



# Orcas Senior Signal

## Orcas Senior Center

January, 2022

### Reflections on Two Years as OSC Chair

By Lynnette Wood, OSC non-profit

Two years ago, when asked to take over as chair of the Orcas Senior Center, I never dreamed I would be faced with leading the center through a global pandemic! Yet, in spite of the immense challenges, the rewards have been huge and I have many to thank.

Now that I am no longer chair, I've had time to reflect back on the past two years, and in particular to the beginning of the pandemic. What I remember most is fear and uncertainty. It was already well recognized that seniors were the most vulnerable to the new virus, and many people felt a great deal of anxiety during the initial phase of imposed isolation. At the senior center, we were particularly worried about the impact on seniors, both the direct impact of the virus and the indirect impact of the self-isolation. Buddy Check-In was initiated to monitor the physical well being of seniors, and also to provide an important link to the rest of the world. I am so grateful to volunteer Joe Symons for bringing the idea of Buddy Check-In to the senior center, and for the hours, days, and weeks he dedicated to helping us launch it.

In our naivety, we suggested to volunteers that the situation would last for about eight weeks! So my second round of thanks goes to the scores of volunteers who dedicated their time and hearts to this program. Many of them continue to reach out weekly to their senior buddies, even to this day. I also want to thank the Orcas Island Community Foundation (OICF) and all of the Community Emergency Response (CER) donors. Without the seed money provided by the CER Fund, and OICF's confidence in our ability to innovate, Buddy Check-In probably would not exist today.

At the same time as we were launching Buddy Check-in, Meals on Wheels deliveries doubled, then tripled. Again, volunteers came to the rescue—this time in the form of drivers—with additional support from the CER Fund and from generous individual donors.

**"Reflections" Continued on Page 2...**



Thank you everyone for helping us fund our \$15,000 grant for our Home Maintenance & Repair pilot program through GiveOrcas and because of 94 unique donors, OSC received a \$1000 boost toward funding our grant! Also, don't forget to stop by Maggie's carport (158 Palisades Dr.) or Orcas Arts & Gifts (245 Main St.) to pick up some fresh masks when you are ready to swap out for new designs!

### Caregiver Support Group

The Family Caregiver Support Group (FCSG) is meeting in person 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](mailto: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. Connect to valuable supports and services.

#### Quote for the Month . . .

*When we are no longer able to change a situation, we are challenged to change ourselves.*

— Viktor Frankl

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## ORCAS SENIOR CENTER

360-376-2677 [WWW.ORCASSENIORS.ORG](http://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)

Tom Eversole—Chair  
Elsie Pamuk—Vice-Chair  
Diane Craig—Secretary

Maggie Kaplan  
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### ... continued from Page 1, "Reflections on Two Years as OSC Chair"

We were able to meet this challenge as well, and have been able to continue to sustain this higher level of service throughout the pandemic.



We were able to innovate in other ways, as well, again thanks to the support of many of the same people and organizations. We upgraded our internal technology infrastructure and our website, rapidly moved many of our activities on-line via Zoom, and introduced new activities. Now, with more and more people becoming vaccinated, the center has re-started some in-person activities, and has been experimenting with drive-through and drive-yourself outdoor events, many of them organized—once again—by volunteers.

Last, but far from least, I want to thank the hardworking staff who helped navigate the center through these difficult times. Through a combination of creativity, focus, long hours and just plain dogged persistence, these staff ensured that the center remained relevant at a time when other senior centers around the nation simply turned out their lights and locked their doors.

Aging well on Orcas is certainly benefiting from a wide community of support. Of course it is impossible to predict the future, but based on my own personal experience over the last two years, I am tremendously optimistic. Thank you for letting me be part of this community and this incredible organization.

### 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 are on the San Juan County website at:

<https://www.sanjuanco.com/1697/Resources-for-Mental-Health-Support>.

### Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3<sup>rd</sup> Thursday of every month, at 1pm.  
Orcas District Committee meetings, held 2<sup>nd</sup> Thursday of every month, at 9:30am.  
Info: 360-376-2677 or email [admin@orcasseniors.org](mailto: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](mailto:jamim@sanjuanco.com) or call her at 360-376-7926.

## Ukulele Kanikipila with Kathy Collister

Join a ukelele Kanikipila, Hawaiian for music circle, led by Kathy Collister **every Thursday from 1-3 pm** at Orcas Senior Center. Kathy started a similar group a couple of years ago and she is back! The first 1/2 hour will be a "lesson" or two and then from 1:30 to 3:00 everyone will have the opportunity to play. A rock and roller at heart, Kathy has been playing for about a decade and as a lover of all types of music, she would love to introduce you to the joys of making your own. All levels of ukulele expertise are welcome, but per Kathy's request, please be prepared to show your vaccination card at your first session. No fee.

For inquiries, please contact Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).



## 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](https://www.walistsens.org) 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 [walistsens.org](https://www.walistsens.org).

## A Resolution of Moderation

By Meals on Wheels and More Staff

For many, January is a time when we resolve to make diet or exercise related changes to improve health and/or lose weight. Often these resolutions are extreme and difficult to maintain. We might resolve to cut out simple sugars or caffeine or to exercise for one hour every day. However, after a week or two we miss a day of exercise or eat a cookie and then ditch the plan altogether. While resolving to embrace moderation may not feel like a New Year's resolution, it can be much healthier and easier to maintain than more extreme alternatives. One area where we can resolve to incorporate moderation is in our food portions. Overeating is not only a challenge for weight control, but also for those with diabetes who are concerned about maintaining their blood sugar levels. Here are a few suggestions to help you adopt a moderate eating approach for 2022.

- **Use smaller plates.** You will feel more satisfied if your plate looks full, even if the portions are smaller.
- **Make healthy choices easier.** Stock up on healthy food choices and keep the high calorie, high sugar foods out of the house or at least **out of sight!**
- **Check your emotional state:** You are more likely to overeat when you are sad, stressed, bored, or anxious. Realizing your mood is the first step to combat those feelings, rather than eating as a solution.
- **Occasionally allow yourself small portions of your favorite treats.** Enjoy them without guilt and you will be less likely to feel deprived or overeat.
- **Don't skip meals even if time is limited as you will likely overeat later.** Make a plan and stick to it! If the plan needs changing, do it and keep going! For example, for breakfast keep simple and fast foods handy like bread or English muffins to toast. Add peanut butter or a hard-boiled egg (keep cooked hard boiled eggs in the fridge for easy access) and a piece of fruit and you are on your way in no time!
- **Do not go to a restaurant or event overly hungry.** Eat a healthy snack at home before leaving.
- **Set aside half of large restaurant meals before eating.** You will have tomorrow's lunch, and be less likely to keep taking "one more bite."
- **When you mess up, forgive yourself.** Tomorrow is a new day. Start fresh and move on!



## 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. Stock the pantry with easy-to-prepare meals and lots of extra water.



## Free Virtual Programming in January

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/](https://whatcomcoa.org/upcoming-events/).

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, please visit their website at [islandhospital.org/classes/](https://islandhospital.org/classes/).

## Welcome to the ORCAS SENIOR CENTER Family

*Mark Ellison,  
Theresa Bowes,  
Authur Van Gelder,  
Jeannie Chamberlain, and  
Don Stillman!*

Not a member or need to renew your membership? Go to [orcasseniors.org](http://orcasseniors.org).

### Virtual Zumba Gold in January

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](http://orcasseniors.org).

### Chronic Pain Empowerment Support Group

Orcas Senior Center hosted its first Chronic Pain Empowerment Group via Zoom on December 8. While we had a good turnout of participants, more are always welcome. During the meeting people shared their personal stories in dealing with pain, what works for them, and also began to empower each other through sharing. Being in constant pain has many debilitating results, among them 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.

This will be an ongoing program through Orcas Senior Center meeting via Zoom to start. The group will meet the **second Wednesday of each month**, with the next meeting scheduled for **January 12 at 10am**. For more information, please contact Jim Glozier, Companion Services Coordinator, at 360-919-9318 or [Jim@orcasseniors.org](mailto:Jim@orcasseniors.org).

## Senior Spotlight: Bethany Ryals

### A Word from Bethany...

Bethany Ryals was born in Spokane, Washington. Along with her three siblings, she was raised in Bellevue back in the days when it was bears and berries, woods, and cougars. Her ancestors immigrated to the United States from northern Europe and settled on the west coast. Her great-grandfather's family owned a grocery store, and told of an early memory of the San Francisco fire. Upon seeing the flames approach, they passed out the store goods to folks as they fled. Her grandmother was a nurse's aide and Bethany's dad served on a submarine during the Korean war. These influences may have shaped her destiny. Bethany has lived a gutsy life of service.



Bethany and one of her brothers have both served in the military. She was in the Air Force Reserves for 32 years, in the role of aeromedic. Evacuating the injured, she was stationed in Iraq and Turkey. Later in her career Bethany switched to Reserve Officer Training Corps and Air Force Academy admissions, consulting in local high schools, including Orcas, Lopez, and Friday Harbor.

Bethany has experienced some turbulent times; being in the military as a gay woman during the gay ban, through the "don't ask don't tell" era, and the transition to the present policy of acceptance and inclusion. She was peripherally involved in pivotal gay rights cases and was part of this history as it unfolded. She met the challenges of societal oppression and stood strong. Happily, she recently celebrated 10 years of marriage to her partner of 29 years.

Along with a military career Bethany has also been a school teacher and school bus driver. In keeping with her adventurous spirit, she was also a cruise director and has sailed seven seas, seen seven continents and visited over 70 countries. Bethany has a special "she shed" dedicated to housing her natural history and world travel curios and treasures.

### 15-Minute Weekly Qigong Workshop Wednesdays at 9am or Thursdays at 12:30pm by Zoom



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. Both the Wednesday and Thursday **Ease Please** series fees are \$40. **The January series begins Wednesday, January 5 at 9am and Thursday, January 6 at 12:30pm**. Each session meets for four weeks by Zoom.

For inquiries and registration, contact Joan Roulac at 360-298-2789 or [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).

## SHIBA Medicare Presentation

Are you currently enrolled in Medicare? if so, you probably know that Medicare has its own vocabulary and rules, and the Statewide Health Insurance Benefits Advisors (SHIBA) are here to assist with Medicare questions. San Juan County SHIBA volunteers, overseen by the Washington Office of the Insurance Commissioner and sponsored by the Inter Island Healthcare Foundation, will be hosting a **free Zoom presentation on Wednesday, January 26 at 1pm**. 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 and unbiased appointment, please email [orcasshiba@yahoo.com](mailto:orcasshiba@yahoo.com) or call 360-376-5892.



## Scenes at Orcas Senior Center

Pictured below are some recent pictures from the Senior Center. At top left is volunteer Julia Summers packing food for Meals on Wheels. Left of Julia is Jami Mitchell passing out free COVID tests before the holidays. Below them is a shot of Diego and Remy Lago after they volunteered to wash all of the Senior Center vehicles. Finally, at bottom, is Sherrie Schiff holding boxes of cookies baked by the Tea Ladies, and a picture of a rainbow over the Senior Center. Our community is a pot of gold!



## Meeting of the Minds: "Orca Behavior: Comparing Two Killer Whale Populations in the Salish Sea"



The Salish Sea houses two different populations of orcas that spend their time in the region. The critically endangered salmon-eating Southern Residents are declining. Meanwhile, the mammal-eating Bigg's killer whales are thriving. Monika Wieland's talk **Wednesday, January 19 at 1pm** will introduce you to these two different members of the same species.

Monika fell in love with the Southern Resident killer whales when she first saw them from Lime Kiln Lighthouse and San Juan Island at the age of 15. Starting as a research intern at The Whale Museum, later working as a marine naturalist, and finally co-founding the nonprofit research group, the Orca Behavior Institute.

To attend, go to the Calendar of Events page at [orcasseniors.org](http://orcasseniors.org) and access the Zoom link on **Wednesday, January 19 at 1pm**. As always, your generous donation is appreciated.



## End-of-life Paperwork Class

What documents should you have prepared for end-of-life? Join an end-of-life expert from Hospice of the Northwest to learn more about POLST, Advanced Directives, and HCDPOA forms. This free online class will be **Thursday, January 13 at 10:30am**. Register by calling 360-299-4204.



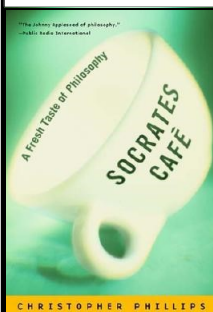
# January 2022

"The time is always right to do what is right."

—Martin Luther King Jr.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> <b>National Science Fiction Day</b> 	<b>3</b> <b>Meals on Wheels</b> <b>11a: Family Caregiver Support Group</b>	<b>4</b> <b>9:30a: Zumba Gold</b> <b>National Trivia Day</b> 	<b>5</b> <b>Meals on Wheels</b> <b>9a: Ease Please Qigong</b>	<b>6</b> <b>9:30a: Zumba Gold</b> <b>12:30p: Ease Please Qigong</b> <b>1p: Ukuleles</b>	<b>7</b> <b>Meals on Wheels</b> <b>Old Rock Day</b> 	<b>8</b> <b>9a: Virtual Zumba</b> <b>Argyle Day</b> 
<b>9</b> <b>4p: Orcas Socrates Café</b> 	<b>10</b> <b>Meals on Wheels</b> <b>11a: Family Caregiver Support Group</b>	<b>11</b> <b>9:30a: Zumba Gold</b> <b>National Milk Day</b> 	<b>12</b> <b>Meal on Wheels</b> <b>9a: Ease Please Qigong</b> <b>10a: Chronic Pain Empowerment Group</b>	<b>13</b> <b>9:30a: Zumba Gold</b> <b>9:30a: ODC Meeting</b> <b>12:30p: Ease Please Qigong</b> <b>1p: Ukuleles</b>	<b>14</b> <b>Meals on Wheels</b> <b>International Kite Day</b> 	<b>15</b> <b>9a: Virtual Zumba</b> <b>National Hat Day</b> 
<b>16</b>	<b>17</b> <b>CLOSED</b> <b>MLK Day</b> 	<b>18</b> <b>9:30a: Zumba Gold</b> <b>1p: Book Club</b> 	<b>19</b> <b>Meals on Wheels</b> <b>9a: Ease Please Qigong</b> <b>1p: Meeting of the Minds</b> 	<b>20</b> <b>9:30a: Zumba Gold</b> <b>12:30p: Ease Please Qigong</b> <b>1p: Ukuleles</b> <b>1p: SSCSJC Board Meeting</b>	<b>21</b> <b>Meals on Wheels</b> <b>Squirrel Appreciation Day</b> 	<b>22</b> <b>9a: Virtual Zumba</b> <b>National Hot Sauce Day</b> 
<b>23</b>	<b>24</b> <b>Meals on Wheels</b> <b>11a: Family Caregiver Support Group</b>	<b>25</b> <b>9:30a: Zumba Gold</b> <b>Opposites Day</b> 	<b>26</b> <b>Meals on Wheels</b> <b>9a: Ease Please Qigong</b> <b>1p: Medicare presentation</b>	<b>27</b> <b>9:30a: Zumba Gold</b> <b>12:30p: Ease Please Qigong</b> <b>1p: Ukuleles</b>	<b>28</b> <b>Meals on Wheels</b> <b>Blueberry Pancake Day</b> 	<b>29</b> <b>9a: Virtual Zumba</b>
<b>30</b> <b>National Croissant Day</b> 	<b>31</b> <b>Meals on Wheels</b> <b>11a: Family Caregiver Support Group</b>					

## Fun and Connection with 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 on January 9)**. 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. 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 which is sure to encourage insightful dialogue. Please register by emailing Michel Vekved at [michel@orcasseniors.org](mailto:michel@orcasseniors.org).

Thank you again **Betty Hall** for generously donating your handmade Christmas quilt to OSC for a silent auction. The winning bid went to **Sherrie Schiff** for \$350. Congratulations Sherrie and thank you Betty!

### January Book Club: *This Perfect Day* by Ira Levin

The story is set in a seemingly perfect global society. Uniformity is the defining feature; there is only one language and all ethnic groups have been eugenically merged into one race called "The Family." The world is ruled by a central computer called UniComp that has been programmed to keep every single human on the surface of the earth in check. People are continually drugged by means of regular injections so that they can never realize their potential as human beings, but will remain satisfied and cooperative. They are told where to live, when to eat, whom to marry, when to reproduce. Ira Levin's frightening glimpse into the future continues to fascinate readers even forty years after publication. (Amazon, n.d.)

To participate in the January Book Club on Tuesday, January 18 at 1pm, please contact Stephen Bentley by emailing [stephen@swbentley.com](mailto:stephen@swbentley.com) or calling 360-376-2299.



### Got Bags?

**Want to recycle your clean paper bags** for our Meals on Wheels program? Please drop them off at the Orcas Senior Center on the bench outside the front door. Thank you kindly.

## 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](mailto: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 to 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](http://orcasseniors.org) for the latest offerings. Contact Steven Ziegler at [Steven@orcasseniors.org](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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 welcome.

**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 January appointments: 360-378-2330.

**Social Security:** 1-800-772-1213 or online via [www.socialsecurity.gov/myaccount](http://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](http://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

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# Orcas Senior Signal

## Orcas Senior Center

February, 2022

### Silent Auction at Orcas Senior Center February 1-15

Come one, come all! Break the winter doldrums by taking part in a silent auction from February 1 to 15 at the Orcas Senior Center.

Beginning on Tuesday, February 1, you will find a selection of home décor, original art, and other interesting items on auction. All of the pieces have been donated to the Orcas Senior Center, with the profit from the sale of these items going directly to support the center. Pictured at right is a Viking ship model which is one of the many unique objects featured in the silent auction.

The winner of each item will be the person with the highest bid when the auction closes promptly at noon on Tuesday, February 15.

While you're at the Orcas Senior Center, check out Grannie's Closet. Located in the corner of the lobby, Grannie's Closet offers a constantly changing assortment of small items available by donation.

Both the silent auction and Grannie's Closet are open to anyone, so take a look, and check back often!



The Viking ship model pictured above in its glass display case is one of the items available to bid on in the silent auction at the Orcas Senior Center being held February 1-15. Stop by on weekdays from 9am-3pm to peruse the selection and place your bids.

### Mental Health Supports

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.

**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](https://www.walistsens.org) support line at 1-833-681-0211 from 9am—9pm Monday through Friday, and 9am—6pm, Saturdays and Sundays. Resources and self-help tips are also available on [walistsens.org](https://www.walistsens.org).

### Free COVID Test Kits

At home testing supplies are beginning to become more readily available. If you haven't ordered your four free COVID tests for your household, you can do so at: [www.covidtests.gov](https://www.covidtests.gov).

#### Quote for the Month . . .

*She read books  
as one would  
breathe air, to  
fill up and live.*

-Annie Dillard

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## ORCAS SENIOR CENTER

360-376-2677 [WWW.ORCASSENIORS.ORG](http://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

**Scott Morris, Mike Knight**—Cooking Staff

### ORCAS DISTRICT COMMITTEE

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

Tom Eversole—Chair

Elsie Pamuk—Vice-Chair

Diane Craig—Secretary

Maggie Kaplan

Jerry Todd

Jennifer Hairston

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## IslandRides Updates

The record-breaking cold and snowy weather at the end of December kept IslandRide's electric vehicles off the roads for several days. Despite the conditions, eleven drivers on Orcas, six on Lopez, and three on San Juan set both trip and mileage records in 2021. Greatly surpassing the 2020 numbers, 8,389 rides or deliveries were performed in San Juan County this past year. Lopez Island managed 1,427 trips in its first year of service and Orcas performed 1,109 trips in only six months since starting up on Orcas last July.

Besides initiating services on Orcas, a chief accomplishment in 2021 for IslandRides was a new Nissan Leaf on each island with extended, full-charge range of over 220 miles as compared to 50-80 miles on the older cars. Each of these emissions-free electric vehicles saves money on fuel and maintenance as well as not contributing to air pollution and ocean acidification. Free fast-charging stations were installed in December at the Orcas Island Community Foundation (OICF) in Eastsound. OICF has been instrumental in launching the program on Orcas.

**To schedule a ride on Orcas, please call 360-672-2201.**



Pictured above, Curt VanHying of IslandRides with a new 2022 Nissan Leaf. IslandRides purchased three new electric vehicles in 2021 for use in San Juan County.

### Monthly Meetings

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

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

Info: 360-376-2677 or email [admin@orcasseniors.org](mailto: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](mailto:jamim@sanjuanco.com) or call her at 360-376-7926.

## Organizing your Records

By Tony Leahy  
Consumer Education and Training Services (CENTS)



**CENTS**  
CONSUMER EDUCATION  
AND TRAINING SERVICES

In the spirit of getting organized, create a document that lists where each of the items and information listed below are located. Make sure these items are stored securely.

- Social Security number/card
- Children's names, addresses and phone numbers
- Will
- Financial Power of Attorney (POA)
- Durable POA for health care
- Advance Directives
- Long term care insurance
- Funeral arrangements/burial with name, location, and information regarding whether or not it is prepaid
- Deed for house
- Car title(s)
- Accountant, address and phone number
- Insurance agent(s) with address and phone numbers
- Safe deposit location and who has access
- Trusts or other estate planning documents
- Life insurance, including policy type, company, amount, beneficiary, address, phone numbers
- Retirement, IRA, KEOGH, pension, union benefits, including type, company or union, beneficiary, amount, addresses/contact information
- Credit union/banks, savings, loans accounts with name, branch, account type, other names, joint or other, account numbers and current balance
- Stocks, bonds and other securities with security description, number of shares, joint or other, other names (and separate or community), certificate location, including broker, and phone number
- Vehicles, RVs, including type, own or lease, loan holder, amount, title document
- Real estate: for each property: type (home, business, vacant, rental, etc..) street address, own or lease, approximate value, separate or community, when acquired, percent interest/other names, tenants (with rent and terms), mortgage holder, balance due, monthly payment, location of property papers (deed, title, policy, leases), insurance company
- Business interests, including name, type (Sole, Partnership, Corporation, LLC), shares or percent owned, business location, other owners and percent owned, estimated value
- Buy/Sell agreement or other business documents, including type, company, other names, address and phone numbers
- Creditor obligations not covered by the above (creditor, balance due, payments, security)
- Money or other owed to you by others including company or person owing, address, amount, note, security, documents location
- Other assets and accounts

## Eat Red for the Heart of It!

By Carol Simmer, RDN  
Meals on Wheels & More!

February is often associated with love and the color red. We wear red clothing and buy red roses and red heart-shaped boxes of candy for people we care about for Valentine's Day. Many people also wear red in February in support of American Heart Month. (February 4<sup>th</sup> is National Wear Red Day to raise awareness about women's heart health.) February is also a great month to focus on eating more red fruits and vegetables. Here is a long list from which to choose:

<i>Red Apples</i>	<i>Pomegranates</i>	<i>Red Potatoes</i>
<i>Blood Oranges</i>	<i>Raspberries</i>	<i>Radicchio</i>
<i>Cherries</i>	<i>Strawberries</i>	<i>Red Onions</i>
<i>Cranberries</i>	<i>Watermelon</i>	<i>Tomatoes</i>
<i>Red Grapes</i>	<i>Radishes</i>	<i>Red Cabbage</i>
<i>Red Grapefruit</i>	<i>Beets</i>	<i>Rhubarb</i>
<i>Red Pears</i>	<i>Red Peppers</i>	



The red pigments in these foods, lycopene and anthocyanin, contribute excellent nutrition as well as beautiful color to the diet. Both are considered phytonutrients. Phyto (*plant*) nutrients are antioxidants and are produced by plants as a defense against environmental damage from pests, toxins and UV (sun) damage. When we eat these foods, our bodies also benefit from the protective effects of their phytonutrients against environmental damages to our cells.

**Lycopene** is in a class of antioxidants known as **carotenoids**. Carotenoids are *fat-soluble nutrients* which means the fat in a meal helps their absorption. Research continues on the effects of lycopene on the immune system, cancer (esp. breast and prostate), eye health, neuropathy, heart and bone health, and Alzheimer's disease. Tomatoes contain a high concentration of lycopene. Cooking tomatoes (such as in tomato sauce) enhances the body's ability to absorb the phytonutrient. Watermelon, red grapefruit, and red cabbage also contain high concentrations of lycopene.

**Anthocyanins** are *water-soluble* pigments in plants, collectively known as **flavonoids**. More than 500 different anthocyanins were discovered by the year 2000 and more are being isolated every year. The study of anthocyanins and their effects on the human immune systems, cancer, viruses, allergies, diabetes, the cardiovascular system, and eye health are getting a lot of attention in the scientific community in recent years.

Each red fruit and vegetable has its own list of health-promoting phytochemicals along with many vitamins and minerals and plenty of fiber. Several countries around the world feature red foods in their traditions and health practices. In Chinese medicine, red foods are thought to nourish the heart. In Indian Ayurveda, red foods are believed to support the lymphatic flow in the body, especially in the fall and winter. It is interesting to see modern science exploring how these ancient beliefs have scientific merit.

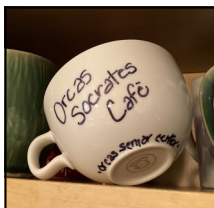
## Welcome to the ORCAS SENIOR CENTER Family

*Carol Ely,  
Dale Ely, and  
Fred Herrle!*

Not a member or need to renew your membership? Go to [orcasseniors.org](http://orcasseniors.org).

### 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 on **Sunday, February 13**. 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, and 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 which is sure to encourage insightful dialogue. Register with Michel Vekved at [michel@orcasseniors.org](mailto:michel@orcasseniors.org).



### Silver Swans Virtual Ballet Series with Emily Anton



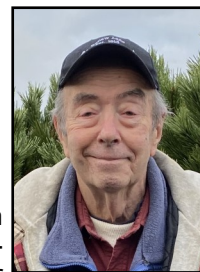
Beginning **Wednesday, February 2** and every **Wednesday through March 2**, join Emily Anton by Zoom from **11am-12pm** for an hour of **basic and gentle ballet for older adults**. Improve your mobility, posture, stability, and balance with this movement class that has been specially designed for

seniors. Rediscover your love for ballet or find it for the first time! Fees are \$75 for series (5-classes) or \$15 per class. To register and other inquiries, contact Emily directly at 541-441-0022 or [emilyanton@me.com](mailto:emilyanton@me.com).

Emily Anton has toured the United States dancing ballet professionally for over ten years, taking residency in New York City, the San Francisco/Bay Area, and Seattle. Emily has a Bachelor of Arts degree in dance and movement, studied anatomy and physiology, Hellerwork Structural Integration, Franklin Method, and BodyTalk. To learn more about Emily, visit her website at [emilyanton.com/dancer](http://emilyanton.com/dancer).

### Senior Spotlight: *David Hofmann*

#### A Word from Dave...



David Hofmann is a second generation American, with roots in Poland and Germany. He says that his grandmother made the world's best chicken soup. He was born in Pennsylvania, and was an only child. During the depression, when he was around nine years old, David's family moved west. His father was a steeplejack and a truck driver, and died young. Dave's mother worked a myriad of jobs including in a WWII plastics manufacturing plant, back when plastic was 'new and exotic.' He still cherishes a small decorative pink plastic box, a childhood keepsake from those days.

David graduated from high school when 'timber was king' in Toledo, a logging and farming community, on the Cowlitz River. Dave went to work right after high school and found his way to a lifelong career as a park ranger.

Dave met his wife Jeannie at a square dance. She was a mathematician for Boeing. He was drafted soon after marriage and feels lucky to have remained stateside and survive the war. When he returned from service they started a family. They were happily married for 58 years. As a park ranger Dave raised a son and daughter exploring Moran State Park; they made many fond memories and he carries much history, with a deep knowledge of Orcas lakes and fishing.

David says that he witnessed the pristine glory of early Orcas Island and the community culture of an idyllic era. He remains on the island, and his family is close. His son is a fisherman and his daughter is a school teacher. Recently, they traveled together to Poland. He keeps himself busy tending a small orchard and a berry patch, and keeping in touch with family. Dave has a cat as a buddy.

### Ease Please Qigong and T'ai Chi Chih Joy Through Movement with Joan Roulac by Zoom

Quiet the mind and strengthen the body with Joan Roulac's **Ease Please** four-week Qigong series. These 15-minute sessions will gently loosen muscles, strengthen immunity, build balance, and increase energy. Series begins either **Wednesday, February 2 at 9am** or **Thursday, February 3 at 12:30pm**. Fee for either series is \$40.

Learn gentle flowing movements that strengthen your immune system, boost your energy, and build better balance in a four-week **T'ai Chi Chih Joy Through Movement** series. Designed for beginners, this practice can be done seated or standing and will meet Tuesdays, beginning **February 8 and ending March 1, from 12:30 to 1:30pm**. Series fee is \$75.

For inquiries and registration, please contact Joan Roulac directly at 360-298-2789 or by emailing her at [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).

## The Effectiveness of Masks



Are you wondering if you are wearing the appropriate mask? Join Rob Wilson, retired mechanical engineer and product designer, by Zoom on **Friday, February 4 at 11am** as he helps us better understand the tidal wave of information regarding proper mask use. Rob will discuss cloth masks versus high performance masks (i.e., N95, KN95, and KF94) and how they differ when filtering small particles. He will also discuss mask fit, as peripheral leaks on high performance masks are a hugely important issue that is often overlooked.

Near the beginning of the pandemic, Orcas resident Rob Wilson, started working on mask design and testing of masks, joined a scientific consortium for data-driven study of N95 filtering facepiece respirator decontamination, called N95DECON, and co-authored technical papers on the efficacy of cloth masks and designed and built equipment being used to test masks for filter efficiency and breathability. To attend this presentation, go to the Calendar of Events at [orcasseniors.org](https://orcasseniors.org) on **Friday, February 4 at 11am**. To continue offering great programs like this one, your generous donation is always welcome.

## Free Virtual Programming

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/](https://whatcomcoa.org/upcoming-events/).

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/](https://islandhospital.org/classes/).

## Virtual Zumba Gold with Mikari Kurahashi or Alyson Stephens

Join Mikari Kurahashi's free virtual Zumba class 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, \$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](https://orcasseniors.org).

## "the virtual vineyard" – Wines of Chile with Doe Bay Wine Company

Join Cole Sisson for "the virtual vineyard" **Sunday, February 20 at 5pm** by Zoom as he guides us through tasting six Chilean wines from two different producers: classic, large production house, Montes and the small scale two-person operation, Gonzáles Bastías, which specializes in natural and experimental wines. Whether a seasoned wine taster or someone unfamiliar with what notes you are tasting, all are welcome to have a fun time sampling wine at home with friends online.

For more information about the wines and registration, please visit the Calendar of Events page at [orcasseniors.org](https://orcasseniors.org). To ensure inventory is available, please reserve/order your wine selections by Sunday, February 6 by reaching out directly to Doe Bay Wine Company by emailing [info@doebaywinecompany.com](mailto:info@doebaywinecompany.com). We hope you can join us for this!



## Meeting of the Minds: "What Makes our Islands so Rich with Marine Life and Biodiversity?"



Join us by Zoom **Wednesday, February 16 at 1pm** for the next installment of the monthly lecture series Meeting of the Minds. Jess Newley, Community Science and Education Manager for Friends of the San Juans, will discuss

how juvenile salmon use our shorelines, the importance of forage fish and ways to help the Southern Resident orcas. We will take a virtual swim through local bull kelp forests and schools of herring using 360 video technology. You can order the optional \$10 cardboard virtual reality headsets from Amazon to take your swim to the next level! (<https://amzn.to/3fGrTKX>)

Jess Newley has an undergraduate degree in Business and Marketing and a master's degree from Western Washington University in Environmental Education. When not scuba diving, Jess works to educate boaters on how to protect sensitive habitats, conducts community field science projects, and implements education programs in and outside the classroom.

To join us on **Wednesday, February 16 at 1pm** by Zoom, go to the Calendar of Events page at our website [orcasseniors.org](https://orcasseniors.org). All are welcome to attend. Your generous donation is appreciated so that we can bring more great programs like this one to our community.

