



# Orcas Senior Signal

## Orcas Senior Center

January, 2023

### Dear Friends and Supporters:

By Lynnette Wood  
Orcas Senior Center Nonprofit Executive Director

Last year was a busy year at Orcas Senior Center, as we reintroduced in-person lunches, programs and activities. Today, our Nutrition Program (home-delivered Meals on Wheels and community lunches) is serving more seniors than ever before, while the range of new activities and the return of well-loved traditional activities is increasing month-by-month. The two Companion Services programs, Hearts and Hands and Buddy Check-In, continued to grow in 2022; as did a new program piloted last year: Home Maintenance and Repair. These programs will continue in 2023.

In the background, we prepared for the transition to a new nonprofit, Friends of Orcas Senior Center, which took over operations this month. The Senior Services Council of San Juan County (a nonprofit 501(c)(3) organization), which until now has overseen operations of the senior centers on Orcas, Lopez, and San Juan islands, will be dissolving. Last year, all parties worked closely with attorneys to ensure a seamless transition, with no interruption in services. Now, with the transition complete, we anticipate that services will improve, since having a single nonprofit entity focused just on Orcas will allow us to streamline administration, give us more flexibility in programming, and provide much needed stability.

Of course, we couldn't do any of this without your support, and the scores of volunteers who help make the center such a vibrant and active place. The Friends of Orcas Senior Center will depend on your support and your volunteer efforts just as much as did the Orcas District of the Senior Council. We thank you for being our friends, supporters, and volunteers, and look forward to continuing to serve you and bringing many exciting new programs your way in 2023. To learn more



about volunteer opportunities at the center please contact Programs and Activities Manager, Steven Ziegler, at 206-413-6156.



### Thank You for the Generous Support!

Thank you everyone for helping us fund our \$15,000 grant for Companion Services (Hearts and Hands, and Buddy Check-In) program through GiveOrcas. Because of 106 unique donors, OSC received \$1500 boost toward funding our grant! Pictured above: Genae and John Kaltenbach with the GiveOrcas "Flat Person," Amanda Sparks.

### 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)

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## Silent Auction at Orcas Senior Center

Come one, come all! Break the winter doldrums by taking part in a silent auction from **February 13 to 21, 9am to 3pm** at Orcas Senior Center (OSC). Beginning on Monday, February 13, you will find a selection of home décor, framed art, quilts, and other interesting items on auction. All are items donated to Orcas Senior Center, with profits going directly to support OSC. The winner of each item will be the person with the highest bid when the **auction closes promptly at 1pm on Monday, February 21**. Have any nicer items that you would like to donate? If so, contact Lynnette Wood at [Lynnette@orcasseniors.org](mailto:Lynnette@orcasseniors.org).

## Grannie's Closet is back in the lobby!

Grannie's Closet offers household décor, kitchen and vintage items, crafting supplies, and much more. Located in the front lobby of Orcas Senior Center, Grannie's Closet has a constantly changing array of items. All the items are donated and the profit goes directly to support 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 **Monday-Friday, 9am-3pm**.

### MEALS ON WHEELS AND MORE

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

**Ian Cassinos**—Food Services Manager  
**Mike Knight**—Cook

## Tax Help with Jim Biddick

April 15 will be here again before you know it, but fear not, Jim Biddick is back! Jim will be available by appointment to prepare tax returns for anyone with low to moderate income. Jim will be taking appointments on **Tuesdays, February 7, 2023, through April 14, 2023, from 10:30am to 4:30pm, at the Orcas Island Library**.

Contact Jim directly at [jimsyled01@gmail.com](mailto:jimsyled01@gmail.com) or call 360-376-2488 to schedule an appointment.

### ORCAS SENIOR CENTER

Friends of Orcas Senior Center, DBA Orcas Senior Center  
501(c)3 nonprofit

### Nonprofit Board of Directors

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## Winter Weather & Power Issues

Sometimes we can't deliver Meals on Wheels due to inclement weather. If Orcas Island School District is cancelled because of poor road conditions, then meal deliveries are 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.

## 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.

## Have a Dispute with the IRS?

A CENTS article by Andrew Barnett and Bennett Baucom\*



**CENTS**  
CONSUMER EDUCATION  
AND TRAINING SERVICES

Low-Income Tax Clinics (LITC) provide pro bono representation to individuals with disputes with the Internal

Revenue Service. This includes issues such as collections, audits, and appeals. To qualify for assistance from a LITC, a taxpayer's income must be below a threshold amount, generally 250% of the poverty line (\$33,975 per year for single taxpayers + \$11,800 per year for each additional family member in a household). There are dozens of LITCs across the country and most can provide services to non-English speakers. For the most current information on LITCs, see the "Find your local clinic" search tool at the bottom of: [www.taxpayeradvocate.irs.gov/litc](http://www.taxpayeradvocate.irs.gov/litc).

The University of Washington School of Law runs a LITC staffed by student-attorneys and a faculty director. The UW LITC operates remotely, providing services to clients anywhere in the U.S. If you are seeking assistance with a tax issue, you can contact the clinic directly at 206-685-6805 to request an interview to see if you qualify (Please note that the UW LITC does not prepare tax returns or offer tax preparation advice). Interviews are done year-round but may be temporarily paused if the clinic is over capacity. Additional information can be found at: <https://www.law.uw.edu/academics/experiential-learning/clinics/federal-tax/information-for-clients>.

For low-income taxpayers who need assistance preparing returns, the IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals. Additional information can be found here: <https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers>.

For those who do not qualify for assistance from an LITC, you can contact your local bar association to request assistance connecting with a tax attorney. In Seattle, the King County Bar Association provides a referral service, which can be accessed here: <http://www.kcba.org/For-the-Public/Hire-a-Lawyer>.

\*CENTS is a nonprofit organization that helps people protect their financial situation. CENTS has been writing articles for this newsletter for several years. To learn more about CENTS, visit [www.centsprogram.org](http://www.centsprogram.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!

Happy New Year from the Senior Nutrition program!

## Senior Lunch Menu

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

| January 2                       | January 9  | January 16                         | January 23                                | January 30  |
|---------------------------------|--|------------------------------------|---|---|
| <b>CLOSED</b><br>Happy New Year | Crab Cakes<br>Nantucket Veggies<br>Garden Salad<br>Peaches | <b>CLOSED</b><br>Celebrate MLK Day | Chicken Pot Pie<br>Garden Salad<br>Grapes | Vegetable Lasagna<br>Italian Veggies<br>Caesar Salad<br>Pudding |



## Welcome to the ORCAS SENIOR CENTER Family

*Melanie Krueger-Davis,  
Cindy Monteith, and  
Pierrette Guimond!*

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

### Zumba Gold

**with Mikari Kurahashi or Alyson Stephens**

Join Mikari Kurahashi's free virtual Zumba class with global music on **Saturdays at 9am (January 14 class begins at 10am)**. 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, with easy-to-follow choreography focused 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).

### Feldenkrais Method/Eurythmy Class

Orcas Senior Center and Andrea Preiss, Feldenkrais Method 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.

For inquiries, contact Andrea at 206-383-7705 or by emailing [andrea-preiss@sound-movement.org](mailto:andrea-preiss@sound-movement.org). To learn more about Andrea go to <https://sound-movement.org/>.

### Slow Yoga and Chair Yoga with Susie Frank



Slow Yoga, offered on **Thursdays 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, 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.

An Orcas resident for over 30 years, Susie Frank has been practicing yoga since 2009. 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 [sissooz@yahoo.com](mailto:sissooz@yahoo.com).

### Qigong and T'ai Chi 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 virtual series begins **Wednesday, January 4 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, January 10**. Fee is \$75 for the series.

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

### Art with Carla is Back!

Are you interested in exploring your artistic side? Art with Carla is back, held **Fridays at 1pm** at the Orcas Senior Center. 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!)

Cost for the class is \$10 (\$8 for friends of OSC). For all inquiries, please reach out to Carla directly at either 360-317-5652 or [onlyonorcas@gmail.com](mailto:onlyonorcas@gmail.com).

We look forward to seeing you at this and/or any of the other classes now offered in person at OSC. For a full list, check out the online calendar at [orcasseniors.org](https://orcasseniors.org).



## Living Well with Diabetes

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."

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 **Thursday, January 26, 11:30am to 1:30pm**. For information, contact Stephen Bentley at 360-376-2299 or [stephen@swbentley.com](mailto:stephen@swbentley.com).

## Welcome to Medicare Presentation

Is 2023 the year you join 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. The San Juan County SHIBA volunteers will be hosting a free Zoom presentation on **Thursday, January 19 at 2pm**. 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.



## Island Hearing Healthcare

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare will offer hearing appointments at Orcas Senior Center on **Thursday, January 5** 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 at [islandhearing@gmail.com](mailto:islandhearing@gmail.com) or call 360-378-2330. To learn more about Island Hearing Healthcare, visit her website [islandhearing.net](http://islandhearing.net).

## Alzheimer's Helpline Available

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®**

## MYTH: Hospice means giving up hope

By Eric Bosell from Hospice of the Northwest

*"I was so scared to even say 'hospice.' I thought it meant I had to give up trying. Give up praying for a cure. Give up hope."*

We hear this a lot in hospice. It is a common misconception that choosing hospice means giving up hope, but the true story is very different. Hospice helps the patient and their circle of support reimagine life in the face of a life-limiting illness. How? By focusing on maximizing quality of life based on an individual's needs and preferences. The goal is for the patient to live life as fully as possible in comfort and dignity.

Hospice helps patients and families cope with what is happening on their own terms. The focus is on managing pain and other uncomfortable symptoms so the patient can have more "good days." Hospice care actually relieves suffering, promotes dignity, and facilitates closure for patients and families.

Admission into hospice is not abandoning hope. It's choosing a more comfortable path, wherever the patient calls home, supported by a team of end-of-life experts. If you are thinking about hospice or have questions, discuss it with your healthcare provider or call Hospice of the Northwest at 360-814-5550. We're here to help.



**(360) 814-5550**

[Hospice\\_Info@HospiceNW.org](mailto:Hospice_Info@HospiceNW.org)

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

## Caregiver Support Group

The Family Caregiver Support Group (FCSG) meets in person every Monday from 2-3pm. For more information, please contact Heidi Bruce at 360-370-0591, or email her at [heidib@sanjuanco.com](mailto:heidib@sanjuanco.com).

## IslandRides Milestones



IslandRides passed big milestones in 2022 while serving riders in San Juan County. In 2022, IslandRides exceeded 50,000 miles of service making more than 10,000 trips for residents on three islands. These achievements were accomplished with the commitment of

30 dedicated volunteer drivers who know the unique circumstances of our separate islands. Please call if you would like to be a volunteer driver or to try a trip to the store as a rider in one of the electric cars. There is no charge. IslandRides can also do deliveries!

IslandRides is grateful to have received funding from the OICF Holiday GiveOrcas Campaign to provide admin help to Orcas Coordinator Sandy Playa. Thank you to the generous community for making this possible.













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



# January 2023

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

—Martin Luther King Jr.

| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   |
|--|---|---|---|--|--|--|
| <b>1</b><br><br><b>HAPPY NEW YEAR</b>  | <b>2</b><br><br><b>CLOSED</b>   | <b>3</b>  | <b>4</b><br>Meal on Wheels<br>9a: Ease Please Qigong<br>   | <b>5</b><br>Island Hearing by Appointment<br>9a: Slow Yoga<br>9:30a: Zumba<br>10a: Chair Yoga<br>1p: Card Club                   | <b>6</b><br>Meal on Wheels<br>1p: Art with Carla<br>1p: Knitting   | <b>7</b><br>9a: Virtual Zumba<br>                                 |
| <b>8</b><br>Argyle Day<br>                | <b>9</b><br>Meal on Wheels<br>11:30a: Senior Lunch!<br>1p: Ukuleles<br>2p: Caregivers Support Group               | <b>10</b><br>9:30a: Zumba Gold<br>12:30p: T'ai Chi  | <b>11</b><br>Meal on Wheels<br>9a: Ease Please Qigong<br>1p: Age, Me Too  | <b>12</b><br>9a: Slow Yoga<br>9:30a: Zumba Gold<br>10a: Chair Yoga<br>1p: Quilting<br>1p: Card Club                              | <b>13</b><br>Meal on Wheels<br>1p: Art with Carla<br>1p: Knitting<br> | <b>14</b><br>10a: Zumba International Kite Day<br>                |
| <b>15</b><br>National Hat Day<br>       | <b>16</b><br><b>CLOSED</b><br> | <b>17</b><br>9:30a: Zumba Gold<br>12:30p: T'ai Chi  | <b>18</b><br>Meal on Wheels<br>9a: Ease Please Qigong   | <b>19</b><br>9a: Slow Yoga<br>9:30a: Zumba<br>10a: Chair Yoga<br>1p: Card Club<br>2pm: Medicare Presentation                     | <b>20</b><br>Meal on Wheels<br>1p: Art with Carla<br>1p: Knitting  | <b>21</b><br>9a: Virtual Zumba<br>Squirrel Appreciation Day<br> |
| <b>22</b><br>National Hot Sauce Day<br> | <b>23</b><br>Meal on Wheels<br>11:30a: Senior Lunch!<br>1p: Ukuleles<br>2p: Caregivers                            | <b>24</b><br>9:30a: Zumba<br>11a: New Feldenkrais Class!<br>12:30p: T'ai Chi<br>1p: Book Club | <b>25</b><br>Meal on Wheels<br>9a: Ease Please Qigong<br>1p: Age, Me Too  | <b>26</b><br>9a: Slow Yoga<br>9:30a: Zumba<br>10a: Chair Yoga<br>11:30a: Diabetes Support Group<br>1p: Quilting<br>1p: Card Club | <b>27</b><br>Meal on Wheels<br>1p: Art with Carla<br>1p: Knitting  | <b>28</b><br>National Blueberry Pancake Day<br>                 |
| <b>29</b><br>National Puzzle Day<br>    | <b>30</b><br>Meal on Wheels<br>11:30a: Senior Lunch!<br>1p: Ukuleles<br>2p: Caregivers                            | <b>31</b><br>9:30a: Zumba Gold<br>11a: New Feldenkrais Class!<br>12:30p: T'ai Chi             | <p><b>Our aim is to host in-person lunches on Mondays January 9, 23, and 30. No lunch on January 2 or 16. Salads served at 11:30am. Hot entrees served at Noon.</b></p>  |  |  |  |

## Fun and Connection at the Orcas Senior Center

### Weekly Card Club

Want to play cards? The Card Club at Orcas Senior Center invites 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 about playing cards at Orcas Senior Center, contact Linda Todd at 360-376-4969.

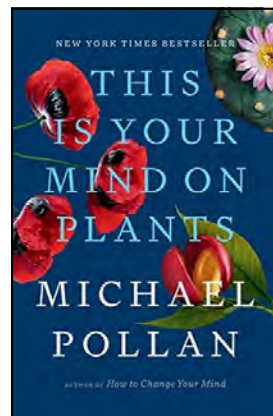


### Ukulele Kanikapila

Join the ukulele Kanikapila, Hawaiian for “play music,” on **Mondays, 1-3pm** at Orcas Senior Center. The first half hour is a lesson 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).

### Book Club: This is Your Mind on Plants by Michael Pollan

In *This Is Your Mind on Plants*, Michael Pollan dives deep into three plant drugs—opium, caffeine, and mescaline—and throws the fundamental strangeness, and arbitrariness, of our thinking about them into sharp relief... Pollan reckons with the powerful human attraction to psychoactive plants. Why do we go to such great lengths to seek these shifts in consciousness, and then why do we fence that universal desire with laws and customs and fraught feelings? (Amazon, n.d.)



To participate in the Book Club on **Tuesday, January 24 at 1pm**, please contact Stephen Bentley at [stephen@swbentley.com](mailto:stephen@swbentley.com) or call 360-376-2299.

### Afternoon Tea on February 2, 2pm

A traditional afternoon tea with lovely table settings and beautiful teacups and saucers will be held at Orcas Senior Center on **Thursday, February 2 at 2pm**. Piano music by Ron Myers. For inquiries or interest in helping out, please contact Maggie Kaplan at [mkaplan@centurytel.com](mailto:mkaplan@centurytel.com) or 360-376-5372.

## CURRENT SERVICES WE PROVIDE

**Community Lunch** is on track to continue in person on Mondays, January 9, 23, and 30. No lunch will be served on January 2 or 16. 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 evolving 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).

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Or Current Resident

SENIOR SERVICES COUNCIL  
OF SAN JUAN COUNTY

P O Box 1653  
Eastsound, WA 98245

Phone: 360-376-2677  
Location: 62 Henry Rd  
Email: [jamim@sanjuanco.com](mailto:jamim@sanjuanco.com)  
Issue: January 2023  
Website: [www.orcaseniors.org](http://www.orcaseniors.org)



# Orcas Senior Signal

## Orcas Senior Center

February, 2023

### Silent Auction February 13-21



Come one, come all! Break the winter doldrums by taking part in a silent auction from **February 13 to 21** at Orcas Senior Center. Beginning on Monday, February 13, you will find an interesting selection of items on auction, like a giclee print entitled "Fowler's Pond" by Sue Lamb, glass wine cooler, etched vase with giraffe motif, Crow Valley Pottery tray with bird (pictured), painting of Mount Constitution and Moran State Park arch, Facebook Portal+, books and greeting cards by Barbara Meyer, quilt by local quilters, and much, much more. All are items donated to Orcas Senior Center, with profits going directly to support OSC. Final bids will be accepted up to Tuesday, February 21 at 1pm. Have any nicer items that you would like to donate? If so, contact Lynnette Wood at [lynnette@orcasseniors.org](mailto:lynnette@orcasseniors.org). Auction hours at Orcas Senior Center are **Monday-Friday, 9am-3pm (closed February 20)**.

### Helping out is Fun!

One day in late December, we welcomed youth volunteers to help out at Orcas Senior Center. The kids were out of school for winter break, and happily helped out with projects at hand. Thank you to all of the volunteers that bring so much joy to our work at the Orcas Senior Center.



Pictured above are Bonnie Morris's grandchildren who helped pack cookie boxes for Meals on Wheels: Camryn Morris (12), Lauren Hruschka (15) and Avery Morris (15). At left is Jami Mitchell's son, Tiemo van Putten (10), who enjoyed helping fold newsletters.

### Grannie's Attic 2.0

Orcas Senior Center (OSC) is pleased to announce Grannie's Attic 2.0 to be held on **Saturday, April 29**. You may be wondering, "Why 2.0?" Because, unlike the previous Grannie's Attic, we will not be accepting donations of items for sale. Instead, we will be renting tables for anyone to sell their household or vintage items, tools, clothing, collectibles, or anything else. Table rentals are first come first serve, and will rent for \$20 in most locations, or \$30 per table each for the nine tables in the prime locations near the entrance. Each seller may rent up to two six-foot tables. To help cover the costs of hosting the event, shoppers will be invited to donate \$5 at the door. We also need volunteers to help set up the day before, tasks on day of, and clean up afterwards. Is this you? To rent a table or volunteer to help, please contact Programs and Activities Manager, Steven Ziegler, by calling 206-413-6156 or email [steven@orcasseniors.org](mailto:steven@orcasseniors.org).

### Afternoon Tea at OSC

Join us **Thursday, February 2 at 2pm** for an afternoon tea at Orcas Senior Center. Visit with friends and enjoy tea, sandwiches, cookies, and Sherrie's famous scones. For inquiries, contact Maggie Kaplan at [mkaplan@centurytel.com](mailto:mkaplan@centurytel.com) or 360-376-5372.



### Quote for the Month . . .

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

-Annie Dillard

### What's Inside

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## ORCAS SENIOR CENTER

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

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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 Services Manager  
Mike Knight—Cook

### ORCAS SENIOR CENTER

Friends of Orcas Senior Center, DBA Orcas Senior Center,  
501(c)3 nonprofit

### Nonprofit Board of Directors

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Allan Rosato—Vice President  
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## To our Friends and Supporters

By Lynnette Wood, Orcas Senior Center Executive Director



### ORCAS SENIOR CENTER

Last month I reported on the successful transition to a new nonprofit, Friends of Orcas Senior Center, which took over operations on January 1. This month I am excited to report that, along with the transition, we acquired the trade name "Orcas Senior Center (OSC)" We hope that this simple change will help bring clarity to the role of the nonprofit, and more clearly distinguish it from other entities that also offer services to seniors.

In order to ensure uninterrupted services during this transition, the OSC has entered into a new agreement with the Whatcom Council on Aging, allowing us to continue the lunch program. We will also continue our collaboration with the San Juan County's Senior Services Department with respect to building co-ownership and co-management, and we work closely with the County for referrals of services.

We are very pleased to continue with all our partnerships: With the Lions Club to provide mobility equipment, with SHIBA (Medicare and Medicaid consulting), with Footcare With a Heart, and with our audiology and speech pathology professionals. Our health and wellness classes; art and textile classes; book, card, and stamp clubs; Afternoon Tea and all our other regular activities have continued, uninterrupted, as have the Home Maintenance and Repair pilot program and Companion Services (Hearts and Hands and Buddy Check-In).

Meanwhile, we are again offering field trips, with the first one to Anacortes on January 27. We are excited to be starting up Meetings of the Minds again in February with Shona Aitken from Wolf Hollow on February 15. The lunch raffle is back, and we'll be hosting another Silent Auction mid-month. We have started planning for Grannie's Attic 2.0 to take place in April. Perhaps most exciting of all, we will be hosting the Orcas Island Cider and Mead Festival on July 15.

Keep your eyes peeled on this newsletter and our website for announcements of more field trips, and many other exciting new activities this coming year.

Of course, none of this could happen without the dedicated assistance of volunteers, so if you think you might be interested in helping Orcas Senior Center with any of these activities or events, please contact Programs and Activities Manager, Steven Ziegler at 206-413-6156 or [steven@orcasseniors.org](mailto:steven@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.





## Advance Care Planning + Dementia

Offered via Zoom

Thursday, February 16, 2-3pm

Register [here](#) or at [NWRCdementia@dshs.wa.gov](mailto:NWRCdementia@dshs.wa.gov)

Advance Care Planning is a process that takes time and active reflection. With a diagnosis of dementia, it gets more difficult to reflect on goals for end-of-life care. The ACP+D presentation is designed to educate people who are curious about what they can do to prepare themselves in the event of a dementia diagnosis and/or are caring for someone who has already been diagnosed. The presentation covers:

- a bit about dementia
- how to get started on your Advance Directive
- dementia-specific information and forms to accompany an Advance Directive
- The importance of the health care "agent"

About the presenter: Denise Weeks received training as an Advance Care Planning facilitator through the Whatcom Alliance for Health Advancement (WAHA). She is the author of *Mantra: Repetition in the Land of Alzheimer's*, and she is co-leader of a local support group for adult children caring for a parent with dementia.

## MYTH: Hospice is Expensive

By Hospice of the Northwest

One of the biggest concerns people have about hospice is how much it will cost. It's a common misconception that hospice care is expensive and many people fear the financial burden it may cause their family. At Hospice of the Northwest, we want to alleviate those fears.

As a Medicare-certified, Washington State-approved hospice provider, nearly all expenses are covered by Medicare, Medicaid, the Department of Veterans Affairs and/or by most private insurers. This includes medical and nursing care, medication for symptom control and pain relief, equipment, supplies, personal care assistance, as well as support from a dedicated social worker and spiritual counselor.

Hospice of the Northwest has never turned away a patient for an inability to pay. If a patient isn't covered by insurance or is struggling to pay out-of-pocket expenses, they may qualify for financial assistance through Hospice of the Northwest Foundation. We help lift the financial

burden of hospice care so patients and their loved ones can focus on what matters most: living every moment with compassion and dignity.

If you have questions or would like more information about what your insurance will cover, contact our Referral Center at 360-814-5550.



(360) 814-5550

[Hospice\\_Info@HospiceNW.org](mailto:Hospice_Info@HospiceNW.org)

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

## Is Only Colorful Food Healthful?

By Lynn Grieger, RDN, CDCES  
Food and Health Communications



Do foods need to be colorful to be healthful? No! We've all heard the recommendation to limit our intake of white carbohydrate-based foods like sugar and things made from processed white flour like bread, crackers, and cereal, along with refined grains such as white rice or pasta.

Sometimes people take that recommendation further, avoiding all white foods. While choosing a rainbow of colors of fruits and vegetables provides a wide variety of phytonutrients that the plants make to protect themselves (and benefit our overall health), many people forget that white foods fit into a rainbow of colors too!

**Consider adding these healthy and delicious white foods back into your regular food choices: Onion, garlic, leeks, and shallots** are in the group called **allium vegetables** that have been shown to decrease the risk of gastric cancer and help lower cholesterol due to containing flavonoid and polyphenol antioxidants. Allium vegetables have been part of our food choices for thousands of years, originating in West and Central Asia and then transported around the world so that they're integral to just about every type of cuisine. *Tip:* Liberally add these flavorful veggies to stir-fries, soups and stews, roasted vegetables, and sauces.

**Cauliflower** is a descendant of the wild cabbage *Brassica oleracea* and part of the cruciferous family of vegetables (Brussels sprouts, broccoli, and cabbage), named for their unique cross-shaped leaves. Cruciferous veggies contain antioxidants such as polyphenols and flavonoids that help to decrease inflammation associated with chronic disease such as diabetes and heart disease. A 2022 review of 57 articles showed that cruciferous vegetables such as cauliflower are associated with a reduced risk of mortality, cancers, and depression. *Tip:* Enjoy raw or slightly steamed cauliflower to benefit from the health-promoting compounds and antioxidants lost during boiling.

If you haven't tried **parsnips**, give them a chance! A member of the carrot family, these root vegetables have a slightly sweet, nutty flavor. A 2021 review of 46 published articles showed that parsnips contain anti-inflammatory, antispasmodic, vasodilator (blood vessel opening), antifungal, antimicrobial and antidepressant properties. *Tip:* Look for small- and medium-width roots for the best flavor and texture. Parsnips taste sweeter when cooked and can be added to soups, stews, roasted, or baked.

The nutrient-dense root vegetable, **jicama**, is part of the bean family and is native to Mexico. Jicama has a crunchy texture and slightly sweet flavor and is usually cut into sticks or slices and eaten raw in salads. Jicama is an excellent fiber source and contains inulin, a prebiotic that helps feed the healthy bacteria in our digestive tract, contributing to overall health. *Tip:* Cut off the thick brown skin and substitute jicama in salads instead of celery or carrots. Or use it as a dipper for hummus or guacamole.

## Feldenkrais Method/Eurythmy with Andrea Preiss



Orcas Senior Center and Andrea Preiss, Feldenkrais Method practitioner and therapeutic eurythmist, invite you to join an 8-session movement class at Orcas Senior Center on **Tuesdays until March 14, 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 has taught at various locations throughout the Seattle region

For inquiries, reach out directly to Andrea by emailing her at [andrea-preiss@sound-movement.org](mailto:andrea-preiss@sound-movement.org) or call 206-383-7705. To learn more about Andrea please visit her website <https://sound-movement.org/>.

**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.**

## Slow Yoga and Chair Yoga with Susie Frank



Slow Yoga, offered on **Thursdays, 9:15-10:15am** 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, offered on **Thursdays from 10:30-11:30am**, 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.

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 \$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 [sisssooz@yahoo.com](mailto:sisssooz@yahoo.com).

## 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, February 1 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. For inquiries and registration, contact Joan Roulac directly by calling 360-298-2789 or email her at [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).

## Caregiver Support Group



The Family Caregiver Support Group (FCSG) meets **Mondays at 2pm**. For more information, contact Heidi Bruce, Aging & Family Case Coordinator at 360-370-0591, or send an email to her at [heidib@sanjuanco.com](mailto:heidib@sanjuanco.com). This support is FREE for unpaid caregivers of people 60 or over or a disabled adult.

## 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, please visit our online Calendar of Events page at [orcasseniors.org](http://orcasseniors.org).

## Senior Lunch In Person on Mondays in February

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

| February 6                                     | February 13  | February 20                   | February 27                               |
|--|--|-------------------------------|---|
| Chicken Pot Pie<br>Garden Salad<br>Apple Crisp | Chicken Lo Mein<br>Sugar Snap Peas<br>Garden Salad | Closed for<br>President's Day | Baked Salmon<br>Rice Pilaf<br>Green Salad |

## Thank you for renewing your friendship with Orcas Senior Center!

*Maria Dunsmore, Marguerite Olson,  
Catherine Smith, Stan Miller, Kay Miller,  
Patricia Geisinger, Marc Cohen, Eleanor  
Hoague, JoAn Mann, John Heath, Faith Heath,  
Mary Greenwell, Bruce Buchanan,  
Sally Buchanan, Amy Cole, Philip Miller, Jean  
Wellington, Tammy Myers, Karen Johnston,  
Tom Baldwin, and Miriam Ziegler!*

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

## IslandRides Updates



Recently, the non-profit IslandRides applied for new grant funding from WSDOT to support their operations in San Juan County. Volunteer driver numbers have increased as demand increases. If you would like to join the driving crew call 360-672-2201, or visit [www.IslandRides.org](http://www.IslandRides.org).

IslandRides provides rides for free or by donation to any island resident, focusing on seniors, people with disability or those who have no car or choose not to drive. **To schedule a ride or a delivery on Orcas, call 360-672-2201.**

## Tax Assistance with Jim

April 15 will be here again before you know it, but fear not, Jim Biddick is back! Jim will help prepare tax returns for anyone with low to moderate income. Jim will take appointments on Tuesdays through April 14, 10:30am-4:30pm, at Orcas Island Library. To schedule an appointment, contact him at 360-376-2488 or [jimsyled01@gmail.com](mailto:jimsyled01@gmail.com).

## Island Hearing Healthcare



Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare will offer hearing appointments at Orcas Senior Center on **Thursday, February 2** 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 either 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).

## Meeting of the Minds is Back!



Have you ever wondered what exactly goes on at Wolf Hollow Wildlife Rehabilitation Center? What types of animals do they care for? What are the main reasons these animals need help? What facilities are needed to rehabilitate them? Join Wolf

Hollow's Shona Aitken, Education Coordinator, at the Orcas Senior Center on **Wednesday, February 15 at 1pm**, as she answers these questions and many more.

Shona has worked in education and rehabilitation for over 30 years. As Education Coordinator at Wolf Hollow, her "mission" is to increase interest and appreciation in our local area wildlife and raise awareness of the impacts of human activities on these animals and their habitats.

Join us for Shona's presentation, on Wednesday, February 15 at 1pm at Orcas Senior Center. All are welcome.



## Art with Carla!

Are you interested in exploring your artistic side? Art with Carla is happening on **Fridays at 1pm**. 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 together; no experience required.

Carla has been drawing since childhood and is still drawing today. She has an Associate in Arts degree in Visual Communications from The Art Institute of Seattle.

Cost for the class is \$10 (\$8 for friends of OSC). For all inquiries, reach out to Carla directly at 360-317-5652 or [onlyonorcas@gmail.com](mailto:onlyonorcas@gmail.com).

## Living Well with Diabetes

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, will host 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 11:30am to 1:30pm**. This is a brown bag lunch, so please bring your own lunch to eat.

