate Cinco de Mayo and Jami's birthday. We hope to see you there!

Replacing Your Social Security and Medicare Cards Online

By Kirk Larson
Social Security Washington Public Affairs Specialist

The Social Security Administration rolled out a new service that allows some customers to request a replacement Social Security card online. In addition, you can get a replacement Medicare Card. The new online version of the *Application for a Replacement Social Security Card* allows people in Washington and Idaho (more states coming later) to request a replacement card online through a secure *my Social Security* portal without traveling to a field office.

You can create or log into your personal *my Social Security* account at www.socialsecurity.gov/myaccount. When you open a *my Social Security* account, your information is protected by using strict identity verification and security features. The application process has built-in features to detect fraud and confirm your identity.

To take advantage of this new service option, you must:

- Have or create a *my Social Security* account;
- Have a valid driver's license in a participating state or the District of Columbia (or a state-issued identification card in some states);
- Be age 18 or older and a United States citizen with a domestic U.S. mailing address (this includes APO, FPO, and DPO addresses); and
- Not be requesting a name change or any other changes to your card.

Before you request a replacement card online, you may want to consider whether you need to get a replacement card at all. Most times, knowing your number is what's important. You'll rarely need the card itself, perhaps only when you get a new job and have to show it to your employer.

If you decide you need a replacement card, log into your personal *my Social Security* account at www.socialsecurity.gov/myaccount and select "Request a Replacement Card." Next, answer the screening questions to confirm eligibility, complete personal data, and you're done!



Craft Day is one Saturday each month, and you are invited!

We come 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. This month, Craft Day will be Saturday, May 27. 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!

Meals on Wheels and More – April Questions bring May Answers

By Julie Meyers
Meals on Wheels & More Director

Many questions have come up recently about who is eligible to receive Meals on Wheels or to participate in the donation-based Senior Center lunches (also called Senior Community Meals).

Meals on Wheels and More meals are partially (1/3) funded by a federal grant through the Older Americans Act. This grant determines who is eligible to participate in the meals program. It also requires the meals to be offered on a donation-only basis to eligible participants. We depend on meal donations to help fund the program. However, **all seniors** and other eligible persons (see below) **are invited** and encouraged to participate in the meals regardless of their ability to donate.

Eligibility Criteria:

Senior Community Meals

Age 60 or over

Other eligible persons include:

- The spouse/partner, unpaid caregiver, or disabled dependent of an eligible senior
- Volunteer of any age (Must volunteer with Senior Community Meals or Meals on Wheels)

Meals on Wheels (Home Delivered Meals)

Age 60 or over, **and**

Homebound, **and**

Experiencing difficulty shopping for and preparing healthy meals

Other eligible persons include:

- The spouse/partner, unpaid caregiver, or disabled dependent of an eligible senior

Suggested Meal Donation for eligible Senior Community Meals or Meals on Wheels participants:

\$5.00 or whatever is affordable

No eligible person will be turned away due to inability to donate.

Price of meal for persons who do not meet the eligibility criteria:

Persons who do not meet the above eligibility criteria may enjoy the Senior Lunch, if supplies allow, for the full cost of the meal.

As of June 1, this price will be \$7.00.

Questions or suggestions? Feel free to contact me at 360-733-4030 x1025 or jmeyers@wcco.org.



Orcas Center Events

\$5 Tickets for Senior Center Members

Art Opening Reception: Free Event

Student Art Exhibit

Fri., May 5, 5:30–7pm, Lobby Gallery & Madrona Room

Orcas Choral Society

Songs from the Heart

Saturday, May 6, 7:30 pm & Sunday, May 7, 2:00 pm
True love, false love, maternal love, eternal love. Love of the lover, the country, the child. Orcas Choral Society and Marianne Lewis, Artistic Director, celebrate the many kinds of human love in its "Songs from the Heart," the spring concert featuring special guest stars the Skyros Quartet and Orcas Island's own Martin Lund. **(Sorry, there are no Subsidized Tickets available for this fundraiser event.)**

Rock of Orcas

Thursday-Saturday, May 11-13 & 18-20, 7:30 pm
Rock of Orcas, the 4th Annual Benefit Performance for Orcas Center, unites the creative team of Grace McCune and Jake Perrine (who brought you *Moulin Rouge* and *Across the Universe*). This musical fundraiser extravaganza will dive headlong and pell-mell into grandiose 80's rock! Come see a massive local cast including three choirs, three dance classes, and two live bands! As always, proceeds to benefit Orcas Center. This not-to-be-missed performance will sell out, so get your tickets now! **(Sorry, there are no Subsidized Tickets available for this fundraiser event.)**

The Met: Live in HD

Der Rosenkavalier: Streaming Live

Sunday, May 14, 1:00 pm

The dream cast of Renée Fleming as the Marschallin and Elīna Garanča as Octavian star in Strauss's grandest opera. In this new production, Robert Carsen places the action at the end of the Habsburg Empire, underscoring the opera's subtext of class and conflict against a rich backdrop of gilt and red damask, in a staging that also stars Günther Groissböck as Baron Ochs. Sebastian Weigle conducts the sparkingly perfect score. **(There are 20 Subsidized Tickets available on a first-come-first-served basis.)**

Island Sinfonia

Sunday, May 21, 3:00 pm

Island Sinfonia, the chamber music orchestra in the San Juans, presents a concert of light classical music. Jim Shaffer-Bauck conducts the orchestra composed of 25 instrumentalists, including student musicians and devoted adults. **(Sorry, there are no Subsidized Tickets available for this fundraiser event.)**

Reminder: \$5 Tickets for Senior Center Members!

Tickets are available in person, one ticket per person. Box Office is open Wed., Thurs., and Fri. from 12p – 2p, and one hour prior to each performance. To call in a request for a seat due to limited mobility, call 376-2281 x1 during the Box Office open hours.

Hospice Demystified

What is hospice? Who is hospice? How can hospice help me and my loved ones? Join us at the Senior Center Friday, May 19, at 1pm to for an opportunity to learn what this specialized care is about, and the many ways it can help. Come hear how hospice services can improve the quality of everyday life, and in many cases even extend it. Presented by Hospice of the Northwest, they will discuss hospice's holistic approach, separate myth from truth, clarify eligibility requirements and coverage, and explore the many layers of this special health care benefit. Bring your questions!

The presenters from Hospice of the Northwest will be Dana Brothers, Community Outreach Communications Program Manager, and Dorian King, Community Outreach and Education Liaison. This presentation is FREE. Please sign-up at the front desk or by calling 376-2677.

Mainland Shopping Trip

Our next mainland shopping trip is on Thursday, May 18. The cost is just \$10 for Senior Center members, which includes all transportation costs. Our volunteer driver will stop at various shopping areas throughout the Mount Vernon/Burlington area. Please sign up at the front desk, or by calling 376-2677.

Wills and Estate Planning Get the Ball Rolling!

Back by popular demand! Due to such an enthusiastic response, the Orcas Island Library is generously hosting a second session of their FREE, multi-week workshop on Wills and Estate Planning at the Orcas Island Senior Center. Many put off doing anything because they don't know where to begin. Lack of planning will add up to 7 years and probate through the courts if you don't have a Will. Library staff will have a step-by-step survey that participants can use to develop their own personal plan. Please join us at the Senior Center for this important hands-on workshop.

You must attend all 3 classes if you sign up, and here is the breakdown for each session:

Beginning Monday, May 15, at 1pm you will get your survey and start to fill it out line by line. There will be plenty of opportunity for questions and answers.

Wednesday, May 24, at 1pm, bring your survey and local attorney Tom Fiscus will discuss things you may not have thought of and answer questions.

Wednesday, May 31, at 1pm bring your finalized survey and Library staff will discuss next steps in your planning process.

Please sign up for this FREE multi-week workshop at the Senior Center front desk or by calling 376-2677. It is free, but **pre-registration is required**. This class last month filled to capacity, so PLEASE be sure to pre-register in advance and **sign-up early!**

For more information about the workshop see the Library's website www.orcaslibrary.org or call Mary Pugh at 376-4985.

May Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
<p>1</p> <p>Spaghetti w/ Meat Sauce Italian Veggie Garden Salad Banana Pudding</p>	<p>3</p> <p>Chicken Cobb Salad w/ Bacon & Blue Cheese Oatmeal Bread Fresh Fruit</p>	<p>Cinco de Mayo 5</p> <p>Chicken Enchiladas Spanish Rice Pinto Beans Garden Salad Fresh Pineapple</p>
<p>8</p> <p>BBQ Chicken Potatoes Colcannon Sweet Petite Peas Garden Salad Fruit</p>	<p>10</p> <p>Baked Cod w/ Red Radish Tzatziki Sauce Wild Rice Pilaf Green Beans Citrus Kale Salad Sliced Pears</p>	<p>Mother's Day Lunch 12</p> <p>Roast Beef Mashed Potatoes & Gravy Baby Carrots Garden Salad Chocolate Cherry Cake</p>
<p>15</p> <p>Shrimp Salad Oatmeal Bread Orange Wedges</p>	<p>17</p> <p>Mandarin Orange Chicken Over Rice Asian Veggies Pickled Radish Slaw Fortune Cookie</p>	<p>19</p> <p>Stuffed Cabbage Rolls Roasted Potatoes Green Beans Fruit Cookie</p>
<p>22</p> <p>Turkey Pot Roast Mashed Potatoes & Gravy Brussels Sprouts Garden salad Fruit Cocktail</p>	<p>24</p> <p>Beef Stroganoff Mashed Potatoes & Gravy Brussels Sprouts Garden Salad Fruit</p>	<p>26</p> <p>Salmon Filet Wild Rice Pilaf Green Beans Kale Citrus Salad Fresh Fruit</p>
<p>29</p> <p> CLOSED for Holiday</p>	<p>31</p> <p>Herb Pork Chop Mashed Potatoes Caribbean Veggies Garden Salad Applesauce</p>	<p></p>

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

May 2017

LUNCH**LUNCH****LUNCH**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10am: Qi-Gong 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous	2 10am: TML 11:15am: Chair Yoga 4:30: Balance Class	3 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: After Lunch Activities	4 10am: TML 11:15am: Chair Yoga 2pm: Afternoon Tea- FREE 4:30: Balance Class	5 10am: Mobility Equipment 11:30am: Lunch 1pm: Laughter Yoga 4pm: Strength Training 5pm: Potluck!	6
7 5pm: Dinner at Deer Harbor Inn! 	8 10am: Qi-Gong 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous	9 10am: Growing Independence 10am: TML 11:15am: Chair Yoga 4:30: Balance Class	10 10am: Mobility Equipment 11:30am: Library Lady 11:30am: Lunch 1pm: After Lunch Activities	11 9:30am: Operations Committee Meeting 10am: TML 11:15am: Chair Yoga 4:30: Balance Class	12 10am: Mobility Equipment 11:30am: Lunch 1pm: Laughter Yoga 4pm: Strength Training	13
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21	22 9:30am: Meditation 10am: Qi-Gong 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous	23 10am: Growing Independence 10am: TML 11:15am: Chair Yoga 4:30: Balance Class	24 10am: Mobility Equipment 11:30am: Lunch 1pm: Will & Estate Planning 1pm: After Lunch Activities	25 10am: TML 11:15am: Chair Yoga 4:30: Balance Class	26 10am: Mobility Equipment 11:30am: Lunch 1pm: Laughter Yoga 1pm: Nature Walk 4pm: Strength Training	27 10am: Craft Day! 
28	29 CLOSED 	30 10am: TML 11:15am: Chair Yoga 4:30: Balance Class	31 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Will & Estate Planning			

Casino Trip!

Our last trip to a casino was so much fun, we're doing it again! Sign-up to join us on our excursion to the Skagit Valley Casino on Saturday, May 20. The cost is just \$15 per person for transportation costs; bring money for food and gaming. Pre-register at the front desk or by calling 376-2677.



We are lucky to be graced with the piano-stylings of musician Ron Myers during Senior Lunch on most Mondays and Wednesdays. Ron is often joined by percussionist Jim Shaffer-Bauck, which is always a treat. When we are really lucky, singer John Liger joins in to serenade the room with his incredibly rich vocals. You are music to our ears! Pictured above is John with his wife Jean Wellington, and Ron with his wife Jo. Thank you to these fine gentlemen for your generosity of time and spirit. You are part of what makes this place so great.

Enjoy Nearby Nature

Come along on guided explorations of local parks with Trillium Swanson. Our next outing will be a walk to the Judd Cove Preserve on Friday, May 26, 1-3pm. Join us as we walk through the Land Bank property on the flat trail that stretches between the parking area and a partially restored 1880's lime kiln. You can choose to return the same way after enjoying some local history and a beautiful view, or extend your walk with a loop trail that climbs through the peaceful woods past the old quarry. We hope you can join us to appreciate this jewel along the western shore of East Sound, and time together with friends in the beautiful outdoors. Hello Spring, we're so happy to see you! Please pre-register for this FREE outing by stopping by the front desk or call 376-2677. Let us know if you'd like to meet at the trail head or ride together in our van to and from the Senior Center.

Fried Chicken and Friends

We're going to dinner together and you are invited to come along. Join us to hear our friend Ron Myers (pictured at left) play piano at the Deer Harbor Inn while we enjoy their special fried chicken night on Sunday, May 7. Transportation to and from the Senior Center is free – bring money to pay for your dinner. The meal will cost \$24 plus tax and tip, which includes fried chicken as well as all-you-can-eat soup, salad, and bread. Pre-register so that we can make an accurate table reservation by signing up at the front desk or call 376-2677. We'll leave the Senior Center at 5pm for a 5:30pm dinner reservation, and return to town by 8pm.

SERVICES WE PROVIDE

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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 2017
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

June, 2017

Welcome aboard, Sara!

We are pleased to announce that the Orcas Senior Center non-profit has hired their new Communications & Fundraising Administrator, Sara Boyle. Here is an introduction to this newest team member, in her own words:

I am honored to be given the opportunity to join the Orcas Senior Center Operations Committee's team of dedicated and hardworking individuals. My husband, I, and our puppy Lucy, have recently relocated to Orcas from San Diego, CA in result of obtaining this position. Everything just fell into place with the help of a few kind hearted folks on the island. We first visited on our honeymoon and by the end of the week, we knew Orcas was where we wanted to settle down and build our family. The island did "call to us" and we look forward to immersing ourselves in this beautiful community and be inspired by our surroundings every day.

As a former Social Worker in Sonoma County for the Adult and Aging population, I hold a deep appreciation for the senior community and understand the need to ensure ongoing supportive services exist so that we are all able to grow old with Orcas Island. I hold a BA in Psychology, Human Services; my professional experience varies from social services and nonprofit work, websites and marketing, to managing Health Coaches and Quality Assurance. My hobbies include photography, gardening, and art of any kind. Our creative outlet is our small business called Artist Folks.

During a recent meeting, a resident shared that "Orcas is an intentional community" in that many residents have taken great effort to relocate and build their lives on this island. As I hear from more of the community's voice, this couldn't be truer. Coming into the Senior Center in this time of growth and expansion is extremely exciting, please feel free to stop by the Senior Center to share ideas or simply say hello anytime, my door is always open!



Pictured above, new Senior Center employee Sara Boyle with her husband Devin Boyle. You can meet her at Senior Lunch on Fridays to get to know Sara and welcome her to our team.

Ice Cream at the Artworks

What better way to celebrate Father's Day than ice cream, friends, and a treasure trove of local art? Join us for an outing to Olga Artworks for their special Father's Day Ice Cream Social on Sunday, June 18. We will leave the Senior Center at 11:30am and return again at about 2pm. This trip is FREE but space is limited and pre-registration is required. Sign-up at the front desk or by calling 376-2677.

Quote for the Month . . .

*If a June night
could talk, it
would probably
boast that it in-
vented Romance.*

-Bern Williams

What's Inside

Living Well	2
Eat Organic?	3
Anacortes Outing	3
Advanced Directives	4
Build a Birdhouse	4
Nature Walk	4
Lunch Menu	5
Event Calendar	6
Stich 'n' Pitch	7
Services & Reference	8

ORCAS SENIOR CENTER

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YOUR STAFF

Wendy Stephens

Senior Services Manager

(360) 378-2677

email: wendys@sanjuanco.com

Jami Mitchell

Senior Services Specialist

(360) 376-7926

email: jamim@sanjuanco.com

Delphina Liles

Aging and Family Case Coordinator

email: delphinal@sanjuanco.com

Jay Savell – Cook

Meals provided through a partnership with Whatcom Council on Aging.

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Orcas Island Operations Committee

Bonnie Burg (Chair)

Maggie Kaplan (Vice Chair)

Christina Orchid

Margo Rubel

Doug Schliebus (Treasurer)

Judy Schliebus

Margot Shaw

Jerry Todd

Bonnie Morris

Arron Redford 376-7929

Orcas Senior Center Manager

Sara Boyle 376-7723

Communications & Fundraising

Kristin Dalla Santa 376-7929

Office Team Member

or email orcasseniorecenter@gmail.com

Living Well—a Free Class with Multiple Benefits

Attention Orcas Islanders: Did you know that in 2011 as a part of the Prosperity Survey in San Juan County 59% of our County residents self-identified as having some sort of disability?

In the Disability Survey SJC 2011 Prosperity Survey, Disability Status Survey respondents were asked if anyone in their household has difficulty with certain activities due to physical, mental or emotional conditions lasting six months or more. Over half of households (59%) include at least one member who has difficulty working at a job or someone who has difficulty learning, remembering or concentrating (57%). Fewer survey respondents reported having household members who have trouble going outside the home (21%) or dressing, bathing, or getting around the house (8%).

San Juan County is sponsoring **Living Well with a Disability** to assist with bringing positive change to our daily activities. Living Well with a Disability is a **FREE** 10-week peer-facilitated health promotion workshop for people with a variety of health challenges including **PTSD, limited mobility, chronic pain** and any other symptoms that prevent you from living life to the fullest.

Living Well helps participants by improving their outlook towards daily activities. Individual goals are supported and achieved such as connecting deeper with our community, pursuing employment, and others. Living Well reduces limitations due to secondary health conditions. It has a proven track record of reducing health care costs. Some highlights include cultivating healthy reactions, communication and self-determination, managing depressed moods, seeking information and self-advocacy, as well as physical activity and nutrition.

This **FREE** 10-week course sponsored by San Juan County and taught by Washington Vocational Services will be offered Fridays at 1pm June 30th - September 1st in the Senior Center Conference Room.

Please contact Cara Cohn at 376-1014 for registration and further information.

Volunteer Opportunities

Thank you to the amazing volunteers that support the services we offer. We have a few open opportunities, if you are interested in plugging in to make a difference in somebody's life.

Please help us prepare the home delivered meals for Meals on Wheels Mon., Wed., or Fri. from 10-11:30am. We're looking for a helper that could be here one day per week or a few times a month.