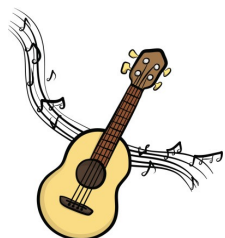


# February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:30a: Zumba Gold  <b>Silent Auction Begins!</b>	<b>2</b> Meals on Wheels  9a: Ease Please Qigong  11a: Silver Swans Ballet	<b>3</b> 9:30a: Zumba Gold  12:30p: Ease Please Qigong  1p: Ukuleles	<b>4</b> Meals on Wheels  11a: Mask Presentation	<b>5</b> 9a: Virtual Zumba  Ice Cream for Breakfast Day 
<b>6</b> Pay a Compliment Day 	<b>7</b> Meals on Wheels  11a: Family Caregiver Support Group	<b>8</b> 9:30a: Zumba Gold  12:30p: Joy Through Movement	<b>9</b> Meal on Wheels  9a: Ease Please Qigong  10a: Chronic Pain Empowerment Group  11a: Silver Swans Ballet	<b>10</b> 9:30a: Zumba Gold  9:30a: ODC Meeting  12:30p: Ease Please Qigong  1p: Ukuleles	<b>11</b> Meals on Wheels  National Guitar Day 	<b>12</b> 9a: Virtual Zumba  National Plum Pudding Day 
<b>13</b> 4p: Orcas Socrates Café  World Radio Day 	<b>14</b> Meals on Wheels  11a: Family Caregiver Support Group 	<b>15</b> 9:30a: Zumba Gold  Noon: Silent Auction Ends  12:30p: Joy Through Movement	<b>16</b> Meals on Wheels  9a: Ease Please Qigong  11a: Silver Swans Ballet  1p: Meeting of the Minds	<b>17</b> 9:30a: Zumba Gold  12:30p: Ease Please Qigong  1p: Ukuleles  1p: SSCSJC Board Meeting	<b>18</b> Meals on Wheels  National Caregivers Day 	<b>19</b> 9a: Virtual Zumba
<b>20</b> 5p: "the virtual vineyard" 	<b>21</b> CLOSED 	<b>22</b> 9:30a: Zumba Gold  12:30p: Joy Through Movement  1p: Book Club	<b>23</b> Meals on Wheels  9a: Ease Please Qigong  11a: Silver Swans Ballet	<b>24</b> 9:30a: Zumba Gold  12:30p: Ease Please Qigong  1p: Ukuleles	<b>25</b> Meals on Wheels  National Chocolate Covered Nut Day	<b>26</b> 9a: Virtual Zumba
<b>27</b> National Strawberry Day 	<b>28</b> Meals on Wheels  11a: Family Caregiver Support Group					

## Fun and Connection through the Orcas Senior Center

### Ukulele Kanikapila with Kathy Collister

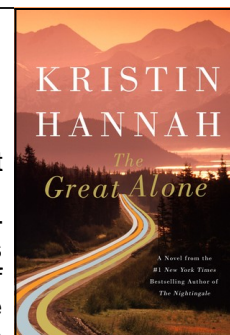


Join the Kanikapila, Hawaiian for “play music,” led by Kathy Collister every **Thursday from 1 to 3pm** at Orcas Senior Center. Kathy led a similar group prior to the pandemic, and she is back! The first half hour will be a lesson or two and then from 1:30 to 3pm everyone will have the opportunity to play. A rock and roller at heart, Kathy has been playing for about a decade and as a lover of all types of music, she would love to introduce you to the joys of making your own. All levels of ukulele expertise are welcome, but as per Kathy’s request, please be prepared to show your vaccination card at your first session.

Mask and distancing are required at Orcas Senior Center and there is no fee to attend. For inquiries, please contact Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).

### February Book Club: *The Great Alone* by Kristin Hannah

In Kristin Hannah’s *The Great Alone*, Ernt Allbright, his wife Cora and their daughter, Leni seek a new beginning in the near-isolated wilderness of Alaska. The Allbrights find a fiercely independent community of strong men and even stronger women. The long, sunlit days and the generosity of the locals make up for the newcomers’ lack of preparation and dwindling resources. But as winter approaches and darkness descends, Ernt’s fragile mental state deteriorates. Soon the perils outside pale in comparison to threats from within. In their small cabin, covered in snow, blanketed in eighteen hours of night, Leni and Cora learn the terrible truth: they are on their own. (Amazon, n.d.)



To participate in the February Book Club on **Tuesday, February 22 at 1pm**, please contact Stephen Bentley directly at [stephen@swbentley.com](mailto:stephen@swbentley.com) or 360-376-2299.

## Chronic Pain Empowerment Group is Meeting Monthly

Being in constant pain has many debilitating results. 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. This group meets the second Wednesday of each month, this month on **February 9, from 10-11am**. Currently the meeting is via Zoom. For more information please contact Jim Glozier, Companion Services Coordinator for OSC, at 360-919-9318.

## 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](mailto: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 to 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](http://orcasseniors.org) for the latest offerings. Contact Steven Ziegler at [Steven@orcasseniors.org](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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 welcome.

**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 February appointments: 360-378-2330.

**Social Security:** 1-800-772-1213 or online via [www.socialsecurity.gov/myaccount](http://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](http://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](mailto:jamim@sanjuanco.com)  
Issue: February 2022  
Website: [www.orcaseniors.org](http://www.orcaseniors.org)



# Orcas Senior Signal

## Orcas Senior Center

March, 2022

### March for Meals and More

By Julie Meyers  
Meals on Wheels and More Director

March is a special month for senior nutrition programs. Not only is it National Nutrition month, but it is also the national "March for Meals" campaign. Each March since 2002 Meals on Wheels programs have come together to celebrate the local community organizations, businesses, all levels of government, and individuals that collaborate to ensure that seniors receive the meals and other services they need to support health and independence. This March also marks two years since we put Senior Community Meals on hold in San Juan County due to the COVID-19 pandemic.

While we do not yet have a date for when we will resume in-person lunches, we are encouraged by the recent COVID-19 data (in mid-February) that suggests that the Omicron wave may have peaked, with daily infections on the decline. We know that seniors miss gathering with friends for a freshly prepared meal at the senior centers and we miss seeing your smiling faces as well. However, we must continue to balance the need for social connection with the risk of spreading COVID-19 among vulnerable older adults. We continue to monitor the data and look to the CDC, state and local governments and health department for guidance, including changes in mask requirements.

Please share your feelings about returning to the Orcas Senior Center for lunch and/or other activities by completing the survey included in the newsletter. Your input will help us plan for meals and activities when we do reopen.



Serving Whatcom &  
San Juan Counties

We hope to  
see you  
soon!



### Welcome to the Kitchen, Scott Morris

The senior nutrition program is a three-way collaboration between San Juan County and the nonprofit organizations Whatcom Council on Aging (WCOA) and Senior Services Council of San Juan County. This public-private collaboration produces Meals on Wheels across the county, and is working towards bringing in-person lunches back to the senior centers on Orcas, Lopez, and San Juan Islands. Scott Morris, pictured above with a tray of cupcakes he baked for Valentine's Day, was recently hired by WCOA as the Orcas cook. Valentine's cards were created by front desk volunteer Andrea Cohen and sent out with meal deliveries, as well as passed out at the front desk. For more information regarding the meal program or senior services on Orcas, please contact Jami Mitchell, 360-376-7926 or [jamim@sanjuanco.com](mailto:jamim@sanjuanco.com).

### Quote for the Month . . .

*Believe you can  
and you're  
halfway there.*

-Theodore Roosevelt

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## ORCAS SENIOR CENTER

360-376-2677 [WWW.ORCASSENIORS.ORG](http://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

**Scott Morris, Mike Knight**—Cooking Staff

### ORCAS DISTRICT COMMITTEE

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

Tom Eversole—Chair	Maggie Kaplan
Elsie Pamuk—Vice-Chair	Jerry Todd
Diane Craig—Secretary	Jennifer Hairston
	Allan Rosato

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## Mental & Behavioral Health Resources

- **Volunteers of America Crisis Line** is a 24-hour resource for anyone experiencing a self-defined mental-health crisis. Friends or family of someone in crisis may also call. Contact 800-584-3578 or go to [imhurting.org](http://imhurting.org) for an online chat.
- **Washington Recovery Help Line** provides support for substance abuse, problem gambling, and mental health; 24-hour help is available at 866-789-1511 or go to [warecoveryhelpline.org](http://warecoveryhelpline.org).
- **Orcas Island Alcoholics Anonymous** offers ongoing online and in-person meetings on Orcas Island; 360-376-452, [info@orcasislandaa.org](mailto:info@orcasislandaa.org), [orcasislandaa.org](http://orcasislandaa.org).
- **Compass Health** provides mental health, chemical dependency, and psychiatric services, including offers counseling services for seniors with Medicaid/Provider One insurance; 360-378-2669, [compasshealth.org](http://compasshealth.org).
- **Optum Emotional Support Help Line** provides emotional support for people and their loved ones, 24 hours per day, by calling 866-342-6892 or visit [optum.com/covid-19/covid-19-emotional-support](http://optum.com/covid-19/covid-19-emotional-support).
- **thero.org** has created a comprehensive list of online mental health resources in San Juan County; [thero.org/sanjuancounty](http://thero.org/sanjuancounty).
- **Safe San Juans** provides domestic violence and sexual assault services; 360-378-2345 (24-hour crisis line), [safesj.org](http://safesj.org).
- **SMART Recovery** is an online nonprofit offering support and resources for individuals, family and friends, and others affected by addiction, including online meetings, online message boards, and 24/7 chat room at [smartrecovery.org](http://smartrecovery.org).
- **Washington Listens** is a free, anonymous support service for Washington State residents experiencing sadness, anxiety, or stress as a result of the pandemic; 833-681-0211, [crisisconnections.org/washingtonlistens](http://crisisconnections.org/washingtonlistens).
- **Washington Warm Line** is a peer support help line for people living with emotional and mental health challenges; call 877-500-9276 or go to the warm line website [crisisconnections.org/wa-warm-line](http://crisisconnections.org/wa-warm-line).
- **If you are experiencing an emergency, call 9-1-1.**

### Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3<sup>rd</sup> Thursday of every month, at 1pm.  
Orcas District Committee meetings, held 2<sup>nd</sup> Thursday of every month, at 9:30am.  
Info: 360-376-2677 or email [admin@orcasseniors.org](mailto: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](mailto:jamim@sanjuanco.com) or call her at 360-376-7926.

## Get a Ride with IslandRides

By Curt VanHying, IslandRides

*IslandRides* continues to expand the number of rides and new delivery opportunities across three islands in San Juan County. The volunteer drivers are gaining experience, and island residents without vehicles are learning about the daily accessibility and freedom they now have to get to appointments and make connections which were previously difficult, expensive, or impossible without imposing on others. Now, these local residents without cars can phone in to schedule an on-island trip or even call the same day when a ride is needed. The cost? The program is paid by grant funds, and riders may donate what they wish at the time of the ride or delivery, suggested at \$3 per trip. To schedule a ride on Orcas, call 360-672-2201.

## Ease Please Qigong with Joan Roulac

Quiet the mind and strengthen the body with Joan Roulac's Ease Please four-week Qigong series. These 15-minute sessions will gently loosen muscles, strengthen immunity, build balance, and increase energy. The series begins either Wednesday, March 2 at 9am or Thursday, March 3 at 12:30pm. The fee for either session is \$40.

Joan started teaching T'ai Chi Chih after becoming a Certified Teacher in 1987, and now leads Zoom classes around the world.

For inquiries and registration, please contact Joan Roulac directly by calling 360-298-2789 or email her at [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).

Now  
ONLINE!



The Alzheimer's Association Washington State Chapter invites you to join us for the 2022 Journey Conference for dementia family caregivers. This free online event offers education, information and resources — as well as inspiration and encouragement for the caregiving journey. All sessions will be held on Zoom and recorded for those who cannot attend the live event.

**Saturday, March 5, 2022**

Morning sessions | 10 a.m.-12 p.m.

Afternoon sessions | 1-3:30 p.m.

### KEYNOTE ADDRESS



#### Caregiver Burnout: Is Your Flame About to Fizzle?

Wendy Nathan, BS, CMC  
Aging Life Care Professional and Care Manager  
Aging Wisdom

It can be overwhelming to take care of a loved one living with dementia, but too much stress can be harmful to you both. Learn to recognize the warning signs of caregiver burnout, as well as healthy and effective strategies for managing caregiver stress.

### REGISTER TODAY!

[alzwa.org/conferences](https://alzwa.org/conferences) | 1.800.272.3900

Questions? Contact us:

[journeyfamilycaregiverconf@alz.org](mailto:journeyfamilycaregiverconf@alz.org) | 206.363.5500 ext. 8169

## Support for Dementia and Alzheimer's

The Alzheimer's Association offers a variety of resources and support for people facing the challenges of dementia and Alzheimer's.

Wellness Wednesdays are offered by the Alzheimer's Association and University of Washington Memory and Brain Wellness Center. This **free weekly webinar series on Wednesdays from 1 to 1:45pm** is for people with memory loss and their families. Tune in for dynamic speakers that explore important topics and offer useful resources. For information, go to [alzwa.org/wellness-wednesdays](https://alzwa.org/wellness-wednesdays), or call 800-272-3900. Please register in advance for each Wednesday talk you would like to attend.

For additional information and resources, visit the Alzheimer's Association's Washington State Chapter website at [alzwa.org](https://alzwa.org). You can also find more at the Alzheimer's Association's national website [alz.org](https://alz.org). For local support and information, contact Heidi Bruce at 360-370-0591 or [heidib@sanjuanco.com](mailto:heidib@sanjuanco.com).

A free in-person event, Memory Loss & Dementia: Toward Community Awareness & Support, is **Saturday, March 5 at 10:30am** at the Lopez Center for Community and the Arts. All are invited to attend.

**The Alzheimer's Association has a 24/7 helpline open anytime, day or night. For support when you need it, call the helpline at 800-272-3900.**

## Welcome to the ORCAS SENIOR CENTER Family

*Craig Abolin,  
Cynthia Abolin, and  
Marjorie Hovelman!*

Not a member or need to renew your membership? Go to [orcasseniors.org](http://orcasseniors.org).

### 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 on Sunday, March 13. 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. Past topics have included pondering: what is the purpose of wealth and what is enough wealth? Is there a time when common good takes precedence over personal freedom?

We hope you will join this friendly community discussion which encourages insightful dialogue. Register with Steven Ziegler at [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org).

### Silver Swans Virtual Ballet with Emily Anton by Zoom

Join Emily Anton for Silver Swans, an hour of basic and **gentle ballet for older adults on Wednesdays, 11am-12pm** by Zoom. Improve your mobility, posture, stability, and balance with this movement class that has been specially designed for seniors. Rediscover your love for ballet or find it for the first time! Fees are \$75 for 5-classes or \$15 per class. To register and other inquiries, contact Emily directly at either 541-441-0022 or [emilyanton@me.com](mailto:emilyanton@me.com).



Emily Anton has toured the United States dancing ballet professionally for over ten years, taking residency in New York City, the San Francisco/Bay Area, and Seattle. Emily has a Bachelor of Arts degree in dance and movement, studied anatomy and physiology, Hellerwork Structural Integration, Franklin Method, and BodyTalk. To learn more about Emily, visit her website at [emilyanton.com/dancer](http://emilyanton.com/dancer).

### Senior Spotlight: Alana Brown

#### A Word from Alana...

Alana Brown's parents met at a USO dance during WWII. After the war the then family of five moved to the San Joaquin Valley in California. Alana's dad worked for Bell Telephone Company climbing poles. He worked his way up into management, retiring after 32 years.

Like her father, Alana worked her way up into management, starting as a legal secretary and within a few years she became a Legal Administrator. She feels blessed that she always enjoyed her work and that it created stability in her life. Alana was a working mother and raised two children.

Alana has always valued volunteerism. She was a candy striper in high school and, in the 1980s, she worked with the HIV/AIDS activist group Shanti, in San Francisco. She was recruited to a law firm in Las Vegas where she continued to be involved in social awareness through all aspects of community theater. Alana is happy to have had a fulfilling career.

Alana has retired here on Orcas where her family continues to be engaged in the arts. Both of her young grandchildren are musically talented. Alana swims regularly and is an aspiring birdwatcher.



### Meeting of the Minds: "Forest Health and Resiliency in San Juan County: A Restoration Forester's Perspective"

Join Carson Sprenger Wednesday, March 16 at 1pm by Zoom as he discusses how a 400-year-old tree-ring record helps explain the history of local forest fires, the influence of Coast Salish people, and the development of our current forests for the next Meeting of the Minds presentation titled, "Forest Health and Resiliency in San Juan County: A Restoration Forester's Perspective."

Prior to becoming the Director of Rain Shadow Consulting, an ecological forestry and tree care business based on Orcas Island, Carson graduated from the University of Washington's College of Forest Resources. Carson is also adjunct faculty at Huxley College and a board supervisor on the San Juan Conservation District.

To join us on **Wednesday, March 16 at 1pm by Zoom**, go to the Calendar of Events page at [orcasseniors.org](http://orcasseniors.org). All are welcome to attend. Your generous donation is appreciated so that we can bring more great programs like this one to our community.



## "Hybrid Field Trip" to Lum Farm Limit of 15 Participants



Don't miss our next "hybrid field trip" on Thursday, March 17 at 3pm to Lum Farm to meet the new arrivals! Lambing season has begun and the Lum Farm crew would like to share these new additions to the farm. Participants will need to provide their own transportation and masks will be required at all times. There is a 15-participant limit, so reserve your spot today! To register, please contact Steven Ziegler by email-

ing [steven@orcasseniors.org](mailto:steven@orcasseniors.org) or call 206-413-6156.

## Ukulele Kanikapila with Kathy Collister

Join the Kanikapila, Hawaiian for "play music," led by Kathy Collister Thursdays 1-3pm at Orcas Senior Center. Kathy started a similar group a couple of years ago and she is back! The first half hour is a lesson or two and then from 1:30-3pm everyone will have the opportunity to play.

A rock and roller at heart, Kathy has been playing for about a decade and as a lover of all types of music, she would love to introduce you to the joys of making your own.

All levels of ukulele expertise are welcome, but as per Kathy's request, please be prepared to show your vaccination card at your first session. Masks and distancing are required at Orcas Senior Center. All are welcome and there is no fee to attend. For inquiries, please contact Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).

## Welcome to Medicare Presentation

Are you planning to enroll in Medicare? If so, you probably know that Medicare has its own vocabulary and rules, and the Statewide Health Insurance Benefits Advisors (SHIBA) are here to assist with questions. 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 a free Zoom presentation on **Monday, March 21 at 1pm**. 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 and unbiased appointment, email [orcasshiba@yahoo.com](mailto:orcasshiba@yahoo.com) or call 360-376-5892.

## Phase Out of 3G Cellular Services May Affect Seniors



Do you or a loved one rely on a cell phone for emergency purposes? Or use a medical device that sends information to your health care professional via cellular service? Or use a medical alert system in case of emergencies? If so, these devices may not work in the very near future even to dial 911. The Federal Communications Commission (FCC) announced that many cellular services, including AT&T, Verizon, and T-Mobile plan to phase out their 3G networks this year. According to a 2018 market analysis conducted by OpenSignal, about 20 percent of Americans use 3G networks. If you or a loved one are one of these people, it's time to upgrade your devices.

Most newer devices operate on 4G or 5G services, however, to find if a cell phone or other device will be phased out of a 3G network and how to upgrade your device, contact your network provider or other device provider. If you or a loved one rely on a medical device to send information to a health care provider, contact the health care provider for guidance. To read more about the phase out of 3G service from the FCC, go here: <https://tinyurl.com/2y82wk55>. If you or your loved one is a senior or an adult with a disability and need help navigating this transition, contact Jami Mitchell at 360-376-7926 or [jamim@sanjuanco.com](mailto:jamim@sanjuanco.com), or Heidi Bruce at 360-370-0591 or [heidib@sanjuanco.com](mailto:heidib@sanjuanco.com).

## Free Virtual Programming

AARP Washington offers a variety of free virtual classes, lectures, and movie screenings, including a Pilates class, a lecture about the British royal scandals, golfing from home class, cooking for St. Patty's Day class, and more at <https://states.aarp.org/washington/events-wa>.

Additionally, 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/](http://whatcomcoa.org/upcoming-events/).

Also, 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, check out [islandhospital.org/classes/](http://islandhospital.org/classes/).

## Virtual Zumba Gold with Mikari Kurahashi or Alyson Stephens

Join Mikari Kurahashi's free virtual Zumba class with global music 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, \$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](http://orcasseniors.org).



# March 2022

"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
		<b>1</b> 9:30a: Zumba Gold National Pancake Day 	<b>2</b> Meals on Wheels 9a: Ease Please Qigong 11a: Silver Swans Ballet	<b>3</b> 9:30a: Zumba Gold 12:30p: Ease Please Qigong 1p: Ukuleles 1p: SSCSJC Special Meeting	<b>4</b> Meals on Wheels National Grammar Day 	<b>5</b> 9a: Virtual Zumba
<b>6</b>	<b>7</b> Meals on Wheels 11a: Family Caregiver Support Group	<b>8</b> 9:30a: Zumba Gold International Women's Day 	<b>9</b> Meal on Wheels 9a: Ease Please Qigong 10a: Chronic Pain Empowerment Group 11a: Silver Swans Ballet	<b>10</b> 9:30a: Zumba Gold 9:30a: ODC Meeting 12:30p: Ease Please Qigong 1p: Ukuleles	<b>11</b> Meals on Wheels World Plumbing Day 	<b>12</b> 9a: Virtual Zumba
<b>13</b> 4p: Orcas Socrates Café 	<b>14</b> Meals on Wheels 11a: Family Caregiver Support Group	<b>15</b> 9:30a: Zumba Gold	<b>16</b> Meals on Wheels 9a: Ease Please Qigong 11a: Silver Swans Ballet 1p: Meeting of the Minds	<b>17</b> 9:30a: Zumba Gold 12:30p: Ease Please Qigong 1p: Ukuleles 1p: SSCSJC Board Meeting 3p: Lum Farm Field Trip	<b>18</b> Meals on Wheels	<b>19</b> 9a: Virtual Zumba National Quilting Day 
<b>20</b> First Day of Spring! 	<b>21</b> 1p: Medicare Presentation by SHIBA	<b>22</b> 9:30a: Zumba Gold 1p: Book Club 	<b>23</b> Meals on Wheels 9a: Ease Please Qigong 11a: Silver Swans Ballet 1p: "Mapping Orcas"	<b>24</b> 9:30a: Zumba Gold 12:30p: Ease Please Qigong 1p: Ukuleles 1p: Quilting	<b>25</b> Meals on Wheels	<b>26</b> 9a: Virtual Zumba Wear a Hat Day 
<b>27</b> Pretzel Sunday 	<b>28</b> Meals on Wheels 11a: Family Caregiver Support Group	<b>29</b> 9:30a: Zumba Gold	<b>30</b> Meals on Wheels 11a: Silver Swans Ballet	<b>31</b> 9:30a: Zumba Gold 1p: Ukuleles		

## Fun and Connection with the Orcas Senior Center

### "Mapping Orcas: The Way Home"

How did early explorers find their way to Orcas Island before they even knew what was there to be found? The Orcas Island Historical Museum's exhibition, "Mapping Orcas: The Way Home," features an extraordinary collection of early maps that helped lead people to Orcas Island. Most featured maps were assembled, restored, and reproduced by photographer Peter C. Fisher of Orcas Island or hand drawn by the late Jean Putnam. Executive Director, Nancy Stillger, will guide a virtual presentation of this exhibition direct from the museum on **Wednesday, March 23 at 1pm by Zoom**.

Nancy 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 Wednesday, March 23 at 1pm. To participate, go to Orcas Senior Center's Calendar of Events page at [orcasseniors.org](https://orcasseniors.org).

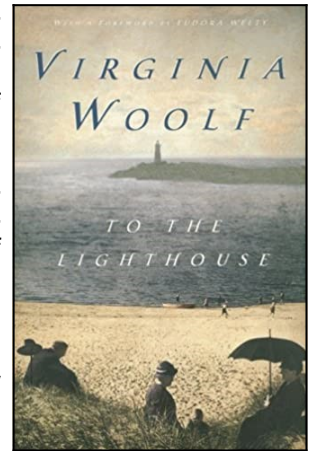


To help us continue to offer great programs like this one, your generous donation is always appreciated.

### March Book Club: To The Lighthouse by Virginia Woolf

The serene and maternal Mrs. Ramsay, the tragic yet absurd Mr. Ramsay, and their children and assorted guests are on holiday on the Isle of Skye. From the seemingly trivial postponement of a visit to a lighthouse, Woolf constructs a remarkable, moving examination of the complex tensions and allegiances of family life and the conflict between men and women. (Amazon, n.d.)

To participate on **Tuesday, March 22 at 1pm**, contact Stephen Bentley at [stephen@swbentley.com](mailto:stephen@swbentley.com) or call 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](mailto:heidib@sanjuanico.com).

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

## CURRENT SERVICES WE PROVIDE

**Community Lunch** remains suspended. We see the time coming 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](mailto: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 to 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. Masks are required. 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](https://orcasseniors.org) for the latest offerings. Contact Steven Ziegler at [Steven@orcasseniors.org](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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 welcome.

**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 March appointments: 360-378-2330.

**Social Security:** 1-800-772-1213 or online via [www.socialsecurity.gov/myaccount](http://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](http://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](mailto:jamim@sanjuanco.com)  
Issue: March 2022  
Website: [www.orcaseniors.org](http://www.orcaseniors.org)



# Orcas Senior Signal

## Orcas Senior Center

April, 2022

### Hearing Appointments Return to Orcas Senior Center

By Stacie Nordrum



I am thrilled to announce that I will once again be providing audiology services at the Orcas Senior Center. I have made weekly visits to Orcas since 2009, but have not been back to regularly visiting the Senior Center since the pandemic began.

I earned a BA in Communication Sciences and Disorders from Western Washington University in 2002 and a Doctor of Audiology degree from Northwestern University in 2006. While at Northwestern, I focused on emerging hearing aid technologies and speech understanding in complex acoustic environments. I then worked in a clinical fellowship with a neurotologist in Seattle, providing diagnostic testing for patients suffering from hearing and balance disorders and rehabilitative services for hearing aid and cochlear implant recipients.

When I opened Island Hearing Healthcare in 2006, I continued to pursue my interests in hearing aid technology and I developed an acclimatization program that helps hearing aid users gain maximum benefit from their devices.

I have a local, independent hearing clinic that allows me the freedom to choose the latest technologies from any hearing aid manufacturer with competitive pricing. I work with most insurers, including Community Care for the Veteran's Administration. I work in conjunction with primary care physicians, otologists, and physical and speech therapists to meet the goal of comprehensive care.

I am excited to get back to the Orcas Senior Center, and I look forward to helping you achieve your communication goals. For information regarding what services I offer while at the Orcas Senior Center, what dates I will be there, and how to book an appointment, please see the article to the right.



Pictured above is Donna Lee with a playful companion. At right are Maggie Kaplan and Marjorie Tourje with some sweet babies. Have an idea for a field trip? Contact Steven Ziegler at 206-413-6156; [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org).

Thank you to the Lum Farm for hosting our "hybrid" field trip last month. Participants drove themselves and met up to see the farm and meet many new animal friends. Lamb snuggles are great!



### Island Hearing Healthcare Appointment Details

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare will offer hearing appointments at Orcas Senior Center on Thursday, April 7, Thursday, May 19, and Thursday, June 9. Services available include hearing tests, consultations, hearing aid programming, and other hearing aid services. Consultation, cleaning, and checks of hearing aids are offered free of charge. To schedule an appointment or ask questions please contact Stacie at 360-378-2330 or [islandhearing@gmail.com](mailto:islandhearing@gmail.com). To learn more about Island Hearing Healthcare, visit her website at [islandhearing.net](http://islandhearing.net).

#### Quote for the Month . . .

*Earth laughs in flowers.*

-Ralph Waldo Emerson

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## ORCAS SENIOR CENTER

360-376-2677 [WWW.ORCASSENIORS.ORG](http://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  
**Scott Morris, Mike Knight**—Cooking Staff

### ORCAS DISTRICT COMMITTEE

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

Tom Eversole—Chair  
Elsie Pamuk—Vice-Chair  
Diane Craig—Secretary

Maggie Kaplan  
Jerry Todd  
Jennifer Hairston  
Allan Rosato

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Home Maintenance & Repair Coordinator  
[HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org)

## Orcas Senior Center Pilots Home Repair Project



Guided by community input and with generous support from Orcas Island Community Foundation and the Orcas Island community, Orcas Senior Center (OSC) has begun a Home Maintenance and Repair (HM&R) pilot project. The one-year pilot will

work to connect seniors and adults with disabilities to licensed, bonded, and insured contractors to perform maintenance and repair work on their homes. The hope is that through this program, OSC will better help our neighbors to age safely in their homes.

The HM&R pilot program will help seniors and adults with disabilities secure contractors and assure that work is done well and in a timely manner. Agreements and payments for work done on homes is the responsibility of homeowners and contractors. Currently, the project does not have funds to subsidize repairs, however, OSC recognizes this to be an important need and is working towards securing funds in the future.

For more information go to [orcasseniors.org](http://orcasseniors.org) or contact Allan Rosato, HM&R Coordinator, at 360-643-4419 or email [homerepair@orcasseniors.org](mailto:homerepair@orcasseniors.org).

## Free Virtual Programming

All virtual activities through the Bellingham Senior Activity Center (BSAC) are free and open to anyone who would like to participate! Visit [whatcomcoa.org/upcoming-events/](http://whatcomcoa.org/upcoming-events/).

Island Hospital offers a variety of virtual classes and support groups. Go to [islandhospital.org/classes/](http://islandhospital.org/classes/).

AARP Washington also offers free virtual programs. Check out <https://states.aarp.org/washington/events-wa>.

## Property Tax Exemption Program

Property tax deductions are available for seniors or disabled persons that earn less than \$40,000 per year. Contact Annie Minich in the San Juan County Assessor's Office at either 360-370-7530 or [anniemi@sanjuanco.com](mailto:anniemi@sanjuanco.com).

## Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3<sup>rd</sup> Thursday of every month, at 1pm.  
Orcas District Committee meetings, held 2<sup>nd</sup> Thursday of every month, at 9:30am.  
Info: 360-376-2677 or email [admin@orcasseniors.org](mailto: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](mailto:jamim@sanjuanco.com) or call her at 360-376-7926.

## Planning for the Aging Process

By Emily Hill, CENTS intern



**CENTS**  
CONSUMER EDUCATION  
AND TRAINING SERVICES

Planning for the aging process means planning for your future. A well thought out plan will benefit you as you continue to age and can support peace of mind.

One of the most important things you can do to plan for the aging process is to create an estate plan. An estate plan is a compilation of specific legal documents that plan for a future incapacitation or death. Through these documents, you can designate certain people to receive your assets and handle your financial, legal, and personal matters after your death or incapacitation. Some of the most common estate planning documents, which a lawyer can assist with, are listed below:

- **Last Will and Testament:** this document states your intentions for how your assets should be distributed after your death.
- **Living Will for Health Care:** this document allows you to dictate the type of life-sustaining treatment you wish to receive at the end of your life. This is different from a Do Not Attempt Resuscitation Order, but you can have both in place.
- **Medical Power of Attorney:** this document grants another person the authority to make healthcare decisions for you if you become incapacitated.
- **Financial Power of Attorney:** this document grants another person the authority to make financial decisions for you if you become incapacitated.
- **Trust:** this document grants a Trustee the authority to hold property/assets for the benefit of certain beneficiaries.

In addition to estate planning, it's also a good idea to keep all your important documents (social security card, birth certificate, bank account information, etc.) together in one place, like a fireproof safe. Write your passwords down and keep the list in a secure location. Consider telling a trusted family member or friend where to find these documents, in case you are not able to get them yourself.

## Last Chance for Tax Help

The tax service is wrapping up for low to moderate income taxpayers (\$54,000 or less) with Jim Biddick of the Lions Club.

For assistance call 360-376-2488, or email [jimsyled@aol.com](mailto:jimsyled@aol.com). **The deadline for filing paperwork with Jim's help is April 12**, and he will take phone calls until April 15. Get started before April 12!

Beyond that, Jim will be heading out on vacation and unavailable. Bon voyage Jim, and thank you for all of your generous tax help!



## Break that Fast

Julie Meyers, RD  
Meals on Wheels and More

This April marks an important month of fasting and feasting for Muslims, Jews, and Christians around the world as they observe Ramadan, Passover, and Easter respectively. Whether or not you observe one of these religions, you likely participate in a daily fast every night between dinner (or your midnight snack) and whenever you finally break your fast the next day.

Breakfast is my favorite meal of the day. Don't tell my boss, Chris Orr, but I will be late for work before I skip breakfast. Besides enjoying typical breakfast foods, I rely on a hearty breakfast (and strong coffee) to help me face whatever the day throws at me for the next 4-5+ hours before lunch. If I go too long after waking up before eating breakfast (or too long between breakfast and lunch) I am more irritable than usual and have trouble concentrating.



My personal experience reflects the scientific research, which has shown that skipping breakfast disrupts circadian rhythms involved in eating and fasting including regulation of blood sugar. Breakfast has also been shown to help with concentration and memory. If that isn't enough to convince you to start eating breakfast, people who skip breakfast are at higher risk for developing both type 2 diabetes and coronary heart disease.

Although eating breakfast may not help you lose weight, people who eat breakfast are less likely to overeat later in the day. Breakfast also provides a great opportunity to start the day with important nutrients including calcium, vitamin D, vitamin C, and fiber.

