



Orcas Senior Signal

Orcas Senior Center

January, 2021

Two Hundred: The Magic Number in 2020

Once again, the Orcas community has risen to the challenge! Thanks to you, the Orcas Senior Center non-profit has not only reached, but has exceeded, our annual fundraising goal of \$50,000. Even more than the money raised, we are touched by the broad support this represents, as it comes from more than 200 different, individual donors. This level of community support means the center can now handle more months of maintaining a pandemic level of vital services, from Buddy Check-In to Meals on Wheels, and more.

We are equally touched by the number of volunteers who stepped forward this year to help in so many ways. There are more than 200 of you, as well! Many have been Buddy volunteers, making sure that no senior needs to feel totally isolated while protecting their health. Others have done everything from stamping envelopes to creating unique pandemic events like Take-Out with Christina; from helping maintain our landscaping to helping to make and sell Maggie's Masks.

It will still be a long winter with some challenging months ahead, but with several vaccines on the horizon, we can begin to see a light at the end of the tunnel. Thank you Orcas Island for helping the Senior Center continue to make sure we get through that tunnel together. You make us both Orcas Strong and Orcas Proud.



Special Cookie Delivery

Thank you to the team of "Tea Ladies" and their enthusiastic helpers who put their baking and organizational skills to good use this holiday season by making hundreds of Christmas cookies. These wonderful volunteers prepared dozens of holiday cookie boxes that were delivered to homes across the island. If you or someone you know wants to volunteer for future baking projects (or be a recipient!), please contact Jami Mitchell at 360-376-7926 or email jamim@sanjuanico.com.



Quote for the Month . . .

Be always at war with your vices, at peace with your neighbors, and let each New Year find you a better man.

-Benjamin Franklin

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ORCAS SENIOR CENTER

360-376-2677 WWW.ORCASSENIORS.ORG

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. Please mail submissions to: PO Box 1146, Eastsound, WA 98245.

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MEALS ON WHEELS AND MORE

Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging.

Jay Savell—Head Cook

Mike Knight—Kitchen Assistant

ORCAS DISTRICT COMMITTEE

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

Lynnette Wood—Chair
Elsie Pamuk—Vice-Chair
Diane Craig—Secretary
Greg Raffelson—Treasurer

Margot Shaw, emeritus
Bonnie Burg, emeritus
Christina Orchid, emeritus

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Welcome Tom Eversole



The Orcas Senior Center nonprofit welcomes Tom Eversole as the newest member of the Orcas District Committee (ODC), the operating committee of the center. Many of you will remember Tom from his time as Hearts and Hands Coordinator, or as the man inside the Cedric the Centipede costume.

Tom comes from a lifelong career in public health and community service. When asked what drew Tom to the center, he responded “even before moving to Orcas Island, I asked myself ‘How can I continue to serve?’ Coming to the center intending to sign up to deliver Meals on Wheels, the next thing I knew, I was coordinating Hearts and Hands!”

He continued, “Hearts and Hands gave me a wonderful opportunity to meet people, learn about the island, and make new friends. It gave me an avenue to more fully appreciate the needs of seniors—which includes me, and appreciate the challenges I will face as I age on an island and how difficult it might be to get the services I need. It was an educational opportunity I hadn’t anticipated. Meeting so many vibrant, strong, creative people, and the life stories that they shared with me, was such a gift.”

There were many turns on the road from public health professional to Cedric the Centipede and now to the ODC. One of the most noteworthy was when Tom accidentally mooned the opening night audience of the musical “Annie Get Your Gun” at the Tennessee Williams Fine Arts Center. Tom explained: “The musical opens with an acrobatic carnival scene. I was standing in for the lead dancer. His costume had leggings; mine had only a loincloth. As a young woman flipped over my back, some part of her costume caught in the braid of my wig, which then tangled in my loincloth. When I turned around, I found myself mooning the audience. It was a great showstopper on opening night!”

Washington 211 COVID-19 Call Center

Do you need information or have questions about COVID-19? Call 1-800-525-0127 for assistance. You can also text the word “Coronavirus” to 211-211 to receive information and updates on your phone wherever you are. You will receive links to the latest information on COVID-19, including county-level updates, and resources for families, businesses, students, and more.

Tell Us What You Think...

San Juan County Senior Services has a feedback form for you to let us know how we are doing. We take your comments seriously and continually strive to better serve the citizens of this community. Contact Jami at 360-376-7926, or email her at jamim@sanjuanco.com, to request a copy.

The Scam Checklist

By Tony Leahy
www.SeniorMoneyProject.org

Here are some steps to take to drastically reduce the likelihood that you'll be scammed:

- When you encounter an offer, award, email, text, or any communication, ask yourself: could this be a scam? Unfortunately, this should be one of the first questions you ask yourself.
- Are you being asked to provide personal or account information over email or text? Legitimate businesses don't ask for or send sensitive information this way.
- Are you or a loved one being threatened with account or benefit suspension, arrest, legal action, or some other threat or action that would cause major stress or harm? This is a scammer tactic.
- Is there a promise of a payment, refund, discount, cash, or some other benefit in exchange for information and/or payment from you? Legitimate businesses can offer discounts and refunds, but you want to make sure it's a legitimate business.
- Is it a legitimate business?
 - Independently verify its physical address and phone number by looking it up on your own.
 - Are they registered with the Washington Secretary of State: <https://www.sos.wa.gov/corps/>
 - Look at reviews (though these can be faked).
- Do they demand secrecy and/or pressure you to act swiftly?
- Do they require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card? This is a tell-tale sign of a scam. Do not send money in an untraceable manner.
- If you are not sure if something is a scam, collect information, but don't disclose important information. Call the Fraud Fighter Call Center at 1-877-908-3360.
- If you know something is a scam, report it online at: ReportFraud.ftc.gov.
- Put this list by your computer and/or phone.



CENTS
 CONSUMER EDUCATION
 AND TRAINING SERVICES

Free Counseling Sessions

The **Community Wellness Program** provides low-cost access to mental healthcare for approved, uninsured or under-insured SJC residents. Program participants can receive up to 12 counseling sessions for a sliding scale copay of \$5-\$30 per session. To learn more, contact the Orcas Community Resource Center at 360-376-3184. This and other resources for mental health support can be found at the San Juan County website: sanjuanco.com/1697/Resources-for-Mental-Health-Support.

Warm up with Soups this Winter

By Susy Hymas
 Meals on Wheels & More!

Homemade soups are an excellent way to get essential nutrients into your diet. There is a unique comfort that a hot bowl of soup can bring on a cold day. Soups are easy and inexpensive to make and don't require too many ingredients. Soups also provide an opportunity to sneak some much needed vegetables into your diet as well. One of the best ways to utilize leftovers is to incorporate them in a soup. Leftover ground beef, chicken, veggies, rice, gravy or potatoes can all find their way into a soup with some added veggies and meat or vegetable stock. There are no rules with what you can make.

Thickening soup can be accomplished by adding a couple of tablespoons of flour to your sautéed veggies and oil, then cooking for a few minutes before adding your wet ingredients. Alternatively, if gluten is an issue you may opt for a slurry of equal parts cornstarch and water/stock added before the soup comes to simmer.

Below is a quick and easy recipe to try. A good soup starter can begin with diced carrots, onions, and celery sautéed in vegetable oil. You will find that when you sauté carrots they can turn your soup a nice golden color and cooking carrots releases some of the phytonutrients in them.

Turkey, Pasta & Vegetable Soup

This simple turkey soup is full of vegetables and shredded turkey. If you do not have turkey, you can use chicken breast. *Makes 8 servings Cook time: 35 min.*

Ingredients

3 tablespoons olive or vegetable oil
 8 cups of low sodium turkey or chicken broth
 2 cups of water
 1 cup chopped onion
 2 cups chopped carrots
 2 cups chopped celery
 1 ½ tsp salt
 ½ tsp pepper
 8 oz. fusilli pasta (or any hearty pasta on hand)
 3 cups cooked shredded turkey or chicken breast
 2 tablespoons lemon juice
 1 teaspoon dried oregano
 1 tablespoon dried basil
 Parmesan cheese to top

Directions

Heat oil in a large heavy pot over medium-high heat. Add onions, celery, carrots, salt and pepper. Cook, stirring often, until the vegetables have softened, 8 to 9 minutes. Add broth and water to the vegetables. Increase heat to high; bring to a boil, stirring occasionally. Reduce heat to medium-high; add pasta and cook until al dente, 9 to 10 minutes. Reduce heat to medium-low; stir in turkey, lemon juice, basil and oregano. Add salt and pepper to taste. Cook until the turkey is warmed to 165 degrees, about 2 minutes.

"the virtual vineyard"



Join Orcas Senior Center and Doe Bay Wine Company's Cole Sisson and special guest, in **the virtual vineyard** for a fun, and informative hour of wine tasting and food pairing on Sunday, January 24 at 5:00pm.

You will learn how to pair your favorite wines with foods. We might even be lucky enough to have a special virtual appearance by the vintners themselves!

To participate, register at www.orcasseniors.org. Then, purchase and pick up your wine, cheese, and crackers at Doe Bay Wine Company at 109 North Beach Road Thursday-Saturday 11am-4pm by January 23 (1 bottle wine, cheese, crackers: \$30; 2 bottles wine, cheese, crackers: \$50; 3 bottles wine, cheese, crackers: \$70).

On January 24 at 5:00pm, open your wine, grab your cheese and crackers and come join your friends on Zoom!

New to Zoom? Learn how to Zoom Like a Pro at www.orcasseniors.org.

Your Life in Words Workshop Returns



In its effort to continue offering programming during COVID, Orcas Senior Center once again offers *Your Life in Words*, an online workshop that focuses on the desire to write one's life story beginning January 27, 2021.

Facilitated by Diane Craig, reporter and office manager at the Islands' Sounder and Orcas District Committee secretary, Craig describes the six-week course as an "opportunity to write the story you've always wanted to share, the one friends and family have said you should write."

Anyone who has thought about writing their life story, but unsure of where or how to begin, is invited to participate. Participants should have access to an internet connection, preferably an audio and visual connection, however those with only an audio connection won't be turned away.

Facing a blank sheet of paper with a heart full of stories can feel daunting. *Your Life in Words* will focus on making the process a little more welcoming and comfortable and, hopefully, more productive.

For questions or to register, email Diane at penwithlady@icloud.com and put **Workshop** in the subject line. The number of participants is limited to 12 at this time. Cost: \$45 OSC members; \$60 guests. Ten percent of registration revenue will be donated back to Orcas Senior Center to help with the costs of the valuable services they provide our community.

Member Spotlight:

Adele Pinneo

A Word from Adele...



I was born in Seattle, and raised in Tacoma, Seattle and Renton. I graduated from Renton High School and attended two years of Secretarial School. I also attended University of Washington for classes in Early Childhood Development. I took three years of ASL and one year of Exact Sign Language, and then taught sign language to adults. I worked with deaf and hard of hearing children in church and school. I worked in many other jobs over the years but working with deaf adults and children was what I loved doing.

My husband, Lloyd Pinneo, and I were married for 50 years. He was born and raised on Orcas. He was a gentleman and the love of my life. We have four grown children, twelve grandchildren and seven great-grandchildren, with three more coming soon. I love camping, gardening, laughing and helping others.

I have been a member of the Senior Center for about fifteen years. I volunteered at the front desk, delivered Meals on Wheels, and was on the Advisory Committee. I enjoyed being a driver, taking part in comedy shows, and going on many wonderful trips. It has been a wonderful journey and I have been blessed for being a part of it. Mother and I made many friends here. Thank you all for this opportunity. Bless You All for being a part of our lives.

Meeting of the Minds – "Forage Fishes and the Role of Local Shorelines"

The San Juan Islands are a place of rugged beauty, but also of fragile ecosystems. Join us online Wednesday, January 20, at 1pm for a fascinating reminder of the context in which we live as Science Director for Friends of the San Juans, Tina Whitman, takes us on a scientific exploration of our shorelines and their connections to the greater marine ecosystem.



In this presentation Tina will share the latest scientific understanding of the importance and status of marine shoreline habitats in the San Juans, highlighting connections to regional food webs. Opportunities and local actions to promote the recovery of chinook salmon and the southern resident orca will also be explored.

Tina has a Master of Science from the University of Oregon and has managed shoreline research, restoration, and protection programs since 2002.

Come learn from Tina about our shorelines and marine ecosystem on Wednesday, January 20 at 1pm. To join by Zoom, simply go to www.orcasseniors.org, click the link to this event, enter the special passcode, and you're in!

Attendance is free or with a suggested \$5 donation.

ALL ARE WELCOME—We hope you will join us!

Welcome to the Orcas Senior Center Family *Bob Shipstad!*

Not a member or need to
renew your membership? Go to
www.orcasseniors.org.

Powerful Tools for Caregivers

If you are an unpaid, family or friend caregiver, please join us for this **FREE six-week class series** that will provide you with tools and strategies to help handle the unique caregiver challenges you face. The series will be Wednesdays 1:30-3pm, from January 20-February 24.

Due to COVID-19, the classes will be held online via Zoom; the benefit is that anyone from any island can join and you can stay home with your care receiver. If you don't have access to a computer with a camera or are unfamiliar with online meetings but want to participate, give us a call and we can discuss options with you. For info or to sign up, please contact Jami Mitchell at 360-376-7926 or JamiM@sanjuanico.com.

Can't make these dates? Contact us anyway to be added to the waitlist for future classes.

Powerful Tools
FOR Caregivers

Turning 65 & need help with your Medicare options?



Join us for a **FREE, UNBIASED**
Medicare
online presentation!

Wed., Jan. 6 @ 1 p.m.

Reserve your spot today:

Email:
SHIBA@Islandhospital.org

- or -

Phone: 360-299-4212

You must include your:

- First and last name
- Email address
- Phone number

Island Hospital is your local Statewide
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(SHIBA) program



COVID-19 Vaccines on the Horizon

Understandably, there are a host of questions and expectations about the COVID vaccine. Here are some general qualifiers:

- Patience and flexibility are required. The specific details and timing are still coming into focus. The picture will shift from week to week, if not day to day.
- No single organization is responsible for the vaccine effort. It will take coordination between pharmaceutical companies, healthcare providers, delivery services, all levels of government, and a range of organizations. There may be some hurdles – this is a complex effort.
- Due to the amount of attention on the vaccine, there will be a wealth of complicated and sometimes conflicting information to sort through. It is important to remember that statistics matter more than raw numbers. It is also important to consider the potential bias of an information source.
- Even those who are high risk might not see the vaccine until several months into 2021, and the general population might not have access until at least summer.

Yes You Can!



Clarissa Fernandez has been canning her heart out during the pandemic. Here is her special **Mango Jam** canning recipe so you can try it yourself:

4 cups diced mango
1 box pectin
¼ cup lemon juice
6 cups sugar

1. Mash mango with potato ricer.
2. Mix mango, lemon juice, and pectin together in stock pot.
3. Bring mixture to boil.
4. Add sugar to mixture and stir the pot continuously until

it reaches a hard rolling boil.

5. Continue stirring for one minute.

6. Remove from heat and let rest for five minutes.

Above, Clarissa shows what she has canned this fall. To the right, she is pictured with a gallon of blueberries that she picked herself before making homemade blueberry jam.

For tips on how to can safely, download this FDA guide: www.fda.gov/media/107843/download.

What have you been up to during the pandemic? Let us know and maybe we'll feature you in next month's Senior Signal!





January 2021

“The time is always right to do what is right.”

—Martin Luther King Jr.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Home Delivered Meals 11a: Caregiver Support call	29	30 Home Delivered Meals	31 New Year's Eve	1 New Year's Day OBSERVED No Meal Delivery	2 
3	4 Home Delivered Meals 11a: Caregiver Support call	5 National Bird Day 	6 Home Delivered Meals	7	8 Home Delivered Meals	9
10 Houseplant Appreciation Day	11 Home Delivered Meals 11a: Caregiver Support call	12	13 Home Delivered Meals	14 National Dress Up Your Pet Day	15 Home Delivered Meals	16 Appreciate a Dragon Day 
17	18 Martin Luther King Jr. Day OBSERVED No Meal Delivery 11a: Caregiver Support call	19 12p: Book Club by Zoom 	20 Home Delivered Meals 1p: Forage Fishes & the Beach by Zoom	21 Squirrel Appreciation Day 	22 Home Delivered Meals	23 Seniors Have (Virtual) Talent Submissions DUE Final day to pick up wine & crackers for the virtual vineyard
24 5pm: the virtual vineyard by Zoom 	25 Home Delivered Meals 11a: Caregiver Support call	26	27 Home Delivered Meals Your Life in Words Workshop	28 National Blueberry Pancake Day 	29 Home Delivered Meals	30 6p: Seniors Have (Virtual) Talent 

Fun and Connection with the Orcas Senior Center

Seniors Have (Virtual) Talent

The Orcas Senior Center is pleased to announce that Seniors Have (Virtual) Talent will be broadcast via Zoom with talented community members from around the islands on Saturday, January 30 at 6pm.

To watch an uplifting evening of fun with familiar and new faces, including our well-known, beloved and talented fellow villagers, please register in advance at www.orcasseniors.org. You will receive an email with a Zoom link to join us at 6pm on Saturday, January 30, from the comfort of your own home.

Do you want to participate as a performer? Using your phone (or other device), video yourself telling a favorite joke, singing a song, reciting a poem, telling a one minute or less testimonial about the Senior Center, playing an instrument, or performing a skit with your dog or cat –family acts are encouraged!

If you are interested in performing or have questions, call, text, or email Didier Gincig at (360) 298-0362 or orcasdidier@gmail.com. All submissions must be received by Saturday, January 23.



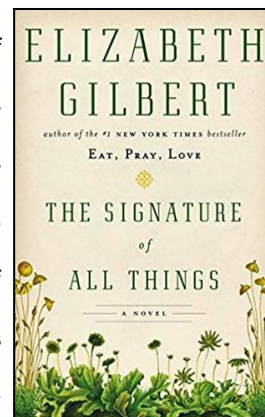
Don't miss this once in a lifetime opportunity to see your talented community!

Book Club: The Signature of All Things by Elizabeth Gilbert

Spanning much of the eighteenth and nineteenth centuries, *The Signature of All Things* by Elizabeth Gilbert follows the fortunes of the extraordinary Whittaker family as led by the enterprising Henry Whittaker—a poor-born Englishman becomes the richest man in Philadelphia. Born in 1800, Alma (who inherits both her father's money and his mind), ultimately becomes a botanist of considerable gifts herself. She falls in love with Ambrose Pike who makes incomparable paintings of orchids and who draws her into the realm of the spiritual, the divine, and the magical.

Alma is a clear-minded scientist; Ambrose a utopian artist—but what unites this unlikely couple is a desperate need to understand the workings of this world and the mechanisms behind all life (Goodreads, n.d.).

To participate in the January Book Club Zoom meeting on Tuesday, January 19 at 12:00pm, contact Stephen Bentley at stephen@swbentley.com or (360) 376-2299. (Conference call phone numbers are available for Zoom meeting participants missing the necessary technology.)



CURRENT SERVICES WE PROVIDE

Community Lunch remains suspended until further notice. We look forward to the time when we can all safely be together again.

Home delivered meals are provided to seniors on Monday, Wednesday, and Friday for those in need. Please call Jami Mitchell at 360-376-7926 to get registered for meal support from Meals on Wheels.

Case Coordination and Caregiver Resources: Services are available to assess and offer options for those in need. Call Heidi Bruce at 360-370-0591 for more information.

Transportation assistance remains suspended, and re-start date is unknown. Call Jami Mitchell at 360-376-7926 with inquiries regarding medical transportation assistance.

Foot care services have resumed, but on a limited schedule and by appointment only. Please contact Erica Bee at 360-622-8234 or Valentina Rivera at 540-742-5299 to schedule an appointment. We have upgraded our room, procedures, and equipment to meet the COVID-19 safety requirements. Our new policies and procedures will be explained when appointments are made.

Life enriching and educational activities on-site at the Orcas Senior Center remain suspended. Some remote activities are available via Zoom. Check our website orcasseniors.org for the latest offerings.

Hearts and Hands is working to help keep seniors safe during this period of prolonged self-isolation. If you are a senior and would welcome phone check-ins from a caring volunteer, please contact John Slater at 360-919-9318 or John@orcasseniors.org.

During this COVID-19 emergency, vulnerable persons of any age that need home delivery of essential household goods such as food or medicine can call Senior Services or the Resource Center to ask for help. If you are a senior and need this assistance, please call Heidi Bruce at 360-370-0591.

COMMUNITY RESOURCES

During this time of COVID-19 response in our community, many organizations have adapted to how they operate and are evolving daily. Below is a list of some new, continuing, and suspended resources on Orcas Island.

Lions Club Mobility Equipment: By appointment only. Call Stephen Bentley at 360-376-2299.

Orcas Island Food Bank: Next door to the Community Church. Tuesdays and Fridays 3-6pm, with delivery options through Senior Services or Resource Center. For questions or more info, leave a message at 360-376-4445.

Orcas Food Co-op: To arrange for home delivery or curbside pick-up; www.orcasfood.coop or call 360-376-2009.

OPAL Community Land Trust: Struggling to make rent or a mortgage payment? OPAL is here to help. Call 360-376-3191 or email opalclt@opalclt.org.

Orcas Community Resource Center: OCRC works to ensure that all Orcas Islanders have access to services and support for their well-being. All services are continuing remotely. Call 360-376-3184 or email jana@orcascrc.org.

Weatherization: 1-800-290-3857, or via OPALCO: 360-376-3500 or Orcas Community Resource Center at 360-376-3184 or info@orcascrc.org.

SHIBA: Volunteers assist with Medicare enrollment, choosing secondary plans, and affordable healthcare. Medicare help is available for FREE by appointment. Call 360-376-5892 or email pegigshiba@yahoo.com or xn28js@gmail.com.

Energy Assistance: Need help with electric bills? Call OPALCO at 360-376-3500 for eligibility and to apply.

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

SAFE San Juans: Domestic violence and sexual assault services to survivors and loved ones; 360-376-5979. SAFE San Juans has a 24-hour crisis line on each island. For Orcas, call 360-376-1234.

Orcas Safe Homes: 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 Door to Door: Services are suspended during COVID-19 response. Call for current status: 360-622-2929.

Hearing Screenings: Stacie Nordrum of Island Hearing Healthcare has September appointments: 360-378-2330.

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.

Social Security: 1-800-772-1213 or online via www.socialsecurity.gov/myaccount.

Mental Health Crisis hot line: Call the 24-hour mental health crisis line: 1-800-584-3578 or go to www.imhurting.org.

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

Or Current Resident

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

P O Box 1653
Eastsound, WA 98245

Phone: 360-376-2677
Location: 62 Henry Rd
Email: jamim@sanjuanco.com
Issue: January 2021
Website: www.orcasseniors.org



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February, 2021

COVID-19 Vaccine Highlights

For the most up-to-date local news regarding COVID-19 and vaccine appointments in San Juan County, please refer to the county website www.sanjuanco.com and click on the blue banner "COVID-19 Information."

Appointments are required to receive the vaccine, and those appointments are currently being released in batches as more vaccine supplies arrive. Additional providers are working on receiving vaccine shipments, which will increase the local availability of the vaccine and options for getting vaccine appointments.

Please read the enclosed insert for detailed information on the vaccination efforts. Here are a few highlights:

- Washingtonians over age 65 are now eligible for COVID-19 vaccination. SJC Health & Community Services began hosting clinics in January to vaccinate Phase 1a (medical personnel, emergency responders, caregivers, nursing home residents) and is now vaccinating Phase 1b-Tier 1 as supplies allow.
- The health department is currently providing the Moderna vaccine. Vaccines provided by San Juan County are offered by registering for clinic appointments on the county website www.sanjuanco.com. There is also a link there to the state website to verify eligibility, but you do not need to do this if you are 65 or older if you bring ID that verifies your age with you to your appointment. With your first appointment, you will also have an appointment four weeks later for your second dose.
- We are working on ways to assist those without internet access to sign up for appointments; stay tuned. Please assist those you know who don't have internet access if you can.
- Local medical providers are also preparing to offer vaccinations. Stay tuned for more information through San Juan County sources such as the county website www.sanjuanco.com and local news press releases.



Volunteers Make a Difference

Volunteers across Orcas participated in The Funhouse and Camp Orkila MLK Day of Service in January. One volunteer project was to help Terri Crowell and Margo Wahlberg clean up storm debris from their yard. Margo and some of the volunteers are pictured above. "We had so much fun! We even roasted marshmallows and made s'mores!," said Terri. Thank you to everyone that volunteered for that day of service.

Caregivers Support Group Conference Calls

The Family Caregiver Support Group (FCSG) conference calls are held every Monday from 11am-12pm. For more information, please contact Heidi Bruce, Aging & Family Case Coordinator at 360-370-0591, or you can email her at heidib@sanjuanco.com. These supports are FREE.

Quote for the Month . . .

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

-Voltaire

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Jay Savell—Head Cook

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Michel Vekved temporary #: 360-298-8410
Programs and Activities Coordinator
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Welcome Jennifer Hairston



Continuing our series of articles about Orcas District Committee members, this month, the Orcas Senior Center non-profit features Jennifer Hairston. Jennifer moved to Orcas Island from north Texas last year, and is currently working as Chief Deputy at the Snohomish County Prosecuting Attorney's Office in Everett.

After moving to Orcas Island, Jennifer became a telephone buddy for the center's then-new Buddy Check-In program and, after learning more about the Orcas Senior Center from newspaper articles, she applied to join the Orcas District Committee, the operating committee of the center.

Jennifer said that our motto, "Age Well on Orcas," reminded her of a fine wine or cheese, something to strive for, and this drew her to the Orcas Senior Center as a way "to connect with seniors and to try to forecast what will be needed in the future as we all age together." Jennifer is no stranger to public service, having served for six years on the board of a women's service organization benefiting charities that help seniors in east Dallas.

Jennifer enjoys her two "senior" dogs, both Pomeranian-Corgi mixes. She also enjoys traveling, and said "I managed to visit all fifty states by the time I was 40." She enjoys playing volleyball; she was Captain of her college volleyball team at Carleton College in Minnesota. In addition to Texas and Minnesota, Jennifer has lived in California and studied criminal justice for one semester in England. Welcome, Jennifer!

Are you interested in learning more about Orcas District Committee? Contact Lynnette Wood at 360-376-1082 or Lynmiwood@gmail.com.

Watch Out for Vaccine Scams

From www.Medicare.Gov

No doubt scammers are already scheming.

Medicare covers the COVID-19 vaccine, so there will be no cost to you. If anyone asks you to share your Medicare Number or pay for access to the vaccine, you can bet it's a scam. **Here's what to know:** You can't pay to put your name on a list to get the vaccine. You can't pay to get early access to a vaccine. Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee. **[Report COVID-19 scams to the Federal Trade Commission linked here](#)** or call us at 1-800-MEDICARE.

Tell Us What You Think...

San Juan County Senior Services has a feedback form for you to let us know how we are doing. We take your comments seriously and continually strive to better serve the citizens of this community. Contact Jami at 360-376-7926, or email her at jamim@sanjuanco.com, to request a copy.

Checklist to Help get your Financial House in Order

By Tony Leahy

CENTS: www.SeniorMoneyProject.org



CENTS
CONSUMER EDUCATION
AND TRAINING SERVICES

This article is part of CENTS' Senior Money Project to help people identify and avoid

scams. Organizing your finances is a great "New Year" activity to help you avoid getting scammed. Here is a checklist we hope you find helpful in organizing your financial documentation.

Assemble all the important documents concerning your assets and debts; put them in a safe and secure location (lock box, safety deposit box, lockable file cabinet, or secure online folder):

- ___ house deed and motor vehicle titles and registrations
- ___ mortgage notes and car loans
- ___ safety deposit and lock box information
- ___ list of investments with broker and account number information
- ___ insurance information (life, health, long-term care, home, car) with policy numbers and agent contact info
- ___ pension, retirement and social security, deferred compensation, IRA, and death benefits
- ___ Trust agreements or benefits
- ___ list of credit cards
- ___ list of checking and savings accounts
- ___ employment agreements, partnership agreements
- ___ Income tax returns for the last 7 years

Assemble other personal information:

- ___ birth certificate, military discharge papers, marriage certificate, and divorce/separation records
- ___ list of associations and organizations of which you are a member
- ___ passports and social security information
- ___ funeral and burial instructions
- ___ list of medications taken regularly
- ___ names and phone numbers of religious contacts
- ___ education records and employers with dates of employment

Save medical expense records. You may need documentation of medical expenses for your taxes and insurance:

- ___ medical expense records

Create a balance sheet and income/expense statement:

- ___ Balance Sheet (also called an Assets and Liabilities document)
- ___ Income/expense statement (also called a budget)

Next month's article will be a checklist to get your legal house in order.

Moving into the New Year

By Susy Hymas
Meals on Wheels & More!

The New Year can be time for a fresh start. Whether you made any New Year's resolutions last month, or just want to make some personal changes, it can be a time to think about what you would like to focus on for the coming year.

Many people use the start of a new year to make changes to their diets, exercise routines or to set new health goals. This is however a unique time. As we socially distance and try to keep ourselves safe from the pandemic, many find it more difficult to exercise regularly. **Making a commitment for just a few changes** is a great place to start. Exercise is something that can have a positive impact on the health and wellbeing for all ages, especially seniors.

The benefits of exercise are many. Exercise improves balance. **Regular exercise can reduce the likelihood of falling by greater than 20 percent.** Even though it takes energy to exercise, you will find that being active gives you more energy and can improve sleep. It helps our brains function better and can help prevent some diseases, such as heart disease, osteoporosis, depression and diabetes.

What kind of exercise is best for seniors? Walking is a great place to start. This time of year in the Northwest, it is sometimes challenging to get outside. Regardless of where you live or what kind of access you have to outside areas, there are simple things you can do to move more on a regular basis.

If you can button up and adjust to the weather, **walking has many benefits.** As with any new exercise program it is recommended that you start slowly and build from your current fitness level. Take a short walk and increase slowly as you get more comfortable. Walking with a friend, wearing masks, is a great way to socially distance.

Yoga is an exercise practice that improves muscle strength, flexibility, balance and mobility. Yoga exercises can be adapted for different abilities. Chair yoga is a low impact form and provides less stress on muscles, joints and bones than conventional forms of yoga.

Strength training is beneficial for maintaining muscle throughout the lifespan. Elaine Cress, Bellingham Senior Activity Center Health & Wellness Coordinator, offers virtual Strength Training class Tuesdays and Thursdays at 1pm, and islanders are welcome to join! Elaine is a great resource if you have any questions about exercises that are best for your body.

The Bellingham Senior Activity Center offers a variety of virtual classes each week. **All classes are free and open to the public, but you must register to participate.** For a schedule and information about how to register for classes, go to: <https://whatcomcoa.org/upcoming-events>.

Free Counseling Sessions Available through Community Wellness Program

The Community Wellness Program provides low-cost access to mental healthcare for approved, uninsured or under-insured SJC residents. Program participants can receive up to 12 counseling sessions for a sliding scale copay of \$5–\$30 per session. To learn more, contact the Orcas Community Resource Center at 360-376-3184. This opportunity and other resources for support can be found at: <https://www.sanjuanco.com/1697/Resources-for-Mental-Health-Support>.

Thank you for renewing your membership!

<i>Kathleen Tudor</i>	<i>Stan Miller</i>	<i>Alan Edwards</i>
<i>Bill Tudor</i>	<i>Eric Gourley</i>	<i>Philip Miller</i>
<i>Bethany Ryals</i>	<i>Barbara Gourley</i>	<i>Amy Cole</i>
<i>Vicki O'Keefe</i>	<i>Gerry Munoff</i>	<i>Gael Shipstad</i>
<i>Kay Miller</i>	<i>Eleanore Stewart</i>	<i>Jean Wellington</i>

Not a member or need to renew your membership? Go to www.orcasseniors.org.

Sake! A different kind of class from the Orcas Senior Center...



Join Orcas Senior Center, Doe Bay Wine Company's Cole Sisson, and sake expert from Seattle, Julie Shizukuishi on Sunday, February 21 at 5pm for **"the virtual vineyard"**! This month, in place of wine, we are enhancing your knowledge and tastebuds with sake. Although sake is sometimes referred to as "sake wine," we will learn why it is fundamentally different.

The tasting kit will feature three small bottles of sake from Kizakura Sake Brewery, along with Dutch cheese from Cheeseland Inc., and crackers for \$30.

To participate, register at www.orcasseniors.org. Then, purchase and pick up your sake tasting kit at Doe Bay Wine Company at 109 North Beach Road Thursday-Saturday 11am-4pm by Saturday, February 20.

On Sunday, February 21 at 5pm, open your sake, grab your cheese and crackers, and join your friends on Zoom!

Meeting of the Minds: Air Quality Monitoring in San Juan County

Meeting of the Minds continues in February with "Air Quality Monitoring in San Juan County," a presentation by San Juan County's Environmental Health Division manager, Kyle Dodd. The online presentation is Wednesday, February 17, at 1pm.

Over the last several years San Juan County has experienced episodes of poor air quality due to smoke from wildfires hundreds of miles away. Join Kyle as he covers recent work to study particulate matter 2.5 levels in the County which inform health related messages to the public. He will also talk about low-cost sensors installed around the County. Kyle, who has been with San Juan County since 2014, now has 22 years of experience working with Washington State health jurisdictions.

To attend, go to the Orcas Senior Center website at www.orcasseniors.org at just before 1:00pm on Wednesday, February 17, click on the Zoom link, and enter the provided passcode. Attendance is free or with a suggested \$5 donation. ALL ARE WELCOME.

Member Spotlight:

Bonnie Burg

A Word from Bonnie...

CORNWALL, UK 2019

That was a big hill, walking up from the Tate Modern in St Ives... kind of like going up from Pike Market up to 6th Avenue in Seattle. I remember feeling grateful that my "not so new knees" had carried me this far. Then I thought I'm only 76 now, surely not to the top of my own hill!



Looking back over my "lifescape"...growing up in Minnesota, I lived just a block from the Mississippi River in St. Paul. But college drew me to Illinois, and into graduate school at the University of Chicago. I got my MSW and began a career in what was then called psychiatric social work. One of my first jobs was at a state mental hospital. I heard fascinating and painful stories there, some delusional, some for real, but altogether an amazing experience. Most of my professional life was at the Neuropsychiatric Institute at the University of Illinois, directing a graduate training program for social work interns, training medical students and residents on the inpatient unit and in outpatient clinics, seeing patients, and sitting on various academic committees. I opened my private psychotherapy practice over 45 years ago and it remains the most creative and satisfying endeavor of my life. I tell people I'll stop when I get "dotty" but I hope it's further up the hill.

Moving to Orcas was "kind of" retirement, but my wife, Maryann Syers and I had rented a therapy office even before the moving truck arrived! With an abundance of "Second Act" energy I joined the OCRC (Resource Center) board, the Health and Human Services Advisory Committee and the Senior Center Operations Committee where I had the role of Chair for a couple of years, all the while keeping my door open to therapy clients. Big work, big fun, some big hills...but still wondering what's up at the top of the next hill!