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





# February 2023

| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |
|---|--|---|---|---|--|--|
| <p><b>Our aim is to host in-person lunches on Mondays February 6, 13, and 27. No lunch will be served on Feb. 20. Salads served at 11:30am. Hot entrees served at Noon.</b></p> |  |   | <p><b>1</b><br/>Meal on Wheels<br/>9a: Ease Please Qigong</p>   | <p><b>2</b><br/>Island Hearing by Appointment<br/>9a: Slow Yoga<br/>9:30a: Zumba<br/>10a: Chair Yoga<br/>2p: Afternoon Tea!</p>       | <p><b>3</b><br/>Meal on Wheels<br/>1p: Art with Carla<br/></p>                                | <p><b>4</b><br/>9a: Virtual Zumba<br/></p>                          |
| <p><b>5</b></p>   | <p><b>6</b><br/>Meal on Wheels<br/>11:30a: Senior Lunch!<br/>1p: Ukuleles<br/>2p: Caregivers Support Group</p>               | <p><b>7</b><br/>9:30a: Zumba<br/>National Send a Card to a Friend Day<br/></p> | <p><b>8</b><br/>Meal on Wheels<br/>9a: Ease Please Qigong<br/>1p: Age, Me Too</p>   | <p><b>9</b><br/>9a: Slow Yoga<br/>9:30a: Zumba Gold<br/>10a: Chair Yoga<br/>1p: Quilting<br/>1p: Card Club</p>                        | <p><b>10</b><br/>Meal on Wheels<br/>1p: Art with Carla</p>   | <p><b>11</b><br/>9a: Virtual Zumba<br/>National Guitar Day<br/></p> |
| <p><b>12</b><br/>National Plum Pudding Day<br/></p>  | <p><b>13</b><br/>Silent Auction Begins!<br/>Meal on Wheels<br/>11:30a: Senior Lunch!<br/>1p: Ukuleles<br/>2p: Caregivers</p> | <p><b>14</b><br/>9:30a: Zumba<br/>Valentine's Day<br/></p>                   | <p><b>15</b><br/>Meal on Wheels<br/>9a: Qigong<br/>1p: Meeting of the Minds<br/></p> | <p><b>16</b><br/>9a: Slow Yoga<br/>9:30a: Zumba Gold<br/>10a: Chair Yoga<br/>1p: Card Club</p>  | <p><b>17</b><br/>Meal on Wheels<br/>1p: Art with Carla<br/>National Caregivers Day<br/></p> | <p><b>18</b><br/>9a: Virtual Zumba</p>   |
| <p><b>19</b></p>  | <p><b>20</b><br/><b>CLOSED</b><br/></p>   | <p><b>21</b><br/>Silent Auction Ends!<br/>9:30a: Zumba Gold</p>   | <p><b>22</b><br/>Meal on Wheels<br/>9a: Ease Please Qigong<br/>1p: Age, Me Too</p>  | <p><b>23</b><br/>9a: Slow Yoga<br/>9:30a: Zumba<br/>10a: Yoga<br/>11:30a: Living with Diabetes<br/>1p: Quilting<br/>1p: Card Club</p> | <p><b>24</b><br/>Meal on Wheels<br/>1p: Art with Carla</p>   | <p><b>25</b><br/>9a: Virtual Zumba</p>   |
| <p><b>26</b><br/>Carpe Diem Day<br/></p>   | <p><b>27</b><br/>Meal on Wheels<br/>11:30a: Senior Lunch!<br/>1p: Ukuleles<br/>2p: Caregivers</p>                            | <p><b>28</b><br/>9:30a: Zumba Gold<br/>1p: Book Club<br/></p>                |   |   |  |  |

## Fun and Connection at the Orcas Senior Center

### Quilting Group

Do you want to quilt together? If so, join us **every second and fourth Thursday of each month, 1-4pm** at Orcas Senior Center. Masks are required.

For questions, please contact Steven Ziegler at either [steven@orcasseniors.org](mailto:steven@orcasseniors.org) or 206-413-6156.

### Watercolors Art Class



Are you interested in exploring your artistic side? After a short winter break, Orcas Senior Center will again host a watercolors class for beginners starting **Monday, March 6**. Basic supplies are required to participate and the cost per class is \$5. There is a limit of 8 participants

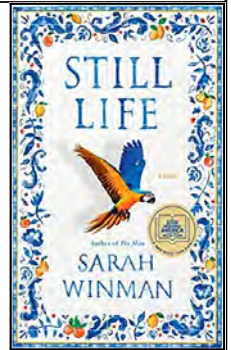
per session so please reach out to instructor, Robbie Walker, to join. To learn more about supplies needed, payment inquiries and other details, contact Robbie directly at [robbielouwalker@orcasonline.com](mailto:robbielouwalker@orcasonline.com) or call her at 360-376-7714.

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!

### February Book Club: *Still Life* by Sarah Winman

Tuscany, 1944: As Allied troops advance and bombs fall, a young English soldier, Ulysses Temper, finds himself in the wine cellar of a deserted villa. There, he has a chance encounter with Evelyn Skinner, a middle-aged art historian who has come to Italy to salvage paintings from the ruins and recall memories of her youth. In each other, Ulysses and Evelyn find a kindred spirit amidst the rubble of war-torn Italy... *Still Life* is a sweeping portrait of unforgettable individuals who come together to make a family, and a deeply drawn celebration of beauty and love in all its forms. (Amazon, n.d.)

To participate in this month's Book Club on **Tuesday, February 28 at 1pm**, please contact Stephen Bentley by emailing [stephen@swbentley.com](mailto:stephen@swbentley.com) or call 360- 376-2299.



### Ukulele Kanikapila

Join the ukulele Kanikapila, Hawaiian for "play music," on **Mondays, 1-3pm** at Orcas Senior Center. The beginning is a lesson and then everyone has the opportunity to play. Adults of all ages and all levels of ukulele expertise are welcome. For inquiries, please email Kathy Collister at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).



## CURRENT SERVICES WE PROVIDE

**Community Lunch** is on track to continue in person on Mondays, February 6, 13, and 27. No lunch will be served on February 20. 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** may be available. Call Lynnette Wood at 206-413-7926 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 evolving 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  
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Permit #10  
Eastsound, WA  
98245

Or Current Resident

SAN JUAN COUNTY HEALTH AND COMMUNITY SERVICES

P O Box 1146  
Eastsound, WA 98245

Phone: 360-376-2677  
Location: 62 Henry Rd  
Email: [jamim@sanjuanco.com](mailto:jamim@sanjuanco.com)  
Issue: February 2023  
Website: [www.orcaseniors.org](http://www.orcaseniors.org)





# Orcas Senior Signal

## Orcas Senior Center

March, 2023

### Lunch on Wednesdays!

We are excited to add Senior Lunch on Wednesdays at the Orcas Senior Center! You can now join us both Mondays and Wednesdays for lunch in person. Salads are served at 11:30am and hot entrées are served at 12pm. Suggested donation is \$5.

We ask everyone to remain diligent about curbing the spread of illness and staying home when sick. Vaccinations and boosters do not prevent the spread of viruses, only the severity of infection.

Thank you to the volunteers that help produce our meals. We need more volunteers for lunches, as well as for the front desk. Please contact Jami Mitchell at 360-376-7926 or [jamim@sanjuanico.com](mailto:jamim@sanjuanico.com) to inquire about various ways you could assist.



Pictured above is Irene O'Neill with a big 'Welcome,' Ron Myers plays the piano, and Fred and Marj Franke dance. Fun, food and friends!

### Meeting of the Minds is Back

On **Wednesday, March 15 at 1pm**, Islands' Oil Spill Association (IOSA) Interim Executive Director Elaina Thompson will share a brief history of IOSA, revitalization efforts of IOSA over the past four years, the Aleutian Isle sinking and the role IOSA played for the local community. Join Elaina, as she answers questions about IOSA and also conducts an Incident Command System drill to get everyone thinking like an IOSA volunteer.

Elaina has 20 years of professional experience working within the marine industry and the nonprofit realm. Elaina began volunteering with IOSA in 2019 and joined the Board of Directors in 2020.

Join us for Elaina's presentation on **Wednesday, March 15 at 1pm**. All are welcome.

### Afternoon Tea

A traditional afternoon tea will be held at Orcas Senior Center on **Thursday, April 6 at 2pm**. Visit with friends and enjoy tea, sandwiches, and desserts. For inquiries or interest in helping, please contact Maggie Kaplan at [mkaplan@centurytel.com](mailto:mkaplan@centurytel.com) or call 360-376-5372. We need help with this special event!

### Get Ready for Grannie's Attic 2.0!

Orcas Senior Center (OSC) is pleased to announce Grannie's Attic 2.0 to be held on **Saturday, April 29**. You may be wondering, "Why 2.0?" Because, unlike the previous Grannie's Attic, we will not be accepting donations of items for sale. Instead, we will be renting tables for anyone to sell their household or vintage items, tools, clothing, collectibles, or anything else. Table rentals are first come first serve, and will rent for \$20 in most locations, or \$30 per table each for the nine tables in the prime locations near the entrance. Each seller may rent up to two six-foot tables. To help cover the costs of hosting the event, shoppers will be invited to donate \$5 at the door. We also need volunteers to help set up the day before, tasks on day of, and clean up afterwards.

To rent a table or volunteer to help, please contact Programs and Activities Manager, Steven Ziegler, by calling 206-413-6156 or email him at [steven@orcasseniors.org](mailto:steven@orcasseniors.org).

### Quote for the Month . . .

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

-Theodore Roosevelt

### What's Inside

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## ORCAS SENIOR CENTER

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

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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 Services Manager  
Mike Knight—Cook

### ORCAS SENIOR CENTER

Friends of Orcas Senior Center, DBA Orcas Senior Center,  
501(c)3 nonprofit

### Nonprofit Board of Directors

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Allan Rosato—Vice President  
Paula Shuman—Treasurer  
Darcey Miller—Secretary

Diane Craig  
Jennifer Hairston  
Stephen Bentley

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Allan Rosato 360-643-4419  
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[HomeRepair@orcasseniors.org](mailto:HomeRepair@orcasseniors.org)

## Ukulele Classes for All Levels!

Join the ukulele Kanikipila, 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 welcome to join in or sit and listen.



Don't know how to play the ukulele but want to learn? Beginning **Tuesday, March 7 at 11am**, join Kathy Collister in a **weekly beginners' class**. Kathy will recommend resources to help get you started, and focus will be on learning introductory chords and strumming. No fee for the class, but you will need to provide your own ukulele.

For all ukulele related inquiries, including questions about borrowing a ukulele, please contact Kathy directly by emailing [kcollister15@gmail.com](mailto:kcollister15@gmail.com). Beginners and adults of all ages are welcome!

## Ukes go to Anacortes

Orcas Senior Center (OSC) ukulele players and music loving OSC members joined the Anacortes Senior Activity Center's Friday afternoon jam on January 27. Pictured below are the 40 players who joined in for the fun, including the Orcas visitors. More ukulele events are being planned for the coming year, so keep your eye peeled on this newsletter and on our website [orcasseniors.org](http://orcasseniors.org) for announcements. To learn more about other upcoming field trips and events, stop by the center or contact Programs and Activities Manager, Steven Ziegler, at 206-413-6156.



## Welcome to the ORCAS SENIOR CENTER Family

*Nita Couchman,  
Steven Jehly, and  
Tina Roye!*

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

**Tell Us What You Think...** San Juan County 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](mailto:jamim@sanjuanco.com) or 360-376-7926.



## MYTH: Hospice Care Means Death is Imminent

By Hospice of the Northwest

Many people think hospice is for patients with only a few days or weeks left to live. In reality, patients are often on hospice for months, and sometimes, even a year or more.

Hospice does not hasten death. In fact, research has shown that people on hospice often live longer—and with a greater quality of life—than similar patients who aren't receiving hospice care. There are even patients who "graduate" from hospice! This happens when someone's condition improves so much that they are no longer eligible for hospice care.

Don't wait until the need for hospice care becomes urgent. Enrolling in hospice early has many benefits. At Hospice of the Northwest, each patient is assigned a dedicated care team that provides expert medical, social, emotional, and spiritual support. We focus on the patient's needs and goals, contributing to best possible quality of life, and bringing comfort and relief to the patient and their loved ones.



A patient once told us, "Before hospice, I was dying. Now, I'm living." That's what hospice is all about. Questions? Call us at 360-814-5550. We're here to help.

## Welcome to Medicare Presentation

Is 2023 the year you join 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. The San Juan County SHIBA volunteers will be hosting a free Zoom presentation on **Thursday, March 23 at 2pm**. 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 with a SHIBA volunteer, email [orcasshiba@yahoo.com](mailto:orcasshiba@yahoo.com) or call 360-376-5892.

## Island Hearing Healthcare



Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare will offer hearing appointments at Orcas Senior Center on **Thursday, March 2** 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 by calling 360-378-2330 or email [islandhearing@gmail.com](mailto:islandhearing@gmail.com). To learn more about Island Hearing Healthcare, go to [islandhearing.net](http://islandhearing.net).

## Advance Care Planning Workshop

Advance care planning ensures your goals, values, and preferences are known, not only at the end of life, but if you become unable to communicate those desires due to illness or injury. Hospice of the Northwest will present Advance Care Planning on **Wednesday, April 5 at 1pm**. Participants will learn about advance directives, healthcare durable power of attorney (HCDPOA) and Physician Orders for Life-Sustaining Treatment (POLST). All documents are provided free of charge.

Join us for the first of three informative presentations from Hospice of the Northwest on **Wednesday, April 5 at 1pm at OSC**. Upcoming presentations include **Aging in Place** on May 3 and **Hospice 101** on June 7. All are welcome.

## Speech-Language Pathology

Speech-Language Pathologist, Libby Lewis, will offer free cognition and swallow screenings at Orcas Senior Center on **Tuesday, March 21**. 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 swallow problems at 1pm**. Are you experiencing challenges swallowing food, liquid, or pills? Join Libby in a discussion of what might cause such problems and what can be done to help.



Libby provides speech-language services to adults. 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 **Tuesday, March 21**, please contact her directly at 360-230-8010 or email [libby@breakthrough-speech.com](mailto:libby@breakthrough-speech.com). To learn more about Libby, visit <http://www.breakthrough-speech.com/>.

## Living Well with Diabetes

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, will host 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 11:30am to 1:30pm**. This month the group will meet on **March 23**. This is a brown bag lunch, so please bring your own lunch to eat.

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



## Feldenkrais Method/Eurythmy with Andrea Preiss



Orcas Senior Center and Andrea Preiss, Feldenkrais Method practitioner and therapeutic eurythmist, invite you to join a movement class at Orcas Senior Center continuing on **Tuesdays March 7 and 14, 11am-12pm**. Mainly in sitting position, the gentle exercises of the Feldenkrais Method and eurythmy, will help enhance your mobility, stability, balance, and vision. Drop in fee is \$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 has taught at various locations throughout the Seattle region.

For inquiries, reach out directly to Andrea by emailing her at [andrea-preiss@sound-movement.org](mailto:andrea-preiss@sound-movement.org) or call 206-383-7705. To learn more about Andrea please visit her website <https://sound-movement.org/>.

## Slow Yoga and Chair Yoga with Susie Frank



Slow Yoga, offered on **Thursdays, 9:15-10:15am** 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, offered on **Thursdays from 10:30-11:30am**, 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.

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 \$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 [sissooz@yahoo.com](mailto:sissooz@yahoo.com).

## Art with Carla!

Are you interested in exploring your artistic side? Art with Carla is happening on **Fridays at 1pm**. This class is light-hearted fun, structured around process, with an emphasis on you CAN do it! Folks of all skill levels are invited to come be creative together; no experience required.

Carla has been drawing since childhood and is still drawing today. She has an Associate in Arts degree in Visual Communications from The Art Institute of Seattle.

Cost for the class is \$10 (\$8 for friends of OSC). For all inquiries, reach out to Carla directly at 360-317-5652 or [onlyonorcas@gmail.com](mailto:onlyonorcas@gmail.com).

## Qigong and T'ai Chi Chih 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, March 1 at 9am** by Zoom. The fee is \$40 for the series.

Build better balance with T'ai Chi Chih. This four-week virtual series starts **Tuesday, March 14, at 12:30pm**. You will leave each practice feeling relaxed, supported, and energized. The fee for the series is \$75.

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

## Caregiver Support Group

The Family Caregiver Support Group (FCSG) meets **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).

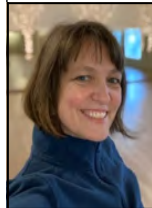
This support is FREE for unpaid caregivers of people 60 or over or a disabled adult.

## 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, please visit our online Calendar of Events page at [orcasseniors.org](http://orcasseniors.org).

## Tax Assistance with Jim

April 15 will be here again before you know it, but fear not, Jim Biddick is back! Jim will help prepare tax returns for anyone with low to moderate income. Jim makes appointments on Tuesdays until April 14, 10:30am-4:30pm, at Orcas Island Library. To schedule an appointment, contact him at 360-376-2488 or [jimsyled01@gmail.com](mailto:jimsyled01@gmail.com).

# March Lunch Menu

**Senior Lunch In Person  
on Mondays and Wednesdays**  
Salads served at 11:30am and hot entrees served  
at Noon. Age 60+ - \$5 suggested donation.

| MONDAY  | WEDNESDAY  |
|---|--|
|                      | <b>1</b><br>Macaroni & Cheese<br>Italian Sausage Link<br>Steamed Broccoli<br>Garden Salad<br>Applesauce    |
| <b>6</b><br>Sesame Orange Chicken<br>Jasmine Rice<br>Asian Veggies<br>Sesame Slaw<br>Mandarin Oranges | <b>8</b><br>All-Beef Frank on Bun<br>Bourbon Baked Beans<br>Steamed Veggies<br>Garden Salad<br>Apple Crisp |
| <b>13</b><br>Crab Cakes<br>Roasted Potatoes<br>Peas and Carrots<br>Garden Salad<br>Sliced Pears       | <b>15</b><br>Pesto Chicken Primavera<br>Pasta<br>Mixed Italian Veggies<br>Garden Salad<br>Bread Pudding    |
| <b>20</b><br>Stuffed Bell Pepper<br>Cornbread<br>Roasted Yam<br>Garden Salad<br>Applesauce            | <b>22</b><br>Salmon Filet<br>Wild Rice<br>Broccoli Florets<br>Garden Salad<br>Fresh Fruit                  |
| <b>27</b><br>Chicken Pot Pie<br>Garden Salad<br>Cookie  | <b>29</b><br>BBQ Pulled Pork<br>Coleslaw<br>Roasted Wedged Potato<br>Fresh Oranges                         |

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

## Get a Ride to Lunch with IslandRides!

By IslandRides

Concerned about the costs of maintaining a vehicle or your own ability to drive as you get older? IslandRides' shuttle service is a great alternative! Let us take you in one of our electric vehicles to the grocery store, your medical appointments, to lunch at the Orcas Senior Center, or wherever else you need to go on Orcas.

IslandRides provides rides for free or any donation amount to any island resident. When feasible, we recommend you book your ride ahead to avoid wait times; just give us a call at 360-672-2201. Visit [www.IslandRides.org](http://www.IslandRides.org) for more info.

## It's March! Time to Eat Oats?!

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

When thinking about traditional Irish cuisine around St. Patrick's Day, corned beef and cabbage is usually the first thing that comes to mind. In actuality, it was the Jewish immigrants in New York that popularized the dish due to their kosher diet. The beef became a staple in the area and adopted by the large Irish immigrant population and a national dish was born.

A better example of historical Irish cuisine would be "porridge," which is commonly known as oatmeal today. Because oats grow well in conditions where wheat and barley don't, oats were known to provide food during harsh growing years. There are two versions of oats you will find when you are out shopping, Irish oats and rolled oats. Irish oats, or "steel cut oats," are actually oats in their purest form that are simply cut and hulled. Rolled oats or "quick cooking oats" have been processed, steamed, and flattened to make oat flakes. As their name would suggest, quick oats can be ready in five minutes while steel cut oats can take up to 20 minutes to soften to an edible oatmeal.

Oats have remarkable health benefits. Oats, and especially the glucans in oat bran, provide both soluble and insoluble fiber to lower cholesterol and to provide bulk to slow the absorption of glucose (sugar) in the digestive tract. These actions have been linked to lowering the risk for heart disease and cancer, and for better control of diabetes. Oats' high fiber content and low-fat properties make it a great breakfast food to leave you feeling full and satisfied while providing a great source of carbohydrates to get you through your day.

An easy way to get oatmeal in your diet is making overnight oats. Simply combine the ingredients and leave in your refrigerator overnight and the next day you have a delicious high fiber, low-fat meal ready to go.



### Overnight oats:

- ½ cup rolled oats
- ½ cup milk (or milk alternative)
- ¼ cup plain or vanilla yogurt
- 1 tablespoon honey or maple syrup
- Optional: 1 tsp chia seeds (adds fiber and soaks up liquid)
- Experiment with different flavors by mixing in fresh or frozen fruit, nuts, cinnamon, nutmeg, or coconut.
- Place in a container in the fridge overnight. **Enjoy!**

**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®**



# March 2023

"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>You are invited!</b><br><br><b>Join us for in-person lunches on Mondays and Wednesdays.</b><br><b>Suggested donation is \$5.</b><br><b>Salads served at 11:30am.</b><br><b>Hot entrees served at Noon.</b> |   |  | <b>1</b><br><b>Meal on Wheels</b><br>9a: Ease Please Qigong<br>11:30a: Senior Lunch!                              | <b>2</b><br><b>Island Hearing by Appointment</b><br>9a: Slow Yoga<br>9:30a: Zumba<br>10a: Chair Yoga                | <b>3</b><br><b>Meal on Wheels</b><br>1p: Art with Carla<br>                                | <b>4</b><br><b>9a: Virtual Zumba</b><br><b>National Grammar Day</b><br>        |
| <b>5</b><br><b>National Cheese Doodle Day</b><br>  | <b>6</b><br><b>Meal on Wheels</b><br>9:30a: Watercolors<br>11:30a: Senior Lunch!<br>1p: Ukuleles<br>2p: Caregivers Support Group  | <b>7</b><br>9:30a: Zumba Gold<br>11a: Feldenkrais<br>11a: Beginning Ukulele Class<br> | <b>8</b><br><b>Meal on Wheels</b><br>9a: Ease Please Qigong<br>11:30a: Senior Lunch!<br>1p: Age, Me Too           | <b>9</b><br>9a: Slow Yoga<br>9:30a: Zumba Gold<br>10a: Chair Yoga<br>1p: Quilting<br>1p: Card Club                  | <b>10</b><br><b>Meal on Wheels</b><br>1p: Art with Carla  | <b>11</b><br><b>9a: Zumba</b><br><b>National Dream Day</b><br>                 |
| <b>12</b><br><b>National Plant a Flower Day</b><br>  | <b>13</b><br><b>Meal on Wheels</b><br>9:30a: Watercolors<br>11:30a: Senior Lunch!<br>1p: Ukuleles<br>2p: Caregivers               | <b>14</b><br>9:30a: Zumba Gold<br>11a: Feldenkrais<br>11a: Beginning Ukulele Class<br>12:30p: T'ai Chi Chih  | <b>15</b><br><b>Meal on Wheels</b><br>9a: Ease Please Qigong<br>11:30a: Senior Lunch!<br>1p: Meeting of the Minds | <b>16</b><br>9a: Slow Yoga<br>9:30a: Zumba Gold<br>10a: Chair Yoga<br>1p: Card Club                                 | <b>17</b><br><b>Meal on Wheels</b><br>1p: Art with Carla<br><b>St. Patrick's Day</b><br> | <b>18</b><br><b>9a: Virtual Zumba</b><br>                                    |
| <b>19</b><br><b>National Let's Laugh Day</b><br>   | <b>20</b><br><b>Meal on Wheels</b><br>9:30a: Watercolors<br>11:30a: Senior Lunch!<br>1p: Ukuleles<br>2p: Caregivers Support Group | <b>21</b><br><b>Speech Pathology by Appointment</b><br>9:30a: Zumba<br>11a: Beginning Ukulele Class<br>12:30p: T'ai Chi Chih<br>1p: Swallow Presentation               | <b>22</b><br><b>Meal on Wheels</b><br>9a: Ease Please Qigong<br>11:30a: Senior Lunch!<br>1p: Age, Me Too          | <b>23</b><br>9a: Slow Yoga<br>9:30a: Zumba Gold<br>10a: Chair Yoga<br>1p: Quilting<br>1p: Card Club<br>2p: Medicare | <b>24</b><br><b>Meal on Wheels</b><br>1p: Art with Carla  | <b>25</b><br><b>9a: Virtual Zumba</b><br><b>International Waffle Day</b><br> |
| <b>26</b><br><b>Wear a Hat Day</b><br>   | <b>27</b><br><b>Meal on Wheels</b><br>9:30a: Watercolors<br>11:30a: Lunch!<br>1p: Ukuleles<br>2p: Caregivers                      | <b>28</b><br>9:30a: Zumba<br>11a: Beginning Ukulele Class<br>12:30p: T'ai Chi Chih<br>1p: Book Club  | <b>29</b><br><b>Meal on Wheels</b><br>9a: Ease Please Qigong<br>11:30a: Senior Lunch!                             | <b>30</b><br>9a: Slow Yoga<br>9:30a: Zumba<br>10a: Yoga<br>1p: Card Club<br>2p: Lum Farm Field trip!                |    |   |



## Fun and Connection at the Orcas Senior Center

### Quilting Group

Do you want to quilt together? If so, join us **every second and fourth Thursday of each month, 1-4pm** at Orcas Senior Center. Masks are required.

For questions, please contact Steven Ziegler at either [steven@orcasseniors.org](mailto:steven@orcasseniors.org) or 206-413-6156.

### Watercolors Art Class



Are you interested in exploring your artistic side? After a winter break, Orcas Senior Center is again hosting a watercolors class for beginners starting **Monday, March 6, 9:30-11am**. Basic supplies are required to participate and the cost per class is \$5. There is a limit of 8 participants per session so please reach out to instructor, Robbie Walker, to join. To learn more about supplies needed, payment inquiries and other details, contact Robbie directly by calling 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!

### March Book Club: The German Lesson by Siegfried Lenz

Siggi Jepsen, incarcerated as a juvenile delinquent, is one day assigned to write a routine German lesson on the "The Joys of Duty." Overfamiliar with these "joys," Siggi sets down his life since 1943, a decade earlier, when as a boy he watched his father, constable of the northernmost police station in Germany, doggedly carry out orders from Berlin to stop a well-known Expressionist, their neighbor, from painting and to seize all his "degenerate" work. Soon Siggi is stealing the paintings to keep them safe from his father... Siggi recounts the clash of father and son, of duty and personal loyalty, in wartime Germany. (Amazon, n.d.)



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

### Visit the Baby Lambs at Lum Farm

Don't miss our "hybrid field trip" to Lum Farm on **March 30 at 2pm** 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 must RSVP to Steven Ziegler at 206-413-6156 or by emailing [steven@orcasseniors.org](mailto:steven@orcasseniors.org).

## CURRENT SERVICES WE PROVIDE

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

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

**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** may be available. Call Lynnette Wood at 206-413-6167 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:** Refer to the enclosed calendar or go to our Calendar of Events page at [www.orcasseniors.org](http://www.orcasseniors.org) for the latest offerings. Contact Steven Ziegler at [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org) or call 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, email [Companions@orcasseniors.org](mailto:Companions@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 evolving 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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Issue: March 2023  
Website: [www.orcasseniors.org](http://www.orcasseniors.org)



# Orcas Senior Signal

## Orcas Senior Center

April, 2023

### Grannie's Attic 2.0 Saturday, April 29, 9am-3pm



**Grannie's Attic 2.0 is almost here!**

The doors will open at **9am on Saturday, April 29, and**

**the sale lasts until 3pm that afternoon.**

Grannie's Attic 2.0 is primarily a community rummage sale; so who knows what treasures you will find! In addition, the Orcas Senior Center (OSC) will be selling Grannie's Closet items and the OSC Quilting Ladies will be selling fabrics and other sewing items. There should be something for everyone!

Vendors are invited to set up between 4pm and 6pm on Friday, April 28; or from 7:30am to 9:00am on Saturday morning. There are still a few tables left to rent, as well. Tables rent for \$20 in most locations, or \$30 per table in the prime locations near the entrance. Each seller may rent up to two tables. To help cover the costs of hosting the event, shoppers will be invited to donate \$5 at the door.

We please need volunteers to help set up the tables the day before, provide line tickets, take donations at the door, and remove tables and clean up after the sale.

To rent a table or volunteer to help, please contact Steven Ziegler at 206-413-6156 or email [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org).



Pictured above is contest winner and Orcas artist Carla Stanley with the new Luci B Wellness Van at a launch party in March. Carla's art submission was chosen as the inspiration for the art decorating the new van.

### Luci B Wellness Van Hits the Road in SJC

San Juan County Health and Community Services (HCS) has unveiled their new Luci B Community Wellness Van. This new addition will allow HCS to take their services to where islanders live, work, and play. With Luci B, HCS will be able to provide vaccination clinics, dental screenings, home- and community-visiting services, public health emergency response efforts, community outreach and education work, and more!



Luci B is road-ready and can travel to any ferry-served island. Parks, neighborhoods, businesses, schools, and more! If you would like to partner with the Luci B Community Wellness Van for a public health event, send an email to [LuciBWellnessVan@sanjuanco.com](mailto:LuciBWellnessVan@sanjuanco.com). Luci B is named after Lucinda Boyce, San Juan County's first midwife. To learn more about this exciting new project or the Lucinda Boyce's legacy of care, go to <https://www.sanjuanco.com/1917/Luci-B-Community-Wellness-Van>.

### Afternoon Tea

A traditional afternoon tea will be held at Orcas Senior Center on **Thursday, April 6 at 2pm**. Visit with friends and enjoy tea, sandwiches, and desserts.



For inquiries or interest in helping, contact Maggie Kaplan at 360-376-5372 or email [mkaplan@centurytel.com](mailto:mkaplan@centurytel.com). We need help hosting this special event so please consider lending a hand.

### Quote for the Month . . .

*Earth laughs in flowers.*

-Ralph Waldo Emerson

### What's Inside

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## ORCAS SENIOR CENTER

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

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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 Services Manager  
**Mike Knight**—Cook

### ORCAS SENIOR CENTER

Friends of Orcas Senior Center, DBA Orcas Senior Center,  
501(c)3 nonprofit

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**Tell Us What You Think...** San Juan County 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](mailto:jamim@sanjuanco.com) or by calling 360-376-7926.

## Ukulele Classes for All Levels!

Join the ukulele Kanikipila, 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 welcome to join in or sit and listen.

Don't know how to play the ukulele but want to learn? Participate in a **weekly beginners' class Tuesdays 11a-12p** with Kathy Collister. Kathy can recommend resources to help get you started, and focus will be on learning introductory chords and strumming. There is no fee for the class, but you will need to provide your own ukulele.

For all ukulele inquiries, including questions about borrowing a ukulele, email Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).

Total beginners and adults of all ages are welcome!



## Musical Guests at Lunch

Special thanks to Catherine Peder-son and her piano students for playing at a Senior Lunch in March. What a treat to hear these young artists honing their skills! Pictured at left is Sofia Rivera. Senior Lunch is served on Monday and Wednesday each week. See you there!



## Thank you for renewing your ORCAS SENIOR CENTER membership!

*William Gincig, Sigrid Mather,  
John Ehrmantraut, Robert Liebmann,  
Laurie Liebmann, Chris Thomerson,  
Lynn Thomerson, R. Poke Haffner,  
Doris McDonald, Brent McDonald,  
River Malcom, and Marjorie Hovelman!*

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

## MYTH: Hospice is Only Available for the Last Weeks of Life

By Hospice of the Northwest

Patients are eligible for hospice services when the current medical data, history, and condition indicate they have a likely prognosis of six months or less to live. As we all know, our health may follow a typical course or may change. Because of this, the hospice team must reevaluate a patient's status every two to three months to certify that they continue to meet Medicare, or their other insurance's, criteria.

It is not uncommon for a person to stabilize or even improve on hospice! When this happens, the individual may be discharged from hospice because they no longer meet criteria. This helps ensure these valuable services are available to everyone when they genuinely need them.

Patients can stay on hospice as long as they are medically-eligible. Don't wait until the last weeks of life. Enrolling in hospice early allows the patient and their loved ones to

receive the best quality of life possible for the longest time possible.



Please call Hospice of the Northwest at 360-814-5550 if you have questions about the hospice benefit or criteria to qualify for services.

## Free Medicare Help from SHIBA

If you have questions about 2023's changes to Medicare or need help with other Medicare issues, contact your local trained Statewide Health Insurance Benefits Advisors (SHIBA) volunteers. SHIBA is part of a program offered through the Washington State Office of the Insurance Commissioner. SHIBA provides free, unbiased and confidential Medicare counseling in San Juan County.

On Orcas SHIBA volunteers provide counseling by appointment at the Orcas Senior Center. Sessions can either be in person or by Zoom. To schedule your free counseling session for help with Medicare, call 360-376-5892. In San Juan County, SHIBA is sponsored by the Inter Island Healthcare Foundation.

## Island Hearing Healthcare

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare offers hearing appointments at Orcas Senior Center on the **first Thursday of each month**, this month on **April 6**. 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.