For a healthy breakfast that will keep you going all morning long, include a source of protein such as eggs, dairy, nuts, or nut butter. Protein not only provides the building blocks for your muscles, it takes longer to digest than carbohydrates and will help prevent that mid-morning blood sugar drop. Add fiber and nutrient-rich whole grains such as oatmeal, or whole grain bread. Increase the fiber, vitamin, and antioxidant punch of your breakfast with some fresh or frozen fruit (or veggies) and/or even a small glass of orange juice.

Not into traditional breakfast fare? Leftovers from dinner will work just fine. Or, maybe try a fruit, yogurt, and peanut butter smoothie. Throw in some ice, a little juice or milk, and a handful or two of spinach if you dare. I promise, you won't even taste it. I love frozen berries in smoothies in lieu of ice. However, they can get kind of pricy. Berry season can't come soon enough! If you have never been a breakfast eater, it is okay to start small. Try a piece of toast with cheese or peanut butter.

Got a great idea for a quick and nutritious breakfast? Please email me at [jmeyers@whatcomcoa.org](mailto:jmeyers@whatcomcoa.org).



Serving Whatcom &  
San Juan Counties

## Welcome to the ORCAS SENIOR CENTER Family

*Linda Elder,  
Michael Elder, and  
Barbara Tuson!*

Not a member or need to renew your membership? Go to [orcasseniors.org](http://orcasseniors.org).

### Spring Clean-Up at our Senior Center

Help us make our spring clean-up at Orcas Senior Center a grand success, like last year! We are looking for enthusiastic volunteers willing to get their hands dirty and have fun on **Saturday, April 30, from 11am to 3pm**. Volunteers will help us clean up our grounds by weeding, raking, deadheading, trimming, and more. Bring your gardening tools and work gloves, come by for all or part of the time, and help us make our grounds beautiful. Please leave power tools at home. Water and tasty snacks will be provided by the Tea Ladies! Masks may be required to enter the building. For more information, call 360-919-9312 or email [admin@orcasseniors.org](mailto:admin@orcasseniors.org). All ages are welcome!

### Meeting of the Minds: “Wetlands: A Mystical Meeting Place of Water and Land”

Wetlands are the meeting place of water and land, attracting a larger diversity of plants and wildlife than many other habitats. Wetlands clean our water and protect our infrastructure. On **Wednesday, April 20 at 1pm** by Zoom, Darcey Miller will discuss the interesting inhabitants, both flora and fauna, of our beautiful Pacific Northwest wetlands.

Darcey's career as a wetland scientist began 22 years ago after graduating with a degree in Environmental Science and interning for the U.S. Army Corps of Engineers as a wetland regulator. She has worked on projects ranging from parks, transportation, farms/agricultural lands, single-family residences, and schools.

To join us on Wednesday, April 20 at 1pm by Zoom, go to the Calendar of Events page at [orcasseniors.org](http://orcasseniors.org). Your generous donation is appreciated so that we can bring more great programs to our community. All are welcome to attend.



### Senior Spotlight: *Susan Slapin*

#### A Word from Susan...

Susan Slapin came to earth by way of Connecticut. The landscape imprinted her with an appreciation for color and detail. The third child of three, she has European roots and says she is surrounded by generations of literary, artistic and humanitarian richness and support.



Her early memories are of sketchbooks and the live television drawing lesson program *Winky Dink*. Her brother gifted her with a Nikon camera when she was 18, and she continued to hone her observation skills.

Susan bloomed as an artist, formally training at the San Francisco Arts Institute, California State University, and graduating with awards from Marylhurst University. She was fortunate to be mentored by renowned art theorist James Turrell. Susan was also a photograph archivist at the Academy of Motion Picture Arts and Sciences.

An accomplished lifetime artist, poet, and teacher, Susan is full of gratitude and love for this place, and her family, and she remains close with her ancestral ties and her son, who is a writer and actor.

Recently Susan published an art book entitled *Painted Bird Painted Skies and Pastel Poems*. Her work can be found at Waterfront Gallery, and is presently on display at Orcas Center, until April 12.

Susan regularly teaches local workshops and is developing a mastery in soft pastels. Gifted with vision, Susan takes in the beauty of nature and translates it back to us.

### Ease Please Qigong with Joan Roulac by Zoom

Quiet the mind and strengthen the body with Joan Roulac's Ease Please four-week Qigong series. These 15-minute sessions will gently loosen muscles, strengthen immunity, build balance, and increase energy. The series begins **Wednesday, April 6 at 9am**. The fee is \$40 for the session.



Joan started teaching T'ai Chi Chih after becoming a Certified Teacher in 1987, and now leads Zoom classes around the world.

For inquiries and registration, please contact Joan Roulac at 360-298-2789 or [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).



## Travel Without Emissions

The Orcas ride program **IslandRides** is available to island residents. IslandRides uses only electric vehicles and they are able to make deliveries, too.

Since last July, IslandRides has been established on Orcas in addition to Lopez and San Juan islands. With daily staffing and a new, long-range electric Nissan Leaf on Orcas, IslandRides hopes to encourage a new way to do errands that reduces carbon emissions. Riders may donate \$3 per trip or delivery if they choose, but the program is supported by grant funds.

IslandRides nonprofit mission is to assist rural island residents with access to essential community services and events on-island with the lowest possible cost per trip and lowest environmental impact. There are now over twenty volunteer drivers helping out with the program.

For more details visit [www.islandrides.org](http://www.islandrides.org). To schedule a ride on Orcas, please call 360-672-2201.

## Orcas Socrates Café

Orcas Senior Center continues to virtually host the **Orcas Socrates Café** from 4pm to 6pm on the second Sunday of each month, this month on **April 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 offers a new discussion topic, where everyone is 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?

We hope you will join this friendly community discussion which encourages insightful dialogue. Please register with Steven Ziegler at [steven@orcasseniors.org](mailto:steven@orcasseniors.org).

## Virtual Zumba Gold with Mikari Kurahashi or Alyson Stephens

Join Mikari Kurahashi's free virtual Zumba class with global music 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, \$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](http://orcasseniors.org).

## Dispose of Prescription Drugs at Take-Back Event

The Coalition for Orcas Youth (COY) will be hosting a prescription drug take-back event on **Saturday, April 30, from 10am to 2pm**, at the Key Bank drive thru in Eastsound. This event is for the public to dispose of unused or expired prescription medication in a safe and easy way. Prescription and over-the-counter medications will be accepted. Medications can remain in their original containers and labels do not need to be removed. Medications not in their original containers will also be accepted.

Participating in these take-back events is something that individuals can do to help address the opioid epidemic and protect their loved ones.

For more information about the HCA *Starts with One* campaign, visit [www.getthefactsrx.com](http://www.getthefactsrx.com).

For more information about the Coalition for Orcas Youth, visit [coalitionfororcasyouth.org](http://coalitionfororcasyouth.org).

## Ukulele Kanikapila with Kathy

Join the Kanikapila, Hawaiian for "play music," led by Kathy Collister **every Thursday from 1 to 3pm** at Orcas Senior Center. Kathy started a similar group a couple of years ago and she is back! The first half hour will be a lesson or two and then from 1:30 to 3pm everyone will have the opportunity to play. A rock and roller at heart, Kathy has been playing for about a decade and as a lover of all types of music, she would love to introduce you to the joys of making your own. All levels of ukulele expertise are welcome, but as per Kathy's request, please be prepared to show your vaccination card at your first session. Masks and distancing are required at Orcas Senior Center. All are welcome and there is no fee to attend. For inquiries, please contact Kathy directly at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).

## Great Islands Clean Up












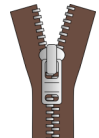
Join your fellow islanders for the 2022 Spring Great Islands Clean Up on **Saturday, April 23 10am to 2pm**. Meet at the Orcas Village Green at 10am to get supplies and be assigned a beach or road.

For details, go to [plasticfreesalishsea.org/events](http://plasticfreesalishsea.org/events) or contact Pete Moe at [pete@exchangeorcas.org](mailto:pete@exchangeorcas.org).





# April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>As we prepare to resume in-person Senior Lunches, we are building a <b>volunteer team to support the lunch program</b>. If you are interested in volunteering to set up the lunch room, help host the luncheons, or clean up after the meal, we would love to hear from you! We have <b>volunteer openings on Mondays, Wednesdays, and Fridays</b> for a variety of shifts helping out with Senior Lunch.</p> <p>Please contact Jami Mitchell at <a href="mailto:jamim@sanjuanco.com">jamim@sanjuanco.com</a> or call 360-376-7926 to inquire. Enlist a friend and do a weekly shift together!</p>					1 Meals on Wheels	2 9a: Virtual Zumba
3 National Find a Rainbow Day 	4 Meals on Wheels 11a: Family Caregiver Support Group	5 9:30a: Zumba Gold 	6 Meal on Wheels 9a: Ease Please Qigong Empowerment Group 11a: Silver Swans Ballet	7 Island Hearing by Appointment 9:30a: Zumba Gold 1p: Ukuleles	8 Meals on Wheels	9 9a: Virtual Zumba National Unicorn Day 
10 4p: Orcas Socrates Café 	11 Meals on Wheels 11a: Family Caregiver Support Group	12 LAST DAY to get help with taxes from Jim Biddick! 	13 Meals on Wheels 9a: Ease Please Qigong 10a: Chronic Pain Empower- ment Group 11a: Silver Swans Ballet	14 9:30a: Zumba Gold 9:30a: ODC Meeting 1p: Ukuleles 1p: Quilting	15 Meals on Wheels Titanic Remembrance Day 	16 9a: Virtual Zumba
17 National Cheese Ball Day 	18 Meals on Wheels 11a: Family Caregiver Support Group	19 National Wear Pajamas to Work Day 	20 Meals on Wheels 9a: Ease Please Qigong 11a: Silver Swans Ballet 1p: Meeting of the Minds: "Wetlands"	21 9:30a: Zumba Gold 1p: Ukuleles 1p: SSCSJC Board Meeting	22 Meals on Wheels Earth Day 	23 9a: Virtual Zumba
24	25 Meals on Wheels 11a: Family Caregiver Support Group	26 9:30a: Zumba Gold 1p: Book Club 	27 Meals on Wheels 9a: Ease Please Qigong 11a: Silver Swans Ballet	28 9:30a: Zumba Gold 1p: Ukuleles 1p: Quilting 	29 Meals on Wheels National Zipper Day 	30 9a: Virtual Zumba 11a: Spring Clean-Up at Orcas Senior Center!

## Fun and Connection with the Orcas Senior Center

### Silver Swans Virtual Ballet with Emily Anton by Zoom



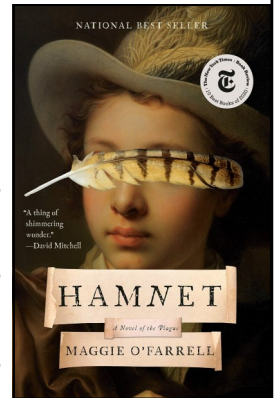
Join Emily Anton for Silver Swans, an hour of basic and gentle ballet for older adults on each **Wednesday 11am to 12pm** by Zoom. Improve your mobility, posture, stability, and balance with this movement class that has been specially designed for seniors. Rediscover

your love for ballet or find it for the first time! Fees are \$75 for 5-classes or \$15 per class. To register and other inquiries, contact Emily directly at 541-441-0022 or [emilyanton@me.com](mailto:emilyanton@me.com).

Emily Anton has toured the United States dancing ballet professionally for over ten years, taking residency in New York City, the San Francisco/Bay Area, and Seattle. Emily has a Bachelor of Arts degree in dance and movement, studied anatomy and physiology, Hellerwork Structural Integration, Franklin Method, and BodyTalk. To learn more about Emily, visit her website at [emilyanton.com/dancer](http://emilyanton.com/dancer).

### April Book Club: Hamnet by Maggie O'Farrell

England, 1580: The Black Death creeps across the land, an ever-present threat, infecting the healthy, the sick, the old and the young alike. The end of days is near, but life always goes on. A young Latin tutor—penniless and bullied by a violent father—falls in love with an extraordinary, eccentric young woman, Agnes. She becomes a fiercely protective mother and a steadfast, centrifugal force in the life of her young husband, whose career on the London stage is just taking off when his beloved young son succumbs to sudden fever. (Amazon, n.d.)



To participate in the April Book Club on Tuesday, April 26 at 1pm, contact Stephen Bentley at [stephen@swbentley.com](mailto:stephen@swbentley.com) or call 360-376-2299.

### 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 during open hours, Monday-Friday 9a-3p, or leave them on the bench outside the front door. Thank you for your support.

## CURRENT SERVICES WE PROVIDE

**Community Lunch** is on track to (fingers crossed) resume in person sometime in May. Please stay tuned for specific plans and dates regarding the return of Senior Lunch!

**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@sanjuanco.com](mailto:heidib@sanjuanco.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 to volunteer as a driver.

**Home Maintenance & Repair** pilot program helps seniors and adults with disabilities secure contractors and assure that work is done well and in a timely manner. Subsidies are not available at this time. Contact Allan Rosato at 360-643-4419 or [HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org).

**Foot care** services are provided by Footcare with a Heart, LLC by appointment only. Masks are required. 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](http://orcasseniors.org) for the latest offerings. Contact Steven Ziegler at [Steven@orcasseniors.org](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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 welcome.

**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 April appointments: 360-378-2330.

**Social Security:** 1-800-772-1213 or online via [www.socialsecurity.gov/myaccount](http://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](http://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](mailto:jamim@sanjuanco.com)  
Issue: April 2022  
Website: [www.orcaseniors.org](http://www.orcaseniors.org)



# Orcas Senior Signal

## Orcas Senior Center

May, 2022

### Building Community through Companion Services

From the Orcas District Committee



Orcas Senior Center (OSC) was selected to participate in the 2022 OICF **GiveOrcas fundraising campaign, May 2-16**. With your help OSC will raise \$25,000 for OSC's Companion

Services—Hearts and Hands and Buddy Check-In programs—expand its reach to seniors and adults with disabilities on Orcas. Caring volunteers will continue to provide regular social interaction, companionship, information, and referrals for some of the island's most vulnerable residents. With your support, Companion Services will be able to continue to provide essential services to clients so that they age well on Orcas.

Long after current health and safety restrictions have passed, the needs of isolated and vulnerable seniors will remain. OSC's Companion Services programs will stand in the gap, providing support and companionship and making sure health, safety and supply needs are met.

Mark your calendars and help us continue providing this vital support system and keep seniors safe by donating via [GiveOrcas.org](https://giveorcas.org).

If you would like to participate in Companion Services as a volunteer or a care recipient, please contact Jim Glozier at 360-919-9318 or [jim@orcasseniors.org](mailto:jim@orcasseniors.org).

### The Return of In-Person Senior Lunch!



We are excited to welcome back Senior Lunch at the Orcas Senior Center! Our aim is to host lunches on Mondays, May 9, 16, and 23, with salads served at 11:30am and hot entrees at 12pm.

As we open the dining room for Senior Lunch, we ask everyone to remain diligent about curbing the spread of illness. We are not requiring attendees to be vaccinated, although full vaccination is highly recommended. It's important that if you do not feel well, please stay home. Vaccinations and boosters

do not prevent the spread of viruses, only the severity of infection. Those who remain unvaccinated bear the greatest risk of serious infection.

If you are uncomfortable attending lunch in person and need food support, please contact Jami Mitchell at either 360-376-7926 or [jamim@sanjuanico.com](mailto:jamim@sanjuanico.com).

Thank you to every fantastic volunteer that has helped produce our robust Meals on Wheels program over the past two years. Since putting in-person lunch on hold in March of 2020, we have delivered more than 21,000 meals to Orcas seniors!



Pictured at top is volunteer Julia Summers preparing meal bags. Above are volunteers Bethany Ryals and Vicki O'Keefe offering a book mobile on one of their meal delivery routes. At left is Mike Jonas getting ready to deliver meals. Our volunteers are The Best!

We do need more volunteers to please help with in-person lunches. Please contact Jami Mitchell at [jamim@sanjuanico.com](mailto:jamim@sanjuanico.com) or 360-376-7926 to inquire about various ways to assist.



### Senior Lunch Menu

Three Mondays in May—Starts at 11:30am

Age 60 and older = \$5 suggested donation;  
Younger than 60 = \$8.50

May 9 <sup>th</sup>	May 16 <sup>th</sup>	May 23 <sup>rd</sup>
Roasted Chicken Sweet Potato Garden Salad Broccoli Florets Shortcake	Salisbury Steak Mashed Potatoes Garden Salad Green Beans Sliced Peaches	Teriyaki Chicken over Rice Garden Salad Green Beans Pineapple

### Quote for the Month . . .

Be curious, not judgmental.

-Walt Whitman

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## ORCAS SENIOR CENTER

360-376-2677 [WWW.ORCASSENIORS.ORG](http://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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#### 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.

**Ian Cassinos**—Food Service Manager

**Scott Morris, Mike Knight**—Cooking Staff

### ORCAS DISTRICT COMMITTEE

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

Tom Eversole—Chair  
Elsie Pamuk—Vice-Chair  
Diane Craig—Secretary

Maggie Kaplan  
Jerry Todd  
Jennifer Hairston  
Allan Rosato

### Nonprofit Staff

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[Lena@orcasseniors.org](mailto:Lena@orcasseniors.org)

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**Allan Rosato** 360-643-4419  
Home Maintenance & Repair Coordinator  
[Allan@orcasseniors.org](mailto:Allan@orcasseniors.org)

## New Member Benefit: Discounted Haircuts by Kerri Almaas



We are excited to announce that Kerri Almaas from Tony and Jenna Hair Studio is offering OSC members discounted rates for haircuts! Kerri is generously offering men's haircuts at \$25 and women's haircuts at \$40 (regularly \$40 and \$70). Kerri's chair is on the bottom floor making it accessible without stairs. In addition to cuts at the salon, Kerri will make house calls for cuts and styling at \$60. Or better yet, make it

a party with your friends for multiple haircuts in your home for even more of a discount.

Prior to moving to Orcas Island, Kerri Almaas managed a salon in a retirement center in Seattle. To take advantage of this new benefit, make sure you are a current OSC member and make an appointment with Kerri directly at 206-963-0939 or [kalmaas@msn.com](mailto:kalmaas@msn.com).

## Senior Council News

Change is underway with the nonprofit Senior Services Council of San Juan County 501(c)3!

For details visit [www.orcasseniors.org](http://www.orcasseniors.org).

## Island Hearing Appointments

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare will offer hearing appointments at Orcas Senior Center on Thursday, May 19, and Thursday, June 9. Services available include hearing tests, consultations, hearing aid programming, and other hearing aid services. Consultation, cleaning, and checks of hearing aids are offered free of charge. To schedule an appointment or ask questions please contact Stacie at 360-378-2330 or [islandhearing@gmail.com](mailto:islandhearing@gmail.com).

To learn more about Island Hearing Healthcare, please go to [islandhearing.net](http://islandhearing.net).

## Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3<sup>rd</sup> Thursday of every month, at 1pm. Orcas District Committee meetings, held 2<sup>nd</sup> Thursday of every month, at 9:30am. Info: 360-376-2677 or email [admin@orcasseniors.org](mailto: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](mailto:jamim@sanjuanco.com) or call her at 360-376-7926.

## Virtual Zumba Gold

With **Mikari Kurahashi or Alyson Stephens**

Join Mikari Kurahashi's **free virtual Zumba** class with global music on **Saturdays at 9am** (May 7 will start at 11am). 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, \$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](http://orcasseniors.org).

## New Pain Relief Qi Gong Offering with Joan Roulac by Zoom

Quiet the mind and strengthen the body with Joan Roulac's **Ease Please four-week Qi Gong series**. These 15-minute sessions will gently loosen muscles, strengthen immunity, build balance, and increase energy. The series begins **Wednesday, May 4, at 9am** by Zoom. The fee is \$40 for the series.



Also by Joan Roulac, a new Qi Gong series called **Pain Relief Qi Gong** will begin **Tuesday, May 10 at 12:30pm** by Zoom. Learn ancient and modern energy healing techniques that relieve arthritis pain and increase joint mobility. No experience or special clothing required. The fee is \$75 for four sessions.

Joan started teaching in 1987, and now leads Zoom classes around the world. For inquiries and registration, please contact Joan Roulac directly at either 360-298-2789 or [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).

## New Art Exhibit at Orcas Senior Center

Stop by when the Orcas Senior Center is open Monday-Friday, 9am-3pm, to see the Creative Quarantine Art Show on display in the Lundeen Room May-July. See what local artists have created the past two years. Special thanks to Sue Lamb and our Visual Arts team for hanging this intriguing show!

## IslandRides

The ride program **IslandRides** is available to island residents. They are able to make deliveries, too. For more details visit [www.islandrides.org](http://www.islandrides.org). To schedule a ride on Orcas, please call 360-672-2201.

## The Importance of Vitamin B12

By Susy Hymas  
Meals on Wheels & More!

When my husband was due for his annual checkup, I recommended that he add a vitamin B12 check to his blood work. Like so many of us, he does not have the energy he used to, and he had been unusually tired in the evenings. His B12 blood test came back quite low. His doctor recommended a series of vitamin B12 shots to boost his levels. So far he has received 3 injections and we are impressed with the results. Does he still get tired? Yes. But he definitely has more energy and just feels better.



Vitamin B12 plays important roles in the human body, primarily the formation of red blood cells and proper function of nerve cells. **Vitamin B12 deficiency can result in the following:**

- **Anemia** - Low B12 levels can lead to anemia (low red blood cell count) causing fatigue or shortness of breath.
- **Neuropathy** - Because it is related to formation of nerve cells, low levels of B12 can lead to neuropathy including tingling, numbness, burning, poor balance and trouble walking.
- **Memory problems** - Because B12 affects nerve function, cognitive function can be impacted by low B12.

Natural dietary sources of vitamin B12 include animal-derived foods, such as meats, dairy, and seafood. Some processed grains are B12 fortified. It can be particularly challenging for vegetarians (particularly vegans) to get enough B12. However, even older adults who regularly consume animal foods are at risk for B12 deficiency.

As we age the body's ability to absorb vitamin B12 from food decreases. Stomach acid and enzymes are necessary for our bodies to absorb B12. As we get older, we have less stomach acid and lower levels of enzymes. B12 absorption is not just impacted by aging, but also by antacids and other medications, alcoholism, GI surgeries, and other health conditions that impact absorption, such as colitis and Crohn's disease.

The good news is, **vitamin B12 deficiency is very treatable**. First get a blood test. If your levels are low your doctor will prescribe supplementation. Intramuscular shots are a good solution because they bypass any concerns for absorption problems in the stomach. Oral supplements can also be used to treat B12 deficiency, but they rely on absorption in the GI track and may take longer to work than intramuscular shots. Sometimes oral supplements are recommended following shots to maintain blood levels. Although toxicity from B12 supplements is unlikely, ask your medical provider before taking B12 supplements.

At our house we continue to eat a balanced diet and will get our Vitamin B12 levels checked regularly. Questions? Feel free to email me at [shymas@whatcomcoa.org](mailto:shymas@whatcomcoa.org).

## Beach Seine Sampling at Indian Island

On Friday, May 20, come observe a team of scientists and experienced volunteers, organized by Kwiaht center for the historical ecology of the Salish Sea, set an 80-foot net in the eelgrass, on either side of the island, and pull in several thousand smallish fish. Pulling the net to shore, the research team will measure, count and sort the fish one by one and as fast as possible to avoid killing any of them. Once the net is "cleared" and if the beach is not too crowded with on-lookers, it may be possible to see and learn about the species that thrive in Fishing Bay. This is not an organized field trip, but it is a wonderful opportunity to enjoy the outdoors and witness important research while doing so! Check out [www.orcasseniors.org/calendar-of-events/](http://www.orcasseniors.org/calendar-of-events/) for more info about this chance to observe science in action.



## Orcas Socrates Café

On the second Sunday of each month from 4-6pm, the Orcas Senior Center continues to virtually host the **Orcas Socrates Café**, this month on **Sunday, May 8**. It's an opportunity to discuss 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. We hope you will join this friendly community discussion. Register by emailing Steven Ziegler at [steven@orcasseniors.org](mailto:steven@orcasseniors.org).

## Every Body Dancing with Hayley Shannon



Photo Credit: Jahala Love

Warm-up mentally and physically on **Mondays at 2pm** with a "braindance," followed by pathways of physical exploration and storytelling through movement for reflection and connection with Hayley Shannon. **Beginning May 9 on Mondays at 2pm**, find joy and freedom in this creative movement class for adults of all ages and physical abilities.

Hayley Shannon studied dance at Michigan State University, dance/movement therapy in Greece with Dr. Dani Fraenkel and somatic expressive arts therapy at Tamalpa Institute. Moving west to perform and choreograph professionally, she was a faculty member at Creative Dance Center, Pacific Northwest Ballet, and Path With Art. An Orcas Island resident, Hayley believes dance is for every body.

Learn more about Hayley at [www.hayleyshannon.com](http://www.hayleyshannon.com) and participate in **Every Body Dancing Mondays from 2pm to 3pm at Orcas Senior Center, beginning May 9**.

Fees are \$15 per session or \$70 for five, with a discounted rate for Orcas Senior Center members. Contact Hayley directly at 734-904-7131 or [hayley@hayleyshannon.com](mailto:hayley@hayleyshannon.com).

## Senior Spotlight: Marj & Fred Franke

### A Word from Marj...

Fred and I are both from the Northwest. We met in high school on Mercer Island after a friend told each of us "he/she has been checking you out. You should go out with her/him." Neither of us knew who the other was but the blind date was set up and from that first meeting we never dated anyone else. That was almost 60 years ago. In May we celebrate our 58th wedding anniversary.



I introduced Fred to Orcas in 1963. My parents had a home here (the one they retired to and we now live in) that we used as a summer home. Before we moved here Fred was an airline employee and after our son and daughter were high school aged I decided to become a massage therapist and I found my fire. I've been doing it for 35 years and still love it.

Other than a couple of trips to Egypt, we didn't travel much. Why would we when we had Orcas Island? Fred loves nothing more than puttering around the property (especially when using his tractor is involved) and I keep busy painting, crafting fairy houses, teaching water aerobics, and singing with Tow Away Zone. It's a good life.

## Caregiver Support Group

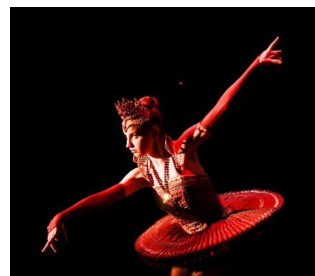
The Family Caregiver Support Group (FCSG) meets **Mondays, 11am-12pm**. For more information, contact Heidi Bruce at 360-370-0591, or [heidib@sanjuanico.com](mailto:heidib@sanjuanico.com).

## Silver Swans Virtual Ballet with Emily Anton

Join Emily Anton for Silver Swans, an hour of basic and gentle ballet for older adults on **Wednesdays, 11am-12pm** by Zoom. Improve your mobility, posture, stability, and balance with this movement class that has been specially designed for seniors. Rediscover your love for ballet or find it for the first time! Fees are \$75 for 5-classes or \$15 per class. To register and other inquiries, contact Emily directly at 541-441-0022 or [emilyanton@me.com](mailto:emilyanton@me.com).

Emily Anton has toured the United States dancing ballet professionally for over ten years, taking residency in New York City, the San Francisco/Bay Area, and Seattle. Emily has a Bachelor of Arts degree in dance and movement, studied anatomy and physiology, Hellerwork Structural Integration, Franklin Method, and BodyTalk.

To learn more about Emily, visit her website at [emilyanton.com/dancer](http://emilyanton.com/dancer).



## SHIBA Welcome to Medicare Presentation

Are you planning on enrolling in Medicare, if so, you probably know that Medicare has its own vocabulary and rules, and the Statewide Health Insurance Benefits Advisors (SHIBA) are here to assist with Medicare questions. 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 a free Zoom presentation on **Thursday, May 12 at 1pm**. Come learn how Medicare works, what your coverage options are, and when you must act to avoid penalties. To register for the free presentation or schedule a free and unbiased appointment, email [orcasshiba@yahoo.com](mailto:orcasshiba@yahoo.com) or call 360-376-5892.



## Property Tax Deductions for Seniors

Property tax deductions are available for seniors and disabled persons that earn less than \$40,000 per year. You may be eligible for a retroactive refund as well. For more information or to apply, please contact Annie Minich in the San Juan County Assessor's Office at either 360-370-7530 or [anniemi@sanjuanco.com](mailto:anniemi@sanjuanco.com).

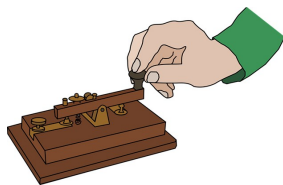


## Meeting of the Minds: "Einstein's Cat" Presented by Doug Halsey

Join us **Wednesday, May 18 at 1pm** by Zoom for a brief history of telegraphy and its local relevance. By the late nineteenth century, the telegraph was essential to communication and commerce, similar to the internet today. Ambitious people created the opportunity for the telegraph to arrive here in the PNW in 1866, in time to serve the needs of the American and British forces jointly occupying the San Juans.

A licensed ham radio operator, Doug is interested in Morse code and telegraphy and worked as a Ranger with the National Park Service from 1998-2020. Doug served at San Juan as a historical interpretation ranger and historic weapons safety officer.

To find out the relevance of Einstein's Cat, attend Doug's presentation, on **Wednesday, May 18 at 1pm**. To attend, access the Zoom link on the Calendar of Events page at [orcasseniors.org](http://orcasseniors.org). All are welcome to attend.



## Farmers Market Voucher Applications

Funded by the USDA, the Senior Farmers Market Nutrition Program (SFMNP) provides low-income seniors with coupons/vouchers that can be exchanged for fruits, vegetables, honey, and fresh-cut herbs at approved farmers markets and farm stores. This year each eligible senior will receive up to \$80 in vouchers. To be eligible to receive Senior Farmers Market vouchers, you must meet all of the following criteria:



- Be 60 years old or older (55+ if Native American or Alaska Native)
- Be a resident of Washington State
- Have an income below:  
\$25,142 annually (\$2,096 monthly) for 1 person, or  
\$33,874 annually (\$2,823 Monthly) for 2 people  
(Add \$728 monthly for each additional person in the household.)

Senior Farmers Market Coupons can be redeemed starting June 1 at the San Juan Island, Orcas Island, and Anacortes Farmers Markets.

**To apply for Senior Farmers Market Coupons**, pick up an affidavit at the Orcas Senior Center, or contact Jami Mitchell at 360-376-7926 or [jamim@sanjuanco.com](mailto:jamim@sanjuanco.com). The affidavit (application) is also available to download at <https://whatcomcoa.org/meals-on-wheels-and-more>.

**Senior Farmers Market Coupons will be distributed by mail starting in late May or early June.**

\*One set of vouchers per person.

\*\*Proof of income not required.

\*\*\* Supplies are limited.

## Free Virtual Programming from Island Hospital, Bellingham Senior Activity Center, and AARP









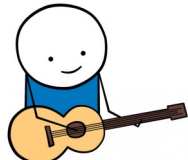



All virtual activities through the Bellingham Senior Activity Center (BSAC) are free and open to anyone that would like to participate! Current offerings include strength training, yoga, and TED Talks. For more information, subscribe to the BSAC weekly email at [whatcomcoa.org/upcoming-events/](http://whatcomcoa.org/upcoming-events/).

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, go to [islandhospital.org/classes/](http://islandhospital.org/classes/).

Lastly, AARP Washington offers a variety of free virtual classes, lectures, and movie screenings, including a Pilates class, tips and resources to help reduce your debt, a lecture about the British royal scandals, golfing from home class, movie screenings, salsa dance class, themed cooking class, and much more. Go to [states.aarp.org/washington/events-wa](http://states.aarp.org/washington/events-wa).

COVID Vaccination and Booster Clinic at the Orcas Center May 4-5. Book online at [sanjuanico.com](https://sanjuanico.com) or call 360-378-4474. Walk-ins Welcome.

