



Festival of Trees at Rosario Resort and Spa

By Orcas Senior Center

Orcas Senior Center and class members from Art with Carla are excited to announce that they will be participating in the Moran Mansion Festival of Trees at Rosario Resort in December.

Local nonprofits are invited to participate by decorating a tree for display in the historic mansion. The public is invited to stop by the resort to view the beautiful, unique trees and vote for their favorite by purchasing a vote at \$1 per ticket. Each organization will receive the voting dollars and all voter tickets will also be entered into a raffle for prizes. So, be sure to stop by Rosario Resort and Spa during the month of December and vote for the Orcas Senior Center tree!

Ornament Making

By Orcas Senior Center

Come join us **Tuesday, Dec. 5 at 1 p.m.** and make a unique 2023 holiday ornament for your tree or to give as a gift! Supplies will be provided to paint flat wooden ornaments, but you are welcome to bring your own supplies.

The cost is \$10 or \$5 for OSC members. The class will be taught by local artist and book illustrator, Simone Hansen. Simone has been making and selling ornaments for the past few years on Orcas.

Questions? Contact Simone at simone31hansen@gmail.com. This class is open to everyone!

Quote for the Month

"In the end, it's not the years in your life that count. It's the life in your years."

– Abraham Lincoln



Pictured above, Ken Brown stands in front of art that he created in the weekly Art With Carla class at Orcas Senior Center. You can view the current art show on display in the Lundeen Room until Dec. 8.

"Fall Into Winter": Art Exhibit

By Orcas Senior Center

Stop by **Monday through Friday, 9 a.m. to 3 p.m.** to see the beautiful Fall into Winter art show at Orcas Senior Center! This art exhibit is all about celebrating the beauty of fall and winter. The show will run until Friday, Dec. 8 and features many talented local artists.

Holiday Potluck and White Elephant Exchange

By Orcas Senior Center

Join the Go-Go Girls and the Tea Ladies to celebrate the holidays at Orcas Senior Center on **Sunday, Dec. 10, from 4 to 7 p.m.** Bring your favorite dish to share and a white elephant gift. Interested in helping to clean up or have questions? Contact Maggie Kaplan at mkaplan@centurytel.net or 360-376-5372. Please RSVP to Maggie by Monday, Dec. 4, 2023.

Afternoon Tea

By Orcas Senior Center

A traditional afternoon tea with lovely table settings is being held at Orcas Senior Center on **Thursday, Dec. 7 at 2 p.m.** Visit with friends and enjoy tea, sandwiches, cookies, and Sherrie's famous scones. Piano music provided by Ron Myers. For inquiries or interest in helping, please contact Maggie Kaplan at mkaplan@centurytel.com or 360-376-5372.

What's inside...

DOL2Go Comes to Orcas
Page 3

Holiday Leftovers Food Safety
Page 5

Community Calendar
Page 6

And much more!



San Juan County Staff

Jami Mitchell

Human Services Manager
360-376-7926
JamiM@sanjuanco.com

Heidi Bruce

Aging & Family Case Coordinator
360-370-0591
HeidiB@sanjuanco.com

Steven Ziegler

Senior Services Specialist
360-370-7525
StevenZ@sanjuanco.com

HCS Main Office

360-378-4474

Tell Us What You Think

SJC Senior Services values your feedback. We take your comments seriously and strive to better serve our community. Feedback forms are available by contacting Jami Mitchell at JamiM@sanjuanco.com or calling 360-376-7926.

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 Orcas Senior Center, by mail, and online at www.orcasseniors.org. Please mail submissions to PO Box 1146, Eastsound, WA 98245.

Meals on Wheels and More

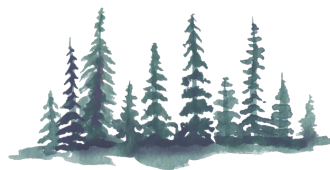
Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging. Meals on Wheels are delivered **Mon., Wed., and Fri.** Call 360-376-7926 for eligibility.

Ian Cassinos

Food Services Manager

Kevin Gregus & Mike Knight

Kitchen staff on Orcas



ORCAS SENIOR CENTER

Age Well on Orcas

Monday through Friday 9 a.m. to 3 p.m.

62 Henry Rd.
Eastsound, WA 98245
360-376-2677
www.orcasseniors.org
Friends of Orcas Senior Center,
DBA Orcas Senior Center, 501(c)3
nonprofit

Nonprofit Board of Directors

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Nonprofit Staff

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

Edy Hansen

Programs & Activities Coordinator
206-413-6167
Edy@orcasseniors.org

Got Bags?

