



Field Trip to Deer Harbor Community Club

Join us on **Tuesday, March 12 at 1:30 p.m.** for an exciting field trip to the Deer Harbor Community Club. Immerse yourself in the rich history of this 1905 historic building, listed in the Washington Heritage Register.

During the event, enjoy coffee, tea, and cookies while taking a brief tour and presentation on the DHCC's fascinating history as a one-room schoolhouse until 1925. Learn what life was like in the early days of the community.

Participants will need to provide their own transportation. For RSVPs or any inquiries, contact Edy Hansen at edy@orcasseniors.org or 206-413-6167. Don't miss this opportunity to explore the legacy of the DHCC and connect with Orcas Island's past!

Presentation on How to Avoid Scams

Looking to protect yourself from fraud, identity theft, and scams? Wondering about how to keep your family safe online? Orcas Senior Center and the Federal Trade Commission (FTC) have information for you during National Consumer Protection Week (NCPW)—March 3-9, 2024—so you can learn to spot, report, and avoid scams and stay safe.

Join the FTC's Northwest Region's Assistant Director, Jennifer Tourjé, on **Wednesday, March 6 at 1:00 p.m.** for an in-person discussion about how to avoid scams and recover from identity theft. Jennifer is an Orcas resident and is a former state and federal prosecutor.

For more information, contact Jennifer via email at jtourje@ftc.gov. Also, visit consumer.ftc.gov/features/national-consumer-protection-week for free consumer education materials and read the latest from experts in the consumer protection field.



Barb Garrett and Sue Lamb enjoy a special Valentine themed Afternoon Tea in February. Interested in attending? Afternoon Tea returns, Thursday, April 4 at 2 p.m.

Grannie's Attic 2.0

Grannie's Attic 2.0 returns to Orcas Senior Center on **Saturday, April 27!** Showcase and sell your household or vintage items, tools, collectibles, and more. Tables are allocated on a first-come, first-served basis, with prices ranging from \$20 to \$40, and each seller can rent up to two six-foot tables.

If you have new or gently used items for donation, excluding furniture and clothing, please consider contributing to Orcas Senior Center.

We also need volunteers for help with this event! To secure your table, volunteer, or for donations exceeding one box, contact Edy Hansen at 206-413-6157 or edy@orcasseniors.org.

Quote for the Month

"Only a life lived for others is a life worthwhile." — Albert Einstein

Afternoon Tea

Indulge in a classic afternoon tea experience surrounded by charming table arrangements featuring candles and exquisite teacups at Orcas Senior Center on **Thursday, April 4, at 2 p.m.** Delight in the company of friends while savoring a selection of tea, sandwiches, cookies, and scones. The atmosphere will be further enhanced by the enchanting piano melodies performed by Ron Myers. For inquiries or to help, contact Maggie Kaplan at 360-376-5372 or mkaplan@centurytel.com. Join us for an unforgettable tea!

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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@sanjuancountywa.gov or calling 360-376-7926.

The newsletter is published by San Juan County Senior Services with a grant from the Northwest Regional Council. The Senior Signal is distributed free at the Orcas Senior Center, by mail, and online at www.orcasseniors.org. Please mail submissions to PO Box 1146, Eastsound, WA 98245.

Meals on Wheels and More

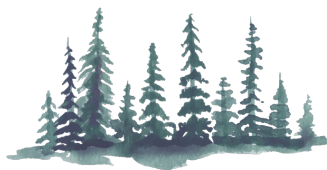
Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging. Meals on Wheels are delivered **Mon., Wed., and Fri.** Contact Steven Ziegler at stevencz@sanjuancountywa.gov or 360-370-7525 for eligibility.

Ian Cassinos

Food Services Manager

Kevin Gregus & Mike Knight

Kitchen staff on Orcas



ORCAS SENIOR CENTER

Age Well on Orcas

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

62 Henry Rd.

Eastsound, WA 98245

360-376-2677

www.orcasseniors.org

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

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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!

Teri Williams, Jim Forbes, Janet Breeden, Chanda McKeaver, Oak Boesky, Thomas Herlihy, Jean Herlihy, Andrea Cohen, Bobby Schauerhamer, Michael Troxel, Marie Troxel, Ann Jones and Keith Jones

Not a member or need to renew?

Go to orcasseniors.org/member.