We also need volunteer drivers to drive elders off-island for medical appointments. We cover the trip costs and provide the vehicle and you donate your time.

To help in either of these ways, please contact Jami at 376-7926 or jamim@sanjuanco.com. THANK YOU!

Social Security —Ex-Spouse Benefits

By Kirk Larson
Social Security Washington Public Affairs Specialist

If you are age 62, unmarried, and divorced from someone entitled to Social Security retirement or disability benefits, you may be eligible to receive benefits based on his or her record.

To be eligible, you must have been married to your ex-spouse for 10 years or more. If you have since remarried, you can't collect benefits on your former spouse's record unless your later marriage ended by annulment, divorce, or death. Also, if you're entitled to benefits on your own record, your benefit amount must be less than you would receive based on your ex-spouse's record. In other words, we'll pay the higher of the two benefits for which you're eligible, but not both. You are potentially eligible for up to 50% of what your ex-spouse could receive at their full retirement age.

You can apply for benefits on your ex-spouse's record even if he or she hasn't retired, as long as you divorced at least two years before applying. In addition, your ex-spouse must be at least age 62.

The amount of benefits you get has no effect on the benefits of your ex-spouse and his or her current spouse. Visit *Retirement Planner: If You Are Divorced* at www.socialsecurity.gov/retire2/divspouse.htm to find all the eligibility requirements you must meet to apply as a divorced spouse. Our benefits planner gives you an idea of your monthly benefit amount. If your ex-spouse died after you divorced, you can still qualify for widow's benefits. You'll find information about that in a note at the bottom of the website.

Visit www.socialsecurity.gov/retire2/divspouse.htm today to learn whether you're eligible for benefits on your ex-spouse's record. That could mean a considerable amount of monthly income.

Anacortes Foray

Here is your chance to be a tourist in one of those gorgeous spots that we too often just drive right past. Anacortes has charm by the bushel, a fascinating history, and thrift store shopping galore! Join us Tuesday, June 20, for a day out and about as we explore some of the hidden wonders of this seaside town.

We'll take a special tour of a few of the historic landmarks, learn the story behind a handful of the murals that adorn the side of so many Anacortes shops, and visit their beautiful Senior Center for lunch. All that, plus a tour d'force of the local thrift stores, and you know you want to come along! This trip costs \$20 per person, including all travel and lunch. Sign up at the front desk, or by calling 376-2677.

Organic? Pros and Cons

By Carol Simmer, RDN
Meals on Wheels & More!

Marketing for organic products from food to face cream is everywhere! It can be very confusing. The following may help you decide if and when organic foods are right for you.

Organic agriculture, according to the USDA, is defined as growing produce by crop rotation, compost and manure as fertilizers, soil and water conservation practices, and natural methods of managing pests, and no synthetic pesticides.

It is still unclear if there are health risks from eating conventional produce; however, young children, pregnant women, and women just prior to conception are more susceptible to the potential harm from pesticide residues than others groups of people. Young children have less-developed natural defenses to fight natural or man-made toxins. There is a growing body of evidence that pesticide exposure during pregnancy and in young childhood is associated with cognitive and behavioral developmental problems.

The Environmental Working Group (EWG) and the USDA each year produce the *Dirty Dozen* and the *Clean Fifteen* lists. They measure the pesticide content of fruits and vegetables and rank them from lowest to highest. Buying organic foods from the dirty dozen list may reduce your pesticide intake. Pick up a Clean 15 and a Dirty Dozen list at your Senior Center during June. Organic produce can cost 5% to 30% more than conventional produce. Using these lists may help you to not only avoid pesticide risk, but also save money when you feel conventional produce vs. organic can be purchased.

Less chemical residue will be found on fruits or vegetables that have smoother skins vs. bumpy (apples vs. raspberries for example). Foods grown in the ground such as potatoes and carrots are at higher risk of absorbing chemicals added to the soil. Fruits and vegetables that need to be peeled before eating will minimize your exposure to surface chemicals. Of course, rinsing produce with water always reduces pesticide risk.

Is there a difference in nutrient content between organic and non-organic food? Studies show foods grown in soils rich in microbial content produce healthier plants and animals that feed on these plants. Organic agriculture consistently produces soils with higher microbial content vs. conventional farming.

A large volume of studies comparing organically or conventionally grown produce shows no significant difference in protection against chronic disease. The key to reducing chronic disease is to eat more phytochemically-rich (brightly colored) fruits and vegetables every day. The choice of organic or not is yours!

Comments or questions?
Email csimmer@wccoa.org

Orcas Center Events

\$5 Tickets for Senior Center Members!

Peter Pan

Thursday, June 10, 7:30pm, Streaming Live
Recorded live at the National Theatre, a performance of JM Barrie's much-loved tale screens in cinemas. A riot of magic, music and make-believe. A delight for children and adults alike, Sally Cookson (*NT Live: Jane Eyre*) directs this wondrously inventive production, a co-production with Bristol Old Vic theatre. **(There are 20 Subsidized Tickets available, first-come-first-served.)**

OI Youth Orchestra

Thursday, June 1, 7:30pm, Center Stage
Something amazing is happening in school music on Orcas! Come hear why the Orcas High School musicians consistently receive "superior" ratings at regional music contests, outscoring many ensembles from much larger schools. **Admission by donation.**

Community Band

Saturday, June 3, 7:00pm, Center Stage
Hear 30+ instruments and musicians live at the Summer Concert of the Orcas Island Community Band. Always a popular concert due to the variety of styles of music presented by these island music-makers in their 28th year. **Admission by donation.**

Art Exhibit: Terry Johnson's Students

Friday, June 9, 5:30–7:00pm, Lobby Gallery & Madrona Room
Free Art Opening Reception

One World Music Festival

Friday & Saturday, June 16-17, 7:30pm, Center Stage
Martin Lund's One World Music Festival returns for its 14th year! Lund's very popular musical variety show brings together Orcas Island's best musicians and top-notch talent from all over the country. All proceeds benefit the Funhouse Commons, an organization supporting the youth of Orcas Island. **(Sorry, there are no Subsidized Tickets available for this fundraiser event.)**

Dead Man's Cell Phone

Thursday-Saturday, June 22-24 & Friday-Sunday, June 30-July 2, 7:30pm, OffCenter Stage
Dead Man's Cell Phone explores the paradox of modern technology's ability to both unite and isolate people in the digital age. The play, written by Sarah Ruhl, describes the fragmentation of conversations, voices and lives, moves irreverently among subjects like mortality and memory, the selling of body parts, obsession with stationary paper, lobster bisque, the afterlife, and, of course, the eponymous cell phone. **(There are 20 Subsidized Tickets available on a first-come-first-served basis.)**

Reminder: \$5 Tickets for Senior Center Members!

Tickets are available in person, one ticket per person. Box Office is open Wed., Thurs., and Fri. from 12p – 2p, and one hour prior to each performance. To call in a request for a seat due to limited mobility, please call 376-2281 x1 during these same Box Office open hours.

Advanced Directives Workshop

Join us for a new hands-on tutorial Wednesday, June 7, from 1-3pm for step by step instructions in filling out an Advanced Directive/Living Will. You can visit endoflife-wa.org to review the Advanced Directive form that we use. Copies will be available for all participants at the workshop. The class price is \$10 per person. Class size is limited, so pre-register at the front desk or by calling 376-2677.

The workshop is led by RN Libby Garcia who has spent most of her career in emergency situations where she has glimpsed the near-to-last moments of many lives. After 16 years in those trenches, she worked as a hospice nurse. Bearing witness for the process of dying in these diverse settings brought her normally introverted self to speak out about planning for end of life.

Libby now volunteers, assisting people with tough concepts and conversations, translating medical jargon and illuminating what really happens in emergency situations. She brings compassion and practicality to end of life discussions, helping people navigate these tricky waters using their personal values as the compass.

For fun Libby plays a banjo-uke, fixes old boats, and makes some pretty good hard ciders. Some may remember her grandmother Helen Buchan at Obstruction Pass, also an RN. We welcome Libby to the Senior Center for this important workshop and hope that you and your loved ones take advantage of this opportunity.

Build a Birdhouse

Art is essential to the feeling of well-being, says local artist and teacher Lana Hickman. She believes that arts and crafts summon our creative energies, so let's get those juices flowing! Summer is coming, and it's a perfect time to paint a birdhouse.

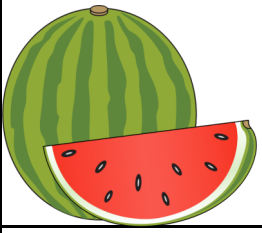
Join us as we work to welcome early summer, trying our hands at beautiful folk art style birdhouses. The size of the birdhouse allows it to accommodate a wren or kinglet. This class will be led by Lana at the Senior Center Monday, June 19, from 1-2:30pm. The cost is supported by grant funding and is \$5 for members, \$10 for non-members. Please sign up at the front desk or by calling 376-2677.

Enjoy Nearby Nature

Come along on guided explorations of local parks with Trillium Swanson. Our next outing will be a walk Wednesday, June 14, 1-3pm. Join us for some time together with friends in the beautiful outdoors as we walk the Cascade Lake Trail in Moran State Park. Go as far as you like and turn back when you have reached your 'halfway' mark, or complete the full 2-mile loop. Please pre-register for this FREE outing by stopping by the front desk or calling 376-2677.

June Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
		2 Chicken, Apple and Walnut Salad Oatmeal Bread Fruit & Yogurt
5 Dill Salmon Wild Rice Pilaf Green Beans Garden Salad Fruit	7 Turkey Meatloaf Mashed Potatoes & Gravy Caribbean Veggies Garden Salad Fruit	9 Chicken Cordon Bleu Baked Yam Caribbean Veggies Spinach Salad Carrot Cake
12 Taco Salad Cornbread Orange Wedges	14 Pub Style Fish Potato Wedges Pineapple Craisin Coleslaw Nantucket Veggies Grapes	Father's Day Lunch 16 Turkey & Cranberry Mashed Potatoes & Gravy Brussels Sprouts Whole Wheat Roll Berry Crisp
19 Sweet & Sour Meatballs Over Rice Baby Carrots Garden Salad Fruit	21 Baked Fish Roasted Yam Green Beans Garden Salad Fruit-	23 Pork Loin with Apple Chutney Mashed Potatoes & Gravy Carrots & Parsnips Apple Cake
26 Lemon Herb Chicken Roasted Baby Potatoes Garden Salad Coconut Fruit Salad	28 Pulled Pork w/ BBQ Brown Rice Cabbage Kale Slaw Hawaiian Roll Tropical Fruit	30 Shrimp Fettuccini Italian Veggies Caesar Salad Sliced Peaches

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

June 2017

LUNCH**LUNCH****LUNCH**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>We love our volunteers! It's wonderful to have so much community support in this good work. Go team!</p> 				<p>1 10am: TML 2pm: Afternoon Tea- FREE 4:30: Balance Class</p>	<p>2 10am: Mobility Equipment 11am: Laughter Yoga 11:30am: Lunch 1pm: Dominoes 4pm: Strength Training</p>	<p>3</p>
4	<p>5 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous</p>	<p>6 10am: TML 10am: Growing Independence 11:15am: Chair Yoga 4:30: Balance Class</p>	<p>7 10am: Mobility Equipment 11:30am: Lunch 1pm: Advanced Directives planning</p>	<p>8 9:30am: Operations Committee Meeting 10am: TML 4:30: Balance Class</p>	<p>9 10am: Mobility Equipment 11am: Laughter Yoga 11:30am: Lunch 1pm: After Lunch Activities 4pm: Strength Training</p>	10
11	<p>12 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous</p>	<p>13 10am: TML 11:15am: Chair Yoga 4:30: Balance Class</p>	<p>14 10am: Mobility Equipment 10am: Island Hearing 11:30am: Library Lady 11:30am: Lunch 1pm: Nature Walk</p>	<p>15 10am: TML 4:30: Balance Class</p>	<p>16 10am: Mobility Equipment 11am: Laughter Yoga 11:30am: Lunch 1pm: After Lunch Activities 4pm: Strength Training</p>	<p>17 10am: Craft Day!</p> 
<p>18 11:30am: Outing to Ice Cream Social at Olga Artworks</p> 	<p>19 11:30am: Lunch 1pm: Paint a Birdhouse workshop 4:30pm: Autism Spectrum Anonymous</p>	<p>20 7:30am: Anacortes 10am: TML 11:15am: Chair Yoga 1pm: Book Club 4:30: Balance Class</p>	<p>21 10am: Mobility Equipment 11:30am: Lunch</p>	<p>22 10am: TML 4:30: Balance Class</p>	<p>23 10am: Mobility Equipment 11am: Laughter Yoga 11:30am: Lunch 1pm: After Lunch Activities 4pm: Strength Training</p>	24
25	<p>26 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous</p>	<p>27 10am: TML 10am: Growing Independence 11:15am: Chair Yoga 4:30: Balance Class</p>	<p>28 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch</p>	<p>29 7:30am: Bargain Shopping 10am: TML 4:30: Balance Class</p>	<p>30 10am: Mobility Equipment 11am: Laughter Yoga 11:30am: Lunch 1pm: Dominoes 1pm: Living Well 4pm: Strength Training</p>	

Stich 'n' Pitch

We are heading to the ball field! Our textile lovers are clamoring to participate in the 13th annual Stich 'n' Pitch event at Safeco Field on Thursday, July 20, so let's do it! Bring your knitting, stitching, quilting or other fiber arts projects to the game, get help from the experts, view the latest samples from area shops and meet other enthusiasts while enjoying Mariners Baseball.

Since the Stich 'n' Pitch home game against the Yankees is the evening of Thursday, July 20, we're turning this into a sleep over party packed with textile fun! First stop Thursday is beautiful La Conner to visit the Pacific Northwest Quilt & Fiber Arts Museum followed by lunch. Then we'll head south and get checked in to the hotel and grab a bite for dinner before getting to the ball field with handicrafts in tow. Play ball! After the Stich 'n' Pitch event and hopefully a big win by the Mariners, we'll retire for the night and head north again on Friday. The trip home will include another textile destination en route to the ferry, so please speak up if there is something 'must see' that fits the bill.

Because we want this fun overnight outing to be as accessible as possible and realize that the costs will be substantial with the overnight stay and multiple meals, admission fees, etc., the Operations Committee of the Orcas Senior Center is generously under-writing some of the expenses to help make the trip happen. We still expect the cost per person to be about \$100 even with the substantial support of the non-profit. We will know more specifically the exact cost per person once we have gauged interest and begun to finalize the details.

If this overnight outing peaks your interest and you want to sign-up to join us, please do so asap at our front desk or by calling 376-2677. It is important to know who wants to go as soon as possible because of the coordination it takes to do an overnight trip in the heart of the summer. As the details fill in we will keep participants posted. Batter up—and bring your embroidery!



A participant proudly displays her handicrafts from a previous Stich 'n' Pitch event at Safeco Field.

Pictured at right is the Pacific Northwest Quilt & Fiber Arts Museum in La Conner, one of the stops on our overnight textile field trip July 20-21. We are happy to offer an overnight excursion this summer and pre-registration is required because of the logistics in planning the trip. Sign up soon!



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 370-0591.

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Orcas Community Resource Center, at 376-3184, works to insure that all Orcas Islanders have access to services and support for their well being, and can help with a wide variety of needs.

Orcas Door to Door provides rides for members to on-island medical appointments, shopping trips, social and community events. Call 360-622-2929 for information.

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98245

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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: June 2017
Website: www.orcasseniors.org



Orcas Senior Signal

Orcas Senior Center

July, 2017

Hearts & Hands Volunteers

A heart felt **THANK YOU** to all **Volunteers** contributing to the Senior Center and its wide variety of programs and services. Hearts & Hands is a crucial Orcas program that is ripe for additional volunteer support. Hearts & Hands volunteers reach out to neighbors in need with friendly visits, companionship, practical assistance, caregiver respite, transportation, phone companionship. Volunteers generally serve care-recipients in their own homes 1-2 hours a week, but they can also meet for lunch or go on field trips or appointments. For more info on becoming a Hearts & Hands volunteer, please contact Sara at 376-7723 or email us at orcasseniiorcenter@gmail.com.



Art Opening

You are invited to a special **Art Opening** at the Senior Center for a **Pastel Show** curated by our Visual Arts Committee. The reception is Friday, July 14, 5-7pm and refreshments will be served. Please join us!

Membership Drive is Coming!

The Membership Drive for 2017-2018 is just around the corner, beginning August 1, with details to be announced in the August newsletter. Do you have membership questions or ideas on how we can enhance our offerings? We would love to hear your feedback! Please reach out to Sara Boyle at the Senior Center to share your thoughts by calling or emailing her at 360-376-7723 or oisccfa@gmail.com.



These two student volunteers from the high school, Aidan and Jordan, washed all of our vehicles at the Senior Center—thank you! We are always happy to help volunteers find the job that's right for them.

At this time, we please need more volunteer drivers to deliver Meals on Wheels or take seniors off-island for mainland medical appointments. Please call Jami if you can help out with driving, 376-7926. Much appreciated!

Last year, 2016, our volunteers contributed **7,445 hours** of their time to the Orcas Island Senior Center. WOW—that is truly impressive. It's incredible work, and we are doing it together.



Quote for the Month . . .

We see things not as they are, but as we are.

-H. M. Tomlinson

What's Inside

Elders in the Garden	2
Tech Help	2
Identity Theft	3
Summer Programs	4
Lunch Menu	5
Event Calendar	6
Storytelling Workshop	7
Services & Reference	8

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YOUR STAFF

Wendy Stephens

Senior Services Manager

(360) 378-2677

email: wendys@sanjuanco.com

Jami Mitchell

Senior Services Specialist

(360) 376-7926

email: jamim@sanjuanco.com

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Orcas Senior Center Manager

Sara Boyle 376-7723

Communications & Fundraising

Kristin Dalla Santa 376-7929

Office Team Member

or email orcasseniiorcenter@gmail.com



Elders in the Garden

Orcasong Farm is offering 7 weekly hands-on classes to Orcas Elders, 55 and better, to help understand the benefits of supporting Orcas Island farmers and encourage the use of locally-grown foods. Each week Maura Lynn, Orcasong's market gardener, will teach about organic garden produce and participants will help harvest and prepare a fresh and healthy lunch together.

Classes begin on Tuesday, July 18, 11am-1:30pm and will be held each Tuesday through August at Orcasong Farm, 280 Dolphin Bay Road. Transportation is available to and from the Senior Center. More details are available at the website <http://orcasingfarm.org> or by calling Gretchen at 360-317-8220.

There is no fee for this program as it has been funded through the generous support of OICF. Registration IS REQUIRED, and LIMITED to 14, so please call the Senior Center at 376-2677 to get on the list. Participants are encouraged to enroll in the full series, though each class can stand alone.