More updates to Website

Check out www.orcasseniors.org for a large variety of resources, including a recent addition of a newsletter archive!

Another new edition to the Orcas Senior center website is a YouTube video of Ron Myers playing the piano. To view the video, go to the Meals on Wheels and More page at: <https://www.orcasseniors.org/nutrition/>. We are so grateful for Ron's dedication to adding his talents to our lunch program. We look forward to being able to congregate again in person and having Ron (pictured above) tickle to ivories for us during our Community Lunches.



Series of Online Classes for Seniors Offered by Island Hospital

Island Hospital will be offering a series of virtual classes for seniors beginning in February, including Living Better with Diabetes, Medicare 101: Understanding your Medicare Choices, Improving Your Aging Memory, Nutrition & Osteoporosis, Aging in Place, and End-of-Life Paperwork.

To learn more about these classes or to register, go to www.islandhospital.org/classes/list or call 360-299-1309.



Mental & Behavioral Health Resources

- **24-Hour Crisis Line (800-584-3578)** is a 24-hour/365 day per year resource for anyone experiencing a self-defined mental-health crisis. Friends or family of someone in crisis may also call.
- **24-Hour Recovery Help Line** for Substance Abuse, Problem Gambling, Mental Health: 866-789-1511
- **AA on San Juan Island:** Local AA San Juan Island Hot-line 360-317-3832; www.sjiaa.net
- **Compass Health:** Mental health, chemical dependency psychiatric services; offers counseling services for seniors who are covered by Medicaid/Provider One insurance; 360-378-2669, <https://www.compasshealth.org/our-services/>
- **Emotional Support Help Line (1-866-342-6892):** Connects people with caring professionals. Service is free and available 24/7. For additional information visit <https://www.optum.com/covid-19/covid-19-emotional-support.html>
- **Online mental health resource directory for San Juan County:** <https://www.thero.org/sanjuancounty/>
- **Safe San Juans:** Domestic violence/sexual assault services. <https://safesj.org/>; 24-hour crisis line: 360-378-2345
- **Smart Recovery:** Online Cognitive Behavioral Recovery Support; <https://www.smartrecovery.org>
- **Volunteers of America Western WA 24-Hour Crisis Chat:** 800-584-3578; www.imhurting.org
- **Washington Listens (1-833-681-0211):** Support program to help people manage elevated levels of stress due to the pandemic, 9am-9pm M-F, 9am-6pm Sat/Sun. Speak anonymously with a specialist and get connected to resources.
- **Washington Warm Line (1-877-500-9276):** Peer support help line for people living with emotional and mental health challenges. Visit: <https://mhanational.org/covid19>

February is American Heart Month



Every year, thousands of Americans die from heart disease. It is the number one cause of death for most groups and affects all ages, genders and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use. You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity and managing your cholesterol and blood pressure. It's never too late to start some heart-healthy habits!

Source: nationaltoday.com/american-heart-month/

Common Warning Signs and Symptoms of a Heart Attack

If you have any of these symptoms, call 911 and get to a hospital right away:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea, indigestion, heartburn or lightheadedness.
- As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Common Warning Signs and Symptoms of a Stroke

If you have any of these symptoms, call 911 and get to a hospital right away:









- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing or blurred vision in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause



February 2021

“‘Tis better to have loved
and lost than never to
have loved at all.”

—Alfred Lord Tennyson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Home Delivered Meals 11a: Caregiver Support call	2 Groundhog Day 	3 Home Delivered Meals 10a: Living Better with Diabetes by Island Hospital	4	5 Home Delivered Meals	6 
7 Super Bowl 	8 Home Delivered Meals 11a: Caregiver Support call	9	10 Home Delivered Meals 10:30a: Improving Ag- ing Memory by Island Hospital	11 National White Shirt Day 	12 Home Delivered Meals	13
14 Valentine's Day 	15 Presidents' Day OBSERVED No Meal Delivery	16 12p: Book Club by Zoom 	17 Home Delivered Meals 1p: Air Quality Management in SJC by Zoom	18	19 Home Delivered Meals	20 Final day to pick up sake, cheese, & crackers for "the virtual vineyard"
21 5p: "the virtual vineyard" by Zoom	22 Home Delivered Meals 11a: Caregiver Support call	23 National Toast Day 	24 Home Delivered Meals	25 10a: Aging in Place by Island Hospital	26 Home Delivered Meals 2p: Stamp Club by Zoom	27 National Strawberry Day 
28	1 Home Delivered Meals 11a: Caregiver Support call	2	3 Home Delivered Meals	4 10a: End-of- Life Paper- work by Island Hospital	5 Home Delivered Meals	6 National Oreo Cookie Day 

Fun and Connection at the Orcas Senior Center

Stamp Club by Zoom!

The Orcas Senior Center Stamp Club is moving to Zoom! Please join us for our first virtual meeting at 2pm on Friday, February 26.

Bring stamps to show and share; bring questions to ask and learn! Need supplies? We will also be trying to put together a large order of collecting supplies to get a discount from Amos Advantage.

At 2pm on Friday, February 26, simply click on the Zoom link on our website, orcasseniors.org, to join. Type in the meeting ID or passcode given (as prompted). It's that easy!

"It's Happening at OSC!"

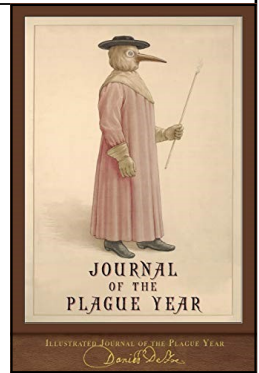
We find ourselves navigating a more complicated virtual world and to keep you engaged and informed on a timely basis, we will be initiating event only emails called, "It's Happening at OSC!" You can expect "It's Happening at OSC!" emails in your inbox every other Friday (next will be February 5).

We promise not to overfill your inbox! We will never share your information and you may unsubscribe at any time. To make sure you are signed up to receive the "It's Happening at OSC!" emails, go to our website and click on the Email Sign-up button.

Book Club: A Journal of the Plague Year by Daniel Defoe

In 1665 the plague swept through London, claiming over 97,000 lives. Daniel Defoe was just five at the time of the plague, but he later called on his own memories to create this vivid chronicle of the epidemic and its victims. A Journal (1722) follows Defoe's fictional narrator as he traces the devastating progress of the plague through the streets of London.

To participate in the February Book Club Zoom meeting on Tuesday, February 16 at 12pm, contact Stephen Bentley at stephen@swbentley.com or 360-376-2299. (Conference call phone numbers are available for Zoom meeting participants missing the necessary technology.)



Face Masks Available

Please remember to contact us if you need re-usable cloth face masks. The masks are free or by donation, with proceeds supporting the Orcas Senior Center. Thank you Maggie Kaplan for all of your work coordinating and sewing these masks!

Call or email Jami Mitchell to set up a pick up time that works for you — jamim@sanjuanico.com or 360-376-7926.

CURRENT SERVICES WE PROVIDE

Community Lunch remains suspended until further notice. We look forward to the time when we can all safely be together again.

Home delivered meals are provided to seniors on Monday, Wednesday, and Friday for those in need. Please call Jami Mitchell at 360-376-7926 to get registered for meal support from Meals on Wheels.

Case Coordination and Caregiver Resources: Services are available to assess and offer options for those in need. Call Heidi Bruce at 360-370-0591 for more information.

Transportation assistance remains suspended, and re-start date is unknown. Call Jami Mitchell at 360-376-7926 with inquiries regarding medical transportation assistance.

Foot care services have resumed, but on a limited schedule and by appointment only. Please contact Erica Bee at 360-622-8234 or Valentina Rivera at 540-742-5299 to schedule an appointment. We have upgraded our room, procedures, and equipment to meet the COVID-19 safety requirements. Our new policies and procedures will be explained when appointments are made.

Life enriching and educational activities on-site at the Orcas Senior Center remain suspended. Activities are slowly resuming via Zoom Conferencing as we assess our capacity. Check orcasseniors.org for the latest offerings.

Hearts and Hands is working to help keep seniors safe during this period of prolonged self-isolation. If you are a senior and would welcome phone check-ins from a caring volunteer, please contact John Slater at 360-919-9318 or John@orcasseniors.org.

During this COVID-19 emergency, vulnerable persons of any age that need home delivery of essential household goods such as food or medicine can call Senior Services or the Resource Center to ask for help. If you are a senior and need this assistance, please call Heidi Bruce at 360-370-0591.

COMMUNITY RESOURCES

During this time of COVID-19 response in our community, many organizations have adapted to how they operate and are evolving daily. Below is a list of some new, continuing, and suspended resources on Orcas Island.

Lions Club Mobility Equipment: By appointment only. Call Stephen Bentley at 360-376-2299.

Orcas Island Food Bank: Next door to the Community Church. Tuesdays and Fridays 3-6pm, with delivery options through Senior Services or Resource Center. For questions or more info, leave a message at 360-376-4445.

Orcas Food Co-op: To arrange for home delivery or curbside pick-up; www.orcasfood.coop or call 360-376-2009.

OPAL Community Land Trust: Struggling to make rent or a mortgage payment? OPAL is here to help. Call 360-376-3191 or email opalclt@opalclt.org.

Orcas Community Resource Center: OCRC works to ensure that all Orcas Islanders have access to services and support for their well-being. All services are continuing remotely. Call 360-376-3184 or email jana@orcascrc.org.

Weatherization: 1-800-290-3857, or via OPALCO: 360-376-3500 or Orcas Community Resource Center at 360-376-3184 or info@orcascrc.org.

SHIBA: Volunteers assist with Medicare enrollment, choosing secondary plans, and affordable healthcare. Medicare help is available for FREE by appointment. Call 360-376-5892 or email pegigshiba@yahoo.com or xn28js@gmail.com.

Energy Assistance: Need help with electric bills? Call OPALCO at 360-376-3500 for eligibility and to apply.

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

SAFE San Juans: Domestic violence and sexual assault services to survivors and loved ones; 360-376-5979. SAFE San Juans has a 24-hour crisis line on each island. For Orcas, call 360-376-1234.

Orcas Safe Homes: 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 Door to Door: Services are suspended during COVID-19 response. Call for current status: 360-622-2929.

Hearing Screenings: Stacie Nordrum of Island Hearing Healthcare has September appointments: 360-378-2330.

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.

Social Security: 1-800-772-1213 or online via www.socialsecurity.gov/myaccount.

Mental Health Crisis hot line: Call the 24-hour mental health crisis line: 1-800-584-3578 or go to www.imhurting.org.

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: February 2021
Website: www.orcasseniors.org



Orcas Senior Signal

Orcas Senior Center

March, 2021

March for Meals – A Message from the Orcas Senior Center Non-Profit

The Meals on Wheels program, first signed into law in March 1972 by President Richard Nixon, has for nearly 50 years delivered more than just nutritious meals, it also provides a vital lifeline and connection to the community.

By now you have certainly heard about the dramatic increase in Meals on Wheels deliveries during the months of COVID-19 self-isolation. What you may not know is that these meals are only partially subsidized by State and Federal funds. The rest comes from grants, meal donations, and other donations.

The Orcas Senior Center non-profit is extremely grateful to all of the donors who made it possible for us to continue to support this vital program, including those who donated to the nutrition program through the 2020 OICF GiveOrcas Spring Catalog. Your generous donations not only sustained us through 2020, they also put us in a strong position to face 2021.

This month is national March for Meals month, when all of the Meals on Wheels programs in the nation come together to celebrate the collaboration of local community organizations, businesses and the many individuals who ensure that this program continues. To learn more about the Meals on Wheels program, please see the enclosed insert.

And thank you all again for your continued support!

Local COVID-19 Information

Visit San Juan County's COVID-19 webpage—www.sjccovid.com—and the Health & Community Services Facebook page—www.facebook.com/SJCPUBLICHEALTH—regularly for information related to COVID-19 in our community. You can also call the COVID-19 hotline at 360-370-7500, Monday through Friday from 8:30am-4:30pm.



Extraordinary Talent on Orcas

Seniors Have Talent went virtual, if not viral, on Saturday, January 30, thanks to the heartfelt collaboration of Orcas Senior Center, Orcas Center, and our incredibly talented community! We were reminded not only how much talent resides on this small island we call home, but how important art, music and culture are especially during these strange times where one day blends into another.

Orcas Senior Center would like to express our deepest gratitude to Didier Gincig and Jake Perrine for their expert collaboration bringing together an evening of entertainment for Seniors Have Talent. Thank you for your continued appreciation for the joy our community shares.

If you missed Seniors Have Talent, you can view the recording at www.orcasseniors.org.

Some Special Dates in March...

- Daylight saving Sunday, March 14th—Turn clocks 1 hour ahead.
- Happy St. Patrick's Day on Wednesday, March 17th.
- Spring starts Saturday, March 20th!



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Quote for the Month . . .

*The moon will
not use the door
only the window.*

-Rumi

ORCAS SENIOR CENTER

360-376-2677 WWW.ORCASSENIORS.ORG

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. Please mail submissions to: PO Box 1146, Eastsound, WA 98245.

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MEALS ON WHEELS AND MORE

Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging.

Jay Savell—Head Cook

Mike Knight—Kitchen Assistant

ORCAS DISTRICT COMMITTEE

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

Lynnette Wood—Chair
Elsie Pamuk—Vice-Chair
Diane Craig—Secretary
Greg Raffelson—Treasurer

Maggie Kaplan
Jerry Todd
Jennifer Hairston
Darcey Miller
Allan Rosato
Tom Eversole

Margot Shaw, emeritus
Bonnie Burg, emeritus
Christina Orchid, emeritus

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Lena@orcasseniors.org

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Hearts and Hands Coordinator
John@orcasseniors.org

Michel Vekved temporary #: 360-298-8410
Programs and Activities Coordinator
Michel@orcasseniors.org

Welcome Greg Raffelson

How does a Stanford-educated economist make a career in the performing arts? Just ask Greg Raffelson, the new Orcas District Committee Treasurer.



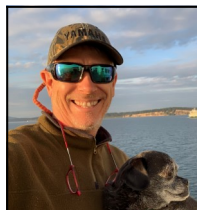
After several years of working as an auditor for the accounting firm of Price Waterhouse, Greg moved to Europe where he spent three years modeling in Paris and Milan. Upon returning to San Francisco, he pursued a life-long passion as an actor, singer and dancer, while continuing to earn an income in accounting.

Upon retiring and moving to Orcas Island, Greg said, "I was at an existential crossroads in my life." Sitting outside Enzo's one day, his friend John Slater asked, "How would you like to work with the Senior Center?" Helping his aging parents through their journey had made Greg aware of the needs of seniors that would allow them to lead self-sufficient lives with dignity and grace. "So, in a way, joining the Senior Center was an homage to my parents" he said.

"My life has never been normal," Greg adds. "It has been a consistent mix of business and art. As an actor, I learned much about being human." Reflecting on the mathematics of dance and music, Greg mentioned a particular theatrical role where he played the part that Gene Kelly played in "Singin' in the Rain" and recalled seeing Gene Kelly years later in a hotel lobby, much older but still with a "twinkle in his eye." Probably not too different from Greg himself, whose own eyes twinkle as he "plays at being an adult" every day!

Are you interested in learning more about Orcas District Committee? Contact Lynnette Wood at (360) 376-1082 or Lynniwood@gmail.com.

New Foot Care Nurse, Rob Meyer



Rob Meyer, RN recently joined the foot care team of nurses at Orcas Senior Center. Rob is a recent transfer to Orcas Island after dreaming about living here for 35 years. His medical experience includes working over 20 years at the Harborview Medical Center in Seattle on the pediatric unit of the Burn and Plastic Surgery Clinic. Rob nursed in Australia, including a month-long stint in the Outback. At the age of 55, he loves to bicycle and even competed in Ironman Coeur d'Alene. When not working in the garden you can find him with his wife, Kim, and dog, Lulu, on their new boat, Island Thyme. Rob says, "I look forward to seeing you and providing excellent foot care." Welcome Rob Meyer!

Tell Us What You Think...

San Juan County Senior Services has a feedback form for you to let us know how we are doing. We take your comments seriously. The forms are available by contacting Jami at 360-376-7926, or jamim@sanjuanco.com.

Get Your Legal House in Order: Part 1

By Tony Leahy

www.SeniorMoneyProject.org



CENTS
CONSUMER EDUCATION
AND TRAINING SERVICES

Although legal matters can be very daunting to deal with, you must take care of these matters

while you are of sound mind. The following is a list of legal documents you should discuss with your lawyer. Know that the documents can be person and state specific. Warning! Be cautious about using online forms to create the legal documents. If the online legal document you created isn't valid in your state, it won't be worth the paper it's printed on!

Will or Will-Substitute: A **last will and testament** is the legal document by which you identify those individuals (or charities) that are to receive your property and possessions upon your death. These individuals and charities are commonly referred to as the beneficiaries under your **last will and testament**. In Washington, if you don't have a will, your property will pass as the Washington statute directs. See RCW 11.04. A **Will-Substitute** is a legal document that allows you to transfer property to your beneficiaries outside the probate process. For example, in Washington, you may execute a community property agreement or a living trust (most states permit living trusts but few permit community property agreements). What tool is best for you depends upon your estate size, marital status, estate tax issues, etc. You should discuss this with your estate attorney.

Beneficiary Designations: Beneficiaries need to be listed on life insurance policies, retirement plans, IRAs, and other types of retirement contracts. Check each beneficiary designation to be sure it reflects your wishes and is consistent with your overall estate plan. In most cases, you are permitted to name a primary and a secondary beneficiary. If you do not name a beneficiary, most life insurance policies and retirement plans designate a beneficiary for you, which may or may not be the one you want. Generally, your will does not control distribution of life insurance policies and retirement plans; you need to designate the beneficiaries. Your lawyer can help you integrate your beneficiary designations into your overall estate plan.

If you cannot afford a lawyer, there are free resources in Washington to help you (note eligibility requirements): Contact San Juan County Bar Association President, John Chessell at 360-317-5951.

Next month, we will go over Power of Attorney and Jointly-held assets in Part Two. In May, we will overview Living Wills and Advanced Directives in Part Three.



SENIOR MONEY PROJECT
A financial education program for senior citizens

Online Classes Available to Seniors

Please check out the online classes and activities offered by the Bellingham Senior Center (<https://whatcomcoa.org/bellingham-senior-activity-center/>), which are available to San Juan County seniors.

Making Every Bite Count

By Susy Hymas

Meals on Wheels & More!

March is National Nutrition Month, making it a perfect time for all of us to look at our eating patterns and decide if it is time to make a few changes.

New Dietary Guidelines for Americans were recently released for 2020 – 2025. These guidelines are designed by policy makers and health professionals to help individuals consume a healthy, nutritionally adequate diet. The new guidelines encourage us to **"Make Every Bite Count."**

Making every bite count is about maximizing the nutrient density of the foods and beverages we consume. Nutrient dense foods and beverages provide vitamins, minerals and other health-promoting components AND have little added sugars, saturated fat and sodium. Vegetables, fruits, whole grains, seafood, eggs, beans, peas and lentils, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry – when prepared with no or little added sugars, saturated fat, and sodium – are nutrient-dense foods. Chips, candy, and soda are examples of foods that have a lot of "empty calories" – they are energy dense but low in essential nutrients.

For example, instead of going for bags of chips, choose nuts, fruit or vegetables for a nutrient dense snack. A handful of nuts will give you protein, vitamins and minerals along with some healthy fats. Instead of soda, think about water or mineral water with a little added juice.

Here are some other ways to incorporate more nutrient dense foods into your diet:

- Choose brown rice over white rice.
- Instead of a sour cream on your chili or baked potato, try plain nonfat or low-fat Greek yogurt.
- Choose whole grain bread instead of white bread.
- Instead of mayonnaise, try hummus or an avocado spread.
- Satisfy a sweet tooth with naturally sweet fruit instead of candy and cookies.
- Vegetables pack a real nutrient dense punch. They are rich in vitamins and minerals and most are very low in calories.

It is especially important for older adults to eat a varied nutrient dense diet and to limit foods that provide empty calories. Older adults generally have decreased caloric or energy needs, but increased nutrient needs when compared with younger adults. Nutrient absorption and needs change as we age due to chronic conditions, use of medications and changes in body composition. Although studies show diet quality to be highest among older adults compared to other ages, it is not uncommon for seniors to be malnourished, even if overweight. The good news is that it is never too late to start making every bite count.

The Dietary Guidelines for Americans can be found at <https://dietaryguidelines.gov>. For questions or a print out of the key parts of the Dietary Guidelines, please feel free to contact me at the Meals on Wheels and More office. shymas@whatcomcoa.org or 360-746-3756.

Welcome to the
Orcas Senior Center Family
*Lillian Kingsley, Raymond
 Kingsley, Jennifer Lehr,
 and JoAn Mann!*

Not a member or need to renew your membership? Go to www.orcasseniors.org.

Orcas Socrates Café

Beginning **Sunday, March 14 at 4pm**, and every second Sunday of the month, **Orcas Senior Center will virtually host Orcas Socrates Café**. This is, by all intent, an opportunity to gather as a community for a broad conversation on philosophical perspectives. The method of conversation was developed by Christopher Phillips, who created the café framework using the Socratic method of discussion. The book, *Socrates Café: A Fresh Taste by Philosophy*, that explores the author's reasons for forming and facilitating discussion, will be available at the Orcas Island Library and Darvill's Bookstore.

Orcas Socrates Café is not a book club, but rather a conversation where everyone will be encouraged to exchange philosophical perspectives based on their experiences. We hope you will be compelled to join us in a progression of questions which will broadly and thoughtfully encourage a friendly community dialog.

To register for Orcas Socrates Café, go to our website www.orcasseniors.org. **ALL ARE WELCOME.**

Senior Drivers

From Carr Lanham, Washington Traffic Safety Commission

There is a good chance many of us will live long enough to think about how much longer we should keep driving. The best time to think about your driving future is while you still have time to plan for it.

Here is a video of a local 77 year old driver who reflects on his driving past and what the future on the road might look like. Maybe this will help you think about your own driving future. The Youtube link will take you directly to the video. <https://youtu.be/jWrv7GxC5p0>

This Facebook link has the same video but also provides other information about safe driving. <https://www.facebook.com/Northwest-Region-Target-Zero-110513107512843>



Thanks to the "Tea Ladies" for the sweet Valentine's Day cookies we delivered with Meals on Wheels!

Member Spotlight: Margo Rubel

A Word from Margo...



I moved to Orcas Island in the summer of 1988 and raised my two children as a single working parent. After they moved on to college and began their own lives, I started thinking about what kind of volunteer work in which I might participate, how I could give back to the community. I had seen articles in the Sounder about the Hearts and Hands program offered at the Senior Center, but I wasn't able to attend the trainings while I was still working. Just as if my thoughts had traveled through the ether, a friend, who was the Director of Hearts and Hands at the time, asked if I'd be interested in volunteering. She said she had a senior with whom I might match well. I did the training and seven years ago I started visiting with my match. I reflected that one never knows the direction the twists and turns in one's life will take them. Working with seniors was a way for me to give back to my Mom, since I didn't live near her in her older years.

Thus began my time with the Senior Center. I was asked to help out with the Afternoon Tea, I became involved with the Orcas District Committee (then called the Operations Committee), and I participated in the Senior Services Council of San Juan County. During the COVID-19 pandemic this last year, I worked, and continue to work with, the Buddy Check-In Program.

Through these years I have met and worked with many wonderful and outstanding people and have experienced, first hand, that each person does indeed have his/her own amazing story. This has been a very interesting and rewarding part of my life. Thank you, Senior Center.

Cascade Creek Coho Salmon



Join **Meeting of the Minds** online this month on **Wednesday, March 17, at 1pm** for "Cascade Creek Coho Salmon and Water Restoration" presented by fisheries consultant, Jenny De Groot.

Unbeknownst to many islanders, coho salmon (*Oncorhynchus kitsutch*) spawn and rear naturally in the San Juan Islands, and little is known about them to date. This discussion will focus on what we know about this wild population and the challenges they face.

Jenny De Groot, owner of Speckled Trout Consulting, LLC, received her MSc. from the University of British Columbia and has worked on research projects in Alaska, British Columbia, and Antarctica, studying sea otters, harbor seals, Weddell seals and coastal cutthroat trout, before making her home in the San Juan Islands.

To attend, go to the Orcas Senior Center website (www.orcasseniors.org) just before 1pm on Wednesday, March 17, click the "Join Here" link, and enter the provided passcode. To receive an email reminder, register in advance by going to the website and clicking on "Register Here." Attendance is free or with a suggested \$5 donation. **ALL ARE WELCOME.**

Life Line Health Screenings

Life Line Screening, a leading provider of community-based preventive health screenings, will offer their affordable, non-invasive and painless health screenings at Orcas Senior Center on Thursday, June 10. Five screenings will be offered that scan for potential health problems including screenings for blocked carotid arteries, abdominal aortic aneurysms, hardening of the arteries in the legs, atrial fibrillation or irregular heartbeat, and bone density.

All five tests cost \$149 (Save \$10 with priority code, "HEFY").

To register for this health screening by Life Line Screening, call 1-800-679-5609 or go to their website at www.lifelinescreening.com.

Zoom Classes with Joan Roulac!

Ta'i Chi Chih Joy of Movement

Many of you may remember Joan Roulac teaching T'ai Chi Chih classes at the Orcas Senior Center for 11 years starting in 2003. Joan is excited for the opportunity to offer T'ai Chi Chih classes again to Orcas by Zoom!

Joan will lead a 4-week T'ai Chi Chih Joy through Movement series online for beginners starting on Tuesday, March 16, 1:30-2:30pm by Zoom. Learn flowing movements designed to strengthen your immune system, boost your vital force energy, and build better balance. This relaxing practice can be done seated or standing, with no special clothing required. The series fee is \$75 made payable to Joan.

Fresh Start in 15 Qigong Practice

In addition to Joan Roulac's T'ai Chi Chih Joy through Movement series by Zoom, she would like to invite you to join her weekly **Fresh Start in 15** Qigong practice. **Fresh Start in 15** is a playful 15-minute practice that meets **Wednesday mornings at 9:00am**. The fee for this class is by donation and all are welcome to join.



Qigong combines mindfulness, meditation, and movement in nourishing ways that gently strengthen our immune system, elevate our energy, and build better balance.

More About Joan Roulac



Joan has been teaching Qigong and T'ai Chi Chih since being accredited by Justin Stone in 1987 and has taught thousands of students in California, Oregon, and Washington.

To learn more about these two online classes or about Joan herself, go to www.mountaintopmusings.com, email

Joan at Joan@mountaintopmusings.com, or call her at 360-298-2789.

New to Zoom? Learn how to Zoom Like a Pro here: <https://www.orcasseniors.org/zoom-activities-events/>.

Vaccine Registration Assistance

Do you know a community member who needs extra assistance with signing up for the COVID-19 vaccine? If so, help is available through a collaboration between San Juan County Health and Community Services, the Orcas Senior Center, and the Orcas Community Resource Center.

Navigating the vaccine registration landscape can be difficult. Barriers can include a lack of internet access, limited computer proficiency, cognitive impairment, and/or limited English proficiency. Each week, a certain number of vaccine "slots" will be set aside for such individuals. A member of the San Juan County scheduling team will call individuals directly to schedule appointments. By working together to build on the joint capacity of these three organizations and leveraging the Senior Center's Buddy Check-In infrastructure, we hope to ensure broader access to the vaccine registration process. Please contact San Juan County Senior Services Specialist Jami Mitchell at (360) 376-7926 or Jana Webb from Orcas Community Resource Center at (360) 376-3184 for details regarding this assistance.

To see the most up-to-date information about the County's vaccination efforts, including announcements of the opening of appointment scheduling dates and times, and local and Department of Health updates, go to www.sanjuanco.com/1737/COVID-Vaccine-Info.



Open Source Wellness

Community is Medicine

We invite you to a weekly inter-island opportunity for connection, movement, mindfulness and health

Come enjoy a Zoom meeting that's actually fun!

Every Thursday, 4-5:15 pm

Please contact Nikola for more information

nikola@lifrc.org 360-468-4777

A Zoom link will be emailed to you weekly

We look forward to connecting with you!



MOVE
fun, engaging,
and playful
physical activity



HOURISH
healthy, practical
and sustainable
meals



CONNECT
authentic,
uplifting
peer support





BE
stress reduction
cultivating
mindfulness



March 2021

"A good friend is like a four-leaf clover, hard to find and lucky to have."

—Irish Proverb

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1 Home Delivered Meals 11a: Caregiver Support call	2 National Banana Cream Pie Day 	3 Home Delivered Meals 9a: Fresh Start in 15	4 10a: End-of-Life Paperwork by Island Hospital	5 Home Delivered Meals	6 National Oreo Cookie Day 
7 National Cereal Day 	8 Home Delivered Meals 11a: Caregiver Support call 1p: Medicare 101 by Island Hospital	9 National Meatball Day 	10 Home Delivered Meals 9a: Fresh Start in 15	11 10a: Grief and Loss by Island Hospital	12 Home Delivered Meals	13 National K9 Veterans Day 
14 Daylight Savings Time! 4p: Orcas Socrates Café by Zoom 	15 Home Delivered Meals 11a: Caregiver Support call	16 12p: Book Club by Zoom 1:30p: T'ai Chi Chih by Zoom	17 Home Delivered Meals 9a: Fresh Start in 15 1p: Forage Fishes and the Beach	18 Quilting Day 	19 Home Delivered Meals	20 Beginning of Spring! 
21	22 Home Delivered Meals 11a: Caregiver Support call	23 1:30p: T'ai Chi Chih 	24 Home Delivered Meals 9a: Fresh Start in 15 	25 National Waffle Day 	26 Home Delivered Meals	27 Final day to pick up cider, cheese, & crackers for "the virtual vineyard"
28 5p: "the virtual vineyard"	29 Home Delivered Meals 11a: Caregiver Support call	30 1:30p: T'ai Chi Chih	31 Home Delivered Meals 9a: Fresh Start in 15	1 April Fool's Day 	2 Home Delivered Meals	3 National Find a Rainbow Day 

Fun and Connection with the Orcas Senior Center

“the virtual vineyard” by Zoom – Hard Cider Tasting



A different kind of class from the Orcas Senior Center... Come taste and learn from the comfort of home with community this month!

On **Sunday, March 28 at 5pm**, join Orcas Senior Center and Doe Bay Wine Company's Cole Sisson to taste

Cuvée Annie, a local hard cider by Piquenique Wines. Special guests, Nico and Tess from [Piquenique Wines](http://PiqueniqueWines.com) will be joining us to talk about how the cider is pressed, fermented, and bottled without any additions of any kind. The natural fermentation method gives the cider a fresh and fizzy taste. To complement the cider, we will be featuring a local cheese and crackers.

To participate, register at www.orcasseniors.org. Then, purchase and pick up your bottle of *Cuvée Annie* (950ml), cheese, and crackers at Doe Bay Wine Company at 109 North Beach Road Thursday-Saturday 11am-4pm by March 27. (1 bottle cider, cheese, crackers: \$30; 2 bottles, cheese, crackers: \$60; 3 bottles, cheese, crackers: \$90)

On **March 28 at 5pm**, open your cider, grab your cheese and crackers, and join your friends on Zoom!

ALL ARE WELCOME.

Book Club: What's Bred in the Bone by Robertson Davies

Francis Cornish was always good at keeping secrets. From the well-hidden family secret of his childhood to his mysterious encounters with a small town embalmer, an expert art restorer, a Bavarian countess, and various masters of espionage, the events in Francis's life were not always what they seemed.

In this wonderfully ingenious portrait of an art expert and collector of international renown, Robertson Davies has created a spellbinding tale of artistic triumph and heroic deceit. It is a tale told in stylish, elegant prose, endowed with lavish portions of Davies's wit and wisdom. (Goodreads, n.d.).



To participate in the **March Book Club** Zoom meeting on **Tuesday, March 16 at 12pm**, contact Stephen Bentley at stephen@swbentley.com or (360) 376-2299. (Conference call phone numbers are available for Zoom meeting participants missing the necessary technology.)

Got Bags?

Want to recycle your clean paper bags for our Meals on Wheels program? You can drop them off at the Orcas Senior Center, leaving them on the bench outside the front door. Thank you!



CURRENT SERVICES WE PROVIDE

Community Lunch remains suspended until further notice. We look forward to the time when we can all safely be together again.

Home delivered meals are provided to seniors on Monday, Wednesday, and Friday for those in need. Please call Jami Mitchell at 360-376-7926 to get registered for meal support from Meals on Wheels.

Case Coordination and Caregiver Resources: Services are available to assess and offer options for those in need. Call Heidi Bruce at 360-370-0591 for more information.

Transportation assistance remains suspended, and re-start date is unknown. Call Jami Mitchell at 360-376-7926 with inquiries regarding medical transportation assistance.

Foot care services are now provided by Footcare with a Heart, LLC on a limited schedule and by appointment only. For appointments and fee schedule, please contact Erica Bee at 360-622-8234 or 360-622-2117.

Life enriching and educational activities on-site at the Orcas Senior Center remain suspended. Activities are slowly resuming via Zoom Conferencing as we assess our capacity. Check orcasseniors.org for the latest offerings.

Hearts and Hands is working to help keep seniors safe during this period of prolonged self-isolation. If you are a senior and would welcome phone check-ins from a caring volunteer, please contact John Slater at 360-919-9318 or John@orcasseniors.org.

During this COVID-19 emergency, vulnerable persons of any age that need home delivery of essential household goods such as food or medicine can call Senior Services or the Resource Center to ask for help. If you are a senior and need this assistance, please call Heidi Bruce at 360-370-0591.

COMMUNITY RESOURCES

During this time of COVID-19 response in our community, many organizations have adapted to how they operate and are evolving daily. Below is a list of some new, continuing, and suspended resources on Orcas Island.

Lions Club Mobility Equipment: By appointment only. Call Stephen Bentley at 360-376-2299.

Orcas Island Food Bank: Next door to the Community Church. Tuesdays, Wednesdays, Fridays 12-6pm, with delivery options through Senior Services or Resource Center. For questions or more info, leave a message at 360-376-4445.

Orcas Food Co-op: To arrange for home delivery or curbside pick-up; www.orcasfood.coop or call 360-376-2009.

OPAL Community Land Trust: Struggling to make rent or a mortgage payment? OPAL is here to help. Call 360-376-3191 or email opalclt@opalclt.org.

Orcas Community Resource Center: OCRC works to ensure that all Orcas Islanders have access to services and support for their well-being. All services are continuing remotely. Call 360-376-3184 or email jana@orcascrc.org.

Weatherization: 1-800-290-3857, or via OPALCO: 360-376-3500 or Orcas Community Resource Center at 360-376-3184 or info@orcascrc.org.

SHIBA: Volunteers assist with Medicare enrollment, choosing secondary plans, and affordable healthcare. Medicare help is available for FREE by appointment. Call 360-376-5892 or email pegigshiba@yahoo.com or xn28js@gmail.com.