Volunteers Drivers Needed for Meals on Wheels

We are searching for volunteer drivers to support Meals on Wheels. If you are interested in volunteering to help deliver hot meals to people's doors, we would love to hear from you! We have volunteer opportunities on Mondays, Wednesdays, and Fridays from about 11 a.m. to 1:00 p.m. Please contact Steven Ziegler at stevencz@sanjuancountywa.gov or 360-370-7525 to inquire. Enlist a friend and do a weekly shift together!



DOL2Go at Orcas Senior Center

The Washington State Department of Licensing's new mobile service, DOL2Go, will travel to Orcas Island **Tuesday, April 2** to assist residents with their driver licensing and ID needs. The event will be held at Orcas Senior Center from **10 a.m. to 3:30 p.m.**

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 ([go to www.dol.wa.gov](http://go.to/www.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 driving testing are not available.

DOL2Go cannot accept cash or check payments. Debit or credit card only, please. For questions, please contact the DOL call center at 360-902-3900.



Welcome to Medicare Presentation

Are you joining Medicare sometime this year? Medicare enrollment is not automatic for most people, so you may need to enroll with Social Security. You'll have to decide what type of Medicare coverage you want and you'll need to understand a lot of new information to make an informed decision.

Trained Statewide Health Insurance Benefits Advisors (SHIBA) program volunteers are here to make the transition easier for you. Join us for a free Welcome to Medicare presentation at Orcas Senior Center on **Tuesday, March 19 at 10:30 a.m.** Learn how Medicare works, what your coverage options are, and when you must act to avoid penalties. To participate by Zoom, email shibasjco@yahoo.com.

SHIBA, sponsored by Orcas Senior Center, is a free, unbiased, and confidential informational service offered through the Washington state Office of the Insurance Commissioner. Call the Orcas Island SHIBA office at 360-376-5892 to schedule a counseling session.

Cookie Decorating

Join us for a shamrock-and-roll cookie decorating class **Friday, March 15 at 2 p.m.** at Orcas Senior Center, led by Alicia Johns. The class admission is \$45. Children between the ages of 10 and 14 must be accompanied by an adult.

Alicia Johns, owner and operator of Sweet Pea's CookieCo., is thrilled to share her talents in the art of cookie decorating. To attend, purchase tickets online at <https://bakesy.shop/b/sweetpeascookieco/category/offerings>.

Don't miss out on this opportunity to unleash your creativity and learn from a seasoned expert in the world of cookie decoration!

Photography by Julia Summers

Visit Orcas Senior Center **Monday through Friday, 9 a.m. to 3 p.m. through April 19**, to immerse yourself in the stunning photography of Julia Summers.

Julia's artistic passion ignited at the age of eight when an art teacher, recognizing her unique perspective due to an eye patch and limited vision, handed her a camera with the encouragement to "show the world how you see it." This marked the inception of her illustrious career as a photographer.

Julia Summers has contributed her talent to renowned organizations such as the National Geographic, National Wildlife Federation, and the United Nations. Join us in celebrating her extraordinary vision and accomplishments at the Orcas Senior Center.



Family Caregiver Support Group

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. Participants have the opportunity to ask questions, learn from others' experiences, share successes and challenges, or seek guidance in a safe, supportive, and confidential environment.

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

Island Hearing at Orcas Senior Center

Stacie Nordrum, Au.D., CCC-A, from Island Hearing Healthcare, provides hearing care at Orcas Senior Center every **first Thursday of the month**. Schedule your appointment in advance, as availability fills up. Services offered include hearing assessments, hearing aid programming, and other hearing aid services. Complimentary clean and checks for hearing aids, along with general consultations, are available. For inquiries, reach out to Stacie directly at 360-378-2330 or islandhearing@gmail.com. Go to www.islandhearing.net for more.



Climbing Field Trip

Have you ever thought you might like to try climbing? Join us **Thursday, March 14** to Climb San Juan, a climbing gym in Friday Harbor! If you are 18 years of age or older, and interested in trying it out, please reach out to Edy Hansen at edy@orcasseniors.org or sign up at the Front Desk.

Chair Yoga

Join us for Chair Yoga, a soothing practice tailored for seniors and those with disabilities, held every **Tuesday and Thursday from 10:00 a.m. to 10:45 a.m.** This gentle technique incorporates the use of a chair for support, enabling participants to explore balance poses without concern for falling.

Practicing yoga since 2009, Susie Frank completed her yoga teacher training in 2016. There is a suggested \$15 donation per class (\$12 for OSC members), but no one will be denied for lack of payment. For inquiries, reach out to Susie directly at 360-298-4484 or sissooz@yahoo.com.