# May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  May Day 	2 Meals on Wheels  11a: Family Caregiver Support Group	3 9:30a: Zumba Gold  National Teacher Day 	4 Meals on Wheels 9a: Ease Please Qigong 11a: Silver Swans Ballet <div>Booster Clinic at Orcas Center</div>	5 9:30a: Zumba Gold	6 Meals on Wheels  10:30a: Ukuleles 	7 11a: Virtual Zumba 
8 4p: Orcas Socrates Café 	9 Meals on Wheels 11a: Family Caregiver Support 11:30a: Senior Lunch! 2p: Every Body Dancing	10 9:30a: Zumba Gold  12:30p: Pain Relief Qi Gong	11 Meal on Wheels 9a: Ease Please Qigong 10a: Chronic Pain Empowerment 11a: Silver Swans Ballet	12 9:30a: Zumba Gold 9:30a: ODC Meeting 1p: SHIBA Medicare presentation 1p: Quilting	13 Meals on Wheels  10:30a: Ukuleles	14 9a: Virtual Zumba  National Train Day 
15 National Chocolate Chip Day 	16 Meals on Wheels 11a: Family Caregiver Support 11:30a: Senior Lunch! 2p: Every Body Dancing	17 9:30a: Zumba Gold  12:30p: Pain Relief Qi Gong	18 Meals on Wheels 9a: Ease Please Qigong 11a: Silver Swans Ballet 1p: Meeting of the Minds: "Telegraphy"	19 Island Hearing by Appointment 9:30a: Zumba Gold 1p: SSCSJC Board Meeting	20 Meals on Wheels  10:30a: Ukuleles 1p: Beach Seine Sampling	21 9a: Virtual Zumba  National Memo Day 
22 National Buy a Musical Instrument Day 	23 Meals on Wheels 11a: Family Caregiver Support 11:30a: Senior Lunch! 2p: Every Body Dancing	24 9:30a: Zumba Gold  12:30p: Pain Relief Qi Gong 1p: Book Club	25 Meals on Wheels 9a: Ease Please Qigong 11a: Silver Swans Ballet	26 9:30a: Zumba Gold 1p: Quilting 	27 Meals on Wheels  10:30a: Ukuleles	28 9a: Virtual Zumba  National Hamburger Day 
29	30 CLOSED 	31 9:30a: Zumba Gold  12:30p: Pain Relief Qi Gong	Our aim is to host in-person lunches on Mondays, May 9, 16, and 23. Salads served at 11:30am and hot entrees served at Noon.			

## Fun and Connection with the Orcas Senior Center

### Kathy's Ukulele Kanikapila and Ukulele Lessons in May

Join the Kanikapila, Hawaiian for "play music," led by Kathy Collister! The meetings are switching from Thursdays to Fridays, and for the Fridays in May Carolyn Caruso is leading the group. Carolyn is offering one-hour lessons at \$20 per session, beginning May 6. For **Fridays in May, the Kanikapila provides lessons from 11am to noon, with warm up and play 30 minutes before and after.** June resumes the regular Kanikapila, without lessons, from 10:30-12:30pm on Fridays at Orcas Senior Center.

A rock and roller at heart, Kathy has been playing for a decade and she would love to introduce you to the joys of making your own music. Adults of all ages with all levels of ukulele expertise are welcome, but as per Kathy's request, please be prepared to show your vaccination card at your first session. For inquiries, please contact Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).

### May Book Club: The Souls of Black Folk by W.E.B. Du Bois



THE SOULS OF  
BLACK FOLK  
W.E.B. DU BOIS

The Souls of Black Folk is a classic work of American literature by W. E. B. Du Bois. It is a seminal work in the history of sociology, and a cornerstone of African-American literary history. To develop this groundbreaking work, Du Bois drew from his own experiences as an African-American in the American society. Outside of its notable relevance in African-American history, The Souls of Black Folk also holds an important place in social science as one of the early works in the field of sociology. (Amazon, n.d.)

To participate in the **May Book Club on Tuesday, May 24 at 1pm**, contact

Stephen Bentley at [stephen@swbentley.com](mailto:stephen@swbentley.com) or 360-376-2299.



As we prepare to resume in-person Senior Lunches, we are building a **volunteer team to support the lunch program**. If you are interested in volunteering to set up the lunch room, help host the luncheons, or clean up after the meal, we would love to hear from you!

We have **volunteer openings on Mondays, Wednesdays, and Fridays for a variety of shifts** helping out with Senior Lunch. Please contact Jami Mitchell at [jamim@sanjuanico.com](mailto:jamim@sanjuanico.com) or call 360-376-7926 to inquire. Enlist a friend and do a weekly shift together!

## CURRENT SERVICES WE PROVIDE

**Community Lunch** is on track to (fingers crossed) resume in person on Mondays, May 9, 16, and 23, at 11:30am. Beginning June 1, we hope to host Senior Lunch on Mondays, Wednesdays, and Fridays.

**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](mailto:heidib@sanjuanico.com) for more information.

**Transportation assistance for medical appointments** is available. Call Jami Mitchell at 360-376-7926 to request a ride or to volunteer as a driver.

**Home Maintenance & Repair** pilot program helps seniors and adults with disabilities secure contractors and assure that work is done well and in a timely manner. Subsidies are not available at this time. Contact Allan Rosato at 360-643-4419 or [HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org).

**Foot care** services are provided by Footcare with a Heart, LLC by appointment only. Masks are required. 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](http://orcasseniors.org) for the latest offerings. Contact Steven Ziegler at [Steven@orcasseniors.org](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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 welcome.

**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 May appointments: 360-378-2330.

**Social Security:** 1-800-772-1213 or online via [www.socialsecurity.gov/myaccount](http://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](http://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](mailto:jamim@sanjuanco.com)  
Issue: May 2022  
Website: [www.orcaseniors.org](http://www.orcaseniors.org)



# Orcas Senior Signal

Orcas Senior Center

June, 2022



## Island Hearing Healthcare at Orcas Senior Center

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare will again offer hearing appointments at Orcas Senior Center on **June 9, July 28, August 25, and September 29**. Services available include hearing tests, consultations, hearing aid programming, and other hearing aid services. Consultation, cleaning, and checks of hearing aids are offered free of charge.



To schedule an appointment or for questions please contact Stacie directly at 360-378-2330 or [islandhearing@gmail.com](mailto:islandhearing@gmail.com). To learn more about Island Hearing Healthcare, go to [www.islandhearing.net](http://www.islandhearing.net).

## Slow and Steady, Senior Lunch Resumes!

Senior Lunch had a happy kick-off in May and will continue Mondays in June (except June 20—see calendar). A few glimpses are pictured above, including Ron Myers playing piano while Fred and Marj Franke dance. Food service begins with salad at 11:30am. Remember to stay home if sick and that vaccination is highly recommended as protection against severe infection. Need food support but are uncomfortable attending in person? Contact Jami Mitchell for Meals on Wheels at 360-376-7926.

### 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](http://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

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#### Jami Mitchell

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

#### Barbara LaBrash

Human Services Manager  
(360) 370-0595  
email: [BarbaraLB@sanjuanco.com](mailto: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  
**Scott Morris, Mike Knight**—Cooking Staff

### ORCAS DISTRICT COMMITTEE

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

Tom Eversole—Chair  
Elsie Pamuk—Vice-Chair  
Diane Craig—Secretary

Maggie Kaplan  
Jerry Todd  
Jennifer Hairston  
Allan Rosato

### Nonprofit Staff

**Lena Kassa** 360-919-9312  
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**Allan Rosato** 360-643-4419  
Home Maintenance & Repair Coordinator  
[Allan@orcasseniors.org](mailto:Allan@orcasseniors.org)

## Another Successful Spring Clean-Up!



The second annual Spring Clean-up was held April 30 with the goal of sprucing up the Orcas Senior Center grounds after a year of unseasonably hot and cold temperatures. The light rain in the morning did not bother our enthusiastic volunteers, and they got to work,

weeding, trimming, removing dead vegetation, and sweeping! Special thanks to Allan Rosato and Darcey Miller for help coordinating the event; Greg Sawyer of San Juan County and his crew for the trailer and hauling yard debris; and the Tea Ladies, Maggie Kaplan, Vivien Conlan, Bonnie Morris, and Sherrie Schiff, for the amazingly delicious homemade treats!



A grateful thank you to all of the hard-working volunteers: Jim Glozier, Grace Grantham, Maria Root, Bruce Root, Greg Raffelson, Lewis Francis, Anita Holladay, and Jennifer Hairston. Join Orcas Senior Center in the fall for another clean-up event!

## GiveOrcas Grant Fully Funded!

Orcas Senior Center is overjoyed with the outpouring of community support during the GiveOrcas campaign! Over 157 donors helped fund our \$25,000 grant request for our Companion Services program. In addition, we received a whopping 87 donations on Unique Donor 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!

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) companionship.

To participate in Companion Services programs, please contact [Jim@orcasseniors.org](mailto:Jim@orcasseniors.org) or call 360-919-9318.

### Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3<sup>rd</sup> Thursday of every month, at 1pm.  
Orcas District Committee meetings, held 2<sup>nd</sup> Thursday of every month, at 9:30am.  
Info: 360-376-2677 or email [admin@orcasseniors.org](mailto: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 [janim@sanjuanco.com](mailto:janim@sanjuanco.com) or call her at 360-376-7926.

## Silver Swans Virtual Ballet with Emily Anton



Join Emily Anton for Silver Swans, an hour of basic and gentle ballet for older adults on **Wednesdays, 11am-12pm** by Zoom. Improve your mobility, posture, stability, and balance with this movement class that has been specially designed for seniors. Rediscover your love for ballet or

find it for the first time! Fees are \$75 for 5-classes or \$15 per class. To register and other inquiries, contact Emily directly at 541-441-0022 or [emilyanton@me.com](mailto:emilyanton@me.com). Adults of all ages welcome.

Emily Anton has toured the United States dancing ballet professionally for over ten years, taking residency in New York City, the San Francisco/Bay Area, and Seattle. Emily has a Bachelor of Arts degree in dance and movement, studied anatomy and physiology, Hellerwork Structural Integration, Franklin Method, and BodyTalk. To learn more about Emily, visit [emilyanton.com/dancer](http://emilyanton.com/dancer).

## Qigong Offerings with Joan Roulac



Quiet the mind and strengthen the body with Joan Roulac's Ease Please four-week Qigong series. These 15-minute sessions will gently loosen muscles, strengthen immunity, build balance, and increase energy.

This series begins **Wednesday, June 1 at 9am** by Zoom. The fee is \$40 for the series.

Joan began teaching T'ai Chi Chih after becoming a Certified Teacher in 1987, and now leads Zoom classes to people around the world.

For inquiries and registration, contact Joan Roulac directly at 360-298-2789 or [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).

## Free Virtual Programming

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, subscribe to BSAC email at [whatcomcoa.org/upcoming-events/](http://whatcomcoa.org/upcoming-events/).

**Island Hospital** is offering a variety of 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/](http://islandhospital.org/classes/).

**AARP Washington** offers free virtual classes, lectures, and movies, including a Pilates class, a lecture about British royal scandals, a themed cooking class, and more. Go to [states.aarp.org/washington/events-wa](http://states.aarp.org/washington/events-wa).

## Every Body Dancing with Hayley Shannon

Join Hayley Shannon at the Orcas Senior Center on **Mondays at 2pm** for her class Every Body Dancing. Warm-up with a "braindance," followed by physical exploration and storytelling through movement. Find joy and freedom in this creative movement class for adults of all ages and physical abilities.



Photo Credit: Jahala Love

Hayley Shannon studied dance at Michigan State University, dance/movement therapy in Greece and somatic expressive arts therapy at Tamalpa Institute. Moving west to perform and choreograph professionally, she was a faculty member at Creative Dance Center, Pacific Northwest Ballet, and Path With Art. An Orcas Island resident, Hayley believes dance is for every body.

Learn more about Hayley at [www.hayleyshannon.com](http://www.hayleyshannon.com) and participate in **Every Body Dancing** Mondays from 2pm to 3pm at Orcas Senior Center.

\$15 per session or \$70 for five, with a discounted rate for OSC members. Contact Hayley directly at 734-904-7131 or [hayley@hayleyshannon.com](mailto:hayley@hayleyshannon.com) for inquiries.

## Virtual Zumba Gold

with Mikari Kurahashi or Alyson Stephens

Join Mikari Kurahashi's FREE virtual Zumba class with global music on **Saturdays at 9am**. Mikari has been a Zumba instructor since 2017 and aims for every class to feel like a party!



For an in-person option, 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, \$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. Adults of all ages welcome. To learn more about these Zumba classes, go to our Calendar of Events page at [orcasseniors.org](http://orcasseniors.org).

## Welcome to the ORCAS SENIOR CENTER Family

*Robert Calhoun,  
David Guilford, Margie Ostle,  
and Marjorie Tourje!*

Not a member or need to renew your membership? Go to [orcasseniors.org](http://orcasseniors.org).

### Member Benefit: Discounted Haircuts by Kerri Almaas

Kerri Almaas is offering OSC members discounted rates for haircuts out of Tony & Jenna salon. Men's haircuts are \$25 and women's are \$40 (regular price is \$40/\$70). Kerri's chair is on the bottom floor, accessible without stairs. In addition to cuts in salon, Kerri will make house calls for \$60. Shampooing can't happen with home cuts, but cuts and styling is offered. Discounted rates are available for home cuts with an increase in haircuts per single visit, so get a group together for a better rate!



Hair stylist, Kerri Almaas, works out of Tony and Jenna hair studio in Eastsound. Prior to moving to Orcas Island, Kerri managed a salon in a retirement center in Seattle. To take advantage of this new benefit, make an appointment by contacting Kerri directly at 206-963-0939 or by emailing [kalmaas@msn.com](mailto:kalmaas@msn.com).

### Kathy's Ukulele Kanikapila with Kathy Collister

Join the Kanikapila, Hawaiian for "play music," led by Kathy Collister **every Friday from 10:30am to 12:30pm at Orcas Senior Center**. The first half hour will be a lesson or two and then from 11am to 12:30pm everyone will have the opportunity to play.

A rock and roller at heart, Kathy has been playing for about a decade and as a lover of all types of music. All levels of ukulele expertise are welcome, but as per Kathy's request, please be prepared to show your vaccination card at your first session. Masks are strongly encouraged at Orcas Senior Center.

All are welcome and there is no fee to attend. For inquiries, please contact Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).



### Dementia Legal Planning

Offered virtually via Zoom

Wednesday, June 22 from 12-1:30pm

Receive **FREE** education and guidance around the topic of legal planning when memory concerns are present! This presentation is designed for people living with dementia, individuals caring for someone with dementia, and those concerned about the potential for memory loss to impact their lives in the future.

Topics covered may include:

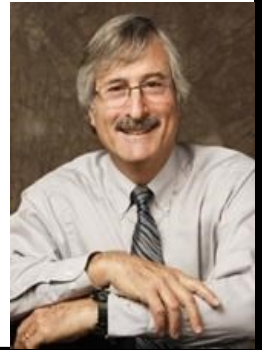
- Durable Power of Attorney
- Health Care Directive
- Wills
- Long Term Care/Medicaid Planning

Information at: [Dementia Legal Planning \(nwrcwa.org\)](http://DementiaLegalPlanning(nwrcwa.org))

To register, email: [NWRCdementia@dshs.wa.gov](mailto:NWRCdementia@dshs.wa.gov)

Space is limited for this session, so you may be placed on a wait list for a future date.

About the presenter: Barry Meyers is Certified as an Elder Law Attorney by the National Elder Law Foundation, Emeritus\*. Mr. Meyers has practiced law since 1983 and elder law since 1992. He received his undergraduate education at the University of Southern California, a Masters degree from University of California, Davis, and a law degree from Whittier College Law School.



### Virtual Yoga!

#### Chair Yoga & Slow Yoga with Susie Frank



Chair Yoga, held on **Wednesdays from 10:45am-11:30am**, is yoga performed with the use of a chair as support. It's a gentle technique allowing seniors and persons with disabilities to practice balance poses without the risk of falling. Slow Yoga, taught **Wednesdays and Fridays from 9:30am-10:30am**, also incorporates the use of

props and supports to help gain access to postures safely and mindfully. It is ideal for those new to yoga or those seeking a slower more supported practice.

An Orcas resident for over 30 years, Susie Frank has been doing yoga since 2009. She received her Yoga teacher training from 8 Limbs Yoga, Seattle in 2016. There is a suggested donation of \$10 per class, but nobody will be turned away for lack of funds. Contact Susie directly for participation and payment inquiries at 360-298-4484 or [sissooz@yahoo.com](mailto:sissooz@yahoo.com).



## IslandRides Update on Orcas

The IslandRides service on Orcas is not yet a year old, but it has already become an essential support for many island residents that do not drive.

Volunteer drivers for IslandRides are giving rides and delivering essential goods seven days a week, 10am-3pm. The program just added service until 5pm on Tuesdays, Wednesdays, and Fridays.

Do you need a ride to attend community lunches at the senior center? Give IslandRides a call to schedule a ride. There is no charge for rides or deliveries. Donations are accepted—but not expected. All riders must be vaccinated and wear masks while in the car.



Pictured at left, volunteer driver Stephen Shafer helps Wally Lum load a wheelchair into an IslandRides vehicle at the Orcas Senior Center.

All IslandRides vehicles are powered by electricity and driven by volunteers! Give them a call at 360-672-2201 to schedule a ride or a delivery.

Pictured at left, volunteer driver Stephen

## Hazardous Waste Roundup in June

**Where:** The Orcas Dump / aka Orcas Waste Transfer Station

**When:** Saturday, June 18, 2022, from 10am-2pm

**More Information Available at:**  
<https://www.sanjuanco.com/351/Hazardous-Waste>



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

## Alzheimer's and Dementia Resources

You can check out the Alzheimer's Association website at <https://www.alz.org/> for helpful information for individuals and their caregivers dealing with dementia.

Wellness Wednesdays are taking a break, but will return in summer 2022. Did you miss a Wellness Wednesday or is there a session you'd like to revisit? You can view recordings of previous Wellness Wednesdays any time at: [depts.washington.edu/mbwc/events/community-wellness-talks](https://depts.washington.edu/mbwc/events/community-wellness-talks).

**The Alzheimer's Association has a 24/7 helpline open anytime, day or night. For support when you need it, call the helpline at 800-272-3900.**

**alzheimer's association®**

## Farmer's Market Nutrition Program

By Julie Meyers  
 Meals on Wheels & More!



The Senior Farmers Market Nutrition Program (SFMNP) provides low-income seniors with coupons/vouchers that can be exchanged for fruits, vegetables, honey, and fresh-cut herbs at approved farmers markets and farm stores. Thanks

to funding from both the USDA and Washington State, this year **each eligible senior will receive \$80 in vouchers (two books of \$40 each)**. To be eligible to receive Senior Farmers Market Coupons, you must meet **all** of the following:

- Be 60 years old or older (55+ if Native American or Alaska Native)
- Be a resident of Washington State
- Have an income below:
  - \$25,142 Annually / \$2,096 Monthly for 1 person;
  - \$33,874 Annually / \$2,823 Monthly for 2 people;
  - Add \$728 monthly for each additional person

Senior Farmers Market Coupons can be redeemed starting June 1 at The San Juan Island, Orcas Island, and Anacortes Farmers Markets.

To apply, contact Jami Mitchell at 360-376-7926 or email [jamim@sanjuanco.com](mailto:jamim@sanjuanco.com).

Senior Farmers Market Coupons will be distributed by mail starting in early June so please apply using your mailing address if it's different from your home address!

*\*One set of vouchers per person.  
 \*\*Proof of income not required.*

## Orcas Socrates Café

Orcas Senior Center continues to virtually host the **Orcas Socrates Café** from 4 to 6pm on the second Sunday of each month. In June, it will be held on **Sunday, June 12**. It is 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 join this friendly community discussion which is sure to encourage insightful dialogue. Adults of all ages are welcome. To register, please contact Steven Ziegler at [steven@orcasseniorgroup.org](mailto:steven@orcasseniorgroup.org).



# June 2022

“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
	Our aim is to host in-person lunches on Mondays June 6, 13, and 27. Salads served at 11:30am. Hot entrees served at Noon.		<b>1</b> Meal on Wheels 9a: Ease Please Qigong 9:30a: Slow Yoga 10:45a: Chair Yoga 11a: Silver Swans Ballet	<b>2</b> 9:30a: Zumba Gold	<b>3</b> Meals on Wheels 9:30a: Slow Yoga 10:30a: Ukuleles	<b>4</b> 9a: Virtual Zumba 
	<b>5</b> National Gingerbread Day 	<b>6</b> Meal on Wheels 11:30a: Senior Lunch! 2p: Every Body Dancing 2p: Family Caregiver Support	<b>7</b> 9:30a: Zumba Gold National VCR Day 	<b>8</b> Meal on Wheels 9a: Ease Please Qigong 9:30a: Slow Yoga 10a: Chronic Pain Group 10:45a: Chair Yoga 11a: Silver Swans Ballet	<b>9</b> Island Hearing by Appointment 9:30a: Zumba Gold 9:30a: ODC Meeting 1p: Quilting	<b>10</b> Meals on Wheels 9:30a: Slow Yoga 10:30a: Ukuleles 
<b>12</b> 4p: Orcas Socrates Café 	<b>13</b> Meal on Wheels 11:30a: Senior Lunch! 2p: Every Body Dancing 2p: Family Caregiver Support	<b>14</b> 9:30a: Zumba Gold 	<b>15</b> Meal on Wheels 9a: Ease Please Qigong 9:30a: Slow Yoga 10:45a: Chair Yoga 11a: Silver Swans Ballet	<b>16</b> 9:30a: Zumba Gold 1p: SSCSJC Board Meeting	<b>17</b> Meals on Wheels 9:30a: Slow Yoga 10:30a: Ukuleles 	<b>18</b> 9a: Virtual Zumba 10a: Hazardous Waste Roundup
<b>19</b> HAPPY FATHER'S DAY	<b>20</b> CLOSED JUNETEENTH 	<b>21</b> 9:30a: Zumba Gold Summer Solstice 	<b>22</b> Meal on Wheels 9a: Ease Please Qigong 9:30a: Slow Yoga 10:45a: Chair Yoga 11a: Silver Swans Ballet	<b>23</b> 9:30a: Zumba Gold 1p: Quilting 	<b>24</b> Meals on Wheels 9:30a: Slow Yoga 10:30a: Ukuleles	<b>25</b> 9a: Virtual Zumba
<b>26</b>	<b>27</b> Meal on Wheels 11:30a: Senior Lunch! 2p: Every Body Dancing	<b>28</b> 9:30a: Zumba Gold 1p: Book Club 	<b>29</b> Meal on Wheels 9:30a: Slow Yoga 10:45a: Chair Yoga 11a: Silver Swans Ballet	<b>30</b> 9:30a: Zumba Gold International Asteroid Day 		

## Fun and Connection with the Orcas Senior Center

### Caregiver Support Group

**New Time: Mondays at 2pm**

The Family Caregiver Support Group (FCSG) is now meeting **Mondays at 2pm**. For more information, contact Heidi Bruce, Aging & Family Case Coordinator at 360-370-0591, or [heidib@sanjuanico.com](mailto:heidib@sanjuanico.com).

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

### Chronic Pain Empowerment Group



Orcas Senior Center hosts a Chronic Pain Empowerment Group via Zoom at **10am on the second Wednesday** of the month, this month on **June 8**. New participants are welcome.

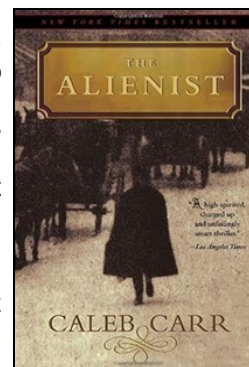
During the meeting people share their personal stories in dealing with pain, what works for them, and empower each other through sharing. Being in constant pain has many debilitating results, among them fatigue, social isolation, and depression. How people cope and manage their pain is unique to each individual. Sharing methods and sometimes just talking in a safe environment can be in itself empowering.

For more information or to participate, please contact Jim Glozier, Companion Services Coordinator, at 360-919-9318 or [Jim@orcasseniors.org](mailto:Jim@orcasseniors.org).

### June Book Club: The Alienist

**by Caleb Carr**

Newspaper reporter John Schuyler Moore is summoned by his friend Dr. Laszlo Kreizler—a psychologist, or “alienist”—to view the horribly mutilated body of an adolescent boy abandoned on the unfinished Williamsburg Bridge. From there the two embark on a revolutionary effort in criminology: creating a psychological profile of the perpetrator based on the details of his crimes. Their dangerous quest takes them into the tortured past and twisted mind of a murderer who will kill again before their hunt is over.



Fast-paced and riveting, infused with historical detail, *The Alienist* conjures up Gilded Age New York...Questioning society's belief that all killers are born, not made, could have unexpected and fatal consequences. (Amazon, n.d.)

To participate in the June Book Club on **Tuesday, June 28 at 1pm**, contact Stephen Bentley at [stephen@swbentley.com](mailto:stephen@swbentley.com) or 360-376-2299.

**Got Bags? Please recycle your clean paper bags** for our Meals on Wheels program. You can drop them off at the Orcas Senior Center during open hours 9a-3p, M-F. Thank you!

## CURRENT SERVICES WE PROVIDE

**Community Lunch** is on track to continue (fingers crossed) in person on Mondays, June 6, 13, and 27.

Perhaps beginning in July, our aim is to host Senior Lunch each Monday, Wednesday, and Friday.

**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](mailto:heidib@sanjuanico.com) for more information.

**Transportation assistance for medical appointments** is available. Call Jami Mitchell at 360-376-7926 to request a ride or to volunteer as a driver.

**Home Maintenance & Repair** pilot program helps seniors and adults with disabilities secure contractors and assure that work is done well and in a timely manner. Subsidies are not available at this time. Contact Allan Rosato at 360-643-4419 or [HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org).

**Foot care** services are provided by Footcare with a Heart, LLC by appointment only. Masks are required. 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](http://orcasseniors.org) for the latest offerings. Contact Steven Ziegler at [Steven@orcasseniors.org](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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 welcome.

**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 June appointments: 360-378-2330.

**Social Security:** 1-800-772-1213 or online via [www.socialsecurity.gov/myaccount](http://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](http://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](mailto:jamim@sanjuanco.com)  
Issue: June 2022  
Website: [www.orcaseniors.org](http://www.orcaseniors.org)



# Orcas Senior Signal

Orcas Senior Center

July, 2022



## Lunch is Served!

In-person lunches continue on Mondays throughout July (except for the holiday, July 4). Pictured above, Irene O'Neill shows off our sweet "Welcome Back" banner that volunteer Andrea Cohen created. Please make your own best decision for yourself, and if you are ready to congregate again then please do join us!

Arrive anytime after 11am to enjoy a cup of coffee and get settled in before the salads are served at 11:30am and hot entrees are served at Noon.

Please stay home if you are ill, and remember that vaccinations do not prevent the spread of viruses, only the severity of infection. Those who remain unvaccinated bear the greatest risk of serious infection.

To get a booster shot, check with your medical provider or book online at [sjccovid.com](https://sjccovid.com). Appointments can also be made by calling 360-378-4474.

We look forward to seeing you at lunch when the time is right. It's great to be together again!



Pictured above: Patty Cook, Kathy Collister, Kevin Rayne, and Nancy Fite.

## Ukulele Kanikapila at Orcas Senior Center

Join the Kanikapila, Hawaiian for "play music," led by Kathy Collister, **Fridays, 10:30-12:30pm** at OSC. The first half hour is a lesson or two and then everyone has the opportunity to play.

A rock and roller at heart, Kathy has been playing for a decade and she would love to introduce you to the joys of making your own music. Adults of all ages with all levels of ukulele expertise are welcome, but as per Kathy's request, please be prepared to show your vaccination card at your first session. Masks and distancing are required at OSC. Adults of all ages welcome.

For inquiries, please contact Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).

## Quote for the Month . . .

*Poetry is everywhere, it just needs editing.*

-James Tate

## What's Inside

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## ORCAS SENIOR CENTER

360-376-2677 [WWW.ORCASSENIORS.ORG](http://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

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(360) 370-0591

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#### Jami Mitchell

Senior Services Specialist

(360) 376-7926

email: [JamiM@sanjuanco.com](mailto:JamiM@sanjuanco.com)

#### Barbara LaBrash

Human Services Manager

(360) 370-0595

email: [BarbaraLB@sanjuanco.com](mailto: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

**Scott Morris, Mike Knight**—Cooking Staff

### ORCAS DISTRICT COMMITTEE

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

Tom Eversole—Chair  
Elsie Pamuk—Vice-Chair  
Diane Craig—Secretary

Maggie Kaplan  
Jerry Todd  
Jennifer Hairston  
Allan Rosato

### Nonprofit Staff

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[Lena@orcasseniors.org](mailto:Lena@orcasseniors.org)

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[Darcey@orcasseniors.org](mailto:Darcey@orcasseniors.org)

**Allan Rosato** 360-643-4419  
Home Maintenance & Repair Coordinator  
[HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org)

## Mammogram Van Returns to Orcas Senior Center

Assured Imaging will be at Orcas Senior Center again this year with their Mammogram Van on **September 19, 20, and 21.**

Screening services provided by:



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](http://orcasseniors.org) for a link to book online.

## Mammograms made easy!



*onsite mobile screening event*

**Schedule Online!**

Simply visit the link below:

[www.assuredimaging.com/orcas](http://www.assuredimaging.com/orcas)

Or Call: 888.233.6121

DATES	TIMES	LOCATION
MONDAY, SEPT. 19 <sup>TH</sup>	9:00AM-4:00PM	<b>ORCAS SENIOR CENTER</b> 62 Henry Road Eastsound, WA 98245
TUESDAY, SEPT. 20 <sup>TH</sup>	9:00AM-4:00PM	
WEDNESDAY, SEPT. 21 <sup>ST</sup>	9:00AM-12:00PM	

### Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3<sup>rd</sup> Thursday of every month, at 1pm.  
Orcas District Committee meetings, held 2<sup>nd</sup> Thursday of every month, at 9:30am.  
Info: 360-376-2677 or email [admin@orcasseniors.org](mailto: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](mailto:jamim@sanjuanco.com) or call her at 360-376-7926.

## Silver Swans Virtual Ballet with Emily Anton



Join Emily Anton for Silver Swans, an hour of basic and gentle ballet for older adults on **Wednesdays, 11am-12pm** by Zoom. Improve your mobility, posture, stability, and balance with this movement class that has been specially designed for seniors. Rediscover your love for ballet or

find it for the first time! Fees are \$75 for 5-classes or \$15 per class. To register and other inquiries, contact Emily directly at 541-441-0022 or [emilyanton@me.com](mailto:emilyanton@me.com). Adults of all ages welcome.

Emily Anton has toured the United States dancing ballet professionally for over ten years, taking residency in New York City, the San Francisco/Bay Area, and Seattle. Emily has a Bachelor of Arts degree in dance and movement, studied anatomy and physiology, Hellerwork Structural Integration, Franklin Method, and BodyTalk. To learn more about Emily, visit [emilyanton.com/dancer](http://emilyanton.com/dancer).

## Caregiver Support Group

The Family Caregiver Support Group (FCSG) is now meeting **Mondays at 2pm**. For more information, contact Heidi Bruce at 360-370-0591, or [heidib@sanjuanco.com](mailto:heidib@sanjuanco.com). This support is FREE for anyone who is an unpaid caregiver for someone 60 or over or a disabled adult.

## Virtual Zumba Gold with Mikari Kurahashi or Alyson Stephens

Join Mikari Kurahashi's FREE virtual Zumba class with global music on **Saturdays at 9am**. Mikari has been a Zumba instructor since 2017 and aims for every class to feel like a party!

For an in-person option, 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, \$5 thereafter or \$30 per calendar month. Alyson has taught 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. Adults of all ages welcome. To learn more about these Zumba classes, go to our Calendar of Events page at [orcasseniors.org](http://orcasseniors.org).

## Qigong Offerings with Joan Roulac



Quiet the mind and strengthen the body with Joan Roulac's Ease Please four-week Qigong series. These 15-minute sessions will gently loosen muscles, strengthen immunity, build balance, and increase energy.

This series begins **Wednesday, July 6 at 9am** by Zoom. The fee is \$40 for the series.

Joan began teaching T'ai Chi Chih after becoming a Certified Teacher in 1987, and now leads Zoom classes to people around the world.

For inquiries and registration, contact Joan Roulac directly at 360-298-2789 or [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).

## Global Pride Study

The Goldsen Institute - University of Washington



### Be part of the Global Pride Study!

Are you an LGBTQ (lesbian, gay, bisexual, transgender, queer, non-binary, or sexual or gender diverse) adult aged 18 years or older?

[GlobalPrideStudy.org](http://GlobalPrideStudy.org)

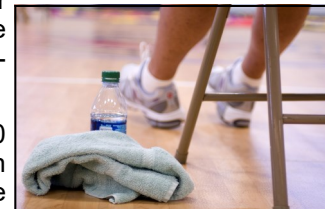
## Virtual Yoga!

### Chair Yoga & Slow Yoga with Susie Frank



Chair Yoga, held on **Wednesdays from 10:45am-11:30am**, is yoga performed with the use of a chair as support. It's a gentle technique allowing seniors and persons with disabilities to practice balance poses without the risk of falling. Slow Yoga, taught **Wednesdays and Fridays from 9:30am-10:30am**, also incorporates the use of

props and supports to help gain access to postures safely and mindfully. It is ideal for those new to yoga or those seeking a slower more supported practice.