Take advantage of this FREE opportunity (lunch included!) to learn how and why food choices affect our overall health and well-being and become empowered to steward your health toward a brighter future.

Tech Time

Do you need help using your laptop, iPad, or camera? Would you like to learn how to email or use Facebook? Evan Kulper, 11, will be having a free one-hour Tech Time here at the Senior Center on Monday, July 17, at 1pm for up to five people. Sign up ahead of time at the front desk and bring your devices and questions on the 17th. More spaces will be available at a later date if this class fills up.

Library Books

Please check your shelves. Books belonging to the library need to be returned to the Senior Center or the library as soon as you are done with them. Thank you!

Protect Your Social Security Number and Yourself from Identity Theft

By Kirk Larson
Social Security Washington
Public Affairs Specialist

Identity theft is one of the fastest-growing crimes in America. There are steps you can take to help protect yourself from identity thieves.

Identity theft often starts with a Social Security number, or SSN. Once a thief has a valid number, he or she can open or reactivate credit card accounts in your name, apply for federal or state benefits, or make changes in your financial accounts. Protecting your Social Security number is the first step in preventing identity theft.

When doing business with Social Security always go to www.socialsecurity.gov. If you get an email asking for your SSN, do not reply. The Social Security Administration (SSA) will never ask you to provide your number by email. If you have a mySocialSecurity account, SSA will occasionally send you information but will never ask you to provide information. Beware of links taking you to Social Security webpages. It could be a trap. The best way to stay safe is to go directly to www.ssa.gov.

Safeguard your SSN. Treat your Social Security number as confidential information and avoid giving it out unnecessarily. Keep your Social Security card in a safe place with your other important personal papers. Do not carry it with you unless you need to show it to an employer or service provider.

Shred unneeded documents. Don't just throw away paperwork that includes your name, Social Security number or other personal information on it – shred it. If you don't have a shredder, try ripping your paperwork several times and placing half of each document in different trash bags.

Monitor your credit records. Each of the major credit reporting services are required by law to provide you with a free credit report each year upon request. This is a convenient way to see if anyone is using your credit. Contact Equifax, Experian and Transunion and ask for your free reports. To get a free credit report, go to the website www.annualcreditreport.com/cra/index.jsp.

For more information on identity theft and safeguarding your Social Security number, visit our online leaflet *Identity Theft And Your Social Security Number* at www.socialsecurity.gov/pubs/10064.html. Alternatively, you can call us at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the leaflet.

If you think that you have been a victim of identity theft, you should contact the Federal Trade Commission at: www.consumer.gov/idtheft or 1-877-438-4338. The Federal Trade Commission is the federal clearinghouse for identity theft complaints.

Allergy Seasons and Food Triggers

By Carol Simmer, RDN
Meals on Wheels & More!

Do you have seasonal allergies? Do you ever have an itchy, scratchy throat or sudden swelling of the lips or mouth that **doesn't last too long**, but you can't connect it with your regular allergy symptoms? It may be a condition called **Oral Allergy Syndrome or OAS**. OAS occurs when the immune system confuses pollen protein with certain raw fruit, vegetable, and nut proteins. This triggers a "cross-reaction" releasing a large amount of histamine, making seasonal allergy symptoms worse and other rare symptoms such as itchy mouth, scratchy throat, and swelling of the lips, mouth more frequent. One or all of these symptoms can occur. They usually go away fairly quickly when the offending food is gone. Rarely are the symptoms severe. OAS is considered a mild form of food allergy and can occur at any time of year.

Spring, summer and fall produce different allergy triggers. The months of March, April, and May produce the most tree pollen. May, June, July, and September produce the most grass pollen, and July, August, September, and October, the most weed pollen.

Tree pollen sufferers (especially Birch) may have symptoms from raw apples, pears, almonds, hazelnuts, carrots, celery, kiwi, cherries, peaches and plums. Some people find only certain varieties of apples bother them.

Grass allergy sufferers may have reaction to raw peaches, celery, tomatoes, melons, and oranges.

Weed pollen sufferers may have increased symptoms to banana, cucumber, melons, and zucchini.

If you connect a symptom to a specific food, **don't eliminate it entirely during your allergy season** without trying these tips: heat the food by cooking, baking microwaving or canning.

Heating these foods will break down some of the offending proteins. Other ways to manage symptoms may be to take oral antihistamines or "allergy shots" during the allergy season. **Always** talk to your physician or allergist about OAS symptoms.

Note- Mouth or throat itching from peanut, soybean, almonds, and hazelnuts may also be an initial cause of a more serious food allergy with the potential for anaphylaxis. See your physician if this is a new symptom after eating nuts!

Seasonal allergy sufferers may also feel better by avoiding spicy food containing chili peppers or chili powder which can cause nasal swelling and stuffiness.

Be mindful when you have an allergy attack. Perhaps a food is one of the triggers! Questions or comments? Email csimmer@wcco.org.

Orcas Center Events

\$5 Tickets for Senior Center Members!

Art Exhibit: Peter Carlson

Friday, July 7, 5:30 – 7:00 pm, Lobby Gallery and the Madrona Room: Art Opening Reception, FREE!

NT Live: *Salome*

Thursday, July 6, 7:30 pm, Streaming
An occupied desert nation. A radical from the wilderness on hunger strike. A girl whose mysterious dance will change the course of the world. This charged retelling turns the infamous biblical tale on its head, placing the girl we call Salomé at the center of a revolution. Acclaimed director Yaël Farber creates an urgent, hypnotic production on the stage of the National Theatre. **(There are 20 Subsidized Tickets available on a first-come-first-served basis.)**

NT Live: *Angels in America Part 1, Millennium Approaches*

Thursday, July 20, 7:30 pm, Streaming
America in the mid-1980s. In the midst of the AIDS crisis and a conservative Reagan administration, New Yorkers grapple with life and death, love and sex, heaven and hell. This new staging of Tony Kushner's multi-award winning two-part play is continued on July 27. **(There are 20 Subsidized Tickets available on a first-come-first-served basis.)**

Graffiti Dance Theatre: *Oblivion*

Sunday, July 23, 6:30 pm, Center Stage
Graffiti Dance Theater will perform a suite of dances based on attraction where choreographic constructions include the human body used as an instrument of architectural design. Family oriented programming with enough spice and vinegar to please any palate. **(There are 20 Subsidized Tickets available on a first-come-first-served basis.)**

NT Live: *Angels in America Part 2, Perestroika*

Thursday, July 27, 7:30 pm, Streaming
See *Angels in America Part 1* for details. **(There are 20 Subsidized Tickets available on a first-come-first-served basis.)**

Sean Hayes

Saturday, July 29, 7:30 pm, Center Stage
Sean Hayes crafts music that, as the SF Weekly puts it, "succeeds on the tension between warm, resonant soul and dirt-road folk, all laced with a wandering troubadour's coo." Hayes thrums with songs of desire, sanctuary, and the redemptive power of love. **(Sorry, there are no Subsidized Tickets available for this event.)**

Reminder: \$5 Tickets for Senior Center Members!

Tickets are available in person, one ticket per person. Box Office is open Wed., Thurs., and Fri. from 12p – 2p, and one hour prior to each performance. To call in a request for a seat due to limited mobility, call 376-2281 x1 during the Box Office open hours.

Loneliness after Loss

Loneliness after loss can be hard to talk about with others. Come join Bonnie Burg, LICSW, and Melissa Lowry in talking about loneliness after loss, what it means to us, and how we deal with it. Join us for a short presentation and a group conversation exchange on Thursdays, July 6, 13, 20, and 27 from 1-2pm. There is no charge. If you know of seniors in our community that could benefit from this free offering, please encourage them to attend.

Enjoy Nearby Nature

Come along on guided explorations of local parks with Trillium Swanson. Our next outing will be a walk Friday, July 21, 1-4pm. Join us for some time together with friends in the beautiful outdoors as we walk through the Deer Harbor Waterfront Preserve. Please pre-register for this FREE outing by stopping by the front desk or calling 376-2677.

Senior Portraits

Robert O'Neill, son of Irene, specializes in portraits and he has generously offered free portrait sittings to our members on Friday, July 21. Please sign up for a sitting at the front desk or by calling 376-2677. The portraits will be on display here in November as part of a special exhibition curated by the Visual Arts Committee. Thank you, Robert!

Pharmaceutical Help

Make an appointment or come visit with Melissa Lowry at the Senior Center for information on help with medication costs. Get assistance with pharmaceutical applications for discount, lower cost, or even free medications.

Stop by or make an appointment by calling 376-2677 for help throughout the summer from 12:30pm-2:30pm on July 3, 10, 19, 24, or 31, or August 7 or 14.

This assistance is free. Come see if you can bring down the costs of your prescriptions by taking advantage of this opportunity one of the above dates this summer.

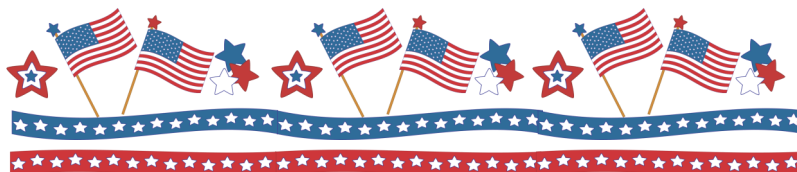
Journey of Dementia

You are invited to a free Dementia seminar at the Senior Center on Tuesday, July 11, 1-3pm. Seminar topics will include communicating with those with Dementia and tips for how to manage behaviors. This educational opportunity is open to everyone, and will be presented by Leta Benfield, the Director of Wellness from Birchview, a memory care community in Sedro-Wooley. Leta is an RN with 17 years' experience working in memory care.

Dementia care is a multi-dimensional experience — there's a lot to learn and remember. This workshop helps educate, encourage and empower the family and friends of people living with memory loss due to dementia. You'll learn how to deal with the challenging behaviors, how to navigate the practical daily needs of dementia, and more.

To RSVP for this FREE seminar, please sign up at the front desk or call 376-2677. We hope that you can join us.

July Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
3 Bacon Cheeseburgers Potato Salad Steamed Carrots Garden Salad Strawberry Shortcake	5 Chicken Cobb Salad w/ Oatmeal Bread & Fresh Fruit	7 German Sausage Red Sauerkraut Roasted Potatoes Garden Salad Sliced Apples
10 Mandarin Orange Chicken w/ Rice Steamed Broccoli Asian Sesame Slaw Fruit	12 BBQ Pulled Pork Brown Rice Broccoli Coleslaw Garden Salad Cookie	14 Sesame Ahi Tuna Salad w/ Mixed Greens Sesame Vinaigrette Veggie Spring Rolls Fresh Fruit
17 Baked Cod Wild Rice Pilaf Whole Green Beans Garden Salad Coconut Fruit Salad	19 Beef Enchiladas w/ Spanish Rice & Pintos Garden Salad Pineapple Chunks	21 Chicken Strips w/ Honey Mustard Potato Wedges Chef's Veggies Sherbet
24 Spaghetti w/ Meat Sauce Italian Veggies Caesar Salad Fruit & Yogurt Parfait	26 Florentine Fish Garlic Dill Potatoes Brussels Sprouts Garden Salad Sliced Pears	28 BBQ Chicken Roast Sweet Potato Green Beans Broccoli Bacon Salad Fruit
31 Roast Beef w/ Mashed Potatoes Roast Carrots & Parsnips Dinner Roll Peach Crisp		A cartoon illustration of a man with a large nose, wearing a green tank top and a straw hat, sitting in a blue lawn chair on a patch of sand, reading a book.

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



Happy 4th of July!

July 2017

LUNCH**LUNCH****LUNCH**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 11:30am: Lunch 12:30pm: Prescription Help 4:30pm: Autism Spectrum Anonymous	4 CLOSED 	5 10am: Mobility Equipment 11:30am: Lunch	6 10am: TML 1pm: Loneliness after Loss 2pm: Afternoon Tea- FREE 4:30: Balance Class	7 10am: Mobility Equipment 11am: Laughter Yoga 11:30am: Lunch 1pm: Storytelling 4pm: Strength Training	8
9	10 11:30am: Lunch 12:30pm: Prescription Help 1pm: Storytelling 4:30pm: Autism Spectrum Anonymous	11 10am: TML 10am: Growing Independence 11:15am: Chair Yoga 1pm: Dementia 4:30: Balance Class	12 10am: Mobility Equipment 10am: Island Hearing 11:30am: Library Lady 11:30am: Lunch	13 9:30am: Operations Committee Meeting 10am: TML 1pm: Loneliness after Loss 4:30: Balance Class	14 10am: Mobility Equipment 11am: Laughter Yoga 11:30am: Lunch 1pm: Storytelling 4pm: Strength Training 5pm: Art Reception	15 10am: Craft Day! 
16	17 11:30am: Lunch 1pm: Tech Time 1pm: Storytelling 4:30pm: Autism Spectrum Anonymous	18 10am: TML 11:15am: Chair Yoga 1pm: Book Club 4:30: Balance Class	19 10am: Mobility Equipment 10am: Elder Law 11:30am: Lunch 12:30pm: Prescription Help	20 7:30am: Stich n' Pitch Trip 10am: TML 1pm: Loneliness after Loss 4:30: Balance Class	21 10am: Mobility Equipment 10am: Portrait sittings 11am: Laughter Yoga 11:30am: Lunch 1pm: Storytelling 4pm: Strength Training	22
23	24 11:30am: Lunch 12:30pm: Prescription Help 4:30pm: Autism Spectrum Anonymous	25 10am: Growing Independence 10am: TML 11:15am: Chair Yoga 4:30: Balance Class	26 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Storytelling	27 7:30am: Mainland Shopping 10am: TML 1pm: Loneliness after Loss 4:30: Balance Class	28 10am: Mobility Equipment 11am: Laughter Yoga 11:30am: Lunch 1pm: After Lunch Activities 4pm: Strength Training	29
30	31 11:30am: Lunch 12:30pm: Prescription Help 4:30pm: Autism Spectrum Anonymous					



Storytelling Workshop with Nancy Wang of Eth-Noh-Tec

Empower, Explore, Discover the Storyteller in YOU!

Eth-Noh-Tec invites you to take a class in storytelling. Ever wanted to tell a compelling tale, personal story, legend, myth or folk tale? Ever wanted to take the stage and capture an audience with your story? Ever wonder how to stand, use your hands, not be nervous, structure a story, use your voice in more powerful ways?



Come join us for **Eth-Noh-Tec's STORYTELLING CLASSES with Nancy Wang** at the Senior Center beginning Friday, July 7th from 1-3pm.

We will meet thereafter on the following Mondays and Fridays (July 10, 14, 17, & 21) for 4 more amazing sessions.

We will have a rehearsal on Wednesday, July 26th for a performance (if you choose) that afternoon as part of the Orcas Story Fest at the Senior Center!

This special workshop has been funded by a grant through the OICF and so the cost to participants is only \$20 for the entire workshop of all 5 sessions! There is a 10 participant limit, so please sign up soon at the front desk or by calling 376-2677.

Be sure to take advantage of this fun and fulfilling dive into the world of storytelling, and thank you to the OICF grant catalogue for supporting this wonderful opportunity here at the Senior Center.

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. **FOR A LIMITED TIME ONLY, SPECIAL INTRODUCTORY SESSIONS AVAILABLE FOR FREE TO NEW FOOT CARE CLIENTS—INQUIRE BY CALLING JAMI at 376-7926!**

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

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.

Mert's 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

Energy Assistance Programs Get assistance with electrical costs through PAL and Energy Assist. Call OPALCO at 376-3500 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 Sara Boyle at 376-7723 for information.

Veterans Administration 1-800-827-1000, or locally call 360-370-7470 or email veterans@sanjuanco.com

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.

Orcas Community Resource Center, at 376-3184, works to insure that all Orcas Islanders have access to services and support for their well being, and can help with a wide variety of needs.

Orcas Door to Door provides rides for members to on-island medical appointments, shopping trips, social and community events. Call 360-622-2929 for information.

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: July 2017
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

August, 2017

JOIN/RENEW YOUR ORCAS SENIOR CENTER MEMBERSHIP!

Become part of the Orcas Senior Center Community and Support our island family! Your annual dues keep the Orcas Senior Center thriving; from transportation assistance to social events. Help us grow to 600+ members for the 2017-18 membership year.

Benefits of Membership include discounted access to the Athletic Club, exclusive member rates for Exercise Classes and Creative Workshops, and Pharmaceutical and Legal Assistance. The Senior Center offers access to free Wi-Fi, facility rentals and hosts in-house events such as Art Openings and Community Forums.

Your Support provides the center the opportunity for new 2017-2018 offerings and initiatives such as a Senior Resource Guide, additional Exercise Classes, Local Dinners, Movie Nights, Adopt a Senior program, and Emergency Preparedness Kits. Keep a watch out for updates in future Orcas Senior Signal Newsletters.

Additional Donations above the cost of membership support the Senior Center's continued growth and enhance the lives of the members that depend on our services.

Many thanks for supporting the Orcas Senior Center!

~ Orcas Senior Center Operations Committee

MEMBERSHIP FORM ENCLOSED!

PLEASE FIND YOUR 2017-2018 FORM INSIDE THE NEWSLETTER, AND RETURN IT TO THE SENIOR CENTER IN SUPPORT OF THIS AMAZING ISLAND RESOURCE!

Pictured at right: Elders in the Garden is a collaboration between the Senior Center and Orcasong Farm, thanks to an OICF grant. Engaging curriculum, free organic lunches, and inspired participants!



Pictured at left: A group of friends enjoyed ice cream at West Beach Resort on a recent outing with the Senior Center. Join us for one of our summer field trips and be a tourist on your own island.

Enjoy Nearby Nature

Come along on guided explorations of local parks with Trillium Swanson. We will head to the top of Mt. Constitution Friday, August 25, 1-4pm. Join us as we explore a gem of Moran State Park. Walk the summit trail for incredible views as far as you like, or just soak up the postcard vista from the renowned tower. Please pre-register for this FREE outing by stopping by the front desk or calling 376-2677. We hope to see you there!

Quote for the Month . . .

Every artist was first an amateur.

-Ralph Waldo Emerson

What's Inside

Artists' Studio Tour trip	2
Free Tech Support	3
Chamber Music Festival	4
Mammograms on Orcas	4
Lunch Menu	5
Event Calendar	6
Chronic Disease help	7
Services & Reference	8

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, by mail, and on our website.

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

YOUR STAFF

Wendy Stephens

Senior Services Manager

(360) 378-2677

email: wendys@sanjuanco.com

Jami Mitchell

Senior Services Specialist

(360) 376-7926

email: jamim@sanjuanco.com

Delphina Liles

Aging and Family Case Coordinator

email: delphinal@sanjuanco.com

Jay Savell – Cook

Meals provided through a partnership with Whatcom Council on Aging.