Virtual Movement Classes

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

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

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

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

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

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

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

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

LYT Yoga

Join Tara Plank's invigorating movement sessions inspired by LYT yoga, a core-centered vinyasa technique crafted by a licensed physical therapist. These sessions foster alignment and efficiency. Bring your mat (and yoga blocks if available). For further details, explore Tara's website at www.alignmovementtherapy.com or reach out via email at tara@alignmovementtherapy.com.

Classes meet on **Mondays and Wednesdays, from 5:30 p.m. to 6:30 p.m.** at Orcas Senior Center.

Weekly Card Club

Come join the Card Club at Orcas Senior Center **every Monday and Thursday at 12:30 p.m.**! Whether you're a seasoned pinocle player or have a new game to share, we'd love to have you join in the fun. For additional details, please reach out to Linda Todd at 360-376-4969.

Feldenkrais/Eurythmy

Join Andrea Preiss, a seasoned Feldenkrais Practitioner and therapeutic eurythmist, for a relaxing movement class at Orcas Senior Center this March. Sessions take place on **Tuesdays at 11 a.m., starting March 5**. Emphasizing a seated position, these subtle exercises aim to improve your mobility, stability, balance, and vision. Please wear comfortable clothes and non-slip shoes.

Session fees are \$12 per class (\$10 for OSC members). Andrea, a dedicated physical therapist with almost four decades of experience, obtained certification in Germany in 2002. She has taught in various Seattle locations and established a private practice in 2019.

For inquiries, contact Andrea directly at 206-383-7705 or sound-movement@hotmail.com. Explore more about Andrea at www.sound-movement.org.



Quilting Group

Passionate about quilting? If so, join us on the **second and fourth Thurs.** of each month from **1 p.m. to 4 p.m.** at OSC. Bring your current quilting project and discover what others are working on. For questions, contact Edy Hansen at 206-413-6167 or Edy@orcasseniors.org.

Art with Carla!

Art with Carla, **Fridays, 1 p.m. to 3 p.m.** at OSC, is a lighthearted class focusing on the creative process. Adults of all ages and 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.

Watercolors for Beginners

Explore your artistic potential with a watercolors class designed for beginners at Orcas Senior Center every **Monday from 9:30 a.m. to 11 a.m.** Robbie Walker, an experienced instructor with years of expertise in drawing and watercolors, will guide you through the techniques she has perfected.

The classes are \$10 fee per session, and participants are encouraged to bring their basic supplies. To secure your spot and obtain more information on required supplies and class specifics, contact Robbie directly at robbielouwalker@orcasonline.com or 360-376-7714.

Needlework Circle

Are you passionate about knitting, crocheting, needlepoint, or embroidery? Join Orcas Senior Center's Needlework Circle on **Tuesdays at 2 p.m.** Grab your ongoing project and be part of a wonderful gathering filled with camaraderie, conversation, and the exchange of tips and technical assistance. Best of all, participation is free! For additional details, reach out to Edy at Edy@orcasseniors.org or 206-413-6167. Don't miss this opportunity to connect and create with fellow enthusiasts!

Ukulele Kanikapila and Beginners' Ukulele

Experience the joy of making music at Ukulele Kanikapila, Hawaiian for "play music," every **Monday from 1 p.m. to 3 p.m.** at Orcas Senior Center. This gathering is open to everyone with an interest in playing music for two hours each week.

If you're a novice looking to learn, join the twice-weekly beginners' class on **Tuesdays and Thursdays from 12 p.m. to 1 p.m.** Kathy will guide you through introductory chords and strumming techniques. The class is free, but you must bring a ukulele.

For all ukulele related inquiries, including information about borrowing a ukulele, please email Kathy at kcollister15@gmail.com.

March 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

MARCH 4

Salisbury Steak
Mashed Pot & Gravy
Peas & Carrots
Garden Salad
Dessert

WEDNESDAY

MARCH 6

Glazed Ham
Au Gratin Potatoes
Green Beans
Garden Salad
Dessert

MARCH 11

Chicken Pot Pie
Garden Salad
Fresh Fruit

MARCH 13

Lemon Pepper Cod &
Shrimp Gratin
Rice Pilaf
Nantucket Veggies
Garden Salad
Sliced Pears

MARCH 18

Corned Beef &
Cabbage
Potatoes & Carrots
Irish Soda Bread
Garden Salad
St. Paddy's Dessert

MARCH 20

Veggie Lasagna
Garlic Bread
Caesar Salad
Dessert

MARCH 25

Chicken Alfredo
Garlic Bread
Caesar Salad
Sliced Peaches

MARCH 27

Pot Ka Pow Pork Stir Fry
Asian Sesame Salad
Spring Roll



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



Island Rides Available

IslandRides is available to island residents for free rides and deliveries. If you would like a ride to the senior center, to an appointment, to buy groceries, or to run errands, call 360-672-2201. During inclement weather, IslandRides service may be unavailable, so please plan ahead and have plenty of food and other supplies on hand. If you are interested in being a volunteer driver, call that number or visit www.IslandRides.org.