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

## Advance Care Planning Workshop

Advance care planning ensures your goals, values, and preferences are known, not only at the end of life, but if you become unable to communicate those desires due to illness or injury. Hospice of the Northwest will present Advance Care Planning on **Wednesday, April 5 at 1pm**. Participants will learn about advance directives, healthcare durable power of attorney (HCDPOA) and Physician Orders for Life-Sustaining Treatment (POLST). All documents are provided free of charge.

Join us for the first of three informative presentations from Hospice of the Northwest on **Wednesday, April 5 at 1pm at OSC**. Upcoming presentations include **Aging in Place** on May 3 and **Hospice 101** on June 7. All are welcome.

## Family Caregiver Support Group An Overview and Invitation

By Heidi Bruce

San Juan County Aging & Family Case Coordinator

Family and friends have always been the primary source of help to those with long-term care needs. They are the backbone of this nation's in-home care system. The Family Caregiver Support Group (FCSG) is for unpaid caregivers of people 60 and older or a disabled adult.

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.

The Family Caregiver Support Group (FCSG) meets at the Orcas Senior Center on **Mondays at 1pm**. For more information, contact Heidi Bruce, Aging & Family Case Coordinator, at 360-370-0591 or [heidib@sanjuanco.com](mailto:heidib@sanjuanco.com).

## Living Well with Diabetes

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 11:30am to 1:30pm**. This month the group will meet on **April 27**. This is a brown bag lunch, so please bring your own lunch to eat.

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

## Feldenkrais Method/Eurythmy with Andrea Preiss



Orcas Senior Center and Andrea Preiss, Feldenkrais Method practitioner and therapeutic eurythmist, invite you to join a movement class at Orcas Senior Center continuing on **Tuesdays April 25 and May 2 and 9, 11am-12pm**. Mainly in sitting position, the gentle exercises of the Feldenkrais Method and eurythmy, will help enhance your mobility, stability, balance, and vision. Drop in fee is \$12 per session (\$10 for friends of OSC). Please wear comfortable clothing and non-slippery shoes.

For inquiries, reach out directly to Andrea by emailing her at [andrea-preiss@sound-movement.org](mailto:andrea-preiss@sound-movement.org) or call 206-383-7705. To learn more about Andrea please visit her website <https://sound-movement.org/>.

## Slow Yoga and Chair Yoga with Susie Frank

Slow Yoga, offered on **Thursdays, 9:15-10:15am** 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, offered on **Thursdays from 10:30-11:30am**, 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.

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 [sissooz@yahoo.com](mailto:sissooz@yahoo.com).

## Art with Carla!

Are you interested in exploring your artistic side? Art with Carla is back! 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 **Fridays at 1pm** and be creative people together (no experience required!).

Carla recently won a contest to decorate the new San Juan County Luci B Community Wellness Van (see pg. 1).

Cost for the class is \$10 (\$8 for friends of OSC). For all inquiries, reach out to Carla directly at 360-317-5652 or by emailing [onlyonorcas@gmail.com](mailto:onlyonorcas@gmail.com).

## Tax Assistance with Jim

April 15 is almost here, so make your appointment for tax help now! Jim Biddick will help prepare tax returns for anyone with low to moderate income. Jim makes appointments on **Tuesdays until April 14, 10:30am-4:30pm**, at Orcas Island Library. To schedule an appointment, contact him at 360-376-2488 or [jimsyled01@gmail.com](mailto:jimsyled01@gmail.com).



## Qigong with Joan Roulac by Zoom

Quiet the mind and strengthen the body with Joan Roulac's nurturing Ease Please four-week Qigong series. These 15-minute sessions help increase mind/body harmony to feel peaceful, centered and re-energized. Students receive class recordings so they can practice anytime.

This virtual series is \$40 and begins **Wednesday, April 5 at 9am** by Zoom.

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



## 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, please visit our online Calendar of Events page at [orcasseniors.org](http://orcasseniors.org).

## Pam's Power Hour: Strength Training Virtually with Pam Evans

Join Pam Evans with the new Pam's Power Hour strength training class via Zoom on **Mondays, Wednesdays, and Fridays, 9-10am**. Pam's Power Hour is a low-impact strength, conditioning, and flexibility class that includes lots of stretching. You will begin with a warmup, then move into standing exercises that incorporate weights (light, heavy, or no weights), and finish with floor work focusing on legs, abs, and glutes.

While living in the US Virgin Islands in the 1980s, Pam earned a certification in aerobics. After realizing the benefits of strength training while aging, she obtained a personal training certificate.

Cost to attend is \$10 per class. Current participants are age 60 to 84, but adults of all ages are welcome to attend. For inquiries, please reach out to Pam directly at 360-317-4636 or [baca9214@gmail.com](mailto:baca9214@gmail.com).



# April Lunch Menu

**Senior Lunch In Person  
on Mondays and Wednesdays**  
Salads served at 11:30am and hot entrees served  
at Noon. Age 60+ - \$5 suggested donation.

| MONDAY   | WEDNESDAY  |
|--|--|
| 3<br>Chicken Strips<br>Red Potatoes<br>Oatmeal Bread<br>Corn Relish<br>Garden Salad      | 5<br>Pub Style Fish w/ tartar<br>Roast Sweet Potato<br>Broccoli Floret<br>Garden Salad<br>Peaches        |
| 10<br>Chicken Pot Pie<br>Blackberry Crisp<br>Garden Salad                                | 12<br>Reuben Style Chicken<br>Red Beans & Rice<br>Mixed Garden Veggies<br>Garden Salad<br>Pineapple Cake |
| 17<br>Chicken ala King<br>Over Brown Rice<br>Caesar Salad<br>Dinner Roll<br>Fresh Grapes | 19<br>Cheese Ravioli with<br>Marinara Sauce<br>Italian Veggies<br>Spinach Salad<br>Custard               |
| 24<br>Chicken & Dumplings<br>Peas & Onions<br>Garden Salad<br>Ice Cream Cup              | 26<br>Turkey Meatloaf<br>Mashed Potatoes<br>Nantucket Veggies<br>Garden Salad<br>Bread Pudding           |

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

## Get a Ride with IslandRides

By IslandRides

IslandRides provides rides for free or any donation amount to any island resident. When feasible, we recommend you book your ride ahead to avoid wait times; just give us a call at 360-672-2201. Visit [www.IslandRides.org](http://www.IslandRides.org) for more info.

Happy 10<sup>th</sup> Anniversary to San Juan Islands Shuttle System! April marks the 10<sup>th</sup> year the nonprofit has provided transportation in the islands, first as the 'Roundtown in Friday Harbor for many years, and more recently as *IslandRides* on San Juan, Lopez and Orcas islands.

Many thanks to the organization's founders—Bob Reilly and Curt VanHynning—for filling a community need with their own volunteered time and funds for so many years. Numerous people and resources have come together to provide and help grow this community service. Thanks to all of you!

**On Orcas, call 360-672-2201 if you need a ride!**

## Senior Farmers Market Nutrition Program

By Julie Meyers  
Meals on Wheels and More Director

Two very popular produce programs benefitting lower income older adults are back this spring! The Senior Farmer's Market Nutrition Program (SFMNP) will work a bit differently than in previous years. Funded by the USDA, the program will provide



lower income seniors with an electronic benefits card that will be used to purchase **\$80** in fresh fruits, vegetables, honey, and fresh-cut herbs at approved farmers markets and farm stores throughout Washington State. The electronic benefits card will replace the old paper coupons/vouchers. WCOA's Meals on Wheels and More program is responsible for distributing the SFMNP benefits cards to eligible seniors throughout Whatcom and San Juan Counties.

**To be eligible to receive a SFMNP Electronic Benefits Card, 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:  
\$26,973 Annual / \$2,248 Monthly for 1 person, or  
\$36,482 Annual / \$3,040 Monthly for 2 people

2023 SFMNP Affidavits/Applications will be available on the WCOA website, <https://whatcomcoa.org>, and at your local senior center by April 17, 2023. Benefits cards will be mailed to eligible seniors from our Bellingham office starting in May and will be redeemable between June 1<sup>st</sup> and October 31<sup>st</sup>. Information about approved markets and farm stores has not been released yet. We will provide updated information on our website as it becomes available.

To apply for SFMNP on Orcas, contact Jami Mitchell at 360-376-7926 or Heidi Bruce at 360-370-0591.

#GICU



## Great Islands Clean Up

Join your fellow islanders for the 2023 Spring Great Islands Clean Up on **Saturday, April 22 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 Katie Fleming at [katief@sanjuanco.com](mailto:katief@sanjuanco.com) or call 360-762-5821.



# April 2023

“Despite the forecast, live like it’s spring.”

— Lilly Pulitzer

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   |
|--|--|---|--|--|--|--|
| <b>You are invited!</b><br>Join us for in-person lunches on Mondays and Wednesdays. Suggested donation is \$5. Salads served at 11:30am. Hot entrees served at Noon. |  |   |  |  |  | <b>1</b><br>9a: Virtual Zumba  |
| <b>2</b><br>National Peanut Butter and Jelly Day<br>                                | <b>3</b><br>Meal on Wheels<br>9a: Pam’s Power Hour<br>9:30a: Watercolors<br>11:30a: Senior Lunch!<br>1p: Ukuleles<br>1p: Caregivers  | <b>4</b><br>9:30a: Zumba Gold<br>11a: Beginning Ukulele Lesson<br>   | <b>5</b><br>Meal on Wheels<br>9a: Qigong<br>9a: Power Hour<br>11:30a: Senior Lunch!<br>1p: Advance Planning Class<br>1p: Age, Me Too | <b>6</b><br>Island Hearing by appointment<br>9:15a: Slow Yoga<br>9:30a: Zumba<br>10:30a: Yoga<br>1p: Card Club<br>2p: Afternoon Tea  | <b>7</b><br>Meal on Wheels<br>9a: Pam’s Power Hour<br>1p: Art with Carla<br>                        | <b>8</b><br>9a: Virtual Zumba<br>Draw a Bird Day<br>                |
| <b>9</b><br>National Unicorn Day<br>  | <b>10</b><br>Meal on Wheels<br>9a: Power Hour<br>9:30a: Watercolors<br>11:30a: Senior Lunch!<br>1p: Ukuleles<br>1p: Caregivers       | <b>11</b><br>9:30a: Zumba Gold<br>11a: Beginning Ukulele Lesson<br>National Pet Day<br>                  | <b>12</b><br>Meal on Wheels<br>9a: Ease Please Qigong<br>9a: Pam’s Power Hour<br>11:30a: Senior Lunch!                               | <b>13</b><br>9:15a: Slow Yoga<br>9:30a: Zumba Gold<br>10:30a: Chair Yoga<br>1p: Quilting<br>1p: Card Club  | <b>14</b><br>Meal on Wheels<br>9a: Pam’s Power Hour<br>1p: Art with Carla  | <b>15</b><br>9a: Virtual Zumba<br>                                |
| <b>16</b><br>Good Deeds Day<br>   | <b>17</b><br>Meal on Wheels<br>9a: Pam’s Power Hour<br>9:30a: Watercolors<br>11:30a: Senior Lunch!<br>1p: Ukuleles<br>1p: Caregivers | <b>18</b><br>9:30a: Zumba Gold<br>11a: Beginning Ukulele Lesson   | <b>19</b><br>Meal on Wheels<br>9a: Ease Please Qigong<br>9a: Pam’s Power Hour<br>11:30a: Senior Lunch!<br>1p: Age, Me Too            | <b>20</b><br>9:15a: Slow Yoga<br>9:30a: Zumba Gold<br>10:30a: Chair Yoga<br>1p: Card Club<br> | <b>21</b><br>Meal on Wheels<br>9a: Pam’s Power Hour<br>1p: Art with Carla<br>National Tea Day<br> | <b>22</b><br>9a: Virtual Zumba<br>10a: Great Islands Clean Up<br> |
| <b>23</b><br><br><b>30</b>   | <b>24</b><br>Meal on Wheels<br>9a: Pam’s Power Hour<br>9:30a: Watercolors<br>11:30a: Lunch!<br>1p: Ukuleles<br>1p: Caregivers        | <b>25</b><br>9:30a: Zumba Gold<br>11a: Feldenkrais<br>11a: Beginning Ukulele Lesson<br>1p: Book Club<br> | <b>26</b><br>Meal on Wheels<br>9a: Ease Please Qigong<br>9a: Pam’s Power Hour<br>11:30a: Senior Lunch!                               | <b>27</b><br>9:15a: Slow Yoga<br>9:30a: Zumba<br>10:30a: Yoga<br>11:30am: Living with Diabetes<br>1p: Quilting<br>1p: Card Club  | <b>28</b><br>Meal on Wheels<br>9a: Pam’s Power Hour<br>1p: Art with Carla  | <b>29</b><br>9a: Virtual Zumba<br>National Zipper Day<br>         |

## Fun and Connection at the Orcas Senior Center

### Quilting Group

Do you want to quilt together? If so, please join us on the **second and fourth Thursday of each month from 1-4pm** at Orcas Senior Center. Masks are required. Bring your own quilting project and see what others are working on.

For questions, please email Steven Ziegler at [steven@orcasseniors.org](mailto:steven@orcasseniors.org) or call 206-413-6156.



### April Book Club: Suite Francaise by Irene Nemirovsky

A lost masterpiece of French literature, this epic novel of life under Nazi occupation was discovered 62 years after the author's tragic death at Auschwitz. Originally intended to be in five parts, the two that form this work are complete in themselves. Part One, "A Storm in June," is set in the chaos and mayhem of the massive 1940 exodus from Paris on the eve of the Nazi invasion. Part Two, "Dolce," opens in the provincial town of Bussy during the first influx of German soldiers. Each part features a rich cast of characters—people who never should have met, but come to form ambiguous relationships as they are forced to endure circumstances beyond their control. (Amazon, n.d.)



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

### Watercolors Art Class



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 to participate and the cost per class is \$5. There is a limit of 8 participants per session so please reach out to instructor, Robbie Walker, to join. To learn more about supplies needed, payment inquiries and other details, contact Robbie directly by calling 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.

### Weekly Card Club



Want to play cards? The Card Club at Orcas Senior Center invites 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.

## CURRENT SERVICES WE PROVIDE

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

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

**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** may be available. Call Lynnette Wood at 360-317-6567 or email [Lynnette@orcasseniors.org](mailto:Lynnette@orcasseniors.org) 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. Call 360-643-4419 or email [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:** Refer to the enclosed calendar or go to our Calendar of Events page at [www.orcasseniors.org](http://www.orcasseniors.org) for the latest offerings. Contact Steven Ziegler at [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org) or call 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, email [Companions@orcasseniors.org](mailto:Companions@orcasseniors.org) or 360-919-9318.



## COMMUNITY RESOURCES

*Below is a list of some evolving resources. Please 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).

**Mobile Integrated Healthcare (MIH):** Call 360-762-5035, email [MIH@orcasfire.org](mailto:MIH@orcasfire.org), or see [orcasfire.org](http://orcasfire.org) for information.

**Weatherization:** 1-800-290-3857, or via OPALCO: 360-376-3500 or OCRC 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).

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SAN JUAN COUNTY HEALTH AND COMMUNITY SERVICES

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Issue: April 2023  
Website: [www.orcaseniors.org](http://www.orcaseniors.org)



# Orcas Senior Signal

## Orcas Senior Center

May, 2023

### A Facelift for the Newsletter

A new look is coming in June for the Orcas Senior Signal monthly newsletter! Thanks to the efforts of Kyra Jahanfar of San Juan County Health & Community Services, readers will notice a refreshed style as we use different software to create the monthly publication. Kyra is creating the June edition to roll it off the presses while Jami Mitchell is out of office, and then Jami will resume production of the newsletter going forward. We hope that you appreciate this publication and enjoy the new look when it rolls out!

### Orcas Island Cider & Mead Festival

Orcas Island Cider & Mead Festival, a benefit for Orcas Senior Center, will be held **Saturday, July 15 from 11am to 4pm** at the Village Green in Eastsound. The cidery and meadery lineup continues to grow and includes local favorites, Boathouse Ciderworks and Madrone Cider. Live music and great local food from the Orcas Island Farmers Market will round out a wonderful day.

Get your discounted early bird tickets now at [www.orcasislandciderfest.org](http://www.orcasislandciderfest.org) because the price of tickets will increase the day of the event. We look forward to seeing you there!



### Afternoon Tea

A traditional afternoon tea will be held at Orcas Senior Center on **Thursday, June 1 at 2pm**. Visit with friends and enjoy tea, sandwiches, and desserts. For inquiries or interest in helping, contact Edy Hansen at 206-413-6167 or email [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org). We need help hosting this special event so please consider lending a hand.



Baby lambs and goats galore greeted the Orcas Senior Center field trip to the Lum Farm this spring. Pictured above (left to right) are Barbara Garrett, Maggie Kaplan, and Karen Johnston. Thank you to the Lum family for hosting us for this fantastic baby animal excursion!

Do you have ideas for field trips that you would like to suggest? Please contact Edy Hansen at 206-413-6167 or [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org).

Many thanks to super volunteer Pierette Guimond and those that helped her, including Cameron Snyder and Bob Phalan, mulch our landscaping at Orcas Senior Center. A special thank you to all of the donors who contributed to the fund to buy the mulch. We really appreciate Pierrette's efforts and all of the donations that make this possible.

### Quote for the Month . . .

*Nothing can dim the light that shines from within.*

-Maya Angelou

### What's Inside

|                          |   |
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## ORCAS SENIOR CENTER

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

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 the above 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 Services Manager  
**Mike Knight**—Cook

### ORCAS SENIOR CENTER

Friends of Orcas Senior Center, DBA Orcas Senior Center,  
501(c)3 nonprofit

### Nonprofit Board of Directors

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**Tell Us What You Think...** San Juan County 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](mailto:jamim@sanjuanco.com) or by calling 360-376-7926.

## Ukulele Classes for All Levels!

Join the ukulele Kanikipila, 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 welcome to join in or sit and listen.



Don't know how to play the ukulele but want to learn? Participate in a **weekly beginners' class Tuesdays 11am-12pm** with Kathy Colister. Kathy can recommend resources to help get you started, and focus will be on learning introductory chords and strumming. There is no fee for the class, but you will need to provide your own ukulele.

For all ukulele inquiries, including questions about borrowing a ukulele, email Kathy at [kcolister15@gmail.com](mailto:kcolister15@gmail.com).

Total beginners and adults of all ages are welcome!

## Meeting of the Minds: "Our Orca Neighbors" by Sally Hodson

Do you have questions about our majestic orca neighbors? How do they survive in such a cold dark environment? How do they find food, communicate with each other, and teach their young? Forty years of scientific research has revealed much about the lives of our resident orcas, their intelligence and social interactions, and the important roles of grandmothers and family in orca culture.



Dr. Sally Hodson loves to tell stories and using the power of story, she hopes to inspire people to care for our planet and the animals who share it. Sally has earned her doctoral degree at the University of Colorado, with a focus on environmental education, ecology, and animal behavior. While the Executive Director at The Whale Museum, she helped coordinate the rescue and release of Springer, a wild orphaned orca.

Join us for Sally's presentation, on **Wednesday, May 17 at 1pm** at Orcas Senior Center. All are welcome.

## Welcome to the ORCAS SENIOR CENTER Family!

*Sami Carver, Allan Hartle, and  
Liberté Liberté!*

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



## MYTH: Hospice is where you go when you have a terminal illness

By Hospice of the Northwest

This is a common misunderstanding! Hospice is a holistic program with a philosophy of care focused on you and your circle of support to help you have the highest quality of life possible. The hospice teams are entirely mobile and will come to you wherever you call home: house, apartment, hotel, adult family home, assisted living, skilled nursing facility, etc. Hospice is focused on providing compassionate care to a person and supporting their families, friends, and loved ones.

Hospice of the Northwest brings hope to individuals and families facing a life-limiting illness. Our team provides expert medical, emotional, social, and spiritual support that contributes to the best possible quality of life—at any age, wherever you are on your journey, and wherever you live. We come to you, focusing on your needs and goals so that you can live each day to its fullest in comfort and dignity.

If you have questions or want to enroll in hospice services, call Hospice of the Northwest at 360-814-5550. We're here to help.

## Island Hearing Healthcare

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare offers hearing appointments at Orcas Senior Center on the **first Thursday of each month**, this month on **May 4**. 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.

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

## Living Well with Diabetes with guest presenter Dr. Nicholas Castagna

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 is encouraged to attend **every fourth Thursday of the month from 11:30am to 1:30pm**. This month the group will meet on **May 25**. This is a brown bag lunch, so please bring your lunch to eat.

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

## Presentation on Aging in Place

Join us for the second in a series of three informative presentations by Hospice of the Northwest on **Wednesday, May 3 at 1pm** at Orcas Senior Center, Aging in Place. Learn tips for healthy aging and strategies for living independently in your home and community for as long as possible. Resources and materials will be provided free of charge.

The final presentation by Hospice of the Northwest, Hospice 101, to learn the basics of hospice care, eligibility requirements, how it's paid for, how to get started, and the types of support it provides to patients and families. There are many myths and misconceptions about hospice, so the truth may surprise you! This presentation will be on **Wednesday, June 7 at 1pm** at Orcas Senior Center. All are welcome.

## Cognition and Swallow Screenings



Speech-Language Pathologist, Libby Lewis, will offer free cognition and swallow screenings at Orcas Senior Center on **Monday, June 26**. 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 will follow.

Libby will also give a brief presentation about how speech therapy can help Parkinson's disease symptoms on **Monday, June 26 at 1pm**. Parkinson's disease impacts approximately 6 million people worldwide and presents a host of symptoms. Libby will discuss how speech therapy addresses changes in voice, speech, language, swallow safety, and cognitive skills to help slow disease progression.

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, June 26**, please contact her directly at [libby@breakthrough-speech.com](mailto:libby@breakthrough-speech.com) or 360-230-8010. To learn more, visit <http://www.breakthrough-speech.com/>.

## Welcome to Medicare Presentation

Is 2023 the year you join 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. The San Juan County SHIBA volunteers will be hosting a free Zoom presentation on **Wednesday, May 17 at 2pm**. 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 with a SHIBA volunteer, email [shibasjco@yahoo.com](mailto:shibasjco@yahoo.com) or call 360-376-5892.

## Feldenkrais Method/Eurythmy with Andrea Preiss



Orcas Senior Center and Andrea Preiss, Feldenkrais Method practitioner and therapeutic eurythmist, invite you to join a movement class at Orcas Senior Center continuing on **Tuesdays May 2 and 9, 11am-12pm**. These classes will be offered **each Tuesday in June!** Mainly in sitting position, the gentle exercises of the Feldenkrais Method and eurythmy, will help enhance your mobility, stability, balance, and vision. Drop in fee is \$12 per session (\$10 for friends of OSC). Please wear comfortable clothing and non-slippery shoes. For inquiries, reach out directly to Andrea by emailing her at [sound-movement@hotmail.com](mailto:sound-movement@hotmail.com) or call 206-383-7705. To learn more about Andrea please visit her website <https://sound-movement.org/>.

## Slow Yoga and Chair Yoga with Susie Frank

Slow Yoga, offered on **Thursdays, 9:15-10:15am** 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, offered on **Thursdays from 10:30-11:30am**, 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.

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 [sissooz@yahoo.com](mailto:sissooz@yahoo.com).

## 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, please visit our online Calendar of Events page at [orcasseniors.org](http://orcasseniors.org).

## Eastern Movement Classes with Joan Roulac via Zoom

Quiet the mind and strengthen the body with Joan Roulac's nurturing Ease Please four-week Qigong series. These 15-minute sessions will gently loosen muscles, strengthen immunity, build balance, and increase energy. This virtual series is \$40 and begins **Wednesday, May 3 at 9am**.



Relieve arthritis pain and increase joint mobility in a new 3-week series, starts **Tuesday, May 9 at 12:30pm** via Zoom. Learn gentle energy healing techniques that can decrease joint pain and increase flexibility. This seated practice is simple and easy to do. The series fee is \$60.

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 you can email her at [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).

## Watercolors Art Class with Robbie Walker

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 to participate and the cost per class is \$5.

There is a limit of 8 participants per session so please reach out to instructor, Robbie Walker, to join. To learn more about supplies needed, payment inquiries and other details, contact Robbie directly by calling 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.

## Pam's Power Hour: Strength Training virtually with Pam Evans

Join Pam Evans with the new Pam's Power Hour strength training class via Zoom on **Mondays, Wednesdays, and Fridays, 9-10am**. Pam's Power Hour is a low-impact strength, conditioning, and flexibility class that includes lots of stretching. You will begin with a warmup, then move into standing exercises that incorporate weights (light, heavy, or no weights), and finish with floor work focusing on legs, abs, and glutes.

While living in the US Virgin Islands in the 1980s, Pam earned a certification in aerobics. After realizing the benefits of strength training while aging, she obtained a personal training certificate.

Cost to attend is \$10 per class. Current participants are age 60 to 84, but adults of all ages are welcome to attend. For inquiries, please reach out to Pam directly at 360-317-4636 or [baca9214@gmail.com](mailto:baca9214@gmail.com).

# May Lunch Menu

**Senior Lunch In Person  
on Mondays and Wednesdays**  
Salads served at 11:30am and hot entrees served  
at Noon. Age 60+ = \$5 suggested donation.

|   |   |
|---|---|
|   |   |
| 1<br>Chicken Pot Pie<br>Dinner Roll<br>Apple Crisp<br>Garden Salad                  | 3<br>Salisbury Steak<br>Mashed Potatoes &<br>Gravy<br>Garden Salad<br>Bread Pudding         |
| 8<br>Chicken Pesto Pasta<br>Garlic Bread<br>Caesar Salad<br>Chocolate Pudding       | 10<br>Roast Beef<br>Mashed Potatoes &<br>Gravy<br>Corn Relish<br>Garden Salad               |
| 15<br>Chicken & Dumpling<br>Grapes<br>Garden Salad<br>Pineapple Upside<br>Down Cake | 17<br>Salmon Filet<br>Wild Rice Pilaf<br>Peas & Carrots<br>Blueberry Buckle<br>Garden Salad |
| 22<br>Turkey Meatloaf<br>Mashed & Gravy<br>Garden Salad<br>Fruit                    | 24<br>Tuna Casserole<br>Oatmeal Bread<br>Garden Salad<br>Jell-O                             |
| 29<br>Closed for<br>Memorial Day  | 31<br>Chef's Choice   |

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

## Get a Ride with IslandRides

IslandRides provides rides for free or any donation amount to any island resident. When feasible, we recommend you book your ride ahead to avoid wait times; just give a call to 360-672-2201. They also do deliveries!

Visit [www.IslandRides.org](http://www.IslandRides.org) for more info.

**On Orcas, call 360-672-2201 if you need a ride!**

## Senior Farmers Market Nutrition Program

By Julie Meyers  
Meals on Wheels and More Director

A very popular produce program benefitting lower income older adults is back! The Senior Farmer's Market Nutrition Program (SFMNP) will work a bit differently than in previous years. Funded by the USDA, the program will provide lower income seniors with an electronic benefits card that will be used to purchase **\$80** in fresh fruits, vegetables, honey, and fresh-cut herbs at approved farmers markets and farm stores throughout Washington State. The electronic benefits card will replace the old paper coupons/vouchers. WCOA's Meals on Wheels and More program is responsible for distributing the SFMNP benefits cards to eligible seniors throughout Whatcom and San Juan Counties.



**To be eligible to receive a SFMNP Electronic Benefits Card, 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:**  
\$26,973 Annual / \$2,248 Monthly for 1 person, or  
\$36,482 Annual / \$3,040 Monthly for 2 people

2023 SFMNP Affidavits/Applications are available on the WCOA website, [whatcomcoa.org](http://whatcomcoa.org), and at the Orcas Senior Center and the Orcas Community Resource Center. Benefits cards will be mailed to eligible seniors from the Bellingham office in late May and will be redeemable between June 1 and October 31. Information about approved markets and farm stores has not been released yet but will be posted at [whatcomcoa.org](http://whatcomcoa.org) as it becomes available. To apply for SFMNP on Orcas, contact Heidi Bruce at 360-370-0591 or apply at the Orcas Community Resource Center.

## Save the Date!

Estate Planning Presentation with Phillip George of Safe Harbor Legal Solutions, **Wednesday, June 21, at 1pm**, at Orcas Senior Center. Details in the June newsletter!

## "Trees": Art Exhibit

Trees inspire us, poems are written, paintings are created, furniture is built from their branches and trunks, photographs are taken for us to remember their beauty, and their fruit is cooked into pies and jam.

Come on by Orcas Senior Center **May 7 - July 26** to view an artistic tribute to trees. Open Monday-Friday, 9am-3pm. If you would like to participate in the show, please contact Sue Lamb at 360-298-1030.





# May 2023

“Despite the forecast, live like it’s spring.”

— Lilly Pulitzer

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|--|--|---|---|---|---|--|
|   | <b>1</b><br>Meal on Wheels<br>9a: Power Hour<br>9:30a: Watercolors<br>11:30a: Senior Lunch!<br>1p: Ukuleles<br>1p: Caregivers  | <b>2</b><br>9:30a: Zumba Gold<br>11a: Feldenkrais<br>11a: Beginning Ukulele Lesson<br> | <b>3</b><br>Meal on Wheels<br>9a: Qigong<br>9a: Power Hour<br>11:30a: Senior Lunch!<br>1p: Presentation on Aging in Place         | <b>4</b><br>Island Hearing by appointment<br>9:15a: Slow Yoga<br>9:30a: Zumba<br>10:30a: Chair Yoga<br>1p: Card Club  | <b>5</b><br>Meal on Wheels<br>9a: Pam’s Power Hour<br>1p: Art with Carla<br>   | <b>6</b><br>9a: Virtual Zumba<br>                         |
| <b>7</b><br>World Laughter Day<br>          | <b>8</b><br>Meal on Wheels<br>9a: Power Hour<br>9:30a: Watercolors<br>11:30a: Senior Lunch!<br>1p: Ukuleles<br>1p: Caregivers  | <b>9</b><br>9:30a: Zumba Gold<br>11a: Feldenkrais<br>11a: Beginning Ukulele Lesson<br>12:30p: Pain & Movement class   | <b>10</b><br>Meal on Wheels<br>9a: Ease Please Qigong<br>9a: Power Hour<br>11:30a: Senior Lunch!<br>1p: Aging                     | <b>11</b><br>9:15a: Slow Yoga<br>9:30a: Zumba<br>10:30a: Chair Yoga<br>1p: Quilting<br>1p: Card Club  | <b>12</b><br>Meal on Wheels<br>9a: Pam’s Power Hour<br>1p: Art with Carla<br> | <b>13</b><br>9a: Virtual Zumba<br>National Train Day<br> |
| <b>14</b><br>Mother’s Day<br>             | <b>15</b><br>Meal on Wheels<br>9a: Power Hour<br>9:30a: Watercolors<br>11:30a: Senior Lunch!<br>1p: Ukuleles<br>1p: Caregivers | <b>16</b><br>9:30a: Zumba Gold<br>11a: Beginning Ukulele Lesson<br>12:30p: Pain & Movement class  | <b>17</b><br>Meal on Wheels<br>9a: Qigong<br>9a: Power Hour<br>11:30a: Senior Lunch!<br>2pm: Medicare<br>1p: Meeting of the Minds | <b>18</b><br>9:15a: Slow Yoga<br>9:30a: Zumba Gold<br>10:30a: Chair Yoga<br>1p: Card Club   | <b>19</b><br>Meal on Wheels<br>9a: Pam’s Power Hour<br>1p: Art with Carla   | <b>20</b><br>9a: Virtual Zumba<br>World Bee Day<br>     |
| <b>21</b><br>World Baking Day<br>         | <b>22</b><br>Meal on Wheels<br>9a: Power Hour<br>9:30a: Watercolors<br>11:30a: Senior Lunch!<br>1p: Ukuleles<br>1p: Caregivers | <b>23</b><br>9:30a: Zumba Gold<br>11a: Beginning Ukulele Lesson<br>12:30p: Pain & Movement class<br>1p: Book Club   | <b>24</b><br>Meal on Wheels<br>9a: Ease Please Qigong<br>9a: Pam’s Power Hour<br>11:30a: Senior Lunch!<br>1p: Aging               | <b>25</b><br>9:15a: Yoga<br>9:30a: Zumba<br>10:30a: Chair Yoga<br>1p: Card Club<br>1p: Quilting<br>1p: Living Well with Diabetes  | <b>26</b><br>Meal on Wheels<br>9a: Pam’s Power Hour<br>1p: Art with Carla   | <b>27</b><br>9a: Virtual Zumba<br>                      |
| <b>28</b><br>International Burger Day<br> | <b>29</b><br>CLOSED<br>                     | <b>30</b><br>9:30a: Zumba Gold<br>11a: Beginning Ukulele Lesson   | <b>31</b><br>Meal on Wheels<br>9a: Pam’s Power Hour<br>11:30a: Senior Lunch!  | <b>You are invited!</b><br>Join us for in-person lunches on Mondays and Wednesdays.<br>Suggested donation is \$5.<br>Salads served at 11:30am.<br>Hot entrees served at Noon. |   |  |

## Fun and Connection at the Orcas Senior Center



### Weekly Card Club

Want to play cards? The Card Club at Orcas Senior Center invites you to join the fun on **Mondays and 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.