Want to recycle your clean paper bags for re-use by our Meals on Wheels program? You can drop them off at the Orcas Senior Center during our **open hours of Monday through Friday, 9 a.m. to 3 p.m.** Thank you!

ORCAS SENIOR CENTER Welcomes New Members!

Edward LeCocq, Candace LeCocq, Jim Cook, and Carol Ann Anderson

Not a member or need to renew?

Go to orcasseniors.org/member.

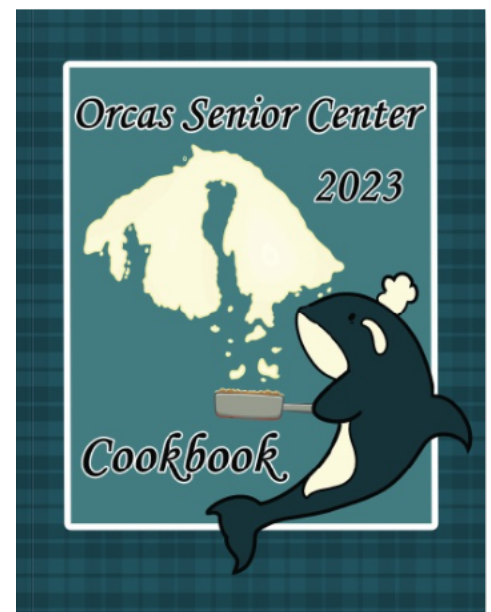
Grannie's Closet

By Orcas Senior Center

Grannie's Closet offers household décor, kitchen, and vintage items, crafting supplies, and much, much more. Located in the front lobby of OSC, Grannie's Closet has 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. We will also have a table of free or very reasonably priced holiday items out for the month of December. All the profit goes directly to support OSC, and all items are donated to OSC.

If you have items you wish to donate, OSC super volunteer, John Ehrmantraut, will gladly accept these on **Wednesdays 10:30 a.m. to 2 p.m.** or **Thursdays 8 a.m. to 12 p.m.** Check us out!



The Cookbook Is Here!

By Orcas Senior Center

We are so excited to announce that our 2023 cookbook is available for purchase! To purchase online, go to www.orcasseniors.org and follow the link to purchase. There will also be a handful of copies to purchase at the Orcas Island Historical Museum and Grannie's Closet. It is sure to make a very special holiday gift for friends and family! Thank you to everyone who contributed a recipe, a picture, or a story; you have all made this cookbook one to remember and celebrate!



Medicare Open Enrollment Ends December 7

By Orcas Island SHIBA

December 7 is the last day to make changes to your Medicare drug and Advantage plans this year to take effect on January 1, 2024. There is still time to get the right plan for next year if you act soon and trained Statewide Health Insurance Benefits Advisors (SHIBA) program volunteers are here to help.

The calendar for in-person appointments at the Orcas Island SHIBA office is nearly full, but there may be a few openings left. Call 360-376-5892 to schedule a counseling session today.

SHIBA, sponsored by Orcas Senior Center, is a free, unbiased, and confidential informational service offered through the Washington state Office of the Insurance Commissioner.

Family Caregiver Support Group

By San Juan County

The Family Caregiver Support Group (FCSG) meets at the Orcas Senior Center every **Monday at 1 p.m.** Caregivers report that one of the most stressful parts of caregiving is the feeling of isolation that caregiving often brings. The group is an effort to provide unpaid caregivers with emotional support and resources that will enable them to continue at home care and make it possible for care partners to continue to remain in their familiar environment. The support group offers participants the opportunity to ask questions, learn from others' experiences, share successes and challenges, or seek guidance in a safe, supportive, confidential environment.

For more information, contact Heidi Bruce, Aging & Family Case Coordinator, at 360-370-0591 or emailing heidib@sanjuanco.com.

Living Well with Diabetes

By Stephen Bentley
Orcas Senior Center

Are you living with Diabetes and interested in joining others that 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 The Orcas Lions Club, is hosting a monthly Diabetes peer support group called "Living Well with Diabetes".

The group is for those 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 **every fourth Thursday of the month from 11:30 am to 1:30 pm**. This month the group will meet on **December 28**. This is a brown bag lunch, so please bring your own lunch to eat.

For additional information, please contact Stephen Bentley by calling 360-376-2299 or at stephen@swbentley.com.