Energy Assistance: Need help with electric bills? Call OPALCO at 360-376-3500 for eligibility and to apply.

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

SAFE San Juans: Domestic violence and sexual assault services to survivors and loved ones; 360-376-5979. SAFE San Juans has a 24-hour crisis line on each island. For Orcas, call 360-376-1234.

Orcas Safe Homes: 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 Door to Door: Services have partially resumed during COVID-19. Call for current status: 360-622-2929.

Hearing Screenings: Stacie Nordrum of Island Hearing Healthcare has September appointments: 360-378-2330.

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.

Social Security: 1-800-772-1213 or online via www.socialsecurity.gov/myaccount.

Mental Health Crisis hot line: Call the 24-hour mental health crisis line: 1-800-584-3578 or go to www.imhurting.org.

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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 2021
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

April, 2021

Thank You Meals on Wheels

By Jami Mitchell
Senior Services Specialist, SJC

I help keep the Meals on Wheels program rolling here locally, and it's a joy. This food support is a 3-way collaboration between San Juan County, the Orcas Senior Center non-profit, and a non-profit in Bellingham, Whatcom Council on Aging. These three organizations work together to produce the Senior Nutrition program which also includes in-person senior lunches, when they aren't suspended due to a pandemic! Thank you to all three groups for their dedication and collaboration.

Interested in learning more, receiving meals, or being a volunteer driver? Email Jami at jamim@sanjuanco.com or call me at 360-376-7926.

In March we hosted volunteer Celebrity Drivers Lance Evans (below) from the Or-



cas Chamber of Commerce, and new San Juan County Council member Cindy Wolf (left).

Thank you to all of the donors and volunteers that keep this vital program on the road!



How Many Books Can You Find?

Orcas Senior Center is excited to announce the installation of a Little Free Library at Orcas Senior Center (OSC). Many thanks to former OSC employee, Vicki O'Keefe (pictured), now Orcas Island School District Librarian, for envisioning this project. Also, thanks to Stu Stephens for masterfully building it complete with cedar shake roofing. And thank you to OSC's Art with Carla class, Carla Stanley, Karen Johnston, Barb Garrett, Jari Brenner, Sharon Inman, and Kim Rose, who artfully designed and painted the library with images from classic books and local Orcas authors. Orcas District Committee members Allan Rosato and Darcey Miller, installed and weatherized the library to complete the project.

So, on your next trip to town, stop by Orcas Senior Center at 62 Henry Road, borrow a book, and check out our Little Free Library masterpiece. While you're at it, how many classic books can you find in the artwork?

GOT BAGS??? Do you want to recycle your clean paper bags for our Meals on Wheels program? If so, you can drop them off at the Orcas Senior Center, leaving them on the bench outside the front door. **Thank you!**



Quote for the Month . . .

What moves you makes you.

-Spike Lee

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ORCAS SENIOR CENTER

360-376-2677 WWW.ORCASSENIORS.ORG

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. Please mail submissions to: PO Box 1146, Eastsound, WA 98245.

SAN JUAN COUNTY STAFF

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(360) 370-0591
email: HeidiB@sanjuanco.com

Jami Mitchell

Senior Services Specialist
(360) 376-7926
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Barbara LaBrash

Human Services Manager
(360) 370-0595
email: BarbaraLB@sanjuanco.com

MEALS ON WHEELS AND MORE

Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging.

Jay Savell—Head Cook

Mike Knight—Kitchen Assistant

ORCAS DISTRICT COMMITTEE

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

Lynnette Wood—Chair
Elsie Pamuk—Vice-Chair
Diane Craig—Secretary
Greg Raffelson—Treasurer

Maggie Kaplan
Jerry Todd
Jennifer Hairston
Darcey Miller
Allan Rosato
Tom Eversole

Margot Shaw, emeritus
Bonnie Burg, emeritus
Christina Orchid, emeritus

Non-Profit Staff

Lena Kassa temporary #: 360-919-9312
Operations Manager
Lena@orcasseniors.org

John Slater temporary #: 360-919-9318
Hearts and Hands Coordinator
John@orcasseniors.org

Michel Vekved temporary #: 360-298-8410
Programs and Activities Coordinator
Michel@orcasseniors.org

Welcome Allan Rosato

From seed banks to property management to "Hearts and Hands" volunteer, the life of Allan Rosato has been rich and varied. He has sailed across the Pacific Ocean, participated in the first "Race to Alaska" and collected interesting stories during travel to various countries. Allan recently joined the Orcas District Committee, the operating committee of the Orcas Senior Center nonprofit. When asked what drew him to the senior center, Allan said, "I had reached an age in my life where I wanted to give back to the community, and the Orcas Senior Center turned out to be the right choice for me." He serves alongside Darcey Miller, his wife of one year, and they've enjoyed working together on the committee.



In 1995, Allan sailed to Orcas for a week-long vacation and, within a month, found himself living here. It wasn't too long after when he met App Applegate and was invited for coffee on App's 80-foot, 50-ton, three-masted sailboat called Aproximada, which stands high on Mount Picket, miles from any shore. "It was," Allan said, "the most extraordinary thing I'd ever seen." For the next seven years, Allan brought his craftsman skills to bear helping App build his boat. He said, "It was magical, like living in a fantasy." Allan is a featured storyteller in the Orcas Island Film Festival 2016 Best Short Film, "Aproximada." (To watch it yourself, find it on YouTube.)

Are you interested in learning more about Orcas District Committee? Contact Lynnette Wood at 360-376-1082 or email Lynmiwood@gmail.com.

Free and Low Cost Dental Clinics

Locals who don't have dental insurance or who are covered by Apple Health (Medicaid) can get free or reduced-cost dental care at upcoming mobile clinics. The dates on Orcas for 2021 are **April 14-17, May 10-13, September 22-25, and November 3-6**

The dental services provided include oral health exams, X-rays, fillings, and tooth extractions. To access services, call the SJC Health Department, **360-378-4474**, or Jami at the Senior Center **360-376-7926**.

Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3rd Thursday of every month, at 1pm.
Orcas District Committee meetings, held 2nd Thursday of every month, at 9:30am.
Info: 360-376-2677 or email admin@orcasseniors.org.

Tell Us What You Think...

San Juan County Senior Services has a feedback form for you to let us know how we are doing. We take your comments seriously and strive to better serve the people of this community. The forms are available by emailing Jami at jamim@sanjuanco.com or call her at 360-376-7926.

Get Your Legal House in Order: Part 2

By Tony Leahy

www.SeniorMoneyProject.org



CENTS
CONSUMER EDUCATION
AND TRAINING SERVICES

The following continues the list of legal documents from last month's article, which you should discuss with your lawyer. Remember that these documents can be person and state specific and be wary of online forms.

Power of Attorney: A power of attorney allows you to name another person (an "agent" or "trusted person") to act on your behalf if you are not able to act for yourself. There are various types of powers of attorney listed below. You may name one person, or two or more persons jointly, to act as agent(s) under each form of power of attorney. A power of attorney can be effective immediately when it is signed or can be made effective at a later date if you become incapacitated after signing. Most powers of attorney are "durable" meaning they continue to be effective even if you later become legally incapacitated. Discuss your wishes with your named agent(s) under the powers of attorney to be sure they understand your wishes. In addition, make sure the agent(s) you choose are willing and able to act. Powers of attorney are important in avoiding a court-supervised guardianship arrangement. Discuss your best options with your lawyer.

- A **"general"** power of attorney allows the agent to make any and all decisions for you.
- A **"healthcare/medical"** power of attorney allows the agent to make medical and personal care decisions on your behalf.
- A **"financial"** power of attorney allows the agent to make financial decisions for you.

Jointly-held assets: Bank accounts and securities accounts may be jointly held with a right of survivorship (JTWROS). Upon death, jointly-held property will pass to the surviving joint owner. Sometimes people use joint ownership to give a trusted person more control over their assets, but this can have unintended consequences. For example, assume single mom has two children, A and B. She names A as the joint owner of her bank account. Upon Mom's death, A will get the money in the bank account even if Mom wanted both children to split the money. Mom should have given A a durable power of attorney (to help manage her bank account) and named A and B as beneficiaries under her will. Then, upon Mom's death, both children would share in the money. If you choose someone to hold an asset or account with you jointly, understand the rights of the person to the account both during your lifetime and upon your death.

Part Three will overview living wills/advanced directives, "Do Not Resuscitate" orders, and organ donation.

If you cannot afford a lawyer, there are free resources (note eligibility requirements): Call San Juan County Bar Association President, John Chessell at 360-317-5951.

Plant-Forward for Better Health

By Susy Hymas

Meals on Wheels & More!



We all know that eating plants is good for our health. Vegetarian diets have grown in popularity for many reasons. For some, a strict vegetarian diet might be too restrictive. However, a plant-forward diet can also provide many health

and environmental benefits. A plant-forward style of cooking and eating emphasizes plant-based foods but is not strictly limited to them. Meat and seafood may be included but are not usually the main feature of the meal.

There are very good reasons for eating or thinking plant-forward. The first is the support of human health. For generations in the U.S. meat has been the center of many menus. Plant foods have historically been used as side dishes to compliment the meat that was featured. Unfortunately, diets heavy in animal based foods are linked to multiple chronic diseases and conditions. These include: coronary artery disease, hypertension, type 2 diabetes, and arthritis. Consuming a plant-forward diet can ease symptoms and in some cases prevent the onset of chronic illness.

Plant-forward meal plans offer a wide variety of choices. Plant foods include all vegetables, whole grains, legumes, fruits, seeds and nuts. Plant-forward meals provide vitamins, minerals and fiber, as well as many phytonutrients that support good health.

The second reason to adopt a plant-forward diet is concern for the impact of agriculture on our planet. The production of meat and fish, as well as mono-crop techniques used by many commercial food growers, harms the environment by way of water and air pollution, soil erosion, loss of soil diversity and excessive use of fossil fuels. In plant-forward meal plans chefs and home cooks are encouraged to include plant foods that are sustainably and responsibly grown.



So, what do plant-forward meals look like? Here are a few examples:

- A stir-fry with lots of vegetables on brown rice and a compliment of chicken, pork or tofu.
- A vegetarian lasagna with a layer or two of sautéed vegetables and a green salad.
- Enchiladas made with sweet potatoes and black beans and maybe a small amount of chicken.

In the coming months the Meals on Wheels and More foodservice team will be incorporating more plant-forward meals into our menus. This does not mean that we will be eliminating meat, poultry and fish on the menu completely, but will instead build on plant options that will enhance the nutrition of meals for everyone to enjoy. Let us know what plant-forward menu items that you would like to see at or delivered from your senior center. We look forward to hearing from you. You can comment by calling me at 360-746-3756 or email shymas@whatcomcoa.org.

Welcome to the Orcas Senior Center Family

*Marc Cohen, Eleanor Hoague,
Jean McManigle, Norman
Petersen, Janette Reid, Lene
Symes, William Symes,
Marianne Wilson,
and Rob Wilson!*

Not a member or need to renew your
membership? Go to
www.orcasseniors.org.

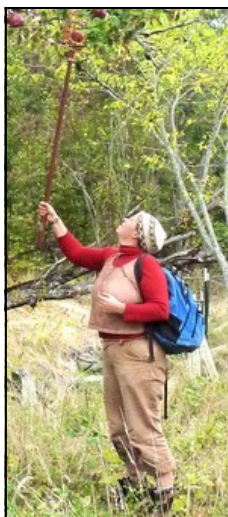
Rediscovered Fruit: Conserving the Islands' Ancient Food Forests

While the booming fruit export industry in the San Juan Islands of a century ago has waned, evidence of it continues to live among us in the unique seedling offspring of those early trees. Please join **Meeting of the Minds on Wednesday, April 21, at 1pm** for "Rediscovered Fruit: Conserving the Islands' Ancient Food Forests" presented by Kwiáht botanist, Madrona Murphy.

Madrona, born and raised on Lopez, is a Reed graduate in botany. In addition to establishing and managing Kwiáht's genotyping laboratory, Madrona also conducts botanical surveys, designs re-vegetation plans for restoration projects, and grows native food plants and heritage apple varieties in Kwiáht's research garden.

To attend, go to www.orcasseniors.org at just before 1pm on Wednesday, April 21, click the "Join Here" link, and enter the provided passcode. Do you want an email reminder? Click on "Register Here." Attendance is free or with a suggested \$5 donation.

All are welcome!



The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem.

-- Theodore Rubin

Member Spotlight: *Jan Reid*

A Word from Jan...

I've loved to work with clay since high school. In college I took ceramics for 3 years. I learned to throw on the wheel but found hand-building more satisfying. When Mike and I moved to Orcas in 1975 we lived off savings while we lived in Mike's parent's vacation home in West Sound. We gardened and foraged for food until I started working at Rosario waiting tables.

We did caretaking for North Beach Inn and I worked at Orcas Island Pottery and The Right Place selling and making pots. When our two children came along my priorities changed, but I still took a workshop and dabbled in clay from time to time. Ceramics and playing in clay has been my therapy. The tactile quality of the clay and the unlimited things you can make with it makes the process quite satisfying.

At present I take ceramics classes from Mary Jane Elgin. Since October she has been teaching Zoom lessons. We may be able to return to outdoor classes soon with the weather warming up. Right now, I have a work space set-up in my kitchen and glaze at Mary Jane's studio, masked, and with COVID-19 protocols in place.

I am also looking forward to seeing everyone at the Senior Lunches, when the Senior Center is open for community activities, and the Visual Arts Committee will be able to present art to the community. It will be great to see everyone again.



Great Islands Cleanup: Saturday, April 24

This year we are following our theme "Spring Into Action!" Please see our ***NEW*** events page for the Great Islands Cleanup – details, information, registration, and more are at: <https://plasticfreesalishsea.org/events/>. Also new is our "Adopt-a-Beach" initiative. Do you love a beach near your home or community? Its easy to sign-up as the "steward" of your most cherished beach! Please use the above link and scroll down the page to find, Adopt-A-Beach. We also hope you'll join us Saturday, April 24!



Life Line Health Screenings Return to Orcas Senior Center

A stroke occurs every 40 seconds, and yet up to 80 percent of strokes can be prevented. Orcas Senior Center is hosting Life Line Screening, the nation's leading provider of **preventive health screenings**, on **Thursday, June 10, 2021**.



Screenings are fast, painless, and affordable. Three key tests check for blocked carotid arteries, an irregular heart rhythm called atrial fibrillation, and high blood pressure, which are the three leading risk factors for stroke. Nearly 800,000 strokes will occur this year, taking a life approximately every four minutes.

Other tests check for abdominal aortic aneurysms and hardening of the arteries in the legs. A bone density screening to assess osteoporosis risk is also offered and is appropriate for both men and women. Many events also offer blood tests, including cholesterol, glucose and c-reactive protein screenings, as well as take-home colon cancer early detection tests.

Screening packages start at \$149. (Save \$10 with priority code, "HEFY").

To register for this health screening by Life Line Screening, please call **1-800-679-5609** or go to their website at: www.lifelinescreening.com.

San Juan County's Accessible Voting Unit



San Juan County Elections is committed to ensuring that all voters can vote independently, privately, and securely. An Accessible Voting Unit (AVU) helps elderly voters and voters with disabilities to do so. For voters with mobility impairment, the AVU has large, easy-to-use dials. For sight impaired voters, the AVU has an audio recording of the printed ballot as well as a large print option.

San Juan County's AVU is located at the Elections Office at 55 Second Street, Suite A, in Friday Harbor. It will be available to use for voting in the April Special Election beginning on April 9 and ending on April 27, 2021.

The AVU will be available on the following days and times:

April 9-26

Monday - Friday
8:00 am - 4:30 pm

April 27 - Election Day

8:00 am - 8:00 pm

Questions? Please contact the Elections Office at 360-378-3357.

Washington Listens Help Line

Feeling down, depressed, anxious or frustrated as the pandemic continues and the vaccines continue rolling out? You are not alone! Many people are struggling right now. Don't be afraid to reach out to talk to someone. If family or friends are not available, consider calling the **Washington Listens Help Line**.

Washington State launched **Washington Listens**, a support program and phone line, to help people manage elevated levels of stress due to the pandemic. Call 1-833-681-0211 9am-9pm M-F, and 9am-6pm Sat/Sun. Speak with a specialist and get connected to community resources in your area. The program is anonymous.

Washington COVID-19 Call Center

Do you need information or have questions about COVID-19? Call 1-800-525-0127 for assistance. You can also text the word "Coronavirus" to 211-211 to receive information and updates on your mobile phone wherever you are. You will receive links to the latest information on COVID-19, including county-level updates, and resources for families, businesses, students, and more.

Low Cost Counseling Sessions

The **Community Wellness Program** provides low-cost access to mental healthcare for approved, uninsured or under-insured San Juan County residents. Program participants can receive up to 12 counseling sessions for a sliding scale copay of \$5-\$30 per session. To learn more, contact the Orcas Community Resource Center at 360-376-3184.

This and other resources for mental health support can be found on the San Juan County website at:

<https://www.sanjuan.co/1697/Resources-for-Mental-Health-Support>.

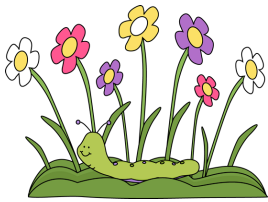
Caregivers Support Group Weekly Conference Calls

The Family Caregiver Support Group (FCSG) conference calls are held every Monday from 11am-12pm. For more information, please contact Heidi Bruce, Aging & Family Case Coordinator at 360-370-0591, or email her at heidib@sanjuan.co.

This support is **FREE** and open to anyone who is an unpaid caregiver for someone 60 or over or a disabled adult.

Face Masks Still Available


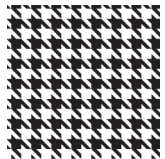











Please remember to contact us if you need more reusable cloth face masks. The masks are free or by donation, with proceeds supporting the Orcas Senior Center. Call or email Jami Mitchell at jamim@sanjuan.co or 360-376-7926 to set up a pick up time that works for you. Special thanks to Maggie Kaplan for the masks!



April 2021

"Spring will come and so will happiness. Hold on. Life will get warmer."

—Anita Krizzan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 5p: "the virtual vineyard"	29 Home Delivered Meals 11a: Family Caregiver Support Group Call	30 1:30p: T'ai Chi Chih by Zoom	31 Home Delivered Meals 9a: Fresh Start in 15	1 April Fool's Day 	2 Home Delivered Meals	3 National Tweed Day 
4 Easter Sunday	5 Home Delivered Meals 11a: Family Caregiver Support Group Call	6 1:30p: T'ai Chi Chih by Zoom 	7 Home Delivered Meals 9a: Fresh Start in 15	8 9:30a: ODC Meeting	9 Home Delivered Meals	10 Golfer's Day 
11 4p: Orcas Socrates Café by Zoom	12 Home Delivered Meals 11a: Family Caregiver Support Group Call	13 Thomas Jefferson's Birthday 	14 Home Delivered Meals 9a: Fresh Start in 15	15 TAX DAY 1p: SSCSJC Board Meeting	16 Home Delivered Meals	17 Blah Blah Blah Day 
18 National Lineman Appreciation Day 	19 Home Delivered Meals 11a: Family Caregiver Support Group Call	20 Choose Your Own Adventure Day! 	21 Home Delivered Meals 9a: Fresh Start in 15 1p: MOM Rediscovered Fruit	22 International Earth Day 	23 Home Delivered Meals	24 Final day to pick up wine, cheese, & crackers for "the virtual vineyard"
25 5p: "the virtual vineyard" 	26 Home Delivered Meals 11a: Family Caregiver Support Group Call	27 1p: Book Club by Zoom 	28 Home Delivered Meals 9a: Fresh Start in 15	29 Go Birding Day 	30 Home Delivered Meals	1 May Day 

Fun and Connection through the Orcas Senior Center

"the virtual vineyard" by Zoom – Taste of Tuscany



Join Orcas Senior Center and Doe Bay Wine Company's Cole Sisson, **Sunday, April 25 at 5pm**, as we traverse through Tuscany for this month's tasting! Cole and special guest, Matthew Fleming, US ambassador for **La Spinetta Vineyard** will join us to discuss this selection of great spring wines.

Also joining us is Julien Kos, our resident cheesemonger from Cheeseland Inc. who will teach us about the cheese specially selected to pair with your wine. The three La Spinetta wines include a white made with a vermentino grape, a dry rosé, and a sangiovese.

To participate, register at www.orcasseniors.org. Then, purchase and pick up your wine, cheese, and crackers at Doe Bay Wine Company at 109 North Beach Road Thursday-Monday 11am-5pm by Saturday, April 24. (1 bottle wine, cheese, crackers: \$30; 2 bottles wine, cheese, crackers: \$50; 3 bottles wine, cheese, crackers: \$90)

On **Sunday, April 25 at 5pm**, pour your wine, grab your cheese and crackers, and come join us on Zoom!

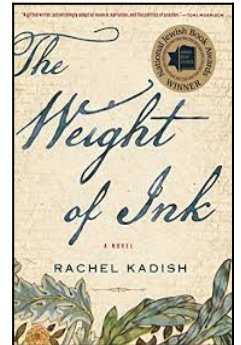
Info on La Spinetta at: <https://www.la-spinetta.com/en/>.

Book Club: The Weight of Ink by Rachel Kadish

Set in London of the 1660s and of the early twenty-first century, *The Weight of Ink* is the interwoven tale of two women of remarkable intellect: Ester Velasquez, an emigrant from Amsterdam who is a scribe for a blind rabbi, just before the plague hits the city; and Helen Watt, an ailing historian with a love of Jewish history.

As the novel opens, Helen has been summoned by a former student to view a cache of seventeenth-century Jewish documents newly discovered in his home during a renovation. Enlisting the help of Aaron Levy, an American graduate student as impatient as he is charming, and in a race with another fast-moving team of historians, Helen embarks on one last project: to determine the identity of the documents' scribe, the elusive "Aleph." (Goodreads, n.d.).

To participate in the **April Book Club** Zoom meeting on **Tuesday, April 27 at 1:00pm**, contact Stephen Bentley at stephen@swbentley.com or 360-376-2299.



CURRENT SERVICES WE PROVIDE

Community Lunch remains suspended until further notice. We look forward to the time when we can all safely be together again.

Home delivered meals are provided to seniors on Monday, Wednesday, and Friday for those in need. Please call Jami Mitchell at 360-376-7926 to get registered for meal support from Meals on Wheels.

Case Coordination and Caregiver Resources: Services are available to assess and offer options for those in need. Call Heidi Bruce at 360-370-0591 for more information.

Transportation assistance remains suspended, and re-start date is unknown. Call Jami Mitchell at 360-376-7926 with inquiries regarding medical transportation assistance.

Foot care services are now provided by Footcare with a Heart, LLC on a limited schedule and by appointment only. For appointments and fee schedule, please contact Erica Bee at 360-622-8234 or 360-622-2117.

Life enriching and educational activities on-site at the Orcas Senior Center remain suspended. Activities are slowly resuming via Zoom Conferencing as we assess our capacity. Check orcasseniors.org for the latest offerings.

Hearts and Hands is working to help keep seniors safe during this period of prolonged self-isolation. If you are a senior and would welcome phone check-ins from a caring volunteer, please contact John Slater at 360-919-9318 or John@orcasseniors.org.

During this COVID-19 emergency, vulnerable persons of any age that need home delivery of essential household goods such as food or medicine can call Senior Services or the Resource Center to ask for help. If you are a senior and need this assistance, please call Heidi Bruce at 360-370-0591.

COMMUNITY RESOURCES

During this time of COVID-19 response in our community, many organizations have adapted to how they operate and are evolving daily. Below is a list of some new, continuing, and suspended resources on Orcas Island.

Lions Club Mobility Equipment: By appointment only. Call Stephen Bentley at 360-376-2299.

Orcas Island Food Bank: Next door to the Community Church. Tuesdays, Wednesdays, Fridays 12-6pm, with delivery options through Senior Services or Resource Center. For questions or more info, leave a message at 360-376-4445.

Orcas Food Co-op: To arrange for home delivery or curbside pick-up; www.orcasfood.coop or call 360-376-2009.

OPAL Community Land Trust: Struggling to make rent or a mortgage payment? OPAL is here to help. Call 360-376-3191 or email opalclt@opalclt.org.

Orcas Community Resource Center: OCRC works to ensure that all Orcas Islanders have access to services and support for their well-being. All services are continuing remotely. Call 360-376-3184 or email jana@orcascrc.org.

Weatherization: 1-800-290-3857, or via OPALCO: 360-376-3500 or Orcas Community Resource Center at 360-376-3184 or info@orcascrc.org.

SHIBA: Volunteers assist with Medicare enrollment, choosing secondary plans, and affordable healthcare. Medicare help is available for FREE by appointment. Call 360-376-5892 or email pegigshiba@yahoo.com or xn28js@gmail.com.

Energy Assistance: Need help with electric bills? Call OPALCO at 360-376-3500 for eligibility and to apply.

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

SAFE San Juans: Domestic violence and sexual assault services to survivors and loved ones; 360-376-5979. SAFE San Juans has a 24-hour crisis line on each island. For Orcas, call 360-376-1234.

Orcas Safe Homes: 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 Door to Door: Services have partially resumed during COVID-19. Call for current status: 360-622-2929.

Hearing Screenings: Stacie Nordrum of Island Hearing Healthcare has September appointments: 360-378-2330.

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.

Social Security: 1-800-772-1213 or online via www.socialsecurity.gov/myaccount.

Mental Health Crisis hot line: Call the 24-hour mental health crisis line: 1-800-584-3578 or go to www.imhurting.org.

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

Or Current Resident

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

P O Box 1653
Eastsound, WA 98245

Phone: 360-376-2677
Location: 62 Henry Rd
Email: jamim@sanjuanco.com
Issue: April 2021
Website: www.orcasseniors.org



Orcas Senior Signal

Orcas Senior Center

May, 2021

GiveOrcas, May 3-17: Be A Buddy!

Orcas Senior Center (OSC) was selected to participate in the 2021 OICF GiveOrcas fundraising campaign, May 3-17. With your help OSC will raise \$19,000 and contribute up to \$6,000 in matching funds so that isolated seniors can receive "check-in" phone calls from "Buddies" affirming their welfare.

Long after current health and safety restrictions have passed and emergency operations have stood down, the needs of isolated and vulnerable seniors will remain. OSC's successful Buddy Check-In program will stand in the gap, providing support by telephone and making sure health, safety and supply needs are met.

Please support OSC's Buddy Check-In and Companion Services! Help us meet increasing demand from isolated seniors for companionship, hope, and critical services. Every \$2 donation earns an additional \$1 matching contribution up to \$6,000. Help us continue providing this vital support system and keep seniors safe. Thank you!



Be a Buddy!
Mark your calendar and contribute by going to GiveOrcas.org and selecting the **Orcas Senior Center**.



Hoppy Spring from the OSC Tea Ladies

Thank you Orcas Senior Center Tea Ladies for putting a spring in our step with the cookie boxes that went out with Meals on Wheels deliveries last month. The Tea Ladies will be making sandwiches for our Spring Clean-Up event on Sunday, May 2. See details in story at left.

Caregivers Support Group Conference Calls

The Family Caregiver Support Group (FCSG) conference calls are held every Monday from 11am-12pm. For more information, please contact Heidi Bruce, Aging & Family Case Coordinator at 360-370-0591, or you can email her at heidib@sanjuanico.com. This support is FREE and open to anyone who is an unpaid caregiver for someone 60 or over or a disabled adult.

Spring Clean-Up at OSC

Are you itching to get outside in this beautiful spring weather and socialize safely? Orcas Senior Center will have the perfect opportunity on **Sunday, May 2, from 11am to 3pm**. We need help cleaning up our grounds, and will be weeding, raking, deadheading, trimming, and more. Bring your gardening tools, come by for all or part of the time, and help us make our grounds beautiful again! Snacks, sandwiches, and water will be provided by the Orcas Senior Center Tea Ladies. Work gloves, masks, and social distancing required. Please, no power tools. For more information, call 360-376-7929 or email admin@orcasseniors.org. All are welcome!

Quote for the Month . . .

There are cracks, cracks in everything, that's how the light gets in.

-Leonard Cohen

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ORCAS SENIOR CENTER

360-376-2677 WWW.ORCASSENIORS.ORG

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. Please mail submissions to: PO Box 1146, Eastsound, WA 98245.

SAN JUAN COUNTY STAFF

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(360) 376-7926
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Barbara LaBrash

Human Services Manager
(360) 370-0595
email: BarbaraLB@sanjuanco.com

MEALS ON WHEELS AND MORE

Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging.

Jay Savell—Head Cook

Mike Knight—Kitchen Assistant

ORCAS DISTRICT COMMITTEE

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

Lynnette Wood—Chair	Maggie Kaplan
Elsie Pamuk—Vice-Chair	Jerry Todd
Diane Craig—Secretary	Jennifer Hairston
Greg Raffelson—Treasurer	Darcey Miller
<i>Margot Shaw, emeritus</i>	Allan Rosato
<i>Bonnie Burg, emeritus</i>	Tom Eversole
<i>Christina Orchid, emeritus</i>	

Non-Profit Staff

Lena Kassa temporary #: 360-919-9312
Operations Manager
Lena@orcasseniors.org

John Slater temporary #: 360-919-9318
Hearts and Hands Coordinator
John@orcasseniors.org

Michel Vekved temporary #: 360-298-8410
Programs and Activities Coordinator
Michel@orcasseniors.org

Welcome, Darcey Miller



What do culverts, yoga, and dahlias have in common? Darcey Miller! Darcey is a wetland biologist and Buddy Check-In volunteer who joined the Orcas District Committee last August, and immediately took up the task of helping with volunteer coordination. She serves alongside her husband, Allan Rosato. When asked what drew her to the senior center, she mentioned Buddy Check-In, which she joined early on—many of you may have received a call from Darcey during the early COVID-19 period when the center was attempting to reach out to every senior on the island.

As a wetland biologist, Darcey has been assisting San Juan County with stream and culvert projects as well as conducting wetland assessments for local property owners. She also loves yoga. She helped start up the Northwest Yoga Conference, held in the Seattle area, and volunteered as the assistant director for three years. Coming from a long line of plant nursery owners, Darcey said she was raised as a “nursery brat” and was selling pumpkins, flowers, Christmas trees, and her own hand-made wreaths by the age of nine. It is when talking about dahlias that her face really lights up. Do you love dahlias, too? Darcey would like nothing more than to start a dahlias enthusiasts community club on Orcas Island. Let us know if you are interested!

Are you interested in learning more about Orcas District Committee? Contact Lynnette Wood at 360-376-1082 or Lnniwood@gmail.com.

Free Dental Care in May

The Medical Teams International Dental Van for adults **on Medicaid or uninsured** is back on Orcas **May 10-13**. They are excited to announce that they will offer free Dental Hygiene (teeth cleaning) services all 4 days! Contact the San Juan County Health Department, **360-378-4474**, the Orcas Community Resource Center **360-376-3184**, or Jami Mitchell at the Orcas Senior Center **360-376-7926** to get more information and an application.

Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3rd Thursday of every month, at 1pm.
Orcas District Committee meetings, held 2nd Thursday of every month, at 9:30am.
Info: 360-376-2677 or email admin@orcasseniors.org.

Tell Us What You Think...

San Juan County Senior Services has a feedback form for you to let us know how we are doing. We take your comments seriously and strive to better serve the people of this community. The forms are available by emailing Jami at jamim@sanjuanco.com or call her at 360-376-7926.

Free Scam Prevention Presentation

By Tony Leahy, Executive Director, CENTS
www.SeniorMoneyProject.org

CENTS is partnering with the Vashon Senior Center to host a free **Scam Prevention** presentation online on **Friday, May 21 at 1pm**. It is open to anyone regardless of your location or senior center affiliation. Access information is below. This presentation will cover:

- How to safely handle "robo" calls
- Reducing the likelihood of identity theft
- The prevalence of imposter scams and how to avoid them
- The most common scams
- Identifying tactics used by scams new and old
- A mental framework that will help you identify and avoid scams
- What to do if you are victimized
- Question and answer period at the end



CENTS Executive Director, Anthony Leahy, will be the presenter. Mr. Leahy has designed several financial education curricula aimed at adults and has designed several programs to help people build and protect their financial situation. He is also the Chair of the Outreach & Education Committee of the Student Loan Work Group, which was informally convened by the Washington Attorney General's Office. He received his Juris Doctor degree at the University of Washington School of Law.

Presentation Logistics

Friday, May 21 at 1pm

Join Zoom Meeting: <https://zoom.us/j/91051481261?pwd=Mk9LQXByNUZlQ3lvdC9MU0hycGd1QT09>

Meeting ID: 910 5148 1261

One tap mobile

+12532158782,,91051481261#, US (Tacoma)

If you don't have Zoom Installed:

Click on the Zoom link above and follow the prompts. You have the option of watching on your screen and using your phone audio, which is recommended for weaker Internet connections.

If you have Zoom installed: Please type the Meeting ID listed above into the "Join a Meeting" option.

To Access without installing: Go to <https://zoom.us/join> on the internet and type in the Meeting ID listed above.

To Dial In: Dial 1-253-215-8782. When prompted for Meeting ID, dial 91051481261#.

If you have questions about the program, please email: info@centsprogram.org. CENTS does not have the resources to provide technical support. If you need assistance accessing the presentation, please contact a trusted friend or family member.



CENTS
 CONSUMER EDUCATION
 AND TRAINING SERVICES

Looking Ahead Toward Brighter Mental Health!

By Richard Uri, San Juan County Behavioral Health Specialist



**MENTAL
 HEALTH
 AWARENESS
 MONTH**

One of the few things we can count on in life is change. Over the past two years we've seen a lot of it and looking ahead to the rest of this year we can expect even more. What will this mean for our collective mental health? Here are some possible positives to look forward to.

A rekindling of old family and community bonds: as we continue making progress against the pandemic more opportunities for personal connection will be returning. How we prepare for this mentally will shape the outcomes and there is no time like the present to consider our personal approaches to spending time around others again.

Some old ways returning, and others gone for good: the term "new normal" is getting tossed around a lot in articles these days. This can lead to fears and doubt about how we maintain our happiness without the things we were accustomed to before this global event. Why not think of it as a birth of a new era we can shape for ourselves? We will be able to socialize, learn, and worship together again, and now there will be more ways than ever to do this remotely when our lives don't allow us to be there in person. We will have community events and holidays again with a renewed appreciation for what it means to come together and see each other's faces. Yes! Faces, smiles, and laughter won't be behind a mask anymore!

Services we once had to travel and wait for will be more readily available: in the behavioral health provider realm we fully expect to see the new tele-health rules continue. In remote communities like ours this means access to mental health treatment with many more choices. It also means online support groups and social hubs will be part of our recovery programs indefinitely.

Let's take this Mental Health Awareness month to assess our resilience, decide how to maintain it, and remember change can mean good things are on their way.