### Art with Carla!

Are you interested in exploring your artistic side? Art with Carla is back! 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 **Fridays at 1pm** and be creative people together (no experience required!).

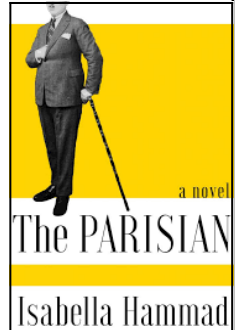


Carla recently won a contest to decorate the new San Juan County Luci B Well-ness Van.

Cost for the class is \$10 (\$8 for friends of OSC). For all inquiries, reach out to Carla at 360-317-5652 or by emailing [onlyonorcas@gmail.com](mailto:onlyonorcas@gmail.com).

### May Book Club: The Parisian by Isabella Hammad

A masterful debut novel by Plimpton Prize winner Isabella Hammad, *The Parisian* illuminates a pivotal period of Palestinian history through the journey and romances of one young man, from his studies in France during World War I to his return to Palestine at the dawn of its battle for independence. Lush and immersive, and devastating in its power, *The Parisian* is a tour de force from a dazzling new voice in fiction. (Amazon, n.d.)



To participate in this month's Book Club on **Tuesday, May 23 at 1pm**, contact Stephen Bentley at 360-376-2299 or [stephen@swbentley.com](mailto:stephen@swbentley.com).

### Quilting Group



Are you interested in quilting? If so, join us **every second and fourth Thursday of each month, 1-4pm** at Orcas Senior Center. Bring your own quilting project and see what others are doing!

For questions, please contact Edy Hansen at [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org) or call 206-413-6167.

## CURRENT SERVICES WE PROVIDE

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

**Home delivered meals** are available for eligible seniors on Mondays, Wednesdays, and Fridays. Please call Jami Mitchell at 360-376-7926 to check eligibility if you need food support.

**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** may be available. Call Steven Ziegler at 206-413-6156 or email [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org) 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. Call 360-643-4419 or email [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.

**Classes and Activities:** Refer to the enclosed calendar or go to our Calendar of Events page at [www.orcasseniors.org](http://www.orcasseniors.org) for the latest offerings. Contact Edy Hansen at [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org) or call 206-413-6167 for more information.

**Companion Services** are available. Hearts & Hands and Buddy Check-In volunteers are connecting with their buddies for enriching conversation and companionship for seniors. Are you interested in being matched up with a Buddy volunteer? If so, email [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org) or 206-413-6156.

## COMMUNITY RESOURCES

*Below is a list of some evolving resources. Please 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).

**Mobile Integrated Healthcare (MIH):** Call 360-762-5035, email [MIH@orcasfire.org](mailto:MIH@orcasfire.org), or see [orcasfire.org](http://orcasfire.org) for information.

**Weatherization:** 1-800-290-3857, or via OPALCO: 360-376-3500 or OCRC 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

SAN JUAN COUNTY HEALTH AND COMMUNITY SERVICES

PO Box 1146  
Eastsound, WA 98245

Phone: 360-376-2677  
Location: 62 Henry Rd  
Email: [jamim@sanjuanco.com](mailto:jamim@sanjuanco.com)  
Issue: May 2023  
Website: [www.orcaseniors.org](http://www.orcaseniors.org)





# Senior Signal

JUNE 2023

The Official Senior Services Newsletter from San Juan County Health & Community Services



## Senior Signal Has A New Look!

We hope you enjoy the new look we're debuting this month! As you may know, Jami Mitchell was out of office in May so Kyra Jahanfar of Health & Community Services was left the mighty task of compiling this month's newsletter. Kyra hopes to have done Jami proud!

Along with this newsletter, there are a few other ways you can keep up with things happening at San Juan County. You can follow Health & Community Services on [Facebook](#) and [Instagram](#) at our handle @sjcpubhealth or check out the County's website: [www.sanjuanco.com](http://www.sanjuanco.com).

If you have a printed version of this newsletter, but would like to see the full color version online, you can go to [orcasseniors.org](http://orcasseniors.org). Under the "What's Happening" tab is a Newsletter link.

## Quote for the Month

"I can see the sun, but even if I cannot see the sun, I know that it exists. And to know that the sun is there - that is living."

- Fyodor Dostoevsky  
*The Brothers Karamazov*



## Cider and Mead Festival

On July 15, Orcas Senior Center will present the 2023 Cider and Mead Festival at the Eastsound Village Green. The festival starts at 11 am and will run concurrently with the regular Farmers' Market. Several bands will be performing onstage throughout the day. Tickets are available online at the festival's website, [www.orcasislandciderfest.org](http://www.orcasislandciderfest.org)

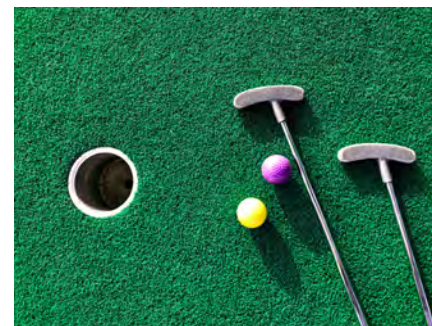
Various ciders and meads from regional producers will be available for sampling and purchase, including Bellingham Cider, Greenwood Cider, Hierophant Meadery, Locust Cider, Madrone Cellars & Cider, Melchemy Craft Mead, Portland Cider Company, Seattle Mead Company, Sky River Mead, and Double Mountain Brewery and Cider.

Orcas Island's own Boathouse Ciderworks will be there too! Libby Garcia and the crew have been creating delicious craft hard ciders and specialty wines at the Orcas Ferry Landing for more than five years. Starting in her grandparents' Obstruction Pass boathouse, Libby's gingered hard cider won the 2015 Orcas Island Cider & Mead Festival homebrew contest. Ciderworks uses local and organic ingredients to create various craft ciders including berry, pear cider, Asian pear cider, and a killer ginger "champagne."

Make plans to visit the Village Green **Sat., July 15** for a stroll through Eastsound shops, peruse the Orcas Island Farmers' Market, hear the bands, and sample some truly exceptional ciders and meads.

## Mini Golf Fun!

Join Orcas Senior Center **Tues., June 20 at 1 pm** for a fun day of mini golf at Orcas Island Golf Course! Challenge yourself with an 18-hole golf course highlighting what makes the San Juan Islands and Orcas Island so special, including boats, a spinning propeller, bridges, islands, a ferry, and of course, orca whales. Snacks and cold beverages are available at the clubhouse. The fee to attend is \$12 and we will meet at the golf course at 1 pm. For questions, contact Edy Hansen at [edy@orcasseniors.org](mailto:edy@orcasseniors.org) or 206-413-6167.



## What's inside...

6 Ways to Reduce Smoke Exposure  
*Page 3*

Don't Get Caught by a Medicare Scam  
*Page 5*

Events Calendar  
*Page 6*

And much, much more!



## San Juan County Staff

### Heidi Bruce

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### Barbara LaBrash

Human Services Manager  
360-370-0595  
[BarbaraLB@sanjuanco.com](mailto:BarbaraLB@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](mailto:JamiM@sanjuanco.com) or calling 360-376-7926.

## Meals on Wheels and More

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

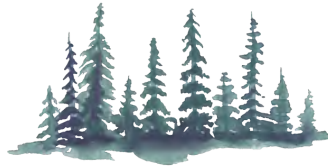
### Ian Cassinos

Food Services Manager

### Mike Knight

Cook

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 online at [www.orcasseniors.org](http://www.orcasseniors.org). Please mail submissions to PO Box 1146, Eastsound, WA 98245.



## ORCAS SENIOR CENTER

Age Well on Orcas

Mon. through Fri. 9 am to 3 pm  
62 Henry Rd., Eastsound, WA 98245  
360-376-2677

[www.orcasseniors.org](http://www.orcasseniors.org)

Friends of Orcas Senior Center, DBA Orcas Senior Center, 501(c)3 nonprofit

### Nonprofit Board of Directors

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Paula Shuman, Treasurer  
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Greg Raffelson

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#### Edy Hansen

Activities & Administrative Coordinator  
206-413-6167  
[Edy@orcasseniors.org](mailto:Edy@orcasseniors.org)

## Grannie's Closet 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 are donated to the Orcas Senior Center. Open **Mon. through Fri. from 9 am to 3 pm.**

Please come in and have a look! If you have items you wish to donate, OSC super volunteer, John Ehrmantraut, will gladly accept these **every Wed., 10:30 am to 2 pm or Thurs., 8 am to 12 pm.** Check us out!

## Thank you for renewing your ORCAS SENIOR CENTER membership!

*Anne Ganley, Monica Steele, Jeffry Steele, Martin Leyba, and Susan Leyba*

### Not a member or need to renew?

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

## Join Orcas Senior Center Today!

What does it take to live and age well on Orcas? Regardless of their age or ability, folks find it at Orcas Senior Center (OSC), a community gathering place providing services and activities that reflect each person's unique experience and interests, support independence, and encourage involvement.

Most people on Orcas are over 50, and OSC is growing, adapting, and changing to expand our range of services. OSC provides social opportunities as well as education, nutrition, recreation, health programs, and support services. We strive to focus on the whole person, recognizing the diverse interests, needs, experience, and skills of those we serve.

OSC today is a stand-alone nonprofit organization, whose mission is to "engage the community to provide services, advocacy, and support so that people can live and age well on Orcas Island." OSC is not funded by county tax dollars. It depends on members, volunteers, and donations to continue its important work.

To join, renew, or donate, please go to [www.orcasseniors.org](http://www.orcasseniors.org), call (360) 376-2677, or visit at 62 Henry Road.



## Mainland Shopping Trip is Back!

We are very excited to announce the Orcas Senior Center mainland shopping trip is back on **Sat., June 17**. The van will leave from OSC at 7:30 am and return on the 6:30 pm 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](mailto:edy@orcasseniors.org).

## Family Caregiver Support Group

The Family Caregiver Support Group (FCSG) meets at the Orcas Senior Center every **Mon. at 1 pm.** For more information, contact Heidi Bruce, Aging & Family Case Coordinator, at 360-370-0591 or [heidib@sanjuanco.com](mailto:heidib@sanjuanco.com).



## Myth: Once you start hospice, there is no going back

Change is an integral part of life, and everyone will experience adjustments in their health. Sometimes medication changes or being home after a hospitalization can cause a type of "rebound" where people feel better, have increased energy, and are more active. A new clinical study or procedure may be available that a person wishes to pursue. Being on hospice doesn't mean a person has no other options.

Anyone is free to leave hospice care at any time for any reason. It is as simple as signing a piece of paper. There is no penalty for leaving hospice services; a person can re-enroll later as long as they continue to meet the eligibility requirements at that time.

Hospice is a holistic model of care which is centered upon patient autonomy. The team makes exceptional efforts to educate patients and families on their choices for care, and creates an individualized care plan based their unique needs and goals. We want to honor what is important to you and your circle of support, including the decision to come off hospice.

We would be happy to answer any questions you have about hospice. Call us any time at 360-814-5550.

## Living Well with Diabetes

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 **June 22.** This is a brown bag lunch, so please bring your own lunch to eat.

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

## Breakthrough Speech-Language Pathology Healthcare at OSC

Speech-Language Pathologist, Libby Lewis, will offer free cognition and swallow screenings at Orcas Senior Center on **Mon., June 26.** 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 will follow.

Libby will also give a brief presentation about how speech therapy can help Parkinson's disease symptoms on **Mon., June 26 at 1 pm.** Parkinson's disease impacts approximately 6 million people worldwide and presents a host of symptoms. Libby will discuss how speech therapy addresses changes in voice, speech, language, swallow safety, and cognitive skills to help slow disease progression.

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 Mon., June 26, please contact her directly 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/>.

# 6 WAYS TO REDUCE SMOKE EXPOSURE

Monitor local air quality at <https://wasmoke.blogspot.com/>

## 01 LIMIT TIME OUTDOORS



## 02 CLOSE WINDOWS AND DOORS



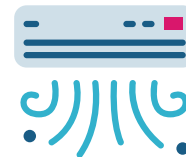
## 03 DON'T ADD TO INDOOR AIR POLLUTION



## 04 FILTER INDOOR AIR



## 05 SET AIR CONDITIONER TO CIRCULATE



## 06 SEEK CLEANER AIR



## MONITOR SYMPTOMS OF SMOKE EXPOSURE

Symptoms include: burning eyes, coughing, throat and nose irritation, headaches, fatigue, wheezing and shortness of breath, irregular heartbeat, and chest pain.



**If your symptoms become serious seek medical attention immediately.**

More information available at <https://www.sanjuanco.com/1777/Health-Community-Services>

## Weekly Card Club



Want to play cards? The Card Club at Orcas Senior Center is open for new players to join the fun. The group meets on **Mon. and Thurs.** afternoons from **1 to 3 pm** to play pinochle, but they are open to other games if there is something you are excited about. For more information, contact Linda Todd at (360) 376-4969.



## Feldenkrais Method/Eurythmy

With Andrea Preiss

Andrea Preiss, Feldenkrais Practitioner and therapeutic eurythmist, invites you to join a movement class at Orcas Senior Center each **Tues., June 6 through July 18 at 11 am** (excluding July 4). 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 directly to Andrea by email at [andrea-preiss@sound-movement.org](mailto:andrea-preiss@sound-movement.org) or call 206-838-7705. To learn more about Andrea visit <https://sound-movement.org/>.

## Slow Yoga and Chair Yoga at OSC

With Susie Frank

Slow Yoga is offered every **Thurs. 9:15 to 10:15 am**. This class 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 and more supported practice.

Chair Yoga is offered every **Tues. from 9:15 to 10:15 am and Thurs. from 10:30 to 11:30 am**. It uses a gentle technique which allows 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 members of OSC) per class, but no one 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).



## Art with Carla!

Are you interested in exploring your artistic side? 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 every **Fri. at 1 pm** and be creative people together. No experience required!

Cost for the class is \$10 (or \$8 for members of OSC). For inquiries reach out to Carla directly at 360-317-5652 or [onlyonorcas@gmail.com](mailto:onlyonorcas@gmail.com).

## Ukulele Kanikapila and Beginners' Ukulele Class at OSC

Join the ukulele Kanikapila, Hawaiian for "play music," on every **Mon., 1 to 3 pm** at Orcas Senior Center. 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 welcome to join in or sit and listen.

Don't know how to play the ukulele but want to learn? Participate in a weekly beginners' ukulele class every **Tues., 11 am to 12 pm** with Kathy Collister. Kathy will recommend resources to help get you started, and focus will be on learning introductory chords and strumming. No fee for the class, but you will need to provide your own ukulele.

For all ukulele related inquiries, including questions about borrowing a ukulele, please email Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com). Beginners and adults of all ages are welcome!

## Zumba: Virtual or In-Person

With Mikari Kurahashi or Alyson Stephens

Join Mikari Kurahashi's free, virtual Zumba class with global music every **Sat. at 9 am**.

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 every **Tues. and Thurs. at 9 am**. The first class is free, \$5 thereafter or \$30 per calendar month.

Zumba is a low intensity dance exercise class designed to meet the needs of seniors. Adults of all ages are welcome. To learn more about these Zumba classes, please the Calendar of Events page at [orcasseniors.org](http://orcasseniors.org).

## Pam's Power Hour: Virtual Strength Training

Join Pam Evans with the new Pam's Power Hour strength training class via Zoom every **Mon., Wed., and Fri. from 9 to 10 am**. Pam's Power Hour is a low-impact strength, conditioning, and flexibility class that includes lots of stretching. You will begin with a warmup, then move into standing exercises that incorporate weights (light, heavy, or no weights), and finish with floor work focusing on legs, abs, and glutes.

Cost to attend is \$10 per class. Current participants are age 60 to 84, but adults of all ages are welcome to attend. For inquiries, please reach out to Pam directly at 360-317-4636 or [baca9214@gmail.com](mailto:baca9214@gmail.com).

## Virtual Qigong and T'ai Chi

Quiet the mind and strengthen the body with Joan Roulac's Ease Please four-week Qigong series. The virtual series is on the **first four Wednesdays of each month at 9 am**. The series fee is \$40. T'ai Chi Chih joy through movement helps build better balance in just 4 weeks! This four-week series designed for beginners will start on **Tues. June 13 at 11:00 am** via Zoom. No experience or special clothing required. The cost for this four-week series is \$75.

Email Joan at [Joan@MountaintopMusings.com](mailto:Joan@MountaintopMusings.com) or call 360-298-2789 for information. Register directly with Joan.

# June Lunch 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



### WEDNESDAY



### FRIDAY

**JUNE 2**  
**Meals on Wheels**  
Salisbury Steaks  
Mashed Potatoes & Gravy  
Harvest Veggies  
Biscuit  
Garden Salad

**JUNE 5**  
**Senior Lunch!**  
Chicken Lasagna  
Garlic Bread  
Caesar Salad  
Grapes

**JUNE 7**  
**Senior Lunch!**  
Baked Cod  
Herb Roasted Potatoes  
Peas & Carrots  
Strawberry Shortcake  
Garden Salad

**JUNE 9**  
**Meals on Wheels**  
Pot Roast  
Au Gratin Potatoes  
Green Beans  
Fruit Cocktail  
Garden Salad

**JUNE 12**  
**Senior Lunch!**  
Salmon Filet  
Herb Rice  
Northwest Veggie Blend  
Coleslaw  
Bread Pudding

**JUNE 14**  
**Senior Lunch!**  
Beef Taco Salad  
Cornbread  
Fruit & Yogurt

**JUNE 16**  
**Meals on Wheels**  
Chef's Choice

**JUNE 19**  
**Closed for**  
**Juneteenth**

**JUNE 21**  
**Senior Lunch!**  
Turkey Meatloaf  
Mashed Potatoes  
Nantucket Veggies  
Garden Salad  
Bread Pudding

**JUNE 23**  
**Meals on Wheels**  
Mac & Cheese  
Chicken Sausage  
Buttermilk Biscuits  
Garden Salad  
Pudding

**JUNE 26**  
**Senior Lunch!**  
Orange Chicken  
Over Rice  
Spring Rolls  
Asian Coleslaw  
Pineapple Cake

**JUNE 28**  
**Senior Lunch!**  
Beef Stroganoff  
Over Pasta  
Peas & Onions  
Garden Salad  
Peach Cobbler

**JUNE 30**  
**Meals on Wheels**  
Chicken Tenders  
Rainbow Potatoes  
Corn Relish  
Melon  
Garden Salad

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



## Don't Get Caught by a Medicare Scam

By Pegi Groundwater, SHIBA Volunteer Coordinator

Each year Medicare loses about \$60 billion dollars through fraud, enough money that should have been used to keep Medicare solvent. We all play a role in preventing Medicare scams; here are some ways you can help:

### Don't Give Out Your Medicare Number

– Medicare will not ask you to provide your Medicare number unless you have called Medicare for help. If anyone other than your medical provider asks for your number, don't give it to them. With your Medicare number, scammers can bill Medicare for thousands of dollars of services you have never received.

### "Free" Benefits Are Rarely Free

– Scammers frequently offer "free" medical services, such as genetic testing, back braces, and arthritis treatments. Frequently, the Medicare beneficiary doesn't even receive the "free" item or test results.

### Medicare Won't Call, Text or Visit You, But Scammers Will

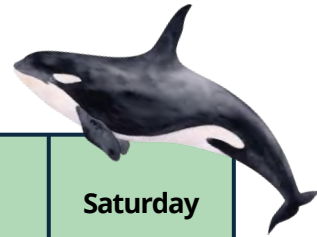
– Medicare does not call, text, or visit beneficiaries. If Medicare needs to contact you, they will send you a letter. Scammers frequently call or visit to say your Medicare card needs to be replaced, there is a problem with your account, or that you qualify for a special program or grant, and then ask you to "confirm" your Medicare number.

**Report suspected scams to the Office of the Inspector General fraud hotline at 800-447-8477.**

You can also contact your local trained Statewide Health Insurance Benefits Advisors (SHIBA) volunteers for help with Medicare scams or other Medicare assistance. To schedule your free, unbiased, and confidential counseling session, call 360-376-5892. In San Juan County, SHIBA is sponsored by the Inter Island Healthcare Foundation.



# June 2023



| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday   |
|---|--|--|--|--|---|--|
| <p><b>You're invited!</b></p> <p>Join us for in-person lunches on Mondays and Wednesdays. Suggested donation is \$5. Salads served at 11:30 am. Hot entrees served at noon. Lunch menus are on page 5.</p> <p>Meals on Wheels are Mon., Wed., and Fri. Days are marked on this calendar with a plate graphic:</p>  |  |  |  | <p><b>1</b></p> <p>9 am Zumba<br/>9:15 am Slow Yoga<br/>10:30 Chair Yoga<br/>1 pm Card Club<br/>2 pm Afternoon Tea<br/>All day: Island Hearing</p> | <p><b>2</b> </p> <p><i>National Donut Day</i><br/>9 am Power Hour<br/>1 pm Art</p>      | <p><b>3</b></p> <p><i>National Fishing and Boating Week</i><br/>9 am Zumba</p>  |
| <p><b>4</b></p> <p><i>National Cancer Survivors Day</i></p>   | <p><b>5</b> </p> <p>9 am Power Hour<br/>11:30 am Senior Lunch!<br/>1 pm Card Club, Ukulele, &amp; Caregiver Support Group</p>   | <p><b>6</b></p> <p>9 am Zumba<br/>9:15 Chair Yoga<br/>11 am Ukulele &amp; Feldenkrais/ Eurythmy</p>  | <p><b>7</b> </p> <p>9 am Power Hour<br/>9 am Advanced Care Planning<br/>11:30 am Senior Lunch!<br/>1 pm Hospice 101</p> | <p><b>8</b></p> <p>9 am Zumba<br/>9:15 am Slow Yoga<br/>10:30 Chair Yoga<br/>1 pm Card Club &amp; Quilting</p>                                     | <p><b>9</b> </p> <p>9 am Power Hour<br/>1 pm Art</p>   | <p><b>10</b></p> <p>9 am Zumba</p>   |
| <p><b>11</b></p> <p><i>National Corn on the Cob Day</i></p>    | <p><b>12</b> </p> <p>9 am Power Hour<br/>11:30 am Senior Lunch!<br/>1 pm Card Club, Ukulele, &amp; Caregiver Support Group</p>  | <p><b>13</b></p> <p>9 am Zumba<br/>9:15 Chair Yoga<br/>11 am Ukulele &amp; Feldenkrais/ Eurythmy</p>   | <p><b>14</b> </p> <p>Flag Day<br/>9 am Power Hour<br/>11:30 am Senior Lunch!<br/>1 pm Aging</p>                       | <p><b>15</b></p> <p>9 am Zumba<br/>9:15 am Slow Yoga<br/>10:30 Chair Yoga<br/>1 pm Card Club</p>   | <p><b>16</b> </p> <p><i>Fresh Veggies Day</i><br/>9 am Power Hour<br/>1 pm Art</p>  | <p><b>17</b></p> <p><i>Nursing Assistants Day</i><br/>9 am Zumba</p>          |
| <p><b>18</b></p> <p><i>Father's Day International Sushi Day</i></p>    | <p><b>19</b></p> <p>Juneteenth<br/>SJC and OSC are <b>CLOSED</b></p>   | <p><b>20</b></p> <p>9 am Zumba<br/>11 am Ukulele &amp; Feldenkrais/ Eurythmy</p>  | <p><b>21</b> </p> <p>9 am Power Hour<br/>11:30 am Senior Lunch!<br/>1 pm Estate Planning Presentation</p>             | <p><b>22</b></p> <p>9 am Zumba<br/>11:30 am Diabetes Support Group<br/>1 pm Card Club &amp; Quilting</p>   | <p><b>23</b> </p> <p>9 am Power Hour<br/>1 pm Art</p>  | <p><b>24</b></p> <p><i>National Hydration Day</i><br/>9 am Zumba</p>          |
| <p><b>25</b></p> <p><i>Swim a Lap Day</i></p>    | <p><b>26</b> </p> <p>9 am Power Hour<br/>11:30 am Senior Lunch!<br/>1 pm Card Club, Ukulele, Caregiver Support Group &amp; SLP Presentation<br/>All Day: Breakthrough SLP</p> | <p><b>27</b></p> <p>9 am Zumba<br/>11 am Ukulele &amp; Feldenkrais/ Eurythmy<br/>1 pm Book Club</p>  | <p><b>28</b> </p> <p>9 am Power Hour<br/>11:30 am Senior Lunch!<br/>1 pm Aging</p>                                    | <p><b>29</b></p> <p>9 am Zumba<br/>1 pm Card Club</p>  | <p><b>30</b> </p> <p>9 am Power Hour<br/>1 pm Art</p>                               |  |



### Quilting Group

Are you interested in quilting? If so, join us on the **second and fourth Thurs.** of each month from **1 to 4 pm** at OSC.

For questions, please contact Edy Hansen at [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org) or call 206-413-6167.

### Island Hearing Healthcare at OSC

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare offers hearing appointments at Orcas Senior Center on the **first Thurs. 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. 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 [www.islandhearing.net](http://www.islandhearing.net).

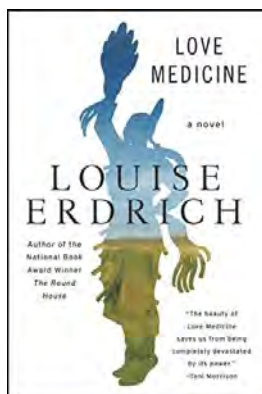
### Hospice of the Northwest Presentation

**Hospice 101:** Learn the basics of hospice care, eligibility requirements, how it's paid for, how to get started, and the types of support it provides to patients and families. There are many myths and misconceptions about hospice, so the truth may surprise you! The final of three presentations from Hospice of the Northwest is on **Wed., June 7 at 1 pm** at OSC.

#### Advanced Care Planning:

Advance care planning ensures your goals, values and preferences are known at the end of life or if communicating those desires due to illness or injury becomes impossible. An expert is onsite at OSC to assist in filling out the needed forms on **Wed., June 7 from 9 to 11 am**. All documents are provided free of charge.

### June Book Club: Love Medicine by Louise Erdrich



The stunning first novel in Louise Erdrich's Native American series, *Love Medicine* tells the story of two families – the Kashpaws and the Lamartines. Written in Erdrich's uniquely poetic, powerful style,

it is a multigenerational portrait of strong men and women caught in an unforgettable drama of anger, desire, and the healing power that is love medicine.

Louise Erdrich, a member of the Turtle Mountain Band of Chippewa, is the author of many novels as well as volumes of poetry, children's books, and a memoir of early motherhood. Erdrich lives in Minnesota with her daughters and is the owner of Birchbark Books, a small independent bookstore. (Amazon, n.d.)

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

### Estate Planning Presentation

Join Phil George from Safe Harbor Legal Solutions for a discussion detailing how to achieve four specific objectives when estate planning: 1) avoid running out of money due to uncovered long term care costs; 2) avoid paying too much in death taxes; 3) avoid being forced out of your home and into a skilled nursing facility; and 4) avoid becoming a burden on your family.

Phil George is an estate planning and elder law attorney based in Bellingham. He is currently on the Advisory Committee for the Bellingham Senior Activity Center and hosts a weekly radio show on aging, *The Aging Hour*, at KGMI AM790, every Saturday at 1 pm. Join Phil's estate planning presentation on **Wed., June 21 at 1 pm** at OSC. All are welcome to attend.

### Current Services Provided

**Community Lunch** is now served in person on Mon. and Wed.! Please join us. \$5 suggested donation for ages 60+. Salads served at 11:30 am and hot entrees 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 caregiver resources** 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 may be available. Call Steven Ziegler at 206-413-6156 or email [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org) 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. Call 360-643-4419 or email [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** are listed on the enclosed calendar or you can go to the Calendar of Events page at [www.orcasseniors.org](http://www.orcasseniors.org) for the latest offerings. Contact Edy Hansen at [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org) or call 206-413-6167 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, email Steven Ziegler at [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org) or call 206-413-6156.

### Get a Ride with IslandRides

IslandRides provides rides for free or any donation amount to any island resident. When feasible, we recommend you book your ride in advance to avoid wait times. Just give us a call at 360-672-2201. Visit [www.IslandRides.org](http://www.IslandRides.org) for more info.

**Lions Club Mobility Equipment**

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

**Orcas Island Food Bank**

Mon. 3 to 6:30 pm, Tues. and Fri.  
12 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](http://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](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).

**Mobile Integrated Healthcare (MIH)**

Call 360-762-5035, email  
[MIH@orcasfire.org](mailto:MIH@orcasfire.org), or see [orcasfire.org](http://orcasfire.org) for  
information.

**Weatherization**

Call 1-800-290-3857 or via OPALCO at 360-  
376-3500 or OCRC 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 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**

Call 1-800-827-1000 or 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. Call  
360-376-5979. To contact Orcas' 24-hour  
crisis line call 360-376-1234.

**Orcas Door to Door**

Call 360-622-2929 for on-island  
transportation assistance.

**Orcas Safe Homes**

FREE program to help seniors identify and  
correct safety and health hazards in their  
homes. Call 1-888-685-1475.

**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.

**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](http://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](http://www.imhurting.org).

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

Or Current Resident

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

San Juan County Health & Community Services

Phone: 360-376-2677  
Location: 62 Henry Rd  
Email: [jamil@sanjuanco.com](mailto:jamil@sanjuanco.com)  
Issue: June 2023  
Website: [www.orcasseniors.org](http://www.orcasseniors.org)

PO Box 1146  
Eastsound, WA 98245



## Senior Signal's New Look

By Jami Mitchell  
SJC Senior Services Specialist

We hope you enjoy the new look we debuted last month! As you may know, Jami Mitchell was out of office so Kyra Jahanfar of Health & Community Services was left the mighty task of compiling last month's newsletter.

Along with this newsletter, there are a few other ways you can keep up with things happening at San Juan County. You can follow Health & Community Services on [Facebook](#) and [Instagram](#) at our handle @sjcpublichealth or check out the SJC website: [www.sanjuanco.com](http://www.sanjuanco.com).

If you have a printed version of this newsletter, but would like to see the full color version online, you can go to [orcasseniors.org](http://orcasseniors.org). Under the "What's Happening" tab is a link to the Newsletter.

## Cider and Mead Festival

**Saturday, July 15** support Orcas Senior Center at the Village Green! Starting at 11am, OSC will sponsor the Orcas Island Cider & Mead Festival, a summer fundraiser to support essential programs at OSC for seniors and adults with disabilities.

Get your tickets at the gate or online at the festival's website, [orcasislandciderfest.org](http://orcasislandciderfest.org), and go to [orcasseniors.org/give](http://orcasseniors.org/give) to donate. Thank you!

### Quote for the Month

"Today I have grown taller from walking with the trees."

- Karle Wilson Baker



Pictured above is Susan Slapin during a field trip to play mini golf in June. Have an idea for a fun outing? Please contact Edy Hansen at 206-413-6167 or email [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org).

## The Great Swendini Magic Show

By Orcas Senior Center

Get ready for a magical experience you won't want to miss! The Great Swendini will be performing a magic show at Orcas Senior Center on **Mon., July 17 at 1 pm**.

Swen Nater is a seven-foot-tall American Basketball Association and National Basketball Association player who played for eleven seasons. When a basketball player, Swen Nater performed for millions of spectators and he is still performing, not for basketball fans but for magic fans. He has appeared at Hollywood's Magic Castle, and around the world.

Fasten your seatbelts as Swendini makes metal go through metal, slips knots off ropes, reads minds, makes playing cards appear in surprising places and much more! All are welcome.