Mainland Shopping Trip

By Orcas Senior Center

We are very excited to announce our mainland shopping trip is back on **Saturday, Dec. 9** just in time to do some Christmas shopping! The van will leave from Orcas Senior Center at **7:30 a.m.** (leaving on the 8:45am ferry) and return on the 6:30 p.m. ferry. The van will stop at various stores in the Mount Vernon/Burlington area – just let our wonderful volunteer driver know where you want to go.

Please sign up with the front desk or contact Edy Hansen at 206-413-6167 or edy@orcasseniors.org

Rediscovering Life's Heights: Climbing Adventures

By Orcas Senior Center

"I feel alive again" were the first words said by Karen as she left Climb San Juan, a climbing gym in Friday Harbor. Four climbers, including two first time climbers, enjoyed this Sunday outing sponsored by the Orcas Senior Center. With instruction from the gym's owner, the climbers quickly acquired skills that allowed them to overcome any fear or trepidation they may have had; all successfully reached the top of at least one climbing route. All four vowed to go again.

If you are interested in taking part in another climbing field trip, please contact Edy Hansen at (206) 413-6167 and let her know what days of the week work best for you. Once at least four people express interest, she will organize another outing. Anyone aged 18 or older is welcome to sign up.

The Washington State Department of Licensing's New Mobile Service

By Orcas Senior Center

The Washington State Department of Licensing's new mobile service, DOL2Go, will travel to Orcas Island **Thursday, Dec. 14** to assist residents with their driver licensing and ID needs. The event will be held at the OSC from **1 to 4 p.m.** By taking advantage of our visit, customers can avoid a trip to the mainland.

DOL2Go offers the same services available in DOL offices, including enhanced ID cards and driver licenses. Customers applying for an enhanced card are encouraged to use DOL's online checklist (dol.wa.gov) to ensure they bring the correct documents.

Other services include driver license and ID card renewal and replacement, driver record issuance, records and reinstatement requirements review, and document review for first-time applicants who may not have standard-list identity documents. Knowledge and drive testing is not available.

DOL2Go cannot accept cash or check payments. Debit or credit card only, please.

Virtual Movement Classes

Pam's Power Hour with Pam Evans (Mon./Wed./Fri., 9 a.m.)

Low-impact strength, conditioning, and flexibility class that includes lots of stretching. \$10 per class. Contact Pam at 360-317-4636 or baca9214@gmail.com.

Zumba with Alyson Stephens (Tues./Thurs., 9 a.m.)

Low-impact dance fitness with songs that vary in speed. Also offered in-person at The Odd Fellows Hall. Classes are \$8 each or \$40 per calendar month. Contact Alyson at 360-298-2990 or alysonclarkstephens@gmail.com.

Zumba Gold with Mikari Kurahashi (Sat., 9 a.m.)

Low intensity dance exercise class featuring Latin and World rhythms designed to meet the needs of seniors. Free. Contact Mikari at mikariski@yahoo.co.jp.

Qigong with Joan Roulac (Wed., 9 a.m.)

15-minute sessions of Qigong to gently loosen muscles, strengthen immunity, build balance, and increase energy. Four-session series for \$40. Contact Joan at 360-298-2789 or joan@MountaintopMusings.com.

Weekly Card Club

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

Chair Yoga at OSC

Chair Yoga, offered on **Tuesdays, and Thursdays, 10 to 10:45 a.m.**, 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.

Teacher Susie Frank received her yoga teacher training in 2016. Susie suggests a \$15 donation (\$12 for OSC members) 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.



Basic Jewelry Making

Have you ever wanted to make jewelry or repurpose and redesign something you already have into something you love? Kate Jewell and Mary Greenwall are excited to share the basics of jewelry making with you on **Tuesday, Dec. 12 at 1 p.m.** at Orcas Senior Center. The cost to participate is \$15 and will include some basic jewelry making supplies. This class will be holiday themed with lots of red and green colored beads and an opportunity to make a simple holiday ornament. They will also be teaching how to make a zipper pull.

Mary Greenwell and Kate Jewell have been making and selling jewelry on Orcas since 2007. For more information, please contact either of them: Mary Greenwell at pw68@orcasonline.com or Kate Jewell at drkatejewell@yahoo.com. All are welcome to attend.