An Orcas resident for over 30 years, Susie Frank has been doing yoga since 2009. She received her Yoga teacher training from 8 Limbs Yoga, Seattle in 2016. There is a suggested donation of \$10 per class, but nobody will be turned away for lack of funds. Contact Susie directly for participation and payment inquiries at 360-298-4484 or [sissooz@yahoo.com](mailto:sissooz@yahoo.com).

## SHIBA's "Welcome to Medicare"

Are you planning on enrolling in Medicare? If so, the Statewide Health Insurance Benefits Advisors (SHIBA) are here to assist with Medicare questions. San Juan County SHIBA is overseen by the Washington Office of the Insurance Commissioner and sponsored by Inter Island Healthcare Foundation.

The San Juan County SHIBA volunteers will be hosting a free Zoom presentation on **Tuesday, July 19, at 1pm**. Learn how Medicare works, what your coverage options are, and when you must act to avoid penalties. To register for the free presentation or schedule a free and unbiased appointment, email [orcasshiba@yahoo.com](mailto:orcasshiba@yahoo.com) or call 360-376-5892.



## Speech-Language Pathology

Speech-Language Pathologist, Libby Lewis, will offer free cognition and/or swallow screenings at OSC on **Thursday, August 11, from 12:30-3pm**. Screenings involve a review of concerns and a brief assessment of cognition or observation of consumption of one food and one liquid item. Discussion of next steps to consider will follow.

Libby Lewis' speech-language services for adults target assessment and treatment in the following areas: speech articulation, expressive & receptive language, cognition, voice, and swallow safety. To schedule an appointment, please contact her at [libby@breakthrough-speech.com](mailto:libby@breakthrough-speech.com) or 360-230-8010. To learn more about Libby, visit <http://www.breakthrough-speech.com/>.

## Orcas Socrates Café by Zoom

Orcas Senior Center continues to virtually host the **Orcas Socrates Café from 4 to 6pm** on the second Sunday of each month, this month on Sunday, July 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.

We hope you will join this friendly community discussion which is sure to encourage insightful dialogue. Adults of all ages are welcome.

To register, contact Steven Ziegler at [steven@orcasseniors.org](mailto:steven@orcasseniors.org).



## Alzheimer's and Dementia Resources

You can check out the Alzheimer's Association website at <https://www.alz.org/> for helpful information for individuals and their caregivers dealing with dementia.

Wellness Wednesdays are taking a break, but will return in summer 2022. Did you miss a Wellness Wednesday or is there a session you'd like to revisit? You can view recordings of previous Wellness Wednesdays any time at: [depts.washington.edu/mbwc/events/community-wellness-talks](https://depts.washington.edu/mbwc/events/community-wellness-talks).

**The Alzheimer's Association has a 24/7 helpline open anytime, day or night. For support when you need it, call the helpline at 800-272-3900.**

**alzheimer's association®**

## Chronic Pain Empowerment Group

Orcas Senior Center hosts a Chronic Pain Empowerment Group via Zoom at **10am on the second Wednesday** of the month, this month on **July 13**. New participants are welcome.

During the meeting people share their personal stories in dealing with pain, what works for them, and empower each other through sharing. Being in constant pain has many debilitating results, among them 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.

For more information or to participate, please contact Jim Glozier, Companion Services Coordinator, at 360-919-9318 or [Jim@orcasseniors.org](mailto:Jim@orcasseniors.org).

## Public Notary Service



Lisa Spesard will provide notary services the second Monday of the month at OSC. Bring your documents and sign up with Lisa directly, in the lobby of Orcas Senior Center. There is a suggested donation for her services, but nobody will be turned away for lack of funds. All proceeds go directly to OSC. If you need documents notarized, Lisa will be onsite Mondays, July 11 and August 8, from 9:30am-1pm.

If you have any questions, please contact Lisa Spesard directly by calling 360-865-4193 or by sending an email to [notary2thesanjuanislands@rockisland.com](mailto:notary2thesanjuanislands@rockisland.com).

You can also visit Lisa's website for more information: [www.notary2thesanjuanislandswashington.com](http://www.notary2thesanjuanislandswashington.com).

## Special Hearing Support and Services

By Joel Bergsbaken  
Associate Director- Deaf/Hard of Hearing Services

# HSDC

Hearing, Speech & Deaf Center

Hearing changes as we age. For some it changes a lot, leaving them uncomfortable communicating, which can lead to isolation. Family members experience this loss as well, as they struggle to stay connected to their loved one. The Hearing Speech and Deaf Center is a non-profit that provides life-changing support for those that experience hearing change, their families, and friends. We provide free consultations about understanding hearing change, effective communication techniques, and available communication technology. These free consultations are also available for friends and family members. Contact us at [bellingham@hsrc.org](mailto:bellingham@hsrc.org) or call us at 360-647-0910 to schedule. You can also visit us at [www.hsrc.org](http://www.hsrc.org) to learn more.

## Free Virtual Programming



All virtual activities through the Bellingham Senior Activity Center (BSAC) are free and open to anyone! Offerings include strength training, yoga, and TED Talks. For information about BSAC's virtual programming, subscribe to the BSAC weekly email at [whatcomcoa.org/virtualprograms/](http://whatcomcoa.org/virtualprograms/).

Island Hospital offers a variety of virtual classes, screenings, and support groups. To view the full list of their virtual events, go to [islandhospital.org/classes/](http://islandhospital.org/classes/).

AARP Washington hosts free virtual classes, lectures, and movie screenings. To check their extensive list of offerings, go to [states.aarp.org/washington/events-wa](http://states.aarp.org/washington/events-wa).

## IslandRides Marks One Year on Orcas

Last month marked one full year of service by IslandRides to Orcas Islanders. About fifteen dauntless volunteer drivers have joined with coordinator Sandy Playa to drive 12,000 miles on Orcas for \$1,000 in rider donations. These 2,000 trips included 1,000 home deliveries of groceries, prescriptions and other necessities and were possible due to funds granted by Washington State Department of Transportation, Orcas Island Community Foundation, and enthusiastic community support.

To schedule a ride or delivery on Orcas with IslandRides, call 360-672-2201. Due to COVID infection rates, riders and drivers are still required to be mask when in the car.

IslandRides drivers are carrying heavy-duty trash bags and will stop by the transfer station for riders to drop off their trash. No trash deliveries are being offered without passengers riding along to pay for their own dump fees.



## Farmer's Market Nutrition Program

By Julie Meyers  
Meals on Wheels & More!



The Senior Farmers Market Nutrition Program (SFMNP) provides low-income seniors with coupons/vouchers that can be exchanged for fruits, vegetables, honey, and fresh-cut herbs at approved farmers markets and farm stores. Thanks

to funding from both the USDA and Washington State, this year **each eligible senior will receive \$80 in vouchers (two books of \$40 each)**. To be eligible to receive Senior Farmers Market Coupons, you must meet **all** of the following:

- Be 60 years old or older (55+ if Native American or Alaska Native)
- Be a resident of Washington State
- Have an income below:  
\$25,142 Annually / \$2,096 Monthly for 1 person;  
\$33,874 Annually / \$2,823 Monthly for 2 people;  
Add \$728 monthly for each additional person

Senior Farmers Market Coupons can be redeemed starting June 1 at The San Juan Island, Orcas Island, and Anacortes Farmers Markets.

To apply, contact Jami Mitchell at 360-376-7926 or email [jamim@sanjuanco.com](mailto:jamim@sanjuanco.com).

Senior Farmers Market Coupons are distributed by mail so please apply using your mailing address.

*\*One set of vouchers per person.  
\*\*Proof of income not required.*

## Transportation Voucher Program

**There are more TVP vouchers available!** This program helps low income residents pay for ferry tickets and taxi fares. Contact Jami Mitchell to apply: 360-376-7926.

## Island Hearing Healthcare

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare is again offering hearing appointments at Orcas Senior Center on **Thursdays, July 28, August 25, and September 29**. Starting October 6, it will be the first Thursday of each month. Services available include hearing tests, consultations, hearing aid programming, and other hearing aid services. Consultation, cleaning, and checks of hearing aids is offered free of charge. To schedule an appointment and with questions please contact Stacie directly at **360-378-2330** or [islandhearing@gmail.com](mailto:islandhearing@gmail.com). To learn more about Island Hearing Healthcare, go to [islandhearing.net](http://islandhearing.net).














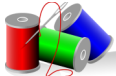





# July 2022

“Remember, remember always, that all of us, and you and I especially, are descended from immigrants and revolutionists.”

— Franklin D. Roosevelt

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Our aim is to host in-person lunches on Mondays, July 11, 18, and 25. Salads served at 11:30am. Hot entrees served at Noon.</p>					<p><b>1</b> Meals on Wheels 9:30a: Slow Yoga 10:30a: Ukuleles</p>	<p><b>2</b> 9a: Virtual Zumba</p> 
<p><b>3</b> National Compliment Your Mirror Day</p> 	<p><b>4</b> <b>CLOSED</b></p> 	<p><b>5</b> 9:30a: Zumba Gold</p>	<p><b>6</b> Meal on Wheels 9a: Ease Please Qigong 9:30a: Slow Yoga 10:45a: Chair Yoga 11a: Silver Swans Ballet</p>	<p><b>7</b> 9:30a: Zumba Gold  World Chocolate Day</p> 	<p><b>8</b> Meals on Wheels 9:30a: Slow Yoga 10:30a: Ukuleles</p> 	<p><b>9</b> 9a: Virtual Zumba</p>
<p><b>10</b> 4p: Orcas Socrates Café</p> 	<p><b>11</b> Meal on Wheels 9:30a: Notary 11:30a: Senior Lunch!  2p: Family Caregiver Support</p>	<p><b>12</b> 9:30a: Zumba Gold</p> 	<p><b>13</b> Meal on Wheels 9a: Qigong 9:30a: Slow Yoga 10a: Chronic Pain Group 10:45a: Chair Yoga 11a: Silver Swans Ballet</p>	<p><b>14</b> 9:30a: Zumba Gold 9:30a: ODC Meeting 1p: Quilting</p> 	<p><b>15</b> Meals on Wheels 9:30a: Slow Yoga 10:30a: Ukuleles</p> 	<p><b>16</b> 9a: Virtual Zumba  National Cherry Day</p> 
<p><b>17</b> National Ice Cream Day</p> 	<p><b>18</b> Meal on Wheels 11:30a: Senior Lunch!  2p: Family Caregiver Support</p>	<p><b>19</b> 9:30a: Zumba Gold  1p: SHIBA Medicare Presentation</p>	<p><b>20</b> Meal on Wheels 9a: Ease Please Qigong 9:30a: Slow Yoga 10:45a: Chair Yoga 11a: Silver Swans Ballet</p>	<p><b>21</b> 9:30a: Zumba Gold  1p: SSCSJC Board Meeting</p>	<p><b>22</b> Meals on Wheels 9:30a: Slow Yoga 10:30a: Ukuleles</p>	<p><b>23</b> 9a: Virtual Zumba</p>
<p><b>24/31</b></p>	<p><b>25</b> Meal on Wheels 11:30a: Senior Lunch!  2p: Family Caregiver Support</p>	<p><b>26</b> 9:30a: Zumba Gold  1p: Book Club</p> 	<p><b>27</b> Meal on Wheels 9a: Ease Please Qigong 9:30a: Slow Yoga 10:45a: Chair Yoga 11a: Silver Swans Ballet</p>	<p><b>28</b> Island Hearing by Appointment 9:30a: Zumba Gold  1p: Quilting</p> 	<p><b>29</b> Meals on Wheels 9:30a: Slow Yoga 10:30a: Ukuleles</p>	<p><b>30</b> 9a: Virtual Zumba  Share a Hug Day</p> 

## Fun and Connection at the Orcas Senior Center

### Quilting at Orcas Senior Center

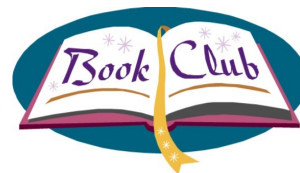


Do you want to quilt together? If so, join us the 2nd and 4th Thursday of each month from 1-4pm at the Orcas Senior Center. Masks are requested. If you have any questions, please contact Steven Ziegler at either [steven@orcasseniors.org](mailto:steven@orcasseniors.org) or 206-413-6156.

### July Book Club: Tuesday, July 26 at 1pm

*Voting for the 2022/2023 reading list is currently taking place!*

The Senior Center Book Club is a monthly book discussion held the **third Tuesday of each month from 1-3pm**. You are invited to participate in this engaging group led by Stephen Bentley.



To learn about the new reading selections or to participate in the Book Club, please contact Stephen Bentley at (360) 376-2299 or [stephen@swbentley.com](mailto:stephen@swbentley.com).

### Thanks for All the Love



Special thanks to the anonymous donor that gave us a big box of seeds to distribute to seniors. Pictured at left is Jami holding the seeds. We are also very grateful to Mimi at Morning Star Farm for the flowers she added to a

Meals on Wheels delivery. At right is Aliza Diepenbrock with the glorious flower bouquets. *Thank you!*



### Card Club at the Orcas Senior Center



Want to play cards? The Card Club at Orcas Senior Center is open for new players to join the fun.

The group is currently meeting on Thursday afternoons to play pinochle, but they are open to

other games if there is something you are excited about. For more information, contact Jami Mitchell at 360-376-7926 or send an email to her at [jamim@sanjuanco.com](mailto:jamim@sanjuanco.com).



## CURRENT SERVICES WE PROVIDE

**Community Lunch** is on track to (fingers crossed) continue in person on Mondays, July 11, 18, and 25. In the coming months, our aim is to again host Senior Lunches each Monday, Wednesday, and Friday.

**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@sanjuanco.com](mailto:heidib@sanjuanco.com) for more information.

**Transportation assistance for medical appointments** is available. Call Jami Mitchell at 360-376-7926 to request a ride or to volunteer as a driver.

**Home Maintenance & Repair** pilot program helps seniors and adults with disabilities secure contractors and assure that work is done well and in a timely manner. Subsidies are not available at this time. Contact Allan Rosato at 360-643-4419 or [HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org).

**Foot care** services are provided by Footcare with a Heart, LLC by appointment only. Masks are required. 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](http://orcasseniors.org) for the latest offerings. Contact Steven Ziegler at [Steven@orcasseniors.org](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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 welcome.

**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 July appointments: 360-378-2330.

**Social Security:** 1-800-772-1213 or online via [www.socialsecurity.gov/myaccount](http://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](http://www.imhurting.org).

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

Or Current Resident

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY

P O Box 1653  
Eastsound, WA 98245

Phone: 360-376-2677  
Location: 62 Henry Rd  
Email: [jamim@sanjuanco.com](mailto:jamim@sanjuanco.com)  
Issue: July 2022  
Website: [www.orcaseniors.org](http://www.orcaseniors.org)



# Orcas Senior Signal

## Orcas Senior Center

August, 2022

### Membership Drive! Without you, we aren't.

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 robust, functional and there for all of us.

Please join today. For pricing and the perks of OSC membership and renewals, visit [www.orcasseniors.org/join-us/](http://www.orcasseniors.org/join-us/), or apply by mail with the enclosed membership form.

Unsure if you are a member or if you need to renew? Reach out to Programs & Activities Coordinator, Steven Ziegler at 206-413-6156 or [steven@orcasseniors.org](mailto:steven@orcasseniors.org).

Thank you from the bottom of our hearts.

### Speech-Language Pathology

Speech-Language Pathologist, Libby Lewis, will offer free cognition and swallow screenings at Orcas Senior Center (OSC) on **Thursday, August 11, between 12:30 and 3:00pm**. Screenings involve a review of concerns, a brief one-page assessment of cognition or observation of consumption of one food and one liquid item. A discussion of next steps to consider will follow.

Libby Lewis provides speech-language services to adults throughout the region. Her services target assessment and treatment in the following areas: speech articulation, expressive and receptive language, cognition, voice, and swallow safety. To schedule an appointment with Libby at OSC on Thursday, August 11, between 12:30 and 3:00pm, please email [libby@breakthrough-speech.com](mailto:libby@breakthrough-speech.com) or call 360-230-8010. To learn more about Libby, visit [www.breakthrough-speech.com](http://www.breakthrough-speech.com).

### Volunteers of All Ages Welcome

Thank you to these high schoolers pictured at right, Remy and Diego Lago, for washing the Orcas Senior Center (OSC) vehicles.

To find a volunteer opportunity at OSC that matches your interests, please call Jami, 360-376-7926.



### Island Digest: New Local Podcast

Check out the local newspapers' new podcast called the Island Digest. It features top headlines and news from the weekly editions of the Journal, Sounder and Weekly recorded by local narrator Caleb Summers. New episodes are live every Wednesday afternoon. To listen, go to [www.islandssounder.com](http://www.islandssounder.com).

This is a new resource for anyone that wants local news but is vision impaired or does not have regular access to the print edition of the newspaper. For other resources supporting people with vision impairment, contact Jami Mitchell, 360-376-7926 or [jamim@sanjuanbo.com](mailto:jamim@sanjuanbo.com).

### Quote for the Month . . .

*Sometimes the  
heart sees what is  
invisible to the eye.*

-H. Jackson Brown Jr.

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## ORCAS SENIOR CENTER

360-376-2677 [WWW.ORCASSENIORS.ORG](http://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](mailto:HeidiB@sanjuanco.com)

#### Jami Mitchell

Senior Services Specialist

(360) 376-7926

email: [JamiM@sanjuanco.com](mailto:JamiM@sanjuanco.com)

#### Barbara LaBrash

Human Services Manager

(360) 370-0595

email: [BarbaraLB@sanjuanco.com](mailto: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

**Scott Morris, Mike Knight**—Cooking Staff

### ORCAS DISTRICT COMMITTEE

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

Tom Eversole—Chair  
Elsie Pamuk—Vice-Chair  
Diane Craig—Secretary

Maggie Kaplan  
Jerry Todd  
Jennifer Hairston  
Allan Rosato

### Nonprofit Staff

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**Allan Rosato** 360-643-4419  
Home Maintenance & Repair Coordinator  
[HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org)

## Mammogram Van Returns to Orcas Senior Center

Assured Imaging is coming back to the Orcas Senior Center with their mobile Mammogram Van on **September 19, 20, and 21.**

Screening services provided by:



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.

To schedule an appointment, contact Assured Imaging directly at **888-233-6121** or for online scheduling go to <https://assuredimaging.com/orcas/>.

## Mammograms made easy!



*onsite mobile screening event*

### Schedule Online!

Simply visit the link below:

[www.assuredimaging.com/orcas](http://www.assuredimaging.com/orcas)

Or Call: 888.233.6121

DATES	TIMES	LOCATION
MONDAY, SEPT. 19 <sup>TH</sup>	9:00AM-4:00PM	<b>ORCAS SENIOR CENTER</b> 62 Henry Road Eastsound, WA 98245
TUESDAY, SEPT. 20 <sup>TH</sup>	9:00AM-4:00PM	
WEDNESDAY, SEPT. 21 <sup>ST</sup>	9:00AM-12:00PM	

### Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3<sup>rd</sup> Thursday of every month, at 1pm.  
Orcas District Committee meetings, held 2<sup>nd</sup> Thursday of every month, at 11:30am.  
Info: 360-376-2677 or email [admin@orcasseniors.org](mailto: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](mailto:jamim@sanjuanco.com) or call her at 360-376-7926.

## When Shopping for Funeral Services, Be Wary

By Ann Carrns, Seattle Times, Published May 15, 2022  
A summary by CENTS

The funeral and cremation service industry has increased in demand since the pandemic. People shopping for funeral or cremation services are in a vulnerable position and may be unfamiliar with the process which can lead to overpaying or being scammed. Many companies such as Legacy Cremation Services and Heritage Cremation Provider have been under investigation by the Justice Department on behalf of the Federal Trade Commission for withholding family member's remains until members pay inflated costs.

**SCAM ALERT!**

This predatory behavior is illegal but unfortunately, very common. Not only this, but cremation service providers may say that they offer local services nearby, but in fact, they are just a middleman and arrange services much further away. Many customers have been forced to travel long distances to obtain remains.

To avoid being scammed or taken advantage of when choosing a cremation provider, it is important to contact several providers and ask for the location of the cremation center and request a visit. However, be aware, that not all providers have the same location for both cremation services and funeral homes and it may not be designed for tours. However, if the provider refuses to give a physical address, this is a red flag for scams.

It is also important to know that there are still funeral benefits for deaths related to COVID-19 from the Federal Emergency Management Agency (FEMA). They are paying up to \$9,000 in funeral expenses for deaths that occurred after January 20, 2020. Applicants can call 844-684-6333. There is no application fee. The government has issued a warning to be wary of scam calls, emails and mailings that offer funeral benefits. It is important to know that FEMA will not contact you until you apply for benefits. Lastly, if you have seen such scams, you may file a complaint at [reportfraud.ftc.gov](https://reportfraud.ftc.gov).

## Chronic Pain Empowerment Group



Orcas Senior Center hosts a Chronic Pain Empowerment Group via Zoom at **10am on the second Wednesday** of the month, this month on **August 10**. New participants are welcome.

During the meeting people share their personal stories in dealing with pain, what works for them, and empower each other through sharing. Being in constant pain has many debilitating results, among them 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.

For more information or to participate, please contact Jim Glozier, Companion Services Coordinator, at 360-919-9318 or [Jim@orcasseniors.org](mailto:Jim@orcasseniors.org).

## Food Safety—Lettuce Edition

By Lynn Grieger, RDN, CDCES, CPT, CHWC  
<https://foodandhealth.com>

Leafy green vegetables like [lettuce](#) are nutrient powerhouses, packed with fiber, Vitamins A and K, folate and antioxidants. They are also low in calories and contain no fat, saturated fat, or cholesterol and are very low in sodium. Yet foodborne illness is a real and dangerous possibility if food safety guidelines aren't followed during growing, harvesting, and transporting lettuce, both at the grocery store and in your own kitchen. Harmful germs often found on lettuce include E. coli, Salmonella, Listeria, norovirus, and Cyclospora.

Prewashed greens don't need to be washed again if the label states ready-to-eat, triple washed or no washing necessary. Wash all other leafy greens before cutting, eating, or cooking with them. Follow these steps:

- Wash your hands with soap and water.
- Remove and throw out the outer leaves of the plant.
- Remove and throw out any torn or bruised leaves.
- Rinse everything under cool, running water and gently rub the leaves to remove germs and dirt.
- Dry the clean lettuce on a paper towel or in a salad spinner.
- Store lettuce in a clean refrigerator with the temperature set to 40°F or colder.
- Use separate cutting boards and utensils for produce and for raw meat, poultry, seafood, and eggs. If that isn't an option, prepare produce before working with raw meat.
- Wash utensils, cutting boards, and kitchen surfaces with hot, soapy water after each use.

### FAQ:

#### Is organic lettuce safer?

**No.** Organically grown lettuce can still be contaminated by parasites, bacteria and viruses.

#### Is lettuce grown in a greenhouse safer?

**No.** It's still possible for lettuce to become contaminated.

#### Should I soak lettuce before washing?

**No.** If you soak lettuce in a sink, germs in the sink can cause contamination. If you soak lettuce in a bowl, germs on one leaf can spread to another leaf.

#### Should I wash lettuce with vinegar, lemon juice, soap, or produce wash?

It's fine to use vinegar, lemon juice, or produce wash but there aren't any studies that show these remove more germs than **plain running water**. It's not recommended to use soap or bleach to clean lettuce or any other type of produce.

#### How do I keep lettuce in my garden safe to eat?

- Plant your garden away from compost bins, manure piles, and animal pens. Animal waste can contain harmful germs that can contaminate growing lettuce.
- Water your garden with clean, drinkable water. Keep storm runoff or any other type of dirty water away from the parts of plants you will eat.



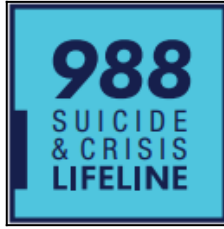
# OSC MEMBERSHIP BENEFITS

Membership Level	Fee	Island Air Ambulance	Ray's Pharmacy	Island Market	OSC Classes	Haircuts by Kerri Almaas	OSC Room Rentals
<b>Standard (single)</b>	\$30	20% Members Only Discount	10% Members Only Discount	Free Coffee Mondays	Members Only Discount	\$20 Men's Cut \$40 Women's Cut	Free
<b>Standard (couple)</b>	\$50						
<b>Prime (single)</b>	\$125	20% Members Only Discount	10% Members Only Discount	Free Coffee Mondays	Members Only Discount	\$20 Men's Cut \$40 Women's Cut	Discount
<b>Prime (couple)</b>	\$200						
<b>Gold Premier (single)</b>	\$300	20% Members Only Discount	10% Members Only Discount	Free Coffee Mondays	Members Only Discount	\$20 Men's Cut \$40 Women's Cut	Discount
<b>Gold Premier (couple)</b>	\$500						



## New 988 Mental Health Crisis Line

**988** is the new, nationwide number to connect with the National Suicide Prevention Lifeline (NSPL) where compassionate, accessible care and support are available for anyone experiencing mental health-related distress. People can use 988 if they are having thoughts of suicide, mental health or substance use crises, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.



- 988 is confidential, free, and available 24/7/365. The current NSPL number, 1-800-273-TALK, will remain active as well.
- Access to the NSPL is available via every land line, cell phone, and voice-over internet device in the US.
- 988 services are available in Spanish, along with interpretation services in over 250 languages.

The Lifeline works! It is an invaluable resource, helping thousands of people overcome distress and crisis every day. With the transition to 988, these life-saving services will be even easier to reach. The nationwide implementation of the 988 line is an important step in re-imagining crisis support in the US.

## Public Notary Service

Do you need some documents notarized? Drop by Orcas Senior Center (OSC) on Mondays, August 8 and September 9, 9:30am-1pm for notary services provided by notary public, Lisa Spesard. A donation to OSC is suggested for services provided, but not required.

If you have any questions, please contact Lisa Spesard directly by calling 360-865-4193 or by sending an email to [notary2thesanjuanislands@rockisland.com](mailto:notary2thesanjuanislands@rockisland.com).

You can also visit Lisa's website for more information: [www.notary2thesanjuanislandswashington.com](http://www.notary2thesanjuanislandswashington.com).

## New Feldenkrais Class at OSC

**Tuesdays from 10-11am, beginning September 6**, improve movement by experiencing the Feldenkrais Method with Emillie Novak. *Move Thyself Now Inc.* Feldenkrais classes give you an opportunity to re-educate yourself through innovative neuromuscular movements. Learn harmonious and efficient movement to prevent wear and tear, find new actions that release tension, become aware of your "fulcrum of gravity" and experience greater balance.

A Northwest Guild Certified Feldenkrais practitioner since 2017, Emillie guides your journey to discover new inner resources. Join Emillie Novak's Introductory 12 week Feldenkrais course, beginning **Tuesday, September 6, from 10-11am** for \$10.00 per session or \$8.00 for OSC members. If necessary, reduced donations are also accepted. For inquiries and participation, please reach out to Emillie directly at 425-736-1837 or [createself.en@gmail.com](mailto:createself.en@gmail.com).

## Give Island Rides a Try!

Island Rides provides rides and deliveries to island residents in need of transportation. Volunteer drivers are available 7 days a week.

The cars have lots of availability on Sunday. Sunday is great day to go to the market, or to visit a friend, or... where do you need to go?



**Call IslandRides at 360-672-2201 to schedule a ride.**

## National Immunization Awareness Month

*By Debbie Haagensen  
San Juan County Health and Community Services*



Coronavirus vaccinations have been at the forefront of immunization discussions recently. However, it is important to keep up with vaccinations to protect against other diseases as well.

The CDC recommends the following vaccines for older adults:

- **Coronavirus vaccine**—Initial and booster vaccinations are currently available, and new boosters may become available in the coming months to better protect against newer variants. Consult with your medical provider and/or check our county's website [www.sjccovid.com](http://www.sjccovid.com) for upcoming vaccine clinics. You may also request to speak with a county Public Health Nurse by calling 360-378-4474 with questions about current this vaccine.
- **Flu shots**—The best time to get a flu vaccine is mid-fall so that you are protected through late spring. Watch for announcements of flu vaccine clinics, or set up a fall appointment with your medical provider or pharmacy.
- **Pneumococcal**—To prevent lung and bloodstream infections. One or two doses for everyone 65+, or younger if you have certain medical conditions or other risk factors.
- **Shingles**—This is a two-dose series for people 50+, or younger for those with certain medical conditions or other risk factors.
- **Tetanus-Diphtheria-Pertussis (Tdap)**—This helps prevent whooping cough, a very contagious respiratory disease. Get one every 10 years unless you have a specific kind of injury.

Contact your health care provider for information and an appointment. Ask for a copy of your immunization record to track of what you have had. Go to the CDC's website [cdc.gov/vaccines/adults/rec-vac/index.html](https://cdc.gov/vaccines/adults/rec-vac/index.html) for more info.



# August 2022

"Live in the sunshine.  
Swim in the sea. Drink in  
the wild air."

— Ralph Waldo Emerson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Meal on Wheels 11:30a: Senior Lunch! 2p: Family Caregiver Support	<b>2</b> 9:30a: Zumba Gold	<b>3</b> Meal on Wheels 9a: Ease Please Qigong 9:30a: Slow Yoga 10:45a: Chair Yoga	<b>4</b> 9:30a: Zumba Gold National Chocolate Chip Cookie Day 	<b>5</b> Meal on Wheels 9:30a: Slow Yoga 10:30a: Ukuleles	<b>6</b> 8:30a: Virtual Zumba 
<b>7</b> National Sisters Day 	<b>8</b> Meal on Wheels 9:30a: Public Notary 11:30a: Senior Lunch! 2p: Family Caregiver Support	<b>9</b> 9:30a: Zumba Gold 	<b>10</b> Meal on Wheels 9a: Ease Please Qigong 9:30a: Slow Yoga 10a: Chronic Pain Group 10:45a: Chair Yoga	<b>11</b> 9:30a: Zumba Gold 11:30a: ODC Meeting 12:30p: Speech Pathologist 1p: Quilting	<b>12</b> Meal on Wheels 9:30a: Slow Yoga 10:30a: Ukuleles 	<b>13</b> 9a: Virtual Zumba
<b>14</b>	<b>15</b> Meal on Wheels 11:30a: Senior Lunch! 2p: Family Caregiver Support	<b>16</b> 9:30a: Zumba Gold National Tell a Joke Day 	<b>17</b> Meal on Wheels 9a: Ease Please Qigong 9:30a: Slow Yoga 10:45a: Chair Yoga	<b>18</b> 9:30a: Zumba Gold 1p: SSCSJC Board Meeting	<b>19</b> Meal on Wheels 9:30a: Slow Yoga 10:30a: Ukuleles 	<b>20</b> 9a: Virtual Zumba National Radio Day 
<b>21</b>	<b>22</b> Meal on Wheels 11:30a: Senior Lunch! 2p: Family Caregiver Support	<b>23</b> 9:30a: Zumba Gold 1p: Book Club 	<b>24</b> Meal on Wheels 9a: Ease Please Qigong 9:30a: Slow Yoga 10:45a: Chair Yoga	<b>25</b> Island Hearing by Appointment 9:30a: Zumba Gold 1p: Quilting 	<b>26</b> Meal on Wheels 9:30a: Slow Yoga 10:30a: Ukuleles	<b>27</b> 9a: Virtual Zumba 
<b>28</b> National Bow Tie Day 	<b>29</b> Meal on Wheels 11:30a: Senior Lunch! 2p: Family Caregiver Support	<b>30</b> 9:30a: Zumba Gold National Beach Day 	<b>31</b> Meal on Wheels 9:30a: Slow Yoga 10:45a: Chair Yoga	Our aim is to host in-person lunches on Mondays August 1, 8, 15, 22, and 29. Salads are served at 11:30am and hot entrees are served at Noon.		



## Fun and Connection with the Orcas Senior Center

### Creative Writing Workshop Six week course with Tish Knapp



**Beginning September 6**, write what you always thought you wanted to write! Designed for writers of all genres, Tish Knapp will lead a group of 6 to discuss what makes writing interesting and where good ideas come from. The workshop will consist of fast writes and peer critiques. You will be encouraged to put your words onto paper along with some guidance about what makes people want to read what you write!

Tish Knapp retired from teaching 12 years ago and is the author of "Home by Dark" and "13 Bones." The 6 week creative writing workshop **begins September 6 and will meet Tuesdays from 2-3pm** at Orcas Senior Center. Cost for the entire workshop is \$20. To register for this workshop, contact Tish directly at [tishkn@gmail.com](mailto:tishkn@gmail.com) or call Tish at 360-376-4579.

### Got Bags?

**Donate your clean paper bags** for our Meals on Wheels program by dropping them off at the Orcas Senior Center. Thank you for putting good bags to good use!