Show and Tell!

























Join us at Orcas Senior Center on **Wednesday, March 13, after lunch (around 12:45 p.m.)**, and share an item that reflects your hometown or upbringing. Whether it's a cherished photo, a drawing, or a memento, we want to hear the story behind it. This month's theme focuses on embracing our origins, so bring your special item and its tale to share with us. We're excited to uncover the unique and meaningful stories that make up our diverse backgrounds. See you there!

Dementia Friendly Orcas

Orcas Senior Center joined a nationwide initiative connecting communities, organizations, and individuals dedicated to enhancing support for those living with dementia and their caregivers. The center is actively participating in a project facilitated by Dementia Friendly America, known as Dementia Friendly Communities (www.orcasseniors.org/dementia-friendly).

Dementia Friendly Orcas, a workgroup of cross-community volunteers, hopes to engage our community to understand the scope and impact of memory loss and dementia on Orcas Island. The group will assess our community's current ability to support people with cognitive difficulties and memory loss. As we identify needs for improvement, we will plan for providing the education, community support, and resources that people living with dementia, their families, and caregivers need to live fully and safely. Take our online survey, accessible when scrolling towards the bottom of www.orcaslibrary.org/dementia-friendly-orcas.

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>In-person lunches are hosted on Mondays and Wednesdays. Suggested donation is \$5 for 60+. Salads served at 11:30 am and hot entrees are served at Noon.</p>					1 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla	2  <i>National Banana Cream Pie Day</i> 9 am Zumba
3 <i>National Mulled Wine Day</i> 	4 9 am Power Hour 9:30 am Watercolors 11:30 am Senior Lunch! 12:30pm Card Club 1 pm Ukulele & Caregiver Support Group 5:30 pm LYT Yoga	5 9 am Zumba 10 am Chair Yoga 11am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 2 pm Needlework 	6 9 am Power Hour & Qigong 11:30 am Senior Lunch! 1:00 pm Scam Prevention 5:30 pm LYT Yoga 	7 Island Hearing by Appointment 9 am Zumba 10 am Chair Yoga 11 am Strength Conditioning 12 pm Ukulele Class 12:30 pm Card Club 	8 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 	9 <i>National Dishwasher Day</i> 9 am Zumba 
10 <i>National Ranch Dressing Day</i> 	11 9 am Power Hour 9:30 am Watercolors 11:30 am Senior Lunch! 12:30pm Card Club 1 pm Ukulele & Caregiver Support Group 5:30 pm LYT Yoga	12 9 am Zumba 10 am Chair Yoga 11am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge & Deer Harbor Trip 2 pm Needlework 	13 9 am Power Hour & Qigong 11:30 am Senior Lunch! 12:45 pm Show & Tell 5:30 pm LYT Yoga 	14 Climbing Fieldtrip 9 am Zumba 10 am Chair Yoga 11 am Strength Conditioning 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting 	15 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 2 pm Cookie Class 	16 <i>National Corn Dog Day</i> 9 am Zumba 
17 <i>St Patrick's Day</i> 	18 9 am Power Hour 9:30 am Watercolors 11:30 am Senior Lunch! 12:30pm Card Club 1 pm Ukulele & Caregiver Support Group 5:30 pm LYT Yoga	19 9 am Zumba 10 am Chair Yoga 10:30 am SHIBA Presentation 11am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 2 pm Needlework	20 9 am Power Hour & Qigong 11:30 am Senior Lunch! 5:30 pm LYT Yoga 	21 9 am Zumba 10 am Chair Yoga 11 am Strength Conditioning 12 pm Ukulele 12:30 pm Card Club 	22 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 	23 <i>National Puppy Day</i> 9 am Zumba 
24 <i>National Cocktail Day</i> 	25 9 am Power Hour 9:30 am Watercolors 11:30 am Senior Lunch! 12:30pm Card Club 1 pm Ukulele & Caregiver Support Group 5:30 pm LYT Yoga	26 9 am Zumba 10 am Chair Yoga 11am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 2 pm Needlework 	27 9 am Power Hour & Qigong 11:30 am Senior Lunch! 5:30 pm LYT Yoga 	28 9 am Zumba 10 am Chair Yoga 11:00 Strength Conditioning 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting	29 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 	30 <i>National Penil Day</i> 9 am Zumba 
31 <i>National Crayon Day</i> 						