(360) 376-2677

Orcas Island Operations Committee

Bonnie Burg (Chair)

Maggie Kaplan (Vice Chair)

Christina Orchid

Margo Rubel

Doug Schliebus (Treasurer)

Judy Schliebus

Margot Shaw

Jerry Todd

Bonnie Morris

Arron Redford 376-7929

Orcas Senior Center Manager

Sara Boyle 376-7723

Communications & Fundraising

Kristin Dalla Santa 376-7929

Office Team Member

or email orcasseniiorcenter@gmail.com

Quilting Club

Do you love to quilt? Want to be with other folks that do too? Everybody is welcome at the bi-monthly quilting group that meets at the Senior Center the 1st and 3rd Wednesdays of each month from 7-9pm. Quilters of all levels and interests are welcome to participate. Bring your squares and see you there!

Artists' Studio Tour


You are invited to join us for a field trip visiting a few specially selected studios during the 2017 Orcas Island Artists' Three Day Studio Tour. Saturday, August 12, 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. Please see the poster published below.

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.

FREE

Don't Miss the 2017 Orcas Artists' 3 Day Studio Tour.







This is your chance to visit the working studios of over 30 premier Orcas Island Artists. See first hand how and where their special techniques are being mastered, meet the artists and purchase their most recent work. Visit OrcasArtistsStudioTour.com

Friday, Saturday and Sunday
August 11, 12 and 13
11:00 am to 5:00 pm
OrcasArtistsStudioTour.com

Social Security's Representative Payee Program

By Kirk Larson
Social Security Washington Public Affairs Specialist

According to the Census Bureau, there are nearly 57 million people living with disabilities in the United States. Thirty percent of American adults help provide care for a sick or disabled family member.

Social Security works closely with caregivers through our Representative Payee Program. A representative payee is someone who receives and oversees the Social Security or Supplemental Security Income (SSI) benefits for an adult or child who cannot manage his or her benefits. A payee's main duties are to use the benefits to pay for the current and future needs of the beneficiary, and properly save any benefits not needed to meet current needs. A payee must also keep records of expenses. When we request a report, a payee must provide an accounting to us of how he or she used or saved the benefits. You can learn more about our Representative Payee Program at www.socialsecurity.gov/payee.

A representative payee is usually a trusted family member or friend of the beneficiary, but when friends or family are not able to serve as representative payees, Social Security looks for qualified individuals or organizations to represent the beneficiary. Being an authorized representative, having power of attorney, or a joint bank account with the beneficiary is not the same as being a payee. These arrangements do not give legal authority to negotiate and manage a beneficiary's Social Security and/or SSI benefits. In order to be a payee, you must apply for and be appointed by Social Security.

Currently, more than six million payees manage \$80 billion in Social Security and Supplemental Security Income benefits for more than 3.5 million adults and 4 million children determined to be incapable of managing their benefits. Projections indicate that the number of people needing assistance will increase dramatically in the coming decades as the population ages.

If you are concerned that someone you know becomes incapable of managing or directing the management of his or her benefits, please call us at 1-800-772-1213 to request an appointment to discuss your concerns.

Casino Trip!

Our casino trips are popular outings, and here is another chance to join the fun! Please come along to the Angel of the Winds Casino on Saturday, August 26. Clarissa Fernandez is coordinating this trip, so you know it will be a blast. The cost is just \$15 per person for transportation costs; bring money for food and gambling. Register at the front desk or by calling 376-2677.

When Two Are Better than One

By Carol Simmer, RDN
Meals on Wheels & More!

We know that certain vitamins and minerals in food provide health benefits by themselves. These benefits are stronger bones, healthy skin and vision, and blood clotting. Scientists have discovered that the **benefits** of some phytochemicals (plant compounds), vitamins and minerals **are magnified** when foods containing them are combined or prepared in certain ways.

For example, tomatoes, containing lycopene, combined with broccoli, containing glucosinolates, may keep prostate tumors smaller and prevent them from spreading, compared with either compound alone.

Nutritionists and dietitians for years have been saying to "eat a variety of fruits and vegetables daily". This newest research adds more credence to that recommendation.

Fat-soluble antioxidants such as beta-carotene in carrots are absorbed better with a healthy oil such as olive oil or avocado oil. Beta-carotene in vegetables may be better absorbed when vegetables are lightly steamed versus eaten raw. Try dipping tender crisp baby carrots in a flavorful avocado dip!

More **super food combos**: Cheerios with strawberries (iron and Vit. C); grilled steak or hamburger sautéed with red peppers (enhanced iron absorption); broccoli-topped pizza (cancer fighting tomatoes and broccoli); salad topped with avocado and shredded carrots (antioxidants for eye health); and berries mixed with low-fat yogurt (blood pressure control). Toss mandarins or kiwi into a spinach salad (enhanced iron absorption).

This is the best produce month of the year. Why not see how many **different** fruits and/or vegetables you can eat (and combine) this month? Compete with a friend!

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

Tech Time

Do you need help using your laptop, iPad, or camera? Would you like to learn how to email or use Facebook? Evan Kulper, 11, will be having some helpful Tech Times here at the Senior Center on Thursdays August 10th and August 24th, both at 1pm, for up to four people at each session. Sign up ahead of time at the front desk or by calling 376-2677, and bring your devices and questions (no cell phones). More spaces will be available at later dates if you miss these but let us know you are interested.



Live Music August 11th!

*Two Opportunities to Choose from
for Seniors that Love Music*

Chamber Music Festival Open Rehearsal

The Orcas Island Chamber Music Festival will present a special program for Seniors at Orcas Center on Friday, August 11, at 1pm. The audience will be treated to a selection of music being performed during the Festival from composers old and new. 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 11 – 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 11. 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.

Doe Bay Fest!

Get a glimpse of the action at Doe Bay Fest by joining our Senior Center field trip on Friday, August 11. 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.

Pictured at Right:

Senior Center folks enjoying themselves on a field trip to Doe Bay last year. Sign up to join the fun this year!



Meals on Wheels and More in San Juan County

In partnership with San Juan County Senior Services and San Juan County Senior Centers, the Meals on Wheels and More Program provides freshly prepared Senior Community Meals at the Lopez Island, Orcas Island and Mullis (San Juan Island) Senior Centers. Homebound seniors throughout the County also receive "Meals on Wheels" delivered right to their door. The suggested donation is \$5 per meal, but no senior is ever turned away due to inability to donate.

The Meals on Wheels and More Program is partially funded by federal grants and client meal donations. However, it also depends on funding from non-federal grants and private donations. For years the Program ran a deficit in San Juan County, relying on the WCOA's limited reserve funds to cover the loss. Facing possible cuts to the vital program, seniors from all three centers worked with Meals on Wheels and More staff to identify new sources of funding for the program.

Thanks to grants from the United Way of San Juan County as well as funding from San Juan County government approved by voters through the 2014 lid lift levy, Meals on Wheels and More has been able to continue their current service in San Juan County.

Senior Community Meals are offered at noon at the following locations:

Lopez Island Senior Center (Woodmen Hall):

Wed, Fri
360-468-2421

Mullis Community Senior Center (Friday Harbor):

Mon, Thurs
360-378-2677

Orcas Island Senior Center (Eastsound):

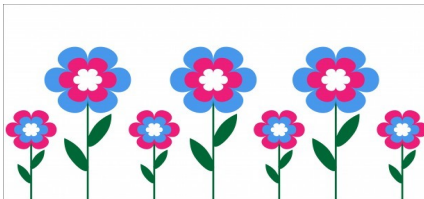
Mon, Wed, Fri
360-376-2677

The Meals on Wheels and More Program is a program of the WCOA, a 501(c)(3) nonprofit organization based in Bellingham. For more information about Senior Community Meals or Meals on Wheels in San Juan County, contact one of the above senior centers or call 360-733-4030 ext 1025.

Mammograms Made Easy

Assured Imaging is bringing their mobile mammogram van back to the Orcas Senior Center for two days in a row this year. The mobile unit will be parked at the Orcas Island Senior Center on Wednesday, September 13, and Thursday, September 14. 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, so please call soon to book yours.

August Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
	<div>2</div> Pork Loin w/ Apple Chutney Mashed Potatoes Green Beans Apple Cake	<div>4</div> Swiss Steak Mashed Potatoes & Gravy Capri Veggies Garden Salad Applesauce
<div>7</div> Taco Salad Cornbread Fruit	<div>9</div> Country Fried Steak Mashed Potatoes Peas & Onions Spinach Salad Cookie	<div>11</div> Baked Cod Baby Red Potatoes Caribbean Veggies Kale Coleslaw Fruit EARLY LUNCH 11:30am
<div>14</div> Turkey Meatloaf Mashed Potatoes & Gravy Broccoli Florets Garden Salad Fruit	<div>16</div> BBQ Chicken Roasted Potatoes Baby Carrots Garden Salad Fresh Melon	<div>18</div> Sweet & Sour Meatballs Over Brown Rice Asian Veggies Spinach Salad Mandarin Oranges
<div>21</div> Shrimp Salad Oatmeal Bread Fresh Fruit	<div>23</div> Stuffed Cabbage Rolls Tri Color Potatoes Steamed Veggies Garden Salad Banana Pudding	<div>25</div> Salmon Filet Wild Rice Pilaf Green Beans Kale Citrus Salad Fresh Fruit
<div>28</div> Turkey Pot Roast Mashed Potatoes & Gravy Brussels Sprouts Garden salad Fruit	<div>30</div> Broccoli Bacon Quiche Tomato Pasta Salad Fresh Fruit Cookie	

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

August 2017

LUNCHLUNCHLUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 11am: Elders in the Garden 11:15am: Chair Yoga 4:30: Balance Class	2 10am: Mobility Equipment 11:30am: Lunch 7pm: Quilting Club	3 2pm: Afternoon Tea— FREE 4:30: Balance Class	4 10am: Mobility Equipment 11:30am: Lunch 1pm: Dominoes 1pm: Living Well with a Disability 4pm: Strength Training	5
6	7 11:30am: Lunch 12pm: Care-giver support group 12:30pm: Prescription Help 4:30pm: Autism Spectrum Anonymous	8 10am: Aging— Who Me? 11am: Elders in the Garden 11:15am: Chair Yoga 4:30: Balance Class	9 10am: Mobility Equipment 10am: Island Hearing 11:30am: Library Lady 11:30am: Lunch	10 9:30am: Operations Committee Meeting 1pm: Tech Time 4:30: Balance Class	11 10am: Mobility Equipment 11:30am: Lunch 1pm: Chamber Music Rehearsal 1pm: Doe Bay Fest trip 4pm: Strength Training	12 10:30am: Artists' Studio Tour 
13	14 11:30am: Lunch 12:30pm: Prescription Help 4:30pm: Autism Spectrum Anonymous	15 11am: Elders in the Garden 11:15am: Chair Yoga 1pm: Book Club 4:30: Balance Class	16 10am: Mobility Equipment 11:30am: Lunch 7pm: Quilting Club	17 10am: TML 4:30: Balance Class	18 10am: Mobility Equipment 11:30am: Lunch 1pm: Dominoes 1pm: Living Well with a Disability 4pm: Strength Training	19 10am: Craft Day! 
20	21 11:30am: Lunch 12pm: Care-giver support group 4:30pm: Autism Spectrum Anonymous	22 10am: Aging— Who Me? 10am: TML 11am: Elders in the Garden 11:15am: Chair Yoga 4:30: Balance Class	23 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch	24 7:30am: Bargain Shopping 10am: TML 1pm: Tech Time 4:30: Balance Class	25 10am: Mobility Equipment 11:30am: Lunch 1pm: Nature Walk 1pm: Living with Disability 1pm: Dominoes 4pm: Strength Training	26 7:30am: Casino Trip! 
27	28 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous	29 10am: TML 11am: Elders in the Garden 11:15am: Chair Yoga 4:30: Balance Class	30	31		

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 pleased 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 to the Orcas Senior Center via support by Northwest Regional Council and San Juan County. The Orcas workshop will be led by Jami Mitchell and Wendy Stephens and begins Wednesday, Sept. 6. It will be held every Wednesday afternoon for 6 weeks (Sept 6 – Oct 11) from 1p-3:30p.

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.

Want more energy? Need more time for you?



Take charge of your health!

Learn what you can do to take control of your chronic illness, rather than let your illness take control of you!

Who Should Attend?

People with arthritis, diabetes, asthma, depression, COPD, obesity, stroke, back problems, and any other health conditions or caregivers of people with these conditions.

Workshop Information

Developed by Stanford University, these fun, interactive workshops are low cost. There are six, 2.5 hour sessions to help you take charge and improve your quality of life.

You will learn how to:

- Work with your doctor
- Manage your symptoms
- Set realistic goals
- Use new relaxation techniques
- Eat healthy and exercise

Participants completing the workshops report more effective communication with their providers and an increase in their physical activity level.

Register Now

For more information, or to enroll in the next workshop, contact us at:

FREE workshop at Orcas Island Senior Center
Wednesday Sept. 6 -Oct. 11 1pm-3:30pm

Pre-register by calling Jami Mitchell at 376-7926
or emailing jamim@sanjuanco.com

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. **FOR A LIMITED TIME ONLY, SPECIAL INTRODUCTORY SESSIONS AVAILABLE FOR FREE TO NEW FOOT CARE CLIENTS—INQUIRE BY CALLING JAMI at 376-7926!**

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

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.

Mert's 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

Energy Assistance Programs Get assistance with electrical costs through PAL and Energy Assist. Call OPALCO at 376-3500 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, or locally call 360-370-7470 or email veterans@sanjuanco.com

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.

Orcas Community Resource Center, at 376-3184, works to insure that all Orcas Islanders have access to services and support for their well being, and can help with a wide variety of needs.

Orcas Door to Door provides rides for members to on-island medical appointments, shopping trips, social and community events. Call 360-622-2929 for information.

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: August 2017
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

September, 2017

Summer Fun, Having a Blast!

The warm weather makes our Senior Center activities all that much more fun, and what a busy summer it has been! Pictured at right are some of our recent outings, including ice cream at West Beach Resort, a visit to Doe Bay Fest, and the Elders in the Garden program which was a multi-week collaboration with Orcasong Farm.

With hikes, boat rides, baseball games, quilt trips, bargain shopping, casino adventures, and so much more, what are you waiting for!? It's time to become a Senior Center member and join the fun! We have a good time all year long, summer or not, so don't let the waning season stop you from walking through our doors to see what's up.

Never been to Senior Lunch? It's the best deal in town at just \$5 suggested donation for those 60+, and that includes a salad bar, drinks, and delicious hot entrée. Lunch is served Mondays, Wednesday, and Fridays at 11:30am.

Looking to volunteer for a good cause? We have lots of rewarding ways to plug in and support the elder community on Orcas. Contact Jami at 376-7926 to learn more.

Most importantly, don't be a stranger. We're here for you, and we are having a blast. Come see what all the buzz is about and check out the Orcas Island Senior Center. We look forward to your visit.

*Sincerely,
Jami Mitchell
Senior Services Specialist*



Quote for the Month . . .

*Autumn carries
more gold in its
pocket than all
the other seasons.*

-Jim Bishop

What's Inside

Monthly Book Club	2
Future of Social Security	3
Smart Driver Course	4
Caregiver Yoga Class	4
Lunch Menu	5
Event Calendar	6
Chronic Disease help	7
Services & Reference	8

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, by mail, and on our website.

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

YOUR STAFF

Wendy Stephens

Senior Services Manager

(360) 378-2677

email: wendys@sanjuanco.com

Jami Mitchell

Senior Services Specialist

(360) 376-7926

email: jamim@sanjuanco.com

Delphina Liles

Aging and Family Case Coordinator

email: delphinal@sanjuanco.com

Jay Savell – Cook

Meals provided through a partnership with Whatcom Council on Aging.

(360) 376-2677

Orcas Island Operations Committee

Bonnie Burg (Chair)

Maggie Kaplan (Vice Chair)

Christina Orchid

Margo Rubel

Doug Schliebus (Treasurer)

Judy Schliebus

Margot Shaw

Jerry Todd

Bonnie Morris

Sara Boyle 376-7723

Communications & Fundraising

Kristin Dalla Santa 376-7929

Office Team Member

or email orcasseniorecenter@gmail.com

Membership Drive Underway!

JOIN/RENEW YOUR ORCAS SENIOR CENTER MEMBERSHIP and become part of our community! Your annual dues keep the Orcas Senior Center thriving; from transportation assistance to social events. Help us grow to 600+ members for the 2017-18 membership year. Find the Membership form enclosed here and become a Member today!

Medicare Open Enrollment is Coming

It is the age of uncertainty for medical care in our country, and on our island. Open enrollment for Medicare is from October 15 through December 7. Come to a presentation by Pegi Groundwater, one of our Orcas SHIBA volunteers, to find out whether any of these changes affect you. This free opportunity to learn more will be at the Senior Center on Friday, October 13, from 1-3pm.

Open Enrollment is the short annual period when Medicare beneficiaries can make changes in their prescription drug coverage and add or drop a Medicare Advantage plan. Medicare Supplements can be changed at any time. Take advantage of this time period to see if you should make any changes to your coverage. Your medications may have changed, your current plan may have made changes, and premiums, deductibles and copays change from year to year, so an annual checkup makes sense to see if you still have the right plan for you.

SHIBA is a service of the WA State Insurance Commissioner. SHIBA volunteers provide free, confidential, unbiased counseling services to help you choose the right Medicare options for you. The local SHIBA volunteers are sponsored by Island Hospital.

Senior Center Book Club

Monthly Book Discussion

1-3pm

Orcas Island Senior Center

September 19th

The Secret History of the Mongol Queens

Jack Weatherford

October 17th

Dark Money

Jane Mayer

December 5th

A God in Ruins

Kate Atkinson

January 16th

Did You Ever Have a Family

Bill Clegg

What is the future of Social Security? Board of Trustees Annual Report

By Kirk Larson
Social Security Washington Public Affairs Specialist

Recently, the Social Security Board of Trustees released its annual report to Congress presenting the financial status of the Social Security trust funds for the short term and over the next 75 years. The combined asset reserves of the Old-Age and Survivors Insurance, and Disability Insurance (OASDI) Trust Funds are projected to become depleted in 2034 with 77 percent of benefits payable at that time.

In the 2017 Annual Report to Congress, the Trustees announced:

- The asset reserves of the combined OASDI Trust Funds increased by \$35 billion in 2016 to a total of \$2.85 trillion. The combined trust fund reserves are still growing. Beginning in 2022, the total annual cost of the program is projected to exceed income.
- Total income, including interest, to the combined OASDI Trust Funds amounted to \$957 billion in 2016.
- The projected actuarial deficit over the 75-year long-range period is 2.83 percent of taxable payroll.
- The year when the combined trust fund reserves are projected to become depleted, if Congress does not act before then, is 2034 – the same as projected last year. At that time, there will be sufficient income coming in to pay 77 percent of scheduled benefits.