### August Book Club: *The Dutch House* by Ann Patchett

At the end of the Second World War, Cyril Conroy begins an enormous real estate empire, propelling his family from poverty to enormous wealth. His first order of business is to buy the Dutch House, a lavish estate in the suburbs outside of Philadelphia. Meant as a surprise for his wife, the house sets in motion the undoing of everyone he loves.

Cyril's son Danny, and his older sister, the brilliantly acerbic and self-assured Maeve, are thrown back into the poverty their parents escaped from and find that all they have to count on is one another. It is this unshakeable bond between them that both saves their lives and thwarts their futures. (Amazon, n.d.)

To participate in the May Book Club on **Tuesday, August 23 at 1pm**, please contact Stephen Bentley by emailing [stephen@swbentley.com](mailto:stephen@swbentley.com) or call 360-376-2299.

### Caregiver Support Group

The Family Caregiver Support Group (FCSG) is now meeting **Mondays at 2pm**. For more information, contact Heidi Bruce, Aging and Family Case Coordinator, at 360-370-0591, or [heidib@sanjuanico.com](mailto:heidib@sanjuanico.com).

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

## CURRENT SERVICES WE PROVIDE

**Community Lunch** is on track to continue (fingers crossed) in person on Mondays, August 1, 8, 15, 22, and 29. In the fall, our aim is to again host Senior Lunches multiple times per week.

**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](mailto:heidib@sanjuanico.com) for more information.

**Transportation assistance for medical appointments** is available. Call Jami Mitchell at 360-376-7926 to request a ride or to volunteer as a driver.

**Home Maintenance & Repair** pilot program helps seniors and adults with disabilities secure contractors and assure that work is done well and in a timely manner. Subsidies are not available at this time. Contact Allan Rosato at 360-643-4419 or [HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org).

**Foot care** services are provided by Footcare with a Heart, LLC by appointment only. Masks are required. 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](http://orcasseniors.org) for the latest offerings. Contact Steven Ziegler at [Steven@orcasseniors.org](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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 welcome.

**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 August appointments: 360-378-2330.

**Social Security:** 1-800-772-1213 or online via [www.socialsecurity.gov/myaccount](http://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](http://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](mailto:jamim@sanjuanco.com)  
Issue: August 2022  
Website: [www.orcasseniors.org](http://www.orcasseniors.org)



# Orcas Senior Signal

## Orcas Senior Center

September, 2022

### Friendship Cards

We couldn't do this good work without you, our friends! To "second that emotion," Orcas Senior Center is rebranding its discount cards as "Friendship Cards."



The new cards provide all the same perks with your Standard, Prime and Gold Premium cards as before at the locations you enjoy!

Thank you to Island Air Ambulance, Ray's Pharmacy, Island Market, and Kerri Almaas for honoring seniors with discounts!

### Help with Afternoon Tea



After a few years off, who is ready to pour tea?

The Tea Ladies are taking applications for help with Afternoon Tea, tentatively set for Thursday, October 6.

Volunteers are needed for set up, clean up, and serving tea. **If you are ready to join the Tea Ladies, contact Maggie Kaplan at 360-376-5372 or [Mkaplan@centurytel.net](mailto:Mkaplan@centurytel.net).**

### Mammogram Van Returns

Assured Imaging will be at Orcas Senior Center again this year with their Mammogram Van on **September 19, 20, and 21**. 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. To schedule an appointment, contact Assured Imaging directly at 888-233-6121 or go to [orcasseniors.org](http://orcasseniors.org) for online scheduling.



### Grannie's Closet is back in the Lobby of Orcas Senior Center—Find Treasures at OSC!

Grannie's Closet offers household décor, kitchen and vintage items, crafting supplies and much, much more. Located in the front lobby of 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, and all the items have been donated.

Please come in and have a look! If you have items you wish to donate, you may leave them at the front desk. Check us out!

### 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](http://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**—Cook

### ORCAS DISTRICT COMMITTEE

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

Tom Eversole—Chair  
Elsie Pamuk—Vice-Chair  
Diane Craig—Secretary

Maggie Kaplan  
Jerry Todd  
Jennifer Hairston  
Allan Rosato

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Home Maintenance & Repair Coordinator  
[HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org)

## New In-Person Classes!

### Watercolors Art Class Returns

Are you interested in exploring your artistic side? Orcas Senior Center will host a **watercolors class for beginners on Mondays, 9:30-11am, beginning September 12**. Basic supplies are required to participate and the cost per class is \$5. There is a limit of eight people per session so please reach out to the instructor, Robbie Walker, to join. To learn more about supplies needed and other details, please contact Robbie at 360-376-7714 or email her at [robbielouwalker@orcasonline.com](mailto:robbielouwalker@orcasonline.com).

Robbie took drawing and watercolors classes with her sister for four years, prior to teaching beginning watercolor classes in Texas. Robbie taught a similar class before the pandemic, and we are happy to have her back!

### Move Thyself Now Feldenkrais Class

Improve movement by experiencing the Feldenkrais Method with Emillie Novak. You can, at any time, rewire yourself with Emillie's *Move Thyself Now* introductory 12-week Feldenkrais class. It gives an opportunity to re-educate yourself through innovative neuromuscular movements.



Join Emillie **beginning Tuesday, September 20, 10-11am** at Orcas Senior Center to learn harmonious and efficient movement to prevent wear and tear, find new actions that release tension, become aware of your "fulcrum of gravity," and experience greater balance. Each session is \$10 or \$8 for friends of OSC (reduced donations accepted if needed). For inquiries and participation, please contact Emillie at 425-736-1837 or [createself.en@gmail.com](mailto:createself.en@gmail.com).

## In Person Opportunities

Interested in meeting in person? In addition to the two classes listed above, please **check out Page 7** for information on playing cards, quilting together, and a new writing workshop. Plus a Ukelele group meets on Fridays! We are also happy to be **hosting in-person lunches at Orcas Senior Center on Mondays, September 12, 19, and 26**. We hope to see you soon at the Orcas Senior Center!

### Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3<sup>rd</sup> Thursday of every month, at 1pm.  
Orcas District Committee meetings, held 2<sup>nd</sup> Thursday of every month, at 11:30am.  
Info: 360-376-2677 or email [admin@orcasseniors.org](mailto: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](mailto:jamim@sanjuanco.com) or call her at 360-376-7926.

## Your Money: Why You (and I) Should Name a "Trusted Contact"

by Liz Weston from The Seattle Times\*  
A Summary by CENTS

Every year, more than 369,000 cases of financial fraud relating to older adults are reported to authorities, causing an estimate of \$4.84 billion in losses according to Comparitech, a cybersecurity research company. One way to prevent financial fraud is to name a trusted contact to your insurance, bank, brokerage, and other service companies. When companies notice suspicious activity, but they can't reach the account holder, they can call your trusted contact for permission to act on it. The company can put a hold on your account when they notice suspicious activity. Being in contact with a trusted contact when the account holder is not available could help the company make decisions to prevent scams and fraud.

A trusted contact should be someone you believe will protect your privacy and is close to you. However, it is important to know that naming a trusted contact does not mean that the person will have any access to your financial information, bank statements, or the ability to make any changes to your account. You are also allowed to change your trusted contact at any time. Lastly, be aware of fraudulent emails or calls pressuring you to name a trusted contact. Those calls may be a scam to steal your password or information. The best way to name a trusted contact is for you to call your financial institutions to set up which is a relatively quick process.

\*Summarized from The Seattle Times, March 6, 2022

## Notary Service



Lisa Spesard will provide notary services on Monday, September 12 and Monday, October 10, 9:30am-1pm. A donation to OSC is suggested for services provided, but not required. Please note that some notary services require payment and offsite appointments. Reach out to Lisa directly for inquiries to Lisa Spesard at 360-865-

4193 or [notary2thesanjuanislands@rockisland.com](mailto:notary2thesanjuanislands@rockisland.com). Visit Lisa's website for more information about her notary services: [www.notary2thesanjuanislandswashington.com](http://www.notary2thesanjuanislandswashington.com).

## Island Hearing Healthcare at OSC

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare will be offering hearing appointments at Orcas Senior Center on **Thursday, September 29** and starting October 6, she will be onsite every first Thursday of the month. Services available include hearing tests, consultations, hearing aid programming, and other hearing aid services. Consultation, cleaning, and checks of hearing aids will be offered free of charge. To schedule an appointment and other questions, please contact Stacie directly at **360-378-2330** or [islandhearing@gmail.com](mailto:islandhearing@gmail.com). To learn more about Island Hearing Healthcare, go to [islandhearing.net](http://islandhearing.net).

## Eat with Friends for Better Health

By Julie Meyers, MS, RD  
Meals on Wheels & More!

A call from a client who lives alone and complained of poor appetite reminded me how important the social aspect of eating and socialization in general is to our well-being. Loneliness is known to be a risk factor for malnutrition in older adults. It has also been linked to increased risk for stroke, heart disease, depression, and dementia. Socially isolated seniors tend to have decreased appetite, and decreased intake of protein, fruits, and vegetables. They are often less motivated to shop, cook, and eat. The pandemic put older adults even more at risk for the detrimental effects of social isolation and loneliness.

If you do find yourself mostly eating alone, or even if you eat with a partner most days, here are a few tips to help increase your motivation to shop, cook, and eat (healthfully) and improve the nutritional quality of your diet.

- **Join old and new friends for lunch at the Orcas Senior Center.** Senior Community Lunch provides an excellent opportunity for older adults to enjoy a nutritionally balanced meal in a social setting. The Orcas Senior Center offers in-person lunch on Mondays from 11:30am-12:30pm. Lunch is offered on a donation-only basis for adults aged 60 and over, but no senior will be turned away due to inability to contribute. Come for the meal and learn about other activities offered at the Center. Have time to spare? Volunteers are needed to help with meal preparation. Volunteering is a great way to give back, meet new friends, and stay busy.
- **Eat at regular mealtimes** instead of snacking throughout the day. It is okay to snack, but regular meals with 4-6 hours in between will give your body a chance to get hungry.
- **Eat at the table or counter.** Even if it is just you, make a point to eat in a designated dining area.
- **If you are eating a frozen meal, serve it on a plate** not in the container.
- **Turn off the television** and remove distractions.
- Keep **seasoning blends, salsa, and sauces/dressings** on hand to spice up frozen or cooked meals. Johnny's, Cajun, Italian, or Asian seasoning blends come in handy. Like it spicy? Keep a bottle of Sriracha or Tabasco at your disposal.
- **Plan your meals** in advance and choose meals that don't involve intense preparation.
- Keep **staple foods** in your pantry, especially foods that you enjoy regularly and have a long shelf life.
- Keep some fresh fruit and your favorite salad ingredients handy for **quick smoothies and salads** and to add to cereal, yogurt or enhance a frozen meal.
- **Call a friend** and make plans to eat together.

While you might not be comfortable in all social settings quite yet, at least consider picking up the phone and calling a friend this week. Better yet, invite them to go on a walk or to join you for lunch. You might find that it improves your appetite and motivation to prepare and eat healthy meals throughout the rest of the week.

## Welcome to the ORCAS SENIOR CENTER Family

*George Hammons, Dale Heisinger, Jane Heisinger, Fred Herrle, Lorraine Killpack, Karen Ladd, Holly Larson, Tom Larson, Michael McGannon, Sara Morgan, Hank Pollard, Richard Rogers, Karen Schwitters, Susan Stordahl, and Daria Whitman!*

**Not a member or need to renew?**

Go to [orcasseniors.org](http://orcasseniors.org).

### Virtual Zumba Gold

**with Mikari Kurahashi or Alyson Stephens**

Join Mikari Kurahashi's free virtual Zumba class with global music 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, \$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. Adults of all ages welcome. To learn more about these Zumba classes, go to our Calendar of Events page at [orcasseniors.org](http://orcasseniors.org).

### Virtual Chair Yoga and Slow Yoga with Susie Frank

Chair Yoga is offered virtually on **Wednesdays, 10:45-11:30am** and Slow Yoga is offered virtually **Wednesdays and Fridays, 9:30-10:30am**. Chair Yoga is a gentle technique allowing seniors and persons with disabilities to practice balance poses without the risk of falling with the use of a chair as support. Slow Yoga also incorporates the use of props and supports to help gain access to postures safely and mindfully. It is ideal for those new to yoga or those seeking a slower more supported practice.

An Orcas resident for over 30 years, Susie Frank has been practicing yoga since 2009 and received her yoga teacher training from 8 Limbs Yoga in Seattle in 2016. Susie suggests a \$10 donation per class, but nobody will be turned away for lack of funds. Contact Susie directly for participation and payment inquiries at 360-298-4484 or [sis-sooz@yahoo.com](mailto:sis-sooz@yahoo.com).

### Silver Swans Virtual Ballet with Emily Anton

Join Emily Anton for Silver Swans, an hour of basic and gentle ballet for older adults on **Wednesdays, 11am-12pm by Zoom**. Improve your mobility, posture, stability, and balance with this movement class that has been specially designed for seniors. Rediscover your love for ballet or find it for the first time! Fees are \$75 for 5-classes or \$15 per class. To register or inquire, contact Emily at 541-441-0022 or [emilyanton@me.com](mailto:emilyanton@me.com). Adults of all ages welcome.



Emily Anton has toured the United States dancing ballet professionally for over ten years, taking residency in New York City, the San Francisco/Bay Area, and Seattle. Emily has a Bachelor of Arts degree in dance and movement, studied anatomy and physiology, Hellerwork Structural Integration, Franklin Method, and BodyTalk. To learn more, visit Emily's website at [emilyanton.com/dancer](http://emilyanton.com/dancer).

### Qigong with Joan Roulac by Zoom



Quiet the mind and strengthen the body with Joan Roulac's Ease Please four-week Qigong series. These 15-minute sessions will gently loosen muscles, strengthen immunity, build balance, and increase energy.

This virtual series begins **Wednesday, September 7 at 9am** by Zoom.

The fee is \$40 for the series.

Relax the body with T'ai Chi Chih and return to a state of health and harmony. This gentle form of exercise can help maintain strength, flexibility, and balance. Designed for people interested in trying T'ai Chi for the first time, this class moves slowly. This four-week class meets virtually, **Tuesdays from 12:30 to 1:30pm, beginning Tuesday, September 13**. Fee is \$75 for the session.

Joan started teaching T'ai Chi Chih after becoming a Certified Teacher in 1987, and now leads Zoom classes around the world. For inquiries and registration, contact Joan Roulac directly by calling 360-298-2789 or email her at [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).

### Ukulele Group at Orcas Senior Center

Join the ukulele Kanikipila, Hawaiian for "play music," on **Fridays, 10:30am-12:30pm** at OSC. The first half hour will be a lesson or two and then everyone will have the opportunity to play. Adults of all ages with all levels of ukulele expertise are welcome, as per requested by group, please be prepared to show your vaccination card at your first session. Adults of all ages welcome. For inquiries, please contact Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).

## SHIBA Medicare Presentation

Are you planning on enrolling in Medicare, if so, you probably know that Medicare has its own vocabulary and rules, and the Statewide Health Insurance Benefits Advisors (SHIBA) are here to assist with Medicare questions. 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 a free Zoom presentation on **Tuesday, September 20 at 1pm**. Come learn how Medicare works, what your coverage options are, and when you must act to avoid penalties.

To register for the free presentation or schedule a free and unbiased appointment, please email [orcasshiba@yahoo.com](mailto:orcasshiba@yahoo.com) or call 360-376-5892.



## Ride Service Expands

By Curt VanHyning of IslandRides

In June we heard there was an opportunity to request supplemental grant funding from WSDOT for the program IslandRides has operated during the last year on the three primary islands. IslandRides asked to be allowed to continue and expand daily ride services to our county's underserved populations and just received the notice of award to the non-profit venture. More staff will be required (mostly drivers) to extend hours of daily ride services. Let us know if you would like to join our driving crew or offer other support assistance to keep this program growing. For Orcas, phone 360-672-2201, or visit [www.IslandRides.org](http://www.IslandRides.org) to learn more or to make a gift. You can also email IslandRides at [IslandRides@gmail.com](mailto:IslandRides@gmail.com).

IslandRides provides rides for free or any donation amount to island residents. The primary focus groups are seniors, people with disability or those who have no car or choose not to drive. Let us know how we are doing so we can learn how to serve you better.



Also, watch for the upcoming opportunity to submit ideas and transportation suggestions to the County Human Services Transportation Plan. This survey is completed every four years to help define what new services are needed and helps focus future funding toward those objectives.

## alzheimer's association®

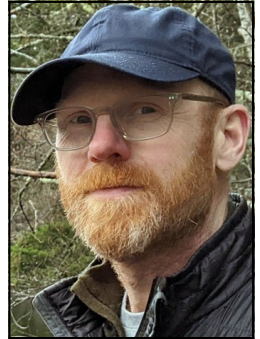
Check out the Alzheimer's Association website at <https://www.alz.org/> for helpful tips for individuals and their caregivers living with dementia. The Alzheimer's Association 24/7 Helpline is open anytime: 1-800-272-3900.

## Introduction to Amateur Radio

by Greg Hancock

Amateur Radio (ham radio) brings people, science, and communication together. Radio operators use ham radio between islands, across the oceans, and even into space, all without the Internet or cell phones and often without the power grid.

Join Greg Hancock, amateur radio expert, to learn more about this form of communication on **Tuesday, September 13, 7-8pm**. Greg will also talk about the benefits of obtaining an amateur radio license through the Federal Communications Commission and invite you to participate in the upcoming proctored exam at Orcas Senior Center on Saturday, October 29.



To join the Introduction to Amateur Radio presentation by Zoom, please go to the Calendar of Events page at [orcasseniors.org](http://orcasseniors.org) on **Tuesday, September 13, 7-8pm**. For more information, reach out to Greg Hancock directly at 360-375-7144 or [greg@agadaga.com](mailto:greg@agadaga.com). To join the class, follow the link below at the designated time.

## Mobile Dental Van Returns to Orcas



The Dental Van will be on Orcas **September 19-22**. This program is for those on Apple Health (Medicaid) or who don't have dental insurance and do not have the financial means to see a dentist. The dental van offers full dental care with X-rays, oral health exams, fillings, extractions, and teeth cleaning/ hygiene services.

To schedule an appointment, please fill out an application online in English or Spanish at the County website [sanjuanco.com/1839/Dental-Van-Oral-Health-Programs](http://sanjuanco.com/1839/Dental-Van-Oral-Health-Programs), or contact the Health Department, Senior Services, or the Orcas Community Resource Center.

## Good Grief Support Group with Sally Blumenthal


The Good Grief Support Group will meet **Wednesdays, September 7-October 12**. This group is moderated by Sally Blumenthal, MFT, RN, and is open to anyone feeling the loss of a loved one and needing the support of others on a similar journey.

Sally started a career as a pediatric ICU nurse, became the first hospice nurse in Santa Cruz, California, a marriage and family therapist, one of the first AIDS Coordinators, and now specializes in life threatening illness, dying, death, grief, and living life with joy.

Good Grief is a closed group, meeting in person once a week for six weeks, for one and a half hours, with a one-time fee of \$30. For more details, contact Sally directly at 831-818-1280 or [breathesally@comcast.net](mailto:breathesally@comcast.net).



# September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Our aim is to host in-person lunches on Mondays September 12, 19, and 26. Salads served at 11:30am. Hot entrees served at Noon.</p>				<p>1</p> <p>9:30a: Zumba Gold</p> <p>1p: Card Club</p>	<p>2</p> <p>Meals on Wheels</p> <p>9:30a: Slow Yoga</p> <p>10:30a: Ukuleles</p>	<p>3</p> <p>9a: Virtual Zumba</p>
4	<p>5</p> <p><b>CLOSED</b></p> 	<p>6</p> <p>9:30a: Zumba Gold</p> <p>2p: Creative Writing</p>	<p>7</p> <p>Meal on Wheels</p> <p>9a: Qigong</p> <p>9:30a: Slow Yoga</p> <p>10:45a: Chair Yoga</p> <p>11a: Silver Swans Ballet</p>	<p>8</p> <p>9:30a: Zumba Gold</p> <p>11:30a: ODC Meeting</p> <p>1p: Quilting</p> <p>1p: Card Club</p>	<p>9</p> <p>Meals on Wheels</p> <p>9:30a: Slow Yoga</p> <p>10:30a: Ukuleles</p>	<p>10</p> <p>9a: Virtual Zumba</p>
<p>11</p> <p><b>Hug Your Hound Day</b></p> 	<p>12</p> <p>Meal on Wheels</p> <p>9:30a: Notary</p> <p>9:30a: Watercolors</p> <p>11:30a: Senior Lunch!</p> <p>2p: Family Caregiver Support</p>	<p>13</p> <p>9:30a: Zumba</p> <p>12:30p: T'ai Chi Chih</p> <p>2p: Creative Writing</p> <p>7p: Amateur Radio</p>	<p>14</p> <p>Meal on Wheels</p> <p>9a: Ease Please Qigong</p> <p>9:30a: Slow Yoga</p> <p>10a: Chronic Pain Group</p> <p>10:45a: Chair Yoga</p> <p>11a: Silver Swans Ballet</p>	<p>15</p> <p>9:30a: Zumba Gold</p> <p>1p: SSCSJC Board Meeting</p> <p>1p: Card Club</p> 	<p>16</p> <p>Meals on Wheels</p> <p>9:30a: Slow Yoga</p> <p>10:30a: Ukuleles</p> 	<p>17</p> <p>9a: Virtual Zumba</p> <p><b>National Dance Day</b></p> 
<p>18</p> <p><b>National Cheeseburger Day</b></p> 	<p>19</p> <p>Meal on Wheels</p> <p>9:30a: Watercolors</p> <p>11:30a: Senior Lunch!</p> <p>2p: Family Caregivers</p>	<p>20</p> <p>9:30a: Zumba Gold</p> <p>10a: Move Thyself Now</p> <p>12:30p: T'ai Chi Chih</p> <p>1p: Medicare</p>	<p>21</p> <p>Meal on Wheels</p> <p>9a: Ease Please Qigong</p> <p>9:30a: Slow Yoga</p> <p>10:45a: Chair Yoga</p> <p>11a: Silver Swans Ballet</p>	<p>22</p> <p>9:30a: Zumba Gold</p> <p>1p: Quilting</p> <p>1p: Card Club</p> 	<p>23</p> <p>Meals on Wheels</p> <p>9:30a: Slow Yoga</p> <p>10:30a: Ukuleles</p> 	<p>24</p> <p>9a: Virtual Zumba</p> 
<p>25</p> <p><b>World Dream Day</b></p> 	<p>26</p> <p>Meal on Wheels</p> <p>9:30a: Watercolors</p> <p>11:30a: Senior Lunch!</p> <p>2p: Family Caregiver Support</p>	<p>27</p> <p>9:30a: Zumba</p> <p>10a: Move Thyself Now</p> <p>12:30p: T'ai Chi Chih</p> <p>1p: Book Club</p> <p>2p: Creative Writing</p>	<p>28</p> <p>Meal on Wheels</p> <p>9a: Ease Please Qigong</p> <p>9:30a: Slow Yoga</p> <p>10:45a: Chair Yoga</p> <p>11a: Silver Swans Ballet</p>	<p>29</p> <p>Island Hearing by Appointment</p> <p>9:30a: Zumba Gold</p> <p>1p: Card Club</p>	<p>30</p> <p>Meals on Wheels</p> <p>9:30a: Slow Yoga</p> <p>10:30a: Ukuleles</p>	

## Fun and Connection at the Orcas Senior Center

### Creative Writing Workshop with Tish Knapp

Write what you always thought you wanted to write at a **6-week creative writing workshop** designed for writers of all genres at Orcas Senior Center! Tish Knapp will lead a group of six to discuss what makes writing interesting and where good ideas come beginning **Tuesday, September 6, 2-3pm**. The workshop will consist of fast writes and peer critiques. You will be encouraged to put your words onto paper along with some guidance about what makes people want to read what you write!

The cost for the entire workshop is \$20 made payable to Tish Knapp. To reserve your spot, contact Tish Knapp directly at [tishkn@gmail.com](mailto:tishkn@gmail.com) or 360-376-4579.

Tish Knapp retired from teaching 12 years ago and is the author of "Home by Dark" and "13 Bones."

### September Book Club: Dead Souls by Nikolai Gogol

Chichikov, a mysterious stranger, arrives in a provincial town and visits a succession of landowners to make each a strange offer. He proposes to buy the names of dead serfs still registered on the census, saving their owners from paying tax on them, and to use these "souls" as collateral to reinvent himself as a gentleman. In this ebullient masterpiece, Gogol created a grotesque gallery of human types, from the bear-like Sobakevich to the insubstantial fool Manilov, and, above all, the devilish con man Chichikov. (Amazon, n.d.)

To participate in this month's Book Club on **Tuesday, September 27 at 1pm**, please contact Stephen Bentley at either [stephen@swbentley.com](mailto:stephen@swbentley.com) or 360-376-2299.

### Card Club: Thursdays, 1-3pm

Want to play cards? The Card Club at Orcas Senior Center would like to invite you to join the fun on **Thursdays, 1-3pm**! Join us in our weekly pinochle game or introduce us to a new game you are excited to play. For more information please contact Linda Todd directly at 360-376-4969.

### Quilting at Orcas Senior Center

Interested in quilting? If so, join us **every second and fourth Thursday of the month, 1-4pm** at Orcas Senior Center. Masks are required. For questions, contact Steven Ziegler at [steven@orcasseniors.org](mailto:steven@orcasseniors.org) or 206-413-6156.

### Discounted Haircuts

Kerri Almaas has adjusted discounted rates for haircuts: Men's haircuts are \$35, and women's are \$45 (\$40 and \$70 without discount). To use this wonderful benefit, contact Kerri at 206-963-0939 or [kalmaas@msn.com](mailto:kalmaas@msn.com).

### Caregiver Support Group

The Family Caregiver Support Group (FCSG) is now meeting **Mondays at 2pm**. For more information, contact Heidi Bruce, Aging & Family Case Coordinator at 360-370-0591, or [heidib@sanjuanico.com](mailto:heidib@sanjuanico.com).

## CURRENT SERVICES WE PROVIDE

**Community Lunch** is on track to continue in person on Mondays, September 12, 19, and 26. In the coming months, our aim is to again host Senior Lunches on additional weekdays.

**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](mailto:heidib@sanjuanico.com) for more information.

**Transportation assistance for medical appointments** is available. Call Jami Mitchell at 360-376-7926 to request a ride or to volunteer as a driver.

**Home Maintenance & Repair** pilot program helps seniors and adults with disabilities secure contractors and assure that work is done well and in a timely manner. Subsidies are not available at this time. Contact Allan Rosato at 360-643-4419 or [HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org).

**Foot care** services are provided by Footcare with a Heart, LLC by appointment only. Masks are required. 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](http://orcasseniors.org) for the latest offerings. Contact Steven Ziegler at [Steven@orcasseniors.org](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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 welcome.

**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](http://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](http://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](mailto:jamim@sanjuanco.com)  
Issue: September 2022  
Website: [www.orcaseniors.org](http://www.orcaseniors.org)



# Orcas Senior Signal

## Orcas Senior Center

October, 2022

### Join Us in Achieving our Vision

From the Orcas Senior Center non-profit

Orcas Senior Center (OSC) thanks you for supporting our work with seniors and adults with disabilities during this pandemic. Since this time last year, we have resumed many vital services including Senior Lunch and we have initiated new ones, like the Home Maintenance and Repair pilot program.

Social, physical, and intellectual activities, like the Hearts and Hands and Buddy Check-In programs, are essential to healthy aging on Orcas Island. With your help, we can continue to strengthen these programs, while developing new ones. We can continue to offer hearing, speech pathology, foot care, and breast health screenings. We can maintain our interesting activities including exercise, yoga, art, and writing classes.

Your continued partnership and support are essential for our ongoing success in serving seniors and adults with disabilities in our island community. Next year presents a great opportunity to restore, create, and improve services on Orcas Island and with your generous support, together, we can achieve this vision. Will you join OSC in achieving our vision for a robust and growing senior center by donating generously? Scan the QR code, go to [www.orcasseiors.org/give](http://www.orcasseiors.org/give) or mail a check to PO Box 1653, Eastsound, WA 98245. **THANK YOU!**



### Watercolors Art Class at Orcas Senior Center

Are you interested in exploring your artistic side? Orcas Senior Center hosts a watercolors class for beginners on **Mondays, 9:30-11am**. Basic supplies are required and the cost per class is \$5. There is a limit of eight people per session so please reach out to instructor, Robbie Walker, to join. To register or learn about supplies needed, contact Robbie at 360-376-7714 or [robbielouwalker@orcasonline.com](mailto:robbielouwalker@orcasonline.com).

### COOK NEEDED FOR SENIOR MEALS!

Now hiring kitchen assistance for Senior Lunch and Meals on Wheels on Orcas. Responsible cook/dishwasher needed Monday, Wednesday, and Friday, 8am-3pm. Wage is DOE. **For more information, call Ian Cassinos at 360-746-3495 or email [icassinos@wccoa.org](mailto:icassinos@wccoa.org).**

### The Return of Afternoon Tea!

A very traditional afternoon tea with lovely table settings and beautiful teacups and saucers will be held at Orcas Senior Center on **Thursday, October 6 at 2pm**. Visit with friends and enjoy tea, sandwiches, cookies, and Sherrie's famous scones. Piano music will be provided by Ron Myers.



For inquiries, please contact Maggie Kaplan at [MKaplan@centurytel.net](mailto:MKaplan@centurytel.net) or call 360-376-5372.

### 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](http://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**—Cook

### ORCAS DISTRICT COMMITTEE

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

Tom Eversole—Chair  
Elsie Pamuk—Vice-Chair  
Diane Craig—Secretary

Maggie Kaplan  
Lynnette Wood  
Jerry Todd  
Jennifer Hairston  
Allan Rosato

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Home Maintenance & Repair Coordinator  
[HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org)

## The Effects of Loneliness and Social Isolation on Health

By Jim Glozier  
Orcas Senior Center



The American Heart Association recently conducted a research study on the impacts of social isolation and loneliness on health. Those that experience these are at a 29% higher risk for heart attack and/or death and 32% higher risk for stroke. The study also found that almost one quarter

of U.S. adults 65 or older are socially isolated, resulting in up to 47% higher loneliness (8/7/2022, ScienceDaily.com). Aware of these statistics, Orcas Senior Center has two programs to address these issues: Buddy Check-In and Hearts and Hands.

Under Companion Services, the Hearts and Hands and Buddy Check-In programs provide regular social interaction, companionship, information, and referrals to seniors and adults with disabilities. Hearts and Hands volunteers provide in-home visits and help with errands, transportation, and light chores in the house and yard, whereas Buddy Check-In volunteers interact with seniors and adults with disabilities by way of phone conversations.

Both programs go a long way toward addressing social isolation and loneliness for seniors and adults with disabilities on Orcas Island. If you or a loved one are interested in participating in these programs or interested in volunteering, please contact Jim Glozier at 360-919-9318 or [Jim@orcasseniors.org](mailto:Jim@orcasseniors.org).

## Quilting at Orcas Senior Center

Are you interested in quilting? If so, join us every **second and fourth Thursday of the month, 1-4pm** at Orcas Senior Center. Masks are required. Questions? Please contact Steven Ziegler at 206-413-6156 or email [steven@orcasseniors.org](mailto:steven@orcasseniors.org).



## Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3<sup>rd</sup> Thursday of every month, at 1pm.  
Orcas District Committee meetings, held 2<sup>nd</sup> Thursday of every month, at 11:30am.  
Info: 360-376-2677 or email [admin@orcasseniors.org](mailto: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](mailto:jamim@sanjuanco.com) or call her at 360-376-7926.

## Bivalent COVID-19 Booster Clinics

San Juan County Health and Community Services (HCS) is bringing back Bird's Eye Medical the week of October 17 to provide bivalent COVID-19 booster vaccinations on San Juan, Lopez, and Orcas Islands.

HCS will be on **Orcas October 20 and 21**. Bivalent booster vaccines are available to anyone 12 and older. While these clinics are focused on providing bivalent boosters, islanders 18 and older will still be able to receive primary doses of Moderna at these clinics if they have not completed their initial vaccine series.

**Appointment slots will be released online October 3 by 9 am on [www.sjccovid.com](http://www.sjccovid.com).**

## Medicare Open Enrollment Coming!

Open enrollment for Medicare is approaching, **beginning October 15 and ending December 7**.

Are you a current member wanting to make changes to your drug plan or maybe you are joining Medicare for the first time this year? Need help figuring out what to do? Medicare has its own vocabulary and rules, and the Statewide Health Insurance Benefits Advisors (SHIBA) are here to assist with Medicare questions.