## Afternoon Tea

By Orcas Senior Center

A very traditional afternoon tea with lovely table settings that include candles, with beautiful teacups and saucers is being held at Orcas Senior Center on **Thurs., Aug. 3 at 2 pm**. 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, contact Maggie Kaplan at [mkaplan@centurytel.com](mailto:mkaplan@centurytel.com) or 360-376-5372.

## What's inside...

Free Senior Portraits  
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And much, much more!





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## 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](mailto: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](http://www.orcasseniors.org). Please mail submissions to PO Box 1146, Eastsound, WA 98245.

## Meals on Wheels and More

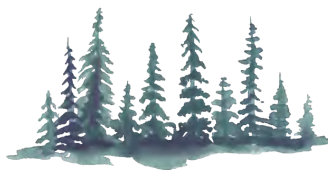
Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging. Meals on Wheels are delivered **Mon., Wed., and Fri.** Call 360-376-7926 for eligibility.

### Ian Cassinos

Food Services Manager

### Mike Knight

Cook



## ORCAS SENIOR CENTER

Age Well on Orcas

Mon. through Fri., 9 am to 3 pm  
62 Henry Rd.

Eastsound, WA 98245

360-376-2677

[www.orcasseniors.org](http://www.orcasseniors.org)

Friends of Orcas Senior Center,  
DBA Orcas Senior Center, 501(c)3  
nonprofit

### Nonprofit Board of Directors

Tom Eversole, President

Allan Rosato, Vice President

Paula Shuman, Treasurer

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### ORCAS SENIOR CENTER Welcomes New Members!

*Barbara Hall, Richard Horton,  
Virginia McKenzie, Becky Gamble,  
Rich Gamble, John Kaltenbach, Genae  
Kaltenbach, Cheri Munson, Tom  
Evans, Julia Evans, Nanae Nagaoka,  
Richard Fralick, Ben Floyd, Carma  
Floyd, David Shinstrom, Rebecca  
Griswold, Bern Shanks, Anne Shanks,  
Jane Voorhees, Alan Voorhees,  
Hannah Boehm, and Jon Boyer*

### Not a member or need to renew?

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



## Orcas Island Blood Drive

By Bloodworks Northwest

Good news! After three long years, Bloodworks NW will be coming back to Orcas Island for onsite blood drives! They will be at the Orcas Island Middle & High School on **Wed., Aug. 9.** Please note, appointments are required. If you are interested in saving local lives, please make an appointment by calling Bloodworks Northwest at 800-398-7888 or go to <https://schedule.bloodworksnw.org/DonorPortal/GroupLanding.aspx?s=2650>.



## IslandRides Updates

By IslandRides

IslandRides is excited to announce that our state grant funding has been renewed for another two years. This, along with other local organizations, individual, Transportation Voucher Program, and rider donations that we rely on, will enable us to continue providing transportation services to community members in need. If you would like a ride to the senior center, community lunch, to town to run errands, to an appointment, and/or buy groceries, give us a call. We are here to help! If you are interested in driving for this valuable service, contact us for more information. Call 360-672-2201 or visit [www.IslandRides.org](http://www.IslandRides.org) for more info.

## Family Caregiver Support Group

By Heidi Bruce  
San Juan County

The Family Caregiver Support Group (FCSG) meets at the Orcas Senior Center every **Mon. at 1 pm.** For more information, contact Heidi Bruce, Aging & Family Case Coordinator, by calling 360-370-0591 or emailing [heidib@sanjuanco.com](mailto:heidib@sanjuanco.com). Please not there will be no group meeting on July 3.

## Welcome to Medicare Virtual Presentation

Is 2023 the year you join Medicare? If so, the Statewide Health Insurance Benefits Advisors (SHIBA) are here to assist with Medicare questions. The San Juan County SHIBA volunteers are hosting a free Zoom presentation on **Wed., July 19 at 2 pm.** Come learn how Medicare works, what your coverage options are, and when you must act to avoid penalties. To register for the presentation or schedule a free and unbiased appointment, email [shibasjco@yahoo.com](mailto:shibasjco@yahoo.com) or call 360-376-5892.

## Grannie's Closet at OSC

By Orcas Senior Center

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 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. All the profit goes directly to support the Orcas Senior Center, and all the items are donated to the Orcas Senior Center. Open **Mon. through Fri. from 9 am to 3 pm.**

Please come in and have a look! If you have items you wish to donate, OSC super volunteer, John Ehrmantraut, will gladly accept these every **Wed., 10:30 am to 2 pm** or **Thurs., 8 am to 12 pm.** Check us out!

## 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 **July 27.** 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](mailto:stephen@swbentley.com).



## Weekly Card Club

Want to play cards? The Card Club at Orcas Senior Center is open for new players to join the fun. The group meets on **Mon. and Thurs. afternoons from 1 to 3 pm!** 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.



## Free Senior Portraits

By Edy Hansen  
Orcas Senior Center

Robert O'Neill, son of Irene O'Neill, specializes in portraits and has generously offered free portrait sittings to OSC members on **Wed., July 5 from 1 to 4 pm.** To view some of his work, go to his website, [www.robertphotos.com](http://www.robertphotos.com). Sign up for a 10-minute timeslot at the front desk, email Edy Hansen at [edy@orcasseniors.org](mailto:edy@orcasseniors.org), or call 206-413-6167. Thank you, Robert!

## Monthly Walking Group

By Edy Hansen  
Orcas Senior Center

Do you want to be part of a regular friendly stroll? Beginning **Thurs., July 13**, OSC is starting a monthly strolling walk. The first walk, Eastsound Paths Nature Stroll, will be led by Andrea with a stop off at the lovely Outlook Inn garden. To join the stroll, meet at the athletic center parking lot at **10 am.** For more information, to volunteer to lead a walk, or to share an idea for a strolling location, email Edy Hansen at [edy@orcasseniors.org](mailto:edy@orcasseniors.org), or call 206-413-6167.

## Art with Carla!

Are you interested in exploring your artistic side? 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 every **Fri. at 1 pm.** No experience required!

Cost for the class is \$10 (or \$8 for members of OSC). For inquiries reach out to Carla at 360-317-5652 or [onlyonorcas@gmail.com](mailto:onlyonorcas@gmail.com).



## Feldenkrais Method/Eurythmy

Andrea Preiss invites you to join a movement class at Orcas Senior Center each **Tues., June 6 through July 18 at 11 am** (excluding July 4). 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 by email at [andrea-preiss@sound-movement.org](mailto:andrea-preiss@sound-movement.org) or call 206-838-7705. To learn more about Andrea visit [www.sound-movement.org/](http://www.sound-movement.org/).



## Slow Yoga and Chair Yoga at OSC

Slow Yoga is offered every **Thurs. 9:15 to 10:15 am**. This class 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 and more supported practice.

Chair Yoga is offered every **Tues. from 9:15 to 10:15 am and Thurs. from 10:30 to 11:30 am**. It uses a gentle technique which allows seniors and persons with disabilities to practice balance poses without the risk of falling with the use of a chair as support.

Susie Franks suggests a \$15 donation (\$12 for members of OSC) per class, but no one 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).

## Pam's Power Hour: Virtual Strength Training

Join Pam Evans with the Pam's Power Hour strength training class via Zoom every **Mon., Wed., and Fri. from 9 to 10 am**. This is a low-impact strength, conditioning, and flexibility class that includes lots of stretching.

Cost to attend is \$10 per class. All ages are welcome to attend. For inquiries, please reach out to Pam directly at 360-317-4636 or [baca9214@gmail.com](mailto:baca9214@gmail.com).



## Ukulele Kanikapila and Beginners' Ukulele Class

Join the ukulele Kanikapila, Hawaiian for "play music," on every **Mon., 1 to 3 pm** at Orcas Senior Center. Adults of all ages with all levels of ukulele expertise welcome to join in or sit and listen.

Don't know how to play the ukulele but want to learn? Participate in a weekly beginners' ukulele class every **Tues., 11 am to 12 pm** and **Thurs., 12 to 1 pm** with Kathy Collister. Kathy will recommend resources to help get you started, and focus will be on learning introductory chords and strumming. No fee for the class, but you will need to provide your own ukulele.

For all ukulele related inquiries, including questions about borrowing a ukulele, please email Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com). Beginners and adults of all ages are welcome!



## Zumba: Virtual or In-Person

Join Mikari Kurahashi's free, virtual Zumba class with global music every **Sat. at 9 am**.

Join Alyson Stephens for one hour of low-impact dance fitness. This class is offered both virtually and in-person at The Odd Fellows Hall on every **Tues. and Thurs. at 9 am**. The first class is free, \$5 thereafter or \$30 per calendar month.

Zumba 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 are welcome. To learn more about these Zumba classes, please the Calendar of Events page at [orcaseniors.org](http://orcaseniors.org).



## Virtual Qigong and T'ai Chi

Quiet the mind and strengthen the body with Joan Roulac's Ease Please four-week Qigong series. The virtual series is on the **first four Wednesdays of each month at 9 am**. The series fee is \$40.

Relieve arthritis pain and increase joint mobility in a four-week T'ai Chi Chih series, which started **Tues. June 13 at 11 am** via Zoom. This seated practice is simple and easy to do. The cost for this series is \$75.

Contact Joan directly by email at [Joan@MountaintopMusings.com](mailto:Joan@MountaintopMusings.com) or call 360-298-2789 for information. Register directly with Joan.



# July Lunch 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

#### JULY 3

BBQ Chicken  
Roasted Red Potatoes  
Crinkle Cut Carrots  
Coleslaw  
Watermelon

#### JULY 10

Dill Salmon  
Wild Rice Pilaf  
Brussels Sprouts  
Garden Salad  
Apple Cake

#### JULY 17

Pulled Pork w/ BBQ  
Over Brown Rice  
Baby Carrots  
Coleslaw  
Cookie

#### JULY 24

Lemon Pepper Cod  
Yams  
Black-eyed Peas  
Garden Salad  
Tropical Fruit

#### JULY 31

Chicken Enchilada  
Spanish Rice  
Refried Beans  
Corn Salad  
Dessert

### WEDNESDAY

#### JULY 5

Florentine Fish  
Sweet Potatoes  
Capri Vegetables  
Garden Salad  
Dessert

#### JULY 12

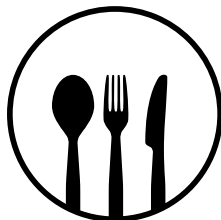
Vegetable Lasagna  
Garlic Bread  
Caesar Salad  
Apple Cobbler

#### JULY 19

Chicken Pot Pie  
Dinner Roll  
Cookie  
Garden Salad

#### JULY 26

3 Cheese Pesto Tortellini  
Italian Green Beans  
Garlic Toast  
Garden Salad  
Peach Cobbler



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



## Free "Walk with Ease" Program

By Washington State Department of Health

The Washington State Department of Health has released a free, new walking program designed to help people manage and prevent chronic conditions like diabetes, high blood pressure, heart disease, and arthritis. The program, called Walk with Ease, is a self-directed walking program that aims to improve people's health.

After enrollment, participants register, chose a start date, and begin walking three times per week using their own Walk with Ease guidebook and walking journal. Participants can also use the online portal to sign up for email alerts, access video resources, and log their progress.

The program aims to help people develop a walking plan that meets their needs, stay motivated, and manage pain. Research studies on Walk with Ease found it to be safe and effective. It can help increase stamina, strength, and balance and preserve independence.







For more information or to sign up for the free program, go to the DOH website: [doh.wa.gov/community-and-environment/healthy-eating-active-living/walk-ease](https://doh.wa.gov/community-and-environment/healthy-eating-active-living/walk-ease).

## Still Need A COVID Vaccine?

By San Juan County Health & Community Services

San Juan County Health & Community Services is still offering COVID-19 vaccines. To make an appointment, call 360-378-4474. First, second, and booster doses are available. If you are able to travel off island, you can search for other appointment options online at [www.vaccines.gov](https://www.vaccines.gov). If you have vaccine questions, call our mainline and ask to speak with a nurse.

# July 2023

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   |
|---|---|---|--|---|---|--|
| <b>2</b><br><i>National Disco Day</i><br>                | <b>3</b><br><b>9 am</b><br>Power Hour<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Card Club, Ukulele<br>& Caregiver<br>Support Group                 | <b>4</b><br><i>Independence Day</i><br><b>SJC &amp; OSC</b><br><b>CLOSED</b><br>   | <b>5</b><br><b>9 am</b><br>Power Hour<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Aging, Free<br>Senior Portraits                   | <b>6</b><br><b>9 am</b><br>Zumba<br><b>9:15 am</b><br>Slow Yoga<br><b>10:30 am</b><br>Chair Yoga<br><b>1 pm</b><br>Card Club<br><b>All day</b><br>Island Hearing          | <b>7</b><br><b>9 am</b><br>Power Hour<br><b>1 pm</b><br>Art with Carla  | <b>8</b><br><b>9 am</b><br>Zumba   |
| <b>9</b><br><i>National Barn Day</i><br>                 | <b>10</b><br><b>9 am</b><br>Power Hour<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Card Club, Ukulele<br>& Caregiver<br>Support Group                | <b>11</b><br><b>9 am</b><br>Zumba<br><b>9:15 am</b><br>Chair Yoga<br><b>11 am</b><br>Ukulele &<br>Feldenkrais/<br>Eurythmy  | <b>12</b><br><b>9 am</b><br>Power Hour &<br>Advanced Care<br>Planning<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Show and Tell     | <b>13</b><br><b>9 am</b><br>Zumba<br><b>9:15 am</b><br>Slow Yoga<br><b>10 am</b><br>Walking Group<br><b>10:30 am</b><br>Chair Yoga<br><b>1 pm</b><br>Card Club & Quilting | <b>14</b><br><b>9 am</b><br>Power Hour<br><b>1 pm</b><br>Art with Carla | <b>15</b><br><b>9 am</b><br>Zumba  |
| <b>16</b><br><i>National Cherry Day</i><br>            | <b>17</b><br><b>9 am</b><br>Power Hour<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Magic Show, Card<br>Club, Ukulele &<br>Caregiver Support<br>Group | <b>18</b><br><b>9 am</b><br>Zumba<br><b>9:15</b><br>Chair Yoga<br><b>11 am</b><br>Ukulele &<br>Feldenkrais/<br>Eurythmy   | <b>19</b><br><b>9 am</b><br>Power Hour<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Aging<br><b>2 pm</b><br>Medicare<br>Presentation | <b>20</b><br><b>9 am</b><br>Zumba<br><b>9:15 am</b><br>Slow Yoga<br><b>10:30 am</b><br>Chair Yoga<br><b>1 pm</b><br>Card Club   | <b>21</b><br><b>9 am</b><br>Power Hour<br><b>1 pm</b><br>Art with Carla | <b>22</b><br><b>9 am</b><br>Zumba  |
| <b>23</b><br><i>National Vanilla Ice Cream Day</i><br> | <b>24</b><br><b>9 am</b><br>Power Hour<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Card Club, Ukulele<br>& Caregiver<br>Support Group                | <b>25</b><br><b>9 am</b><br>Zumba<br><b>11 am</b><br>Ukulele<br><b>1 pm</b><br>Book Club  | <b>26</b><br><b>9 am</b><br>Power Hour<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Estate Planning                                  | <b>27</b><br><b>9 am</b><br>Zumba<br><b>11:30 am</b><br>Diabetes Support<br>Group<br><b>1 pm</b><br>Card Club & Quilting  | <b>28</b><br><b>9 am</b><br>Power Hour<br><b>1 pm</b><br>Art with Carla | <b>29</b><br><b>9 am</b><br>Zumba  |
| <b>30</b><br><i>National Paperback Book Day</i><br>    | <b>31</b><br><b>9 am</b><br>Power Hour<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Card Club, Ukulele<br>& Caregiver<br>Support Group                | <p align="center"><b>You're invited!</b></p> <p align="center">Join us for in-person lunches on Mondays and Wednesdays.<br/>                     Suggested donation is \$5 or whatever is affordable.<br/>                     Salads served at 11:30 am. Hot entrees served at noon.<br/>                     Lunch menus are on page 5.</p> |  |   |   | <p align="center"><b>Meals on<br/>Wheels:<br/>Mon., Wed.,<br/>and Fri. Call<br/>360-376-<br/>7926 for<br/>eligibility.</b></p> |

## Island Hearing @ OSC

By Stacie Nordrum, Au.D., CCC-A  
Island Hearing Healthcare

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare offers hearing appointments at Orcas Senior Center on the **first Thurs. 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. To schedule an appointment and other questions please contact Stacie directly at by calling 360-378-2330 or emailing [islandhearing@gmail.com](mailto:islandhearing@gmail.com). To learn more about Island Hearing Healthcare, go to their website at [www.islandhearing.net](http://www.islandhearing.net).

## Quilting Group

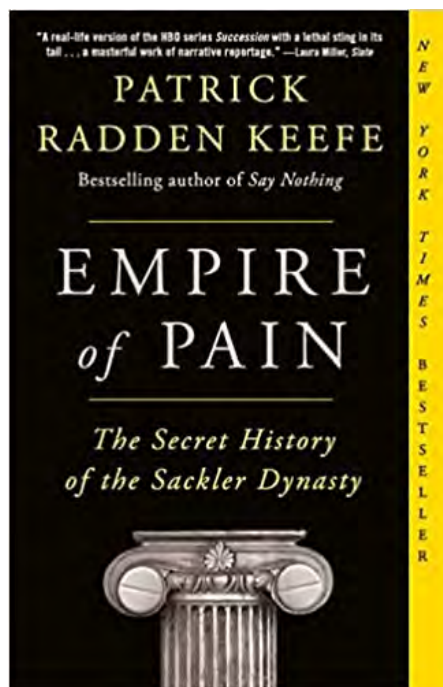
Are you interested in quilting? If so, join us on the **second and fourth Thurs.** of each month **from 1 to 4 pm** at Orcas Senior Center. For questions, please contact Edy Hansen at [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org) or call 206-413-6167.



## New, Show and Tell!

By Orcas Senior Center

The second Wednesday of the month after lunch we invite you to bring an item to "show and tell." Each month will be a different theme. For **Wed., July 12**, bring in an item from the past. Do you have something that the younger generation wouldn't even recognize or is obsolete? It can be a photo or the actual item. We look forward to seeing what you have.



## July Book Club: *Empire of Pain* by Patrick Radden Keefe

By Orcas Senior Center

A grand, devastating portrait of three generations of the Sackler family, famed for their philanthropy, whose fortune was built by Valium and whose reputation was destroyed by OxyContin. From the prize-winning and best-selling author of *Say Nothing*.

*Empire of Pain* is a masterpiece of narrative reporting and writing, exhaustively documented and ferociously compelling. It is a portrait of the excesses of America's second Gilded Age, a study of impunity among the super elite and a relentless investigation of the naked greed and indifference to human suffering that built one of the world's great fortunes (Amazon, n.d.).

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

## Current Services Provided

**Community Lunch** is now served in person on Mon. and Wed.! Please join us. \$5 suggested donation for ages 60+. Salads served at 11:30 am and hot entrees 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 caregiver resources** 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 may be available. To inquire call Steven Ziegler at 206-413-6156 or email [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org) 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. Inquire by calling 360-643-4419 or emailing [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** are listed on the enclosed calendar or you can go to the Calendar of Events page at [www.orcasseniors.org](http://www.orcasseniors.org) for the latest offerings. Contact Edy Hansen at [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org) or call 206-413-6167 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? Email Steven Ziegler at [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org) or call 206-413-6156 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**  
Mon. 3 to 6:30 pm, Tues. and Fri. 12  
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](http://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](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  
[info@orcascrc.org](mailto:info@orcascrc.org).

**Mobile Integrated Healthcare  
(MIH)**  
Call 360-762-5035, email  
[MIH@orcasfire.org](mailto:MIH@orcasfire.org), or see  
[orcasfire.org](http://orcasfire.org) for information.

**Weatherization**  
Call OPALCO at 360-376-3500 or  
OCRC at 360-376-3184 or email  
[info@orcascrc.org](mailto: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](mailto: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](mailto: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.

**Orcas Safe Homes**  
FREE program to help seniors  
identify and correct safety and  
health hazards in their homes. Call  
1-888-685-1475.

**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.

**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](http://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](http://www.imhurting.org).

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

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

Or Current Resident

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: [jamiln@sanjuanco.com](mailto:jamiln@sanjuanco.com)  
Issue: July 2023  
Website: [www.orcasenior.org](http://www.orcasenior.org)



## Senior Signal's New Look

By Jami Mitchell  
SJC Senior Services Specialist

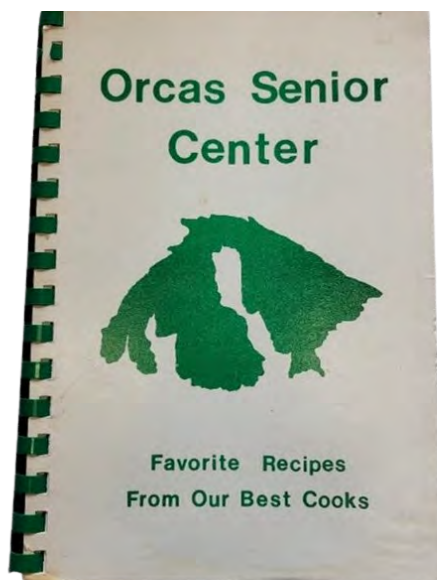
We hope you are enjoying the new look of the Orcas Senior Signal!

Along with this newsletter, there are a few other ways you can keep up with things happening at San Juan County. You can follow Health & Community Services on [Facebook](#) and [Instagram](#) at our handle @sjcpublichealth or check out the SJC website: [www.sanjuanco.com](http://www.sanjuanco.com).

## Orcas Senior Center Cookbook

By Orcas Senior Center

Do you have a favorite recipe you would like to share for our 2023 Orcas Senior Center Cookbook? We are looking for your favorite recipes to share along with photos and short stories about cooking together with your family. These will be compiled into a cookbook that can be purchased in early December for fun Christmas presents. To submit your stories and recipes, contact Edy Hansen at [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org) or please call 206-413-6167.



Pictured above are Harold Lentzner, Darcey Miller, and Elsie Pamuk enjoying the 2023 Cider & Mead Festival. Thank you to everyone that made this event such a big success!

## Anacortes Shopping Trip

By Orcas Senior Center

We are very excited to announce our Anacortes thrift store shopping and more trip on **Tuesday, August 29**. The van will leave from Orcas Senior Center at **7:30 am** and return on the **3:40 pm** ferry. The van will stop at various thrift stores in the Anacortes area along with some regular grocery shopping – Just let our wonderful volunteer driver know where you want to go. Sign up at the front desk or contact Edy Hansen at [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org) or by calling 206-413-6167.

## Battle of the Bands!

By Orcas Senior Center

On **August 13 at 6 pm**, prepare yourself for a night packed with mind-blowing melodies, toe-tapping tunes, and belly-aching laughter for Battle of the Bands! Sea View Theater will assemble the wackiest and wildest bands from across the musical spectrum, ready to serenade your senses and vie for the awards—badges of honor for the musically inclined. Money raised for the event will be to support Orcas Senior Center! Tickets will be available soon at [www.seaviewtheatreorcas.com](http://www.seaviewtheatreorcas.com).

## Quote for the Month

"You can't see or hear the important things."

- Helen Keller

## What's inside...

Mammogram Appointments  
Page 2

Advanced Care Planning Workshop  
Page 3

Lunch Menu  
Page 5



## San Juan County Staff

### Heidi Bruce

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

### Jami Mitchell

Human Services Manager  
360-376-7926  
[JamiM@sanjuanco.com](mailto:JamiM@sanjuanco.com)

### Health & Community Services Main Office

360-378-4474

## Tell Us What You Think

San Juan County 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](mailto: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](http://www.orcasseniors.org). Please mail submissions to PO Box 1146, Eastsound, WA 98245.

## Meals on Wheels and More

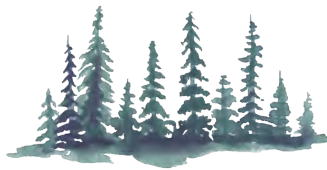
Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging. Meals on Wheels are delivered **Mon., Wed., and Fri.** Call 360-376-7926 for eligibility.

### Ian Cassinos

Food Services Manager

### Mike Knight

Cook



## ORCAS SENIOR CENTER

Age Well on Orcas

Mon. through Fri., 9 am to 3 pm  
62 Henry Rd.  
Eastsound, WA 98245  
360-376-2677  
[www.orcasseniors.org](http://www.orcasseniors.org)  
Friends of Orcas Senior Center,  
DBA Orcas Senior Center, 501(c)3  
nonprofit

### Nonprofit Board of Directors

Tom Eversole, President  
Allan Rosato, Vice President  
Darcey Miller, Secretary  
Lynnette Wood  
Jennifer Hairston  
Stephen Bentley  
Greg Raffelson

### Nonprofit Staff

#### Lena Kassa

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#### Edy Hansen

Activities & Administrative  
Coordinator  
206-413-6167  
[Edy@orcasseniors.org](mailto:Edy@orcasseniors.org)

## Large Print Library Books Available at Orcas Senior Center

By Orcas Senior Center

Thanks to the Orcas Island Library, we now have large print library books to borrow at the Orcas Senior Center! At the beginning of every month, we will get a new batch. Stop by and pick one up and simply bring it back when you are done! They are located in the nook by Grannie's Closet, so find a treasure while you are at it.

## ORCAS SENIOR CENTER Welcomes New Member

*Barbara Nigretto*

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



## Orcas Island Blood Drive

By Bloodworks Northwest

Good news! After three long years, Bloodworks NW will be coming back to Orcas Island for onsite blood drives! They will be at the Orcas Island Middle & High School on **Wed., Aug. 9.** Please note, appointments are required. If you are interested in saving local lives, please make an appointment by calling Bloodworks Northwest at 800-398-7888 or go to <https://schedule.bloodworksnw.org/DonorPortal/GroupLanding.aspx?s=2650>.



## Mammograms Return to Orcas Senior Center

By Orcas Senior Center

Assured Imaging will be at Orcas Senior Center again this year on **September 13-16** for mammograms. 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 schedule online at their website <https://assuredimaging.com/orcas/>.



## Family Caregiver Group

By Heidi Bruce  
San Juan County

The Family Caregiver Support Group (FCSG) meets at the Orcas Senior Center every **Monday at 1 pm**. For more information, contact Heidi Bruce, Aging & Family Case Coordinator, by calling 360-370-0591 or at email address [heidib@sanjuanco.com](mailto:heidib@sanjuanco.com).

## MYTH: Hospice is only for cancer patients

By Hospice of the Northwest

This is a big myth! At Hospice of the Northwest, approximately two-thirds of our patients have a life-limiting illness that is not related to cancer. These are people with dementia, heart disease, ALS, strokes, and advanced lung, liver, and kidney disease, among others. A person's diagnosis is just one aspect of determining whether they meet the eligibility requirements for hospice care. The criteria vary by disease, but generally follow the current Medicare guidelines.

Here are some things which can suggest it may be time to consider hospice:

- Increased hospitalizations/ER visits
- Increasing pain, nausea, fatigue
- Unintentional weight loss or decreasing appetite
- Challenges with daily activities of living such as walking, bathing, dressing
- Treatments don't seem to be helping as much
- The side effects of treatment are worse than the symptoms of the disease

If you or a loved one are experiencing any of these, or a combination of them, it could be beneficial to reach out and see if hospice may be able to improve their quality of life.

At Hospice of the Northwest, we are here to help. Our phone number is 360-814-5550.

## 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 **August 24**. 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](mailto:stephen@swbentley.com).

## Interested in Bridge Club?

Babs Tatalias would love to start a bridge club at Orcas Senior Center and is looking for people interested in playing weekly or even monthly.

Please contact her directly at [yurtopia@rockisland.com](mailto:yurtopia@rockisland.com) if you are interested.

## Weekly Card Club

Want to play cards? The Card Club at Orcas Senior Center is open for new players to join the fun. The group meets on **Mon. and Thurs.** afternoons from **1 to 3 pm**! 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.

## Advance Care Planning

By Hospice of the Northwest

Advance Care Planning ensures your goals, values, and preferences are known not only at the end of life, but if you become unable to communicate those desires due to illness or injury. Participants will learn about advance directives, healthcare durable power of attorney (HCDPOA) and Physician Orders for Life-Sustaining Treatment (POLST).

In addition to learning about advance care planning at **1 pm on Wednesday, September 27**, join us for two more informative presentations from Hospice of the Northwest on **Wednesdays, October 25 and November 29**. A Hospice of the Northwest representative will be onsite at OSC to offer assistance on the morning of each presentation from **9 to 11 am**. All documents are provided free of charge, and all are welcome.

## Monthly Walking Group

Do you want to go out for a friendly stroll? **Thursday, August 17**, Andrea Cohen will lead a walk of the Crescent Beach Preserve trail. Meet at the parking lot on the Mt. Baker side at **10 am**. We'll be walking at an easy pace, and all are welcome! For more information or to volunteer to head a walk or suggest an idea for a walk, please contact Edy Hansen at 206-413-6167 or [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org). If you are interested in joining the walk, please sign up at the front desk.

## Art with Carla!

Are you interested in exploring your artistic side? Art with Carla, **Fridays, 1 to 3 pm** at Orcas Senior Center, 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!).

Cost for the class is \$10 (or \$8 for members of OSC). For inquiries reach out to Carla at 360-317-5652 or [onlyonorcas@gmail.com](mailto:onlyonorcas@gmail.com).

## Grannie's Closet at OSC

By Orcas Senior Center

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 occupies only a few shelves. But with a constantly changing array, it's worth checking what's new on a regular basis. Grannie's Closet is self-service. All the profit goes directly to support the Orcas Senior Center, and all the items are donated to the Orcas Senior Center. Open **Monday through Friday from 9 am to 3 pm**.

Please come in and have a look! If you have items you wish to donate, OSC super volunteer, John Ehrmantraut, will gladly accept these every **Wednesday, 10:30 am to 2 pm** or **Thursdays, 8 am to 12 pm**. Check us out!

## Slow Yoga and Chair Yoga at OSC

Slow Yoga, offered on **Thursdays, 9:15-10:15 am** 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, offered on **Tuesdays, 9:15-10:15 am and Thursdays, 10:30-11:30 am**, 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.

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 \$15 donation (\$12 for members 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 [sissooz@yahoo.com](mailto:sissooz@yahoo.com).

## Electrolysis at OSC!

Unwanted hair bothering you? Susan Bowers, a licensed board certified electrologist from Pacific Electrology Center, will be offering electrolysis services at Orcas Senior Center in **September**.

Procedures such as waxing may be too aggressive for some senior skin and can lead to bruising and tiny skin tears. Both waxing and shaving leave certain skin types at heightened risk of folliculitis. In fact, any depilatory technique which relies on yanking or snapping hairs may agitate lower layers of skin, causing infections and inflammation. For older skin, electrolysis may be a better option.

If you are interested in receiving electrolysis services, please contact Susan Bowers directly at [pacificelectrologycenter@gmail.com](mailto:pacificelectrologycenter@gmail.com). An initial exam is required to discuss personal treatment options and the fees associated with the treatment. Services are all-inclusive and everyone is welcome.

## Ukulele Kanikapila and Beginners' Ukulele Class

Join the ukulele Kanikapila, Hawaiian for "play music," every **Mon., 1 to 3 pm** at Orcas Senior Center. Adults of all ages with all levels of ukulele expertise welcome to join in or sit and listen.

Don't know how to play the ukulele but want to learn? Participate in a weekly beginners' ukulele class every **Tues., 11 am to 12 pm** and **Thurs., 12 to 1 pm** with Kathy Collister. Kathy will recommend resources to help get you started, and focus will be on learning introductory chords and strumming. No fee for the class, but you will need to provide your own ukulele.

For all ukulele related inquiries, including questions about borrowing a ukulele, please email Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com). Beginners and adults of all ages are welcome!

## Virtual Exercise Classes

**Pam's Power Hour with Pam Evans (Mondays, Wednesdays, and Fridays at 9 am)** – 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](mailto:baca9214@gmail.com).

**Zumba with Alyson Stephens (Tuesdays and Thursdays at 9 am)** – Low-impact dance fitness with songs that vary in speed. Also offered in-person at The Odd Fellows Hall. First class free or \$30 per calendar month. Contact Alyson by calling 360-298-2990 or email [alysonclarkstephens@gmail.com](mailto:alysonclarkstephens@gmail.com).