Senior Farmers Market Applications

Funded by the USDA, the Senior Farmers Market Nutrition Program (SFMNP) provides low-income seniors with \$40 in coupons/vouchers that can be exchanged for fruits and vegetables at approved farmers markets. To be eligible to receive Senior Farmers Market Coupons, you must meet all of the following:

- Be 60 years old or older
- Be a resident of Washington State
- Have an income below:
 \$23,828 Annual / \$1,986 Monthly for 1 person;
 \$32,227 Annual / \$2,686 Monthly for 2 people

To apply for Senior Farmers Market Coupons, contact Jami Mitchell, jamim@sanjuanco.com or 360-376-7926.

Senior Farmers Market Coupons can be redeemed at the Orcas Farmers Market this summer/fall. If you would like to participate but have difficulty getting to the market, please contact Jami Mitchell, 360-376-7926.

Welcome to the Orcas Senior Center Family

*Brent McDonald,
Doris McDonald, and
Janette Reid!*

Not a member or need to renew your membership? Go to www.orcasseniors.org.

Changes Are A Foot: Soaking Feet

by Erica Bee, Footcare with a Heart



Foot soaking before foot and nail care is so common, in fact, most clients expect it. For many, the soaking part of the foot care routine is a time to feel cared for and pampered, however, while soaking may feel like a treat, it can open a door to serious

medical issues. Excessive moisture between toes can create cracks or open skin, increasing the risk of infection. Instead of soaking your feet, the nurses at Footcare with a Heart offer a healthy and safer alternative: At the end of your session, we provide a short, relaxing massage.

The nurses at Footcare with a Heart are Washington State licensed nurses and American Foot Care Nurses Association (AFCNA) certified foot care specialists. We follow the AFCNA best practices, the CDC guidelines, and the Washington State DOH requirements for foot care.

To schedule your appointment with a Footcare with a Heart foot care nurse, call 360-622-8234 or 360-622-2117.

Buddy Check-In Still Going Strong

Orcas Senior Center's Buddy Check-In program launched just over a year ago as an urgent response to COVID-19. Its consistent weekly check-in calls from "Volunteer Buddies" have helped keep "Senior Buddies" safe at home and yet connected to community and resources during COVID.

To date, 75 volunteers have contributed over 615 hours placing 4,511 calls to Orcas seniors. Referrals have been made for a variety of needs, including home delivery of meals and essential home goods, mental health issues, mobility equipment, vaccine appointment assistance, and yard care.

Buddy Check-In is now a permanent Orcas Senior Center offering to support aging well on Orcas. If you are a senior who would like a regular call from a Volunteer Buddy, or if you would like to become Volunteer Buddy, register online at orcasseniors.org or contact program coordinator, John Slater, at john@orcasseniors.org or 360-919-9318.

Member Spotlight:

Betsy & Ray Kingsley

A Word from Ray...



Betsy and I arrived on Orcas on May 28, 2018 in pursuit of work that took us from our previous home in Tucson, Arizona.

Betsy was born in 1953 and grew up in Peru, in the heart of the Amazon River basin. I was born in San Diego to the daughter of a Navy veteran. Betsy and I met while attending LeTourneau College in Longview, Texas, where I pursued aviation studies. This would eventually lead to a 45-year career that included flight instructing, charter and corporate flying, and a 10-year stint as a bush pilot in the high Andes and low Selva of Peru. I am now retired from flying.

Betsy is a native speaker of the Ticuna language of north-west Peru. After helping her parents translate the Bible into Ticuna, she became a medical transcriptionist. Later, she has worked as an in-home care provider in Tucson and here on Orcas.

We have three children. The youngest, a girl, lives with her husband in Victoria, B.C. Another girl, the oldest, has an art studio outside Santa Fe, New Mexico. The middle son is a West Point graduate and a major in the Army Special Forces, living wherever he is stationed with his wife and two daughters.

We are members of the Orcas Island Community Church and recently, the Orcas Senior Center. I volunteer at the library, and enjoy reading and playing piano. We are thrilled to be living in this beautiful place and hope to make it our permanent home.

"the virtual vineyard" by Zoom – Taste of Mexico by Orcas Senior Center and Doe Bay Wine Company

Join Michel Vekved, Orcas Senior Center and Cole Sisson, Doe Bay Wine Company, on **Sunday, May 23 at 5pm**, as we traverse through regions of Mexico for our May wine tasting!



Mexico may be well known for mezcal and tequila, yet it is also home to the oldest wine industry in the Americas. We will learn about wines from several regions in the country.

To participate, register at orcasseniors.org. Then, purchase and pick up your wine, cheese, and crackers at Doe Bay Wine Company at 109 North Beach Road Thursday-Monday, 11am-5pm by Saturday, May 22.

On May 23 at 5pm, open your wine, cheese and crackers and come join your friends on Zoom!

Transportation Voucher Program Keeps Islanders Moving

By Richard Uri, San Juan County TVP Coordinator

The Transportation Voucher Program is designed to help islanders with incomes below \$25,000 a year travel by taxi and ferry. We also have vouchers available for people who have emergent situations such as housing issues, loss of income, and medical emergencies, or people who require ongoing ferry travel for chronic medical issues and need assistance financing the trips.

For those who qualify, this program provides \$300 dollars toward ferry tickets and rides with local provider partners. Residents can apply through Senior Services or a local family resource center on Lopez, Orcas, and San Juan Islands. On approval they can apply their voucher amount to local taxi services and ferry tickets for vehicles and passengers or walk-ons.

Our current funding expires on June 30. At this time the program will reset based on our next grant being approved. If you have a voucher, or plan to apply prior to June 30 be aware you must use up your voucher by the time the program resets. Stay tuned for information on when we will be taking applications for the next program.

Local Folk Art: A Quilting Relic



Maggie Kaplan, local quilting artist and Orcas District Committee member, has been hard at work throughout the COVID-19 pandemic making hundreds of masks for community members and visitors alike. She, along with Orcas Arts & Gifts, and Sherrie Schiff, have successfully given a whopping \$15,000 in donations to Orcas Senior Center for the sale of her masks!

With Maggie's mask-making came an abundance of fabric scraps of which she is now using to make quilts like the one pictured above. When Orcas Senior Center re-opens, we will proudly display one of these quilting masterpieces.

San Juan County and the CDC are recommending that people continue to wear masks and social distance even if you have been fully vaccinated, so stock up on Maggie's masks at Orcas Arts & Gifts at 245 Main Street or from Maggie's carport at 158 Palisades Drive.

To see the most up-to-date information about COVID-19 and the County's vaccination efforts, go to <https://www.sanjuan.co.com/1668/2019-Novel-Coronavirus>.

Meeting of the Minds – Forage Fishes and the Beach: Role of Local Shorelines in Marine Ecosystem Recovery

The San Juan Islands are a place of rugged beauty, but also of fragile ecosystems. Join us on Zoom **Wednesday, May 19, 1-2pm**, for a fascinating and enlightening reminder of the context in which we live as Science Director for Friends of the San Juans, Tina Whitman, takes us on a scientific exploration of our shorelines and their connections to the greater marine ecosystem.



In this presentation Tina will share the latest scientific understanding of the importance and status of marine shoreline habitats in the San Juans, highlighting connections to regional food webs. Opportunities and local actions to promote the recovery of chinook salmon and the southern resident orca will also be explored.

Tina has a Master of Science from University of Oregon and has managed shoreline research, restoration, and protection programs since 2002. She lives on Orcas with her family and is happiest on a beach, for work or play.

Come learn what Tina knows about our shorelines and marine ecosystem on Wednesday, May 19 at 1:00pm. Simply go to the Orcas Senior Center website (orcasseniors.org) at the appointed time, click the link, enter the provided passcode, and you're in!

ALL ARE WELCOME.

Life Line Screening at OSC

There is a convenient way to get preventive health screenings and learn your risk for stroke, heart disease and other chronic conditions. These screenings go beyond a regular checkup to identify dangerous plaque buildup or blockage, a major risk factor for stroke and heart disease. The screenings give valuable information about your health that you can share with your doctor.

We are pleased to host Life Line Screening on site on **Thursday, June 10**, at Orcas Senior Center to conduct these health screenings.

These five screenings are offered for \$149 and take 60 to 90 minutes to complete. If you register soon, you will receive a \$10 discount. Register by calling 1-888-653-6441 or text the word "circle" to 797979.

COVID-19 recommendations will be followed, including, but not limited to wearing masks, social distancing, and disinfecting surfaces between clients.

Hazardous Waste Roundup in June

Where: The Dump / Waste Transfer Station on Orcas

When: Saturday, June 19, 2021, 10am-4pm

What: Details of which household items are eligible for free disposal at the annual event coming soon in the local paper!

More: <https://www.sanjuan.co.com/351/Hazardous-Waste>

Get ready now for this opportunity for free disposal of your household hazardous waste products.



May 2021

“A mother is your first friend, your best friend, your forever friend.”

—Unknown

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 5p: “the virtual vineyard”	26 Meals on Wheels National Pretzel Day 	27	28 Meals on Wheels 9a: Fresh Start in 15	29 National Zipper Day 	30 Meals on Wheels National Bugs Bunny Day 	1 May Day 
2 11a: Spring Clean-Up 	3 Meals on Wheels 11a: Family Caregiver Call 12:01a: GiveOrcas Catalog Opens	4 National Star Wars Day 	5 Meals on Wheels GiveOrcas Ben Franklin Day 9a: Fresh Start in 15	6 National Nurses Day 	7 Meals on Wheels GiveOrcas HIVE Neighbor Day	8 GiveOrcas HIVE Neighbor Day
9 GiveOrcas HIVE Neighbor Day 4p: Orcas Socrates Café Mother's Day 	10 Meals on Wheels 11a: Family Caregiver Call	11 Eat What You Want Day 	12 Meals on Wheels GiveOrcas Unique Donor Day 9a: Fresh Start in 15	13 9:30a: ODC Meeting	14 Meals on Wheels Native American Day 	15 National Chocolate Chip Day 
16 Honor Our LGBT Elders Day 	17 Meals on Wheels 11a: Family Caregiver Call Midnight: GiveOrcas Catalog Closes Tax Day (extended)	18 12p: Book Club 	19 Meals on Wheels 9a: Fresh Start in 15 1p: MOM Forage Fishes & the Beach	20 1p: SSCSJC Board Meeting	21 Meals on Wheels 1p: Scam Prevention Presentation 	22 Final day to pick up wine, cheese, & crackers for “the virtual vineyard”
May 23 5p: “the virtual vineyard”	May 24 Meals on Wheels 11a: Family Caregiver Call	25 National Wine Day 	26 Meals on Wheels 9a: Fresh Start in 15	27	28 Meals on Wheels National Hamburger Day 	29 National Paperclip Day 
May 30	May 31 NO Meals Memorial Day					

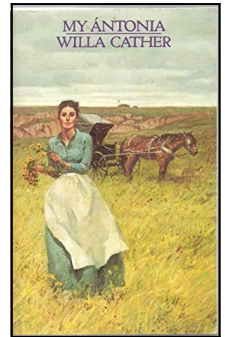
Fun and Connection with the Orcas Senior Center

Orcas Socrates Café

Join us for the next Orcas Socrates Café by Orcas Senior Center on **Sunday, May 9, 4-6pm**. Orcas Socrates Café is an opportunity to gather virtually, as a community, for a broad conversation on philosophical perspectives. This is not a book club, but rather a conversation, based upon the book, *Socrates Café: A Fresh Taste by Philosophy*, authored by Christopher Phillips of whom created the café framework using the Socratic method of discussion (book available at the Orcas Island Library and Darvill's Bookstore). Attendees are encouraged to exchange philosophical perspectives based on their experiences. Our hope is to inspire a progression of questions which will broadly and thoughtfully encourage a friendly community dialog. To register for Orcas Socrates Café, go to orcasseniors.org. **ALL ARE WELCOME.**

Book Club: My Ántonia by Willa Cather

Through Jim Burden's endearing, smitten voice, we revisit the remarkable vicissitudes of immigrant life in the Nebraska heartland, with all its insistent bonds. Guiding the way are some of literature's most beguiling characters: the Russian brothers plagued by memories of a fateful sleigh ride, Antonia's desperately homesick father and self-indulgent mother, and the coy Lena Lingard. Holding the pastoral society's heart, of course, is the bewitching, free-spirited Ántonia. (Goodreads, n.d.).



To participate in the **May Book Club Zoom meeting on Tuesday, May 18 at 12:00pm**, please contact Stephen Bentley at stephen@swbentley.com or 360-376-2299.



Second Stamp Club by Zoom!

Please join us for our second virtual meeting of the **Orcas Senior Center Stamp Club at 2pm on Friday, May 28**. Don't collect? Join us anyway and find out what that stash of old stamps inherited from your late, great uncle might be worth. Collect coins, instead? You may be interested in learning about postal commemorative stamped envelopes, with coins inserted. Collect vintage picture postcards? We have a stamp-related theme for those, too: maxi-cards, where the image, stamp and cancel are somehow related to one another.

Whatever your collecting area, please join us, and challenge us to find a relationship to stamps! Simply click on the Zoom link on our website, orcasseniors.org, to join. Type in the meeting ID or passcode given (as prompted). It's that easy!

CURRENT SERVICES WE PROVIDE

Community Lunch remains suspended until further notice. We look forward to the time when we can all safely be together again.

Home delivered meals are provided to seniors on Monday, Wednesday, and Friday for those in need. Please call Jami Mitchell at 360-376-7926 to get registered for meal support from Meals on Wheels.

Case Coordination and Caregiver Resources: Services are available to assess and offer options for those in need. Call Heidi Bruce at 360-370-0591 for more information.

Transportation assistance remains suspended, and re-start date is unknown. Call Jami Mitchell at 360-376-7926 with inquiries regarding medical transportation assistance.

Foot care services are now provided by Footcare with a Heart, LLC on a limited schedule and by appointment only. For appointments and fee schedule, please contact Erica Bee at 360-622-8234 or 360-622-2117.

Life enriching and educational activities on-site at the Orcas Senior Center remain suspended. Activities are slowly resuming via Zoom Conferencing as we assess our capacity. Check orcasseniors.org for the latest offerings.

Hearts and Hands is working to help keep seniors safe during this period of prolonged self-isolation. If you are a senior and would welcome phone check-ins from a caring volunteer, please contact John Slater at 360-919-9318 or John@orcasseniors.org.

During this COVID-19 pandemic, vulnerable persons of any age that need home delivery of essential household goods such as food or medicine can call Senior Services or the Resource Center to ask for help. If you are a senior and need this assistance, please call Heidi Bruce at 360-370-0591.

COMMUNITY RESOURCES

During this time of COVID-19 response in our community, many organizations have adapted how they operate and are evolving daily. Below is a list of some new, continuing, and suspended resources on Orcas Island.

Lions Club Mobility Equipment: By appointment only. Call Stephen Bentley at 360-376-2299.

Orcas Island Food Bank: Next door to the Community Church. Mondays 3-6:30pm, and Tuesdays and Fridays from 12-6:30pm. For questions or more info, please call and leave a message at 360-376-4445.

Orcas Food Co-op: To arrange for home delivery or curbside pick-up; www.orcasfood.coop or call 360-376-2009.

OPAL Community Land Trust: Struggling to make rent or a mortgage payment? OPAL is here to help. Call 360-376-3191 or email opalclt@opalclt.org.

Orcas Community Resource Center: OCRC works to ensure that all Orcas Islanders have access to services and support for their well-being. All services are continuing remotely. Call 360-376-3184 or email jana@orcascrc.org.

Weatherization: 1-800-290-3857, or via OPALCO: 360-376-3500 or Orcas Community Resource Center at 360-376-3184 or info@orcascrc.org.

SHIBA: Volunteers assist with Medicare enrollment, choosing secondary plans, and affordable healthcare. Medicare help is available for FREE by appointment. Call 360-376-5892 or email pegigshiba@yahoo.com or xn28js@gmail.com.

Energy Assistance: Need help with electric bills? Call OPALCO at 360-376-3500 for eligibility and to apply.

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

SAFE San Juans: Domestic violence and sexual assault services to survivors and loved ones; 360-376-5979. SAFE San Juans has a 24-hour crisis line on each island. For Orcas, call 360-376-1234.

Orcas Safe Homes: 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 Door to Door: Services have partially resumed during COVID-19. Call for current status: 360-622-2929.

Hearing Screenings: Stacie Nordrum of Island Hearing Healthcare has September appointments: 360-378-2330.

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.

Social Security: 1-800-772-1213 or online via www.socialsecurity.gov/myaccount.

Mental Health Crisis hot line: Call the 24-hour mental health crisis line: 1-800-584-3578 or go to www.imhurting.org.

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: May 2021
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

June, 2021

When Will We Re-Open?

By Lynnette Wood
Orcas District Committee Chair

It has been a little over a year since the Orcas Senior Center closed its doors due to COVID-19 safety concerns. Since then, we have successfully introduced new services like Buddy Check-In, now a mainstay of the center. We moved many activities to Zoom, and launched new ones, such as the virtual vineyard, Orcas Socrates Café, and Fresh Start in 15 Qigong. Our website orcasseniors.org is updated weekly, so check it out for times and dates of these and many other programs.

But for many of us, attending a Zoom event will never replace the face-to-face interactions and the social engagement we enjoy. Now, with many seniors fully vaccinated and more becoming vaccinated every day, it is time for us to begin gradually re-introducing in-person activities.

We have recently begun receiving questions about our community meal program: When might it restart? Orcas Senior Center volunteers have actively supported vaccination efforts, monitored vaccination rates, and worked hard to ensure no senior is left behind as eligibility expands. While those who are fully vaccinated have enjoyed an increased sense of security, including the ability to gather in small groups, for larger group events "caution" is our watch word.

So, while we are all anxious to get back to normal, we do ask for your continued patience. The three-way partnership of the Orcas Senior Center, San Juan County, and Whatcom Council on Aging—which together bring you the meal program—is working in collaboration to ensure a safe re-opening. Meanwhile, please help us stay the course by continuing to follow health guidelines and encouraging others to get vaccinated. There is a light at the end of the tunnel, and we will share our safe start plans as they develop.

We appreciate your patience, value your feedback, and want to hear how we can all support each other as we rally to beat this virus, once and for all!



Spring Clean-Up a Success!

The Orcas community turned up to help clean up the Orcas Senior Center grounds on May 2! The day was beautiful, and the volunteers were cheerful. A special thanks goes out to Allan Rosato and Darcey Miller for organizing the event, Greg Sawyer for loaning a trailer for hauling debris, and the Tea Ladies, Maggie Kaplan, Vivien Conlan, Bonnie Morris, and Sherrie Schiff for providing us with tasty treats, sandwiches, and bottled water. A big thank you to the rest of the volunteers for putting in their hard work: Tom Eversole, Anthony Teardrup, Maria Root, Bruce Root, Peter Bieneman, Greg Raffelson, Harold Lentzer, Elsie Pamuk, Tenar Hall, Catherine Hall, Audrey Hall (pictured at left), and Ryan Hawkins.

Life Line Screening at Orcas Senior Center

Thursday, June 10, Life Line will offer health screenings at the Orcas Senior Center. These screenings supplement your regular healthcare and can help uncover problems at an early stage. To schedule a health screening, call 1-888-653-6441, or text the word "circle" to 797979. A package of five screenings is offered for \$149. If you call today to register, you will receive a \$10 discount. See newsletter insert for more info.

Quote for the Month . . .

A flower blossoms for its own joy.

-Oscar Wilde

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ORCAS SENIOR CENTER

360-376-2677 WWW.ORCASSENIORS.ORG

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. Please mail submissions to: PO Box 1146, Eastsound, WA 98245.

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Barbara LaBrash

Human Services Manager
(360) 370-0595
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MEALS ON WHEELS AND MORE

Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging.

Jay Savell—Head Cook

Mike Knight—Kitchen Assistant

ORCAS DISTRICT COMMITTEE

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

The Orcas District Committee is currently holding elections to fill open positions.

If interested in joining Orcas District Committee, please submit a 100 word bio by June 7, 2021, to Lena Kassa at lena@orcasseniors.org.

Voting will be held June 21-July 2.

Non-Profit Staff

Lena Kassa 360-919-9312
Operations Manager
Lena@orcasseniors.org

Jim Glozier 360-919-9318
Companion Services Coordinator
Jim@orcasseniors.org

Michel Vekved 360-298-8410
Programs and Activities Coordinator
Michel@orcasseniors.org

Welcome, Elsie Pamuk



It seems like Elsie Pamuk is everywhere! You may have seen her volunteering at a vaccine clinic, the Library Fair, or the gift shop on Mount Constitution.

Before moving to Orcas in 2000, Elsie experienced a lot of what the world has to offer. She grew up in a small town in Louisiana and went on to earn her PhD in Demography. She lived and taught in Turkey, and later

worked for an international organization in Vienna, Austria. While traveling she observed how elders in other cultures are less segregated and more valued than seems often the case in the US. Her involvement with the Orcas Senior Center was prompted by a desire to improve the integration of seniors on Orcas, particularly during the initial COVID lock-down: Elsie was one of the first Buddy volunteers. She recognized that many seniors relied on the center for social engagement and she understood that programs like Buddy Check-In were essential to keeping many isolating seniors connected, as well as safe.

Once COVID vaccines became available, Elsie used the Buddy Check-In list of almost 2,000 Orcas seniors to mobilize a dedicated team of volunteers to contact seniors in an effort to help ensure access to the vaccine. She and her team feel immensely gratified that San Juan County ranks first in the State for vaccine delivery.

When asked for an amusing story about herself, Elsie described the look on an Islander's face when, shortly after moving here, she asked, "Where can I buy some blackberry plants?"

Hazardous Waste Roundup in June

Where: The Dump / Waste Transfer Station on Orcas

When: Saturday, June 19, 2021, from 10am-4pm

More: <https://www.sanjuanco.com/351/Hazardous-Waste>

Get ready now for this opportunity for free disposal of your household hazardous waste products.

Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3rd Thursday of every month, at 1pm.

Orcas District Committee meetings, held 2nd Thursday of every month, at 9:30am.

Info: 360-376-2677 or email admin@orcasseniors.org.

Tell Us What You Think...

San Juan County Senior Services has a feedback form for you to let us know how we are doing. We take your comments seriously and strive to better serve the people of this community. The forms are available by emailing Jami at jamim@sanjuanco.com or call her at 360-376-7926.

Getting Your Legal House in Order: Part Three of Three

By Tony Leahy
CENTS Executive Director
www.SeniorMoneyProject.org

The following continues the list of legal documents from the previous installment. Consult with a lawyer, know the documents can be person and state specific, and be wary of online forms.

Living Will/Advance Directives: Also known as living wills, advance directives are a set of written instructions that communicate your treatment preferences to your healthcare team and family members in a situation where you are incapable of making decisions. This assures that your wishes are carried out and relieves some of the decision-making burden from your loved ones. You do not need to have an advance directive to authorize a "do not resuscitate" order in your medical record, but you will need to make this known to your medical providers in order for it to be documented. EndofLifeWA.org has examples of living wills used in Washington.

"Do Not Resuscitate" and "Do Not Intubate" and "Allow Natural Death" Directives: A "do not resuscitate" (DNR) order is specific kind of advance directive. A DNR is a request not to have cardiopulmonary resuscitation (CPR) if your heart stops or if you stop breathing. Unless given other instructions, hospital staff will try to help any patient whose heart has stopped or who has stopped breathing. Similarly, a "do not intubate" directive permits hospital staff to use chest compressions and cardiac drugs, but prohibits the insertion of a breathing tube. An "Allow Natural Death" order is a term used at some hospitals as an alternative to the more traditional DNR order. Discuss the options with your medical team and trusted person, and document your wishes for treatment.

Organ Donation, Funeral and Burial Instructions: In Washington, as in many other states, you have the right to determine whether you want to donate your organs at your death, and what burial and funeral arrangements you prefer. You must include these instructions in a written document signed in the presence of a witness.

If you cannot afford a lawyer, there are free resources (note eligibility requirements): Call San Juan County Bar Association President, John Chessell at 360-317-5951.



CENTS
CONSUMER EDUCATION
AND TRAINING SERVICES

Keeping Food Safe in the Summer

By Susy Hymas
Meals on Wheels & More!

Enjoying picnics and barbeques is a well-deserved pleasure when you live in the Northwest. Unfortunately, summertime eating also coincides with an increase in foodborne illnesses as warmer weather can cause foodborne germs to thrive. Here are some tips to keep your food safe when the weather is warmer.

When shopping for groceries make sure to refrigerate perishable food as quickly as possible. If you cannot refrigerate food within an hour, an insulated cooler bag with blue ice can help. Reusable shopping bags are very popular, but they can become contaminated with germs if not cleaned on a regular basis.

Plan ahead and defrost meat in the refrigerator, but never on the countertop to assure it stays out of the danger zone (41° - 135° F). It may take 1 - 2 days for meat to fully defrost. Use a food thermometer to make sure meat is cooked to the right temperature.

Poultry (including ground) to 165°
Ground beef, pork or lamb to 155°
Beef steaks & roasts to 135°
Pork to 145°
Fish to 145°
Reheat leftover or pre-cooked food to 165°

Consuming raw or undercooked foods will put you at risk of foodborne illness. This includes eggs, seafood or meats. Do not eat raw oysters as they can cause you to become very sick from vibriosis. Only cooking kills the harmful bacteria in oysters.

If you are preparing food in advance for an outdoor get together, divide the food into shallow containers and store in refrigerator or freezer to cool it rapidly. Use a cooler with ice to assure the food stays cool until consuming or cooking. Separate raw meats and seafoods from ready to eat foods to prevent cross-contamination. When driving to an event, keep your cooler in the air-conditioned part of the car, rather than the trunk.

When grilling, throw out marinades or sauces that have touched raw meat or seafood to stop the spread of germs on your cooked foods. Use clean utensils and plates to remove cooked meat from the grill.

Handwashing is essential to stop the spread of foodborne illness. Disposable gloves can be used for serving food. Hand sanitizer and disposable wipes are not a replacement for good handwashing, but can be used in a pinch.

Enjoy the summer and the opportunity to eat outside, and remember to do it safely to stay healthy.

Re-Opening Medical Transportation

The Orcas Senior Center is pleased to announce the re-opening of medical transportation services, both on- and off-island. Both passengers and drivers will be required to be fully vaccinated in order to participate in the program, although for very short, local trips, exceptions will be made for unvaccinated riders. A detailed COVID-19 safety protocol will help ensure the continued health and safety of both passengers and drivers. Please contact Jami Mitchell at 360-376-7926 for details about eligibility, to schedule a trip, or to volunteer to be a driver. All trips require a volunteer driver, so please do consider volunteering.



Thank you for renewing your membership!

*Carolyn O'Day
Naomi Aldort
John Vinson
Dorothy Lundquist
Susan Kunk
Jens Kruse
Sandy Taylor
Barbara Saul
Sherry Vinson
Cara Cohn
Philip Cohn*

*Heidi Lindberg
Patsy Stephens
Stu Stephens
Kevan Rayne
Rebecca Rayne
Ingrid Karnikas
George Karnikas
Keith Miller
Tom Saul
Uuve Taylor*

Not a member or need to renew your membership? Go to orcasseniors.org.

Qigong Workshop for Improving Joint Mobility, Arthritis, and Heart Function with Joan Roulac



Joan Roulac, certified Qigong teacher since 1987, will be leading another workshop by Zoom using the ancient practice of Qigong. This workshop on **Tuesday, June 22 from 1:30-2:30pm**, will target three key areas: strengthening heart function, increasing joint mobility, and relieving arthritis pain.

Learn a few gentle Qigong movements that open your body's energy channels, raise your vibration, and build better balance. The movements are simple and easy to do. Participants can practice these simple movements while seated, standing, or laying down.

A woman who attended Joan's T'ai Chi Chih workshop in March reported that the movements helped her build up her strength for hip replacement surgery. She continues to use this practice throughout the day to ease physical pain and for restful sleep.



Join this Qigong workshop on Tuesday, June 22, 1:30-2:30pm by Zoom. For more information and to register, contact Joan at joan@mountaintopmusings.com or call 360-298-2789. Workshop fee: \$35 to \$45.

Member Spotlight: Tom Eversole

A Word from Tom...

I started out life as a military brat and by the time I was in the 8th grade, I'd been in seven schools. After that I grew up on a farm in the Appalachian mountains, where my mom fired off a few rounds at a guy stealing gas from our farm tank. I've been through a couple of enjoyable careers: large animal veterinarian, teacher, psychotherapist, and public health administrator.

I am grateful for the chances I've had to serve and the lessons that animals, students, clients and organizations have taught me. I am especially grateful to: horses (and how they kept me sane in my youth), four wise crones (other mothers, who saw some potential in me as an adult and developed it), students (who helped me learn), dance and musical theatre (you can say anything if you sing it!)

I am happiest near the water, so Orcas is a natural for me. Winter is beautiful, and old Spirit abounds here. The island is lovely, and folks are real. Orcas Senior Center is key to helping people age safely in place. Volunteering lets me return the gifts I have been given by those who helped me along the way. Thanks!



Orcas Socrates Café



On the second Sunday afternoon each month from 4pm to 6pm, Orcas Senior Center hosts the Orcas Socrates Café. It is an opportunity to gather virtually, as a community, for a broad conversation on philosophical perspectives. This is not a book club, but rather a conversation, based upon the book, *Socrates Café*, by Christopher Phillips. The book is available at the Orcas Island Library and Darvill's Bookstore.

All participants will be encouraged to exchange philosophical perspectives based on their experiences and everyone will have the opportunity to speak. Join us for a progression of questions which will broadly and thoughtfully encourage a friendly community dialog.

To participate, in the next **Orcas Socrates Café on Sunday, June 13, 4pm to 6pm**, register at orcasseniors.org. **ALL ARE WELCOME.**



Polly and her kid said thank you!

GiveOrcas Companion Services Grant Fully Funded Thanks to You!

Orcas Senior Center is overjoyed with the outpouring of support from our community during the recent GiveOrcas campaign! Over 81 donors helped fund our \$19,000 grant request for our Companion Services program. In addition, we received a whopping 46 donations on Ben Franklin Day resulting in winning the top prize of \$1000! A heartfelt thank you goes out to you for supporting our Companion Services program. Thank you! If you missed the chance to donate, we will accept your donations at orcasseniors.org or mail to PO Box 1653, Eastsound, WA 98245.

Orcas Senior Center's Companion Services currently consists of Hearts and Hands, which provides in-person and in-home companionship and practical assistance; and Buddy Check-In, which provides telephone (or other remote means, i.e., video conferencing) monitoring companionship. To participate in our Companion Services programs, please contact Jim@orcasseniors.org or call 360-919-9318.

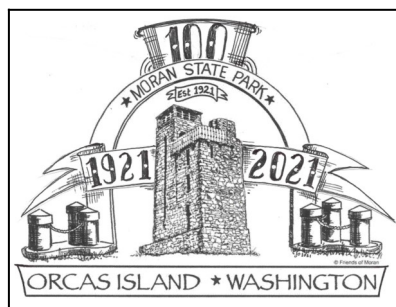
Orcas Senior Center Seeks ODC Candidates

Along with senior centers on Lopez and San Juan Islands, the Orcas Senior Center is operated as a geographic "district" of an umbrella non-profit called the Senior Services Council of San Juan County (SSCSJC). The operational arm for the Orcas Senior Center is the Orcas District Committee (ODC).

From June 21 to July 2, we will be holding elections for the ODC, and we are seeking candidates interesting in serving on this committee. The responsibilities of the ODC include representing the needs and interests of seniors over the age of 60 and persons with disabilities in the Orcas District, managing the facilities of the Orcas Senior Center, working with partners to provide a range of programs and services, administering funds raised on behalf of the center, and fiscal and management oversight of the center and its operations.

If you are interested in joining a highly relevant and engaged group of dedicated individuals who are committed to increasing and improving services to seniors and persons with disabilities, please consider submitting a brief biographical statement (100 words max) to Lena Kassa at lena@orcasseniors.org or PO Box 1653, Eastsound, WA, 98245 by 2:00pm on June 7. Meanwhile, read more about Orcas Senior Center and check for updates on the election process on our website: orcasseniors.org.

Meeting of the Minds – The CCC in Moran State Park



Please join writer and historian Janet Oakley **Wednesday, June 16 from 1-2pm**, for her talk on the Civilian Conservation Corps, which will highlight the work of the CCC on Orcas Island. Janet will discuss the history, structure, and projects of the CCC, as

well as the CCC's impact on Washington State, national parks, and the environment.

Janet has been researching and writing about the CCC in Washington State for the past twenty-five years. For two years, she was a Humanities Washington speaker traveling around the state talking about the CCC, particularly about its local camps. She and another historian secured a wonderful CCC worker statue for the Visitors Center in Glacier, Washington.

To attend, go to the Orcas Senior Center website (orcasseniors.org) on Wednesday, June 16, at 1:00pm. Pre-registration (not required) is available for those who would appreciate an email reminder. ALL ARE WELCOME.

New Leaf for IslandRides

Thanks to the support of the Orcas Island Community Foundation, the non-profit ride service, **IslandRides** has purchased a lightly used 2015 Nissan Leaf from *Island e cars*. Signage is being created with the new IslandRides contact number, 360-672-2201. A new car charger from OPALCO is being installed at Ray's Pharmacy with dedicated parking for the eco-friendly Leaf.

Volunteer drivers are now being vetted, trained and scheduled for weekly driving shifts to bring supplies to those who can't get out and to take folks to their necessary appointments or shopping. Full vaccinations, social distancing and masks have given us more freedom to move about safely in the island community.



Contact Sara Pelfrey at 360-622-2929 for an application to become a volunteer driver or for more details. Or, to discuss participation you may also email Curt at cvanhyn-ing@gmail.com with any questions.

Access to daily, affordable or free ride services to elderly islanders or those who do not drive is getting closer!



June 2021

“It isn’t the big pleasures that count the most; it’s making a big deal out of the little ones.”

— Jean Webster, author

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 NO Meals on Wheels CLOSED for Memorial Day	1 	2 Meals on Wheels 9a: Fresh Start in 15	3	4 Meals on Wheels National Cheese Day 	5
6 D-Day 	7 Meals on Wheels 11a: Family Caregiver Call 2p: ODC Candidate Bios Due	8 National Best Friends Day 	9 Meals on Wheels 9a: Fresh Start in 15	10 Life Line Screenings 9:30a: ODC Meeting	11 Meals on Wheels	12
13 4p: Orcas Socrates Café 	14 Meals on Wheels 11a: Family Caregiver Call	15 12p: Book Club - Shuggie Bain 	16 Meals on Wheels 9a: Fresh Start in 15 1p: Meeting of the Minds - CCC	17 1p: SSCSJC Board Meeting	18 Meals on Wheels	19 Juneteenth 
20 Father's Day HAPPY FATHER's DAY	21 Meals on Wheels 11a: Family Caregiver Call ODC Elections Begin (Ends 7/2/21)	22 1:30p: QiGong Workshop	23 Meals on Wheels 9a: Fresh Start in 15	24 Flying Saucer Day 	25 Meals on Wheels	26
27 5p: "the virtual vineyard" 	28 Meals on Wheels 11a: Family Caregiver Call	29 National Camera Day 	30 Meals on Wheels 9a: Fresh Start in 15	1 Canada Day 	2 Meals on Wheels ODC Elections End (Begins 6/21/21)	3

Fun and Connection with the Orcas Senior Center

***"the virtual vineyard"* – Regional Wines from Washington and Oregon**

Join Michel Vekved, Orcas Senior Center and Cole Sisson, Doe Bay Wine Company, on Sunday, June 27 at 5pm, as we sip our way through Washington and Oregon, with an unmistakable connection to Orcas Island! Bring your palate and your curiosity as Cole explains the inspirational negotiant style, winemaker creativity, and wine you won't find anywhere but here. We will be tasting a 2020 Albariño, a 2020 pinot noir rosé, and a 2019 Cabernet/Merlot blend.