Feldenkrais Method/Eurythmy

Andrea Preiss, Feldenkrais Practitioner and therapeutic eurythmist, invites you to join a movement class at OSC **Tuesdays at 11 a.m.** Mainly in sitting position, the gentle exercises of the Feldenkrais Method and eurythmy, will help enhance your mobility, stability, balance, and vision. Please wear comfortable clothing and non-slippery shoes. The fees are \$12 per session (\$10 for members of OSC).

For inquiries, reach out to Andrea at sound-movement@hotmail.com or call 206-383-7705. To learn more about Andrea visit website www.sound-movement.org/.

Art with Carla!

Art with Carla, **Fridays, 1 to 3 p.m.** at OSC, 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!). The cost for the class is \$10 (\$8 for members of OSC). For all inquiries, contact Carla at 360-317-5652 or onlyonorcas@gmail.com.

No Watercolors Class Until March 2024

Watercolors will return on Mondays, 9:30 to 11 a.m. in March. Stay tuned for more information. Basic supplies are required to participate and the cost per class is \$10. There is a limit of participants per session, so please contact the instructor, Robbie Walker, to join. To learn more about supplies needed and other details, contact Robbie at 360-376-7714 or robbielouwalker@orcasonline.com.



Ukulele Kanikapila and Beginners' Ukulele

Join the ukulele Kanikapila, Hawaiian for "play music," **Mondays, 1 to 3 p.m.** at OSC. Open to all interested who want to play music for two hours once a week.

Don't know how to play the ukulele but want to learn? Participate in a twice weekly beginners' ukulele class with Kathy Collister on **Tuesdays and Thursdays, 12 to 1 p.m.** There is no fee for the class, but you need to provide your own ukulele.

For all ukulele related inquiries, including questions about borrowing a ukulele, please email Kathy at kcollister15@gmail.com. Beginners and adults of all ages are welcome to participate!

December Menu

Senior Lunch In-Person on Mon. and Wed.

Salads served at 11:30 am and hot entrees served at noon.

\$5 suggested donation for ages 60+.

MONDAY

DECEMBER 4

Chicken Marsala
Mashed Potatoes
Nantucket Veggies
Garden Salad
Sliced Peaches

DECEMBER 11

Gnocchi in Cream
Sauce w/ Chicken
Sausage
Green Beans
Garden Salad
Dessert

DECEMBER 18

Chicken Pot Pie
Garden Salad
Dessert

DECEMBER 25

CLOSED FOR
HOLIDAY



WEDNESDAY

DECEMBER 6

Italian Sausage
Cheese Tortellini
Soup
Dinner Roll
Garden Salad
Dessert

DECEMBER 13

Beef Shepherd's Pie
Garden Salad

DECEMBER 20

Veggie Lasagna
Caesar Salad
Garlic Bread
Dessert

DECEMBER 27

Chinese BBQ Pork
Fried Rice
Spring Rolls
Asian Slaw
Mandarin Oranges

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

Food Safety: Holiday Leftovers

By San Juan County

Big meals with loved ones is a common practice in winter holidays. Here are some things to keep in mind to make sure any leftovers are safe to eat after the feast is over! Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40°F and 140°F. Never leave perishable food out for more than 2 hours (or 1 hour if exposed to temperatures above 90°F).

Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw food on the counter because bacteria multiply quickly in the parts of the food that reach room temperature.

Learn more at [cdc.gov/foodsafety/keep-food-safe.html](https://www.cdc.gov/foodsafety/keep-food-safe.html).



MYTH: All Hospice Programs Are the Same

By Hospice of the Northwest

All Medicare-certified hospice providers are required to offer the same basic services, but there are differences between hospices that can affect the care you and your loved ones receive.










Medicare offers a helpful tool for comparing hospices at www.medicare.gov/care. Hospice providers are given star ratings based on caregiver satisfaction surveys. A four or five-star rating is a good indication that a hospice provides high-quality care.

Accreditation by an independent third party is also a good indication of high-quality care. For instance, Hospice of the Northwest is accredited by CHAP because we meet the industry's highest nationally-recognized quality standards.

There are also differences in the range and scope of services offered. At Hospice of the Northwest, we provide services beyond what Medicare requires—like massage therapy, community bereavement support, and specialized services for Veterans and pediatric patients. And unlike some hospices that offer limited support on nights and weekends, our patients and their loved ones have access to a registered nurse, social worker, or counselor on call 24/7.

We are here whenever you need us! Visit www.HospiceNW.org or call us at 360-814-5550 to learn more.