**Zumba Gold with Mikari Kurahashi (Saturdays at 9 am)** – Low intensity dance exercise class featuring Latin and World rhythms designed to meet the needs of seniors. This is Free! Contact Mikari at [mikariskii@yahoo.co.jp](mailto:mikariskii@yahoo.co.jp).

**Qigong with Joan Roulac (Wednesdays at 9 am)** – 15-minute sessions of Qigong to gently loosen muscles, strengthen immunity, build balance, and increase energy. \$40 for four-session series. Contact Joan by phone at 360-298-2789 or email [joan@MountaintopMusings.com](mailto:joan@MountaintopMusings.com).

## Feldenkrais Method/Eurythmy

Andrea Preiss, Feldenkrais Practitioner and therapeutic eurythmist, invites you to join a movement class at Orcas Senior Center **Tuesdays, Aug. 1 through Oct. 3 at 11 am** (no class Sept. 5 and 12). 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 by email at [andrea-preiss@sound-movement.org](mailto:andrea-preiss@sound-movement.org) or call 206-838-7705. To learn more about Andrea visit [www.sound-movement.org/](http://www.sound-movement.org/).

# August Lunch 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



### WEDNESDAY

#### AUGUST 2

Spaghetti  
Italian Green Beans  
Caesar Salad  
Garlic Bread  
Fresh Grapes

#### AUGUST 7

Shrimp Salad  
Dinner Roll  
Ice Cream

#### AUGUST 9

Salisbury Steak  
Mashed Potatoes  
Broccoli Florets  
Garden Salad  
Apple Cake

#### AUGUST 14

Reuben Style Chicken  
Sweet Potato  
Green Beans  
Pasta Salad  
Fruit

#### AUGUST 16

Pub Fish & Potatoes  
w/ tartar Sauce  
Brussels Sprouts  
Coleslaw  
Fruit Cocktail

#### AUGUST 21

Cabbage Roll  
Normandy Veggies  
Dinner Roll  
Spinach Salad  
Fruit Cocktail

#### AUGUST 23

Country Fried Steak  
Mashed Potatoes  
Chuckwagon Corn  
Garden Salad  
Wheat Roll

#### AUGUST 28

Cheeseburgers  
Potato Salad  
Garden Salad  
Birthday Cake

#### AUGUST 30

Chicken Pot Pie  
Dinner Roll  
Garden Salad  
Peach Cobbler

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



## Medicare Not Issuing Medicare Cards

By Statewide Health Insurance Benefit Advisers

The scammers are at it again! If you receive a call telling you Medicare is replacing your paper Medicare card with a plastic one that contains a chip – BEWARE! You are talking to a scammer! They may just ask you to provide your Medicare card number, so they can scam the Medicare system. Or they may tell you there is a small fee for the new card and ask you to provide credit card information or banking information to pay the charge. DON'T DO IT! With that information, they can drain your bank account or run up hundreds, or even thousands, of dollars of bills on your credit card. There are no plans to replace the paper Medicare card with a more durable plastic card, with or without a chip.

Hang up the phone and contact the Statewide Health Insurance Benefit Advisers (SHIBA) about the fraudulent call. It's especially helpful if you can provide the phone number the person is calling from. You can report the scam to your local SHIBA office or to the SHIBA office of the Washington state Office of the Insurance Commissioner. The phone number for SHIBA on Orcas Island is 360-376-5892; the state-wide toll-free number is: 1-800-562-6900.

The Orcas Island SHIBA office is located at the Orcas Senior Center and is staffed with trained volunteers who assist people with Medicare. The SHIBA program and its volunteers are overseen by the Washington Office of the Insurance Commissioner. Our volunteers provide free, unbiased information in a private environment, so your personal information remains confidential. In San Juan County, the SHIBA volunteers are sponsored by the Orcas Senior Center.



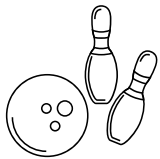






If you would like to schedule your free and confidential counseling session, contact your Orcas Island SHIBA office at 360-376-5892.





# August 2023



| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|---|---|--|--|---|--|---|
| <b>You're invited!</b><br>Join us for in-person lunches on each <b>Mon.</b> and <b>Wed.</b> Suggested donation is \$5 for persons 60+.<br>Salads served at <b>11:30 am.</b> Hot entrees served at <b>noon.</b> Lunch menus are on page 5. |   | <b>1</b><br><b>9 am</b> Zumba<br><b>9:15 am</b> Chair Yoga<br><b>11 am</b> Ukulele<br><b>11 am</b> Feldenkrais/ Eurythm                            | <b>2</b><br><b>9 am</b> Power Hour<br><b>9 am</b> Qigong<br><b>11:30 am</b> Senior Lunch!  | <b>3</b><br><b>9 am</b> Zumba<br><b>9:15 am</b> Slow Yoga<br><b>10:30 am</b> Chair Yoga<br><b>12 pm</b> Ukulele<br><b>1pm</b> Card Club<br><b>Island Hearing by appointment</b>                             | <b>4</b><br><b>9 am</b> Power Hour<br><b>1 pm</b> Art with Carla   | <b>5</b><br><b>9 am</b> Zumba<br>National Oyster Day<br>   |
| <b>6</b><br><i>National Friendship Day</i><br>   | <b>7</b><br><b>9 am</b> Power Hour<br><b>11:30 am</b> Senior Lunch!<br><b>1 pm</b> Card Club<br><b>1 pm</b> Ukulele<br><b>1pm</b> Caregiver Support Group   | <b>8</b><br><b>9 am</b> Zumba<br><b>9:15 am</b> Chair Yoga<br><b>11 am</b> Ukulele<br><b>11 am</b> Feldenkrais/ Eurythmy                           | <b>9</b><br><b>9 am</b> Power Hour<br><b>9 am</b> Qigong<br><b>11:30 am</b> Senior Lunch!<br><b>12:30 pm</b> Show and Tell<br><b>1 pm</b> Age Me Too                             | <b>10</b><br><b>9 am</b> Zumba<br><b>9:15 am</b> Slow Yoga<br><b>10:30 am</b> Chair Yoga<br><b>12 pm</b> Ukulele<br><b>1 pm</b> Card Club<br><b>1 pm</b> Quilting   | <b>11</b><br><i>National Face Mask Day</i><br><b>9 am</b> Power Hour<br><b>1 pm</b> Art with Carla                         | <b>12</b><br><b>9 am</b> Zumba<br>National Bowling Day<br>   |
| <b>13</b><br><b>6 pm</b> Battle of the Bands at Sea View Theatre  | <b>14</b><br><b>9 am</b> Power Hour<br><b>11:30 am</b> Senior Lunch!<br><b>1 pm</b> Card Club<br><b>1pm</b> Ukulele<br><b>1 pm</b> Caregiver Support Group  | <b>15</b><br><b>9 am</b> Zumba<br><b>9:15 am</b> Chair Yoga<br><b>11 am</b> Ukulele<br><b>11 am</b> Feldenkrais/ Eurythmy                          | <b>16</b><br><br><b>9 am</b> Power Hour<br><b>9 am</b> Qigong<br><b>11:30 am</b> Senior Lunch! | <b>17</b><br>San Juan County Fair, 10 am to 9 pm daily  | <b>18</b><br><b>9 am</b> Power Hour<br><b>1 pm</b> Art with Carla  | <b>19</b><br><br><b>9 am</b> Zumba<br> |
| <b>20</b><br><i>National Bacon Lovers Day</i><br>  | <b>21</b><br><b>9 am</b> Power Hour<br><b>11:30 am</b> Senior Lunch!<br><b>1 pm</b> Card Club<br><b>1 pm</b> Ukulele<br><b>1 pm</b> Caregiver Support Group | <b>22</b><br><b>9 am</b> Zumba<br><b>9:15 am</b> Chair Yoga<br><b>11 am</b> Ukulele<br><b>11 am</b> Feldenkrais/ Eurythmy<br><b>1 pm</b> Book club | <b>23</b><br><b>9 am</b> Power Hour<br><b>9 am</b> Qigong<br><b>11:30 am</b> Senior Lunch!<br><b>1 pm</b> Age Me Too   | <b>24</b><br><b>9 am</b> Zumba<br><b>9:15 am</b> Slow Yoga<br><b>10:30 am</b> Chair Yoga<br><b>11:30 am</b> Diabetes Support Group<br><b>12 pm</b> Ukulele<br><b>1 pm</b> Card Club<br><b>1 pm</b> Quilting | <b>25</b><br><b>9 am</b> Power Hour<br><b>1 pm</b> Art with Carla  | <b>26</b><br><b>9 am</b> Zumba<br>National Dog Day<br>   |
| <b>27</b><br><i>Crab Soup Day</i><br>  | <b>28</b><br><b>9 am</b> Power Hour<br><b>11:30 am</b> Senior Lunch!<br><b>1 pm</b> Card Club<br><b>1 pm</b> Ukulele<br><b>1 pm</b> Caregiver Support Group | <b>29</b><br><b>9 am</b> Zumba<br><b>9:15 am</b> Chair Yoga<br><b>11 am</b> Ukulele<br><b>11 am</b> Feldenkrais/ Eurythmy                          | <b>30</b><br><b>9 am</b> Power Hour<br><b>9 am</b> Qigong<br><b>11:30 am</b> Senior Lunch!   | <b>31</b><br><b>9 am</b> Zumba<br><b>9:15 am</b> Slow Yoga<br><b>10:30 am</b> Chair Yoga<br><b>12 pm</b> Ukulele<br><b>1 pm</b> Card Club   | <b>Meals on Wheels</b> are delivered Mondays, Wednesdays, and Fridays. Call Jami Mitchell at 360-376-7926 for eligibility. |   |

## Island Hearing @ OSC

By Stacie Nordrum, Au.D., CCC-A  
Island Hearing Healthcare

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare offers hearing appointments at Orcas Senior Center 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. To schedule an appointment and other questions please contact Stacie directly at by calling 360-378-2330 or emailing [islandhearing@gmail.com](mailto:islandhearing@gmail.com). To learn more about Island Hearing Healthcare, go to their website at [www.islandhearing.net](http://www.islandhearing.net).

## Quilting Group

Are you interested in quilting? If so, join us on the **second and fourth Thurs.** of each month from **1 to 4 pm** at Orcas Senior Center.

For questions, please contact Edy Hansen at [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org) or call 206-413-6167.

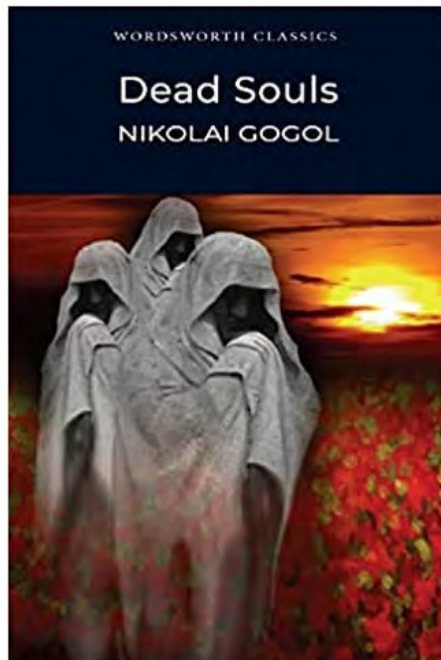


## Travel Show and Tell!

The second Wednesday of the month after lunch we invite you to bring an item to "show and tell." Each month will be a different theme. For **Wed., August 9**, bring in an item from your travels. Do you have something unique you picked up while traveling? It can be a photo or the actual item. We look forward to seeing what you bring!

## Quilters Art Show

Come to Orcas Senior Center and enjoy the beautiful quilts on display from local artists. The show will be up for the months of August and September!



## August 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.)

Some of you may have read this book in September of 2022! The book club is finally getting together to discuss it.

To participate in this month's Book Club on **Tues., August 22 at 1 pm**, contact Stephen Bentley at [stephen@swbentley.com](mailto:stephen@swbentley.com) or call 360-376-2299.

## Current Services Provided

**Community Lunch** is now served in person on Mon. and Wed.! Please join us. \$5 suggested donation for ages 60+. Salads served at 11:30 am and hot entrees served at noon.

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

**Case coordination and caregiver resources** 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 may be available. To inquire call Steven Ziegler at 206-413-6156 or email [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org) 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. Inquire by calling 360-643-4419 or emailing [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** are listed on the enclosed calendar or you can go to the Calendar of Events page at [www.orcasseniors.org](http://www.orcasseniors.org) for the latest offerings. Contact Edy Hansen at [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org) or call 206-413-6167 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? Email Steven Ziegler at [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org) or call 206-413-6156 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**  
Mon. 3 to 6:30 pm, Tues. and Fri. 12  
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](http://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](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  
[info@orcascrc.org](mailto:info@orcascrc.org).

**Mobile Integrated Healthcare  
(MIH)**  
Call 360-762-5035, email  
[MIH@orcasfire.org](mailto:MIH@orcasfire.org), or see  
[orcasfire.org](http://orcasfire.org) for information.

**Weatherization**  
Call OPALCO at 360-376-3500 or  
OCRC at 360-376-3184 or email  
[info@orcascrc.org](mailto: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](mailto: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](mailto: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.

**Orcas Safe Homes**  
FREE program to help seniors  
identify and correct safety and  
health hazards in their homes. Call  
1-888-685-1475.

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

**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.

**IslandRides**  
[islandrides.org](http://islandrides.org)  
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](http://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](http://www.imhurting.org).

**Orcas Door to Door**  
[orcasdoortodoor.org/](http://orcasdoortodoor.org/)  
Call 360-622-2929 for on-island  
transportation assistance.

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

Or Current Resident

San Juan County Health & Community Services

PO Box 1146  
Eastsound, WA 98245

Phone: 360-376-2677  
Location: 62 Henry Rd  
Email: [jamil@sanjuanco.com](mailto:jamil@sanjuanco.com)  
Issue: August 2023  
Website: [www.orcassenior.org](http://www.orcassenior.org)





## Exciting Updates for San Juan County Staffing

By Jami Mitchell  
SJC Human Services Manager

After 8 years as a Senior Services Specialist on Orcas, I have been promoted to Human Services Manager for San Juan County (SJC). I'm thrilled to continue in public service and find job growth without leaving the senior community or the Health & Community Services department. In the new role, I will supervise County-wide human services staff and programs within the areas of Senior Services, Behavioral Health, and Developmental Disabilities.

The position I'm vacating is open until filled and the full job description for the Senior Services Specialist on Orcas is posted on the San Juan County website: [sanjuanco.com/jobs](http://sanjuanco.com/jobs). This person works out of the Orcas Senior Center and serves as a resource for services and issues affecting older people. A critical piece of the work is helping produce the Senior Nutrition program which includes Meals on Wheels and Senior Lunches hosted twice weekly.

I'm excited for this new chapter and look forward to serving Orcas and our entire County in my new role. I'm grateful to have meaningful work that benefits our community.

I look forward to hiring a super star for the open position serving Orcas seniors, so please spread the word that this fantastic job opportunity is ripe for the picking!

### Quote for the Month

"It always seems impossible until it's done."

- Nelson Mandela



Thank you, Mimi Diepenbrock and Morning Star Farm, for the gorgeous bouquets provided to Meals on Wheels clients throughout the summer. A special thank you to the generous donors supporting Mimi's "Senior Flower Project" that make this gift possible!

## Celebrating National Senior Center Month

Please join us on **Saturday, September 9**, at Orcas Senior Center (OSC) for a celebration of National Senior Center Month with featured speakers Rep. Debra Lekanoff, County Commissioner, Cindy Wolf, and SHIBA Volunteer Coordinator and Orcas Island Health Care District Commissioner, Pegi Groundwater.

Music by the OSC ukulele group, refreshments will be at 1:30pm, followed by a thought-provoking conversation at 2 pm about state and local efforts to meet the needs of older adults and their families.

## Afternoon Tea at OSC

A traditional afternoon tea will be held at Orcas Senior Center on **Thursday, October 5 at 2 pm**. Enjoy tea, sandwiches, cookies, and piano music by Ron Myers. For inquiries or interest in helping, contact Maggie Kaplan at [mkaplan@centurytel.com](mailto:mkaplan@centurytel.com) or 360-376-5372.

## Herding Kats Jazz at OSC

Do you enjoy swing dancing or dancing in general? You are in for a treat! Bring your family and friends and dance the day away with Herding Kats Jazz, a well known 10-member jazz band from Seattle. Enjoy some high energy West Coast Cool Jazz on **Saturday, September 30 from 2:30 pm to 4:30 pm** at Orcas Senior Center. Tickets will be sold at the door, \$5 per person or \$20 for a family of four or more. Everyone is welcome! For questions, please contact Edy Hansen at [edy@orcasseniors.org](mailto:edy@orcasseniors.org) or 206-413-6167.

## What's inside...

Welcome to Medicare Presentation  
Page 3

Mammograms Available at OSC  
Page 5

Susan Slapin's Art-Path Workshop  
Page 7

And much, much more!



## San Juan County Staff

### Jami Mitchell

Human Services Manager  
360-376-7926  
[JamiM@sanjuanco.com](mailto:JamiM@sanjuanco.com)

### Heidi Bruce

Aging & Family Case Coordinator  
360-370-0591  
[HeidiB@sanjuanco.com](mailto:HeidiB@sanjuanco.com)

### Senior Services Specialist

#### Open Position on Orcas

Seeking exceptional candidates!  
Job description and information  
on the [San Juan County website](http://San Juan County website).

### Health & Community Services

#### 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](mailto: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](http://www.orcasseniors.org). Please mail submissions to PO Box 1146, Eastsound, WA 98245.

## Meals on Wheels and More

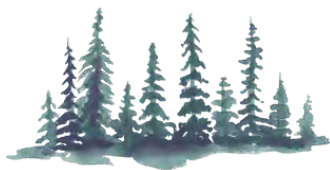
Meals are provided through a partnership with the nonprofit organization Whatcom Council on Aging. Meals on Wheels are delivered **Mon., Wed., and Fri.** Call 360-376-7926 for eligibility.

### Ian Cassinos

Food Services Manager

### Kevin Gregus & Mike Knight

Orcas Kitchen Staff



## ORCAS SENIOR CENTER

Age Well on Orcas

Mon. through Fri., 9 am to 3 pm  
62 Henry Rd.  
Eastsound, WA 98245  
360-376-2677  
[www.orcasseniors.org](http://www.orcasseniors.org)  
Friends of Orcas Senior Center,  
DBA Orcas Senior Center, 501(c)3  
nonprofit

### Nonprofit Board of Directors

Tom Eversole, President  
Allan Rosato, Vice President  
Darcey Miller, Secretary  
Stephen Bentley, Treasurer  
Lynnette Wood  
Jennifer Hairston  
Greg Raffelson

### Nonprofit Staff

#### Lena Kassa

Operations Manager  
360-919-9312  
[Lena@orcasseniors.org](mailto:Lena@orcasseniors.org)

#### Steven Ziegler

Programs & Community Services  
Manager  
206-413-6156  
[Steven@orcasseniors.org](mailto:Steven@orcasseniors.org)

#### Edy Hansen

Activities & Administrative  
Coordinator  
206-413-6167  
[Edy@orcasseniors.org](mailto:Edy@orcasseniors.org)

### ORCAS SENIOR CENTER Welcomes New Members!

Marie Gladwish, Sukima  
Hampton, Ethan Jacczak, Rubi  
Jacczak, Elizabeth McManus, Joe  
Mentor, Lisa Pedersen, Janet  
Mobley, Gifford Thorp,  
and Lee Thorp

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

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

## Silent Auction Returns

By Orcas Senior Center

Do you enjoy the charm of Ducks Unlimited art? How about the beautiful watercolors by Suzanne Lamb? Or maybe you're in the market for a KitchenAid 10-speed mixer? All these things and more will be available for bid online and in person at Orcas Senior Center's silent auction, **November 1-17**. Proceeds go to supporting Orcas Senior Center and the many programs provided for the Orcas community. Keep your eye on our Facebook page for pictures of items as we get closer to November.

## Orcas Senior Center Cookbook

Do you have a favorite recipe you would like to share for our 2023 Orcas Senior Center Cookbook? We are looking for your favorite recipes to share along with photos and short stories about cooking together with your family. These will be compiled into a cookbook that can be purchased in early December and make a fun Christmas present for family and friends. To submit your stories and recipes, contact Edy Hansen at [edy@orcasseniors.org](mailto:edy@orcasseniors.org) or 206-413-6167.



## Health Screenings at OSC

By Life Line Screening

Life Line Screening will be at Orcas Senior Center on **Thurs., October 12** to offer non-invasive and painless health screenings. The 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.

For pricing information and to register, call toll free at 1-800-640-6307 or visit [www.llsa.social/hc](http://www.llsa.social/hc).



## Family Caregiver Support Group

The Family Caregiver Support Group (FCSG) meets at the Orcas Senior Center every **Monday at 1 pm.** For more information, contact Heidi Bruce, Aging & Family Case Coordinator, by calling 360-370-0591 or emailing [heidib@sanjuanaco.com](mailto:heidib@sanjuanaco.com). Please note there will be no group meeting on September 4.

## MYTH: If I am not in pain, I am not ready for hospice care

By Hospice of the Northwest

Hospice provides expert management of any symptom, not just pain; however, the care reaches far beyond that. We focus on each individual patient's needs and goals, helping them live their life to its fullest potential.

Many patients find solace in having important conversations during this time of their lives. Some patients seek closure or reconciliation. These can be very difficult conversations that require support and guidance to accomplish. Other patients access the integrative services available, such as massage, therapeutic music, energy work, and aromatherapy. The team is also there to support the people around you and can help them prepare for what's ahead.

There are many advantages to having the hospice team visiting you before symptoms get more intense. Spotting changes early can often mean enhanced comfort and an enriched quality of life.

No matter what your needs are or what they may become as illness progresses, Hospice of the Northwest is willing and able to support you and your loved ones through the journey. We are here to walk alongside you. Call us any time at 360-814-5550.

## Living Well with Diabetes

Are you living with Diabetes and interested in joining others that are also managing this disease? I 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 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 **September 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](mailto:stephen@swbentley.com).

## Advance Care Planning Workshop

Advance Care Planning ensures your goals, values, and preferences are known at the end of life, and also if you become unable to communicate those desires due to illness or injury. Participants will learn about advance directives, healthcare durable power of attorney (HCDPOA) and Physician Orders for Life-Sustaining Treatment (POLST) in this free presentation on **Wednesday, September 27 at 1 pm.**

In the coming months, join us for two more informative presentations by Hospice of the Northwest: Aging in Place on **Wednesday, October 25** and Hospice 101 on **Wednesday, November 29.** A Hospice of the Northwest representative will be onsite at OSC to offer assistance with advanced care planning paperwork on the morning of each presentation from **9 to 11am.** All documents are provided free of charge, and all are welcome.

## IslandRides Here for You

By IslandRides

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](http://www.IslandRides.org) for more info.



## Welcome to Medicare

Will you be joining Medicare sometime in the next year? To make an informed decision about your coverage choices, you'll need to understand a lot of new information. Statewide Health Insurance Benefits Advisors (SHIBA) volunteers are here to help. Join a free Welcome to Medicare presentation at Orcas Senior Center on **Wednesday, September 20 at 2pm.** Come learn how Medicare works, what your coverage options are and when you must act to avoid penalties. To participate by Zoom, register with [shibasjco@yahoo.com](mailto:shibasjco@yahoo.com).

SHIBA, sponsored by Orcas Senior Center, is a free, unbiased, and confidential service. To book an appointment with a SHIBA volunteer, call 360-376-5892 or email [orcasshiba@yahoo.com](mailto:orcasshiba@yahoo.com).

## Island Hearing at OSC

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare offers hearing appointments at Orcas Senior Center on the **first Thursday** of each month, this month on **September 7.** Make your appointment in advance as slots fill up quickly. To schedule an appointment contact Stacie at [islandhearing@gmail.com](mailto:islandhearing@gmail.com) or 360-378-2330. To learn more about Island Hearing Healthcare, visit her website at [www.islandhearing.net](http://www.islandhearing.net).



## Mini Golf Fun!

Join us on **Tuesday, September 19 at 1pm** for a fun day of mini golf at Orcas Island Golf Course! Challenge yourself with an 18-hole golf course highlighting what makes the San Juan Islands and Orcas Island so special, including boats, bridges, and of course, orca whales. Snacks and cold beverages are available at the clubhouse. The fee to attend is \$12 and we will meet at the golf course at 1pm. For questions, contact Edy Hansen at [edy@orcasseniors.org](mailto:edy@orcasseniors.org) or call 206-413-6167.

## Tish Knapp's Creative Writing Workshop

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! **Beginning Thursday, October 12, from 1:30 to 3pm**, Tish Knapp will lead a group of six to discuss what makes writing interesting. 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 \$30 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."

## Yoga Classes at OSC

Slow Yoga, offered **Thursdays, 9:15-10:15 am**, is ideal for beginners. Chair Yoga, offered on **Tuesdays, 9:15-10:15 am and Thursdays, 10:30-11:30 am**, uses chairs to practice balance poses without the risk of falling.

Teacher Susie Frank asks a \$15 donation (\$12 for members of OSC) per class; nobody turned away for lack of funds. Contact Susie at 360-298-4484 or [sissooz@yahoo.com](mailto:sissooz@yahoo.com).

## Climbing Gym Field Trip to Friday Harbor

Have you ever thought you might like to try climbing, but were afraid you couldn't do it? Maybe you can! Climb San Juan, a climbing gym in Friday Harbor, is offering one free lesson to a group of seniors from Orcas Island, tentatively scheduled for either **noon on Tuesday, October 17 or noon on Sunday, October 22**. If you are 50 years of age or older, and interested in trying it out, please contact [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org) or sign up for your preferred date at the OSC front desk **by Friday, September 29**. We require a minimum of four people (with a limit of eight). As soon as we have four people signed up, we will organize the lesson and finalize the date and time.

## Ukulele Classes

Join the ukulele group every **Monday, 1 to 3 pm** at Orcas Senior Center. Adults of all ages and all levels are welcome to join in or sit and listen. There is a weekly beginners' ukulele class every **Tuesday, 11 am to 12 pm** and **Thursday, 12 to 1 pm** with Kathy Collister. No fee for the class, but you will need to provide your own ukulele. Email Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com) for info.



## Watercolors Is Back!

Orcas Senior Center will host a watercolors class for beginners on **Mondays, 9:30 to 11 am, starting September 11**. Basic supplies are required and the cost per class is \$5. There is a limit of participants per session. To learn more, call Robbie at 360-376-7714 or email [robbielouwalker@orcasonline.com](mailto:robbielouwalker@orcasonline.com)

## Meeting of the Minds: Composites in the Aerospace Industry

Are you interested in the historic use and evolution of composites in the aerospace industry and how we use biological materials and structures as blueprints for new innovative products? Learn this as well as how advances in bios, nanos, health monitoring, self-healing, shape morphing, integrated energy storage, and recycling are required to meet escalating performance and efficiency demands on **Wednesday, September 20 at 1 pm** at the Orcas Senior Center for our September Meeting of the Minds presentation, titled Composites in the Aerospace Industry by Dr. Douglas A. McCarville. All are welcome!

Dr. Douglas A. McCarville is a retired Boeing Technical Fellow and Adjunct Professor. He has degrees in Chemical Engineering, Business Administration, Systems Engineering, and Engineering Management. During his career, the aerospace industry systematically transitioned from mostly metallic to up to 50 percent composite. He holds 65 US patents and specializes in materials, design, tooling, equipment, and processes that supported this evolution.

## Feldenkrais/Eurythmy

Andrea Preiss, Feldenkrais Practitioner and therapeutic eurythmist, invites you to a movement class at Orcas Senior Center on **Tuesdays at 11am** (no class September 12th or October 10th). Mainly sitting, 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).

Andrea is a physical therapist that has been practicing Feldenkrais and eurythmy for nearly 40 years.

For inquiries, reach out to Andrea at [sound-movement@hotmail.com](mailto:sound-movement@hotmail.com) or 206-383-7705.

To learn more about Andrea visit [www.sound-movement.org](http://www.sound-movement.org).

# Lunch 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



**SEPTEMBER 4**

**CLOSED**



**SEPTEMBER 11**

Turkey Meat Loaf  
Mashed Potatoes &  
Gravy  
Blueberry Cake  
Garden Salad

**SEPTEMBER 18**

Chicken Pot Pie  
Dinner Role  
Melon  
Garden Salad

**SEPTEMBER 25**

Chicken Chow Mein  
Spring Rolls  
Oriental Slaw  
Peanut Butter  
Cookies

### WEDNESDAY

**AUGUST 30**

Chicken Pot Pie  
Dinner Roll  
Garden Salad  
Peach Cobbler

**SEPTEMBER 6**

Three Cheese  
Tortellini  
Roasted Squash  
Capri Vegetables  
Garden Salad

**SEPTEMBER 13**

Chicken Pesto Pasta  
Caesar Salad  
Italian Vegetables  
Garlic Bread  
Garden Salad

**SEPTEMBER 20**

Pub Battered Fish  
Roasted Potatoes  
Brussel Sprouts  
Garden Salad

**SEPTEMBER 27**

Salmon Filet  
Rice Pilaf  
Harvest Vegetables  
Garden Salad  
Apple Crisp

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



Thank you, Ron Myers, for the beautiful music you add to the Orcas Senior Center. We are so grateful! To hear Ron tickle the ivories, please join us on Mondays or Wednesdays for lunch. The menu and hours are at page left.

## Transportation Vouchers Available Again!

**By SJC Health & Community Services**

The Transportation Voucehr Program (TVP) provides vouchers to low income individuals for on-island transportation via taxis/shuttles and for ferry tickets for off island travel. Income must be less than \$25,000/year; proof of income required. Visit the Orcas Community Resource Center to apply (bring your ID and proof of income).

## Community Wellness Program

**By SJC Health & Community Services**

The Community Wellness Program provides low-cost access to mental healthcare for approved, uninsured or under-insured SJC residents. Participants can receive short-term sessions for a sliding scale copay of \$5-\$30 per session. To learn more, contact the Orcas Community Resource Center at 360-376-3184.










## Mammograms Return to OSC

**By Assured Imaging**

**September 13 to 16**, Assured Imaging will be at Orcas Senior Center offering mammograms. 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 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 <https://assuredimaging.com/orcas/> for online scheduling.