To participate, register at orcasseniors.org. Then purchase and pick up your wine, cheese, and crackers at Doe Bay Wine Company at 109 North Beach Road (open 7 days a week, 11am to 5pm). (1 bottle wine, cheese, crackers: \$30; 2 bottles wine, cheese, crackers: \$50; 3 bottles wine, cheese, crackers: \$70) On Sunday, June 26 at 5:00pm, open your wine, grab your cheese and crackers, and come join your friends on Zoom!

Caregivers Support Group Calls

The Family Caregiver Support Group conference calls are Mondays 11am-12pm. For information, contact Heidi Bruce: 360-370-0591 or heidib@sanjuanico.com.

Book Club: Shuggie Bain by Douglas Smart

1981. Glasgow. The city is dying. Poverty is on the rise. Agnes Bain dreamed of greater things: a house with its own front door, a life bought and paid for outright. When her philandering husband leaves, she and her three children find themselves trapped in a mining town decimated by Thatcherism. As Agnes increasingly turns to alcohol for comfort, her children try their best to save her. Yet one by one they must abandon her in order to save themselves.

It is her son Shuggie who holds out hope the longest. But Shuggie has problems of his own: despite all his efforts to pass as a 'normal boy', everyone has decided that Shuggie is 'no right'. Agnes wants to support and protect her son, but her addiction has the power to eclipse everyone close to her, including her beloved Shuggie. (The Booker Prizes, n.d.).

To participate in the June Book Club Zoom meeting on Tuesday, June 15 at 12:00pm, contact Stephen Bentley at stephen@swbentley.com or (360) 376-2299.



CURRENT SERVICES WE PROVIDE

Community Lunch remains suspended. We look forward to the time when we can all safely be together again, but do not yet have a specific date approved for resuming Community Lunches in person.

Home delivered meals are provided to seniors on Monday, Wednesday, and Friday for those in need. Please call Jami Mitchell at 360-376-7926 to get registered for meal support from Meals on Wheels.

Case Coordination and Caregiver Resources: Services are available to assess and offer options for those in need. Contact Heidi Bruce at 360-370-0591 or heidib@sanjuanico.com for more information.

Transportation assistance for medical appointments is possible, based on the availability of volunteer drivers. Call Jami Mitchell at 360-376-7926 to request a ride or volunteer as a driver.

Anacortes, Mt. Vernon & Burlington: suggested donation \$60

Bellingham and surrounding area: suggested donation \$75

Seattle Area: suggested donation \$90

Foot care services are provided by Footcare with a Heart, LLC by appointment only. For appointments and fee schedule, please contact Erica Bee at 360-622-8234 or 360-622-2117.

Life enriching and educational activities on-site at the Orcas Senior Center remain suspended. Activities are slowly resuming via Zoom Conferencing as we assess our capacity. Check orcasseniors.org for the latest offerings.

Companion Services are available. Hearts and Hands is working to help keep seniors safe during this period of prolonged self-isolation. If you are a senior and would welcome phone check-ins from a caring volunteer, please contact Jim Glozier at 360-919-9318 or Jim@orcasseniors.org.

COMMUNITY RESOURCES

During this time of COVID-19 response in our community, many organizations have adapted how they operate and are evolving daily. Below is a list of some new, continuing, and suspended resources on Orcas Island.

Lions Club Mobility Equipment: By appointment only. Call Stephen Bentley at 360-376-2299.

Orcas Island Food Bank: Next door to the Community Church. Mondays 3-6:30pm, and Tuesdays and Fridays from 12-6:30pm. For questions or more info, please call and leave a message at 360-376-4445.

Orcas Food Co-op: To arrange for home delivery or curbside pick-up; www.orcasfood.coop or call 360-376-2009.

OPAL Community Land Trust: Struggling to make rent or a mortgage payment? OPAL is here to help. Call 360-376-3191 or email opalclt@opalclt.org.

Orcas Community Resource Center: OCRC works to ensure that all Orcas Islanders have access to services and support for their well-being. All services are continuing remotely. Call 360-376-3184 or email jana@orcascrc.org.

Weatherization: 1-800-290-3857, or via OPALCO: 360-376-3500 or Orcas Community Resource Center at 360-376-3184 or info@orcascrc.org.

SHIBA: Volunteers assist with Medicare enrollment, choosing secondary plans, and affordable healthcare. Medicare help is available for FREE by appointment. Call 360-376-5892 or email pegigshiba@yahoo.com or xn28js@gmail.com.

Energy Assistance: Need help with electric bills? Call OPALCO at 360-376-3500 for eligibility and to apply.

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

SAFE San Juans: Domestic violence and sexual assault services to survivors and loved ones; 360-376-5979. SAFE San Juans has a 24-hour crisis line on each island. For Orcas, call 360-376-1234.

Orcas Safe Homes: 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 Door to Door: Services have partially resumed during COVID-19. Call for current status: 360-622-2929.

Hearing Screenings: Stacie Nordrum of Island Hearing Healthcare has September appointments: 360-378-2330.

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.

Social Security: 1-800-772-1213 or online via www.socialsecurity.gov/myaccount.

Mental Health Crisis hot line: Call the 24-hour mental health crisis line: 1-800-584-3578 or go to www.imhurting.org.

Bulk Rate
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98245

Address Service Requested

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

P O Box 1653
Eastsound, WA 98245

Phone: 360-376-2677
Location: 62 Henry Rd
Email: jamim@sanjuanco.com
Issue: June 2021
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

July, 2021

Without you, we aren't.

By Diane Craig
ODC nonprofit Secretary

It's no lie, without our members the Orcas Senior Center could not do what it does. Volunteers help enormously, but it's our memberships (and generous donations) that keep us alive and vibrant. Plus, a strong membership ensures the services we've been offering will continue.

For as little as \$30 a year for a single membership (or \$50 per couple) you can take heart and pride in knowing you're helping to keep the Orcas Senior Center alive, functional and there for all of us.

Please join today. For pricing and the perks of OSC membership, see page 5. You can renew online at orcasseniors.org, or by mail with the enclosed membership form. Unsure if you are a member or if you need to renew? See a list of current members on the back of the enclosed membership form.

Thank you from the bottom of our hearts.



Membership Drive is in Full Swing!

Details listed on page 5, and see the insert or go to orcasseniors.org.

Seniors Helping Seniors

The Orcas Senior Center wants to express their gratitude to the Orcas Island High School senior class for being included in their philanthropy for 2021. Each year, a local donor provides the graduating class with funds to distribute in support of local programs. Older Orcas "seniors" will benefit from the generous donation of \$1000 that the OIHS graduating class designated to support the Senior Center's nutrition and companion services programs. With this gift, our graduating seniors have demonstrated both knowledge of and compassion for the particular difficulties faced by our older residents during the pandemic. It is with great pride that we share this island and community with these caring young people. Thank you Thian, Ella, Landon, Sofia, Ana Sofia, Grace, Douglas, Christian, Tomas, Izabella, Darian, Alanna, Flora, Hazel, Emma, Bethany, Ryan, Lindsey, Madison, Molly, Leonai, Portia, Miette, Anwyn, and Ayjah! **At right, the senior class signs are pictured with the barn they painted.**



Quote for the Month . . .

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

-Voltaire

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ORCAS SENIOR CENTER

360-376-2677 WWW.ORCASSENIORS.ORG

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. Please mail submissions to: PO Box 1146, Eastsound, WA 98245.

SAN JUAN COUNTY STAFF

Heidi Bruce

Aging and Family Case Coordinator
(360) 370-0591
email: HeidiB@sanjuanco.com

Jami Mitchell

Senior Services Specialist
(360) 376-7926
email: JamiM@sanjuanco.com

Barbara LaBrash

Human Services Manager
(360) 370-0595
email: BarbaraLB@sanjuanco.com

MEALS ON WHEELS AND MORE

Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging.

Jay Savell—Head Cook

Mike Knight—Kitchen Assistant

ORCAS DISTRICT COMMITTEE

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

The Orcas District Committee is currently holding an election to fill open positions. Please vote by mail or in-person for ODC members through July 1, 2021.

Non-Profit Staff

Lena Kassa 360-919-9312
Operations Manager
Lena@orcasseniors.org

Jim Glozier 360-919-9318
Companion Services Coordinator
Jim@orcasseniors.org

Michel Vekved 360-298-8410
Programs and Activities Coordinator
Michel@orcasseniors.org

Welcome, Jim Glozier

The Orcas Senior Center is thrilled to welcome Jim Glozier as the new Companion Services Coordinator. This program currently encompasses both Hearts and Hands and Buddy Check-In. Jim has the background and experience that will allow the OSC to expand the program to more services over the coming years.



This experience includes more than 30 years in the non-profit field, beginning with working with parents of children with disabilities in Wisconsin. Subsequently, he worked as Co-Executive Director for the Tri-County Patriots for Independent Living in Southwestern Pennsylvania. There, he helped seniors and people with disabilities through advocacy and training. This work entailed building a national in-home attendant care program. After that, it was on to Chicago for Access Living, where he helped develop housing policy, with a focus on providing housing options and understanding the barriers to moving people from nursing homes and institutions back into the community.

After moving to Orcas Island ten years ago, Jim has enjoyed raising goats. Currently, he has twelve "senior goats" which, he says, he is helping to "age well on Orcas" in a pasture near the Lum Farm. When asked if they all have names he said, "Yes, of course. And they each come when they are called by their names, too." He also keeps two domesticated wild turkeys, Irving and Edna, both which allow him to hand-feed them.

Please join us in welcoming Jim to the Orcas Senior Center. We are excited to have him on our team and look forward to expanding Companion Services under his direction. You can contact Jim at 360-919-9318 or email jim@orcasseniors.org.



Drivers needed!

We need volunteer drivers for mainland medical trips. Please contact Jami at 360-376-7926 to help out.

Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3rd Thursday of every month, at 1pm.
Orcas District Committee meetings, held 2nd Thursday of every month, at 9:30am.
Info: 360-376-2677 or email admin@orcasseniors.org.

Tell Us What You Think...

San Juan County Senior Services has a feedback form for you to let us know how we are doing. We take your comments seriously and strive to better serve the people of this community. The forms are available by emailing Jami at jamim@sanjuanco.com or call her at 360-376-7926.

Avoiding Government Imposters

By Chrissy Svihus
CENTS Legal Intern
www.SeniorMoneyProject.org

What would you do if you received a phone call from someone claiming to be from the IRS? Or the Social Security Administration? **The first thing you need to do is behave as if it could be a scam.** Scammers take advantage of current events, such as student loan forgiveness programs that do not actually exist yet and may ask you if you're interested in learning more. A scammer may provide you with an "employee identification number," or even have some personal information about you to try to convince you they are legitimate. Remember, a government agency will never call, email, or text you to ask for money or personal information. If they are asking for information they should already have, it is a scam!

Here are some steps to follow if you are contacted by someone claiming to be from a government agency:

1. Do not send money in an untraceable manner. Don't wire money, send cash, gift cards, or any other method that is hard to track.

2. Do not open links in emails or text messages. Even if it looks real, it could be designed to steal your information. Ask a trusted source for help verifying any links that come to you in an email.

3. If you think a call could be fake, hang up and do not provide any personal information! You can always call back by looking up the agency's official contact information. Do not call the number that contacted you.

4. If it's unexpected, be cautious! The government, such as the IRS or Social Security Administration, will not try to collect money from you on the phone without prior notice. You will be sent a notice in the mail if you owe taxes.

If you encounter a government impersonator, report it to the FTC at ReportFraud.ftc.gov or 877-382-4357.



CENTS
CONSUMER EDUCATION
AND TRAINING SERVICES

Summer Produce Program

San Juan County Seniors are invited to enroll in the One Canoe Veggie Rx produce program this summer. Participants may receive \$120-\$180 funding for shopping at partner sites: Orcas Food Co-Op, San Juan Islands Food Hub, Orcas or San Juan Farmer's Markets, Good Food Bag deliveries, or at selected farm stands and events. To qualify, Veggie Rx members must be on Medicaid or Apple Health and have a chronic health condition that can be assisted by consuming more fresh fruits and vegetables. To enroll, fill out the form and survey at: <https://oneisland.checkbox.com/onecanoe1> or call Jami at 360-376-7926. Once enrolled, we will contact you. First come, first serve, so please respond soon.

Here's to better health through healthy eating!

Time for Leafy Greens

By Susy Hymas
Meals on Wheels & More!



Summer is here and the farmer's markets are open. It's the time to find great local produce! Here are some ideas for salads to enjoy this season. Including a variety of colors and textures is key to creating a satisfying summer salad packed with nutrients and antioxidants.

- **Start with leafy greens.** Leafy greens are one of the first crops to be available locally. Greens that are darker in color have more nutrients and antioxidants. Choose romaine, spinach, baby kale, arugula, or a spring mix.
- **Pile on veggies and fruits.** Raw, lightly steamed, or roasted vegetables and/or fresh fruit are excellent additions to any salad. Choose a variety of colors for the most health benefits. Try zucchini squash, blueberries, strawberries, tomatoes, bell peppers, or whatever is in season.
- **Add lean protein.** Make your salad a main dish by adding chicken, turkey, tuna, salmon, tofu, eggs, and/or beans.
- **Sprinkle on some cheese** for added calcium, protein and flavor.
- **Add crunch.** Topping your salad with nuts, seeds or croutons made from whole grains adds protein, heart healthy fats, and fiber.

Homemade salad dressings not only save money, but they can also add heart healthy fats to your diet. They also tend to be lower in salt and sugar than store bought varieties. Try this vinaigrette recipe:

All Purpose Vinaigrette

- 1 medium garlic clove
- ¼ teaspoon salt
- 5 tablespoons olive oil
- 6 tablespoons orange juice
- 1 tablespoon Dijon mustard
- ¼ cup white wine or red wine vinegar*

Peel garlic and smash or dice. Use a fork to mash garlic with salt in a small bowl, forming a coarse paste. Whisk in oil. Add juice, vinegar and mustard. Whisk until blended. Add more juice to increase sweetness if desired.



*Other vinegars may be substituted such as apple cider, white or balsamic vinegar.

Qualifying seniors can get free fresh produce! Read the article at left for information about the Veggie Rx program and how to apply.

Welcome to the Orcas Senior Center Family

*Nita Bryant, Calvin Geisinger,
Patricia Geisinger,
Brian Samuels, Lesley Samuels,
Bonnie Ward, and Don Ward!*

Not a member or need to renew your membership? Go to www.orcasseniors.org.

New IslandRides Service on Orcas

With organizational support from Senior Services, Orcas Community Resource Center and a grant from Orcas Island Community Foundation, daily free ride and delivery service began for Orcas Islanders on June 28. You can call **360-672-2201** or text this number to reach a volunteer driver from 10am to 3pm every day. Rides and deliveries are free with donation fares gratefully accepted. If you call at least a day ahead of your planned trip, the driver will call you back to confirm the schedule.

IslandRides was formed eight years ago in San Juan County as a 501(c)3 non-profit to serve the on-island transportation needs of seniors over 60, folks with disability and residents who do not drive. **More trained local drivers are needed to fill the daily schedule** so you are invited to phone the above number or email Curt at IslandRidesOrcas@gmail.com for application and details to join our team. You can help meet the ride and delivery needs of your neighbors in the eco-friendly, zero emissions Nissan electric Blue Leaf.



Transportation studies in the County Transportation Plan show this non-profit approach is the most efficient and least costly method of meeting the needs of islanders who do not have a vehicle or choose not to drive.

The program delivered 5,561 trips for our island neighbors in 2020 despite the pandemic. **IslandRides** can deliver your groceries, personal necessities, and prescriptions, as well as take you to your island destination. We are vaccinated, masked, carry masks for riders who need them and the car is well ventilated. Hence, it is safe to ride in the Blue Leaf. Please visit our website at www.IslandRides.org for more details.



Member Spotlight: *Margot Shaw*

A Word from Margot...

SENSE OF PLACE; the sense of CONNECTION (image on my shirt is by Frank Loudin)



Why this title? I use it because it will explain why I found myself here in the San Juans four times in my life, so far: 1939, 1952-ish, 1962, and 2002, this last time planning it to be my last stop, unless reincarnation brings me back....as an orca?

1939: Summers at the San Juan International Camps on San Juan (now Camp Nor'wester) where my father was the music man and where I merged with the landscape, Native American culture and Folk singing...strong elements of the camp...; 1952: A counselor at the same Henderson Camp, now moved to Sperry Peninsula on Lopez; 1962-'65 when I brought a husband up to Orcas from California to build a couple of houses, have my first born daughter, connect with the Historical Society and Library, meet Miles and Llouellen McCoy, Hall and June Magnuson, and eventually buy Buckhorn Lodge, to run it for a summer...; 2002: Settle into my perfect home overlooking West Sound and the sailboats, with retired time to volunteer for *everything* (hint: try just one or two groups to start with).

What do I love?: The Landscape, Native American culture, the Historical Museum, the Library, (I admire all the non-profit groups that keep Orcas ticking). Singing in island choral groups has kept my soul alive; dressing as one wants, when one wants; seeing more four-footed critters and birds in a day than two-legged humans; being able to hear great Chamber Music at OICMF, equal to none...without it, I might wither to a non-harmonious blob. Thank you, Orcas!

This is my last contribution to the Member Spotlight. As editor and photographer, it's been such fun connecting with all the writers over the almost 2 1/2 years. Lots of stories. I'd love to converse with more of you: mshaworcas@yahoo.com. Keep writing.

"the virtual vineyard"

Bring your palate and your curiosity to "**the virtual vineyard**" on **Sunday, July 25, 5pm** as Cole Sisson from Doe Bay Wine Company presents three hand-picked wines from small vineyards for tasting. You can choose one, two, or all three bottle options. (1 bottle wine, cheese, crackers: \$30; 2 bottles wine, cheese, crackers: \$50; 3 bottles wine, cheese, crackers: \$70).

To participate, register at orcasseniors.org. Then purchase and pick up your wine, cheese, and crackers at Doe Bay Wine Company at 109 North Beach Road (open 7 days a week, 11am to 5pm).

On Sunday, July 25 at 5pm, open your wine, grab your cheese and crackers, and join your friends on Zoom!

OSC MEMBERSHIP BENEFITS

Membership Level	Fee	Orcas Island Fitness Center	Ray's Pharmacy	Island Market	OSC Classes	OSC Off-Island Field Trips	OSC Room Rentals
Gold Premier - COUPLE	\$500	FREE _{1,2}	10% Members Only Discount ₃	FREE Coffee ₄	FREE ₅	FREE ₇	FREE _{9,10}
Gold Premier - SINGLE	\$300						
Prime - COUPLE	\$200	FREE _{1,2}	10% Members Only Discount ₃	FREE Coffee ₄	FREE ₅	Members Only Discount ₈	Discount _{9,10}
Prime - SINGLE	\$125						
Standard - COUPLE	\$50	Members Only Discount _{1,2}	10% Members Only Discount ₃	FREE Coffee ₄	Members Only Discount ₆	Members Only Discount ₈	Discount _{9,10}
Standard - SINGLE	\$30						

¹ **PLEASE NOTE:** OSC and the new owners of Orcas Island Fitness Center (OIFC) are currently in negotiations to continue to offer the same great gym benefits for OSC members. Every indication points to a positive outcome. Please stay tuned.

² OIFC pass is \$3 for a single, 60-minute visit per day. Pay and check out key card at the OSC Front Desk Monday through Friday, 9am to 3pm. Includes use of weights, cardiovascular equipment, racquetball, saunas, indoor pool, outdoor Jacuzzi, dressing rooms, and yoga classes. Personal training, CrossFit, water aerobics, nutrition, and other amenities are available for a fee.

³ 10% discount does not apply to prescriptions or alcohol. Member will be asked to provide current OSC membership card to receive discount.

⁴ One (1) small drip coffee until noon on Mondays only. Member will be asked to provide current OSC membership card to receive coffee.

⁵ Free for most classes.

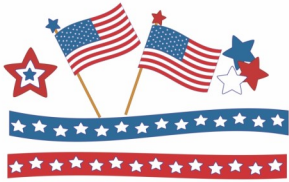
⁶ Discount includes a bulk rate of 10 sessions for \$50 for select classes. Bulk rate applies to the same class only.

⁷ Applies to transportation fees only. Does not apply to off-island medical transportation.

⁸ Discount applies to select field trips only; discount applies to transportation fees only.

⁹ For more information concerning eligibility of room rental, please contact admin@orcasseniors.org or 360-919-9312.



¹⁰ All renters will be asked to follow OSC's Occasional Room Rentals Policy. Please contact admin@orcasseniors.org or 360-919-9312 for more information.



July 2021

“Government of the people, by the people, for the people, shall not perish from the earth.”

—Abraham Lincoln

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Meals on Wheels 11a: Family Caregiver Call ODC Election In-person Voting @ OSC, 10a-4p	29 ODC Election In-person Voting @ OSC, 10a-4p	30 Meals on Wheels 9a: Fresh Start in 15 ODC Election In-person Voting @ OSC, 10a-4p	1 Last Day to Vote in ODC Election. Vote in-person @ OSC, 10a-6p. Mail-in ballots due @ 3:30p	2 Meals on Wheels ODC Election Ballot Count @ OSC, 2p	3
4 Independence Day 	5 No Meals on Wheels CLOSED	6 International Kissing Day 	7 Meals on Wheels 9a: Fresh Start in 15	8 9:30a: ODC Meeting	9 Meals on Wheels	10 Don't Step on a Bee Day 
11 4p: Orcas Socrates Café 	12 Meals on Wheels 11a: Family Caregiver Call	13 Embrace Your Geekness Day 	14 Meals on Wheels 9a: Fresh Start in 15	15 1p: SSCSJC Board Meeting	16 Meals on Wheels Guinea Pig Awareness Day 	17
18	19 Meals on Wheels 11a: Family Caregiver Call	20 12p: Book Club - The Cold Millions 	21 Meals on Wheels 9a: Fresh Start in 15	22	23 Meals on Wheels Gorgeous Grandma Day International Yada, Yada, Yada Day	24 Tell an Old Joke Day 
25 5p: "the virtual vineyard" 	26 Meals on Wheels 11a: Family Caregiver Call	27 Take Your Houseplant for a Walk Day 	28 Meals on Wheels 9a: Fresh Start in 15	29	30 Meals on Wheels	31 Uncommon Instrument Day 

Fun and Connection with the Orcas Senior Center

Orcas Socrates Café



On the **second Sunday afternoon each month from 4pm to 6pm**, Orcas Senior Center hosts the Orcas Socrates Café. It is an opportunity to gather virtually, as a community, for a broad conversation on philosophical perspectives.

This is not a book club, but rather a conversation, based upon the book, *Socrates Café*, by Christopher Phillips. The book is available at the Orcas Island Library and Darvill's Bookstore.

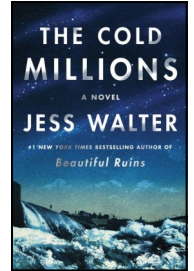
All participants will be encouraged to exchange philosophical perspectives based on their experiences and everyone will have the opportunity to speak. Join us for a progression of questions which will broadly and thoughtfully encourage a friendly community dialogue.

To participate, in the next **Orcas Socrates Café on Sunday, July 11, 4pm to 6pm**, register by emailing Michel@orcasseniors.org.

ALL ARE WELCOME.

Book Club: The Cold Millions by Jess Walter

The setting is 1910 Spokane during a raw-boned winter, and the characters are almost all down on their luck—if they had any luck to begin with. At the center of the story are two brothers, Gig and Rye Dolan, who hop freight trains around the West, picking up odd unskilled jobs and often sleeping rough. In Mining and timber provide plenty of this kind of employment, as well as taverns and brothels and other sources of tawdry entertainment, but to get hooked up with a job, itinerate laborers must pay a \$1 commission to an employment agency. The agencies kick back money to the foremen, and the jobs often don't last the week, so men like Gig and Rye find themselves paying out most of their earnings just to get hired. (Slate, 10/30/2020)



To participate in the **July Book Club Zoom meeting on Tuesday, July 20 at 12pm**, please contact Stephen Bentley at stephen@swbentley.com or 360-376-2299.

Caregivers Support Group Calls

The Family Caregiver Support Group conference calls are each Monday, 11am-12pm. For information, please contact Heidi Bruce: 360-370-0591 or heidib@sanjuanico.com.

CURRENT SERVICES WE PROVIDE

Community Lunch remains suspended. We look forward to the time when we can all safely be together again, but do not yet have a specific date approved for resuming Community Lunches in person.

Home delivered meals are provided to seniors on Monday, Wednesday, and Friday for those in need. Please call Jami Mitchell at 360-376-7926 to get registered for meal support from Meals on Wheels.

Case Coordination and Caregiver Resources: Services are available to assess and offer options for those in need. Contact Heidi Bruce at 360-370-0591 or heidib@sanjuanico.com for more information.

Transportation assistance for medical appointments is possible, based on the availability of volunteer drivers. Call Jami Mitchell at 360-376-7926 to request a ride or volunteer to drive. **We need drivers!**
Anacortes, Mt. Vernon & Burlington: suggested donation \$60
Bellingham and surrounding area: suggested donation \$75
Seattle Area: suggested donation \$90

Foot care services are provided by Footcare with a Heart, LLC by appointment only. For appointments and fee schedule, please contact Erica Bee at 360-622-8234 or 360-622-2117.

Life enriching and educational activities on-site at the Orcas Senior Center remain suspended. Activities are slowly resuming via Zoom Conferencing as we assess our capacity. Check orcasseniors.org for the latest offerings.

Companion Services are available. Buddy Check-In is working to help keep seniors safe during this period of prolonged self-isolation. If you are a senior and would welcome phone check-ins from a caring volunteer, please contact Jim Glozier at 360-919-9318 or Jim@orcasseniors.org.

COMMUNITY RESOURCES

Throughout the pandemic, many organizations have adapted how they operate and continue to evolve. Below is a list of some new, continuing, and suspended resources. Contact the service for updated information.

Lions Club Mobility Equipment: By appointment. Call Stephen Bentley at 360-376-2299.

Orcas Island Food Bank: Next door to the Community Church. Mondays 3-6:30pm, and Tuesdays and Fridays from 12-6:30pm. For questions or more info, please call and leave a message at 360-376-4445.

Orcas Food Co-op: To arrange for home delivery or curbside pick-up; www.orcasfood.coop or call 360-376-2009.

OPAL Community Land Trust: Struggling to make rent or a mortgage payment? OPAL is here to help. Call 360-376-3191 or email opalclt@opalclt.org.

Orcas Community Resource Center: OCRC works to ensure that all Orcas Islanders have access to services and support for their well-being. Call 360-376-3184 or email jana@orcascrc.org.

Weatherization: 1-800-290-3857, or via OPALCO: 360-376-3500 or Orcas Community Resource Center at 360-376-3184 or info@orcascrc.org.

SHIBA: Volunteers assist with Medicare enrollment, choosing secondary plans, and affordable healthcare. Medicare help is available for FREE by appointment. Call 360-376-5892 or email pegigshiba@yahoo.com or xn28js@gmail.com.

Energy Assistance: Need help with electric bills? Call OPALCO at 360-376-3500 for eligibility and to apply.

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

SAFE San Juans: Domestic violence and sexual assault services to survivors and loved ones; 360-376-5979. SAFE San Juans has a 24-hour crisis line on each island. For Orcas, call 360-376-1234.

Orcas Safe Homes: 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 Door to Door: Services have resumed. Call for on-island transportation assistance: 360-622-2929.

IslandRides: Daily rides and deliveries by donation: 360-672-2201. More volunteer drivers are needed!

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.

Hearing Screenings: Stacie Nordrum of Island Hearing Healthcare has September appointments: 360-378-2330.

Social Security: 1-800-772-1213 or online via www.socialsecurity.gov/myaccount.

Mental Health Crisis hot line: Call the 24-hour mental health crisis line: 1-800-584-3578 or go to www.imhurting.org.

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 2021
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

August, 2021

OSC Set to Reopen

By Lynnette Wood, ODC nonprofit Chair

Who would have guessed when we closed our doors in March of 2020 due to COVID-19 safety concerns, they would still be closed 17 months later. Not us, that's for sure! During this long period, our community has sheltered in place, social distanced, and masked up. As a result, we are the only county in the State which has had no recorded deaths from COVID-19. Now, with many already fully vaccinated and more becoming vaccinated every day, it is finally time for us to fling open our doors and resume in-person activities.

On Monday, August 2, our doors will once again be open to the public. The building has been deep-cleaned and hand sanitizers are available throughout the building. Over the coming months, we will gradually reintroduce in-person classes and activities.

Senior lunches will resume with one day a week to start and then gradually introducing two and then three meals a week. The first day we will begin Senior Lunch will be Monday, September 13. Meanwhile, Meals on Wheels deliveries will continue as they always have. If you are interested in home-delivered meals, contact Jami Mitchell, 360-376-7926 or jamim@sanjuanco.com.

We still need drivers, both for Meals on Wheels deliveries and for medical transportation, as well as lunchroom help. If you are interested in volunteering for any of these opportunities, please contact Jami or Lena Kassa at Lena@orcasseniors.org or 360-919-9312.

OSC policies and programs will be subject to change depending on requirements and recommendations from government agencies. In addition, Washington State law requires unvaccinated people continue to wear a mask when in public spaces.

Meanwhile, keep your eye on our website orcasseniors.org for the latest updates on programs and activities. Then, starting in August, please come in and meet our new staff and say hello to friends you haven't seen in a while. Welcome back, everyone!



Volunteer Appreciation: Save the Date!

We couldn't do it without our amazing volunteers, and we want to thank you.

Orcas Senior Center will be holding a volunteer appreciation event from **1-5 pm on August 29 at the Cascade Lake day use shelter** in Moran State Park. There will be food, live music, tokens of appreciation, and a whole lot of gratitude!

For more information, please contact Elsie Pamuk at elsiepamuk@gmail.com or 360-298-4344.



Quote for the Month . . .

Sometimes the heart sees what is invisible to the eye.

-H. Jackson Brown Jr.

What's Inside

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ORCAS SENIOR CENTER

360-376-2677 WWW.ORCASSENIORS.ORG

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. Please mail submissions to: PO Box 1146, Eastsound, WA 98245.

SAN JUAN COUNTY STAFF

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Aging and Family Case Coordinator
(360) 370-0591
email: HeidiB@sanjuanco.com

Jami Mitchell

Senior Services Specialist
(360) 376-7926
email: JamiM@sanjuanco.com

Barbara LaBrash

Human Services Manager
(360) 370-0595
email: BarbaraLB@sanjuanco.com

MEALS ON WHEELS AND MORE

Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging.

Jay Savell—Head Cook

Mike Knight—Kitchen Assistant

ORCAS DISTRICT COMMITTEE

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

Lynnette Wood—Chair
Elsie Pamuk—Vice-Chair
Diane Craig—Secretary

Margot Shaw, emeritus
Bonnie Burg, emeritus
Christina Orchid, emeritus

Maggie Kaplan
Jerry Todd
Jennifer Hairston
Darcey Miller
Allan Rosato
Tom Eversole

Non-Profit Staff

Lena Kassa 360-919-9312
Operations Manager
Lena@orcasseniors.org

Jim Glozier 360-919-9318
Companion Services Coordinator
Jim@orcasseniors.org

Steven Ziegler TBD
Programs and Activities Coordinator
Steven@orcasseniors.org

Welcome, Steven Ziegler!



The Orcas Senior Center (OSC) nonprofit is excited to welcome Steven Ziegler as the new Programs & Activities Coordinator. Steven's education in sociology and extensive experience as an event planner make him exceptionally well suited to this position.

For the last five years, Steven coordinated and managed a variety of events for Foreign Cinema in San Francisco, ranging from intimate two-person marriage proposal dinners to large receptions of up to 450 guests. Prior to that time, he was assistant manager at two San Francisco restaurants. He holds a BA in sociology from San Francisco State University, as well as an MA in sociology from the University of Memphis.

Steven tells of one of his proudest moments: Completing the 500-mile Camino de Santiago in Spain. This epic hike took him through four of Spain's 15 regions, past vineyards and through the Pyrenees mountains. Also known as the Way of St. James, it is one of the oldest pilgrimage routes in the world. So excited was Steven about this endeavor, that he attempted it a second time, this time with his mother, brother, and sister-in-law. When an injury prevented one group member from completing the trek, Steven, on whom, decided to visit Portugal. It was here that he met his husband-to-be.

Please join us in welcoming Steven to the Orcas Senior Center. We are excited to have him as part of our team and we look forward to expanding our range of events, programs, and activities under his direction.

Election Results

Thanks to everyone who participated in the recent Orcas District Committee election. We received 77 valid ballots, and the results are in! Tom Eversole, Diane Craig, Elsie Pamuk, Greg Raffelson, Darcey Miller, Allan Rosato and Jennifer Hairston all received sufficient votes to allow them to continue to serve on the committee. They join longstanding members Maggie Kaplan, Jerry Todd and Lynnette Wood who, together with staff, work with organizational partners to manage the programs and facilities of the Orcas Senior Center.

There is room for more! Our bylaws allow for up to 15 committee members. So, if you are interested in joining a highly relevant and engaged group of dedicated individuals who are committed to increasing and improving services to seniors and persons with disabilities on Orcas Island, then please consider joining us. If you are interested or have questions, please contact Lena Kassa at Lena@orcasseniors.org or (360) 919-9312.

Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3rd Thursday of every month, at 1pm. Orcas District Committee meetings, held 2nd Thursday of every month, at 9:30am. Info: 360-376-2677 or email admin@orcasseniors.org.

Tell Us What You Think...

San Juan County Senior Services has a feedback form for you to let us know how we are doing. Help us to better serve the people of this community. The forms are available by emailing Jami at jamim@sanjuanco.com or call her at 360-376-7926.

How to Say "No" to Scammers

By Chrissy Svihus
CENTS Legal Intern
www.SeniorMoneyProject.org



By now, you know how to recognize the signs of a scam: be on the lookout for texts, phone calls, and emails that ask for your information, even if they appear to be from a legitimate source since phone numbers and email addresses can be faked. When in doubt, contact your bank, the IRS, or other agency claiming to need your information from their phone number listed on their official website or a legitimate bill you have received before, NOT the person who contacted you.