“It is time for the public to engage in the important national conversation about how to keep Social Security strong,” said Nancy A. Berryhill, Acting Commissioner of Social Security. “People understand the value of their earned Social Security benefits and the importance of keeping the program secure for the future.”

To learn more about the 2017 Trustees Report go to www.socialsecurity.gov/OACT/TR/2017/.

Mammograms Made Easy

Assured Imaging is bringing their mobile mammogram van back to the Orcas Senior Center. The mobile unit will be here on Wednesday, September 13, and Thursday, September 14. All major insurances are accepted, and no referral is necessary. To schedule an appointment, please call 1-888-233-6121. Appointments are filling up, so please call soon to book yours.

Honey! How Sweet It Is!

By Carol Simmer, RDN
Meals on Wheels & More!

My father was a beekeeper, who learned the skill from his mother. Sugar use was rare in my house and my mother, a great cook, knew how to substitute honey for sugar in all types of recipes. Occasionally stored honey would crystallize in very fine crystals and you could spread it like jam...my favorite!

Honey enhances the flavor of foods and adds moisture. That is great unless you want “crispy” cookies. To substitute honey for sugar in recipes, you must reduce other liquids in the recipe by 20 percent. Since honey is sweeter than sugar, substitute ½ to ¾ cup honey for one cup of sugar.

Honey lasts for years because of the anti-microbial substances produced by the honeybee (flavonoids, phenolic acids, and hydrogen peroxide). This characteristic makes foods made with honey stay fresher, longer. Jars of edible honey have been unearthed in Egypt after 33 centuries!

Raw, unfiltered honey has some pollen, wax, and propolis remaining. Propolis is a glue-like substance the bees use to seal the honeycomb and it possesses anti-microbial, antioxidant, and anti-ulcer properties.

It takes nectar from 2 million flowers to make one pound of honey. I guess that is why bees always are so “busy”. Bees produce three times as much honey as they need to support their colony. Beekeepers can steal the extra to our advantage, but I remember my Dad “feeding” the bees during severe winters. Sadly, we read reports of decreased bee populations around the country. The reason is being researched, but the answer is still unknown. Scientists know that the survival of the honey bee is crucial to agriculture and to us!

Unlike sugar, honey is *not* an “empty calorie” food. It contains B complex vitamins, vitamin C, and several minerals. One tablespoon of honey contains 64 calories and 17 gm of carbohydrate. Like other sugars, if consumed in excess, it can contribute to weight gain and higher blood sugars.

Honey is one healthy sweet at farmer’s markets that can be purchased with Senior Farmer’s Market Vouchers. Take advantage of this treat when you can. Comments or questions? Email csimmer@wcoa.org.

Orcas Center Events

\$5 Tickets for Senior Center Members!

September Art: Frank Loudin and On & Off the Wall

Friday, 9/8, 5:30-7pm, Lobby Gallery & Madrona Room
Art Opening Reception—Free

NT Live: *Yerma*

Thursday, September 21, 7:30 pm, Streaming
Billie Piper (*Penny Dreadful*, *Great Britain*) returns in her award-winning role in Simon Stone's radical production of Lorca's masterpiece. The unmissable theatre phenomenon sold out at the Young Vic and critics call it 'an extraordinary theatrical triumph' (The Times). **There are 20 Subsidized Tickets available first-come-first-served.**

Wild & Scenic Film Festival:

At The Edge

Friday, September 22, 7:30 pm, Streaming
Change makers are rethinking how we inhabit our planet, and so can you, at Orcas Center's annual *Wild & Scenic Film Festival*. This year's short films follow the festival theme of "At The Edge." Hosted by Orcas Center and the San Juan Preservation Trust. **There are 20 Subsidized Tickets available on a first-come-first-served basis.**

Whale of a Show

Saturday, September 30, 6:30 pm, Center Stage
It is time for the Orcas all-kid talent show! Directed by Didier Gincig and crew, this annual event is an opportunity to see children share their performing arts talents including singing, dancing and musicianship. All ticket proceeds benefit Orcas Center's youth programs. **20 Subsidized Tickets available on a first-come-first-served basis.**

Reminder: \$5 Tickets for Senior Center Members!

Tickets are available in person, one ticket per person. Box Office is open Wed., Thurs., and Fri. from 12p – 3p, and one hour prior to each performance. To call in a request for a seat due to limited mobility, call 376-2281 x1 during the Box Office open hours.

Storytelling a Success

By Nancy Wang, Eth-Noh-Tec

Congratulations Senior Storytelling Class for a superb performance! Funny, poignant, and all very interesting were stories of an African tourist experience (Terri Crowell), a first job (Pat Littlewood), tricksters in a small England town (Howard Barbour), how far a nickel used to go (Margo Wahlberg), an African heroine (Margo Rubel), and what real wealth is (Marti Monroe). So proud of my super students!! Join us next summer!

Enjoy Nearby Nature

Come along on guided explorations of local parks with Trilium Swanson. We will visit the lagoon trail at Cascade Lake on Friday, September 22, 1-3pm. Join us for some time together with friends in the beautiful outdoors as we explore this special spot in Moran State Park. Please register for this FREE outing at the front desk or call 376-2677.

Tech Time

Do you need help using your laptop, iPad, or camera? Would you like to learn how to email or use Facebook? Evan Kulper, 11, will be having some helpful Tech Times here at the Senior Center on Thursdays September 7 and September 21, both at 1pm, for up to four people at each session. Sign up ahead of time at the front desk or by calling 376-2677, and bring your devices and questions (no cell phones). More spaces will be available at later dates if you miss these but let us know you are interested.

Salmon Homecoming

Please RSVP for a unique opportunity to welcome the salmon home to Orcas on Saturday, September 16. Long Live the Kings is celebrating the return of our Chinook with their 19th annual Salmon Homecoming, just \$10 per person for Senior Center members.

The event is held at the Glenwood Springs Salmon Hatchery on Orcas and we'll see the salmon ladder and the hatchery. There will be a salmon BBQ and speakers discussing salmon and habitat restoration. Space is limited. To register, please come to the front desk or call 376-2677.

Special Restorative Yoga Opportunity for Caregivers

Caregivers are invited to a free Yoga workshop especially for Caregivers on Tuesday, September 12th, 2-3:30 pm, at the Senior Center. Please register at the front desk or by calling 376-2677.

Being Mortal Live Streaming Watch Party!

Join us for a live streaming Watch Party Monday, Sept. 25, 1:30-3:30pm, hosted by the Village to Village Network, organized through the Orcas Senior Center and Lahari, to celebrate the Village to Village 15th anniversary and the Village movement it inspired. We are delighted to invite participants "virtually" in an event featuring renowned surgeon, public health researcher and writer Dr. Atul Gawande, MD, MPH, author of the seminal book *Being Mortal*.

The event will be held on Sept. 25 in Boston and will be live-streamed. Dr. Gawande will speak about the value of community and opportunities as we grow older.

September Lunch Menu



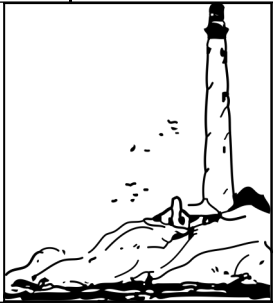



MONDAY	WEDNESDAY	FRIDAY
		1 Cranberry Chicken Salad Wraps w/ Garden Chips Mixed Green Salad Fresh Grapes
4 	6 Herbed Pork Cutlet Mashed Potatoes & Gravy Steamed Carrots Garden Salad Applesauce	8 Turkey Meatloaf Mashed Potatoes & Gravy Broccoli Florets Carrot Slaw Fruit Cocktail
11 Beef Burgundy w/ Egg Noodles Green Beans Garden Salad Apple Cake	13 Pub-Style Fish & Chips Dill Carrots Coleslaw Fresh Fruit	15 Lemon Herb Chicken Roasted Baby Reds Brussels Sprouts Garden Salad Fruit
18 Chicken Cobb Salad Oatmeal Bread Fresh Grapes	20 Salisbury Steaks Mashed Potatoes Mushroom Gravy Peas & Onions Fresh Melon	22 Ham & Pineapple Garlic Dill Potatoes Caribbean Veggies Garden Salad Fruit
25 Pesto Cheese Tortellini Italian Veggies Caesar Salad Apricots	27 Baked Fish Sweet Potato Green Beans Garden Salad Spiced Cake	29 Turkey & Cranberry Mashed Potatoes Nantucket Veggies Fruit

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



September 2017

LUNCHLUNCHLUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>So many amazing activities here at the Orcas Senior Center! Want to join us for a visit to the Turn Point Lighthouse? Or how about an intro to EFT workshop with Nancy Southern? Please check out the Activities Book at the front desk for details on these opportunities and more happening this month!</p>					<p>1 10am: Mobility Equipment 11:30am: Lunch 1pm: Dominoes 1pm: Living Well with a Disability 4pm: Strength Training</p>	<p>2</p>
<p>3</p>	<p>4 CLOSED LABOR DAY </p>	<p>5 11:15am: Chair Yoga 4:30: Balance Class</p>	<p>6 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Chronic Disease class 7pm: Quilting</p>	<p>7 1pm: Tech Time 2pm: After-noon Tea—Free! 4:30: Balance Class</p>	<p>8 10am: Mobility Equipment 11:30am: Lunch 1pm: Dominoes 4pm: Strength Training</p>	<p>9</p>
<p>10</p>	<p>11 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous</p>	<p>12 10am: Aging—Who Me? 11:15am: Chair Yoga 2pm: Yoga for Caregivers 4:30: Balance Class</p>	<p>13 10am: Mobility Equipment 11:30am: Library Lady 11:30am: Lunch 1pm: Chronic Disease class</p>	<p>14 9:30am: Operations Committee Meeting 9:30am: Lighthouse field trip 4:30: Balance Class</p>	<p>15 10am: Mobility Equipment 11:30am: Lunch 1pm: Dominoes 4pm: Strength Training</p>	<p>16 10:30am: Salmon Homecoming BBQ field trip! </p>
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<p>24</p>	<p>25 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous</p>	<p>26 10am: Aging—Who Me? 11:15am: Chair Yoga 3:30pm: Potluck for Delphina 4:30: Balance Class</p>	<p>27 10am: Mobility Equipment 11:30am: Lunch 1pm: Chronic Disease class</p>	<p>28 7:30am: Mainland Shopping 4:30: Balance Class</p>	<p>29 10am: Mobility Equipment 11:30am: Lunch 1pm: Dominoes 4pm: Strength Training</p>	<p>30 10am: Craft Day! </p>

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This unique opportunity comes to the Orcas Senior Center via support by Northwest Regional Council and San Juan County. The Orcas workshop will be led by Jami Mitchell and Wendy Stephens and begins Wednesday, Sept. 6. It will be held every Wednesday afternoon for 6 weeks (Sept 6 – Oct 11) from 1p-3:30p.

Please pre-register ASAP by calling Jami directly at 376-7926 or emailing jamim@sanjuanco.com. Because the first class is September 6th, it is imperative to sign up immediately if interested!

Want more energy? Need more time for you?



Take charge of your health!

Learn what you can do to take control of your chronic illness, rather than let your illness take control of you!

Who Should Attend?

People with arthritis, diabetes, asthma, depression, COPD, obesity, stroke, back problems, and any other health conditions or caregivers of people with these conditions.

Workshop Information

Developed by Stanford University, these fun, interactive workshops are low cost. There are six, 2.5 hour sessions to help you take charge and improve your quality of life.

You will learn how to:

- Work with your doctor
- Manage your symptoms
- Set realistic goals
- Use new relaxation techniques
- Eat healthy and exercise

Participants completing the workshops report more effective communication with their providers and an increase in their physical activity level.

Register Now

For more information, or to enroll in the next workshop, contact us at:

FREE workshop at Orcas Island Senior Center
Wednesday Sept. 6 -Oct. 11 1pm-3:30pm

Pre-register by calling Jami Mitchell at 376-7926 or emailing jamim@sanjuanco.com

SERVICES WE PROVIDE

Lunch is served three times weekly on Monday, Wednesday and Friday at 11:30am. Suggested donation is \$5; however, no senior will be denied a meal due to inability to pay.

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

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

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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. **FOR A LIMITED TIME ONLY, SPECIAL INTRODUCTORY SESSIONS AVAILABLE FOR FREE TO NEW FOOT CARE CLIENTS—INQUIRE BY CALLING JAMI at 376-7926!**

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98245

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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 2017
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

October, 2017

Fall Farm Tour

Read this quick, or you'll miss it! Come with us on Sunday, October 1, as our bus joins the Fall Farm Tour of local Orcas farms. We'll meet at the Senior Center at 10am and then venture out to a number of the farms participating in this year's event.

Cost is \$5 for members. Please sign up at our front desk or by calling 376-2677.

Medicare Open Enrollment Presentation

It is the age of uncertainty for medical care in our country, and on our island. **Open enrollment for Medicare is from October 15 through December 7.** Come to a presentation by Pegi Groundwater, one of our Orcas SHIBA volunteers, to find out whether any of these changes affect you. This free opportunity to learn more will be at the Senior Center on Friday, October 13, from 1-3pm.

Open Enrollment is the short time period each year when Medicare beneficiaries can make changes in their prescription drug coverage and add or drop a Medicare Advantage plan. Medicare Supplements can be changed at any time.

Take advantage of the Open Enrollment time period to see if you should make any changes to your coverage. Your medications may have changed, your current plan may have made changes in their coverage, and premiums, deductibles and copays change from year to year, so an annual checkup makes sense to see if you still have the right plan for you.

SHIBA is a service of the WA State Insurance Commissioner. SHIBA volunteers provide free, confidential, unbiased counseling services to help you choose the right Medicare options for you. The local SHIBA volunteers are sponsored by Island Hospital.

Good times and good friends. Here are some recent photos from a trip to Turn Point Light House, the Elders in the Garden finale, and our volunteer luncheon.



Doing what we love!



The Orcas Senior Center is growing!

We are excited to announce Sara Boyle as the new Executive Director for the Orcas Senior Center (OSC), the Orcas District of the Senior Services of San Juan County 501(c)3 nonprofit organization. Sara started at the Senior Center in May as the Communication and Fundraising Administrator, and is excited to take on this new role in further support of the OSC and the Orcas community.

We are also hiring for a part time Administrative Assistant position. For information, please visit the website (orcasseniors.org), contact Sara at 360-376-7723, or come in to the Senior Center and pick up an application at the front desk.

Quote for the Month . . .

Autumn carries more gold in its pocket than all the other seasons.

-Jim Bishop

What's Inside

Advanced Directives	2
Spice it up!	3
Miró Quartet concert	4
Lunch Menu	5
Event Calendar	6
AARP Smart Drivers	7
EFT Tapping class	7
Services & Reference	8

ORCAS SENIOR CENTER

Nonprofit Status

The Orcas Senior Center, the Orcas District of the Senior Services of San Juan County 501(c)3 operates as a nonprofit organization. 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, by mail, and on our website.

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

SAN JUAN COUNTY STAFF

Wendy Stephens

Senior Services Manager

(360) 378-2677

email: wendys@sanjuanco.com

Jami Mitchell

Senior Services Specialist

(360) 376-7926

email: jamim@sanjuanco.com

Delphina Liles

Aging and Family Case Coordinator

(360) 370-0591

email: delphinal@sanjuanco.com

Jay Savell – Cook

Meals provided through a partnership with Whatcom Council on Aging.

(360) 376-2677

Orcas Senior Center Operations Committee

(the Orcas District of the 501(c)3 nonprofit organization)

Bonnie Burg (Chair)
Maggie Kaplan (Vice Chair)
Christina Orchid
Margo Rubel
Doug Schliebus (Treasurer)
Judy Schliebus
Margot Shaw
Jerry Todd
Bonnie Morris

NON-PROFIT STAFF

Sara Boyle 376-7723
Executive Director

Kristin Dalla Santa 376-7929
Office Team Member

or email orcasseniorecenter@gmail.com

Membership Drive Underway!

JOIN/RENEW YOUR ORCAS SENIOR CENTER MEMBERSHIP and become part of our community! Your annual dues keep the Orcas Senior Center thriving; from transportation assistance to social events, and so much more.

Help us grow to 600+ members for the 2017-18 membership year. Find the Membership form enclosed here and become a Member today!

Advanced Directives Workshop

Join us for a new hands-on tutorial Wednesday, October 25, 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 \$10 per person. Class size is limited, so pre-register at the front desk or by calling 376-2677.

The workshop is led by RN Libby Garcia who has spent most of her career in emergency situations where she has glimpsed the near-to-last moments of many lives. After 16 years in those trenches, she worked as a hospice nurse. Bearing witness for the process of dying in these diverse settings brought her normally introverted self to speak out about planning for end of life.

Libby now volunteers, assisting people with tough concepts and conversations, translating medical jargon and illuminating what really happens in emergency situations. She brings compassion and practicality to end of life discussions, helping people navigate using their personal values as the compass.

For fun Libby plays a banjo-uke, fixes old boats, and makes excellent hard ciders. Some may remember her grandmother Helen Buchan at Obstruction Pass, also an RN. We welcome Libby to the Senior Center for this important workshop and hope that you and your loved ones take advantage of this opportunity.

Free Tech Help for Your Laptop

Do you know somebody that needs help using their laptop, iPad, or camera? Somebody that wants to learn how to email or use Facebook? Evan Kulper, 11, will host a FREE Tech Time here at the Senior Center on Thursday, October 5, at 3:30pm, for up to four people. Sign up ahead of time at the front desk or by calling 376-2677, and bring devices and questions (no cell phones). More spaces available at later dates, so please let Jami know you are interested.

When Should You Start Your Social Security Retirement Benefits?

By Kirk Larson

Social Security Washington Public Affairs Specialist

"What's the best age to start receiving retirement benefits?" The answer is, there's no "best age" and, ultimately, it's your choice. The answer depends on several factors, like current cash needs, current health, family longevity, plans to work in retirement, other sources of retirement income, and future financial needs and obligations. This decision affects the monthly benefit you will receive for the rest of your life, so it is important to be informed.

When Can I start my benefits?

You can start your Social Security retirement benefits as early as age 62, but the benefit amount you receive will be less than your full retirement benefit amount. Your monthly retirement benefit will be higher if you delay starting it. You can visit www.socialsecurity.gov/planners/retire/ageincrease.html to find your full retirement age.

We calculate your basic Social Security benefit—the amount you would receive at your full retirement age—based on your lifetime earnings. However, the actual amount you receive each month depends on when you start receiving benefits. You can start your retirement benefit at any point from age 62 up until age 70, and your benefit will be higher the longer you delay starting it.

If I start my benefits early, how much of a reduction will I take?

If you start your benefits early, they will be reduced based on the number of months (a little more than one-half of one percent per month) you receive benefits before you reach your full retirement age. You could take a 25 to 30 percent reduction if you start early.