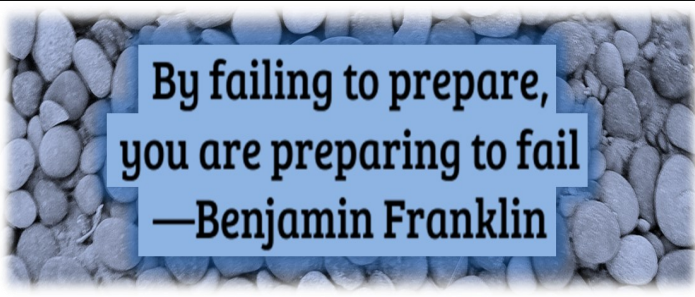
The San Juan County SHIBA volunteers will be taking appointments at Orcas Senior Center during open enrollment. Learn how Medicare works, what your coverage options are, and when you must act to avoid penalties.

SHIBA volunteers will also be presenting two free Zoom seminars discussing these complexities, on **Thursday, October 20 at 1 pm and Monday, November 3 at 1 pm**.

To schedule a free and unbiased appointment with a SHIBA volunteer, please email [orcasshiba@yahoo.com](mailto:orcasshiba@yahoo.com) or call 360-376-5892.

## Emergency Preparedness Are You Ready?

Please review the insert, which is the Department of Emergency Management Emergency Preparation Calendar for guidance on supplies to stock and tasks to complete to be ready for an emergency or natural disaster. Visit the DEM website [www.islandsready.org](http://www.islandsready.org) where you can find general emergency related information, a senior specific section, guidance for neighborhoods and organizations, and information on how to sign up for emergency alerts. Please offer to assist neighbors and friends that need help preparing.



**By failing to prepare,  
you are preparing to fail  
—Benjamin Franklin**

## Start Preparing Today!

By Julie Myers  
Meals on Wheels & More!

If there is anything that last year's torrential rains and flooding as well as the record-breaking snow taught us, it is that we can't wait to prepare for weather related emergencies! Our region can also experience earthquakes.

Are you prepared in case the power goes out, or you cannot get out due to snow or ice? Disaster preparedness planners recommend that islanders have at least **two weeks of emergency supplies**.

What supplies should you have on hand to keep you safe and nourished in case of emergency? Everyone's situation is different, but here are some suggestions to help you and your family prepare:

- Keep enough water on hand for two 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.
- First aid kit
- Flashlight and extra batteries
- Transistor radio and extra batteries
- If you have pets, make sure you have an emergency kit for them as well.
- Other supplies to have on hand include: a whistle, some cash, and an emergency blanket.
- Every cupboard should 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, rotate and use 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 (shelf stable)  
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, 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, as well as a trusted local contact who has a key to your home.

For more information about emergency planning go to: <https://www.ready.gov/seniors>. With a little preparation you will be ready for a power outage or whatever weather fall and winter bring!

## Welcome to the ORCAS SENIOR CENTER Family

*Donald Bushnell, Suzan Chamberlayne,  
Carole Helton, Miles McCoy, Louellen  
McCoy, Don Mills, Kathleen Mills, Ed  
Stone, Phyllis Stone, and Suzie Thomas!*

Not a “friend” or need to renew?  
Go to [orcasseniors.org/friend](https://orcasseniors.org/friend).

### Silver Swans Virtual Ballet with Emily Anton

Join Emily Anton for Silver Swans, an hour of basic and gentle ballet for older adults on **Wednesdays, 11am-12pm** by Zoom. Improve your mobility, posture, stability, and balance with this movement class that has been specially designed for seniors. Rediscover your love for ballet or find it for the first time! Fees are \$75 for 5-classes or \$15 per class. To register and other inquiries, contact Emily directly at 541-441-0022 or [emilyanton@me.com](mailto:emilyanton@me.com). Adults of all ages welcome. To learn more about Emily, visit her website at [emilyanton.com/dancer](https://emilyanton.com/dancer).

### Ease Please Qigong Series with Joan Roulac by Zoom

Quiet the mind and strengthen the body with Joan Roulac's Ease Please four-week Qigong series. These 15-minute sessions will gently loosen muscles, strengthen immunity, build balance, and increase energy. This virtual series begins **Wednesday, October 5 at 9am** by Zoom. The fee is \$40 for the series.

Joan started teaching T'ai Chi Chih after becoming a Certified Teacher in 1987, and now leads Zoom classes around the world. For inquiries and registration, contact Joan Roulac directly by calling 360-298-2789 or email her at [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).

### Zumba Classes

with Mikari Kurahashi or Alyson Stephens

Join Mikari Kurahashi's free virtual Zumba class with global music 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, \$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. Adults of all ages welcome.

To learn more about these Zumba classes, go to our Calendar of Events page at [orcasseniors.org](https://orcasseniors.org).

### Virtual Chair Yoga and Slow Yoga with Susie Frank



Chair Yoga, offered virtually on **Wednesdays, 10:45-11:30am**, is a gentle technique allowing seniors and persons with disabilities to practice balance poses without the risk of falling with the use of a chair as support.

Slow Yoga, offered virtually on **Wednesdays and Fridays, 9:30-10:30am**, also incorporates the use of props and supports to help gain access to postures safely and mindfully. It is ideal for those new to yoga or those seeking a slower more supported practice.

An Orcas resident for over 30 years, Susie Frank received her yoga teacher training from 8 Limbs Yoga in Seattle in 2016. Susie suggests a \$10 donation per class, but nobody will be turned away for lack of funds. Contact Susie directly for participation and payment inquiries at 360-298-4484 or [sissooz@yahoo.com](mailto:sissooz@yahoo.com).

## Senior Lunch Menu

Join us for Senior Lunch in person on Mondays in October at the Orcas Senior Center!  
Salads served at 11:30am and Hot Entrees served at Noon  
Age 60+ - \$5 suggested donation

October 3	October 10	October 17	October 24	October 31
Chicken & Dumplings Harvest Veggies Garden Salad Apple Bread Pudding	Spaghetti with Meat Sauce Caesar Salad Italian Veggies Sliced Pears	Reuben Style Chicken Roast Sweet Potato Brussel Sprouts Garden Salad Corn Pudding	Herb Roasted Chicken Rainbow Potatoes Brussel Sprouts Garden Salad Sliced Peaches	Country Fried Steak Mashed Potatoes Peas & Carrots Coleslaw Fruit Crisp

## Free Onsite Health Screenings by Lyn Health at Orcas Senior Center



Lyn Health is offering free confidential health screenings, **Wednesday, October 12, 2-7pm at Orcas Senior Center**. Health screenings are open to San Juan County residents over the age of 13.

Health screenings include glucose (diabetes), blood pressure, and measured height and weight (BMI) assessments. Results are given onsite by a health professional who will discuss your results with you.

Lyn is human-centric healthcare created for people with multiple chronic conditions, delivering clinical, advocacy and care coordination services via a single point of contact. Lyn is customized, holistic care designed with love, empathy, and compassion.

To schedule a screening, go to [lynhealth.io/healthscreening](https://lynhealth.io/healthscreening) (walk-ins also welcome). To learn more about Lyn Health, go to [lynhealth.io](https://lynhealth.io) or call 425-225-7085.

## Public Notary Service

Lisa Spesard is providing notary services the **second Monday of each month, 9:30am-1pm** at Orcas Senior Center. This month, Lisa will be here on **Monday, October 10**. A donation to OSC is suggested for services provided, but not required. Keep in mind, that some documents will require payment for her services offsite. Reach out to Lisa directly to discuss documents that need notarizing.

If you have any questions, please contact Lisa Spesard directly by calling 360-865-4193 or by sending an email to [notary2thesanjuanislands@rockisland.com](mailto:notary2thesanjuanislands@rockisland.com).

You can also visit Lisa's website for more information: [www.notary2thesanjuanislandswashington.com](https://www.notary2thesanjuanislandswashington.com).

## Life Line Screening Event at Orcas Senior Center

The mission of Life Line Screening is to provide affordable and convenient health screenings that supplement your traditional healthcare. Life Line Screening will offer these non-invasive and painless health screenings at Orcas Senior Center on **Tuesday, November 15**. These screenings will help identify dangerous plaque buildup or blockage, a major risk factor for stroke and heart disease. The screenings are accurate, affordable and give valuable information about your health that you can share with your doctor.

Life Line will offer a package of five screenings to identify risk for stroke, heart disease and other chronic conditions, including **Carotid Artery Screening (Plaque), Peripheral Arterial Disease Screening, Abdominal Aortic Aneurysm (AAA), Atrial Fibrillation, Osteoporosis Risk**.

These five vital screenings take 60-90 minutes to complete. Get pricing information and register by calling toll free 1-888-653-6441, text the word "circle" to 797979 or online at <https://llsa.social/HS>.

## Flu Vaccine Options



Fall is upon us—and with it, cold and flu season. For some, influenza can be a mild illness. For others, flu can be a serious disease that can lead to hospitalization and sometimes death. People at increased risk of complications include those with chronic medical conditions, older adults, and infants younger than six months old.

The best way to protect yourself and others from the flu is to get a flu vaccine. The CDC recommends that people get a flu shot by the end of October or mid-November so antibodies can develop before the flu season peaks. For more information visit: [cdc.gov/flu/index.htm](https://cdc.gov/flu/index.htm).

Other ways to stay healthy during flu season include: wash your hands frequently, cover your cough, avoid close contact with others who are sick, and practice good health habits (such as getting plenty of sleep, water, good nutrition, and exercise).

Medicare covers the cost of flu vaccines including the high dose option. Options to get your flu vaccine include:

- Contact your medical provider to make an appointment.
- Ray's Pharmacy—Make an appointment by calling 360-376-2230.
- Make an appointment with an off-island pharmacy.
- San Juan County will only be providing flu vaccine clinics for uninsured or underinsured adults whose insurance coverage will not cover the vaccine cost. The 2022 SJC flu clinic schedule will be posted by October 3 at noon. To make an appointment, go to [www.sanjuanco.com/flu](https://www.sanjuanco.com/flu) then, or call 360-378-4474.

## Island Hearing Healthcare at OSC

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare will offer hearing appointments at Orcas Senior Center on **Thursday, October 6** and the first Thursday of each month moving forward. Services available include hearing tests, consultations, hearing aid programming, and other hearing aid services. Clean and checks of hearing aids, as well as general consultations will be offered free of charge. To schedule an appointment and other questions please contact Stacie directly at **360-378-2330** or [islandhearing@gmail.com](mailto:islandhearing@gmail.com). To learn more about Island Hearing Healthcare, go to [islandhearing.net](https://islandhearing.net).














## Caregiver Support Group

The Family Caregiver Support Group (FCSG) meets at Orcas Senior Center **Mondays at 2pm**. For more information, contact Heidi Bruce, Aging & Family Case Coordinator at 360-370-0591, or [heidib@sanjuanco.com](mailto:heidib@sanjuanco.com).



# October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> <b>National Name Your Car Day</b> 	<b>3</b> <b>Meal on Wheels</b> <b>9:30a: Watercolors</b> <b>11:30a: Senior Lunch!</b> <b>1p: Ukuleles</b> <b>2p: Caregivers</b>	<b>4</b> <b>9:30a: Zumba Gold</b>	<b>5</b> <b>Meal on Wheels</b> <b>9a: Ease Please Qigong</b> <b>9:30a: Slow Yoga</b> <b>10:45a: Chair Yoga</b> <b>11a: Silver Swans Ballet</b>	<b>6</b> <b>Island Hearing by Appointment</b> <b>9:30a: Zumba Gold</b> <b>2p: Afternoon Tea!</b>	<b>7</b> <b>Meal on Wheels</b> <b>9:30a: Slow Yoga</b>	<b>8</b> <b>9a: Virtual Zumba</b> 
<b>9</b>	<b>10</b> <b>Meal on Wheels</b> <b>9:30a: Notary</b> <b>9:30a: Watercolors</b> <b>11:30a: Senior Lunch!</b> <b>1p: Ukuleles</b> <b>2p: Caregivers</b>	<b>11</b> <b>9:30a: Zumba Gold</b> 	<b>12</b> <b>Meal on Wheels</b> <b>9a: Qigong</b> <b>9:30a: Slow Yoga</b> <b>10:45a: Yoga</b> <b>11a: Ballet</b> <b>1p: Age, Me Too</b> <b>2p: Free Health Screenings</b>	<b>13</b> <b>9:30a: Zumba Gold</b> <b>11:30a: ODC Meeting</b> <b>1p: Quilting</b> 	<b>14</b> <b>Meal on Wheels</b> <b>9:30a: Slow Yoga</b>	<b>15</b> <b>9a: Virtual Zumba</b>
<b>16</b> <b>Global Cat Day</b> 	<b>17</b> <b>Meal on Wheels</b> <b>9:30a: Watercolors</b> <b>11:30a: Senior Lunch!</b> <b>1p: Ukuleles</b> <b>2p: Caregivers</b>	<b>18</b> <b>9:30a: Zumba Gold</b> <b>11a: Chronic Pain Group</b>	<b>19</b> <b>Meal on Wheels</b> <b>9a: Ease Please Qigong</b> <b>9:30a: Slow Yoga</b> <b>10:45a: Chair Yoga</b> <b>11a: Silver Swans Ballet</b>	<b>20</b> <b>9:30a: Zumba Gold</b> <b>1p: SSCSJC Board Meeting</b> <b>1p: Medicare Presentation</b>	<b>21</b> <b>Meal on Wheels</b> <b>9:30a: Slow Yoga</b>	<b>22</b> <b>9a: Virtual Zumba</b>
<b>23</b>	<b>24</b> <b>Meal on Wheels</b> <b>9:30a: Watercolors</b> <b>11:30a: Senior Lunch!</b> <b>1p: Ukuleles</b> <b>2p: Caregivers</b>	<b>25</b> <b>9:30a: Zumba Gold</b> <b>1p: Book Club</b> 	<b>26</b> <b>Meal on Wheels</b> <b>9a: Qigong</b> <b>9:30a: Slow Yoga</b> <b>10:45a: Yoga</b> <b>11a: Silver Swans Ballet</b> <b>1p: Age, Me Too</b>	<b>27</b> <b>9:30a: Zumba Gold</b> <b>1p: Quilting</b> 	<b>28</b> <b>Meal on Wheels</b> <b>9:30a: Slow Yoga</b>	<b>29</b> <b>9a: Virtual Zumba</b> <b>National Oatmeal Day</b> 
<b>30</b> <b>National Candy Corn Day</b> 	<b>31</b> <b>Meal on Wheels</b> <b>9:30a: Watercolors</b> <b>11:30a: Senior Lunch!</b> <b>1p: Ukuleles</b> <b>2p: Caregivers</b>	<div>  <div> <b>BOO!!!</b>  <b>JOIN US FOR A SPECIAL HALLOWEEN COSTUME CONTEST DURING SENIOR LUNCH, MONDAY OCTOBER 31<sup>ST</sup>!</b>  <b>PRIZES AWARDED FOR BEST COSTUMES!</b> </div>  </div>				

## Fun and Connection at the Orcas Senior Center

### Age, Me Too, a Group for Woman



Are you interested in joining a group of women for an honest conversation about the complexities of aging? **Age, Me Too** is a discussion of women, for women that meets the **second and fourth Wednesday of each month, 1-3pm** at Orcas Senior Center.

You must be willing to get vulnerable and be eager to open up for a truthful discussion about learning to navigate the complexities of getting **EVEN** older. Expect heavy conversations at **Age, Me Too**, but laughs are strongly encouraged.

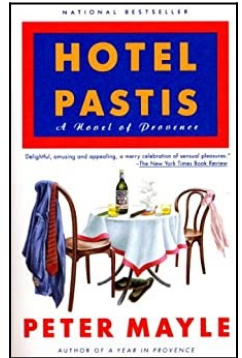
To participate, reach out to Programs & Activities Coordinator, Steven Ziegler, at either 206-413-6156 or [steven@orcasseniors.org](mailto:steven@orcasseniors.org).

### Grannie's Closet is in OSC Lobby!

Grannie's Closet offers household décor, kitchen, and vintage items, crafting supplies and much more. Located in the front lobby of the Orcas Senior Center, Grannie's Closet has a constantly changing array of items. All profit goes directly to support the Orcas Senior Center. Come in and have a look! If you have items you wish to donate, you may leave them at the front desk. Check out Grannie's Closet during **Orcas Senior Center's open hours, Monday-Friday, 9am-3pm**.

### October Book Club: Hotel Pastis by Peter Mayle

Simon Shaw, a rumpled, fortyish English advertising executive, has decided to leave it all behind, and heads to France to transform an abandoned police station in the Lubéron into a small but world-class hotel. On his side, Simon has a loyal majordomo and a French business partner who is as practical as she is ravishing. But he hasn't counted on the malignant local journalist—or on the *mauvaise* types who have chosen the neighboring village as the site of their latest bank robbery. Slyly funny and overflowing with sensuous descriptions of the good life, *Hotel Pastis* is the literacy equivalent of a four-star restaurant. (Amazon, n.d.)



To participate in this month's Book Club on **Tuesday, October 25 at 1pm**, please contact Stephen Bentley directly by emailing [stephen@swbentley.com](mailto:stephen@swbentley.com) or call 360-376-2299.

### Ukuleles—New Time!

Join the ukulele Kanikipila, Hawaiian for “play music,” on **Mondays, 1-3pm** at Orcas Senior Center. Adults of all ages with all levels of ukulele expertise are welcome. For inquiries, please contact Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).

## CURRENT SERVICES WE PROVIDE

**Community Lunch** is on track to continue in person each Monday, on October 3, 10, 17, 24, and 31. We are not certain when additional in-person meal days will be added to the weekly calendar, but stay tuned!

**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](mailto:heidib@sanjuanico.com) for more information.

**Transportation assistance for medical appointments** is available. Call Jami Mitchell at 360-376-7926 to request a ride or to volunteer as a driver.

**Home Maintenance & Repair** pilot program helps seniors and adults with disabilities secure contractors and assure that work is done well and in a timely manner. Subsidies are not available at this time. Contact Allan Rosato at 360-643-4419 or [HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org).

**Foot care** services are provided by Footcare with a Heart, LLC by appointment only. Masks are required. 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](http://orcasseniors.org) for the latest offerings. Contact Steven Ziegler at [Steven@orcasseniors.org](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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 welcome.

**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 October appointments: 360-378-2330.

**Social Security:** 1-800-772-1213 or online via [www.socialsecurity.gov/myaccount](http://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](http://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](mailto:jamim@sanjuanco.com)  
Issue: October 2022  
Website: [www.orcaseniors.org](http://www.orcaseniors.org)



# Orcas Senior Signal

## Orcas Senior Center

November, 2022

### Launching the Living Well with Diabetes Support Group

Are you living with diabetes and interested in joining others who are also managing this disease? In hopes that peer support from people with similar goals and challenges will help motivate the group to live better with diabetes, Orcas Senior Center, in collaboration with Orcas Island Lions Club, will host a monthly diabetes peer support group, "Living Well with Diabetes," beginning **Monday, November 14 at 5pm** at Orcas Senior Center.

The group is for adults living with diabetes and aims to encourage and support behavioral changes leading to increased exercise and healthy eating habits. Anyone interested in participating is encouraged to attend.

For additional information, please contact Stephen Bentley at either 360-376-2299 or email [stephen@swbentley.com](mailto:stephen@swbentley.com).



Pictured clockwise from top: Eloise Monson with Jami Mitchell, volunteers Mary Nash and Genae Kaltenbach in the kitchen, and Suzanne Daniels enjoying tea and sandwiches. Thank you to every volunteer that helped make this such a success!

### Breakthrough Speech- Language Pathology

Speech-Language Pathologist, Libby Lewis, will offer free cognition and swallow screenings at Orcas Senior Center on **Monday, December 12**. Screenings involve a review of concerns, a brief one-page assessment of cognition or observation of consumption of one food and one liquid item. A discussion of next steps to consider will follow.

Libby will also give a **brief presentation about aging and memory at 1pm**. Join this discussion at Orcas Senior Center about normal memory changes with age and learn tips and tricks on how to manage them.

Libby provides speech-language services to adults throughout the region. Her services target assessment and treatment in the following areas: speech articulation, expressive and receptive language, cognition, voice, and swallow safety.

To schedule an appointment with Libby at OSC on Monday, December 12, please contact her at [libby@breakthrough-speech.com](mailto:libby@breakthrough-speech.com) or 360-230-8010. To learn more about Libby, visit <http://www.breakthrough-speech.com/>.

### Afternoon Tea is Set for Thursday, December 1

Tea is served! To the delight of many happy participants, Afternoon Tea has returned to the Orcas Senior Center. We are already looking forward to the next Afternoon Tea on **Thursday, December 1**. Mark your calendar now! Can you help make sandwiches or bake goodies? Contact Maggie Kaplan at [MKaplan@centurytel.net](mailto:MKaplan@centurytel.net) or 360-376-5372.

Can you volunteer to drive for senior meals or medical trips? Please ask Jami Mitchell for details: 360-376-7926 or [jamim@sanjuanico.com](mailto:jamim@sanjuanico.com).

### Quote for the Month . . .

*Thankfulness is  
the quickest path  
to joy.*

-Jefferson Bethke

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## ORCAS SENIOR CENTER

360-376-2677 [WWW.ORCASSENIORS.ORG](http://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

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#### Jami Mitchell

Senior Services Specialist

(360) 376-7926

email: [JamiM@sanjuanco.com](mailto:JamiM@sanjuanco.com)

#### Barbara LaBrash

Human Services Manager

(360) 370-0595

email: [BarbaraLB@sanjuanco.com](mailto: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**—Cook

### ORCAS DISTRICT COMMITTEE

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

Tom Eversole—Chair  
Elsie Pamuk—Vice-Chair  
Diane Craig—Secretary

Maggie Kaplan  
Lynnette Wood  
Jerry Todd  
Jennifer Hairston  
Allan Rosato

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206-413-6167

#### Allan Rosato

Home Maintenance & Repair Coordinator

[HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org)

360-643-4419

## Unpacking Studio Practices Beginners Art Workshop with Susan Slapin

Artist Susan Slapin will teach a one-time, two-hour beginners art workshop covering the basic elements of art line on **November 9, 12:45-2:45pm**. Each participant must provide their own materials, such as: sketchbook, pencils and pens, eraser, ruler, and mirror. Get your supplies at Office Cupboard, Tombow at [tombowusa.com](http://tombowusa.com), Faber-Castell at [fabercastell.com](http://fabercastell.com), or DICK Blick at [dickblick.com](http://dickblick.com).



The fee for the workshop is \$20. There is a six-person maximum participation limit, and deadline to enroll is Monday, November 6. For inquiries, please contact Susan Slapin directly by emailing her at [susan@susanslapin.com](mailto:susan@susanslapin.com) or call 360-298-2868.

To learn more about Susan, please visit her website at [susanslapincontemporaryabstracts.com](http://susanslapincontemporaryabstracts.com).

## Grannie's Closet in the lobby of OSC!



Grannie's Closet offers household décor, kitchen, and vintage items, crafting supplies and much, much more. Located in the front lobby of 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, and all the items are donated to 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. Check us out!

## Monthly Meetings

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

Orcas District Committee meetings, held 2<sup>nd</sup> Thursday of every month, at 11:30am.

Info: 360-376-2677 or email [admin@orcasseniors.org](mailto: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](mailto:jamim@sanjuanco.com) or call her at 360-376-7926.

## SHIBA Medicare Virtual Presentations



Are you new or planning on enrolling in Medicare? You probably know Medicare has its own vocabulary and rules, and the Statewide Health Insurance Benefits Advisors (SHIBA) are here to assist with your Medicare questions. The San Juan County SHIBA volunteers will be hosting free Zoom presentations on **Thursdays, November 3 and 17 at 1pm.**

Learn how Medicare works, what coverage options are, and when you must act to avoid penalties. To register for the presentation or for a free and unbiased appointment, email [orcasshiba@yahoo.com](mailto:orcasshiba@yahoo.com) or call 360-376-5892.

## One Way to Check If It's a Scam By Ask Amy from The Seattle Times\*

A Summary by CENTS

A person writing to the columnist, Ask Amy, received a call from Publishers Clearing House, a marketing company, claiming that they won millions of dollars. The next day, the person received a letter confirming the prize money and instructions on what to do next. Instead of calling the number on the letter, the person called AARP's fraud hotline. AARP is a nonprofit that can check for any scams and when you call 877-908-3360, a live person can help investigate the situation. AARP let the person know that Publishers Clearing House never calls or writes before appearing at a person's door to announce the win.



\*September 20, 2022

## COVID Booster Vaccines

Interested? Make an appointment for the booster clinic on Orcas **Wednesday, November 9** at the Orcas Center. Book an appointment at [sjccovid.com](http://sjccovid.com) or call 360-378-4474 to register for the booster clinic by phone.

## COOK NEEDED FOR SENIOR MEALS!

Now hiring kitchen assistance for Senior Lunch and Meals on Wheels on Orcas. Responsible cook/dishwasher needed Monday, Wednesday, and Friday, 8am-3pm. Wage is DOE. **For more information, please call Ian Cassinos at 360-746-3495 or send an email to [icassinis@whatcomcoa.org](mailto:icassinis@whatcomcoa.org).**

## Thanksgiving and Foodborne Illness

By Meals on Wheels & More!



For most people, Thanksgiving is the largest meal they cook and/or eat all year. However, from shopping for ingredients to reheating leftovers, there are many opportunities for foodborne illness to occur. While we may become wiser with age, older adults are also at increased risk for foodborne illness and often take longer to recover. Luckily, a few food safety tips can allow people of any age to enjoy holiday meals safely.

- Separate raw meat, poultry and seafood from other foods in your grocery cart and in the refrigerator.
- If purchasing a fresh turkey, use within 4 days of purchasing. Frozen turkeys may be purchased up to a year in advance.
- The safest way to thaw frozen turkey is in the refrigerator. Allow 24 hours for every 5 pounds of turkey. Keep your thawing turkey in the bottom of your fridge on a tray that can catch drips.
- Prevent cross-contamination by washing hands frequently. Raw meats should always be kept on separate surfaces. Also, countertops, cutting boards, and utensils should be sanitized after each step in the food preparation process. Chlorine-based sanitation wipes work best for surfaces. **Do not wash your turkey** before cooking. Rinsing raw poultry can cause bacteria to be splashed around the kitchen.
- Cook turkey thoroughly. Use a digital thermometer to ensure that the turkey has reached 165 degrees in the thickest part of the breast, wing and thigh. Stuffing, whether inside or outside of the bird must also reach 165 degrees to kill harmful bacteria.
- Don't leave leftovers out for more than 2 hours.
- Chill leftovers quickly in shallow containers to halt bacteria growth. Cut turkey off the bone before refrigerating and store stuffing separately from meat. Leave warm foods uncovered in the fridge until a temperature of 41 degrees is reached and then cover. Cool leftovers completely before packing and freezing in airtight containers. Leftovers will last up to 4 days in the fridge.
- Always reheat leftovers to 165 degrees to kill any harmful bacteria (This applies to all leftover food at any time of year).

**Have a happy and safe Thanksgiving!**

## Senior Lunch In Person on Mondays in November

Salads served at 11:30am and hot entrees served at Noon. Age 60+ - \$5 suggested donation.

November 7	November 14	November 21	November 28
Chicken Pot Pie Garden Salad Cookies	Salmon Filet Wild Rice Pilaf Cauliflower & Broccoli Kale Citrus Salad Banana Pudding	BBQ Chicken Roast Potatoes Peas & Carrots Coleslaw Lemon Bars	Chicken Sausage Gumbo Brown Rice Garden Salad Peach Crisp

## Welcome to the ORCAS SENIOR CENTER Family

*Jennifer Welch, Susan Kosiur,  
Anthony Terndrup, Sam Windsor, Erma  
Windsor, and Donald Bushnell!*

Not a "friend" or need to renew?  
Go to [orcasseniors.org/friend](https://orcasseniors.org/friend).

### Classes with Joan Roulac by Zoom

Quiet the mind and strengthen the body with Joan Roulac's Ease Please four-week Qigong series. These 15-minute sessions will gently loosen muscles, strengthen immunity, build balance, and increase energy. This virtual series begins **Wednesday, November 2 at 9am** by Zoom. The fee is \$40 for the series.

**Relieve Arthritis Pain and Increase Joint Mobility**, a four-week series, starts **Tuesday, November 8 at 12:30pm** via Zoom. Learn ancient and modern energy healing techniques that decrease pain and increase mobility in this seated practice. Series fee is \$75.

Joan started teaching T'ai Chi Chih after becoming a Certified Teacher in 1987, and now leads Zoom classes around the world. For inquiries and registration, contact Joan Roulac directly by calling 360-298-2789 or email her at [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).

### Gentle Feldenkrais Class In Person

Orcas Senior Center and Andrea Preiss, Feldenkrais practitioner and therapeutic eurythmist, invite you to join a six-session movement class at Orcas Senior Center **Tuesdays in November, 11am-12pm**. Mainly in sitting position, the gentle exercises of the Feldenkrais Method and eurythmy, will help enhance your mobility, stability, balance, and vision. Series fee is \$72 (\$60 for friends of OSC) or drop in for \$12 per session (\$10 for friends of OSC). Please wear comfortable clothing and non-slippery shoes.



Andrea is a physical therapist that has been practicing the Feldenkrais Method and eurythmy for nearly 40 years. Certified in Germany in 2002, Andrea taught at various locations throughout Seattle and started a private practice in 2019.

For inquiries, please contact Andrea at 206-383-7705 or email [andrea-preiss@sound-movement.org](mailto:andrea-preiss@sound-movement.org). To learn more about Andrea go to <https://sound-movement.org/>.

### Silver Swans Virtual Ballet with Emily Anton

Join Emily Anton for Silver Swans, an hour of basic and gentle ballet for older adults on **Wednesdays, 11am-12pm** by Zoom. Improve your mobility, posture, stability, and balance with this movement class that has been specially designed for seniors. Rediscover your love for ballet or find it for the first time! Fees are \$75 for 5-classes or \$15 per class. To register and other inquiries, contact Emily at [emilyanton@me.com](mailto:emilyanton@me.com) or 541-441-0022. Adults of all ages welcome.



Emily Anton has toured the United States dancing ballet professionally for over ten years, taking residency in New York City, the San Francisco/Bay Area, and Seattle. Emily has a Bachelor of Arts degree in dance and movement, studied anatomy and physiology, Hellerwork Structural Integration, Franklin Method, and BodyTalk. To learn more, visit her website at [emilyanton.com/dancer](https://emilyanton.com/dancer).

### Virtual Chair Yoga and Slow Yoga with Susie Frank

Chair Yoga, offered virtually on **Wednesdays, 10:45-11:30am**, is a gentle technique allowing seniors and persons with disabilities to practice balance poses without the risk of falling with the use of a chair as support.

Slow Yoga, offered virtually on **Wednesdays and Fridays, 9:30-10:30am**, also incorporates the use of props and supports to help gain access to postures safely and mindfully. It is ideal for those new to yoga or those seeking a slower more supported practice.

Susie suggests a \$10 donation per class, but nobody will be turned away for lack of funds. Contact Susie directly for participation and payment inquiries at 360-298-4484 or [sissooz@yahoo.com](mailto:sissooz@yahoo.com).

### Fall Back and Change your Batteries

Changing the clocks is a good time to change your smoke alarm batteries and check detectors to verify they are all in good working order. It is good practice to change those batteries twice a year, and for 10-year batteries or hard-wired 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."



## IslandRides History and Update

By IslandRides



*IslandRides* started out as the 'RoundTowner on San Juan Island, providing rides to those in need around Friday Harbor. Shortly before the pandemic started, the organization re-branded as *IslandRides* and set a goal to expand service throughout San Juan

Island and to both Lopez and Orcas. Thanks to a combination of government, business, private donor and user donation funding, *IslandRides* achieved those goals and has been steadily expanding service.

Recently, *IslandRides* has been busy planning for the next few years of operations and applying for additional potential funding to help ensure we can continue to provide this valuable service to island residents in need. Due to growing demand for our services on Orcas, *IslandRides* will be participating in the Orcas Island Community Foundation's GiveOrcas Holiday Campaign.

For more information, visit [www.islandrides.org](http://www.islandrides.org). If you are interested in becoming a volunteer driver for *IslandRides*, please contact us; we can work with your schedule. **To schedule a ride or delivery on Orcas, call 360-672-2201.**

## Island Hearing Healthcare



Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare will offer hearing appointments at Orcas Senior Center on **Thursday, November 10** and the first Thursday of each month moving forward. Services available include hearing tests, consultations, hearing aid programming, and other hearing aid services. Clean and checks of hearing aids, as well as general consultations will be offered free of charge.

To schedule an appointment and other questions please contact Stacie directly at 360-378-2330 or send an email to [islandhearing@gmail.com](mailto:islandhearing@gmail.com). To learn more about Island Hearing Healthcare, go to [islandhearing.net](http://islandhearing.net).

## Life Line Screening Event

By Life Line



The mission of Life Line Screening is to provide affordable and

convenient health screenings that supplement your traditional healthcare. Life Line Screening will offer these non-invasive and painless health screenings at Orcas Senior Center on **Tuesday, November 15**. These screenings will help identify dangerous plaque buildup or blockage, a major risk factor for stroke and heart disease. The screenings are accurate, affordable and will give you valuable information about your health that you can share with your doctor.