# September 2023

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|--|--|---|--|--|--|---|
| <b>You're invited!</b><br>Join us for in-person lunches on Mondays and Wednesdays.<br>Suggested donation is \$5 or whatever is affordable.<br>Salads served at 11:30 am. Hot entrees served at noon.<br>Lunch menus are on page 5. |  |   |  |  | <b>1</b><br><b>9 am</b><br>Power Hour<br><b>1 pm</b><br>Art with Carla   | <b>2</b><br><b>9 am</b><br>Zumba  |
| <b>3</b><br><b>National Pet Rock Day</b><br>  | <b>4</b><br><b>CLOSED</b><br>   | <b>4</b><br><b>9 am</b><br>Zumba<br><b>9:15 am</b><br>Chair Yoga<br><b>11 am</b><br>Ukulele & Feldenkrais/<br>Eurythmy                                      | <b>6</b><br><b>9 am</b><br>Power Hour<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Socrates Café   | <b>7 Island Hearing by Appointment</b><br><b>9:15 am</b><br>Slow Yoga<br><b>10:30 am</b><br>Chair Yoga<br><b>12 pm</b><br>Ukulele Class<br><b>1 pm</b><br>Card Club                              | <b>8</b><br><b>9 am</b><br>Power Hour<br><b>1 pm</b><br>Art with Carla   | <b>9</b><br><b>9 am</b><br>Zumba<br><b>1:30 pm</b><br>Event<br>Celebrating<br>National<br>Senior<br>Center<br>Month   |
| <b>10</b><br><b>National Swap Ideas Day</b><br>  | <b>11</b><br><b>9:30 am</b><br>Watercolors<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Card Club, Ukulele<br>& Caregiver<br>Support Group | <b>12</b><br><b>9 am</b><br>Zumba<br><b>9:15</b><br>Chair Yoga<br><b>11 am</b><br>Ukulele<br><b>1 pm</b><br>Art-Path<br>Workshop                            | <b>13</b><br><b>9 am</b><br>Power Hour<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Show and Tell<br> | <b>14</b><br><b>9:15 am</b><br>Slow Yoga<br><b>10 am</b><br>Walking Group<br><b>10:30 am</b><br>Chair Yoga<br><b>12 pm</b><br>Ukulele Class<br><b>1 pm</b><br>Card Club, Art Class &<br>Quilting | <b>15</b><br><b>9 am</b><br>Power Hour<br><b>1 pm</b><br>Art with Carla  | <b>16</b><br><b>9 am</b><br>Zumba<br>   |
| <b>17</b><br><b>Country Music Day</b><br>   | <b>18</b><br><b>9:30 am</b><br>Watercolors<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Card Club, Ukulele<br>& Caregiver<br>Support Group | <b>19</b><br><b>9 am</b><br>Zumba<br><b>11 am</b><br>Ukulele & Feldenkrais/<br>Eurythmy<br><b>1 pm</b><br>Mini Golf!<br><b>1 pm</b><br>Art-Path<br>Workshop | <b>20</b><br><b>9 am</b><br>Power Hour<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Meeting of the<br>Minds<br><b>2 pm</b><br>Medicare<br>Presentation                                   | <b>21</b><br><b>9:15 am</b><br>Slow Yoga<br><b>10:30 am</b><br>Chair Yoga<br><b>12 pm</b><br>Ukulele Class<br><b>1 pm</b><br>Card Club & Art Class   | <b>22</b><br><b>9 am</b><br>Power Hour<br><b>1 pm</b><br>Art with Carla<br> | <b>23</b><br><b>9 am</b><br>Zumba   |
| <b>24</b><br><b>World Rivers Day</b><br>  | <b>25</b><br><b>9:30 am</b><br>Watercolors<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Card Club, Ukulele<br>& Caregiver Group            | <b>26</b><br><b>9 am</b><br>Zumba<br><b>11 am</b><br>Ukulele & Feldenkrais/<br>Eurythmy<br><b>1 pm</b><br>Book Club   | <b>27</b><br><b>9 am</b><br>Power Hour<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Advanced Care<br>Planning<br>Workshop  | <b>28</b><br><b>9:15 am</b><br>Slow Yoga<br><b>10:30 am</b><br>Chair Yoga<br><b>11:30 am</b><br>Diabetes Support<br><b>12 pm</b><br>Ukulele Class<br><b>1 pm</b><br>Card Club & Quilting         | <b>29</b><br><b>9 am</b><br>Power Hour<br><b>1 pm</b><br>Art with Carla  | <b>30</b><br><b>9 am</b><br>Zumba<br><b>2:30 pm</b><br>Herding Kats<br>Jazz Band<br>and Dance<br>Event<br> |



## Walking Group

Do you want to be part of a regular friendly stroll? On **Thursday, September 14**, the Orcas Senior Center Walking Group, led by Andrea, will meet at **10 am** at the Coho Preserve trail just past the Orcas Island Artworks in Olga. For more information, to volunteer to lead a walk, or to share an idea for a strolling location, please reach out to Edy Hansen by emailing [edy@orcasseniors.org](mailto:edy@orcasseniors.org) or call 206-413-6167.

## Show and Tell!

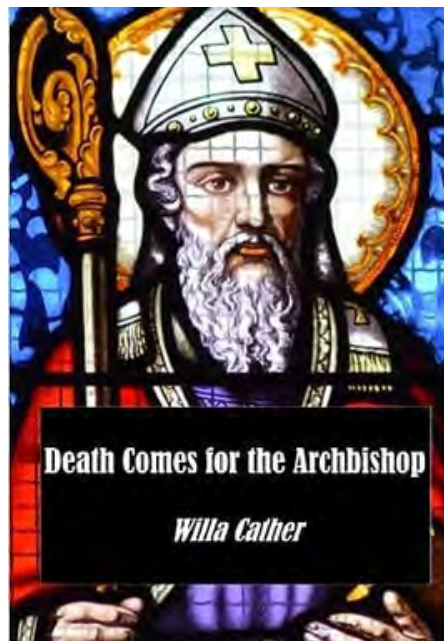
The second Wednesday of the month after lunch we invite you to bring an item to "show and tell." Each month is a different theme. For **Wednesday, September 13**, bring in an item from your childhood. It could be a photo, drawing, or an actual item. We look forward to seeing what you bring!



## New 2-Week Art Class

Join Susan Slapin **Tuesdays and Thursdays, September 12-21, 1-2:30 pm** for The Elements of Art-Path Course, an improv/play two-week course. The path is not a straight one but there are signs along the road."I would love to explore my creative voice through the elements of art; to grow my life as an "Artist on The Path."

Susan Slapin has taught art at many levels. She received the critic's choice award for solo printmaking exhibit at Marylhurst University. She has published books of art, photography, and poetry, and created visual art in many mediums. The cost for the two-week course is \$60. To pre-register and learn about the basic materials, contact Susan directly at [susan@susanslapin.com](mailto:susan@susanslapin.com) or (360) 298-2868.



## Book Club: *Death Comes for the Archbishop* by Willa Cather

*Death Comes for the Archbishop* by Willa Cather explores the lives of two Catholic priests in New Mexico during the mid-19th century. The novel touches on themes of religion, colonialism, cultural conflict, and the human experience of loss and suffering. Willa Cather's novel is a masterpiece of American literature, a bestseller, and a thrilling read! (Amazon, n.d.).

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

## Socrates Café

Join us on the **first Wednesday of the month at 1pm** for Socrates Café, a gathering of people with different perspectives open to sharing their thoughts on interesting subjects. **September 6th at 1pm**, the topic will be "Understanding the Power of Words and Names". Coffee and tea will be provided and bring a snack to share (if you want). For questions, contact Edy Hansen at [edy@orcasseniors.org](mailto:edy@orcasseniors.org) or 206-413-6167.

## Current Services Provided

**Community Lunch** is now served in person on Mon. and Wed.! Please join us. \$5 suggested donation for ages 60+. Salads served at 11:30 am and hot entrees 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 caregiver resources** 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 may be available. To inquire call Steven Ziegler at 206-413-6156 or email [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org) 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. Inquire by calling 360-643-4419 or emailing [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** are listed on the enclosed calendar or you can go to the Calendar of Events page at [www.orcasseniors.org](http://www.orcasseniors.org) for the latest offerings. Contact Edy Hansen at [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org) or call 206-413-6167 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? Email Steven Ziegler at [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org) or call 206-413-6156 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](http://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](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  
[info@orcascrc.org](mailto:info@orcascrc.org).

**Mobile Integrated Healthcare  
(MIH)**  
Call 360-762-5035, email  
[MIH@orcasfire.org](mailto:MIH@orcasfire.org), or see  
[orcasfire.org](http://orcasfire.org) for information.

**Weatherization**  
Call OPALCO at 360-376-3500 or  
OCRC at 360-376-3184 or email  
[info@orcascrc.org](mailto: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](mailto: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](mailto: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.

**Orcas Safe Homes**  
FREE program to help seniors  
identify and correct safety and  
health hazards in their homes. Call  
1-888-685-1475.

**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.

**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](http://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](http://www.imhurting.org).

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

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

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

Address Service Requested

San Juan County Health & Community Services

PO Box 1146  
Eastsound, WA 98245

Phone: 360-376-2677  
Location: 62 Henry Rd  
Email: [jamil@sanjuanco.com](mailto:jamil@sanjuanco.com)  
Issue: September 2023  
Website: [www.orcassenior.org](http://www.orcassenior.org)



## Consider Legacy Giving

By Lynnette Wood  
OSC Acting Executive Director

I want to share something close to my heart that I believe you may find meaningful as well. It pertains to the concept of legacy giving—leaving a lasting impact on the causes and organizations that matter to us the most.

Legacy giving is a way for us to ensure that our values and passions continue to thrive long after we are gone. It allows us to make a lasting difference in the lives of others, even when we can no longer be physically present. It's about leaving a legacy of compassion, kindness, and positive change.

Many of you have or are currently volunteering at the Orcas Senior Center, or perhaps take part in our programs and activities. The center would not thrive without so many dedicated volunteers and active participants. I believe legacy giving is a wonderful way for us to extend and engage our spirit of support and participation into the future.

There are many ways to approach legacy giving, like leaving a bequest in your will, establishing a charitable trust, or even naming a beneficiary designation on a life insurance policy. Each option has its own benefits and considerations.

To learn more about legacy giving and estate planning, join us for the Safe Harbor Legal Solutions presentation, at 1 pm on Wed., Nov. 1. The presenter, Phil George is an estate planning and elder law attorney based in Bellingham.

In addition to legacy giving, you will learn how to achieve four specific objectives: 1) avoid running out of money due to uncovered long term care costs; 2) avoid paying too much in death taxes; 3) avoid being forced out of your home and into a nursing facility; and 4) avoid becoming a burden on your family. All are welcome to attend.



Pictured at left is Beverly Franklet with a cast iron stove from her childhood. Below is Jim Deuel with the teddy bear that he's had his whole life.

Show and Tell reveals many amazing treasures. Read below for more info and join us next time with items of your own!



## Show and Tell: A Special Item You Created

Do you have a special item you created? It can be a photo, drawing, recipe, or the actual item. It may have turned out great or it could have been something that turned out differently than expected. We look forward to your show and tell on **Wednesday, October 11, after lunch**. We're excited to see what you bring to the table.

## Afternoon Tea

A traditional afternoon tea will be held at Orcas Senior Center on **Thursday, October, 5 at 2 pm**. For inquiries or interest in helping, please contact Maggie Kaplan at [mkaplan@centurytel.com](mailto:mkaplan@centurytel.com) or 360-376-5372.

## Quote for the Month

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

-Albert Camus.

## "Fall Into Winter": New Art Exhibit at OSC

The beautiful Quilt Show will be coming down on Friday, October 6 and the Fall into Winter show will be going up! This new art exhibit is all about celebrating the beauty of Fall and Winter. The show will run from **October 9 through December 9**. Open Monday-Friday, 9am-3pm. If you would like to participate in the show, please contact Sue Lamb at 360-298-1030.

## What's inside...

Medicare Open Enrollment  
Page 3

Basic Jewellery Making Class  
Page 4

Spooky Lunch Halloween Party  
Page 7

And much, much more!





## San Juan County Staff

### Jami Mitchell

Human Services Manager  
360-376-7926  
[JamiM@sanjuanco.com](mailto:JamiM@sanjuanco.com)

### Heidi Bruce

Aging & Family Case Coordinator  
360-370-0591  
[HeidiB@sanjuanco.com](mailto:HeidiB@sanjuanco.com)

### Senior Services Specialist Position on Orcas

After a great round of interviews, an applicant was selected, and an announcement is coming soon!

### 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](mailto: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](http://www.orcasseniors.org). Please mail submissions to PO Box 1146, Eastsound, WA 98245.

## Meals on Wheels and More

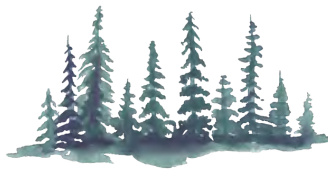
Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging. Meals on Wheels are delivered **Mon., Wed., and Fri.** Call 360-376-7926 for eligibility.

### Ian Cassinos

Food Services Manager

### Kevin Gregus and Mike Knight

Cooking Staff



## ORCAS SENIOR CENTER

Age Well on Orcas

Mon. through Fri., 9 am to 3 pm  
62 Henry Rd.  
Eastsound, WA 98245  
360-376-2677  
[www.orcasseniors.org](http://www.orcasseniors.org)  
Friends of Orcas Senior Center,  
DBA Orcas Senior Center, 501(c)3  
nonprofit

### Nonprofit Board of Directors

Tom Eversole, President  
Allan Rosato, Vice President  
Darcey Miller, Secretary  
Stephen Bentley, Treasurer  
Lynnette Wood  
Jennifer Hairston  
Greg Raffelson

### Nonprofit Staff

#### Lena Kassa

Operations Manager  
360-919-9312  
[Lena@orcasseniors.org](mailto:Lena@orcasseniors.org)

#### Steven Ziegler

Programs & Community Services  
Manager  
206-413-6156  
[Steven@orcasseniors.org](mailto:Steven@orcasseniors.org)

#### Edy Hansen

Activities & Administrative  
Coordinator  
206-413-6167  
[Edy@orcasseniors.org](mailto:Edy@orcasseniors.org)

## Orcas Senior Center Cookbook

Do you have a favorite recipe you would like to share for our 2023 Orcas Senior Center Cookbook? We are looking for your favorite recipes to share along with photos and short stories about cooking together with your family. These will be compiled into a cookbook that can be purchased in early December and make a fun Christmas present for family and friends. To submit your stories and recipes, please contact Edy Hansen at [edy@orcasseniors.org](mailto:edy@orcasseniors.org) or 206-413-6167.

## ORCAS SENIOR CENTER Welcomes New Members!

*Howard Barbour, Sheila Gaquin, and  
Michelle Yee*

### Not a member or need to renew?

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



## Emergency Preparedness

By Debbie Haagensen  
SJC Senior Services Specialist

Now is a good time, before winter weather sets in, to reevaluate your emergency preparations. Please review the enclosed Department of Emergency Management (DEM) Emergency Preparation Calendar for guidance on food and other supplies to have on hand and for tasks you can complete to ensure you are equipped to deal with an emergency or natural disaster. The DEM strongly encourages everyone to have at least two weeks' worth of supplies on hand. Check expiry dates and replace items as needed. Also remember to keep supplies—extra clothes, warm blankets, water, food and a first aid kit as a minimum—in your vehicle(s).

We encourage you to 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. If you have friends or neighbors who might find it challenging to get prepared, please offer to help them. Don't forget about your pets' needs as well. The more prepared we all are, the less stress and better the outcomes in our rural, remote community in an emergency. Please take the time to review the calendar and get ready now.

## For Family Caregivers

The Family Caregiver Support Group (FCSG) meets every **Monday at 1 pm**. Contact Heidi Bruce at either 360-370-0591 or [heidib@sanjuanco.com](mailto:heidib@sanjuanco.com). There will be no meeting on October 9.

## It's Medicare Open Enrollment Time!

**October 15 through December 7** is your once-a-year chance to review your insurance coverage and make sure that it will still be right for you in 2024.

Why review your Medicare choices? Your health may have changed in the past year, your plan may have different coverage in 2023, or there may be new plans available to you.

To find out if there is a plan that may be better for you, use the Plan Finder tool on [www.Medicare.gov](http://www.Medicare.gov). You can look at a YouTube video at <https://tinyurl.com/yjmntuij> to learn how to use the Plan Finder.

You can also contact your San Juan County SHIBA (Statewide Health Insurance Benefits Advisors) volunteers. They are here to help you! If you would like to speak with a SHIBA volunteer call 360-376-5892 or email them at [Orcasshiba@yahoo.com](mailto:Orcasshiba@yahoo.com).

The SHIBA program is part of the Washington State Office of the Insurance Commissioner. SHIBA volunteers provide free, unbiased, and confidential counseling assistance. In San Juan County SHIBA is sponsored by the Orcas Senior Center.

## Mini Health Checks

The Mobile Integrated Health Program and Orcas Island Fire & Rescue will be at Orcas Senior Center Wednesday, **October 18 from 1pm to 2pm** for mini health checks. Medical providers will be on hand to do blood pressure checks, as well as answer questions about the portable medical orders (POLST) paperwork. POLST forms will be provided free of charge.

## 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 **October 26**. 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](mailto:stephen@swbentley.com).

## Island Hearing Healthcare

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare offers hearing appointments at Orcas Senior Center 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.

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



## Community Health Survey: Please Do It!

By SCJ Health & Community Services

Tell us how you are doing so we can make our islands a healthier community for all!

There are questions about quality of life, access to health care, and what some of the barriers are to good health in our county. The more people we hear from, the more complete our picture will be of how San Juan County residents are doing. The survey is available at: <https://engage.sanjuancountywa.gov/community-health-assessment>.

If you have trouble accessing the survey online, please call the HCS front office at 360-378-4474 to ask for assistance in taking the survey in another format.

¿Habla español? ¡Queremos saber de usted! Existe una versión en español de la encuesta de salud comunitaria. Escanee el código QR para realizar la encuesta en español.

## Adult Protective Services

Adult Protective Services (APS) will provide an informational session at the Orcas Senior Center **Tuesday, October 10, at 9:30 am**. Learn about APS and what they can and cannot do. Adult Protective Services (APS) investigates reports of abuse, abandonment, neglect, exploitation, and self-neglect of vulnerable adults in Washington State. Their efforts are intended to support people to remain as independent as possible in their communities and to ensure they are honoring the right to self-determine if able. The goal of APS is to promote lives free of harm while respecting individual choice. All are welcome.

## Life Line Screenings

You can investigate your cardiovascular health with Life Line Screenings at the Orcas Senior Center **Thursday, October 12th**.

Advanced ultrasound technology looks inside your arteries for signs of plaque buildup. Call 1-800-640-6307 to make an appointment.

## 6-Week Creative Writing Workshop

Write what you always thought you wanted to at a 6-week creative writing workshop designed for writers of all genres! **Beginning Thursday, October 12, from 1:30 to 3pm**, Tish Knapp will lead a group of six to discuss what makes writing interesting.

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 \$30, payable to Tish Knapp. To reserve your spot, contact Tish at [tishkn@gmail.com](mailto:tishkn@gmail.com) or call 360-376-4579.

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

## 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, November 7 at 1pm**. The cost to participate is \$10 and will include some basic jewelry making supplies.

Mary Greenwell and Kate Jewell have been making and selling jewelry on Orcas since 2007 and have sold many of their beautiful pieces around the island. For more information contact Mary at [pw68@orcasonline.com](mailto:pw68@orcasonline.com) or Kate at [drkatejewell@yahoo.com](mailto:drkatejewell@yahoo.com). All are welcome to attend.

## Socrates Café

Join us on the **first Wednesday of the month at 1pm** after lunch for Socrates Café. A gathering of people with different perspectives open to sharing their thoughts on interesting subjects, the topic on **Wednesday, October 4**, will be "Words, Names, and Attributes." Coffee and tea provided and perhaps bring a snack to share. Questions? Contact Edy Hansen by emailing [edy@orcasseniors.org](mailto:edy@orcasseniors.org) or call 206-413-6167.

## Art with Carla!

Art with Carla, **Fridays, 1-3pm**, is lighthearted fun with an emphasis on you CAN do it! Folks of all skill levels are invited (no experience required!). The cost for the class is \$10 (\$8 for members of OSC). For inquiries, contact Carla at 360-317-5652 or [onlyonorcas@gmail.com](mailto:onlyonorcas@gmail.com).

## Ukulele Classes

Join the ukulele Kanikipila, Hawaiian for "play music," **Mondays, 1-3 pm** at Orcas Senior Center. Open to all who want to play music two hours once a week.

Want to learn to play ukulele? Beginners' classes with Kathy Collister are **every Tuesday and Thursday, 12-1 pm**. There is no fee for the classes, but you will need to provide your own ukulele.

For all inquiries, including questions about borrowing a ukulele, email Kathy at [kcollister15@gmail.com](mailto:kcollister15@gmail.com).

## Chair Yoga at OSC

Chair Yoga is led by Susie Frank and is offered on **Tuesdays and Thursdays, 10-10:45am**. This is a gentle technique allowing seniors and persons with disabilities to practice balance poses without the risk of falling.

Susie suggests a \$15 donation (\$12 for members of OSC) per class; nobody is turned away for lack of funds. For inquiries, contact Susie by calling 360-298-4484 or email her at [sissooz@yahoo.com](mailto:sissooz@yahoo.com).

## Climbing Gym Field Trip to Friday Harbor

Have you ever thought you might like to try climbing, but were afraid you couldn't do it? Maybe you can! Climb San Juan, a climbing gym in Friday Harbor, is offering one free lesson to a group of seniors from Orcas Island, tentatively scheduled for either **noon on Tuesday, October 17 or noon on Sunday, October 22**.

If you are 21 or older, and interested in trying it out, please contact [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org) or sign up for your preferred date at the Front Desk. We require a minimum of four people (with a limit of eight). As soon as we have four people signed up, we will organize the lesson and finalize the date and time.

## Grannie's Closet at OSC

Grannie's Closet offers household décor, kitchen, vintage items, and more! Open **Monday through Friday, 9 am to 3 pm**. Check us out!

## Bridge Club Begins!

Our first meeting of the Bridge club at Orcas Senior Center will be on **Tuesday, October 17 at 1pm**. Come and play and make some new friends! We are looking for more people interested in playing so please contact Edy Hansen at [edy@orcasseniors.org](mailto:edy@orcasseniors.org) if interested.

## Feldenkrais/Eurythmy

Andrea Preiss, Feldenkrais Practitioner and therapeutic eurythmist, invites you to a movement class held on **Tuesdays through October 24th at 11am** (no class October 10th). 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, contact Andrea at [sound-movement@hotmail.com](mailto:sound-movement@hotmail.com) or 206-383-7705. To learn more visit [www.sound-movement.org/](http://www.sound-movement.org/).



# October Lunch 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

#### OCTOBER 2

Beef Stroganoff  
Chuckwagon Corn  
Dinner Roll  
Garden Salad

#### OCTOBER 9

##### CLOSED

Indigenous  
People's Day

#### OCTOBER 16

Hazelnut Crusted  
Chicken  
Apple Demi  
Mashed Potatoes  
Vegetables

#### OCTOBER 23

Pulled Pork Sandwich  
Coleslaw  
Baked Beans  
Garden Salad

#### OCTOBER 30

Vegetable Lasagna  
Caesar Salad  
Green Beans  
Garlic Bread  
Ice Cream

### WEDNESDAY

#### OCTOBER 4

Tuna Mac Casserole  
Peas and Carrots  
Cookie  
Garden Salad

#### OCTOBER 11

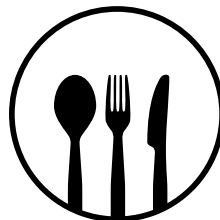
Massaman  
Beef Curry  
with  
Jasmine Rice

#### OCTOBER 18

Chicken Pot Pie  
Garden Salad  
Sliced Peaches

#### OCTOBER 25

Grilled Cheese  
Tomato Soup  
Garden Salad  
Sherbet



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



**THANK YOU** to our amazing volunteers at the Orcas Senior Center! Above is Fred Franke, who is quick to jump in where needed. Thanks Fred, and thanks to all of you that help make the OSC so wonderful.

## Aging in Place Presentation

Join us for the second in a series of three informative presentations from Hospice of the Northwest on **Wednesday, October 25 at 1 pm** at Orcas Senior Center. Learn tips for healthy aging and strategies for living independently in your home and community for as long as possible. Hospice of the Northwest will provide all resources and materials free of charge.

The final presentation will be all about hospice, Hospice 101, on **Wednesday, November 29**. All are welcome.

## MYTH: You must leave your primary care provider to join hospice










By Hospice of the Northwest

Some people think you need to give up your provider once on hospice, but that isn't true. At Hospice of the Northwest, we encourage your provider to continue participating in your care. As long as your provider agrees, you can continue to use them as your primary provider. They can be a doctor, ARNP, or physician's assistant.

We work closely with your provider to coordinate care. Each patient has a dedicated hospice care team that may include: a hospice provider, nurse, social worker, spiritual counselor, nursing assistant, massage therapist, clinical musician, aromatherapist, volunteer, and bereavement counselor. The care team meets regularly to review your plan of care. That plan is then sent to your primary provider for their review.

Not sure if hospice is the right choice for you or a loved one? Call us at 360-814-5550, and we can talk about your options.

# October 2023

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|--|---|---|--|---|--|--|
| <b>1</b><br>Balloons Around the World Day<br> | <b>2</b><br>9:30 am Watercolors<br>11:30 am <b>Senior Lunch!</b><br>1 pm Card Club, Ukulele & Caregiver Support Group           | <b>3</b><br>9 am Zumba<br>10 am Chair Yoga<br>11 am Feldenkrais/Eurythmy<br>12 pm Ukulele Class             | <b>4</b><br>9 am Power Hour<br>11:30 am <b>Senior Lunch!</b><br>1 pm Socrates Café   | <b>5 Island Hearing by Appointment</b><br>10 am Chair Yoga<br>12 pm Ukulele Class<br>1 pm Card Club<br>2 pm Afternoon Tea                   | <b>6</b><br>9 am Power Hour<br>1 pm Art with Carla   | <b>7</b><br>9 am Zumba   |
| <b>8</b><br>World Octopus Day<br>             | <b>9 CLOSED</b><br>Indigenous People's Day<br> | <b>10</b><br>9 am Zumba<br>9:30 am APS Info<br>10 am Chair Yoga<br>12 pm Ukulele Class                      | <b>11</b><br>9 am Power Hour<br>11:30 am <b>Senior Lunch!</b><br>1 pm Show and Tell<br>   | <b>12 Life Screening by Appointment</b><br>10 am Chair Yoga<br>12 pm Ukulele Class<br>1 pm Card Club & Quilting<br>1:30 pm Writing Workshop | <b>13</b><br>9 am Power Hour<br>1 pm Art with Carla  | <b>14</b><br>9 am Zumba<br> |
| <b>15</b><br>National Mushroom Day<br>      | <b>16</b><br>9:30 am Watercolors<br>11:30 am <b>Senior Lunch!</b><br>1 pm Card Club, Ukulele & Caregiver Support Group          | <b>17</b><br>9 am Zumba<br>10 am Chair Yoga<br>11 am Feldenkrais<br>12 pm Ukulele Class<br>1 pm Bridge Club | <b>18</b><br>9 am Power Hour<br>11:30 am <b>Senior Lunch!</b><br>1 pm Mini Health Checks & POLST Forms at OSC with Local Medical Providers   | <b>19</b><br>10 am Chair Yoga<br>12 pm Ukulele Class<br>1 pm Card Club<br>1:30 pm Writing Workshop  | <b>20</b><br>9 am Power Hour<br>1 pm Art with Carla<br> | <b>21</b><br>9 am Zumba  |
| <b>22</b><br>National Nut Day<br>           | <b>23</b><br>9:30 am Watercolors<br>11:30 am <b>Senior Lunch!</b><br>1 pm Card Club, Ukulele & Caregiver Support Group          | <b>24</b><br>9 am Zumba<br>10 am Chair Yoga<br>11 am Feldenkrais<br>12 pm Ukulele Class<br>1 pm Book Club   | <b>25</b><br>9 am Power Hour<br>11:30 am <b>Senior Lunch!</b><br>1 pm Aging in Place Presentation  | <b>26</b><br>10 am Chair Yoga<br>11:30 am Diabetes Support<br>12 pm Ukulele Class<br>1 pm Card Club & Quilting<br>1:30 pm Writing Workshop  | <b>27</b><br>9 am Power Hour<br>1 pm Art with Carla  | <b>28</b><br>9 am Zumba  |
| <b>29</b><br>National Cat Day<br>           | <b>30</b><br>9:30 am Watercolors<br>11:30 am <b>Halloween Lunch Party!</b><br>1 pm Card Club, Ukulele & Caregiver Group         | <b>31</b><br>9 am Zumba<br>11 am Ukulele  | <b>You are invited!</b><br>Join us for in-person lunches on Mondays and Wednesdays.<br>Suggested donation is \$5 or whatever is affordable.<br>Salads are served at 11:30 am.<br>Hot entrees are served at noon.<br>Lunch menus are published on page 5. |   |  |  |

## Spice up Your Holidays with Auction Items

By Orcas Senior Center

What's better than the excitement and anticipation of an auction? How about an auction where the proceeds go entirely to support activities and programs of the Orcas Senior Center?

Join our **November 1-17** silent auction of amazing and surprising items, some delightful, some elegant, some just plain fun! From art objects to decorative tables to home décor and more, who knows what treasures you will find!

View the items **weekdays between 9am and 3pm** at Orcas Senior Center and bid online with easy-to-use instructions. Computer savvy bidders can view the items beginning on **November 1** at <https://givebutter.com/c/OSCSilentAuction>. Auction attendants will be available at the center each day of the auction to help those without online bidding experience. All items must be picked up at the Orcas Senior Center; there is no shipping service available.

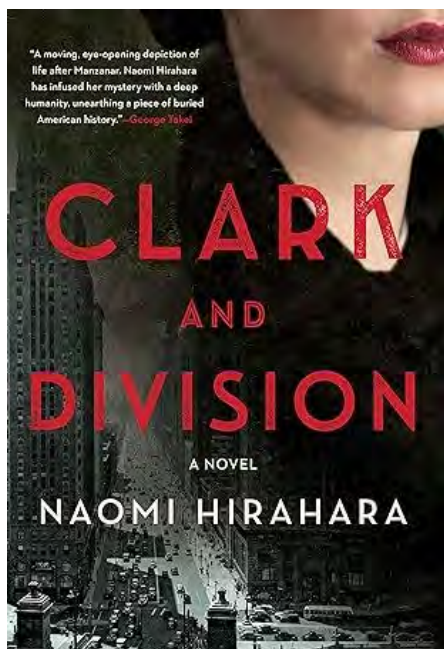
## Spooky Lunch



Happy Halloween! Join us for a very fun and spooky lunch on **Monday, October 30!** Come for lunch, stay for fun! Dress up for a chance to win prizes and enjoy some yummy treats! There will be a prize for best costume, spookiest, and most creative costume! Thank you to the Go-Go Girls for helping to support this frightfully fun event!

## Watercolors Class

Join a weekly watercolors class for beginners on **Mondays, 9:30-11am**. Basic supplies are required to participate and the cost per class is \$10. There is a limit of participants per session, so please reach out to the instructor, Robbie Walker, to join. To learn more about supplies needed and other details, contact Robbie by calling 360-376-7714 or email her at [robbielouwalker@orcasonline.com](mailto:robbielouwalker@orcasonline.com).



## October Book Club: *Clark and Division* by Naomi Hirahara

A New York Times Best Mystery Novel of 2021. Set in 1944 Chicago, Naomi Hirahara's eye-opening and poignant new mystery, the story of a young woman searching for the truth about her revered older sister's death, brings to focus the struggles of one Japanese American family released from mass incarceration at Manzanar during World War II.

Inspired by historical events, *Clark and Division* infuses an atmospheric and heartbreakingly real crime with rich period details and delicately wrought personal stories Naomi Hirahara has gleaned from thirty years of research and archival work in Japanese American history. (Amazon, n.d.)

To participate in this month's Book Club on **Tuesday, October 24 at 1 pm**, contact Stephen Bentley at [stephen@swbentley.com](mailto:stephen@swbentley.com) or call 360-376-2299.

## Quilting Group

Are you interested in quilting? If so, join us on the **second and fourth Thurs.** of each month **from 1 to 4 pm** at Orcas Senior Center. For questions, please contact Edy Hansen at [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org) or call 206-413-6167.

## Current Services Provided

**Community Lunch** is served in person on Mondays and Wednesdays. Please join us! For ages 60+, the suggested donation is \$5 or whatever is affordable. 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 caregiver resources** 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 may be available. To inquire call Steven Ziegler at 206-413-6156 or email [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org) to request a ride or to volunteer as a driver.

**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 contacting 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 may be required. For appointments and fee schedule, 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](http://www.orcasseniors.org) for the latest offerings. Contact Edy Hansen at [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org) or call 206-413-6167 for more information.

**Companion Services** are available. Buddy volunteers are continuing to connect with their buddies for enriching conversation and companionship for seniors. Are you interested in being matched up with a Buddy volunteer? Please email Steven Ziegler at [Steven@orcasseniors.org](mailto:Steven@orcasseniors.org) or call 206-413-6156 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](http://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](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  
[info@orcascrc.org](mailto:info@orcascrc.org).

**Mobile Integrated Healthcare  
(MIH)**  
Call 360-762-5035, email  
[MIH@orcasfire.org](mailto:MIH@orcasfire.org), or see  
[orcasfire.org](http://orcasfire.org) for information.

**Weatherization**  
Call OPALCO at 360-376-3500 or  
OCRC at 360-376-3184 or email  
[info@orcascrc.org](mailto: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](mailto: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](mailto: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.

**Orcas Safe Homes**  
FREE program to help seniors  
identify and correct safety and  
health hazards in their homes. Call  
1-888-685-1475.

**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.

**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](http://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](http://www.imhurting.org).