What if I wait to take my benefits after my full retirement age, will they be larger?

Yes, your benefits keep growing until age 70. If you choose to delay getting benefits after your full retirement age, you would increase your monthly benefit at the rate of two-thirds of one percent per month or eight percent per year. This increase is the result of delayed retirement credits you earn for your decision to postpone receiving benefits past your full retirement age. The benefit at age 70 in this example is 76 percent more than the benefit you would receive each month if you start getting benefits at age 62 — a significant difference each month.

Can I work after I start my Social Security retirement payments?

You can get Social Security retirement benefits and work at the same time. However, if you are younger than full retirement age and make more than the yearly earnings limit, we will reduce your benefit. Starting with the month you reach full retirement age, we will not reduce your benefits no matter how much you earn.

Spice Up Your Medicine Cabinet

By Carol Simmer, RDN
Meals on Wheels & More!

Pharmaceuticals make us feel better, but are we overdoing their use as a society? What long term effects on our bodies and environment do we not fully understand? What can we do?

A help for many chronic and acute conditions can be **consistent** use of spices and herbs in our food. Spices and herbs make our foods delicious and healthier. Plant-based medicinals (herbs and spices) can fight bacteria, viruses, and overactive hormones and enzymes caused by stress and injury to our bodies. The reason for their effectiveness is due to their phytochemical content which fights inflammation.

Phytochemicals (flavonoids, anthocyanidins, polyphenols, tannins, phenols) are responsible for the health of your gut (**GI tract**) where **90% of your immune system is born**. **Below are spices and herbs that can help fight inflammation.**

- Ginger:** blood pressure, infections, nausea,
- Curcumin:** infections, increases BDNF (a brain protective protein); decreases insulin resistance; pain, esp. muscle cramps; sleep
- Willow:** pain
- Basil:** asthma; bronchitis; earaches and headaches; mercury poisoning; lowers cortisol levels, excellent source of magnesium
- Rosemary:** Reduces toxicity of smoking fat (PAHs & HCAs)
- Cumin:** anti-inflammatory (anti-plaque); decreases blood pressure and cholesterol; good source of iron
- Chamomile and Pomegranate:** decreases risk of dental plaque and gingivitis; improves sleep
- Thyme:** prevents tooth decay; essential oil effective against eczema
- Clove:** anti-inflammatory; topical anesthetic (teething)
- Oregano:** GI, Respiratory and Urinary conditions; antifungal; anti-bacterial
- Pomegranate:** decreases joint inflammation
- Capsaicin:** anti-inflammatory (neuropathy pain and cluster headaches)
- Garlic:** reduces arterial plaque; lowers blood pressure; de-odorized not better
- Cinnamon:** Ceylon (not Chinese) best; antifungal, antiviral; excellent source of calcium; improves liver enzymes (NAFLD)
- Sage:** in a compress, speeds wound healing; sinusitis (breathe vapor), and as a moist sage pack for face
- Green Tea:** hi potency antioxidants (reduces cancer risk); natural fluoride;
- Hops:** sedative effect (improves sleep); decreases anxiety
- Lavender:** Improves sleep
- Saffron:** decreases deposit of amyloid B in brain; anti-depressant effect
- Fennel seed:** freshens breath; vascular relaxation
- Flax seed:** inflammation; antioxidant to fight CHD

Orcas Center Events

\$5 Tickets for Senior Center Members

October Art Exhibit: Edge of Orcas

Thursday, Oct. 5 (new day for opening!), 5:30 – 7:00 pm, Lobby Gallery & Madrona Room, Free Opening Reception

4th Annual OI Film Festival*

Friday-Monday, Oct. 6-9, Multiple Screenings & Times TBA, On Screen Center Stage

A curated selection of feature length and short films will focus on films of the avant-garde, art house, trans-media and emerging edge film culture from around the world. (*Sorry, there are no Subsidized Tickets available for this event.)

The Met: Live in HD

Die Zauberflöte

Sunday, Oct. 15, 1:00 pm, Streaming Live

Music Director Emeritus James Levine conducts the full-length, German version of Mozart's magical fable, seen in Julie Taymor's spectacular production, which captures both the opera's earthy comedy and its noble mysticism. (There are 20 Subsidized Tickets available on a first-come-first-served basis.)

The Met: Live in HD

Norma

Sunday, Oct. 22, 1:00 pm, Streaming Live

This new production of Bellini's masterpiece stars Sondra Radvanovsky as the Druid priestess and Joyce DiDonato as her rival, Adalgisa—a casting coup for bel canto fans. Tenor Joseph Calleja is Pollione, Norma's unfaithful lover, and Carlo Rizzi conducts. Sir David McVicar's evocative production sets the action deep in a Druid forest where nature and ancient ritual rule. (NEW PRODUCTION) (There are 20 Subsidized Tickets available on a first-come-first-served basis.)

The Addams Family – The Musical

Thursday-Tuesday, Oct. 26 – 31, 7:30 pm & Sunday 29, Matinee at 2:00 pm, on the Orcas Center's Center Stage

The Addams Family – The Musical leads the 2017-2018 Orcas Center season. This weird and wonderful family comes to devilishly delightful life on the Orcas Center's main stage opening the 26th of October and Closing October 31st on Halloween night. It is Wednesday Addams 18th birthday and she invites her normal boyfriend and his family from Ohio to dine with her quirky relations. What should be an evening of family meeting family turns into a night of chaos, lies, mayhem, truths, silliness and fun. It is a lesson on love and being true to yourself taught as only the Addams Family can. Seattle's Samuel Pettit directs an all-island cast with music director Jim Shaffer-Bauck. (There are 20 Subsidized Tickets available on a first-come-first-served basis.)

Reminder: \$5 Tickets for Senior Center Members!

Tickets are available in person, one ticket per person. Box Office is open Wed., Thurs., and Fri. from 12p – 2p, and one hour prior to each performance. To call in a request for a seat due to limited mobility, call 376-2281 x1 during the Box Office open hours.



presents

a Free Concert

exclusively for Orcas Island Seniors

The Miró Quartet

At the Orcas Island Senior Center

Tuesday, October 10th

2:00 pm

more info: www.oicmf.org

www.orcasseniors.org

generously underwritten by the Valerie and William Anders Foundation and kind patrons like you

Free Miró Quartet Concert for Seniors

Orcas Island seniors are in for a musical treat courtesy of the Orcas Island Chamber Music Festival! Tuesday, October 10, the Miró Quartet will entertain us with a short concert at the Senior Center at 2pm. The concert is free to all Orcas elders, and will be followed by a reception.

The string quartet spends an action-packed week in the San Juan Islands October 9 – 13, entertaining and enlightening people of all ages. Violinists Daniel Ching and William Fedkenheuer, violist John Largess, and cellist Joshua Gindele begin their whirlwind week as the “dinner band” at Random Howse on Monday October 9 and on Thursday evening, October 12, they play a concert for all ages at the Grange. Friday, October 13, the Quartet boards the inter-island ferry for a “pop-up” performance as the ferry makes its way around the islands.

These musicians won't be resting on their laurels! Their calendar also includes musical learning opportunities for Orcas and Shaw Island students and a “Salon Concert” for Lopez Islanders, and they may even fit in a surprise “pop-up” somewhere in Eastsound during the week.

The Valerie and William Anders Foundation and kind patrons like you generously underwrite these Orcas Island Chamber Music events. Thank You, from all of us.

We hope you can join us at the Senior Center on Tuesday, Oct. 10, for this fabulous free concert for seniors!

October Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
<div>2</div> Pasta w/ Meat Sauce Italian Veggie Garden Salad Sliced Pears	<div>4</div> Shrimp Salad Oatmeal Bread Fresh Fruit	<div>6</div> Chicken Enchiladas Spanish Rice Pinto Beans Garden Salad Pineapple Chunks
<div>9</div> Stuffed Cabbage Rolls Roasted Potatoes Broccoli & Cauliflower Fruit Cookie	<div>11</div> Pork w/ Apple Chutney Mashed Potatoes Nantucket Veggies Garden Salad Fruit	<div>13</div> Baked Cod w/ Radish Tzatziki Sauce Wild Rice Pilaf Green Beans Salad & Fresh Grapes
<div>16</div> BBQ Chicken Potatoes Colcannon Sweet Petite Peas Garden Salad Fruit	<div>18</div> Roast Beef Mashed Potatoes & Gravy Baby Carrots Garden Salad Fruit & Yogurt Parfait	<div>20</div> Florentine Fish Roast Sweet Potato Whole Green Beans Garden Salad Banana Pudding
<div>23</div> Mandarin Orange Chicken Over Rice Asian Veggies Broccoli Slaw Chocolate Chip Cookie	<div>25</div> Beef Stroganoff w/ Rotelle Pasta Brussels Sprouts Garden Salad Fruit	<div>27</div> Salmon Filet Wild Rice Pilaf Green Beans Kale Citrus Salad Fresh Fruit
Halloween Lunch 30 Taco Salad Cornbread Orange Wedges Halloween Dessert		

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

October 2017

LUNCHLUNCHLUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10am: Fall Farm Tour 	2 11:30am: Lunch 11:30am: Library Lady 4:30pm: Autism Spectrum Anonymous	3 11:15am: Chair Yoga 4:30: Balance Class	4 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 1pm: Chronic Disease class 4pm: Strength Training 7pm: Quilting	5 10am: TML 1pm: Choices, Challenges, & Changes 2pm: Afternoon Tea— FREE 3:30pm: Tech Time 4:30: Balance Class	6 10am: Mobility Equipment 11:30am: Lunch 1pm: After Lunch Activities 1pm: Mount Baker Farm train ride!	7
8	9 11:30am: Lunch 1pm: EFT class 4:30pm: Autism Spectrum Anonymous	10 10am: TML 10am: Aging— Who Me? 11:15am: Chair Yoga 2pm: Miro Quartet 4:30: Balance Class	11 10am: Mobility Equipment 11:30am: Lunch 1pm: Chronic Disease class 4pm: Strength Training	12 9:30am: Operations Committee 10am: TML 1pm: Choices & Changes 4:30: Balance Class	13 10am: Mobility Equipment 11:30am: Lunch 1pm: Medicare Open Enrollment info 1pm: After Lunch Activities	14
15	16 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous	17 10am: TML 11:15am: Chair Yoga 1pm: Book Club 4:30: Balance Class	18 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 4pm: Strength Training 7pm: Quilting	19 10am: TML 1pm: Choices, Challenges, & Changes 1pm: AARP Smart Drivers 4:30: Balance Class	20 10am: Mobility Equipment 11:30am: Lunch 1pm: AARP Smart Drivers 1pm: After Lunch Activities	21 10am: Craft Day! 
22	23 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous	24 10am: TML 10am: Aging— Who Me? 11:15am: Chair Yoga 4:30: Balance Class	25 10am: Mobility Equipment 11:30am: Lunch 1pm: Advanced Directives 4pm: Strength Training	26 7:30am: Bargain Shopping 10am: TML 1pm: Choices, Challenges, & Changes 4:30: Balance	27 10am: Mobility Equipment 11:30am: Lunch 1pm: After Lunch Activities	28
29	30 11:30am: Lunch 4:30pm: Autism Spectrum Anonymous	31 10am: TML 11:15am: Chair Yoga 4:30: Balance Class 	<p>Come along for a visit to the historic Mount Baker Farm located at what was previously known as the Burton Burton Farm along Mount Baker Road. We will get to ride the train around the grounds and visit the historic train room. What a treat! This trip is scheduled for Friday, October 6, but will be cancelled in the event of rain.</p> <p>We will gather at the Senior Center at 12:45pm and drive to the farm using our large vans. Space is limited and must be reserved in advance. Sign up at the front desk or by calling 376-2677. This trip is FREE for members. We hope you can join us!</p>			

AARP Smart Driver Course

Many insurance companies offer reduced rates for senior drivers that have completed safe driving classes. You are invited to participate in the AARP Smart Driver Course at the Senior Center in October.

This course provides research-based information to help update driving knowledge and skills. Please consider participating in this course to take advantage of an important opportunity to learn how to drive more safely and confidently, and possibly get a break on your car insurance rates!

The AARP Smart Driver course will be held at the Senior Center Thursday, October 19, 1-5pm and Friday, October 20, 1-5pm. Attendance at both sessions is required. The cost is \$15 for AARP members and \$20 for non-members. Bring your current AARP card to the class to get the discounted rate.

Pre-registration is required to ensure that sufficient supplies are available. Please register at the Senior Center front desk, or by calling 376-2677.

Choices, Challenges, and Changes

Join us for a class Choices, Challenges, and Changes with Elahna Sheridan, Certified Acupressurist and Life Coach. Classes will be Thursdays 1-2pm in October. This class is intended to offer new tools and skills for overcoming stress. Elahna will share techniques using the mind and body to meet obstacles and challenges with confidence and joy.

Each class is just \$5 for members. Please sign up at the front desk or call 376-2677. Space is limited!

Tapping in to Improved Health & Wellbeing

On Monday, October 9, from 1pm-3pm the Orcas Senior Center will host an introductory EFT workshop (Emotional Freedom Technique) presented by Nancy Southern, MSW. Do you have chronic pain, nausea, tension or anxiety or other bothersome symptoms that impacts the way you participate in the world around you?

As an EFT practitioner and life coach, Nancy has designed this workshop to empower you to use this technique as a first aid tool for your daily life. EFT incorporates your thoughts, beliefs, emotions and sensations with a light repetitive tapping process in such a way that gently shifts how you feel in your mind and body and allows for natural healing to continue.

This workshop is your opportunity to learn the history of "tapping" into health and wellbeing, how to use it, and experience it for yourself. It has been used successfully to treat a wide variety of conditions including phobias like fear of heights or public speaking, fear of snakes or other critters, as well as food or tobacco cravings, chronic pain, such as migraines or frozen joints, digestive issues, as well as unresolved anger or prolonged grief. Properly applied, EFT can help you discontinue the discomfort that is bothering you. Other related symptoms often decrease or even disappear. Focused and persistent use is often the key to amazing results. This class costs only \$5 for members and \$10 for non-members. Please pre-register at the front desk or by calling 376-2677.

Holiday Fair

The **Orcas Senior Center Holiday Fair** is just around the corner! Mark your calendars for this annual Holiday extravaganza on **Saturday, November 25, 2017**. If you would like to have a booth or volunteer at this event, please contact us at orcasseniorecenter@gmail.com or call 360-376-7723.

In September, we celebrated our volunteers with a beautiful Orcas Senior Center Volunteer Luncheon. Many thanks to all for joining us and the super volunteer team that helped with the event. Thank you again to all of the wonderful islanders that volunteer at the Senior Center; we couldn't do it without you!

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SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

P O Box 1653
Eastsound, WA 98245

Phone: 360-376-2677
Location: 62 Henry Rd
Email: jamim@sanjuanco.com
Issue: October 2017
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

December, 2017

Challenge Grant

The Orcas Senior Center has a unique opportunity this holiday season and we need your help to get there! Happily, we are in a position to realize your dreams, as we have a **Challenge Grant offered by two very generous islanders**. BUT to get it we need to receive \$50,000 in donations by the end of THIS YEAR.

Thus far we are closing in on \$25,000 total donations, so we are half way to our goal and have \$25,000 left to go. When we raise \$50,000, we double our money, but regardless, **every dollar counts and all challenge grant donations will be applied to new initiatives**.

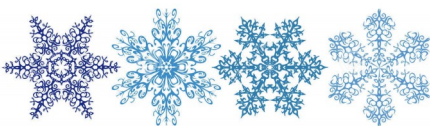
We need your help to expand and revive the much-loved Hearts and Hands program, become a one stop Orcas information resource, take a larger role in the community, team up with other organizations (like our summertime trips to Orcasong Farm!) and support multi-generational collaborations (such as monthly visits from neighboring schools).

Some of you will recognize services as the "village concept." Yes, we are gathering the building blocks of a village! We could build our own village on our own island for all. Together, we need to make the Senior Center the vibrant place it was always meant to be.

Donations can be made at our website orcasseniors.org via the Paypal link, or by visiting the Senior Center. We are immensely grateful for your support. **It matters for Orcas**. Visit our website to learn more!



Pictured above are four generations: Fannie O'Leary, great grandmother, Sally Larson, grandmother, Michele Larson, daughter, and Lily Larson, granddaughter, all enjoying an Afternoon Tea at the Orcas Senior Center. Please join us for our special Holiday Tea in December. This free event is a popular one, and begins at 2pm sharp on Thursday, December 7. We hope to see you there!



We are **THANKFUL** for a wonderful November of coming together. Thank you to those that attended the Board Reunion full of thoughts for the future and cheers to the vendors, volunteers, raffle/silent auction donors, and islander attendees that made this year's Holiday Festival of Arts an event to remember. Thank **YOU!**



Our Board Reunion in November was full of stories, ideas and information. Please read the article by Margot Shaw about the event posted on our website at orcasseniors.org.

Quote for the Month . . .

*I walk slowly but
I never walk
backward.*

-Abraham Lincoln

What's Inside

Hearts and Hands Meet	2
Senior Center Survey	2
Medicare Enrollment	3
Medicaid for Caregivers	4
Lunch Menu	5
Event Calendar	6
Crafts and Cocktails	7
Services & Reference	8

ORCAS SENIOR CENTER

Nonprofit Status

The Orcas Senior Center, the Orcas District of the Senior Services Council of San Juan County 501(c)3 operates as a nonprofit organization. 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, by mail, and on our website.

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

SAN JUAN COUNTY STAFF

Wendy Stephens

Senior Services Manager

(360) 378-2677

email: wendys@sanjuanco.com

Jami Mitchell

Senior Services Specialist

(360) 376-7926

email: jamim@sanjuanco.com

Tracie Younger

Aging and Family Case Coordinator

(360) 370-0591

email: traciek@sanjuanco.com

Jay Savell – Cook

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

Orcas Senior Center Operations Committee

(the Orcas District of the 501(c)3 nonprofit organization)

Bonnie Burg (Chair)
Maggie Kaplan (Vice Chair)
Christina Orchid
Margo Rubel
Doug Schliebus (Treasurer)
Judy Schliebus
Margot Shaw
Jerry Todd
Bonnie Morris

NON-PROFIT STAFF

Sara Boyle 376-7723

Executive Director

Tom Eversole 376-2677

Hearts and Hands

Kristin Dalla Santa 376-7929

Office Team Member

or email orcasseniiorcenter@gmail.com

Hearts and Hands Gathering

Tom Eversole, the new Hearts and Hands Program Director is bringing the Hearts and Hands volunteers together for a gathering at the Senior Center on Dec. 11th at 1pm!

If you are interested in becoming part of the Hearts and Hands volunteer team, please email Tom Eversole at orcasheartandhands@gmail.com.