Be assertive! Remember, YOU direct the conversation. Any legitimate source will respect your concern for your privacy and provide you with the information you need. A government agency will NEVER threaten to issue an arrest warrant or any other drastic measure over the phone if you do not pay right away.

Here is a list to keep handy if you need to verify if a call is legitimate:

1. "What is this in regard to?" REMEMBER, do not volunteer ANY information! Any tidbits of information you share can be used against you by a scammer, so when in doubt, don't provide anything.

2. "I don't feel comfortable providing this information. Let me call the main office so I can verify this is legitimate." This will never anger or upset a legitimate caller. If they seem irritated by your hesitation, it is more likely to be a scam!

3. "I am going to ask my spouse/child/trusted friend/financial advisor, etc. about this before I make a decision. I will get back to you later." This shows you are not easily rushed into making a foolish choice. Again, no legitimate caller would question your decision to do this. You are never under any obligation to provide any information or money right away to a caller. It is always a safe choice to take your time and ask someone you trust if this seems right. If you get flustered easily, have a phrase in mind that will let you get off the call and collect yourself to make sure you're making a wise decision. Write it down. A scammer takes advantage of those who are stressed, rushed, or otherwise not thinking clearly. With a calm mind and trusted resource to help you vet decisions, you can avoid being taken advantage of by scammers!

How to report a suspected scam: Call AARP Fraud Watch at 1-877-908-3360 and/or your local non-emergency police line. On Orcas, the non-emergency number for the County Sheriff is 360-378-4151.



CENTS
CONSUMER EDUCATION
AND TRAINING SERVICES

Prolonging the Life of Berries

By Julie Meyers
Meals on Wheels & More Director



Northwest Washington is berry country. Not only does Washington produce more raspberries and blueberries than any other state in the nation,

but Whatcom County produces more raspberries than any other county in Washington! This is great news for berry lovers like me. Unfortunately, the growing season for most berries is only 3-4 weeks. Raspberry season usually peaks in July while peak season for local blueberries is typically late July to early August. Now is the time to visit your local farmers market or farm stand for freshly picked (or U-Pick) blueberries. If you have Senior Farmers Market Vouchers, berries are a delicious and nutritious way to spend them.

What if you go crazy picking or purchasing berries from the farmers market only to realize that you have more berries than you can possibly eat before they spoil? Here is a tip from Carol Simmer that will prolong the life of your berries, grapes and cherries. Prepare a mixture of one part vinegar (white or apple cider) to ten parts water. Gently put the fruit into the mixture and gently shake them until all surfaces make contact with the water. This is especially important for raspberries and blackberries because of their structure. Drain very well (Rinse if you wish but the mixture is so diluted you cannot taste the vinegar.) and refrigerate. The vinegar kills any mold spores and other bacteria that might be on the surface of the fruit. Raspberries should last a week or more and strawberries almost two weeks.



Freezing or turning berries into freezer jam are two more ways to prolong the life of your berries. Growing up with a Dad who was a food processing engineer, I was used to hearing acronyms like "IQF" (individually quick frozen). IQF is a method of freezing individual pieces of food separately at extremely low temperatures. Although you may not have the super low temperature freezer, you can utilize the concept of IQF to freeze your berries. Carefully wash berries and let them dry. Once dry, lay the berries in a single layer on a cookie sheet (small enough to fit in your freezer). After a few hours or when the berries are frozen, package the berries in a container or freezer bag and start again! Last summer I IQF'd so many blueberries that I thought they would last all winter. By sometime in September they were gone...

To make freezer jam, all you need is some instant pectin, berries, and sugar. Follow the recipe on the pectin container. Not sure where to find instant pectin? A quick web search led me to Ace Hardware, Walmart, and Amazon.

Have a blueberry good month! Comments of questions? Contact me at jmeyers@whatcomcoa.org or 360-733-4030, ext. 1025.

Welcome to the ORCAS SENIOR CENTER Family

*James Biddick, Sylvia Biddick, Gil Blinn,
Karen Blinn, Craig Canine, Diane Ferguson,
John Gates, Julia Gates, Lisa Gates,
Norman Gilinsky, Linda Henry, Judy Jackson,
Diane Jarecki, Pam Loew, David Meek,
Jenice Meek, Annie Moss Moore, Collen
O'Brian, Karen Petitjean, Myla Sherburne,
Diane Simonian, Tim Simonian, Gary Sisson,
Mary Small, Susan Templeton, Charles Wal-
dron III, Raven Williams, Ed Wilson, and
Kristen Wilson!*

Not a member or need to renew your
membership? Go to

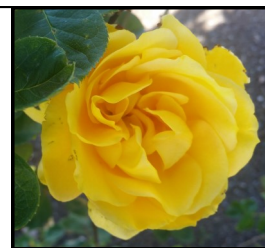
www.orcasseniors.org.

New Benefit for Members

We're excited to announce a new benefit for members of Orcas Senior Center! Island Air Ambulance is generously offering a 20 percent discount for annual household memberships! Island Air Ambulance is a critical care air ambulance service located in Friday Harbor and serves all of San Juan County and surrounding regions. It is one of four air medical service companies Orcas Island Fire & Rescue recommends for everyone residing in San Juan County (orcasfire.org). To learn more about Island Air Ambulance visit their website at islandairambulance.com, call 360-378-2376, or email membership@islandairambulance.com. To receive the special discount code for Orcas Senior Center members, call 360-376-2677 or visit the front desk.

Senior Spotlight: *Jane Alden*

A Buttercup that Never Looked Back



Jane Alden hails from the East Coast, the only daughter of a German first generation American, a WWII nurse and an insurance adjuster. She made her entrance at Knickerbocker hospital in the early 1940's. At the age of 12 she played a buttercup in a community theater production and never looked back! "An actress is all I ever wanted to be. I was very lucky to be mentored and it was made easy for me, as my parents were very supportive."

Enthused by Christopher Plummer's performance as Cyrano De Bergerac, and graciously mentored in childhood, Jane says she was blessed to be nurtured early on. She honed her craft steadily, and after a BFA from Carnegie, fourteen years of New York stage theater followed. Dramatic, emotive characters in Tennessee Williams and Arthur Miller plays were her early roles.

The subsequent fourteen years took Jane to Los Angeles where she did hundreds of film and television projects, including a regular role on Hill Street Blues, and working with Shelley Duvall and Bob Newhart. Jane has shared the lights with Marsha Mason, Lauren Bacall, and Charles Durning.

Stage work Jane's first and true love. Theater gave her fulfillment and is what she remains most connected to, as she feels that this important work of group participation, of communal joy, is vital to humanity. She states it as "a sacred thing, integral to cultural survival," and feels this expression to be flagging, yet predicts an upsurge, with optimism.

Jane lives on Orcas among buttercups with her cat, Daisy, and continues to be artistic. Her handmade cards are available locally, and she is an avid reader and teacher.

"the virtual vineyard" on Zoom by Orcas Senior Center and Doe Bay Wine Company

Bring your palate and your curiosity on Sunday, August 22 at 5pm, as Cole Sisson from Doe Bay Wine Company presents three hand-picked natural wines, for tasting. You can choose one, two, or all three bottle options. (1 bottle wine, cheese, crackers: \$30; 2 bottles wine, cheese, crackers: \$50; 3 bottles wine, cheese, crackers: \$70).

To participate, register at orcasseniors.org. Then purchase and pick up your wine, cheese, and crackers at Doe Bay Wine Company at 109 North Beach Road (open 7 days a week, 11am to 5pm).

On Sunday, August 22 at 5pm, open your wine, grab your cheese and crackers, and come join your friends on Zoom!



Visit our booth at the Farmer's Market on Saturdays 10am to 2pm. Get a t-shirt, renew your membership, become a member, or drop off a donation to Orcas Senior Center. Pictured: Marie Leddick, Maggie Kaplan, and Linda Todd.

Mammogram Van Coming to Orcas Senior Center



Assured Imaging will be at Orcas Senior Center again this year with their Mammogram Van on September 20, 21, and 22. A third day was added due to such a successful turnout of 94 patients last year.

Although one in eight women will be diagnosed with breast cancer, nearly all breast cancer is treated successfully if detected early. Assured Imaging offers a relaxed atmosphere with a friendly, professional, all-female clinical staff. All major insurance is accepted, and no referral is necessary. Call (888) 233-6121 to schedule your appointment or go to orcasseniors.org for a link.

IslandRides has Launched on Orcas!

Volunteer drivers are monitoring the IslandRides phone (360-672-2201) from 10am-3pm daily and receiving emails at IslandRidesOrcas@gmail.com for ride requests. Rides and deliveries are free with small donations gratefully accepted. You do not need to apply, make an appointment, have money, or qualify. IslandRides is for *any* senior, disabled person, or rural resident who does not drive and needs to access services on Orcas. Any payment is entirely the rider's choice.

Rides and deliveries are happening, but more volunteer drivers are needed. A five-hour weekly commitment is the ask. Please call Sandy Playa at the above number to inquire or apply.



Generous donors have supplied used electric, emission-free vehicles for this community ride service. The state of Washington, and the Federal Transportation Administration are in complete agreement with the move to reduce air and water pollution in our county. They have agreed to fund three new electric Nissan vehicles with greatly expanded range in the coming months. New Leaf's will allow more and longer non-polluting trips every day as requests grow on the three primary islands in San Juan County. For more information, please visit the website www.IslandRides.org.

Pictured below, drivers Bruce, Richard, Becky, Will, Sandy, and Rebecca were at the Food Bank for an orientation and training before their first shift.



Thank you to these drivers, as well as the new volunteers that have offered to help with this new service. We still need more drivers, so please consider driving with us!



Contributed photo from Jerry Holt, Star Tribune

Home, At Long Last

Jerry and Linda Todd recently traveled from Orcas to Minneapolis to witness the ceremonies surrounding the return of the remains of Jerry's uncle, Neal Todd. Neal was a sailor who died aboard the USS Oklahoma at the age of 22 in the bombing of Pearl Harbor. Now, 80-years later, his remains were identified using DNA samples as part of a broad Defense Department initiative, and then returned to the Todd family for burial.

Jerry and Linda say the trip was incredibly meaningful to them and to Jerry's uncle Orville who is the only surviving brother of the fallen Navy Fireman 1st Class. Neal's remains were interred in Akeley, Minnesota, with full military honors.



Is it Time for You to Renew?














Fill out a membership form online at orcasseniors.org or fill out a paper form at the Senior Center. Thank you for supporting Orcas Senior Center with your annual membership.



August 2021

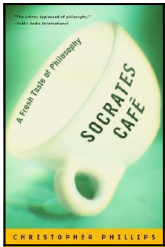
“This very moment is the perfect teacher, and lucky for us, it’s with us wherever we are.

—Pema Chödrön

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Sisters Day 	2 Meals on Wheels 11a: Family Caregiver Support Group	3 National Watermelon Day 	4 Meals on Wheels 9a: Fresh Start in 15	5 National Underwear Day 	6 Meals on Wheels	7 National Lighthouse Day 
8 4p: Orcas Socrates Café 	9 Meals on Wheels 11a: Family Caregiver Support Group	10 National S'mores Day 	11 Meals on Wheels 9a: Fresh Start in 15	12 9:30a: ODC Meeting	13 Meals on Wheels	14 National Bowling Day 
15	16 Meals on Wheels 11a: Family Caregiver Support Group	17 12p: Book Club - Endless Night 	18 Meals on Wheels 9a: Fresh Start in 15	19 1p: SSCSJC Board Meeting	20 Meals on Wheels	21 National Senior Citizens Day 
22 5p: "the virtual vineyard" 	23 Meals on Wheels 11a: Family Caregiver Support Group	24	25 Meals on Wheels 9a: Fresh Start in 15	26 National Dog Day 	27 Meals on Wheels 2p: Stamp Club Bourse 	28
29 1p: Volunteer Appreciation Event at Cascade Lake 	30 Meals on Wheels 11a: Family Caregiver Support Group	31 National Trail Mix Day 	1 Meals on Wheels 9a: Fresh Start in 15	2	3 Meals on Wheels	4 National Wildlife Day 

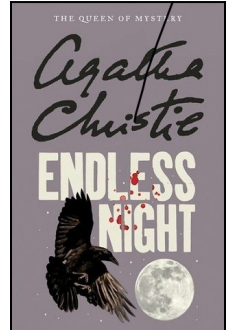
Fun and Connection with the Orcas Senior Center

Orcas Socrates Café



On the second Sunday each month from 4pm to 6pm, Orcas Senior Center hosts the Orcas Socrates Café. It is an opportunity to gather virtually, as a community, for a broad conversation on philosophical perspectives. This is not a book club, but rather a conversation, based upon the book, *Socrates Café*, by Christopher Phillips. The book is available at the Orcas Island Library and Darvill's Bookstore. All participants are encouraged to exchange philosophical perspectives based on their experiences and everyone will have the opportunity to speak. Join us for a progression of questions which thoughtfully encourage a friendly community dialog. To participate in the next virtual Orcas Socrates Café on **Sunday, August 8, 4-6pm**, please register by emailing Michel@orcasseniors.org. **ALL ARE WELCOME.**

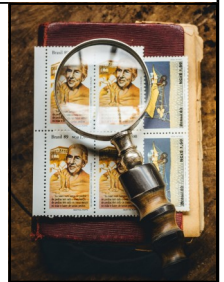
Book Club: Endless Night by Agatha Christie



Gipsy's Acre was a truly beautiful upland site with views out to sea – and in Michael Rogers it stirred a child-like fantasy. There, amongst the dark fir trees, he planned to build a house, find a girl and live happily ever after. Yet, as he left the village, a shadow of menace hung over the land. For this was the place where accidents happened. Perhaps Michael should have heeded the locals' warnings: 'There's no luck for them as meddles with Gipsy's Acre.' Michael Rogers is a man who is about to learn the true meaning of the old saying 'In my end is my beginning.' (Goodreads, n.d.) To participate in the August Book Club Zoom meeting on **Tuesday, August 17 at 12:00pm**, please contact Stephen Bentley by emailing him at stephen@swbentley.com or call (360) 376-2299.

Stamp Club Bourse in person at the Orcas Senior Center!

The Orcas Senior Center **Stamp Club** will meet in person on **Friday, August 27, at 2pm**. To celebrate the center's reopening, we will be hosting a small "bourse" – an opportunity for collectors and non-collectors to buy, sell, or trade stamps, first day covers, and supplies. Did you find an old stamp collection in your late, great-uncle's closet? Bring it to the bourse! Have you been thinking about starting a stamp collection, but need a starter kit? Come to the bourse! (According to etymonline.com, the word "bourse" originated in the 1590s used to describe a "meeting place of merchants" and it literally translates to "purse.")



CURRENT SERVICES WE PROVIDE

Community Lunch remains suspended until September. We look forward to resuming in-person Senior Lunches beginning one day per week on Mondays, aiming to start on Monday, September 13.

Home delivered meals are provided to seniors on Monday, Wednesday, and Friday for those in need. Please call Jami Mitchell at 360-376-7926 to get registered for meal support from Meals on Wheels.

Case Coordination and Caregiver Resources: Services are available to assess and offer options for those in need. Contact Heidi Bruce at 360-370-0591 or heidib@sanjuanico.com for more information.

Transportation assistance for medical appointments is possible, based on the availability of volunteer drivers. Call Jami Mitchell at 360-376-7926 to request a ride or volunteer as a driver.

Anacortes, Mt. Vernon & Burlington: suggested donation \$60

Bellingham and surrounding area: suggested donation \$75

Seattle Area: suggested donation \$90

Foot care services are provided by Footcare with a Heart, LLC by appointment only. For appointments and fee schedule, please contact Erica Bee at 360-622-8234 or 360-622-2117.

Life enriching and educational activities on-site at the Orcas Senior Center remain suspended. Activities are slowly resuming via Zoom Conferencing as we assess our capacity. Check orcasseniors.org for the latest offerings.

Companion Services are available. Buddy Check-In is working to help keep seniors safe during this period of prolonged self-isolation. If you are a senior and would welcome phone check-ins from a caring volunteer, please contact Jim Glozier at 360-919-9318 or Jim@orcasseniors.org.

COMMUNITY RESOURCES

Throughout the pandemic, many organizations adapted how they operate and continue to evolve. Below is a list of some new, continuing, and suspended resources. Contact the service for the most updated information.

Lions Club Mobility Equipment: By appointment. Call Stephen Bentley at 360-376-2299.

Orcas Island Food Bank: Next door to the Community Church. Mondays 3-6:30pm, and Tuesdays and Fridays from 12-6:30pm. For questions or more info, please call and leave a message at 360-376-4445.

Orcas Food Co-op: To arrange for home delivery or curbside pick-up; www.orcasfood.coop or call 360-376-2009.

OPAL Community Land Trust: Struggling to make rent or a mortgage payment? OPAL is here to help. Call 360-376-3191 or email opalclt@opalclt.org.

Orcas Community Resource Center: OCRC works to ensure that all Orcas Islanders have access to services and support for their well-being. Call 360-376-3184 or email jana@orcascrc.org.

Weatherization: 1-800-290-3857, or via OPALCO: 360-376-3500 or Orcas Community Resource Center at 360-376-3184 or info@orcascrc.org.

SHIBA: Volunteers assist with Medicare enrollment, choosing secondary plans, and affordable healthcare. Medicare help is available for FREE by appointment. Call 360-376-5892 or email pegigshiba@yahoo.com or xn28js@gmail.com.

Energy Assistance: Need help with electric bills? Call OPALCO at 360-376-3500 for eligibility and to apply.

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

SAFE San Juans: Domestic violence and sexual assault services to survivors and loved ones; 360-376-5979. SAFE San Juans has a 24-hour crisis line on each island. For Orcas, call 360-376-1234.

Orcas Safe Homes: 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 Door to Door: Services have resumed. Call for on-island transportation assistance: 360-622-2929.

IslandRides: Daily rides and deliveries by donation: 360-672-2201. More volunteer drivers are needed!

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.

Hearing Screenings: Stacie Nordrum of Island Hearing Healthcare has September appointments: 360-378-2330.

Social Security: 1-800-772-1213 or online via www.socialsecurity.gov/myaccount.

Mental Health Crisis hot line: Call the 24-hour mental health crisis line: 1-800-584-3578 or go to www.imhurting.org.

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 2021
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

September, 2021

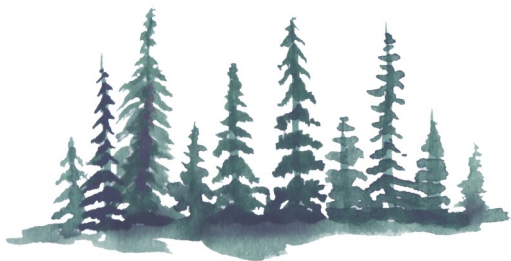
Orcas Senior Center Introduces New Logo

From the Orcas District Committee

Old growth forests: Peaceful yet strong, calm yet constantly renewing. Though they may appear timeless, old growth forests age through constant regeneration and renewal. With their multi-layered canopies and interwoven roots, old growth forests are more than forests of trees, they are forests of connections. Everything—trees, roots, plants, even the soil—connects and supports the other. Constant regeneration ensures that these forests endure and even benefit from the challenges of time and place.

These are the characteristics we hope our new logo portrays: Strength, renewal, support, and connection.

Our previous logo, Frank Loudin's cherished watercolor of the Orcas Senior Center building, conjures many good memories. However, we wanted to convey how the center is much more than just a building! Our new logo of an old growth forest is meant to evoke the need to *nurture* the entire community. Like an old growth forest, we grow taller and stronger because of our community ecosystem, a community that takes generations to establish. And, like the old growth forest, we islanders support one another in difficult times. Together, we make this community a place of peace, calm and strength.



ORCAS SENIOR CENTER

Age Well on Orcas



Thank you to our Assistant Cook Mike Knight and traveling Chef Esmeralda Olguin for their help preparing the many Meals on Wheels meals being distributed across Orcas every Monday, Wednesday, and Friday. Thank you as well to the volunteer drivers who support this effort! To learn more about the Meals on Wheels program and how to receive this food support, contact Jami Mitchell at 360-376-7926 or email jamim@sanjuanico.com. Orcas seniors are invited to a **special drive-thru BBQ event on Thursday, September 23, at 11:30am.** Read the full invitation and details on page 3.



Quote for the Month . . .

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

-Jim Bishop

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ORCAS SENIOR CENTER

360-376-2677 WWW.ORCASSENIORS.ORG

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. Please mail submissions to: PO Box 1146, Eastsound, WA 98245.

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Barbara LaBrash

Human Services Manager
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email: BarbaraLB@sanjuanco.com

MEALS ON WHEELS AND MORE

Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging.

Ian Cassinos—Food Service Manager

Mike Knight—Assistant Cook

ORCAS DISTRICT COMMITTEE

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

Lynnette Wood—Chair
Elsie Pamuk—Vice-Chair
Diane Craig—Secretary

Maggie Kaplan
Jerry Todd
Jennifer Hairston
Darcey Miller
Allan Rosato
Tom Eversole

Margot Shaw, emeritus
Bonnie Burg, emeritus
Christina Orchid, emeritus

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Jim Glozier 360-919-9318
Companion Services Coordinator
Jim@orcasseniors.org

Steven Ziegler TBD
Programs and Activities Coordinator
Steven@orcasseniors.org

Face Masks

Just as you made a celebratory basketball toss in your waste basket, face masks are required again in San Juan County. If you no longer have masks or need more, Orcas Senior Center has free masks available to seniors (contact Jami Mitchell at 360-376-7926 or email her at jamim@sanjuanco.com).

In addition, Maggie Kaplan is still hard at work handmaking masks. You can pick up Maggie's masks from her carport at 158 Palisades Drive in the Rosario area. If you're interested in a more "unique" variety of Maggie's masks, visit Orcas Arts & Gifts at 245 Main Street. Donations for these masks support Orcas Senior Center.



Welcome to the ORCAS SENIOR CENTER Family

Nancy Miller and Kate Pruett!

Not a member or need to renew your membership? Go to

www.orcasseniors.org.

Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3rd Thursday of every month, at 1pm.
Orcas District Committee meetings, held 2nd Thursday of every month, at 9:30am.
Info: 360-376-2677 or email admin@orcasseniors.org.

Tell Us What You Think...

San Juan County Senior Services has a feedback form for you to let us know how we are doing. We take your comments seriously and strive to better serve the people of this community. The forms are available by emailing Jami at jamim@sanjuanco.com or call her at 360-376-7926.

IslandRides Offers Free Rides Call 360-672-2201



From IslandRides Board
www.islandrides.org

Great news from the July Board of Directors meeting. The San Juan Islands Shuttle System's Board is now being served by representatives on all three main islands in the county: Barbara Schultheiss, Curt VanHynning and Roni Becker Wilkie (Lopez), Erin O'Dell and Bruce Benton (Orcas), and Sandi Ugrin, Bob Barnhart and Debbie Haagensen (San Juan Island). These volunteers are serving so that our county's residents receive the transportation access they need to local, on-island goods and services.

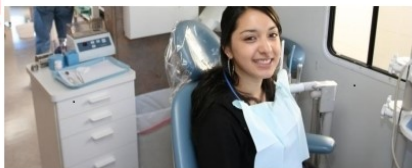
To help address this objective, once in-person community meals can safely resume at the senior centers, IslandRides drivers will prioritize ride requests to and from these weekly meals. This will remove some of the transportation pressure from the Meals on Wheels drivers and staff who are now facilitating a much higher volume of home delivered meals. Getting seniors to/from the senior centers to participate in social programs and services, including community lunches, is a service that IslandRides is happy to facilitate, so don't hesitate to call if you need transportation to the senior center for a foot care appointment, meeting, or for senior lunches once they resume. They also do grocery and drug store deliveries.

As demand for personal, door-to-door transportation increases, more volunteer drivers are needed on all three islands. If you are able to commit to a four-hour shift weekly, driving folks on island to shopping or medical appointments, IslandRides could use your help. To inquire, email islandrides@gmail.com or check out the website IslandRides.org for more details. You may also call Curt VanHynning directly at 360-317-8399 to apply. Make new friends while serving our community.

Dental Access Van on Orcas

The Mobile Dental Access Van will be coming back to Orcas September 22-25, 2021. They will be taking appointments 8am-2pm for exams with the dentist, as well as the hygienist for cleanings. If you are interested in scheduling an appointment, please contact Jami Mitchell at 360-376-7926 or jamim@sanjuanco.com.

Appointments are first come, first served after submitting your application. The dental access van is available for those who don't have dental insurance, and/or those who do not have the financial means to see a dentist.



Senior Picnic in the Parking Lot A Series of Drive-Thru Cookouts at San Juan County Senior Centers for adults age 60+

By Julie Meyers
Meals on Wheels & More!

The Nutrition Program partners—Orcas Senior Center, San Juan County, and Whatcom Council on Aging—would like to invite you, Orcas Island seniors to **Senior Picnic in the Parking Lot on Thursday, September 23 from 11:30am to 12:00pm at Orcas Senior Center.**

Participants will receive a delicious take-away meal of grilled hamburger, sausage, or vegan burger as well as potato salad, fruit, and a cookie.

Meals on Wheels and More Director, Julie Meyers notes, "We had hoped to welcome San Juan County older adults back to Senior Community Lunches starting in September, but the recent surge in COVID-19 cases has caused us to postpone the reopening. While everyone involved in the program is disappointed about the postponement, we are excited to safely welcome seniors back to the senior centers for a delicious picnic style meal."



Serving Whatcom &
San Juan Counties

The BBQ is free to attendees, with a suggested donation of \$5.00 per meal. Your generous donation is always welcome.

The San Juan County Senior Nutrition Program provides home delivered "Meals on Wheels" and Senior Community Meals (currently on hold due to the pandemic) to older adults on Lopez, Orcas, and San Juan Islands. The Meals on Wheels and More program is administered by the non-profit Whatcom Council on Aging in partnership with San Juan County Health and Community Services and the senior centers on Lopez, Orcas, and San Juan islands, which operate under the umbrella of the Senior Services Council of San Juan County 501(c)(3). The program is partially funded through federal grants, San Juan County levy funding, senior center in-kind contributions (utilities, fuel, kitchen equipment, etc.), and by client donations. The program also relies heavily on private donations and fundraising.

Please join us Thursday, September 23, 11:30am to Noon at the Orcas Senior Center for this special Drive-Thru BBQ!

For more information, contact Julie Meyers at 360-733-4030 x1025; jmeyers@whatcomcoa.org.



Meeting of the Minds – Long Live the Kings

Please join Orcas Senior Center and Mike O'Connell, Facilities Manager of Glenwood Springs Field Station on Orcas to learn about the Long Live the Kings project on **Wednesday, September 15 at 1pm** by Zoom.



The Glenwood Springs Chinook program began as an experiment in 1978. Long Live the Kings founder Jim Youngren, wanted to see if he could create a Chinook run from a small stream on his property. Nearly 40 years later, up to 4,000 Chinook return annually to be harvested in fisheries from Alaska to Northern Puget Sound. These Chinook help nourish our local population of endangered orca whales.

Mike O'Connell is a longtime fisheries biologist with experience and training in many areas of natural resource management.



To attend, go to the Events Calendar on Orcas Senior Center's website at orcasseniors.org on Wednesday, September 15. To continue offering great programs like this one, your generous donation is always welcome.

Hospice 101 – Myths vs. Realities of Hospice and Palliative Care

Online Presentation

Tuesday, September 14th 10-11am



Join Hospice of the Northwest and Hospice of San Juan as they provide a description of the goals and services of hospice care, and how it is different from palliative care. Learn how hospice is paid for, when and how to refer, and what kinds of support is offered. We will also discuss the differences between the two types of care and help you navigate which type might be right for you. Educational presentations are currently being held online. Please email Kåaren Flint, Outreach and Education Specialist, at kflint@hospicenw.org to register and receive the secure Zoom Link and handouts via email.

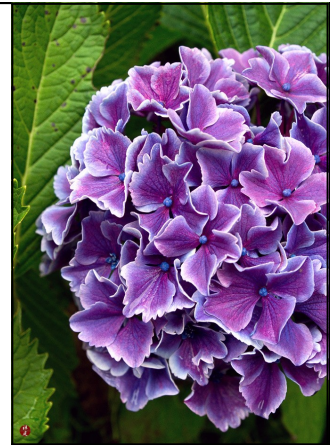
Great Islands Clean Up

Mark the date for **Saturday, September 25th** for the next Great Islands Clean Up. More information is coming soon so look for press releases via local media and on the Plastic Free Salish Sea website plasticfreesalishsea.org.



Senior Spotlight: Beth Roberts

Elizabeth "Beth" Roberts was born in the Adirondack mountains in the late 1930's. The third of three children, she is the daughter of a homemaker and a steel mill executive. Her father helped develop bobsled runners.



Beth attended parochial school and went on to business college where she met her husband at the age of 18, and they had four children. The family kept horses and Siamese cats. For many years they ran a successful family landscape installation business in Phoenix, Arizona, and practiced xeriscape and drought-resistant design.

In the 1990s Beth joined her son and daughter on Orcas, holding several jobs and volunteer positions on the island, including the Orcas Island Food Bank and Orcas Senior Center.

She now spends time in her own yard, is famous for her hydrangeas, and glad to be an OPAL resident. Beth finds love in her ardent support for animals, in friends, and in family. Soon to be the great-great-grandmother of her 25th grandchild, Beth feels her children have taught her more than she has taught them, and considers herself blessed. We are too, blessed by her friendly nature.

Mind-Body Workshops with Joan Roulac: September by Zoom



Quiet the mind and strengthen the body with Joan Roulac's **Fresh Start in 15** Qi Gong series. These quick 15-minute sessions will gently loosen tense muscles, strengthen the immune system, build better balance, and increase energy. The Fresh Start in 15 series fee is \$40 and will begin **Wednesday, September 8 at 9am**

via Zoom (weekly thereafter).

Joan is also offering a moving meditation series for beginners, regardless of physical condition, with **T'ai Chi Chih** (pronounced tie-chee-chuh). You will learn twenty simple, easy to learn movements that will help improve balance, relieve pain, and gain mental clarity. The T'ai Chi Chih series fee is \$75 and will begin **Tuesday, September 7 at 12:30pm** via Zoom.

Joan has been teaching Qigong and T'ai Chi Chih since being accredited by Justin Stone in 1987 and has taught thousands of students in California, Oregon, and Washington.

For inquiries and registration, please contact Joan Roulac at 360-298-2789 or joan@MountaintopMusings.com.

Powerful Tools for Caregivers Six-week Free Online Class Series Thursdays, September 30 - November 4



San Juan County Senior Services will be offering a FREE Powerful Tools for Caregivers six-week class series in late September-November (Sept 30, Oct 9, 16, 23, 30, and Nov 4). The 90-minute classes will be held via Zoom on Thursdays from 1:30 to 3pm. These classes are for unpaid caregivers to learn tips and techniques for navigating the world of caregiving for a family member or friend in need, and to gain self-care coping skills.

If you are interested in joining us for these six sessions, please contact Gail Leschine-Seitz at 360-370-7528 or gail@sanjuanco.com for more information and to register.

Transportation Voucher Program

This program provides funding to low income individuals for on-island transportation via taxis/shuttles and for ferry tickets for off island travel. Contact Jami Mitchell at 360-376-7926 or jamim@sanjuanco.com for more information and/or to apply.

Island Hospital offers Suicide Prevention Class

Suicide prevention is much more than intervening in an emergency. Join Dr. Hammer for a discussion around crisis intervention and strategies for addressing mental health problems with family, friends, and co-workers. You can join this important and candid conversation online Thursday, September 9, from Noon to 1pm. Call 360-299-4204 or register online at www.islandhospital.org/classes.

Medicare Presentation by Zoom

Will you be joining Medicare this year? Open enrollment for Medicare is rapidly approaching, beginning October 15 and ending December 7. Medicare has its own vocabulary and rules and the Statewide Health Insurance Benefits Advisors (SHIBA) are here to help make your transition to Medicare easier for you.

Join SHIBA for an online presentation on Tuesday, September 14 at 1pm and get all your questions about Medicare answered. To register for the presentation or to schedule a free confidential and unbiased counseling session, contact Pegi Groundwater at 360-376-5892 or pegigshiba@yahoo.com.



Island Hospital offers Online Cholesterol Class

Chronically elevated cholesterol levels increase risk for heart attack and stroke. Join Registered Dietitian, Amber Phillips, for an informative 30-minute talk on small changes you can make to your diet beyond the standard advice to reduce saturated fat and cholesterol intake. This will be a virtual class, held on Wednesday, September 15, 2:30 - 3pm. Visit www.islandhospital.org/classes or call 360-299-4204 to register.

Mammogram Van at OSC

September is here and that means it is time for Assured Imaging's mobile mammography screenings at Orcas Senior Center. Annual screenings are recommended for women 40 and over, so if this is you, sign up now.

Assured Imaging's mobile coaches provide the latest in cutting-edge, proven technology, offering both digital 3D and 2D mammogram screenings and a professional, all-female clinical staff. One in eight women will be diagnosed with breast cancer, but if detected early, nearly all cases are treated successfully.

Appointments are available on **Monday, September 20, Tuesday, September 21, and Wednesday, September 22**. To schedule an appointment call 888-233-6121 or go to orcasseniors.org for a link. All major insurance is accepted, and no referral is necessary.

Mammograms made easy!



*onsite mobile
screening event*

Schedule Online!

Simply visit the link below:
www.assuredimaging.com/orcas
Or Call: 888.233.6121

DATES	TIMES	LOCATION
MONDAY, SEPT. 20 TH	9:00AM-4:00PM	ORCAS SENIOR CENTER 62 Henry Road Eastsound, WA 98245
TUESDAY, SEPT. 21 TH	9:00AM-4:00PM	
WEDNESDAY, SEPT. 22 ND	9:00AM-12:00PM	



COVID-19 PRECAUTIONS: ALL PATIENTS AND STAFF
ARE REQUIRED TO WEAR MASKS

early detection saves lives!















All major insurances accepted, no referral needed for annual mammogram screening. All results are sent to patient PCP and patient. Please bring picture ID and insurance card to your appointment.