Life Line will offer a package of five screenings to identify risk for stroke, heart disease and other chronic conditions, including **Carotid Artery Screening (Plaque), Peripheral Arterial Disease Screening, Abdominal Aortic Aneurysm (AAA), Atrial Fibrillation, Osteoporosis Risk.**

These five vital screenings take 60-90 minutes to complete. Get pricing information and register by calling toll free 1-888-653-6441, text the word "circle" to 797979, or online at <https://llsa.social/HS>.

## Volunteers Needed!



### Join us in serving our island seniors!

Help your local senior center provide essential services by:

- Becoming a Meals on Wheels driver
- Helping in the kitchen
- Supporting the front office
- Providing transportation to medical appointments
- And more!



**Scan this code to open our page!**

We need your help to provide critical services to seniors in our community. Become a volunteer today and make a difference!



**Orcas Island Senior Center**  
62 Henry Rd  
Eastsound, WA 98245

For more information, contact Jami Mitchell  
[jamimesanjuanico.com](http://jamimesanjuanico.com)  
360-376-7926

## Public Notary Service

Do you need documents notarized? Drop by Orcas Senior Center on **Monday, November 14, 9:30am-1pm** for notary services provided by Lisa Spesard.

If you have questions, contact Lisa Spesard at 360-865-4193 or by sending an email to [notary2thesanjuanislands@rockisland.com](mailto:notary2thesanjuanislands@rockisland.com).

You can also visit Lisa's website for more information: [www.notary2thesanjuanislandswashington.com](http://www.notary2thesanjuanislandswashington.com).





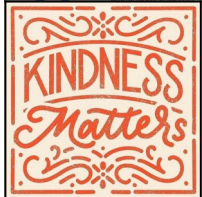




Notary services are available the second Monday of every month at Orcas Senior Center. Thank you, Lisa!





# November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Our aim is to host in-person lunches on Mondays November 7, 14, 21, and 28. Salads served at 11:30am. Hot entrees served at Noon.		<b>1</b> <b>National Cinnamon Day</b> 	<b>2</b> <b>Meal on Wheels</b> 9a: Ease Please Qigong 9:30a: Slow Yoga 10:45a: Chair Yoga 11a: Ballet	<b>3</b> <b>9:30a: Zumba Gold</b> <b>1p: Medicare Presentation</b>	<b>4</b> <b>Meals on Wheels</b> 9:30a: Slow Yoga 10:30a: Ukuleles	<b>5</b> <b>9a: Virtual Zumba</b>
<b>6</b> <b>Daylight Savings Time Ends</b> 	<b>7</b> <b>Meal on Wheels</b> 9:30a: Watercolors 11:30a: Senior Lunch! 1p: Ukuleles 2p: Caregivers	<b>8</b> <b>Election Day</b> 9:30a: Zumba 11a: Feldenkrais 12:30p: Arthritis & Joint Mobility	<b>9</b> <b>Meal on Wheels</b> 9a: Qigong 9:30a: Slow Yoga 10:45a: Yoga 11a: Ballet 12:45p: Art Workshop 1p: Age, Me Too	<b>10</b> <b>Island Hearing by Appointment</b> <b>9:30a: Zumba Gold</b> <b>11:30a: ODC Meeting</b> <b>1p: Quilting</b>	<b>11</b> <b>CLOSED</b> 	<b>12</b> <b>9a: Virtual Zumba</b> 
<b>13</b> <b>World Kindness Day</b> 	<b>14</b> <b>Meal on Wheels</b> 9:30a: Notary! 9:30a: Watercolors 11:30a: Senior Lunch! 1p: Ukuleles 2p: Caregivers 5p: Diabetes	<b>15</b> <b>Life Line Screenings</b> 9:30a: Zumba Gold 12:30p: Arthritis & Joint Mobility Class	<b>16</b> <b>Meal on Wheels</b> 9a: Ease Please Qigong 9:30a: Slow Yoga 10:45a: Chair Yoga 11a: Silver Swans Ballet	<b>17</b> <b>9:30a: Zumba Gold</b> <b>10am: Chronic Pain Support Group</b> <b>1p: Medicare Presentation</b> <b>1p: SSCSJC Board Meeting</b>	<b>18</b> <b>Meals on Wheels</b> 9:30a: Slow Yoga 10:30a: Ukuleles	<b>19</b> <b>9a: Virtual Zumba</b> 
<b>20</b> <b>National Puzzle Week</b> 	<b>21</b> <b>Meal on Wheels</b> 9:30a: Watercolors 11:30a: Senior Lunch! 1p: Ukuleles 2p: Caregivers	<b>22</b> <b>9:30a: Zumba Gold</b> 11a: Feldenkrais 12:30p: Arthritis & Joint Mobility Class	<b>23</b> <b>Meal on Wheels</b> 9a: Qigong 9:30a: Slow Yoga 10:45a: Chair Yoga 11a: Ballet 1p: Age, Me Too	<b>24</b> <b>CLOSED</b> 	<b>25</b> <b>CLOSED</b>	<b>26</b> <b>9a: Virtual Zumba</b>
<b>27</b>	<b>28</b> <b>Meal on Wheels</b> 9:30a: Watercolors 11:30a: Senior Lunch! 1p: Ukuleles 2p: Caregivers	<b>29</b> <b>9:30a: Zumba Gold</b> 11a: Feldenkrais 12:30p: Arthritis & Joint Mobility Class	<b>30</b> <b>Meal on Wheels</b> 9:30a: Slow Yoga 10:45a: Chair Yoga 11a: Silver Swans Ballet			

## Fun and Connection at the Orcas Senior Center

### Watercolors Art Class

Are you interested in exploring your artistic side? Orcas Senior Center is hosting a **watercolors class for beginners on Mondays, 9:30-11am**. Basic supplies are required to participate and the cost per class is \$5. There is a limit of eight people per session so please reach out to instructor, Robbie Walker, to join.



To learn more about supplies needed and other details, reach out to Robbie directly at 360-376-7714 or [robbielouwalker@orcasonline.com](mailto:robbielouwalker@orcasonline.com).

### Age, Me Too, a Group for Woman

Are you interested in joining a group of women for an honest conversation about the complexities of aging? **Age, Me Too** is a discussion of women, for women that meets the **second and fourth Wednesday of each month, 1-3pm at Orcas Senior Center**. You must be willing to get vulnerable and be eager to open up for a truthful discussion about learning to navigate the complexities of getting **EVEN** older. Expect heavy conversations, but laughs are strongly encouraged.

To participate, reach out to Programs & Activities Coordinator, Steven Ziegler, at 206-413-6156 or email [steven@orcasseniors.org](mailto:steven@orcasseniors.org).

### Living Well with Diabetes Support Group

Are you living with diabetes and interested in joining others who are also managing this disease? In hopes that peer support from people with similar goals and challenges will help motivate the group to live better with diabetes, Orcas Senior Center, in collaboration with Orcas Island Lions Club, will host a monthly diabetes peer support group called **"Living Well with Diabetes" beginning Monday, November 14 at 5pm at Orcas Senior Center**.

The group is for adults living with diabetes and aims to encourage and support behavioral changes leading to increased exercise and healthy eating habits. Anyone interested in participating in the "Living Well with Diabetes" peer support group is encouraged to attend.

For additional information, please contact Stephen Bentley at 360-376-2299 or [stephen@swbentley.com](mailto:stephen@swbentley.com).

### Ukulele Kanikapila

Join the ukulele Kanikapila, Hawaiian for "play music," on **Mondays, 1-3pm at Orcas Senior Center**. The first half hour is a lesson or two and then everyone has the opportunity to play. Adults of all ages with all levels of ukulele expertise are welcome, as per requested by group, please be prepared to show your vaccination card at your first session. For inquiries, please contact Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).



## CURRENT SERVICES WE PROVIDE

**Community Lunch** is on track to continue in person on Mondays, November 7, 14, 21, and 28. In the near future, our aim is to again host multiple Senior Lunches each week.

**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](mailto:heidib@sanjuanico.com) for more information.

**Transportation assistance for medical appointments** is available. Call Jami Mitchell at 360-376-7926 to request a ride or to volunteer as a driver.

**Home Maintenance & Repair** pilot program helps seniors and adults with disabilities secure contractors and assure that work is done well and in a timely manner. Subsidies are not available at this time. Contact Allan Rosato at 360-643-4419 or [HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org).

**Foot care** services are provided by Footcare with a Heart, LLC by appointment only. Masks are required. 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](http://orcasseniors.org) for the latest offerings. Contact Steven Ziegler at [Steven@orcasseniors.org](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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 welcome.

**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](http://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](http://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](mailto:jamim@sanjuanco.com)  
Issue: November 2022  
Website: [www.orcaseniors.org](http://www.orcaseniors.org)



# Orcas Senior Signal

## Orcas Senior Center

December, 2022

### Orcas Senior Center, Companion Services in GiveOrcas Holiday Catalog: Dec. 1-15



Orcas Senior Center's Companion Services is in the **GiveOrcas Holiday Catalog, Dec. 1-15**. The senior center is working to raise \$15,000 to provide services essential to aging safely in place by reducing isolation, loneliness, depression, and neglect.

Companion Services serves in two ways: Hearts and Hands (home visiting) and Buddy Check-In. Hearts and Hands, an in-home visiting program has served homebound seniors and adults with disabilities for years. The Buddy Check-In program began in response to seniors isolating at home due to COVID-19. Although COVID-related restrictions have eased, the need for the Buddy Check-In program to check on seniors and assure their physical support needs and social connection is increasing as clients age. Many "Buddy" relationships have matured into friendships and will progress to Hearts and Hands services as clients' needs increase.

Look for Orcas Senior Center in the Holiday GiveOrcas Catalog at [www.GiveOrcas.org](http://www.GiveOrcas.org). Your contribution makes these ongoing senior services possible. **Thank you!**

### Holiday Potluck and White Elephant Exchange!

Join the Go-Go Girls and the Tea Ladies to celebrate the holidays at Orcas Senior Center on **Sunday, December 18, 4pm to 7pm**. Bring your favorite dish to share and a white elephant gift. Interested in helping to clean up or have questions? Please contact Maggie Kaplan at [mkaplan@centurytel.net](mailto:mkaplan@centurytel.net) or 360-376-5372. **Please RSVP to Maggie by Monday, December 12, 2022.**



### Art with Carla is Back!

Are you interested in exploring your artistic side? Art with Carla is back! Join us on **Fridays from 1-3pm, beginning December 2**. This class is lighthearted fun, structured around process, with an emphasis on you CAN do it! Folks of all skill levels are invited to come be creative people together (no experience required!)

Carla has an Associate in Arts degree in Visual Communications from The Art Institute of Seattle, and has taught classes numerous places on Orcas.

The cost for the class is \$10 (\$8 for members). For all inquiries, reach out to Carla directly at 360-317-5652 or [onlyonorcas@gmail.com](mailto:onlyonorcas@gmail.com).

### Afternoon Tea at Orcas Senior Center

Join us **Thursday, December 1 at 2pm** for an afternoon tea with lovely table settings and beautiful teacups and saucers at Orcas Senior Center. Visit with friends and enjoy tea, sandwiches, cookies, and Sherrie's famous scones. Piano music by Ron Myers. For inquiries, contact Maggie Kaplan at [mkaplan@centurytel.com](mailto:mkaplan@centurytel.com) or 360-376-5372.

### Quote for the Month . . .

*The secret to life is enjoying the passage of time.*

-James Taylor

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## ORCAS SENIOR CENTER

360-376-2677 [WWW.ORCASSENIORS.ORG](http://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](mailto:HeidiB@sanjuanco.com)

#### Jami Mitchell

Senior Services Specialist

(360) 376-7926

email: [JamiM@sanjuanco.com](mailto:JamiM@sanjuanco.com)

#### Barbara LaBrash

Human Services Manager

(360) 370-0595

email: [BarbaraLB@sanjuanco.com](mailto: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**—Cook

### ORCAS DISTRICT COMMITTEE

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

Tom Eversole—Chair  
Elsie Pamuk—Vice-Chair  
Diane Craig—Secretary

Maggie Kaplan  
Lynnette Wood  
Jerry Todd  
Jennifer Hairston  
Allan Rosato

### Nonprofit Staff

**Lena Kassa** 360-919-9312  
Operations Manager  
[Lena@orcasseniors.org](mailto:Lena@orcasseniors.org)

**Jim Glozier** 360-919-9318  
Companion Services Coordinator  
[Jim@orcasseniors.org](mailto:Jim@orcasseniors.org)

**Steven Ziegler** 206-413-6156  
Programs and Activities Coordinator  
[Steven@orcasseniors.org](mailto:Steven@orcasseniors.org)

**Darcey Miller** 206-413-6167  
Development Manager  
[Darcey@orcasseniors.org](mailto:Darcey@orcasseniors.org)

**Allan Rosato** 360-643-4419  
Home Maintenance & Repair Coordinator  
[HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org)

## Senior Council Update

Since February of 2022, the Senior Services Council (SSCSJC) has been working to move management of its three senior centers to separate nonprofits on Lopez, Orcas and San Jan Islands. Directors and staff have been busy itemizing the assets that need to be transferred and revising agreements with business partners including San Juan County and WCOA. Orcas Senior Center anticipates its transition will be complete 1/1/2023. These changes will allow each center to be nimbler and more responsive to senior needs in its community. Donations will continue to go to centers designated to receive them. More information is posted on your senior center website.

## Silent Auction: Holiday Quilts by Betty Hall

Two holiday themed quilts by the late Betty Hall have been generously donated to Orcas Senior Center for a silent auction. Betty's expertly crafted and festive quilts will be available for bidding at Orcas Senior Center until December 22 at 3pm. Bids will start at \$200. Come by to place your bid **Monday-Friday, 9am-3pm**.



## Monthly Meetings

Senior Services Council of San Juan County Board meetings, held 3<sup>rd</sup> Thursday of every month, at 1pm.  
Orcas District Committee meetings, held 2<sup>nd</sup> Thursday of every month, at 11:30am.  
Info: 360-376-2677 or email [admin@orcasseniors.org](mailto: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](mailto:jamim@sanjuanco.com) or call her at 360-376-7926.

## It Will Be Easier to Get Help Paying for Medicare in 2023



Effective January 1, 2023, if you're on Medicare, having a small nest egg will no longer keep you from receiving help paying for your Medicare. In the past, beneficiaries with more than \$8,400 (\$12,600 for a married couple) in assets, other than the home they live in and one vehicle they own, were not eligible for help through the Medicare Savings Program (MSP). But starting next year, Washington will drop the resources test to get MSP assistance.

**So why is that a big deal?** Washington pays the Part B Medicare premiums for everyone on MSP – that means in 2023 you will receive an extra \$169.40 each month from Social Security or \$2,032.48 in a year. In addition, if you've been paying a late enrollment penalty for your Part B coverage, the penalty will be waived as long as you're on MSP.

**Who will qualify for MSP in 2023?** Anyone on Medicare with a total monthly income from all sources of less than \$1,549 (\$2,080 for a married couple). If you're still working, only a portion of your earnings will be counted. Those numbers will be adjusted sometime in January to reflect the rising cost of goods and services. So even if your income is higher than \$1,549 (or \$2,080) you may be able to qualify for help through the MSP program.

**The MSP application process is simple.** You can [go online and print off the application form](#) and fill it out to mail in. You can also apply over the phone by calling the Department of Social & Health Services at 877-501-2233. Would you like help applying for MSP? Your local Statewide Health Insurance Benefits Advisors (SHIBA) volunteers are here to help you. A free, unbiased service of the Washington state Office of the Insurance Commissioner, SHIBA provides confidential Medicare counseling sponsored by Inter Island Healthcare Foundation. We have trained volunteer counselors available on Orcas.

**To get help with Medicare, please call the SHIBA office at 360-376-5892 to request an appointment.**

## Card Club on Thursdays

The Card Club at Orcas Senior Center invites you to play on **Thursdays, 1-3pm!** Join us in our weekly pinochle game or introduce us to a new game you are excited to share. For more info, call Linda Todd at 360-376-4969.

## Yams versus Sweet Potatoes... What's the Difference?

By Meals on Wheels & More!

We often use the terms yam and sweet potato interchangeably but they aren't the same thing. Starting with their origins, sweet potatoes are from the plant family Morning Glory (Convolvulaceae). Yams are from the Yam, "nyami" plant family (Dioscoreaceae). Both are different from the white potato (solanum tuberosum) of the Nightshade plant family. Sweet potatoes have orange or light yellow or purple colored smooth skin and flesh and are more moist than the yam. The yam, originating in Africa, has a pale brown rough skin and a drier, white flesh. We rarely see true yams here except in specialty markets.



The sweet potato is one of the oldest known vegetables. Scientists believe that the sweet potato was domesticated thousands of years ago in Central America and taken to Europe by Spanish explorers in the 15<sup>th</sup> and 16<sup>th</sup> century. From Spain, they spread throughout Europe and back to the new world. There are over 200 varieties of sweet potato, but we mostly see two varieties in our stores, the jewel and the garnet.

Sweet potatoes are a healthy alternative to other carbohydrates in the diet. The carbohydrate is "complex", digested more slowly, making it good for a person with diabetes. Sweet potatoes also contain large quantities of vitamin A, and good amounts of vitamin C, B6, magnesium, and fiber, folate, potassium, selenium, vitamin E and calcium. Not many foods can claim good quantities of 10 nutrients! Many of these nutrients help with cancer prevention, digestive health, healthy skin, energy production and a healthy immune system.

Sweet potatoes are enjoyed roasted, candied, boiled and fried and in soups, stews, and casseroles. Roasting sweet potatoes is simple and delicious. First peel and cut potatoes into 1" or 2" pieces. For one sweet potato, toss with 1 teaspoon of olive oil, 1 teaspoon of maple syrup or honey and ¼ teaspoon salt. You can also include a dash of black pepper, chili pepper, or cinnamon. Roast at 425° for 20 minutes on a cookie sheet. Turn over and continue baking for 10 – 20 minutes. They should be fork tender and a little caramelized when done.

Why not include this delicious and nutritious root vegetable in your holiday meals and all year long!

**Wishing you a happy and healthy holiday season.**



## Senior Lunch In Person on Mondays in December

Salads served at 11:30am and hot entrees served at Noon. Age 60+ - \$5 suggested donation.

December 5	December 12	December 19	December 26
Baked Cod Red Potatoes Broccoli	Chicken Enchiladas Spanish Rice Garden Salad	Herb Salmon Wild Rice Pilaf Kale Citrus Salad	CLOSED 

## Welcome to the ORCAS SENIOR CENTER Family

*Jeannie Doty, Anne Garfield,  
Maria Nutt, and Robert Nutt!*

Not a "friend" or need to renew?  
Go to [orcasseniors.org/friend](https://orcasseniors.org/friend).

### Ease Please Qigong with Joan Roulac by Zoom



Quiet the mind and strengthen the body with Joan Roulac's Ease Please four-week Qigong series. These 15-minute sessions will gently loosen muscles, strengthen immunity, build balance, and increase energy. This virtual series begins **Wednesday, December 7 at 9am** by Zoom. The fee is \$40 for the series.

Joan started teaching T'ai Chi Chih after becoming a Certified Teacher in 1987, and now leads Zoom classes around the world. For inquiries and registration, contact Joan Roulac directly by calling 360-298-2789 or email her at [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).

### Feldenkrais/Eurythmy Class In Person With Andrea Preiss

Orcas Senior Center and Andrea Preiss, Feldenkrais practitioner and therapeutic eurythmist, invite you to join an 8-session movement class at Orcas Senior Center beginning **Tuesday, January 24, 11am-12pm**. Mainly in sitting position, the gentle exercises of the Feldenkrais Method and eurythmy, will help enhance your mobility, stability, balance, and vision. Series fee is \$96 (\$80 for friends of OSC) or drop in for \$12 per session (\$10 for friends of OSC). Please wear comfortable clothing and non-slippery shoes.

Andrea is a physical therapist that has been practicing the Feldenkrais Method and eurythmy for nearly 40 years. Certified in Germany in 2002, Andrea taught at various locations throughout Seattle and started a private practice in 2019.

For inquiries, please contact Andrea at 206-383-7705 or email [andrea-preiss@sound-movement.org](mailto:andrea-preiss@sound-movement.org). To learn more about Andrea go to <https://sound-movement.org/>.



### Silver Swans Virtual Ballet with Emily Anton

Join Emily Anton for Silver Swans, an hour of basic and gentle ballet for older adults on **Wednesdays, 11am-12pm** by Zoom. Improve your mobility, posture, stability, and balance with this movement class that has been specially designed for seniors. Rediscover your love for ballet or find it for the first time! Fees are \$75 for 5-classes or \$15 per class. To register and other inquiries, contact Emily at [emilyanton@me.com](mailto:emilyanton@me.com) or 541-441-0022. Adults of all ages welcome. To learn more, visit Emily's website at [emilyanton.com/dancer](https://emilyanton.com/dancer).



### Slow Yoga and Chair Yoga In-Person with Susie Frank

Slow Yoga, offered on **Thursdays, beginning December 1, 9-10am at Orcas Senior Center**, incorporates the use of props and supports to help gain access to postures safely and mindfully. It is ideal for those new to yoga or those seeking a slower more supported practice.

Chair Yoga, also offered on **Thursdays, beginning on December 1, 10-11am**, is a gentle technique allowing seniors and persons with disabilities to practice balance poses without the risk of falling with the use of a chair as support.

Susie suggests a \$15 donation (\$12 for friends of OSC) per class, but nobody will be turned away for lack of funds. Contact Susie directly for participation and payment inquiries at 360-298-4484 or email [sissooz@yahoo.com](mailto:sissooz@yahoo.com). No class on Dec. 29.



### Zumba Gold

#### with Mikari Kurahashi or Alyson Stephens

Join Mikari Kurahashi's free virtual Zumba class with global music on **Saturdays at 9am**. Mikari has been a Zumba instructor since 2017 and aims for every class to feel like a party! Please note that classes will not be offered on December 24 and 31.

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, \$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. Adults of all ages welcome. To learn more about these Zumba classes, go to our Calendar of Events page at [orcasseniors.org](https://orcasseniors.org).

## IslandRides Updates

By IslandRides



Many thanks to the dedicated team of IslandRides staff, volunteers and board members for all their hard work ensuring that island residents can get to medical and other appointments, attend senior lunches, run errands, and get the supplies they need. Please note that this service may be affected in the event of inclement weather and poor road conditions. Please plan ahead and stock up on supplies now. Normal hours of operation are seven days a week, 10am-3pm (extended hours possible with prior arrangement). Thanks to the Transportation Voucher Program, grant funding, and donors, the rides are free or by donation (\$3 suggested donation per trip).

For more information, visit [www.islandrides.org](http://www.islandrides.org). If you are interested in becoming a volunteer driver for IslandRides, please reach out; we can work with your schedule.

**To schedule a ride or delivery on Orcas, call 360-672-2201.**

## Cognition and Swallow Screenings & Aging and Memory Presentation



Speech-Language Pathologist, Libby Lewis, will offer free cognition and swallow screenings at Orcas Senior Center on **Monday, December 12**. Screenings involve a review of concerns, a brief one-page assessment of cognition or observation of consumption of one food and one liquid item. A discussion of next steps to consider will follow.

Libby will also give a **brief presentation about aging and memory at 1pm**. Join this discussion on normal memory changes with age and learn tips and tricks on how to manage them.

Libby provides speech-language services to adults throughout the region. Her services target assessment and treatment in the following areas: speech articulation, expressive & receptive language, cognition, voice, and swallow safety. To schedule an appointment with Libby at OSC on **Monday, December 12**, please contact her directly at either [libby@breakthrough-speech.com](mailto:libby@breakthrough-speech.com) or 360-230-8010. To learn more, visit <http://www.breakthrough-speech.com/>.

## Resource Directory for Senior Issues

[Caring.com](http://www.caring.com) is an online senior care resource offering guides and tools aimed at helping seniors and caregivers select the right senior care products and services for their loved ones. They strive to help as many seniors and their caregivers as possible through guidance regarding elder care information and support, as well as comprehensive senior living and senior care directories. Learn more at: <https://www.caring.com/>.



## Island Hearing Healthcare



Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare will offer hearing appointments at Orcas Senior Center on **Thursday, December 1** and the first Thursday of each month moving forward. Services available include hearing tests, consultations, hearing aid programming, and other hearing aid services. Clean and checks of hearing aids, as well as general consultations will be offered free of charge.

To schedule an appointment and other questions please contact Stacie directly at 360-378-2330 or send an email to [islandhearing@gmail.com](mailto:islandhearing@gmail.com). To learn more about Island Hearing Healthcare, go to [islandhearing.net](http://islandhearing.net).

## Age, Me Too, a Group for Woman

Are you interested in joining a group of women for an honest conversation about aging? **Age, Me Too** is a discussion of women, for women that meets the **second and fourth Wednesday of each month, 1-3pm at Orcas Senior Center**. You must be willing to get vulnerable and should be eager to open up for a truthful discussion about learning to navigate the complexities of getting EVEN older.

Age, Me Too is open to all women that would like to attend and consists of heavy discussions about aging, but laughs are strongly encouraged too. To participate, contact Steven Ziegler, at 206-413-6156 or send an email to [steven@orcasseniors.org](mailto:steven@orcasseniors.org).

## Caregiver Support Group

The Family Caregiver Support Group (FCSG) meets at the Orcas Senior Center **Mondays at 2pm**. For more



information, contact Heidi Bruce, Aging & Family Case Coordinator at 360-370-0591 or [heidib@sanjuanico.com](mailto:heidib@sanjuanico.com). This support is FREE for anyone who is an unpaid caregiver for someone 60 or over or a disabled adult.

## Public Notary Service

Do you need documents notarized? Drop by Orcas Senior Center on **Monday, December 12, 9:30am-1pm** for notary services provided by Lisa Spesard. A donation to OSC is suggested for services, but not required.



If you have questions, contact Lisa Spesard at 360-865-4193 or [notary2thesanjuanislands@rockisland.com](mailto:notary2thesanjuanislands@rockisland.com).

You can also visit Lisa's website for more information: [www.notary2thesanjuanislandswashington.com](http://www.notary2thesanjuanislandswashington.com).

Notary services are available the second Monday of every month at Orcas Senior Center. Thank you, Lisa!



# December 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Our aim is to host in-person lunches on Mondays December 5, 12, and 19. No lunch will be served on Dec. 26. Salads served at 11:30am. Hot entrees served at Noon.</p>				<b>1</b> Island Hearing by Appointment 9a: Slow Yoga 9:30a: Zumba 10a: Chair Yoga 2p: Afternoon Tea!	<b>2</b> Meals on Wheels 1p: Art with Carla  1p: Knitting	<b>3</b> 9a: Virtual Zumba 
<b>4</b> National Cookie Day 	<b>5</b> Meal on Wheels 9:30a: Watercolors 11:30a: Senior Lunch! 1p: Ukuleles 2p: Caregivers Support Group	<b>6</b> 9:30a: Zumba 1p: Book Club 	<b>7</b> Meal on Wheels 9a: Ease Please Qigong 11a: Silver Swans Ballet	<b>8</b> 9a: Slow Yoga 9:30a: Zumba Gold 10a: Chair Yoga 11:30a: ODC Meeting 1p: Quilting	<b>9</b> Meals on Wheels 1p: Art with Carla 1p: Knitting 	<b>10</b> 9a: Virtual Zumba Animal Rights Day 
<b>11</b> International Mountain Day 	<b>12</b> Speech Pathology by Appointment Meal on Wheels 9:30a: Notary! 9:30a: Painting! 11:30a: Senior Lunch! 1p: Memory Presentation 1p: Ukuleles 2p: Caregivers	<b>13</b> 9:30a: Zumba Gold National Cocoa Day 	<b>14</b> Meal on Wheels 9a: Ease Please Qigong 11a: Silver Swans Ballet 1p: Age, Me Too	<b>15</b> 9a: Slow Yoga 9:30a: Zumba Gold 10a: Chair Yoga 10am: Chronic Pain Support Group 1p: SSCSJC Board Meeting	<b>16</b> Meals on Wheels 1p: Art with Carla 1p: Knitting National Underdog Day 	<b>17</b> 9a: Virtual Zumba National Maple Syrup Day 
<b>18</b> 4p: Holiday Potluck and Gift Exchange 	<b>19</b> Meal on Wheels 9:30a: Watercolors 11:30a: Senior Lunch! 1p: Ukuleles 2p: Caregivers	<b>20</b> 9:30a: Zumba Gold	<b>21</b> Meal on Wheels 9a: Ease Please Qigong 11a: Silver Swans Ballet	<b>22</b> 9a: Slow Yoga 9:30a: Zumba Gold 10a: Chair Yoga 1p: Quilting	<b>23</b> NO Meals on Wheels 1p: Art with Carla 1p: Knitting	<b>24</b> Christmas Eve 
<b>25</b> Merry Christmas! 	<b>26</b> <b>CLOSED</b>	<b>27</b> 9:30a: Zumba Gold	<b>28</b> Meal on Wheels 9a: Qigong 11a: Silver Swans Ballet 1p: Age, Me Too	<b>29</b> 9:30a: Zumba Gold	<b>30</b> Meals on Wheels 1p: Art with Carla 1p: Knitting	<b>31</b> New Year's Eve 

## Fun and Connection at the Orcas Senior Center

### Watercolors Art Class



Are you interested in exploring your artistic side? Orcas Senior Center is hosting a **watercolors class for beginners on Mondays, 9:30-11am**. Basic supplies are required to participate and the cost per class is \$5. There is a limit of eight people per session so please reach out to instructor, Robbie Walker, to join. To learn more about supplies needed and other details, reach out to Robbie directly at 360-376-7714 or [robbielouwalker@orcasonline.com](mailto:robbielouwalker@orcasonline.com).

### Quilting Group Meets Regularly



Are you interested in quilting? If so, join us every **second and fourth Thursday of the month, 1-4pm** at Orcas Senior Center. Masks are required. For questions, contact Steven Ziegler at 206-413-6156 or email [steven@orcasseniors.org](mailto:steven@orcasseniors.org).

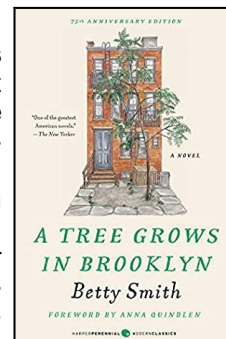
### Christmas Décor Galore at OSC

Please stop by Orcas Senior Center to peruse Christmas décor and holiday cards to take home for free or by generous donation. Come find a holiday treasure **Monday-Friday, 9am-3pm**.



### Book Club: A Tree Grows in Brooklyn by Betty Smith

Often scorned by neighbors for her family's erratic and eccentric behavior, no one, least of all Francie, could say that the Nolans' life lacked drama. Betty Smith has, in the pages of *A Tree Grows in Brooklyn*, captured the joys of humble Williamsburg life-from "junk day" on Saturdays, when the children of Francie's neighborhood traded their weekly take for pennies, to the special excitement of holidays, bringing cause for celebration and revelry. Betty Smith has artfully caught this sense of exciting life... (Amazon, n.d.)



To participate in this month's Book Club on **Tuesday, December 6 at 1pm**, please contact Stephen Bentley at 360-376-2299 or email [stephen@swbentley.com](mailto:stephen@swbentley.com).

### Ukulele Kanikapila

Join the ukulele Kanikapila, Hawaiian for "play music," on **Mondays, 1-3pm at Orcas Senior Center**. The first half hour is a lesson or two and then everyone has the opportunity to play. Adults of all ages with all levels of ukulele expertise are welcome, as per requested by group, please be prepared to show your vaccination card at your first session. For inquiries, please contact Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).

## CURRENT SERVICES WE PROVIDE

**Community Lunch** is on track to continue in person on Mondays, December 5, 12, and 19. No lunch will be served on Dec. 26. In the near future, our aim is to add another Senior Lunch day each week.

**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](mailto:heidib@sanjuanico.com) for more information.

**Transportation assistance for medical appointments** is available. Call Jami Mitchell at 360-376-7926 to request a ride or to volunteer as a driver.

**Home Maintenance & Repair** pilot program helps seniors and adults with disabilities secure contractors and assure that work is done well and in a timely manner. Subsidies are not available at this time. Contact Allan Rosato at 360-643-4419 or [HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org).

**Foot care** services are provided by Footcare with a Heart, LLC by appointment only. Masks are required. 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](http://orcasseniors.org) for the latest offerings. Contact Steven Ziegler at [Steven@orcasseniors.org](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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 welcome.

**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](http://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](http://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](mailto:jamim@sanjuanco.com)  
Issue: December 2022  
Website: [www.orcaseniors.org](http://www.orcaseniors.org)