Tech Time

Do you need help using your laptop, iPad, or camera? Would you like to learn how to email or use Facebook? Evan Kulper, 11, will host another helpful Tech Time here at the Senior Center on Thursday, December 21, at 3:30pm, for up to four people.

Sign up ahead of time at the front desk or by calling 376-2677, and bring your devices and questions (no cell phones). More spaces will be available later if you miss this opportunity, but please let Jami know you are interested, so that she can add you to a waitlist.

Renew your Membership and Continue Receiving the Newsletter

MEMBERSHIP Reminder: Don't forget to renew your Orcas Senior Center Membership for 2017-2018, December is the last month 2016-2017 Members that haven't renewed will receive the newsletter. To renew, visit our website (orcasseniiorcenter.org) for membership forms and mailing info or visit the Senior Center front desk!

If you would like to receive the newsletter without a membership, please let us know and we will get you signed up!

Senior Center Survey in Progress!

Have you taken the Orcas Senior Center Survey, "How do we Build a Vital Future?" So far, 200+ islanders have shared their opinion! We want everyone, of all ages, to respond to this survey.

TO COMPLETE THE SURVEY, visit the Orcas Senior Center website (orcasseniiorcenter.org) or directly access via: <https://www.surveymonkey.com/r/OrcasSeniorCenterSurvey>. Paper versions of the survey are available at the Orcas Senior Center (360-376-2677) or can be printed from our website (orcasseniiorcenter.org).

This Survey will be only open for a limited time and only takes 15-20 minutes to complete. Thank you for your assistance in answering these questions, it is appreciated!



Medicare Questions and Answers

By Kirk Larson
Social Security Washington Public Affairs Specialist

Medicare is our country's health insurance program for people age 65 or older. The program helps with the cost of health care, but it doesn't cover all expenses or the cost of most long-term care. For more information on Medicare go to www.ssa.gov/pubs/EN-05-10043.pdf

There are four parts of Medicare which work in tandem .

- Part A (hospital insurance): Helps pay for inpatient care in a hospital or skilled nursing facility (following a hospital stay), some home health care, and hospice care.
- Part B (medical insurance): Helps pay for medical services and supplies that hospital insurance doesn't cover.
- Part C (Medicare Advantage plans): If you have Parts A and B, you can join a Medicare Advantage plan. These plans generally help you pay the medical costs not covered by Medicare Part A and B.
- Part D (prescription drug coverage): Helps pay for medications doctors prescribe for treatment.

Question:

When can I start Medicare?

Answer:

When you first become eligible for Medicare Part A, you have a seven-month period (your initial enrollment period) in which to sign up for Part B. If you're eligible at age 65, your initial enrollment period begins three months before your 65th birthday, includes the month you turn age 65, and ends three months after that birthday.

Question:

What happens if I did not take Medicare Part B when I was first eligible?

Answer:

In most cases, if you don't sign up for Part B when you're first eligible, you'll have to pay a late enrollment penalty. You'll have to pay this penalty for as long as you have Part B. Your monthly premium for Part B may go up 10% for each full 12-month period that you could have had Part B, but didn't sign up for it. Also, you may have to wait until the General Enrollment Period (from January 1 to March 31) to enroll in Part B. Coverage will start July 1 of that year. Usually, you don't pay a late enrollment penalty if you meet certain conditions that allow you to sign up for Part B during a Special Enrollment Period.

Get more details at Medicare.gov, call 1-800-633-4227, or schedule a **free appointment with an Orcas SHIBA volunteer** by calling 360-376-5892.

Medicare Open Enrollment ends on Dec. 7th, so be sure to ACT NOW!

Cranberries weren't always "cranberries"!

By Carol Simmer, RDN
Meals on Wheels & More!

Cranberries are one of the most unique fruits in the world, one of only three fruits native to North America. The fruit has been called many names, "sassamanesh" "ibimi," and "atoqua" by native peoples. But it was the early German and Dutch settlers who called it "crane berry" because the flower of the fruit resembled the head of a crane. This evolved into "cranberry".

The cranberry grows in the wild on long-running vines in sandy bogs and marshes. Originally picked by hand, it wasn't until the 1800s that cranberries were grown on a large scale when a more efficient method of dry harvesting was used. Later the dry harvesting was changed to a wet-harvesting method. By flooding the bog where they grew, the cranberry's natural buoyancy allows the berries to float to the surface where they can be collected.

Native Americans knew the cranberry as a "superfruit" long before today. As early as 1550 they ate cranberries fresh, ground, or mashed with cornmeal and baked into bread. They also mixed berries with wild game and melted fat to form pemmican, a survival ration for the winter months. Maple sugar or honey was used to sweeten the berry's tangy flavor.

Cranberries were carried by American whalers and mariners to prevent scurvy (vitamin C deficit) and native Indians brewed cranberry poultices to draw poison from arrow wounds. It was also used as a tea to calm nerves and the brilliant juice was used as a dye.

Today cranberry juice is recommended to fight infection, especially in the urinary tract, by helping prevent the adhesion of bacteria on the surface of cells. The healing effect of cranberries is attributed to its flavanols, which are shown to provide protection from some pathogens, cancer, heart disease and inflammation. How much cranberry juice per day is enough? Drinking 8-16 oz. per day is recommended if you are at risk for urinary tract infections.

My family loves my cranberry sauce, made by simmering whole cranberries with a small amount of water until the berries burst. Then stir the hot cranberries with a sweetener of your choice. Year round we enjoy dried cranberries as a snack and in almost everything baked.

Comments or questions? Contact csimmer@wcco.org.

Tech Time

Do you need help using your laptop, iPad, or camera? Would you like to learn how to email or use Facebook? Evan Kulper, 11, will host another helpful Tech Time here at the Senior Center on Thursday, December 21, at 3:30pm, for up to four people.

Sign up ahead of time at the front desk or by calling 360-376-2677, and bring your devices and questions (no cell phones). More spaces will be available later if you miss this opportunity, but please let Jami know by calling her at 360-376-7926.

Orcas Center Events

\$5 Tickets for Senior Center Members!

December Art Exhibit: Art From Around the World

Local art collectors exhibit their treasures throughout December
Friday December 1st, 5:30 – 7:00 pm, Free Opening Reception

Bolshoi Ballet in Cinema

Taming of the Shrew

Saturday, December 2, 6:30 pm, Streaming Live

Jean-Christophe Maillot's adaptation of Shakespeare's comedy in a breathtaking, nonstop dance unlike any other, portraying the Bolshoi's audacity and energy in a completely new way. **(20 Subsidized Tickets available on a first-come-first-served basis.)**

Orcas Choral Society*

Sing Noel

Sat 7:30 pm & Sun 2:00 pm

Saturday, December 9 & Sunday, December 10, Center Stage
Celebrate the season with a joyous program featuring glorious choral music, showcasing familiar pieces and new works by celebrated composers. The performance will feature The Turtleback Brass as well as several talented instrumentalists.
(*Sorry, no Subsidized Tickets available for this event.)

A Christmas Carol

Adaptation by Deborah Sparks

Music & Lyrics by Jim Bredouw

Wednesday-Sunday, December 13-17, Center Stage

This is the beloved island version of ***A Christmas Carol*** with Melinda Milligan directing an all-island cast. The play features the original music composed by Jim Bredouw, plus the addition of some new and exciting twists! Expect surprises as Scrooge, Marley, and the three Ghosts come to life before you. Bring the whole family! **(20 Subsidized Tickets available on a first-come-first-served basis.)**

Orcas Island Community Band*

Sunday, December 17, 3:00 pm, Center Stage

Join your friends and neighbors for the annual Orcas Island Community Band's Holiday concert and dessert party.

**Admission by donation.*

Bolshoi Ballet in Cinema

The Nutcracker

Wednesday, December 20, 6:30 pm, Streaming Live

Christmas would not be complete without this enchanting tale! Danced by the Bolshoi's principals, E.T.A. Hoffmann's fairytale will transport children and adults alike to a world of magic and wonder for the holiday season. **(20 Subsidized Tickets available on a first-come-first-served basis.)**

Reminder: \$5 Tickets for Senior Center Members!

Tickets are available in person, one ticket per person. Box Office is open Wed., Thurs., and Fri. from 12p – 3p, and one hour prior to each performance. To call in a request for a seat due to limited mobility, call 376-2281 x1 during the Box Office open hours.

New Medicaid Programs for Care Givers and Care Receivers

Submitted by Gail Leschine-Seitz
Senior Services Specialist on San Juan Island

Senior Services of San Juan County is part of a new statewide program called The Medicaid Transformation Demonstration Project. It essentially adds new abilities for Senior Services to serve more senior clients through Medicaid who have not qualified before, or who may not have been able to access the unique services they need.

The focus of the MTD program is on helping keep seniors in their homes as they age by supporting care givers and care receivers with supports and equipment. The kinds of services we are able to help people in San Juan County with are Personal Emergency Response Systems (Lifeline and Safety Line purchase and monthly costs), counseling and training for caregivers, incontinence supplies, medical equipment and small home modifications and repairs. We hope to add some home help services to the list in the future (like house-cleaning, errand running or paid home health care) but right now we don't have contracts with those providers.

One important requirement for the program is that care receiver must be 55 years of age or over and have physical needs that they cannot complete without assistance. The areas of assistance that are a requirement for the program are at least one of the following: help bathing, turning/getting out of bed, traveling across the room, eating, self-managing medications, toileting or transferring from bed, chair, wheelchair or to a standing position. They also qualify if they have dementia that significantly impairs their functioning or if they need assistance daily that requires the oversight of a nurse (for example: wound care, catheter, injections, application of dressing).

There are two separate programs within the MTD project: The Medicaid Alternative Care Program (MAC) and Tailored Supports for Older Adults (TSOA). The first is only for care receivers that have an unpaid caregiver, the second for either those with a caregiver or an individual living alone. They each have different financial eligibility but the wonderful thing about these new programs is that they have raised the amount of income clients can have to qualify for services and there is no estate recovery. The income levels can be looked at for the care receiver only in the program (instead of as a couple) and there is a high level of resources allowed to still be able to receive services. Please contact the Senior Services office if you think either of these programs might benefit you or your family, and to get an eligibility review. **For Orcas Island, call 360-376-2677, and ask for Tracie or Jami.**

Medicare Open Enrollment is a critical time to make changes to your Medicare plan, and it ends on December 7. The NEW phone number for booking free appointments with the SHIBA volunteers, who are experts ready to answer your Medicare questions, is 360-376-5892. Call today to get Medicare help for free on Orcas!

December Lunch Menu









MONDAY	WEDNESDAY	FRIDAY
		1 BBQ Chicken Sliders Potato Wedges Steamed Veggies Garden Salad Tropical Fruit
4 Roasted Pork Loin w/ Apple Chutney Rice Pilaf Green Beans Fruit	6 Spaghetti w/ Meat Sauce Italian Veggies Garden Salad Fruit	8 Turkey Meatloaf Mashed Potatoes & Gravy Baby Carrots Garden Salad Fruit Cocktail
11 Florentine Fish Baked Yam Whole Green Beans Garden Salad Banana Pudding	13 Beef Soft Tacos Spanish Rice Pinto Beans Garden Salad Pineapple Chunks	15 Ham & Pineapple Garlic Potatoes Caribbean Veggies Garden Salad Fruit
18 Lemon Pepper Chicken Roasted Baby Reds Brussels Sprouts Garden Salad Fruit	20 Roast Beef Mashed Potatoes Wild Mushroom Gravy Roasted Veggie Apple Cake	22  Holiday Potluck Party at Noon!
25 ~CLOSED~ <i>Merry Christmas</i>	27 Pub-Style Fish & Chips Dill Carrots Kale Coleslaw Fresh Fruit	29 Turkey & Cranberry Mashed Potatoes Nantucket Veggies Fruited Jell-O

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

December 2017

LUNCHLUNCHLUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p><i>You are invited to a special Holiday Potluck Party on Friday, December 22, at Noon at the Orcas Senior Center. Bring a potluck dish to share and your holiday cheer. We'll celebrate the season together!</i></p>				1 10am: Mobility Equipment 11:30am: Lunch 1pm: After Lunch Activities	2
3	4 11:30am: Lunch	5 10am: TML 11:15am: Chair Yoga 1pm: Book Club 4:30: Balance Class	6 1 0am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training 6pm: Tai Chi	7 10am: TML 2pm: Holiday Tea - FREE! 4:30: Balance Class 	8 10am: Mobility Equipment 11:30am: Lunch 1pm: After Lunch Activities	9
10	11 11:30am: Lunch	12 10am: TML 10am: Aging—Who Me? 11:15am: Chair Yoga 4:30: Balance Class	13 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 4pm: Strength Training 6pm: Tai Chi	14 9:30am: Operations Committee 10am: TML 1pm: Loss & Loneliness group 4:30: Balance Class	15 1 0am: Mobility Equipment 11am: Library Lady 11:30am: Lunch 1pm: After Lunch Activities	16 10am: Craft Day  3:30pm: Holiday Cocktails at Rosario
17	18 11:30am: Lunch	19 10am: TML 11:15am: Chair Yoga 4:30: Balance Class	20 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training 6pm: Tai Chi	21 7:30am: Bargain Shopping 10am: TML 1pm: Loss & Loneliness group Tech Time: 3:30pm 4:30: Balance Class	22 10am: Mobility Equipment Noon: Holiday Potluck Party Lunch ! 1pm: After Lunch Activities	23
24	25 Closed 	26 10am: Aging—Who Me? 11:15am: Chair Yoga 4:30: Balance Class	27 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 4pm: Strength Training 6pm: Tai Chi	28 7:30am: Casino Trip! 1pm: Loss & Loneliness group 4:30: Balance Class 	29 10am: Mobility Equipment 11:30am: Lunch 1pm: After Lunch Activities	30 

Fun and Connection at the Orcas Senior Center

Crafts and Cocktails

Ready for a good time? Join us Saturday, Dec. 16, for Craft Day at the Senior Center at 10am. This is our monthly 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.

Special for December, we will wrap up Crafts with a special gathering at Rosario to celebrate the holidays. Christopher Peacock will entertain the group at 4pm with a performance upstairs on the historic Rosario organ, and then we'll move down in to the lounge for Cocktails at 5pm.

Join us for both events, Crafts *and* Cocktails, or pick the one that suits you best. Both are free (bring money to cover your own bill at Rosario).

Advanced sign-up for Craft Day is not required. However, please come to the front desk or call 360-376-2677 to sign up for the Cocktail party, so that we can have an accurate count for our table reservation. We hope you can come along to toast the good life.

Casino Trip!

If you haven't joined us for a casino trip, it might be time! Please sign up in advance for our excursion to the Silver Reef Casino on Thursday, Dec. 28. Clarissa Fernandez is coordinating this trip, so you know it will be a good time. The cost is just \$10 for Senior Center members (\$15 for non-members) for transportation costs. Bring your Christmas money that Santa stuffed in your stocking for food and gaming. Pre-register at the front desk or by calling 376-2677.

Loss, Loneliness, and Beyond Group



8 Thursdays beginning

December 14th

1:00 - 2:30pm

Orcas Island Senior Center

While the death of a loved one may be the most relentless, irreversible loss we can experience, we can also experience other forms of loss, e.g., losing an important relationship, your health or vitality, your youth, or your identity as a working person. With loss comes grief and mourning, yet loss also brings opportunities for growth. Come join us for group conversation and support, talking about grief and loss, what it means to us, how we deal with it, learn from it and move beyond it. If you know of seniors or disabled adults in our community that could benefit from this offering, please encourage them to attend. The group is offered at no charge. For more information visit the Orcas Island Senior Center at 62 Henry Rd., Eastsound, or contact at: 360-376-2677

Facilitated by:

Tom Eversole, MS
Hearts and Hands Program Director, Senior Center
and
Maryann Syers, Phd. MSW
Licensed Clinical Social Worker in private practice

SERVICES WE PROVIDE

Lunch is served three times weekly on Monday, Wednesday and Friday at 11:30am.

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. **FOR A LIMITED TIME ONLY, SPECIAL INTRODUCTORY SESSIONS AVAILABLE FOR FREE TO NEW FOOT CARE CLIENTS—INQUIRE BY CALLING JAMI at 376-7926!**

Case Coordination: Services are available to assess and offer options for those in need.

Call Tracie Younger at 360-376-2677 or 360-370-0591.

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.

Mert's 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 by appointment. Call 376-5892 to schedule a free appointment.

Energy Assistance Programs Get assistance with electrical costs through PAL and Energy Assist. Call OPALCO at 376-3500 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 Sara at 376-2677 for information.

Veterans Administration 1-800-827-1000, or locally call 360-370-7470 or email veterans@sanjuanco.com

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.

Orcas Community Resource Center, at 376-3184, works to insure that all Orcas Islanders have access to services and support for their well being, and can help with a wide variety of needs.

Orcas Door to Door provides rides for members to on-island medical appointments, shopping trips, social and community events. Call 360-622-2929 for information.

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: December 2017
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

November, 2017

Take the Orcas Senior Center Survey: *How do we Build a Vital Future?*

The Orcas Senior Center is conducting a study, funded by the Orcas Island Community Foundation, to identify and prioritize the highest unmet needs of those who choose to "age in place" on Orcas. This survey is part of that study, and its results will guide future actions. We are pleased that a group of Orcas donors has created a fund that can be used to implement some of the highest priority solutions.

We want everyone, of all ages, to respond to this survey. It asks that you think about yourself as you age and become elderly, regardless of your current age.

The survey data are being collected to provide a better understanding of the currently perceived needs of the Orcas Island community as whole, not of individuals. Your individual answers will remain anonymous and will not be shared. However, the overall results of the survey, in aggregate form, will be widely communicated to the Orcas Island community.

TO COMPLETE THE SURVEY, please visit the Orcas Senior Center website www.orcasseniors.org or via: <https://www.surveymonkey.com/r/OrcasSeniorCenterSurvey>

Paper versions of the survey are available at the Orcas Senior Center front desk.

NOTE: This Survey will be only open for a limited time! This Survey only takes 15-20 minutes to complete.

Thank you for your assistance in answering these questions. Your participation is greatly appreciated!

Flu Clinic at the Senior Center!

Our annual walk-in flu clinic will be Wednesday, Nov. 15. No appointment necessary. Flu shots available 9a-5p.



All Aboard!!!

We loved riding the train and visiting the historic train room in our fun filled excursion in October. Thank you to Mount Baker Farm for hosting the outing.

If you have an idea for a local or regional field trip, please let Jami or Clarissa know by calling 360-376-7926.

Holiday Festival of Arts November 25, 2017

The Operations Committee of the Orcas Senior Center invites you to our Annual Holiday Festival of Arts, 10am to 4pm on Saturday, November 25. We look forward to another beautiful event full of island-made arts and crafts from the Orcas community!