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>In-person lunches are hosted on Mondays and Wednesdays. Suggested donation is \$5 for 60+. Salads served at 11:30 am and hot entrees are served at Noon.</p>					1 9 am Power Hour 1 pm Art with Carla	2 9 am Zumba
3 <i>International Day of Persons with Disabilities</i> 	4 9 am Power Hour 11:30 am Senior Lunch! 1 pm Card Club, Ukulele & Caregiver Support Group	5 9 am Zumba 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1 pm Book Club & Ornament Making 1:30 pm Bridge Club	6 9 am Power Hour & Qigong 11:30 am Senior Lunch! 1 pm Socrates Cafe 	7 Island Hearing by Appointment 9 am Zumba 10 am Chair Yoga 12 pm Ukulele 1 pm Card Club 2 pm Afternoon Tea	8 9 am Power Hour 1 pm Art with Carla	9 <i>National Pastry Day</i> Mainland Shopping Trip 9 am Zumba 
10 4 pm Holiday Potluck & White Elephant Gift Exchange	11 9 am Power Hour 11:30 am Senior Lunch! 1 pm Card Club, Ukulele & Caregiver Support Group	12 9 am Zumba 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1 pm Jewelry Making 1:30 pm Bridge Club	13 9 am Power Hour & Qigong 11:30 am Senior Lunch! 1 pm Show and Tell	14 10 am Chair Yoga 12 pm Ukulele 1 pm Card Club, Quilting & DOL Mobile Service	15 9 am Power Hour 1 pm Art with Carla 	16 9 am Zumba
17 <i>National Maple Syrup Day</i> 	18 9 am Power Hour 11:30 am Senior Lunch! 1 pm Card Club, Ukulele & Caregiver Support Group	19 9 am Zumba 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1:30 pm Bridge Club	20 9 am Power Hour & Qigong 11:30 am Senior Lunch!	21 10 am Chair Yoga 12 pm Ukulele 1 pm Card Club 	22 9 am Power Hour 1 pm Art with Carla 2 pm Cookie Decorating Class	23 9 am Zumba 
24 <i>National Egg Nog Day</i>	25 SJC and OSC CLOSED 	26 9 am Zumba 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1:30 pm Bridge Club	27 9 am Power Hour & Qigong 11:30 am Senior Lunch!	28 10 am Chair Yoga 11:30 am Living Well with Diabetes 12 pm Ukulele 1 pm Card Club & Quilting	29 9 am Power Hour 1 pm Art with Carla	30 <i>Bacon Day</i> 9 am Zumba 

Bridge Club

Are you interested in playing bridge? Come play with the Bridge Club and make some new friends at OSC, **Tuesdays at 1:30 p.m.**! Contact Edy Hansen at edy@orcasseniors.org.

IslandRides is Available

IslandRides is available to island residents for free rides and they also do deliveries. If you would like a ride to the senior center, to run errands, to an appointment, or to buy groceries, call 360-672-2201. If you are interested in being a volunteer driver, call that number or visit www.IslandRides.org for more info.

Show and Tell!

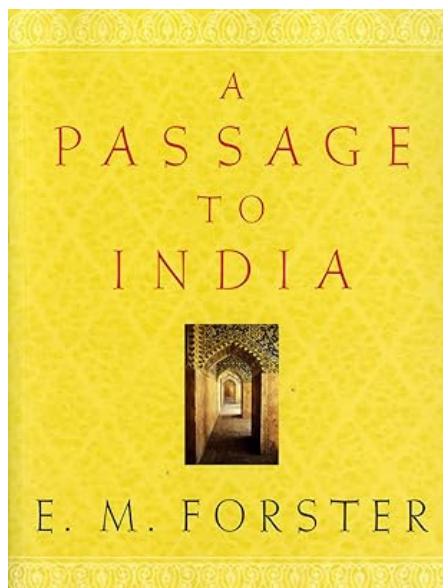
Do you have a special holiday item? Perhaps an ornament or nutcracker? It could be something you made, collected, found, or was given to you. We look forward to seeing what you show and tell after Senior Lunch on **Wednesday, Dec. 13**. Each month will be a different theme!

Island Hearing at OSC

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare, offers hearing appointments at OSC on the **first Thursday** of each month. Make your appointment in advance as slots fill up quickly. 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 are offered free of charge. Contact Stacie at 360-378-2330 or islandhearing@gmail.com. To learn more about Island Hearing Healthcare, go to their website at www.islandhearing.net.