Back and Core Strength and Conditioning

Eva-Maria Petri, a seasoned certified trainer with 15+ years' expertise, leads an accessible strength and conditioning class on **Thursdays at 11 a.m.** Targeting back and abdominal muscles, this workout incorporates exercises to enhance overall posture. Tailored for everyday life, it adapts to varying fitness levels. Beyond strengthening, the session concludes with essential stretches to alleviate muscle tension. Addressing common imbalances caused by daily activities, regular participation in these exercises can alleviate discomfort and positively influence individual movement patterns. Eva-Maria's expertise centers on seniors and core training, offering a holistic approach to improve posture and overall well-being. For more information contact Eva-Maria at info@shanipriya.com or 406-609-6706.

Yoga with Sam

Join Samantha Fisher in a holistic movement practice suitable for all experience levels. With over three years of teaching, she draws from her training in Hatha Yoga and Integrated Movement Therapy.

Classes take place on **Fridays at 11:30 a.m.**, with a donation-based fee (suggested \$10, \$8 for OSC members). Participants are encouraged to bring their own mats and, if available, blocks and blankets. For inquiries or supply needs, contact Samantha at samantharichellefisher@gmail.com or 360-600-7372.

Mindful Tranquility: Weekly Meditation

Julia Summers leads a weekly meditation group at Orcas Senior Center every **Tuesday at 1 p.m.** Regardless of prior experience, Julia extends a warm invitation to all, emphasizing inclusivity by offering classes on a donation basis.

Julia's journey began in Nepal, where she discovered profound solace in spirituality, choosing inner richness over material pursuits. Julia practiced at the esteemed Spirit Rock Meditation Center and in 2013, founded Spirit House, a haven for spiritual retreats. For more info contact Julia at spirithouseojai@gmail.com.



Orcas Senior Center Shines at Rosario Festival of Trees

In December, Orcas Senior Center's Art with Carla class, showcased their creativity at the Rosario Resort & Spa Festival of Trees. Participating local nonprofits adorned trees in the historic mansion, inviting the public to marvel at their designs and vote for their favorite. Orcas Senior Center's tree, decorated with handmade paper flowers by Karen Johnston and artistic contributions from Carla Stanley's class, dazzled attendees. The event raised over \$1600, with Orcas Senior Center securing the second spot. The generous support from the community and Rosario Resort & Spa ensured the Orcas Senior Center received \$405 in donations. Thank you to everyone that helped make this event a success and thank you Rosario Resort and Spa for hosting such a festive event!

Bridge Club

Discover the joy of playing bridge every **Tuesday at 1:30 p.m.** with the Bridge Club. Forge new friendships and enjoy the strategic thrill of bridge. For info, reach out to Edy Hansen at 206-413-6167 or 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 contact Steven Ziegler at 360-370-7525 or StevenZ@sanjuancountywa.gov for eligibility, if meal support is needed.

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

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

Home Maintenance & Repair program helps seniors and adults with disabilities secure contractors and assure that work is done well and in a timely manner. Subsidies are not available at this time. Inquire by calling 360-643-4419 or emailing HomeRepair@orcasseniors.org.

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

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

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

Lions Club Mobility Equipment
Mon., Wed., & Fri. 10 to 11 am.

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

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

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

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

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

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

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

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

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

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

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

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

IslandRides
Daily rides and deliveries by donation. Call 360-672-2201. Volunteer drivers welcome!

Mert's Taxi
Offers FREE transportation to and from the ferry terminal for all Island Hospital and Island Hospital affiliated appointments. Call 360-293-0201 to schedule.

Hearing Screenings
Stacie Nordrum of Island Hearing Healthcare. Call 360-378-2330.

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

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

Please contact the service for the most updated information.

Address Service Requested

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

San Juan County Health & Community Services

PO Box 1146
Eastsound, WA 98245

Phone: 360-376-2677
Location: 62 Henry Rd
Email: stevenz@sanjuancountywa.gov
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