The Holiday Festival also includes "party in a basket" raffles, a delicious bake sale, and a Silent Auction for a handmade quilt and apron from the Quilters Club,

a beautiful blanket made by the kids at the Christian School, and a fabulous handcrafted quilt donated by Karen Blinn.

COME ON DOWN to the Orcas Senior Center front desk to purchase **RAFFLE TICKETS** for our Party Baskets starting November 1st and see you at the Holiday Festival of Arts on the 25th!

The festival helps the Orcas Senior Center to thrive and continue its offerings, community support and events. If you are interested in volunteering for the festival or would like to have a booth at this event, please contact Sara at 360-376-7723 or email orcasseniorscenter@gmail.com.

Quote for the Month . . .

Thanksgiving, after all, is a word of action.

-W.J. Cameron

What's Inside

Hearts & Hands Update	2
Medicare Enrollment	3
Admin Job Opening	4
Free Tai Chi Class	4
Lunch Menu	5
Event Calendar	6
Take A Cruise Next Sept.	7
Services & Reference	8

ORCAS SENIOR CENTER

Nonprofit Status

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The newsletter is published by San Juan County Senior Services with a grant from the Northwest Regional Council. The Senior Signal is distributed free at the Senior Center, by mail, and on our website.

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

SAN JUAN COUNTY STAFF

Wendy Stephens

Senior Services Manager

(360) 378-2677

email: wendys@sanjuanco.com

Jami Mitchell

Senior Services Specialist

(360) 376-7926

email: jamim@sanjuanco.com

Delphina Liles

Aging and Family Case Coordinator

(360) 370-0591

email: delphinal@sanjuanco.com

Jay Savell – Cook

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

Orcas Senior Center Operations Committee

(the Orcas District of the 501(c)3 nonprofit organization)

Bonnie Burg (Chair)

Maggie Kaplan (Vice Chair)

Christina Orchid

Margo Rubel

Doug Schliebus (Treasurer)

Judy Schliebus

Margot Shaw

Jerry Todd

Bonnie Morris

NON-PROFIT STAFF

Sara Boyle 376-7723

Executive Director

Tom Eversole 376-2677

Hearts and Hands

Kristin Dalla Santa 376-7929

Office Team Member

or email orcasseniiorcenter@gmail.com

Hearts & Hands Update

The Orcas Senior Center (OSC), the Orcas District of the Senior Services of San Juan County 501(c)3 nonprofit organization continues to grow! Starting November 1, 2017, Tom Eversole has been hired to direct the Hearts and Hands Program, which provides home visiting companions. His initial focus will be on engaging and strengthening support for those volunteers.

"Hearts and Hands provides an invaluable service to folks in our community, who are isolated, lonely and may have difficulty performing ordinary activities of living at home," said Eversole. While not a home health care service, H & H volunteers provide regular, ongoing companionship and can help participants access other appropriate levels of care if needed.



"I think my first task is to meet our currently active volunteers to make sure they are getting the support and training they need. As the program becomes more solid, we can accept more volunteer companions and participants," Eversole said. "With proper support, H & H has the potential to expand its scope of services and to strengthen its collaboration with other community services that fill needs we don't."

Tom comes to OSC following a career in mental health and public health. He provided mental health services to people with HIV/AIDS at Johns Hopkins Hospital and worked with the HIV/AIDS training program for the American Psychological Association. In Oregon, he served as Public Health Administrator for Benton County and later administered the Center for Public Health Practice for Oregon Health Authority. Tom lives in Deer Harbor and enjoys hiking and community theatre.

For more information on the Hearts and Hands Program see <https://orcasseniiorcenter.org/hearts-hands/>.

Orcas Senior Center Board Member Reunion!

November 11th from 9:30 – 11:00am

We are bringing together current and previous Orcas Senior Center Advisory Board and Operations Committee members for a meeting of the minds to help collect input and build a foundation to support our futures and legacy for all residents to Age Well on Orcas. If you are or know of a previous Board Member that would like to join us for this event, please contact Sara Boyle at 360-376-7723 or email ois.cfa@gmail.com.

Open Enrollment for Medicare is Happening Now!

By Kirk Larson
Social Security Washington Public Affairs Specialist

The Medicare Open Enrollment Period ends December 7. Finding the right Medicare plan is very important, and many changes can only be made during the open enrollment period.

Medicare has 4 parts to keep you covered:

Part A (Hospital Insurance) helps cover inpatient hospital care, skilled nursing care, hospice care, and home health care. Most people get Medicare Part A premium-free by working and paying Social Security taxes.

Part B (Medical Insurance) helps cover services from doctors and other outpatient health care providers, home health care, durable medical equipment, and some preventive services. Most people pay a monthly premium for Part B. If you don't enroll in Medicare Part B during your initial enrollment period and then decide to do so later, your coverage may be delayed and you may have to pay a higher monthly premium for as long as you have Part B.

Part C (Medicare Advantage) allows you to choose to receive all of your health care services through a provider organization. This plan includes all benefits and services covered under Part A and Part B, usually includes Medicare prescription drug coverage, and may include extra benefits and services at an extra cost. You must have Part A and Part B to enroll in Part C.

Part D (Medicare prescription drug coverage) helps cover the cost of prescription drugs. Many people pay a premium for Part D. However, people with low income may qualify for *Extra Help* to pay the premium and deductible. If you don't enroll in a Medicare drug plan when you're first eligible, you may pay a late enrollment penalty if you join a plan later. You will have to pay this penalty for as long as you have Medicare prescription drug coverage.

Medicare's Plan Finder – www.medicare.gov/find-a-plan – can help you find the best plan in your area. You can also see how your current plan rated. A personalized search may provide you with more accurate cost estimates and coverage information.

For help finding the right plan, contact the Statewide Health Insurance Benefits Advisors (SHIBA). SHIBA is part of the Washington State Insurance Commissioner's consumer protection services. You can get free, unbiased assistance with Medicare choices at <https://www.insurance.wa.gov/> or call 800-562-6900.

Each year there are changes to Medicare program and it is important to keep up and understand how the changes can benefit or cost you more money. Visit www.medicare.gov or www.socialsecurity.gov for more information.

Call 360-376-2561 for an appointment with a SHIBA volunteer on Orcas.

Pumpkins Saved the Pilgrims

By Carol Simmer, RDN
Meals on Wheels & More!



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

Think of all the good foods that we eat from pumpkin - pie, custard, muffins, breads, soup, stews, ice cream, cookies, seeds and just good-old baked pumpkin with butter, salt and pepper. Halloween pumpkin carving has always been a favorite time in our house, but I think the pumpkin pie for Thanksgiving trumps the Jack O'lantern!

Besides good food, pumpkins conjure up thoughts of fall, festivals, and fun. At the Skagit Valley Pumpkin Festival at in Mt. Vernon this year the winning giant pumpkin was 1702 pounds! However, Switzerland has the WORLD record for giant pumpkins at 2323 pounds! An unusual event in Conneaut Lake, PA, is the 1000-pound Pumpkin Drop. Hundreds of people come to see two cranes drop two giant pumpkins, weighing over 1000 pounds, onto 2 cars. A new twist on a demolition derby?! Only in America.

The nutrition in pumpkin can't be beat. It has a good amount of protein, fiber for the GI tract, balanced amounts of calcium and phosphorus for our bones, is low in sodium, but high in potassium, and is a rich source of vitamin A for our skin, eyes, and immune system. Will you be including pumpkin in your holiday celebrations?

Questions? Please email Carol at csimmer@wcco.org.

November is National Family Caregivers Month

Today over 900,000 Washingtonians are unpaid caregivers for their loved ones, friends or neighbors. Although caregiving can be rewarding, it is not without its consequences such as stress, poor health, and burnout.

The National Family Caregiver's Association gives 3 tips for Caregiving: 1) Believe in yourself. Try to maintain a positive attitude; 2) Protect your physical and emotional health; 3) Reach out for help. Asking for help demonstrates strength and awareness of your own abilities and limitations.

It is essential to encourage these heroes to take some time for respite. Please offer to help a caregiver with some small step or act of kindness to show your support. If you know of an unpaid caregiver, please thank them for their service and refer them to the Family Caregiver Support Program in our County. Call 360-370-0591 to learn more.

Orcas Center Events

\$5 Tickets for Senior Center Members!

November Art Exhibit:

The Animal World: Feathers, Scales, and Fur
Friday, Nov 3, 5:30 – 7:00 pm, *Free Opening Reception*
Displays throughout Lobby Gallery and Madrona Room

Bolshoi Ballet in Cinema

Le Corsaire

Sun, Nov 5, 6:30 pm, Streaming Live

Inspired by **Lord Byron's** epic poem and reworked by **Alexei Ratmanský** from **Petipa's** exotic 19th century classic, this miracle of the repertoire is one of the Bolshoi's most lavish productions. Complete with a magnificent awe-inspiring shipwreck and dramatic scenery, this grand romance includes nearly the entire company. **(There are 20 Subsidized Tickets available on a first-come-first-served basis.)**

Charlie and the Chocolate Factory*

Nov 16 – 19, 7:30 pm, Center Stage

Willy Wonka and the Chocolate Factory is coming to Orcas Island on Center Stage! Based on the beloved Roald Dahl tale, this comedic and fantastical play comes to life with local performers, including Christopher Evans as Willy Wonka and Anwyn Thompson as Charlie Bucket. Directed by Didier Gincig, featuring an all-island cast. Bring the whole family to this fun multi-generational show for audiences of all ages. **(*Sorry, there are no Subsidized Tickets available for this event.)**

The Olga Symphony, More or Less

Fri & Sat, Nov 24-25, 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 musical time. Old favorites and new, they'll be singing, playing guitar, fiddle, bass, banjo, mandolin and saw. And this year, the Symphony will be bringing some friends back in to the show for an even better time and more music! **ALL TICKETS ARE ONLY \$5!**

The Met: Live in HD

The Exterminating Angel

Sun, Nov 26, 1:00 pm, Streaming Live

The Met presents the American premiere of Thomas Adès' *The Exterminating Angel*, inspired by the classic Luis Buñuel film of the same name. Hailed by the *New York Times* at its 2016 Salzburg Festival premiere as "inventive and audacious ... a major event," *The Exterminating Angel* is a surreal fantasy about a dinner party from which the guests can't escape. Tom Cairns, who wrote the libretto, directs the new production, and Adès conducts his own adventurous new opera. **(There are 20 Subsidized Tickets available on a first-come-first-served basis.)**

Reminder: \$5 Tickets for Senior Center Members!

Tickets are available in person, one ticket per person. Box Office is open Wed., Thurs., and Fri. from 12p – 3p, and one hour prior to each performance. To call in a request for a seat due to limited mobility, call 376-2281 x1 during the Box Office open hours.

Tech Time

Do you need help using your laptop, iPad, or camera? Would you like to learn how to email or use Facebook? Evan Kulper, 11, will host another helpful Tech Time here at the Senior Center on Thursday, November 16, at 3:30pm, for up to four people.

Sign up ahead of time at the front desk or by calling 376-2677, and bring your devices and questions (no cell phones). More spaces will be available later if you miss this opportunity, but please let Jami know you are interested.

Elections for Operations Committee coming this month!

Keep a watch out for Operations Committee Elections - happening at the Orcas Senior Center later this month. Ballots and nominees will be available to vote on in November. Call ahead (376-2677) to see if the ballots are available, and then come to the Senior Center to vote— inquire at the front desk.

Faces of the Senior Center Photography Exhibit

The Visual Arts Committee presents a "Faces of the Senior Center" show for November in the Lundeen room, showcasing beautiful professional portraits taken of members in July 2017 by Irene O'Neill's son, Robert O'Neill.

In addition, historical member photos and faces from the past are also included in this unique photography exhibit. Come visit the Senior Center and enjoy this special exhibit highlighting our members and shared history!

Part-time Position Available

The Orcas Senior Center is hiring for a part time **Administrative Assistant position!** Visit the Orcas Senior Center website (orcasseniors.org) for the electronic copy of the job description, contact Sara Boyle at 360-376-7723 or oisc.cfa@gmail.com with questions, or visit the Senior Center and pick up the job description at the front desk.

NEW FREE Tai Chi Class!

Join Robin Kucklick on Wednesday evenings at the Orcas Senior Center from 6:00-7:00pm for a FREE Tai Chi class. Robin has taught classes for years in the Orcas community and we are excited to bring his classes and vast experience to the Orcas Senior Center.

This class emphasizes the health benefits of Tai Chi, and is a wonderful opportunity open to all ages. Space is limited, so please contact the Orcas Senior Center front desk at 360-376-2677 to reserve a spot in the class!

November Lunch Menu



MONDAY	WEDNESDAY	FRIDAY
	Turkey Club Wrap Garden Chips Potato Salad Apple Slices Cookie	Roasted Herb Chicken Baby Red Potatoes Broccoli & Cauliflower Garden Salad Fruit Cocktail
Chicken Cordon Bleu Scalloped Potatoes Caribbean Veggies Spinach Salad Grapes	Country Fried Steak Mashed Potatoes Country Gravy Roasted Root Veggies Peach Crisp	
Macaroni & Cheese w/ Italian Sausage Broccoli Florets Garden Salad Fruit	Pulled Pork w/ BBQ Brown Rice Hawaiian Roll Steamed Veggies Tropical Fruit	Thanksgiving Lunch Roasted Turkey w/ Cranberry Sauce Mashed Potatoes & Gravy Home-style Stuffing Seasonal Veggies Pumpkin Pie
Salmon Filet Wild Rice Pilaf Whole Green Beans Garden Salad Fresh Grapes	Sausage Ricotta Lasagna Italian Veggies Caesar Salad Fruit	
Sweet & Sour Meatballs Over Brown Rice Asian Veggies Spinach Salad Pineapple Chunks	Pork Cutlet Mashed Potatoes & Gravy Steamed Veggies Garden Salad Applesauce	

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

November 2017

LUNCHLUNCHLUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Please remember to stock up your pantry and prepare for power outages as we enter the stormy season on Orcas. Remember that if the schools are closed for inclement weather, so is the Senior Center.		1 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 4pm: Strength Training 6pm: Tai Chi 7pm: Quilting Club	2 7:30am: SAM trip 10am: TML 2pm: Afternoon Tea— FREE 4:30: Balance Class	3 10am: Mobility Equipment 11:30am: Lunch 1pm: Working with a Disability 1pm: After Lunch Activities	4
5	6 11:30am: Lunch 4:30pm: Dinner at Island Pie	7 10am: TML 10am: Aging— Who Me? 11:15am: Chair Yoga 4:30: Balance	8 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training 6pm: Tai Chi	9 9:30am: Operations Committee Meeting 10am: TML 4:30: Balance	10 CLOSED  Veterans Day	11
12	13 11am: Library Lady 11:30am: Lunch	14 10am: TML 11:15am: Chair Yoga 4:30: Balance Class	15 9am: Flu Clinic 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 4pm: Strength Training 6pm: Tai Chi 7pm: Quilting Club	16 7:30am: Mainland Shopping 10am: TML 3:30pm: Tech Time 4:30: Balance Class	17 10am: Mobility Equipment 11:30am: Lunch 1pm: Working with a Disability 1pm: After Lunch Activities	18 10am: Craft Day! 
19	20 11:30am: Lunch	21 10am: TML 11:15am: Chair Yoga 4:30: Balance Class	22 10am: Mobility Equipment 11:30am: Lunch 4pm: Strength Training 6pm: Tai Chi	23 CLOSED 	24 CLOSED	25 HOLIDAY FAIR 
26	27 11:30am: Lunch	28 10am: TML 10am: Aging— Who Me? 11:15am: Chair Yoga 4:30: Balance Class	29 10am: Mobility Equipment 10am: Island Hearing 11:30am: Lunch 4pm: Strength Training 6pm: Tai Chi	30 10am: TML 4:30: Balance Class		

Out and About with the Orcas Senior Center

Seattle Art Museum

We are heading to the big city on Thursday, Nov. 2, to visit the Seattle Art Museum. Enthusiasts are especially excited for this opportunity to see the works of renowned artist Andrew Wyeth.

On the 100th anniversary of the artist's birth, *Andrew Wyeth: In Retrospect* examines the American master's 75-year career. Presenting 110 of Wyeth's paintings and drawings, this first major retrospective since the artist's death challenges long-held critical notions of Wyeth as a realist and offers unexpected perspectives on his art, legacy, and influences.

Sign up for this excursion by calling 360-376-2677, or come to our front desk. The cost will be \$30, which includes all transportation and entrance to both the museum and the special exhibit.

Dinner at Island Pie



Please come with us for a dinner date November 6 at Island Pie, the new Italian cuisine restaurant located in Deer Harbor. The owner operators Robert and Margaret Weidner are graciously offering a 10% discount off to all seniors joining our group reservation that evening.

We will meet at the Senior Center at 4:30pm on Monday, November 6, to travel together to the restaurant for our 5pm reservation. If you would like to join us, please sign up at the front desk or call 360-376-2677.

Come Sail to Alaska with the Orcas Senior Center

X Celebrity Cruises® **Celebrity Solstice**

7 NIGHT ALASKA CRUISE

September 7-14, 2018
Seattle, Ketchikan, Tracy Arm, Juneau, Skagway, Alaska Inside Passage, Victoria, Seattle

\$2,051.61/person Balcony 1B \$2,111.61/person Balcony 1A

- \$250/person deposit is required at booking
- Final payment due on May 26, 2018
- Rates are based on double occupancy
- Rates include taxes & fees
- Payment plans are available
- Ocean View and Interior available upon request

For more information call:

To make a booking contact:

Clarissa Fernandez
 360.376.2677
 Orcas Senior Center

Edel Seagren - Cruise Planners
 972.467.1508/eseagren@cruiseplanners.com
 www.edelcruises.com

SERVICES WE PROVIDE

Lunch is served three times weekly on Monday, Wednesday and Friday at 11:30am. 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. **FOR A LIMITED TIME ONLY, SPECIAL INTRODUCTORY SESSIONS AVAILABLE FOR FREE TO NEW FOOT CARE CLIENTS—INQUIRE BY CALLING JAMI at 376-7926!**

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

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.

Mert's 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

Energy Assistance Programs Get assistance with electrical costs through PAL and Energy Assist. Call OPALCO at 376-3500 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 Sara at 376-2677 for information.

Veterans Administration 1-800-827-1000, or locally call 360-370-7470 or email veterans@sanjuanco.com

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.

Orcas Community Resource Center, at 376-3184, works to insure that all Orcas Islanders have access to services and support for their well being, and can help with a wide variety of needs.

Orcas Door to Door provides rides for members to on-island medical appointments, shopping trips, social and community events. Call 360-622-2929 for information.

Bulk Rate
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98245

Or Current Resident

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

P O Box 1653
Eastsound, WA 98245

Phone: 360-376-2677
Location: 62 Henry Rd
Email: jamim@sanjuanco.com
Issue: November 2017
Website: www.orcaseniors.org