A woman is eligible for a digital mammogram screening if she:

- is at least 40 years of age
- has not had a previous mammogram in the past year
- has no current breast problems or complaints



September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Meals on Wheels 11a: Family Caregiver Support Group	31	1 Meals on Wheels National No Rhyme (Nor Reason) Day ??????	2 National Blueberry Popsicle Day 	3 Meals on Wheels	4 National Wildlife Day 
5 National Cheese Pizza Day 	6 No Meals on Wheels CLOSED LABOR DAY 	7 12:30p: T'ai Chi Chih 	8 Meals on Wheels 9a: Fresh Start in 15	9 9:30a: ODC Meeting	10 Meals on Wheels National Swap Ideas Day 	11 National Hot Cross Bun Day 
12 4p: Orcas Socrates Café 	13 Meals on Wheels 11a: Family Caregiver Support Group	14 12:30p: T'ai Chi Chih 1p: Medicare Presentation	15 Meals on Wheels 9a: Fresh Start in 15 1p: Meeting of the Minds LONG-LIVE THE KINGS 	16 1p: SSCSJC Board Meeting	17 Meals on Wheels National Apple Dumpling Day 	18 National Dance Day 
19 Talk Like a Pirate Day 	20 Meals on Wheels 11a: Family Caregiver Support Group	21 12:30p: T'ai Chi Chih	22 Meals on Wheels 9a: Fresh Start in 15	23 11:30a: Drive-Thru BBQ 	24 Meals on Wheels	25 National Comic Book Day 
Mammogram Van at Orcas Senior Center						
26	27 Meals on Wheels 11a: Family Caregiver Support Group	28 12:30p: T'ai Chi Chih 1p: Book Club - Beyond Words	29 Meals on Wheels 9a: Fresh Start in 15 	30 1:30p: FREE Powerful Tools for Caregivers Workshop Series	1 Meals on Wheels	2

Fun and Connection through the Orcas Senior Center

Reinvigoration of Hearts and Hands



As more people are venturing out and getting together, it is time to call on our community to help reinvigorate the Hearts and Hands program at the Orcas Senior Center. Hearts and Hands volunteers have provided in-home companionship visits to seniors and disabled

adults on Orcas Island for 15 years.

Caring volunteers make friendly visits to seniors and adults with disabilities to help with maintaining independence and a good quality of life. The visits include assistance with light chores, errands, and provide a social connection and companionship. As a daughter of a Hearts and Hands recipient states, "you are helping to keep my mom involved in life and her desire to continue living."

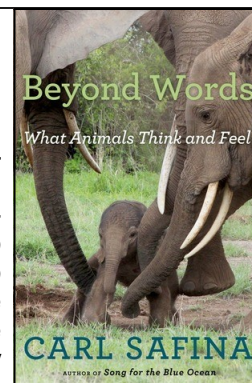
If you would like to become a Hearts and Hands volunteer or if you or someone you know could use assistance from a Hearts and Hands volunteer, contact Jim Glozier at 360-919-9318 or Jim@orcasseniors.org.

(All volunteers are vetted and follow strict COVID-19 protocols.)

Book Club: Beyond Words *What Animals Think and Feel* by Carl Safina

Beyond Words, readers travel to Amboseli National Park in the threatened landscape of Kenya and witness struggling elephant families work out how to survive poaching and drought, then to Yellowstone National Park to observe wolves sort out the aftermath of one pack's personal tragedy, and finally plunge into the astonishingly peaceful society of killer whales living in the crystalline waters of the Pacific Northwest. (Goodreads, n.d.)

To participate in the September Book Club on **Tuesday, September 28 at 1pm**, contact Stephen Bentley at stephen@swbentley.com or (360) 376-2299.



Caregiver Support Group

The Family Caregiver Support Group (FCSG) is meeting every Monday from 11am to 12pm. For more information, please contact Heidi Bruce, Aging & Family Case Coordinator at 360-370-0591, or email her at heidib@sanjuanico.com.

This support is FREE and open to anyone who is an unpaid caregiver for someone 60 or over or a disabled adult.

CURRENT SERVICES WE PROVIDE

Community Lunch remains suspended. We look forward to the time when we can all safely be together again, but do not yet have a specific date approved for resuming Community Lunches in person.

Home delivered meals are provided to seniors 60+ on Monday, Wednesday, and Friday for those in need. Please call Jami Mitchell at 360-376-7926 to get registered for meal support from Meals on Wheels.

Case Coordination and Caregiver Resources: Services are available to assess and offer options for those in need. Contact Heidi Bruce at 360-370-0591 or heidib@sanjuanico.com for more information.

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Anacortes, Mt. Vernon & Burlington: suggested donation \$60

Bellingham and surrounding area: suggested donation \$75

Seattle Area: suggested donation \$90

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COMMUNITY RESOURCES

Throughout the pandemic, many organizations adapted how they operate and continue to evolve. Below is a list of some new, continuing, and suspended resources. Contact the service for the most updated information.

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

Address Service Requested

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

P O Box 1653
Eastsound, WA 98245

Phone: 360-376-2677
Location: 62 Henry Rd
Email: jamim@sanjuanco.com
Issue: September 2021
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

October, 2021

We Appeal to You

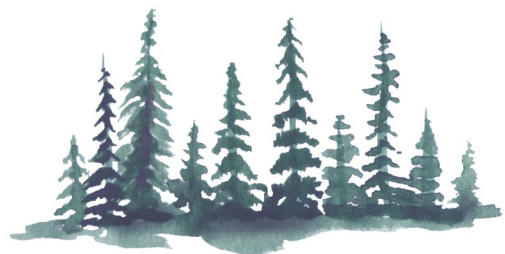
By Lynnette Wood, OSC nonprofit

Over the last 18 months, the pandemic has shined a bright light on unmet critical needs of our island's seniors. COVID-19 opened our eyes to new challenges, but it also opened doors. We responded by introducing Buddy Check-In and other new programs, tripling Meals on Wheels deliveries, and offering a range of online programming.

We hear from clients who tell us how comforting it is for them to receive a check-in call, how vital it is to receive a hot meal, and how important our programs are for keeping bodies strong and minds agile. Your donations last year made all of this possible.

The pandemic also brought to light other needs that were always there, but perhaps not fully recognized. One of these is the ongoing need for access to home maintenance and repair services. Another is the need for home deliveries of essential goods to those who are homebound, even in the absence of a pandemic.

As the needs for services grow, so does the need for funding. Please consider making a donation to Orcas Senior Center at orcas-seniors.org or by mailing a check to PO Box 1653, Eastsound, WA 98245. With your help we will reach our goal of \$100,000 and not only maintain, but even expand, the services and programs so necessary to our island seniors. Your contribution will show Orcas seniors that they are an integral and valued part of our community and deserve to **Age Well on Orcas**. Thank you for giving!



ORCAS SENIOR CENTER

Age Well on Orcas



Photo Contributed by Darcey Miller

Pictured Above: Caleb Klauder and Reeb Willms entertain our dedicated volunteers as they receive to-go picnic lunches and appreciation gifts. Thank you Orcas Senior Center Volunteers!



Senior Lunches on Hold

In-person meals at the Senior Center remain suspended. Seniors can register for Meals on Wheels by contacting Jami Mitchell; 360-376-7926. We hosted a drive-thru BBQ on a sunny day in September as a way to see each other in person. Pictured at left: Mark McKinley with Pete and Sandy Huie.

Quote for the Month . . .

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

-Albert Camus

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ORCAS SENIOR CENTER

360-376-2677 WWW.ORCASSENIORS.ORG

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. Please mail submissions to: PO Box 1146, Eastsound, WA 98245.

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Jami Mitchell

Senior Services Specialist
(360) 376-7926
email: JamiM@sanjuanco.com

Barbara LaBrash

Human Services Manager
(360) 370-0595
email: BarbaraLB@sanjuanco.com

MEALS ON WHEELS AND MORE

Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging.

Ian Cassinos—Food Service Manager
Mike Knight—Assistant Cook

ORCAS DISTRICT COMMITTEE

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

Lynnette Wood—Chair
Elsie Pamuk—Vice-Chair
Diane Craig—Secretary

Margot Shaw, emeritus
Bonnie Burg, emeritus
Christina Orchid, emeritus

Maggie Kaplan
Jerry Todd
Jennifer Hairston
Darcey Miller
Allan Rosato
Tom Eversole

Non-Profit Staff

Lena Kassa 360-919-9312
Operations Manager
Lena@orcasseniors.org

Jim Glozier 360-919-9318
Companion Services Coordinator
Jim@orcasseniors.org

Steven Ziegler TBD
Programs and Activities Coordinator
Steven@orcasseniors.org



Mammogram Van a Success!

For more than five years, Orcas Senior Center (OSC) has partnered with Assured Imaging to make mammograms for breast cancer screening available on Orcas Island. In September, we provided mammograms to 109 patients during our annual Mammogram Van visit, reflecting a steady annual increase from the 49 served in 2018.

Patients screened included traditional seniors as well as “aspiring seniors” who have not yet reached age 65. This reflects OSC’s intention to be of value to all members of the community including seniors, their families, and friends.

Although OSC is not a provider of medical services, the nonprofit is pleased to help facilitate access to health promotion services to island residents, especially when access and travel may be limited by pandemic health issues. OSC is grateful for islanders’ ongoing support and strives to be an active partner to health and human service providers throughout the community. Thank you!

Orcas Island Farm Tours of the San Juans

October 1-3, 2021

Celebrating Farms, Food & Community
Free farm visits, events,
education & family fun

Free Farm Tours Celebrating Farms, Food, and Community

There is something for everyone during Farm Tours of the San Juans. From educational presentations and delicious foods, to free kids activities, pressing cider, and lots of farm animals! Paid and free events. Visit farmtourssanjuans.com.

Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3rd Thursday of every month, at 1pm.
Orcas District Committee meetings, held 2nd Thursday of every month, at 9:30am.
Info: 360-376-2677 or email admin@orcasseniors.org.

Tell Us What You Think...

San Juan County Senior Services has a feedback form for you to let us know how we are doing. We take your comments seriously and strive to better serve the people of this community. The forms are available by emailing Jami at jamim@sanjuanco.com or call her at 360-376-7926.

IslandRides Start-Up a Success

By Curt VanHying
IslandRides non-profit



Every day, new participants are discovering the ease of access to low-cost or free rides and deliveries from IslandRides. Whether for shopping or appointments on Orcas, call **360-672-2201** or email IslandRidesOrcas@gmail.com.

Some riders have no car; some are unable to drive due to health

or vision problems, and some choose the convenience and economy of an emissions-free trip or delivery in our electric car.

If you like the warm feeling that comes from serving others and receiving gratitude from our friends and neighbors for this essential service, contact any of our drivers about joining this dependable crew for a weekly shift.

This eighteen-member team set a new record of 781 trips on three islands during August. The driving crew is expanding trips to more riders and deliveries every day while being fully vaccinated and masked. Every rider is screened before the trip, and we are confident in the safety of the services being provided.

Feeling Stressed Out?

Washington Listens support line helps people manage stress and anxiety. If you or anyone you know is having difficulties managing stress right now, call the [Washington Listens support line](tel:1-833-681-0211) at 1-833-681-0211 from 9 a.m. to 9 p.m. Monday through Friday, and 9am to 6pm, Saturdays and Sundays. TTY and language access services are available by using 7-1-1 or your preferred method. Resources and self-help tips are also available on walistens.org.



Weather & Power

The Orcas Senior Center may not be able to deliver Meals on Wheels in the event of inclement weather. If public school is cancelled due to weather conditions, the Senior Center meal deliveries are most likely also cancelled.

Power fluctuations are of particular concern to people relying on medical equipment that requires power. OPALCO will do their best to notify people of planned power outages. Get on their list by calling 360-376-3500.

In the case of unplanned power outages, it is up to individuals to have backup power plans to cover their needs. Please be prepared for what the winter season may bring, including extended power outages. Now is the time to stock the pantry with easy-to-prepare meals and lots of extra water. Here's to a safe and cheery winter on Orcas!

Tales of Kale

Carol Simmers, RD
Meals on Wheels & More!

You might think of kale as a salad bar garnish, but it is also a versatile year-round nutritional powerhouse. Kale has been eaten in Europe since Roman times but was not brought to North America until Russian traders introduced kale into Canada in the 19th century. After WWII, the UK initiated the *Dig for Victory* campaign. The cultivation of kale was encouraged because kale was easy to grow. Its high nutrient content was thought important to supplement the nutrients missing in diets (such as vitamins A, K, and C) after years of food rationing.

Did you Know?

- Kale can be grown year-round but it tastes sweeter and more flavorful after being exposed to a frost. This is because kale responds to colder temps by producing sugars that offer its cells protection.
- Kale "chips" are a great potato chip substitute.
- You can grow kale in a container or in the garden.
- Kale leaves are curly or flat and a variety of green colors.
- Kale is a cousin of broccoli, cauliflower, and collards.
- One cup of kale has 33 calories, 3 grams of protein, and 2.5 grams of fiber.
- Kale gets its deep dark green from the nutrients lutein and zeaxanthin, known to aid in protection against macular degeneration and cataracts.

Tips for Using Kale

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



Welcome to the ORCAS SENIOR CENTER Family

*James Creber, Donna Lee,
and Kim Secunda!*

Not a member or need to
renew your membership?
Go to www.orcasseniors.org.

Meeting of the Minds – Past, Present, and Future of The Exchange/Orcas Recycling Services



Join us for the next Orcas Senior Center Meeting of the Minds presentation on **Wednesday, October 20 at 1pm**. Board President Jim “Duff” Duffield and Executive Director Pete Moe from **The Exchange/Orcas Recycling Services** will teach us about the history of The Exchange and Orcas Recycling Services, what is happening now, and what the future holds.

In 1981, a group of community activists created Orcas Island’s legendary reuse center, *The Exchange*. These visionaries created a system to “reduce, reuse, recycle” before the phrase existed. Then in 2011, San Juan County announced they wanted to stop managing solid waste. Fearful that a big garbage corporation would take over the Orcas Transfer Station and evict The Exchange, the board of directors decided to respond to the County’s request for proposals.

To attend this presentation, go to the Calendar of Events at orcasseniors.org on **Wednesday, October 20 at 1pm**. To continue offering great programs like this one, your generous donation is always welcome.



Front Desk Shifts Available

Are you interested in volunteering at the front desk of the Orcas Senior Center? If so, we would love to talk to you about this opportunity to help out! To learn more, please call Jami Mitchell at 360-376-7926 or email jamim@sanjuanico.com.

Senior Spotlight: ???

A Word from YOU...

If you are a senior ready to share part of your story with the rest of us, please consider being interviewed for this column “Senior Spotlight.”

It’s wonderful to learn about the histories of our friends, and community members, and we want to hear about YOU!

If you are willing to be featured, please contact Jami Mitchell at 360-376-7926 or jamim@sanjuanico.com.



Don’t be shy—this is your time to shine! Please use this opportunity to introduce yourself to us, or give us a glimpse into your world either on Orcas or before/beyond.

Seriously consider it, because we seriously want to know YOU better.



Hospice of the Northwest will offer tips and strategies for healthy aging and how to stay in your home longer in a free online class Thursday, October 7 at 10am. Register at www.islandhospital.org/classes or call 360-299-4204.

Halloween Drive-Thru!

JOIN US FOR A
DRIVE-THRU
HALLOWEEN CONTEST
ON FRIDAY, OCTOBER
29! DETAILS TBA!



Weekly Qigong Workshop with Joan Roulac

Quiet the mind and strengthen the body with Joan Roulac’s **Jump Start in 15** Qigong series. These quick 15-minute sessions will gently loosen tense muscles, strengthen the immune, build better balance, and increase energy. **The Jump Start in 15 series fee is \$40 and will begin Wednesday, October 6 at 9am via Zoom and weekly thereafter.**

Joan has been teaching Qigong and T’ai Chi Chih since being accredited by Justin Stone in 1987 and has taught thousands of students in California, Oregon, and Washington.

For inquiries and registration, contact Joan Roulac at either 360-298-2789 or joan@MountaintopMusings.com.



Medicare Open Enrollment Presentations by Zoom

Open enrollment for Medicare is rapidly approaching, beginning October 15 and ending December 7. During this time, current Medicare enrollees can review their Medicare Part D drug plans and their Medicare Advantage plans to determine what changes they will need to make for the new year. Medicare has its own vocabulary and rules, and the Statewide Health Insurance Benefits Advisors (SHIBA) are here to assist with any changes to your Medicare plans.

San Juan County SHIBA is overseen by the Washington Office of the Insurance Commissioner and sponsored by the Inter Island Healthcare Foundation. The San Juan County SHIBA volunteers will be hosting two free Zoom presentations explaining what has changed for Medicare for 2022 on **October 14, 1-2:30pm** and **October 19, 10-11:30am**. To register for the presentation or to schedule an unbiased and confidential appointment with a SHIBA volunteer, email orcasshiba@yahoo.com or call 360-376-5892.



Flu Vaccine Options on Orcas

Interested in getting a flu shot this year? Here are some options for getting a flu vaccination on Orcas:

- Contact your medical provider to make an appointment.
- San Juan County Health & Community Services will host a flu vaccine clinic for adults and children age 5 years and older at the **Orcas Center on Friday, November 5 from 2:30-6:30pm**. Walk-ups are welcome but appointments are preferred! To make an appointment (beginning in early October), you may visit www.sanjuanco.com or call 360-378-4474.
- Ray's Pharmacy—call 360-376-2230 for an appointment for a high dose vaccine. Please note that Ray's is not able to bill Medicare for these flu shots, and so all shots are private pay, out-of-pocket, at a cost of \$76 for the high dose vaccine.

When getting a flu shot, remember to bring your ID, medical card/information, and payment if applicable, and wear a face-covering and short-sleeve or loose-fitting shirt.

Transportation Voucher Program

Transportation Voucher Program applications are now available! Contact Senior Services for more information and/or to apply ASAP: 360-376-2677.

This program provides vouchers to low income individuals for on-island transportation via taxis/shuttles and for ferry tickets for off-island travel. Income needs to be less than \$25,000/year, and proof of income required.

Sign up for Emergency Alerts



Sign up to receive emergency alerts and severe weather warnings. The San Juan County Department of Emergency Management is able to send emergency alerts via text message and email. In some urgent situations, calls may be placed to land line phones. The system is intended to be used for emergencies only. You are also given the option to sign up for non-emergency weather alerts. Sign up at: <https://public.alertsense.com/SignUp/?regionid=1213>.

The Great Washington ShakeOut

At **10:21am on October 21** Washingtonians will "Drop, Cover, and Hold On" in The Great Washington ShakeOut earthquake drill. Everyone is encouraged to participate. Major earthquakes may happen anywhere you are. This is a chance to practice how to protect ourselves.



Indoors: Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances, and kitchen cabinets with heavy objects or glass. Do not go outside during shaking! The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to break away.
















In a wheelchair or with a walker: Lock your wheels and remain seated until the shaking stops. Always protect your head and neck with your arms, a pillow, a book, or whatever is available.



Visit www.EarthquakeCountry.org/disability for recommendations for people who use wheelchairs, walkers, or are unable to drop to the ground and get up again without assistance. For additional information, visit www.shakeout.org.



October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Meals on Wheels 11a: Family Caregiver Support Group	28	29 Meals on Wheels 2p: Hybrid Fieldtrip to Fish Hatchery LONG LIVE THE KINGS	30	1 Meals on Wheels 	2
3 	4 No Meals on Wheels 11a: Family Caregiver Support Group	5 12:30p: T'ai Chi Chih 	6 Meals on Wheels 9a: Fresh Start in 15	7 9:30a: ODC Meeting	8 Meals on Wheels National Hero Day! 	9
10 4p: Orcas Socrates Café 	11 Meals on Wheels 11a: Family Caregiver Support Group	12 12:30p: T'ai Chi Chih	13 Meals on Wheels 9a: Fresh Start in 15	14 1p: Medicare Presentation 1p: SSCSJC Board Meeting	15 Meals on Wheels	16 Global Cat Day! 
17 National Pasta Day 	18 Meals on Wheels 11a: Family Caregiver Support Group	19 10a: Medicare Presentation 12:30p: T'ai Chi Chih	20 Meals on Wheels 9a: Fresh Start in 15 1p: Meeting of the Minds	21 10:21a: Great Washington Shake-Out!	22 Meals on Wheels National Nut Day 	23
24 31  Halloween! 	25 Meals on Wheels 11a: Family Caregiver Support Group	26 12:30p: T'ai Chi Chih 1p: Book Club 	27 Meals on Wheels 9a: Fresh Start in 15	28 National Chocolate Day 	29 Meals on Wheels	30 National Candy Corn Day 

Fun and Connection through the Orcas Senior Center

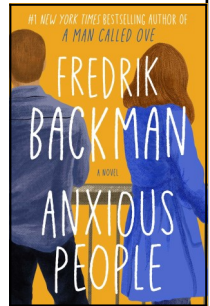
Orcas Socrates Café

Orcas Senior Center continues to virtually host the **Orcas Socrates Café** from 4-6pm on the second Sunday of each month. This month join us on **Sunday, October 10**. It's an opportunity to engage in an open discussion on philosophical perspectives. This is not a book club, but rather a conversation, based on the book, *Socrates Café: A Fresh Taste of Philosophy* by Christopher Phillips. Each month will offer a new discussion topic, where everyone will be encouraged to exchange philosophical perspectives based on personal experiences. Past topics have included pondering: What is the purpose of wealth and what is enough wealth? And is there a time when common good takes precedence over personal freedom?

Please join this friendly community discussion which is sure to encourage insightful dialogue. Register with Michel Vekved at michel@orcasseniors.org.

Book Club: *Anxious People* by Frederick Backman

Looking at real estate isn't usually a life-or-death situation, but an apartment open house becomes just that when a failed bank robber bursts in and takes a group of strangers hostage. The captives include a diverse crowd, ... and all of them—the bank robber included—desperately crave some sort of rescue. Humorous, compassionate, and wise, *Anxious People* is an ingeniously constructed story about the enduring power of friendship, forgiveness, and hope—the things that save us, even in the most anxious of times. (Goodreads, n.d.)



To participate in the **October Book Club on Tuesday, October 26 at 1pm**, contact Stephen Bentley by either emailing stephen@swbentley.com or calling him at 360-376-2299.

Caregiver Support Group

The Family Caregiver Support Group (FCSG) is meeting **every Monday, 11am to 12pm**. For more information, contact Heidi Bruce, Aging & Family Case Coordinator at 360-370-0591, or heidib@sanjuanico.com. This support is **FREE** for anyone who is an unpaid caregiver for someone 60 or over or a disabled adult.

Need Holiday Décor?

The Orcas Senior Center will have a plethora of holiday décor available for free or by your generous donation. So, in the next few months, **drop by Orcas Senior Center, to peruse a variety of charming Halloween, Thanksgiving, and Christmas décor**. Who knows, you may find that perfect witch's hat, cornucopia, or Christmas ornament you have been searching for years. Open hours: Monday through Friday, 9am to 3pm.

CURRENT SERVICES WE PROVIDE

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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: October 2021
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

November, 2021

Are You Ready?

By Debbie Haagensen, Senior Services

Emergencies and natural disasters, including wind storms, power outages, floods, earthquakes, tsunamis, ferry disruptions, and even pandemics, can occur at any time. With winter just around the corner, now is a good time to **review your emergency preparedness plans, stock up on supplies, and replace those that have expired.**

The Department of Emergency Management (DEM) Emergency Preparedness strongly encourages everyone to have at least two weeks worth of supplies on hand. Also, remember to keep supplies—warm blankets, water, food, and a first aid kit at a minimum—in your vehicle. Please note that Meals on Wheels will not be delivered during severe weather and/or poor road conditions.

Visit the DEM website www.islandsready.org to find emergency related information, a senior specific section, and information on how to sign up for emergency alerts.

If you have friends or neighbors who might find it challenging to get prepared, please offer to help. Remember to prepare for your pets' needs as well. The more prepared we all are, the less stress and better the outcomes in our rural, remote community in an emergency.

Christmas Quilt Silent Auction

Lifelong islander, Betty Hall has generously donated a beautiful and festive quilt to Orcas Senior Center for a silent auction. The 42 ½ by 49 ½ inch quilt, adorned with a Christmas tree using what's called paper piecing, was expertly crafted both by hand and machine by Betty and the late Wanda Ryberg. Stop by Orcas Senior Center at 62 Henry Road, Monday through Friday, 9am to 3pm to admire this lovely quilt in person and place your winning bid by December 1 at 3pm.



New Wheels for IslandRides!

In October, IslandRides received the first of three brand new Nissan Leaf electric vehicles. The nonprofit will use these vehicles to expand services on Orcas, Lopez, and San Juan Island.

Special thanks to Curt VanHying and Bob Reilly who started this ride service. Bob and Curt are pictured above right as they meet the delivery of the new Nissan Leaf on San Juan Island.

IslandRides needs more drivers. Call Sandy Playa at 360-672-2201 for info.

Do you need a ride or a delivery and you can't drive? Call IslandRides at 360-672-2201 to ask for transportation assistance.



Quote for the Month . . .

*Life is simple...
We make it complicated.*

-Cesar Milan

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ORCAS SENIOR CENTER

360-376-2677 WWW.ORCASSENIORS.ORG

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. Please mail submissions to: PO Box 1146, Eastsound, WA 98245.

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MEALS ON WHEELS AND MORE

Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging.

Ian Cassinos—Food Service Manager

Mike Knight—Assistant Cook

ORCAS DISTRICT COMMITTEE

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

Lynnette Wood—Chair
Elsie Pamuk—Vice-Chair
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Dementia Friendly Washington

By Steven Ziegler, Orcas Senior Center

As a staff member at Orcas Senior Center, I recently had the opportunity to attend a virtual conference about dementia friendly communities. For two days, I listened to participants' heartfelt experiences about caring for others suffering from dementia. As I work directly with seniors, and my Aunt Gail is living with Alzheimer's, this struck a chord. However, I ended the conference wanting more information. How could I contribute to making communities more dementia friendly right now?

I received the answer a few days later, at Orcas Senior Center. A gentleman called inquiring about Meals on Wheels deliveries and without jotting down any contact information, I transferred his call to the person best equipped to help. Shortly after, I realized that I should have taken his information and followed through to confirm his involvement in the program. A dementia friendly community encourages safeguards, ensuring the needs of seniors are met. In this moment, I neglected to implement a safeguard and thus, failed to create a dementia friendly space.

The next day, I implemented a safeguard by reaching out to my colleague. I was affirmed that this man did not fall through the cracks, as he was set up for meal delivery. The Dementia Friendly Washington Conference allowed me to view this moment through a different lens, gaining a better sense of preparedness. Proactively navigating the world with this awareness is one small form of advocacy, which is needed to actively contribute to making communities more dementia friendly right now. If you or a loved one needs assistance navigating the onset of dementia, please contact Heidi Bruce at 360-370-0591 or email HeidiB@sanjuanco.com. To learn more about dementia friendly communities, go to dfamerica.org.



Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3rd Thursday of every month, at 1pm.
Orcas District Committee meetings, held 2nd Thursday of every month, at 9:30am.
Info: 360-376-2677 or email admin@orcasseniors.org.

Tell Us What You Think...

San Juan County Senior Services has a feedback form for you to let us know how we are doing. We take your comments seriously and strive to better serve the people of this community. The forms are available by emailing Jami at jamim@sanjuanco.com or call her at 360-376-7926.

Cybercrime Soaring During COVID

By Tony Leahy
Consumer Education and Training Services (CENTS)

The May 2021 AARP bulletin article described an FBI report that confirmed Americans were victimized by cybercriminals at a record rate in 2020, most likely from being at home and on a computer due to the pandemic.

Unfortunately, there are many more types of cybercrime, including:

- **Tech-support scams:** criminals pose as technicians who will "resolve" a nonexistent issue, such as a compromised bank account or computer virus.
- **Fake job opportunities:** an imposter will post a "job opportunity" with the goal of having job-seekers submit a form with their personal information on it.
- **False romance scams:** a con artist will strike up an online relationship with an unsuspecting victim and make up a scenario such as an illness or business problem where they'll ask for money.
- **Made up coupons:** a scammer will send an email, Facebook message, or other online post about an opportunity to save money at a known store. The form may look official and have the store's logo. However, all this can be faked and the goal is to get you to provide your information to steal your identity.

Preventative Measures, Red Flags, and Next Steps:

- Slow down and ask yourself if this could be a scam.
- The threat of service or account disruption is a common tactic. Don't panic. Verify it's legitimate.
- Don't provide personal information, like social security numbers or account numbers over email or text. Legitimate businesses won't collect your information this way.
- Are you being pressured to act quickly?
- Are you being asked to pay in an unusual manner, such as with gift cards or money order?
- If you're not sure if it's legitimate, collect the information. Then independently find the business's contact information and verify with them. You can also contact the Fraud Fighter call center at 877-908-3360.
- If it involves a personal relationship you started online, do not send money.
- Contact the authorities if you've been victimized.

Free Virtual Programming

Through the end of the year, all virtual activities through the Bellingham Senior Activity Center (BSAC) are **free and open** to anyone that wants to participate! Offerings include strength training, yoga, and TED Talks. To view the list of BSAC's virtual programming and how to participate, join the BSAC weekly email list at whatcomcoa.org.

In addition to BSAC, Island Hospital is offering a variety of interesting **virtual classes, screenings, and support groups**. To view the full list of Island Hospital's virtual events and how to participate, go to islandhospital.org/classes/.

Cranberry Tales

By Carol Simmer, RDN
Meals on Wheels & More!



Cranberries are one of only three fruits native to North America. The fruit has been called many names including, "sassamanesh," "ibimi," and "atoqua" by native peoples. It was 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.

Studies have shown that due to their high antioxidant content, cranberries may have anti-inflammatory and anti-cancer effects and may also help lower blood pressure, improve cardiovascular and gut health, improve eyesight, and help with urinary track health. While cranberries are safe to consume for most people, they are high in vitamin K and can interfere with the blood thinner, Warfarin.

My family loves cranberry relish. It is very simple and very healthy, using only cranberries ground with whole, seeded oranges, and sweetened with honey (or sugar or artificial sweetener). I also add a few toasted chopped pecans. However, my son prefers homemade 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. I hope you can find more ways to use this beautiful, tasty, and healthy native fruit!

Fall Back and Change your Smoke Alarm Batteries

Sunday, November 7 is the end of daylight savings time and it is also a good time to change your smoke alarm batteries and check any hard-wired detectors to verify they are in good working condition. It is good practice to change the batteries twice a year and if you have 10-year battery or hardwired alarms, take the opportunity to verify they are working.

According to the Orcas Island Fire & Rescue (OIFR), "roughly half of home fire deaths result from fires reported between 11pm and 7am when most people are asleep" and "the majority of fatal fires occur in homes without working smoke alarms." If you need to change your batteries or check your smoke detector, but have difficulties, OIFR is able to help. They also provide free of charge new batteries and battery operated alarms to island residents. For more information contact Orcas Island Fire & Rescue at 360-376-2331.

Welcome to the ORCAS SENIOR CENTER Family

*Karen Speck, Ken Speck, Suzie Burgoa,
Catherine Peterson, Charles Handy,
Maria Koerten, Marc Aronson,
Sue Aronson, Roger Warren,
Rebecca Lowe-Warren, and
William Daniels!*

Not a member or need to renew your membership? Go to orcasseniors.org.

Grannie's Closet is Back!

Grannie's Closet offers household décor, kitchen and vintage items, crafting supplies, and much, much more. Located in the lobby at the Orcas Senior Center, Grannie's Closet occupies only a few shelves. But with a constantly changing array of items, it's worth checking what's new on a regular basis. Grannie's Closet is self-service, and each item is labeled with a suggested donation. All the profit goes directly to support the Orcas Senior Center. Please come in and have a look! If you have items you wish to donate, you may leave them at the front desk. The Orcas Senior Center also has an active eBay site, with new items listed every Sunday. Check us out!

Virtual Zumba Gold in November

Join Mikari Kurahashi's free virtual Zumba class with music from around the world on Saturdays at 9am. Mikari has been a Zumba instructor since 2017 and aims for every class to feel like a party!

In addition, join Alyson Stephens for 45 minutes of low impact dance fitness with no jumping or fast turns. This Zumba class is offered both virtually and in-person on Tuesdays and Thursdays at 9:30am. The first class is free and \$5 thereafter or \$30 per calendar month.

Zumba Gold is a low intensity dance exercise class designed to meet the needs of seniors. Easy-to-follow choreography focuses on balance, range of motion, and coordination. To learn more about these Zumba classes, go to our Calendar of Events page at orcasseniors.org.

Foot Care for Veterans

According to Footcare with a Heart at Orcas Senior Center, veterans are more likely than nonveterans to experience certain foot conditions, including flat feet, arthritis, hammer toe, and plantar fasciitis. So, veterans, make an appointment with Footcare with a Heart in the month of November to have your feet inspected and cared for by a certified foot care nurse at Orcas Senior Center. Call Erica Bee at 360-622-8234 to schedule an appointment.

Senior Spotlight: Robbie Walker

A Word from Robbie...

Robbie Walker's ancestors arrived in Texas by covered wagon around two hundred years ago and settled in the small inland town of Pearsall where she was born. In childhood she traveled by airplane with her father, who was a well driller. Robbie dreamt of being a stewardess. Inspired by her business teacher she attended university and became a school teacher, as is traditional in her family. For 37 years she taught mathematics in high school. She especially liked teaching geometry.

After retirement, Robbie and her sister, her only sibling, took watercolor lessons and she now enjoys doing landscapes and flowers, sometimes with the local plein air group. She is the mother of one child who trained in the Navy and is now an engineer on an oil spill responding vessel here in the Northwest. On Orcas, she is a member of Community Church and serves on the Orcas Senior Center Visual Arts Committee. In addition, Robbie routinely walks on Orcas. She is an inspiration to her walking buddies for staying fit and eating organic. Robbie and her husband retired to Orcas Island eleven years ago and are happy with the relatively mild weather, the rain, and they find company here to be nice folks.



"Mapping Orcas: The Way Home" with Historical Museum's Nancy Stillger



How did early explorers find their way to Orcas before they even knew what was there to be found? The Orcas Island Historical Museum's new exhibition "Mapping Orcas: The Way Home" features an extraordinary collection of early maps that helped lead the way. On **Tuesday, November 16, at 1pm**, Nancy Stillger will guide a virtual tour and presentation of

this exhibition from the museum. The exhibit features a wide collection of maps, most of which were assembled, restored, and reproduced by photographer Peter C. Fisher of Orcas. Also featured in the museum are exquisite, hand drawn, original maps by the late Jean Putnam.



Nancy Stillger has almost 30 years of nonprofit experience in arts, history, and cultural organizations throughout the west coast and has been the Executive Director of Orcas Island Historical Museum since Spring 2020.

Please join this unique virtual event Tuesday, November 16 at 1pm. To join, go to the Calendar of Events page at orcasseniors.org. So that we can offer great programs like this, your generous donation is always appreciated.

Medicare Presentation by Zoom

Open enrollment for Medicare has begun, but it ends December 7. Medicare has its own vocabulary and rules, and the Statewide Health Insurance Benefits Advisors (SHIBA) are here to assist with your Medicare questions. Join SHIBA for a free online presentation on **Wednesday, November 17 at 1 pm.**

Come learn how Medicare works, what your coverage options are, and when you must act to avoid penalties. To register for the presentation or schedule a free confidential and unbiased counseling session, contact Pegi Groundwater at 360-376-5892 or orcasshiba@yahoo.com.

Mammogram Van a Success!

For more than five years, Orcas Senior Center (OSC) has partnered with Assured Imaging to make mammograms available on Orcas Island. In September, 109 patients got mammograms at the Mammogram Van, reflecting a steady annual increase from the 49 served in 2018. Patients screened included traditional seniors as well as "aspiring seniors" who have not yet reached age 65. This reflects OSC's intention to be of value to all members of the community including seniors, their families, and friends.