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

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

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

Or Current Resident

San Juan County Health & Community Services

PO Box 1146  
Eastsound, WA 98245

Phone: 360-376-2677  
Location: 62 Henry Rd  
Email: [jamil@sanjuanco.com](mailto:jamil@sanjuanco.com)  
Issue: October 2023  
Website: [www.orcasseniors.org](http://www.orcasseniors.org)



## Spice up Your Holidays with Silent Auction Fundraiser

By Orcas Senior Center

We invite you to shop for the holidays in a silent auction where the proceeds go entirely to support activities and programs of the Orcas Senior Center!

Join our **November 1-17** silent auction of amazing and surprising items, some delightful, some elegant, some just plain fun! From art objects to decorative tables to home décor and more, there are plenty of treasures to discover.

View the items **weekdays between 9am and 3pm** at Orcas Senior Center and bid online with easy-to-use instructions. Computer savvy bidders can view the items at <https://givebutter.com/c/OSCSilentAuction>.

Auction attendants will be available at the center each day of the auction to help those without online bidding experience. All items must be picked up at the Orcas Senior Center; there is no shipping service available.

## Afternoon Tea

A traditional afternoon tea with lovely table settings is being held at Orcas Senior Center on **Thursday, December 7 at 2 pm**. 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](mailto:mkaplan@centurytel.com) or 360-376-5372.

### Quote for the Month

"Try to be a rainbow in someone's cloud."

- Maya Angelou



Pictured above, Edy Hansen, Tom Eversole, and a room full of dancers enjoy the music of the band Herding Kats at an event in September at the Orcas Senior Center.

## Dementia Friendly Orcas Hosts Power of Attorney Presentation at OSC

By Orcas Senior Center

It's estimated that more than 730 people in San Juan County currently live with dementia. For people with dementia and their families it is critical to have legal documents including advance directives and power of attorney (POA) in place.

On **Thursday, November 9**, local estate planning attorney, Tom Fiscus, will talk about the importance of POAs, what they are, and how to create them. The presentation will begin at **2 pm** at Orcas Senior Center. It is free, and everyone is welcome.

This presentation is part of Orcas Senior Center's Dementia Friendly Orcas project. To read more about Dementia Friendly Orcas, see [www.orcasseniors.org/dementia-friendly](http://www.orcasseniors.org/dementia-friendly).

## Herding Kats Jazz Band

Eighty dancers and jazz enthusiasts enjoyed upbeat Swing, Latin, and other jazz music on a Saturday in September at the Orcas Senior Center, pictured above. All age groups were represented at this family fun afternoon event; dancers ranged in age from 3 to 93. For those that missed this great band, Herding Kats, they perform frequently in Oak Harbor and other nearby locales. Check [orcasseniors.org](http://orcasseniors.org) for more fun music and dance activities during the coming year.

## What's inside...

Free Medicare Assistance  
Page 3

"Theater of the Mind"  
Page 4

Lunch Menu  
Page 5

And much more!



## San Juan County Staff

### Jami Mitchell

Human Services Manager

360-376-7926

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

### Heidi Bruce

Aging & Family Case Coordinator

360-370-0591

[HeidiB@sanjuanco.com](mailto:HeidiB@sanjuanco.com)

### Steven Ziegler

Senior Services Specialist

360-370-7525

[StevenZ@sanjuanco.com](mailto: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](mailto: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](http://www.orcasseniors.org). Please mail submissions to PO Box 1146, Eastsound, WA 98245.

## Meals on Wheels and More

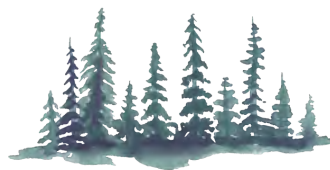
Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging. Meals on Wheels are delivered **Mon., Wed., and Fri.** Call 360-376-7926 for eligibility.

### Ian Cassinos

Food Services Manager

### Kevin Gregus & Mike Knight

Kitchen staff on Orcas



ORCAS SENIOR CENTER

Age Well on Orcas

### Monday through Friday 9 am to 3 pm

62 Henry Rd.

Eastsound, WA 98245

360-376-2677

[www.orcasseniors.org](http://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](mailto:Lena@orcasseniors.org)

#### Edy Hansen

Activities & Administrative  
Coordinator

206-413-6167

[Edy@orcasseniors.org](mailto: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-Friday, 9 am to 3 pm.** Thank you!

### ORCAS SENIOR CENTER Welcomes New Members!

*Susan Gordon-Bentley, Stephen Bentley, Miram McCarville, Douglas McCarville, Mary Meredith, Helen Janin, Pamela Evans, Deanna Shaide, Laura Barnes, and Robert Demarest*

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

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



## Community Health Survey: Please Do It!

By SCJ Health & Community Services

Tell us how you are doing so we can make our islands a healthier community for all!

There are questions about quality of life, access to health care, and what some of the barriers are to good health in our county. The more people we hear from, the more complete our picture will be of how San Juan County residents are doing. The survey is available at: <https://engage.sanjuancountywa.gov/community-health-assessment>.

If you have trouble accessing the survey online, please call the HCS front office at 360-378-4474 to ask for assistance in taking the survey in another format.



## Orcas Senior Center Cookbook Almost Here!

It has been 40 years since Orcas Senior Center made a cookbook! We are so excited to announce that our 2023 cookbook is almost finished and will be available for purchase in December. It is sure to make a very special holiday gift for friends and family! Also, the Orcas Island Historical Museum will be carrying our cookbook!

Thank you to everyone who contributed a recipe, a picture, or a story; you have all made this cookbook one to remember and celebrate!





## Welcome to Medicare

Are you joining Medicare within the next year? If so, the Statewide Health Insurance Benefits Advisors (SHIBA) are here to assist with Medicare questions. The San Juan County SHIBA volunteers are hosting a free presentation at the Orcas Senior Center on **Wednesday, November 15 at 10:30 am.**

Learn how Medicare works, what your coverage options are, and when you must act to avoid penalties. To participate via Zoom, or to schedule a one-on-one counseling session, please email [shibasjco@yahoo.com](mailto:shibasjco@yahoo.com) or call 360-376-5892. SHIBA volunteers can also help with Open Enrollment!

## Hearing, Speech & Deaf Center Presentation

By Orcas Senior Center

As we age, we all experience changes in our hearing. These changes often come on gradually and we only notice when it is already a significant barrier to communication. These barriers often lead people to start to withdraw from communication and from social opportunities. On **Tuesday, November 14 at 10:30 am** at Orcas Senior Center, Joel Bergsbaken, from the Hearing, Speech & Deaf Center, will be giving a presentation about hearing changes as we age, technology and techniques that improve communication, and free support services available to the community to prevent withdrawal and isolation. Joel will also be available from **1:00 to 4:00 pm** to meet with individuals for one-on-one consultations to discuss hearing change, hearing loss, communication, community barriers, and listening technology. Contact Joel at 360-647-0910 or [jbergsbaken@hsrc.org](mailto:jbergsbaken@hsrc.org) to set up an appointment or for more information. Open to everyone!

## 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 **November 16.** 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](mailto:stephen@swbentley.com).

## Island Hearing at OSC

By Stacie Nordrum, Au.D., CCC-A  
Island Hearing Healthcare

Stacie Nordrum, Au.D., CCC-A, of Island Hearing Healthcare offers hearing appointments at Orcas Senior Center 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. To schedule an appointment and other questions please contact Stacie by calling 360-378-2330 or emailing [islandhearing@gmail.com](mailto:islandhearing@gmail.com). To learn more about Island Hearing Healthcare, go to their website at [www.islandhearing.net](http://www.islandhearing.net).



## Island Health Classes

Learn the most up-to-date recommendations and guidelines for staying physically active as you age with Island Health's "Move Your Way" class on **Thursday, November 30 at 1 pm** at Orcas Senior Center. Different types of exercise and movement will be discussed as well as strategies for sitting less, staying safe and preventing falls. This class is developed from the U.S. Department of Health and Human Services Move Your Way® campaign to promote the Physical Activity Guidelines for Americans. The instructor will be Kess Walp, CHES, CPT.

Learn how to sign-up and navigate Island Health's Patient Portal with an interactive class on **Thursday, November 30 at 2 pm.** Participants will learn step-by-step instructions for how to view messages, chart notes, lab results, active charges, scheduled appointments, and more! You are welcome to bring a mobile device, tablet, or laptop to use the portal during the presentation.

Contact Edy Hansen at 206-413-6167 or [edy@orcasseniors.org](mailto:edy@orcasseniors.org) for questions. All are welcome.

## Family Caregiver Support Group

The Family Caregiver Support Group (FCSG) meets at the Orcas Senior Center every **Monday at 1 pm.** For more information, contact Heidi Bruce, Aging & Family Case Coordinator, by calling 360-370-0591 or emailing [heidib@sanjuanco.com](mailto:heidib@sanjuanco.com).

## 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](http://www.IslandRides.org) for more info.

## "Theater of the Mind"

Do you enjoy playing board games, reading fantastic stories of adventure, or solving mysteries and puzzles? Do you want to expand your creativity and capacity for play?

Explore your own imagination and unite with friends in a colorful and collaborative storytelling experience with this unique opportunity at Orcas Senior Center.

Join Woodruff Boero, professional game designer, improviser, and recreational therapist for some role-playing game workshops on **Fridays, November 3 and 17 at 1 pm**. For more information, please contact Woodruff directly at [wboerwoodruff@gmail.com](mailto:wboerwoodruff@gmail.com).

## New Bridge Club

Are you interested in playing bridge? Come play with the Bridge Club and make some new friends at Orcas Senior Center, **Tuesdays at 1:30 pm**. Contact Edy Hansen at [edy@orcasseniors.org](mailto:edy@orcasseniors.org) or 206-413-6167 for more information.

## Weekly Card Club

Want to play cards? The Card Club at Orcas Senior Center would like to invite you to join the fun on **Mondays and Thursdays, 1-3 pm**. 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, 10-10:45 am**, 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 members 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 [sissooz@yahoo.com](mailto: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, November 7 at 1 pm** at Orcas Senior Center. The cost to participate is \$10 and will include some basic jewelry making supplies.

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](mailto:pw68@orcasonline.com) or Kate Jewell at [drkatejewell@yahoo.com](mailto:drkatejewell@yahoo.com). All are welcome to attend.

## Art with Carla!

Art with Carla, **Fridays, 1-3 pm** at Orcas Senior Center, 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](mailto:onlyonorcas@gmail.com).

## Feldenkrais Method/Eurythmy

Andrea Preiss, Feldenkrais Practitioner and therapeutic eurythmist, invites you to join a movement class at Orcas Senior Center **Tuesdays at 11 am**. 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](mailto:sound-movement@hotmail.com) or call 206-383-7705. To learn more about Andrea visit website [www.sound-movement.org/](http://www.sound-movement.org/).



## Meeting of the Minds

Did you know that Coho salmon were observed in Cascade Creek as far back as the 1950s and that Cascade Creek is one of the only salmon runs left in the San Juan Islands? Did you know that Chinook salmon spawned and reared naturally in Cascade Creek last year?

Our next Meeting of the Minds will feature Jenny De Groot speaking on the topic "Monitoring Wild Salmonid Runs on Orcas Island." Join us at Orcas Senior Center on **Wednesday, November 15 at 1 pm** to learn more interesting facts about "salmonids" (salmon and trout) and how we can better protect them.

Jenny De Groot is a fisheries biologist and consultant for the San Juan County Land Bank. Open to everyone!

## Ukulele Kanikapila and Beginners' Ukulele

Join the ukulele Kanikapila, Hawaiian for "play music," **Mondays, 1-3 pm** at Orcas Senior Center. 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, 12-1 pm**. 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](mailto:kcollister15@gmail.com). Beginners and adults of all ages are welcome to participate!

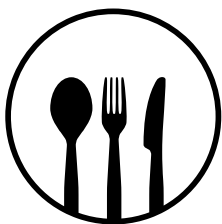
# November Menu

## 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



### WEDNESDAY

#### NOVEMBER 1

Pork Tamale Pie  
Spanish Rice  
Garden Salad

#### NOVEMBER 6

Chili Mac & Cheese  
Corn Bread  
Garden Salad

#### NOVEMBER 8

Baked Ziti w/  
Meatballs  
Garlic Bread  
Caesar Salad

#### NOVEMBER 13

Chicken Pot Pie  
Garden Salad  
Fruit

#### NOVEMBER 15

Baked Salmon  
Glazed Carrots  
Rice Pilaf  
Garden Salad

#### NOVEMBER 20

Pork & Veggie Stir Fry  
Jasmine Rice  
Sesame Slaw  
Spring Rolls

#### NOVEMBER 22

Roasted Turkey  
Mashed Potatoes/Gravy  
Bread Stuffing  
Green Bean Casserole  
Pumpkin Pie

#### NOVEMBER 27

Chicken Parmesan  
Pasta  
Nantucket Veggies  
Garden Salad

#### NOVEMBER 29

Clam Chowder  
Wheat Roll  
Garden Salad



## MYTH: Hospice is only for the patient

By Hospice of the Northwest

Many people assume hospice care is similar to traditional healthcare, where the focus is almost solely on the patient. This is an unfortunate misconception, as many people don't realize how much support is available to them once their loved one is on hospice.

At Hospice of the Northwest, we know that a life-limiting illness impacts everyone who loves and cares for the patient. That's why our holistic approach focuses on the whole person, including their circle of support.

We partner with the patient and their loved ones to create a personalized care plan that addresses their physical, emotional, social, and spiritual needs. This plan usually extends support to the patient's loved ones, providing assistance with community resource navigation, grief counseling, caregiver education, respite care, and more. Even after a patient's passing, our bereavement program remains available, offering one-on-one counseling, support groups, and more.

We are here to support patients and their loved ones every step of the way. To learn more, visit our website at [www.HospiceNW.org](http://www.HospiceNW.org) or give us a call at 360-814-5550.

## Hospice 101 and More















Learn the basics of hospice care, eligibility requirements, how it's paid for, how to get started, and the types of support it provides to patients and families from Hospice of the Northwest on **Wednesday, November 29 at 1 pm**. There are many myths and misconceptions about hospice, so the truth may surprise you!

In addition to the Hospice 101 presentation, an expert will be on hand at OSC to assist in filling out the advance care planning forms on **Wednesday, November 29 from 9 am to 11 am**. Advance care planning ensures your goals, values and preferences are known at the end of life or if communicating those desires due to illness or injury becomes impossible. All documents are provided free of charge, and all are welcome.

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



# November 2023

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|--|---|--|---|--|--|--|
| In-person lunches are hosted on Mondays and Wednesdays.<br>Suggested donation is \$5 for 60+.<br>Salads served at 11:30 am and hot entrees are served at Noon. |   |  | <b>1</b><br><b>11:30 am Senior Lunch!</b><br><b>1 pm</b><br>Socrates Café & Legal Solutions Presentation  | <b>2 Island Hearing by Appointment</b><br><b>10 am</b> Chair Yoga<br><b>12 pm</b> Ukulele Class<br><b>1:30 pm</b> Writing Workshop<br><b>1 pm</b> Card Club                            | <b>3</b><br><b>9 am</b> Power Hour<br><b>1 pm</b> Art with Carla<br><b>1 pm</b> "Theater of the Mind"  | <b>4</b><br><b>9 am</b> Zumba<br>                       |
| <b>5</b><br>Daylight Savings Ends<br>   | <b>6</b><br><b>9:30 am</b> Watercolors<br><b>11:30 am Senior Lunch!</b><br><b>1 pm</b> Card Club, Ukulele & Caregiver Support Group   | <b>7</b><br><b>10 am</b> Chair Yoga<br><b>11 am</b> Feldenkrais<br><b>12 pm</b> Ukulele Class<br><b>1 pm</b> Jewelry Class<br><b>1:30 pm</b> Bridge Club                                     | <b>8</b><br><b>9 am</b> Power Hour<br><b>11:30 am Senior Lunch!</b><br><b>1 pm</b> Show and Tell<br> | <b>9</b><br><b>10 am</b> Chair Yoga<br><b>12 pm</b> Ukulele Class<br><b>1 pm</b> Card Club & Quilting<br><b>1:30 pm</b> Writing Workshop<br><b>2 pm</b> Power of Attorney Presentation | <b>10 CLOSED</b><br>  | <b>11</b><br><b>9 am</b> Zumba<br>                      |
| <b>12</b><br>  | <b>13</b><br><b>9:30 am</b> Watercolors<br><b>11:30 am Senior Lunch!</b><br><b>1 pm</b> Card Club, Ukulele & Caregiver Support Group<br> | <b>14</b><br><b>10 am</b> Yoga<br><b>10:30 am</b> Hearing Presentation<br><b>11 am</b> Feldenkrais<br><b>12 pm</b> Ukulele Class<br><b>14pm</b> Hearing appts.<br><b>1:30 pm</b> Bridge Club | <b>15</b><br><b>9 am</b> Power Hour<br><b>10:30 am</b> Medicare Presentation by SHIBA<br><b>11:30 am Senior Lunch!</b><br><b>1 pm</b> Meeting of the Minds                            | <b>16</b><br><b>10 am</b> Chair Yoga<br><b>11:30 am</b> Diabetes Support<br><b>12 pm</b> Ukulele Class<br><b>1 pm</b> Card Club<br><b>1:30 pm</b> Writing Workshop                     | <b>17</b><br><b>9 am</b> Power Hour<br><b>1 pm</b> Art with Carla<br> <b>1 pm</b> "Theater of the Mind" | <b>18</b><br><b>9 am</b> Zumba<br>Apple Cider Day<br> |
| <b>19</b><br>National Play Monopoly Day<br>                                 | <b>20</b><br><b>9:30 am</b> Watercolors<br><b>11:30 am Senior Lunch!</b><br><b>1 pm</b> Card Club, Ukulele & Caregiver Support Group  | <b>21</b><br><b>9 am</b> Zumba<br><b>10 am</b> Chair Yoga<br><b>11 am</b> Feldenkrais<br><b>12 pm</b> Ukulele Class<br><b>1:30 pm</b> Bridge Club  | <b>22</b><br><b>9 am</b> Power Hour<br><b>11:30 am Senior Lunch!</b>  | <b>23 CLOSED</b><br>   | <b>24 CLOSED</b>   | <b>25</b><br><b>9 am</b> Zumba   |
| <b>26</b><br>National Cake Day<br>  | <b>27</b><br><b>9:30 am</b> Watercolors<br><b>11:30 am Senior Lunch!</b><br><b>1 pm</b> Card Club, Ukulele & Caregiver Group  | <b>28</b><br><b>9 am</b> Zumba<br><b>10 am</b> Chair Yoga<br><b>11 am</b> Feldenkrais<br><b>12 pm</b> Ukulele Class<br><b>1:30 pm</b> Bridge Club  | <b>29</b><br><b>9 am</b> Power Hour<br><b>9 am</b> Advance Care Planning Assistance<br><b>11:30 am Senior Lunch!</b><br><b>1 pm</b> Hospice 101                                       | <b>30</b><br><b>10 am</b> Chair Yoga<br><b>12 pm</b> Ukulele Class<br><b>1 pm</b> Card Club<br><b>1 pm</b> Move Your Way<br><b>2 pm</b> Island Health Portal                           |   |   |

## Quilting Group

Interested in quilting? If so, join us on the **second and fourth Thurs.** of each month **1 to 4 pm** at Orcas Senior Center. Bring your own quilting project and see what others are working on. For questions, contact Edy Hansen at 206-413-6167 or email [Edy@orcasseniors.org](mailto:Edy@orcasseniors.org).

## Show and Tell!

Do you have a special item that brings you joy? It can be a photo, drawing, or the actual item. Was it something you collected, found, or was given to you? We look forward to seeing what you have **Wednesday, November 8**, after lunch. The second Wednesday of the month after lunch we invite you to bring an item to "show and tell." Each month is a different theme!

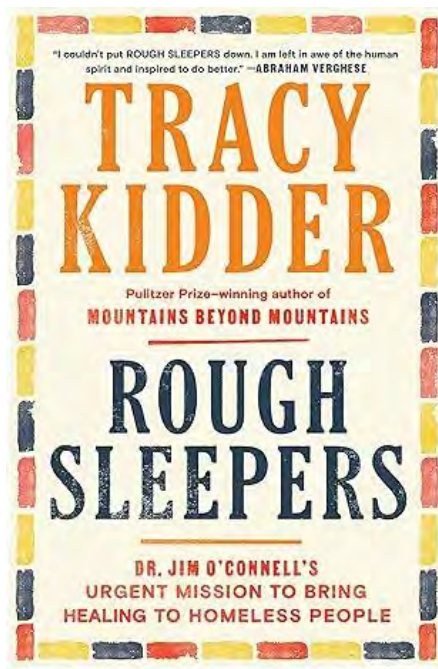
## Socrates Café

Join us on the **first Wednesday of the month at 1 pm** 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 **November 1 at 1 pm**. Coffee and tea will be provided and bring a snack to share (if you want). For questions, contact Norm at [normp741@aol.com](mailto:normp741@aol.com).



## Watercolors Class

Join a watercolors class for beginners at Orcas Senior Center on **Mondays, 9:30 to 11 am**. Basic supplies are required to participate and the cost per class is \$10. There is a limit of participants per session, so please reach out directly to the instructor, Robbie Walker to join. To learn more about supplies needed and other details, contact Robbie by calling 360-376-7714 or email her at [robbielouwalker@orcasonline.com](mailto:robbielouwalker@orcasonline.com).



## November/December Book Club: *Rough Sleepers* by Tracy Kidder

When Jim O'Connell graduated from Harvard Medical School and was nearing the end of his residency at Massachusetts General Hospital, the chief of medicine made a proposal: Would he defer a prestigious fellowship and spend a year helping to create an organization to bring health care to homeless citizens? Jim took the job because he felt he couldn't refuse. But that year turned into his life's calling. Tracy Kidder spent five years following Dr. O'Connell and his colleagues as they served thousands of homeless patients. Kidder shows how one person can make a difference, as he tells the story of Dr. Jim O'Connell, a gifted man who invented ways to create a community of care for a city's unhoused population, including those who sleep on the streets—the "rough sleepers." (Amazon, n.d.).

To participate in the next Book Club on **Tuesday, December 5 at 1 pm**, contact Stephen Bentley at [stephen@swbentley.com](mailto:stephen@swbentley.com) or call 360-376-2299.

## 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](mailto: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](mailto: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](mailto: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](http://www.orcasseniors.org) for the latest offerings. For more information contact Edy Hansen at [Edy@orcasseniors.org](mailto: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](mailto: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](http://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](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  
[info@orcascrc.org](mailto:info@orcascrc.org).

**Mobile Integrated Healthcare  
(MIH)**  
Call 360-762-5035, email  
[MIH@orcasfire.org](mailto:MIH@orcasfire.org), or see  
[orcasfire.org](http://orcasfire.org) for information.

**Weatherization**  
Call OPALCO at 360-376-3500 or  
OCRC at 360-376-3184 or email  
[info@orcascrc.org](mailto: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](mailto: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](mailto: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.

**Orcas Safe Homes**  
FREE program to help seniors  
identify and correct safety and  
health hazards in their homes. Call  
1-888-685-1475.

**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.

**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](http://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](http://www.imhurting.org).

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

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

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

Or Current Resident

San Juan County Health & Community Services

PO Box 1146  
Eastsound, WA 98245

Phone: 360-376-2677  
Location: 62 Henry Rd  
Email: [jamil@sanjuanco.com](mailto:jamil@sanjuanco.com)  
Issue: November 2023  
Website: [www.orcasseniors.org](http://www.orcasseniors.org)





## 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](mailto: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](mailto: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](mailto:mkaplan@centurytel.com) or 360-376-5372.

## What's inside...

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And much more!



## San Juan County Staff

### Jami Mitchell

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Senior Services Specialist  
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### 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](mailto: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](http://www.orcasseniors.org). Please mail submissions to PO Box 1146, Eastsound, WA 98245.

## Meals on Wheels and More

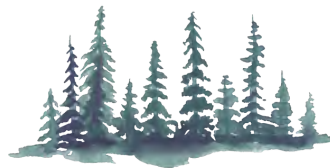
Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging. Meals on Wheels are delivered **Mon., Wed., and Fri.** Call 360-376-7926 for eligibility.

### 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](http://www.orcasseniors.org)  
Friends of Orcas Senior Center,  
DBA Orcas Senior Center, 501(c)3  
nonprofit

### Nonprofit Board of Directors

Tom Eversole, President  
Allan Rosato, Vice President  
Darcey Miller, Secretary  
Stephen Bentley, Treasurer  
Lynnette Wood  
Jennifer Hairston  
Greg Raffelson  
Bev Polis

### Nonprofit Staff

**Lena Kassa**  
Operations Manager  
360-919-9312  
[Lena@orcasseniors.org](mailto:Lena@orcasseniors.org)

### Edy Hansen

Programs & Activities Coordinator  
206-413-6167  
[Edy@orcasseniors.org](mailto: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](http://orcasseniors.org/member).

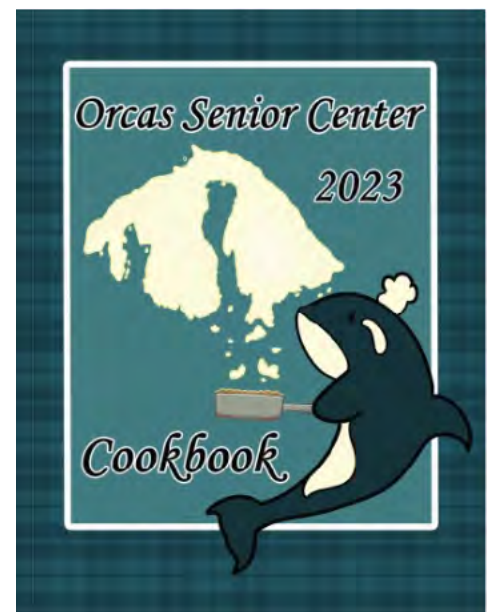
## Grannie's Closet

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](http://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](mailto: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](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:pw68@orcasonline.com) or Kate Jewell at [drkatejewell@yahoo.com](mailto: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](mailto:sound-movement@hotmail.com) or call 206-383-7705. To learn more about Andrea visit website [www.sound-movement.org/](http://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](mailto: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](mailto: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](mailto: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](https://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](https://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.<br/>Suggested donation is \$5 for 60+.<br/>Salads served at 11:30 am and hot entrees are served at Noon.</p> |   |  |  |  | <b>1</b><br><b>9 am</b><br>Power Hour<br><b>1 pm</b><br>Art with Carla   | <b>2</b><br><b>9 am</b><br>Zumba   |
| <b>3</b><br><i>International Day of Persons with Disabilities</i><br>                  | <b>4</b><br><b>9 am</b> Power Hour<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Card Club, Ukulele & Caregiver Support Group  | <b>5</b><br><b>9 am</b> Zumba<br><b>10 am</b><br>Chair Yoga<br><b>11 am</b><br>Feldenkrais<br><b>12 pm</b> Ukulele<br><b>1 pm</b> Book Club & Ornament Making<br><b>1:30 pm</b><br>Bridge Club | <b>6</b><br><b>9 am</b><br>Power Hour & Qigong<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Socrates Cafe<br> | <b>7</b><br><b>Island Hearing by Appointment</b><br><b>9 am</b> Zumba<br><b>10 am</b> Chair Yoga<br><b>12 pm</b> Ukulele<br><b>1 pm</b><br>Card Club<br><b>2 pm</b><br>Afternoon Tea | <b>8</b><br><b>9 am</b><br>Power Hour<br><b>1 pm</b><br>Art with Carla   | <b>9</b><br><i>National Pastry Day</i><br><b>Mainland Shopping Trip</b><br><b>9 am</b><br>Zumba<br> |
| <b>10</b><br><b>4 pm</b><br>Holiday Potluck & White Elephant Gift Exchange  | <b>11</b><br><b>9 am</b> Power Hour<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Card Club, Ukulele & Caregiver Support Group | <b>12</b><br><b>9 am</b> Zumba<br><b>10 am</b> Chair Yoga<br><b>11 am</b><br>Feldenkrais<br><b>12 pm</b> Ukulele<br><b>1 pm</b> Jewelry Making<br><b>1:30 pm</b><br>Bridge Club                | <b>13</b><br><b>9 am</b><br>Power Hour & Qigong<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Show and Tell   | <b>14</b><br><b>10 am</b><br>Chair Yoga<br><b>12 pm</b> Ukulele<br><b>1 pm</b><br>Card Club, Quilting & DOL Mobile Service   | <b>15</b><br><b>9 am</b><br>Power Hour<br><b>1 pm</b><br>Art with Carla<br> | <b>16</b><br><b>9 am</b><br>Zumba  |
| <b>17</b><br><i>National Maple Syrup Day</i><br>                                     | <b>18</b><br><b>9 am</b> Power Hour<br><b>11:30 am</b><br><b>Senior Lunch!</b><br><b>1 pm</b><br>Card Club, Ukulele & Caregiver Support Group | <b>19</b><br><b>9 am</b> Zumba<br><b>10 am</b><br>Chair Yoga<br><b>11 am</b><br>Feldenkrais<br><b>12 pm</b> Ukulele<br><b>1:30 pm</b><br>Bridge Club   | <b>20</b><br><b>9 am</b><br>Power Hour & Qigong<br><b>11:30 am</b><br><b>Senior Lunch!</b>   | <b>21</b><br><b>10 am</b><br>Chair Yoga<br><b>12 pm</b> Ukulele<br><b>1 pm</b> Card Club<br>     | <b>22</b><br><b>9 am</b><br>Power Hour<br><b>1 pm</b><br>Art with Carla<br><b>2 pm</b><br>Cookie Decorating Class  | <b>23</b><br><b>9 am</b><br>Zumba<br>   |
| <b>24</b><br><i>National Egg Nog Day</i>  | <b>25</b><br><b>SJC and OSC CLOSED</b><br>                 | <b>26</b><br><b>9 am</b> Zumba<br><b>10 am</b><br>Chair Yoga<br><b>11 am</b><br>Feldenkrais<br><b>12 pm</b> Ukulele<br><b>1:30 pm</b><br>Bridge Club   | <b>27</b><br><b>9 am</b><br>Power Hour & Qigong<br><b>11:30 am</b><br><b>Senior Lunch!</b>   | <b>28</b><br><b>10 am</b><br>Chair Yoga<br><b>11:30 am</b> Living Well with Diabetes<br><b>12 pm</b> Ukulele<br><b>1 pm</b><br>Card Club & Quilting                                  | <b>29</b><br><b>9 am</b><br>Power Hour<br><b>1 pm</b><br>Art with Carla  | <b>30</b><br><i>Bacon Day</i><br><b>9 am</b><br>Zumba<br>   |



## 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](mailto: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](http://www.IslandRides.org) for more info.

## Show and Tell!

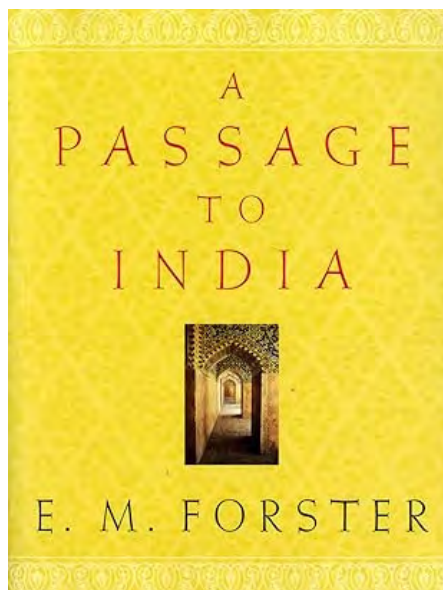
Do you have a special holiday item? Perhaps an ornament or nutcracker? It could be something you made, collected, found, or was given to you. We look forward to seeing what you show and tell after Senior Lunch on **Wednesday, Dec. 13.** Each month will be a different theme!

## 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](mailto:islandhearing@gmail.com). To learn more about Island Hearing Healthcare, go to their website at [www.islandhearing.net](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://www.orcasseniors.org) for the latest offerings. For more information, please contact Edy Hansen at [Edy@orcasseniors.org](mailto: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](mailto: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](http://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](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  
[info@orcascrc.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto:MIH@orcasfire.org), or see  
[orcasfire.org](http://orcasfire.org) for information.

**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.

**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](http://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](http://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

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