Socrates Café

Join us on the **first Wednesday of the month at 1 p.m.** after lunch for Socrates Café. A gathering of people with different perspectives open to sharing their thoughts on interesting subjects. The next meeting will be **Dec. 6 at 1 p.m.** Coffee and tea will be provided and bring a snack to share (if you want). For questions, contact Norm at normp741@aol.com.



December Book Club: *Passage to India* by E.M. Forster

Hailed as one of the finest novels of the twentieth century and... an Academy Award-winning film, *A Passage to India* hauntingly evokes India at the peak of the British colonial era, complete with the racial tension that underscores every aspect of daily life. Into this setting, Forster introduces Adela Quested and Mrs. Moor, British visitors to Chandrapore who, despite their strong ties to the elusive colonial community there, are eager for a more authentic taste of India. But when their fates tangle with those of Cecil Fielding and his local friend, Dr. Aziz, at the nearby Marabar Caves, the community of Chandrapore is split wide open and everyone's life—British and Indian alike—is inexorably altered. (Amazon, n.d.)

To participate in the next Book Club on **Tuesday, Dec. 5 at 1 p.m.**, contact Stephen Bentley at stephen@swbentley.com or call 360-376-2299.

Quilting Group

Interested in quilting? If so, join us on the **second and fourth Thurs.** of each month **1 to 4 p.m.** at OSC. Bring your own quilting project and see what others are working on. For questions, call Edy Hansen at 206-413-6167 or send an email to Edy@orcasseniors.org.

Current Services Provided

Community Lunch is served in person at the Orcas Senior Center on Mondays and Wednesdays. Please join us! \$5 suggested donation for ages 60+. Salads are served at 11:30 am and hot entrees are served at Noon.

Home delivered meals are available for eligible seniors on Mon., Wed., and Fri. Please call Jami Mitchell at 360-376-7926 to check eligibility if you need meal support.

Case coordination and family caregiver resources are available to assess and offer options for those in need. Contact Heidi Bruce at 360-370-0591 or HeidiB@sanjuanico.com for more information.

Transportation assistance for medical appointments may be available. To request a ride or to volunteer as a driver contact Edy Hansen by calling 206-413-6167 or email Edy@orcasseniors.org.

Home Maintenance & Repair 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. Inquire by calling 360-643-4419 or emailing HomeRepair@orcasseniors.org.

Foot care services are provided by Footcare with a Heart, LLC by appointment only. To make an appointment or to inquire about the fee, please contact Erica Bee at 360-622-8234.

Programs and activities are listed on the enclosed calendar, or you can go to the Calendar of Events page at www.orcasseniors.org for the latest offerings. For more information, please contact Edy Hansen at Edy@orcasseniors.org or call 206-413-6167.

Companion Services are available. Buddy Check-In volunteers are calling their buddies for enriching conversation and companionship for seniors. Are you interested in being matched up with a Buddy volunteer? Email Lynnette Wood at Lynnette@orcasseniors.org or call 360-317-6567 to learn more!

Lions Club Mobility Equipment
Mon., Wed., & Fri. 10 to 11 am and
by appointment. Stephen Bentley,
360-376-2299.

Orcas Island Food Bank
Tuesdays and Fridays 11 am to 6:30
pm. Next to the Community Church.
For questions or information call
and leave a message at 360-376-
4445.

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

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

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

Orcas Door to Door
Call 360-622-2929 for on-island
transportation assistance.

Weatherization
Call OPALCO at 360-376-3500 or
OCRC at 360-376-3184 or email
info@orcascrc.org.

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

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

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

SAFE San Juans
Domestic violence and sexual
assault services to survivors and
loved ones. Call 360-376-5979. To
contact Orcas' 24-hour crisis line
call 360-376-1234.

**Mobile Integrated Healthcare
(MIH)**
Call 360-762-5035, email
MIH@orcasfire.org, or see
orcasfire.org for information.

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

IslandRides
Daily rides and deliveries by
donation. Call 360-672-2201.
Volunteer drivers 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. Call 360-378-2330.

Social Security
Call 1-800-772-1213 or go online to
www.socialsecurity.gov/myaccount.

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

***Please contact the service for
the most updated information.***

Address Service Requested

Bulk Rate
U.S. Postage
PAID
Permit #2
Eastsound, WA
98245

San Juan County Health & Community Services

PO Box 1146
Eastsound, WA 98245

Phone: 360-376-2677
Location: 62 Henry Rd
Email: stevenz@sanjuanco.com
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