Although OSC is not a provider of medical services, the nonprofit is pleased to help facilitate access to health promotion services to island residents, especially when access and travel may be limited by pandemic health issues. OSC is grateful for islanders' ongoing support and strives to be an active partner to health and human service providers throughout the community. Thank you!

OSC Companion Services

Among the Orcas Senior Center's Companion Services, two programs stand out: Hearts and Hands and Buddy Check-In. While Buddy Check-In has grown and thrived during the pandemic, the Hearts and Hands home visit program has not. Hearts and Hands matches vetted and trained volunteers with seniors and people with disabilities for consistent, long-term companionship while monitoring physical and emotional well-being and it continues to make a difference for both volunteers and recipients:

"My volunteer's friendship helps brighten the days of such relative loneliness."

"Hearing the treasured stories of my care recipient's experiences warms my heart and teaches me a lot about what's really important in life."

Now, with more and more people becoming vaccinated and COVID-safety protocols well-established, it seems an appropriate time to re-activate and re-energize Hearts and Hands. Volunteers who want to make a significant and meaningful contribution to improving the lives of their fellow islanders, and seniors or persons with disabilities who wish to benefit from the generosity of these caring volunteers, contact Jim Glozier, Companion Services Coordinator, at 360-919-9318 or Jim@orcasseniors.org for more information. To read more about Orcas Senior Center's Companion Services program, go to orcasseniors.org.

Island Air Ambulance Presentation

Join Island Air Ambulance to learn about this important service and get all your questions answered on **Wednesday, November 3 at 10am by Zoom.**



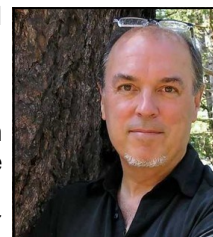
Island Air Ambulance is a critical care air ambulance service located in Friday Harbor and serving San Juan County and surrounding regions. Their award winning fixed wing med-evac program is recognized by the Commission on Accreditation of Medical Transport Services, assuring high standards of care.

Island Air Ambulance offers a membership program for medically necessary flights to cover out-of-pocket expenses. Orcas Senior Center members receive a 20 percent discount on this annual membership fee (call the front desk for the discount code).

To attend this presentation, go to the Calendar of Events page at orcasseniors.org. As always, your generous donation is appreciated.

Meeting of the Minds – "8020 Vision" presented by Jay Kimball

Please join Orcas Senior Center and Jay Kimball, founder of 8020 Vision, a consulting firm that helps organizations understand global impacts and related environmental changes for an engaging dialogue on climate change and its impact on the San Juan Islands. Jay will provide an intriguing 20-year outlook on energy and climate impact in San Juan County and things we can do to adapt on **Wednesday, November 17 at 1pm by Zoom.**



Jay is an engineer who consults on mega-trends in climate change and how to generate and use energy to reduce carbon emissions. Jay also works with OPALCO on long-range planning, clean energy grants, and member insight.

To attend, go to the Calendar of Event at orcasseniors.org on Wednesday, November 17 at 1pm. To continue offering great programs like this one, your generous donation is always welcome.












Orcas Socrates Café

Orcas Senior Center continues to virtually host the **Orcas Socrates Café** from 4-6pm on the second Sunday of each month (November 14 this month). It's an opportunity to engage in an open discussion on philosophical perspectives. Past topics have included pondering: what is the purpose of wealth and what is enough wealth? And is there a time when common good takes precedence over personal freedom? We hope you will join this friendly community discussion encouraging insightful dialogue. Please register by emailing Michel Vekved at michel@orcasseniors.org.



November 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Meals on Wheels 11a: Family Caregiver Support Group	2 9:30a: Zumba Gold Election Day 	3 Meals on Wheels 9a: Fresh Start in 15 10a: Island Air Ambulance Zoom presentation	4 9:30a: Zumba Gold	5 Meals on Wheels National Redhead Day 	6 9a: Virtual Zumba
7 Daylight Savings Time Ends 	8 Meals on Wheels 11a: Family Caregiver Support Group	9 9:30a: Zumba Gold	10 Meals on Wheels 9a: Fresh Start in 15	11 9:30a: Zumba Gold 9:30a: ODC meet 12:30p: T'ai Chi Chih 	12 Meals on Wheels	13 9a: Virtual Zumba World Kindness Day 
14 4p: Orcas Socrates Café 	15 Meals on Wheels 11a: Family Caregiver Support Group	16 9:30a: Zumba Gold 1p: "Mapping Orcas' virtual Museum Tour"	17 Meals on Wheels 9a: Fresh Start in 15 1p: Medicare Presentation 1p: Meeting of the Minds - "8020 Vision"	18 9:30a: Zumba Gold 12:30p: T'ai Chi Chih 1p: SSCSJC Board Meeting	19 Meals on Wheels World Toilet Day 	20 9a: Virtual Zumba
21 5p: Virtual Vineyard 	22 Meals on Wheels 11a: Family Caregiver Support Group	23 9:30a: Zumba Gold	24 Meals on Wheels 9a: Fresh Start in 15	25 CLOSED 	26 No Meals on Wheels CLOSED	27 9a: Virtual Zumba
28 National French Toast Day 	29 Meals on Wheels 11a: Family Caregiver Support Group	30 9:30a: Zumba Gold				

Fun and Connection through the Orcas Senior Center

15-Minute Weekly Qigong Workshop with Joan Roulac



Quiet the mind and strengthen the body with Joan Roulac's **Jump Start in 15** Qigong series. These quick 15-minute sessions will gently loosen tense muscles, strengthen the immune system, build better balance, and increase energy. The Jump Start in 15 series fee is \$40 and will

begin **Wednesday, November 3 at 9am via Zoom and weekly thereafter. The Thursday at 12:30pm series will meet on November 11 and 18,** and the series fee is \$20. Teaching Qigong and T'ai Chi Chih since being accredited by Justin Stone in 1987, Joan has taught thousands of students. For inquiries and registration, contact her directly at 360-298-2789 or joan@MountaintopMusings.com.

Did You Know?

By Lynnette Wood, Orcas Senior Center

Many services at the Orcas Senior Center are available to others than just seniors. For instance, all of our services are available to adults with disabilities as well as to those aged 60 and older. In addition, the meals program is available to spouses and unpaid caregivers of eligible individuals, regardless of age, and to individuals of any age who volunteer for the meal program. The center's foot care nurses are independent partners whose services are available to anyone. The center is a grateful host to the Lion's Club mobility equipment program, which helps anyone needing a crutch, cane or other mobility device. Medical transportation is available to adults with disabilities, as well as to seniors 60 years of age and over. Many of our activities and classes are available to anyone, including the Meeting of the Minds lecture series and many of the wellness classes.

Check out our website at orcasseniors.org to find out more about these programs or call the front desk at 360-376-2677. We will be happy to hear from you because, even if we aren't able to help, we will try to refer you to someone who can. Your generous donation is greatly appreciated to continue to offer and host these important programs for all residents of Orcas Island, not just seniors.

Christmas Décor

Please stop by Orcas Senior Center to peruse Christmas décor to take home for free or by your generous donation. Also, take a look at the beautiful handmade quilt donated by Betty Hall for a silent auction and place your winning bid! Come find a holiday treasure Monday-Friday, 9am-3pm.



Wine Tasting from Home

Virtual Vineyard is back on November 21 at 5pm, just in time to pair wine with your holiday meals! Check out our Calendar of Events page at orcasseniors.org for more information!

CURRENT SERVICES WE PROVIDE

Community Lunch remains suspended. We look forward to the time when we can all safely be together again, but do not yet have a specific date approved for resuming Community Lunches in person.

Home delivered meals are provided to seniors 60+ on Monday, Wednesday, and Friday for those in need. Please call Jami Mitchell at 360-376-7926 to get registered for meal support from Meals on Wheels.

Case Coordination and Caregiver Resources: Services are available to assess and offer options for those in need. Contact Heidi Bruce at 360-370-0591 or heidib@sanjuanico.com for more information.

Transportation assistance for medical appointments is possible, based on the availability of volunteer drivers. Call Jami Mitchell at 360-376-7926 to request a ride or volunteer as a driver.
Anacortes, Mt. Vernon & Burlington: suggested donation \$60
Bellingham and surrounding area: suggested donation \$75
Seattle Area: suggested donation \$90

Foot care services are provided by Footcare with a Heart, LLC by appointment only. For appointments and fee schedule, please contact Erica Bee at 360-622-8234.

Programs and activities onsite at the Orcas Senior Center remain suspended. Some activities are being offered via Zoom. Go to our Calendar of Events at orcasseniors.org for the latest offerings. Contact Steven Ziegler at Steven@orcasseniors.org or 206-413-6156 for more information.

Companion Services are available. Buddy Check-In volunteers are continuing to call their buddies for enriching conversation and companionship for seniors. Are you interested in being matched up with a Buddy volunteer? If so, contact Jim Glozier at Jim@orcasseniors.org or 360-919-9318.

COMMUNITY RESOURCES

Throughout the pandemic, many organizations adapted how they operate and continue to evolve. Below is a list of some new, continuing, and suspended resources. Contact the service for the most updated information.

Lions Club Mobility Equipment: Mon., Wed, & Fri. 10-11a, and also by appointment. Stephen Bentley, 360-376-2299.

Orcas Island Food Bank: Next door to the Community Church. Mondays 3-6:30pm, and Tuesdays and Fridays from 12-6:30pm. For questions or more info, please call and leave a message at 360-376-4445.

Orcas Food Co-op: To arrange for home delivery or curbside pick-up; www.orcasfood.coop or call 360-376-2009.

OPAL Community Land Trust: Struggling to make rent or a mortgage payment? OPAL is here to help. Call 360-376-3191 or email opalclt@opalclt.org.

Orcas Community Resource Center: OCRC works to ensure that all Orcas Islanders have access to services and support for their well-being. Call 360-376-3184 or email jana@orcascrc.org.

Weatherization: 1-800-290-3857, or via OPALCO: 360-376-3500 or Orcas Community Resource Center at 360-376-3184 or info@orcascrc.org.

Medicare/SHIBA: Volunteers assist with Medicare enrollment, choosing secondary plans, and affordable healthcare. Medicare help is available for FREE by appointment. Call 360-376-5892 or email orcasshiba@yahoo.com.

Energy Assistance: Need help with electric bills? Call OPALCO at 360-376-3500 for eligibility and to apply.

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

SAFE San Juans: Domestic violence and sexual assault services to survivors and loved ones; 360-376-5979. SAFE San Juans has a 24-hour crisis line on each island. For Orcas, call 360-376-1234.

Orcas Safe Homes: 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 Door to Door: Services have resumed. Call for on-island transportation assistance: 360-622-2929.

IslandRides: Daily rides and deliveries by donation: 360-672-2201. More volunteer drivers are needed!

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.

Hearing Screenings: Stacie Nordrum of Island Hearing Healthcare has November appointments: 360-378-2330.

Social Security: 1-800-772-1213 or online via www.socialsecurity.gov/myaccount.

Mental Health Crisis hot line: Call the 24-hour mental health crisis line: 1-800-584-3578 or go to www.imhurting.org.

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

Or Current Resident

SENIOR SERVICES COUNCIL
OF SAN JUAN COUNTY

P O Box 1653
Eastsound, WA 98245

Phone: 360-376-2677
Location: 62 Henry Rd
Email: jamim@sanjuanco.com
Issue: November 2021
Website: www.orcaseniors.org



Orcas Senior Signal

Orcas Senior Center

December, 2021

GiveOrcas Campaign is ON!

GiveOrcas is here and Orcas Senior Center (OSC) is seeking donations for the new Home Maintenance and Repair (HM&R) pilot program. One of the main barriers to aging well on Orcas is the decreased ability of seniors and adults with disabilities to maintain a safe home. The project stems from a critical need that was discovered as part of the HM&R Feasibility Study funded by a grant from the Orcas Island Community Foundation. It illuminated the fact that many seniors and adults with disabilities are unable to keep up with home repairs and ranked this even higher than health concerns. Today, the problem is compounded by the fact that many contractors in the San Juan Islands are currently too busy to take on small projects.

The one-year HM&R pilot program will connect seniors and adults with disabilities with contractors to perform maintenance and repair work, allowing them to age safely in their homes.

Would you help OSC launch and fund HM&R pilot program so that seniors and adults with disabilities can age well in their homes? Please consider donating December 1-15 at giveorcas.org. To read more about the HM&R pilot program and to see the grant request, go to orcasseniors.org.

ORCAS ISLAND COMMUNITY FOUNDATION



Donate Today!
giveorcas.org

GiveOrcas Holiday Campaign
December 1-15



“Hybrid” Field Trip to the Exchange

Pictured above is a recent field trip to see the new glass crusher “Big Blue.” For this senior center “hybrid” field trip in November, participants drove themselves to the outdoor location and met together for a tour of the new equipment.

The glass crusher is touted as a big win for Orcas Recycling Services (ORS). “The ability to crush glass—bottles, jugs, jars, and window glass and mirrors—means that we will no longer need to transfer a recyclable commodity, that has little to no value, off the island. Local contractors and construction companies can use all the glass that is crushed,” says ORS on their website. To learn more, go to exchangeorcas.org.

Do you have an idea for a “hybrid” field trip here on Orcas? Please give your suggestions to the Programs and Activities Coordinator, Steven Ziegler, at Steven@orcasseniors.org or call him at 206-413-6156.

Quote for the Month . . .

The secret to life is enjoying the passage of time.

-James Taylor

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360-376-2677 WWW.ORCASSENIORS.ORG

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.**

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MEALS ON WHEELS AND MORE

Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging.

Ian Cassinos—Food Service Manager

Mike Knight—Assistant Cook

ORCAS DISTRICT COMMITTEE

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

Tom Eversole—Chair
Elsie Pamuk—Vice-Chair
Diane Craig—Secretary
Jackie Smith—Treasurer

Maggie Kaplan
Jerry Todd
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Thank You Lynnette Wood

Orcas Senior Center (OSC) bids adieu to Lynnette Wood, who has served tirelessly on the Orcas District Committee (ODC) for three years and acted as chair since 2019.



Lynnette's term on the ODC has come to an end, but she is leaving an amazing legacy, having renewed and strengthened the organization on many levels. The pandemic highlighted many challenges for seniors and adults with disabilities, like isolation. Expanding on Joe Symon's idea of creating a phone support system to address isolation during COVID, she facilitated development of the Buddy Check-In program. The popular "Meeting of Minds" lecture series was introduced and implemented by Lynnette. Her strong leadership was revealed in so many ways: she helped to recruit an even stronger ODC membership, gave guidance and was a mentor to staff, worked to implement improved functional systems and operating rules, and strengthened working relationships with partnering organizations. Being an expert statistician, Lynnette was a key creator of the 2017 OSC Senior Needs Assessment, which is in part why the new Home Maintenance & Repair pilot program has been developed.

Lynnette's accomplishments do not end there, but we know that she would instead want to acknowledge all of the amazing staff, volunteers, ODC members, and partners with whom she has worked closely with to make all of these positive changes possible. Please join Orcas



ORCAS SENIOR CENTER

Age Well on Orcas

Senior Center in thanking Lynnette for a job well done and assuring that seniors and adults with disabilities are able to Age Well on Orcas for years to come. To read more about Orcas Senior Center and how to support the nonprofit, go to orcasseniors.org.

Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3rd Thursday of every month, at 1pm.

Orcas District Committee meetings, held 2nd Thursday of every month, at 9:30am.
Info: 360-376-2677 or email admin@orcasseniors.org.

Tell Us What You Think...

San Juan County Senior Services has a feedback form for you to let us know how we are doing. We take your comments seriously and strive to better serve the people of this community. The forms are available by emailing Jami at jamim@sanjuanco.com or call her at 360-376-7926.

IslandRides Adds More Cars

IslandRides began offering electric vehicle, no emissions rides and deliveries on Orcas this past summer. On Orcas in October, IslandRides completed 821 trips! As the demand for free or affordable rides increases every month, it is comforting to know there is no pollution being added to our island environment. There is also at least \$500 savings per month from fuel not purchased.

If you do not have a car or yours is in the shop, or you need a ride to medical appointments, make the call to IslandRides and enjoy the convenience of the service already being enjoyed by many island residents.

The first new, 2021 Nissan Leaf arrived in October on San Juan and the second one arrived just after that on Orcas. Volunteer drivers are enjoying getting used to brand-new cars and the extended, 228 mile range permitting more and longer trips every shift. So, take the ride and set your own fare; donate what you wish.

To arrange a ride with IslandRides on Orcas, call 360-672-2201.



Sandy Playa, Project Coordinator, with a new Nissan Leaf operated by IslandRides.

Free Help with Medicare

Open enrollment for Medicare ends on December 7.

Current Medicare enrollees can review their Medicare Part D drug plans and their Medicare Advantage plans to determine what changes they will need to make for 2022. Medicare has its own vocabulary and rules, and the Statewide Health Insurance Benefits Advisors (SHIBA) are here to assist with changes to your Medicare plans.

San Juan County SHIBA is overseen by the Washington Office of the Insurance Commissioner and sponsored by the Inter Island Healthcare Foundation. SHIBA volunteers are at Orcas Senior Center explaining what has changed for Medicare for 2022. To schedule a free, unbiased, and confidential appointment with a SHIBA volunteer, email orcasshiba@yahoo.com or call 360-376-5892.



Emergency Planning

**By Julie Meyers
Meals on Wheels & More!**

The recent flooding has made it clear that we never know exactly what the weather will bring, and we need to be prepared for a wide variety of emergencies. Earthquakes are a possibility! Having emergency supplies for weather events or other disasters, or in case you need to isolate due to COVID-19, is more important than ever.

What should you have on hand to keep you safe and nourished in case of emergency? The American Red Cross and San Juan County Department of Emergency Management recommend that islanders have **two weeks of supplies** on hand, especially with our remote location. Everyone's situation is different, but here are some suggestions to help you and your family prepare:

- Keep enough water on hand for at least 3 days, preferably 2 weeks. The recommendation is for one gallon per person per day.
- Consider your medications. Talk to your pharmacist about stockpiling an emergency supply of your essential medications. Include some over the counter pain medications in your emergency supplies. Be sure to check expiration dates on all medications.
- Flashlight and extra batteries.
- Transistor radio and extra batteries.
- If you have pets, make sure you have emergency food and water for them as well.
- Other supplies to have on hand include: a whistle, some cash (ATMs may not be working), an emergency blanket, and one or more fans.

Every home needs to have an emergency food supply for those times when you cannot cook or get out of the house to get supplies. Stock up on foods that you like, and rotate and use them when they are nearing the expiration date. Here are some suggestions for your emergency food supply. If you are on a special diet or have food allergies be sure to adjust accordingly.

- ◆ Milk or milk alternative in cans or shelf stable boxes
- ◆ Canned fruit and vegetables
- ◆ Tuna and/or canned meats
- ◆ Canned or boxed soups and stews
- ◆ Canned Chili
- ◆ Crackers
- ◆ Peanut butter and nuts
- ◆ Breakfast bars/energy bars
- ◆ Hot and cold cereal
- ◆ Shelf stable juice

In addition to food, your emergency supplies should include a can opener, knife, scissors, paper towels, hand wipes, eating utensils, and paper plates.

It is always a good idea to have an out of area contact that you can call in an emergency to let know that you are safe. Sometimes local lines get busy and it is easier to call out of area people. With a little preparation you can be ready for any emergency this winter might bring.

Welcome to the ORCAS SENIOR CENTER Family

*Sara Hedberg,
Kent Sawyer, and
Marion Sawyer!*

Not a member or need to renew your membership? Go to orcasseniors.org.

Orcas Island High School Key Club Pen Pal Program

Are you looking to practice your writing skills while making a new friend? If so, we have the perfect opportunity for you! Become a pen pal with Key Club members from Orcas Island High School (OIHS).

Key Club is a student run, international community service organization for high school students. The OIHS Key Club students hope to connect with OSC members to gain perspective, learn something new, and mainly, to have fun! Participants will be encouraged to write to their matches in a timely manner and the number of letters sent will be determined by participants.

Are you interested in becoming a pen pal with the OIHS Key Club? Please reach out to Programs and Activities Coordinator, Steven Ziegler, by calling 206-413-6156 or Emailing him at Steven@orcasseniors.org.

Free Virtual Programming in December

Through the end of the year, all virtual activities through the Bellingham Senior Activity Center (BSAC) are free and open to anyone that would like to participate! Current offerings include strength training, yoga, and TED Talks. For more information about BSAC's virtual programming, subscribe to the BSAC weekly email at whatcomcoa.org/upcoming-events/.

In addition to BSAC, Island Hospital is offering a variety of free virtual classes, screenings, and support groups. To view the full list of Island Hospital's virtual events and how to participate, go to islandhospital.org/classes/.

COVID-19 Vaccinations Initial and Booster Shots Available

Consult your medical provider and/or go to the San Juan County website www.sanjuanco.com for updates on initial and booster vaccination options. Pfizer, Moderna and J&J booster vaccines are being offered by medical providers and through community clinic days at the Orcas Center.

Senior Spotlight: *Bob Walker*

A Word from Bob...



Bob Walker was the first baby born in the year 1939 in the small town of Canyon City, Colorado. His father was a coal miner and his mother a nurse. He spent most of his early years with his grandparents. Bob's father died young of lung trouble, and his subsequent step father was a construction worker and an alcoholic. Things were tough, and Bob remembers attending 12 different schools in the 5th grade. He made it through high school and held down jobs mowing and working with a radiator repairman. Straight out of high school he joined Army Reserves and was glad to remain stateside during the war torn years, where he lost many friends and family. For these seven and a half years he was in the motor pool, military police and a ground pounder. During his service he saw bigger towns, and it was in Colorado Springs that he was shocked to first witness segregated drinking fountains, which shook him. His best friend in high school was black and he felt no prejudice at that time. The small town life had insulated him. Bob notes that it is mind boggling to him what is going on in the world at present.

Much of Bob's life has involved automotive pursuit. He accomplished over 50 years as a parts and service manager and is familiar with all makes and models. He met his present wife, Robbie, on the job. She worked for the same company, in the title department. Their courtship was quick. Bob had just finished building a home and gladly provided for her, a new infant step son, and his mother. Bob overcame a rough start and this second marriage flourished. The family had fun together. They took day trips, all three sandwiched on a motorcycle, went game hunting and explored with off-road vehicles.

Bob and Robbie, now married for over 40 years, are peacefully retired. He enjoys playing solitaire and watching GoPro footage of off-road vehicle trips.

Virtual Zumba Gold in December

Join Mikari Kurahashi's free virtual Zumba class with music from around the world on **Saturdays at 9am**. Mikari has been a Zumba instructor since 2017 and aims for every class to feel like a party!

Join Alyson Stephens for 45 minutes of low impact dance fitness with no jumping or fast turns. This class is offered both virtually and in-person (at The Odd Fellows Hall) on **Tuesdays and Thursdays at 9:30am**. The first class is free and \$5 thereafter or \$30 per calendar month. Alyson has been teaching Zumba since 2011 and it's her favorite way to stay active while connecting with others.

Zumba Gold is a low intensity dance exercise class designed to meet the needs of seniors. Easy-to-follow choreography focuses on balance, range of motion, and coordination. To learn more about these Zumba classes, go to our Calendar of Events page at orcasseniors.org.

15-Minute Weekly Qigong Workshops with Joan Roulac

Wednesdays 9am and Thursdays 12:30pm

Quiet the mind and strengthen the body with Joan Roulac's **Ease Please Qigong series**. These quick 15-minute sessions will gently loosen tense muscles, strengthen immunity, build better balance, and increase energy. This sweet practice is like visiting your chiropractor for a vibrational tune-up.



Both the Wednesday and Thursday **Ease Please** series fee are \$40. The December series begins Wednesday, December 1 at 9am and Thursday, December 2 at 12:30pm and weekly thereafter by Zoom.

Joan has been teaching Qigong and T'ai Chi Chih since being accredited by Justin Stone in 1987 and has taught thousands of students in California, Oregon, and Washington.

For inquiries and registration please, contact Joan Roulac directly at 360-298-2789 or by emailing her at Joan@MountaintopMusings.com.

Free Class Series Powerful Tools for Caregivers



Powerful Tools for Caregivers is a free six-week class series that will be taught both in person and online from **January 12 to February 16, Wednesdays 1:30-3pm**. The in-person

class will be held in Friday Harbor, but because the program will be offered online simultaneously, unpaid caregivers from throughout San Juan County are invited to participate.

If you are an unpaid, family or friend caregiver, you can register for this six-week class series which provides tools and strategies to better handle unique caregiver challenges. If you don't have access to a computer with a camera or are unfamiliar with Zoom meetings but want to participate online, give us a call and we can discuss options with you.

For more information and to register, please contact Gail Leschine-Seitz at 360-370-7528 or gail@sanjuan.co.

Can't make these dates? Contact Gail to be added to the waitlist for a future class series.

Sign up for Emergency Alerts

Sign up to receive emergency alerts and severe weather warnings that could directly impact you and your family. The San Juan County Department of Emergency Management can send emergency alerts via text message and email. Sign up at: <https://public.alertsense.com/SignUp/>.



Chronic Pain Empowerment Support Group

Many seniors and people with disabilities experience chronic pain resulting in debilitating results, like fatigue, social isolation, and depression. How people cope and manage their pain is unique to each individual. Sharing methods and sometimes just talking in a safe environment can be in itself empowering.

Orcas Senior Center will be starting a chronic pain empowerment support group centered around managing and living with chronic pain. The group will be participant-led and facilitated by Grace Grantham, a lifelong chronic pain survivor. If you are a senior or an adult living with disabilities experiencing chronic pain, join Grace on **Wednesday, December 8 at 10am** by Zoom. To participate, go to the Calendar of Events page at orcasseniors.org. For more information about the Chronic Pain Empowerment Support Group, contact Jim Glozier at Jim@orcasseniors.org or 360-919-9318. As always, your generous donation is appreciated.

Meeting of the Minds: Wild Plants of the Field, Forest, and Sea— Medicinal Plants of the San Juans

Join herbalist, Kristy Bredin, on **Wednesday, December 15 at 1pm**, as she discusses regional plants with remedial uses found in the field, forest, and sea of the San Juan Islands. Kristy is passionate about exploring the natural world and working with local medicinal plants in ancient and creative ways.

Kristy began her herbalist journey in 2009, apprenticing with herbalists in New York. While wildcrafting medicinal herbs locally with Ryan Drum, she cultivated an in-depth knowledge of local plants and seaweeds. From 2013 to 2015 she ran a small business specializing in plant remedies of the Pacific Northwest called Mermaid Botanicals.

To attend, access the Zoom link on the Calendar of Events page at orcasseniors.org on **Wednesday, December 15 at 1pm**.

As always, your generous donation is appreciated.



Advanced Care Planning Class

Learn more about Physicians Orders for Life-Sustaining Treatment (POLST), Advanced Directives, and Health Care Durable Power of Attorney (HCDPOA) with Käaren Flint, Community Outreach and Education Specialist with Hospice of the Northwest. Learn how to best use these documents, which are provided to you free of charge. This free, online class takes place on Thursday, December 2 at 10am. Register online at islandhospital.org/classes or call 360-299-4204.



December 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29 Meals on Wheels 11a: Family Caregiver Support Group	30 9:30a: Zumba Gold	1 Meals on Wheels 9a: Ease Please Qigong	2 9:30a: Zumba Gold 12:30p: Ease Please Qigong	3 Meals on Wheels	4 9a: Virtual Zumba National Sock Day 
5	6 Meals on Wheels 11a: Family Caregiver Support Group	7 9:30a: Zumba Gold National Write a Letter Day 	8 Meals on Wheels 9a: Ease Please Qigong 10a: Chronic Pain Empowerment Group	9 9:30a: Zumba Gold 9:30a: ODC Meeting 12:30p: Ease Please Qigong	10 Meals on Wheels	11 9a: Virtual Zumba International Mountain Day 
12 4p: Orcas Socrates Café 	13 Meals on Wheels 11a: Family Caregiver Support Group	14 9:30a: Zumba Gold 1p: Book Club 	15 Meals on Wheels 9a: Ease Please Qigong 1p: Meeting of the Minds	16 9:30a: Zumba Gold 12:30p: Ease Please Qigong 1p: SSCSJC Board Meeting	17 Meals on Wheels National Maple Syrup Day 	18 9a: Virtual Zumba
19	20 Meals on Wheels 11a: Family Caregiver Support Group	21 9:30a: Zumba Gold Winter Solstice 	22 Meals on Wheels 9a: Ease Please Qigong	23 9:30a: Zumba Gold 12:30p: Ease Please Qigong	24 No Meals on Wheels CLOSED 	25 Christmas 
26 National Thank You Note Day 	27 Meals on Wheels	28 9:30a: Zumba Gold National Call a Friend Day 	29	30	31 No Meals on Wheels CLOSED	1 

Fun and Connection through the Orcas Senior Center

Orcas Socrates Café

Orcas Senior Center continues to virtually host the **Orcas Socrates Café** from 4-6pm on the second Sunday of each month (December 12 this month). It's an opportunity to engage in an open discussion on philosophical perspectives. This is not a book club, but rather a conversation, based on the book, *Socrates Café: A Fresh Taste of Philosophy* by Christopher Phillips. Each month offers a new discussion topic, where everyone is encouraged to exchange philosophical perspectives based on personal experiences.

We hope you will be compelled to join this friendly community discussion which is sure to encourage insightful dialogue. Register with Michel Vekved at michel@orcasseniors.org.

Holiday Cards Available



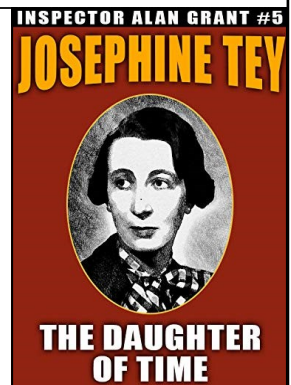
Do you want to send holiday cards to loved ones? We have you covered! Come to the OSC, Monday through Friday, 9am-3pm to flip through our large selection of cards, pick your favorites, donate money in exchange if you wish, and cross one more thing off your list.

Book Club:

The Daughter of Time by Josephine Tey

Alan Grant, Scotland Yard Inspector (a character who also appears in five other novels by the same author) is feeling bored while confined to bed in hospital with a broken leg. Marta Hallard, an actress friend of his, suggests that he should amuse himself by researching a historical mystery. She brings him some pictures of historical characters, aware of Grant's interest in human faces. He becomes intrigued by a portrait of King Richard III. He prides himself on being able to read a person's character from his appearance, and King Richard seems to him a gentle and kind and wise man. Why is everyone so sure that he was a cruel murderer? (Amazon, n.d.)

To participate in the **December Book Club on Tuesday, December 14 at 1pm**, please contact Stephen Bentley by emailing stephen@swbentley.com or call 360-376-2299.



Fresh Face Masks For You

Thanks to Maggie Kaplan's champion efforts, we have free (or by donation) face masks available—Contact Jami at 360-376-7926 or email JamiM@sanjuanico.com.

CURRENT SERVICES WE PROVIDE

Community Lunch remains suspended. We look forward to the time when we can all safely be together again, but do not yet have a specific date approved for resuming Community Lunches in person.

Home delivered meals are provided to seniors 60+ on Monday, Wednesday, and Friday for those in need. Please call Jami Mitchell at 360-376-7926 to get registered for meal support from Meals on Wheels.

Case Coordination and Caregiver Resources: Services are available to assess and offer options for those in need. Contact Heidi Bruce at 360-370-0591 or heidib@sanjuanico.com for more information.

Transportation assistance for medical appointments is possible, based on the availability of volunteer drivers. Call Jami Mitchell at 360-376-7926 to request a ride or volunteer as a driver.
Anacortes, Mt. Vernon & Burlington: suggested donation \$60
Bellingham and surrounding area: suggested donation \$75
Seattle Area: suggested donation \$90

Foot care services are provided by Footcare with a Heart, LLC by appointment only. For appointments and fee schedule, please contact Erica Bee at 360-622-8234.

Programs and activities onsite at the Orcas Senior Center are reopening on a case-by-case basis. Some in-person activities and "hybrid" (a combination of in-person and Zoom) activities are being offered. Go to our Calendar of Events at orcasseniors.org for the latest offerings. Contact Steven Ziegler at Steven@orcasseniors.org or 206-413-6156 for more information.

Companion Services are available. Buddy Check-In volunteers are continuing to call their buddies for enriching conversation and companionship for seniors. Are you interested in being matched up with a Buddy volunteer? If so, contact Jim Glozier at Jim@orcasseniors.org or 360-919-9318.

COMMUNITY RESOURCES

Throughout the pandemic, many organizations adapted how they operate and continue to evolve. Below is a list of some new, continuing, and suspended resources. Contact the service for the most updated information.

Lions Club Mobility Equipment: Mon., Wed, & Fri. 10-11a, and also by appointment. Stephen Bentley, 360-376-2299.

Orcas Island Food Bank: Next door to the Community Church. Mondays 3-6:30pm, and Tuesdays and Fridays from 12-6:30pm. For questions or more info, please call and leave a message at 360-376-4445.

Orcas Food Co-op: To arrange for home delivery or curbside pick-up; www.orcasfood.coop or call 360-376-2009.

OPAL Community Land Trust: Struggling to make rent or a mortgage payment? OPAL is here to help. Call 360-376-3191 or email opalclt@opalclt.org.

Orcas Community Resource Center: OCRC works to ensure that all Orcas Islanders have access to services and support for their well-being. Call 360-376-3184 or email jana@orcascrc.org.

Weatherization: 1-800-290-3857, or via OPALCO: 360-376-3500 or Orcas Community Resource Center at 360-376-3184 or info@orcascrc.org.

Medicare/SHIBA: Volunteers assist with Medicare enrollment, choosing secondary plans, and affordable healthcare. Medicare help is available for FREE by appointment. Call 360-376-5892 or email orcasshiba@yahoo.com.

Energy Assistance: Need help with electric bills? Call OPALCO at 360-376-3500 for eligibility and to apply.

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

SAFE San Juans: Domestic violence and sexual assault services to survivors and loved ones; 360-376-5979. SAFE San Juans has a 24-hour crisis line on each island. For Orcas, call 360-376-1234.

Orcas Safe Homes: 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 Door to Door: Services have resumed. Call for on-island transportation assistance: 360-622-2929.

IslandRides: Daily rides and deliveries by donation: 360-672-2201. More volunteer drivers are needed!

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.

Hearing Screenings: Stacie Nordrum of Island Hearing Healthcare has December appointments: 360-378-2330.

Social Security: 1-800-772-1213 or online via www.socialsecurity.gov/myaccount.

Mental Health Crisis hot line: Call the 24-hour mental health crisis line: 1-800-584-3578 or go to www.imhurting.org.

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SENIOR SERVICES COUNCIL
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Website: www.orcaseniors.org