



Dementia Friendly Orcas Conducts Survey

Dementia Friendly Orcas (DFO), a coalition of community members, nonprofits, and public agencies, is working to assess the needs of people living with dementia and their families in our community. Please help by completing the short survey found on the library's website located near the very bottom of the page: <https://www.orcaslibrary.org/dementia-friendly-orcas>. Everyone can contribute!

Sponsored by Orcas Senior Center, DFO is working to engage all sectors of our community in understanding the scope and impact of memory loss and dementia on Orcas. Read more: www.orcasseniors.org/dementia-friendly/ As DFO identifies 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 here fully and safely.

DFO provides information, speakers and resources about dementia and memory loss. If you or your group would like a presentation, please contact Heidi Bruce at 360.370.0591 or heidib@sanjuancountywa.gov.

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Card Club meets at Orcas Senior Center every Monday and Thursday at 12:30 p.m. Here a group of players gather for Marie Leddick's last card game before moving to Florida. We will miss you, Marie!

Card Club

Looking for a card-playing adventure? Come join the Card Club at Orcas Senior Center every **Monday and Thursday at 12:30 p.m.!** Whether you're a seasoned pinochle player or have a new game to share, we'd love to have you join in the fun. For details, please reach out to Edy at 206-413-6167 or edy@orcasseniors.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 Orcas Senior Center. Bring your current quilting project and discover what others are working on. For all questions, contact Edy at 206-413-6167 or via email at edy@orcasseniors.org.

Quote for the Month

"Hope is being able to see that there is light despite all of the darkness." — Harvey Milk

Orcatrazz Dance Party Extravaganza

Come join us for a lively dance party featuring Orcatrazz at Orcas Senior Center on **Saturday, May 11, 4-6 p.m.** Bring along your family and friends for an evening of fun and dancing. Whether you're passionate about dancing or simply enjoy good music and catching up with friends, everyone is invited to join in the fun! Admission is free, but donations are graciously appreciated. For inquiries, reach out to Edy Hansen at edy@orcasseniors.org or 206-413-6167. We look forward to seeing you there!

Afternoon Tea

Indulge in a classic afternoon tea experience at Orcas Senior Center on **Thursday, May 2 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

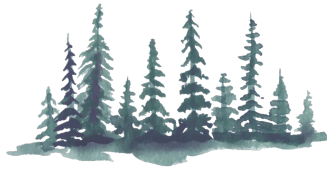
Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging. Meals on Wheels are delivered **Mon., Wed., and Fri.** Contact Steven Ziegler at stevencz@sanjuancountywa.gov or 360-370-7525 for eligibility.

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!

*Pamela Carpenter, Craig Carpenter,
Celia Farr-Smith, Lani Ragusuloto,
and Andy Savage*

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

Go to orcasseniors.org/member.

Senior Farmers Market Nutrition Program Benefits Cards

The Senior Farmers Market Nutrition Program (SFMNP) funded by the State, will provide lower income seniors with an electronic benefits card to use to purchase \$80 in fresh produce and honey at approved farmers markets and farm stores throughout Washington. WCOA's Meals on Wheels and More program is responsible for distributing the SFMNP benefits cards to eligible seniors throughout San Juan County.

SFMNP Electronic Benefits Card eligibility requires the following:

- Be 60 or older (55+ if Native American or Alaska Native)
- Be a resident of Washington State
- Have an income below:
\$27,860 annual / \$2,322 monthly for 1 person, or \$37,814 annual / \$3,151 monthly for 2 people
- For larger households, add \$829 for each additional person per month

2024 SFMNP affidavits/applications will be available online at www.whatcomcoa.org, and at your local senior center by April 1, 2024. Benefits cards will be mailed to eligible seniors in May and are redeemable June 1 through October 31 2024.



Community Disaster Preparedness Forum

Community leaders from San Juan County Department of Emergency Management, OPALCO and Orcas Island Fire & Rescue will lead a forum on community disaster preparedness **Wednesday, May 22, 5:30 p.m. to 7:30 p.m.** The goal is to have a conversation that leaves everyone feeling better and more secure

Hearing Services with Island Hearing

Stacie Nordrum, Au.D., CCC-A, from Island Hearing Healthcare, provides hearing care at Orcas Senior Center every **first Thursday of the month**. It is advisable to schedule your appointment well in advance, as availability fills up rapidly. The services offered encompass hearing assessments, personalized consultations, hearing aid programming, and complimentary clean and checks for hearing aids, along with general consultations, are available. For appointment scheduling and any inquiries, reach out to Stacie directly at islandhearing@gmail.com or 360-378-2330. Discover more about Island Hearing Healthcare by visiting www.islandhearing.net.

Getting Ready for Medicare with SHIBA

Is 2024 your year for joining Medicare? Medicare enrollment is not automatic for most people, so you'll probably need to enroll with Social Security. You'll have to decide what type of Medicare plan is best for you. To make an informed decision about your coverage choices, you'll need to understand a lot of new information.

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 **Thursday, May 23 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. Contact the Orcas Island SHIBA office at 360-376-5892 to schedule a counseling session.



CENTS

CONSUMER EDUCATION
AND TRAINING SERVICES

Beware of Scams

Have you received an unsolicited and apparently random text message? Something like "John, what time is our flight?", even though you are not John. This is bait set by the scammer, who hopes you will respond with a correction ("I'm not John."). The scammer then tries to establish a connection.

This new scam is called "pig butchering" because the scammers are "fattening up" victims with illusions before financially bleeding them dry. The FBI reports \$3.3 billion a year is lost to victims of this scam and this figure is probably underestimated because not every victim reports when they have been scammed. Here are the steps:

STEP 1

- The scammer makes contact and lures victim through innocent text message.
- Other scammers contact potential victims through social media like Facebook, LinkedIn or dating apps.
- The scammer hopes you take the bait to build a connection.

STEP 2

- The scammer may have an opportunity for money rather than a direct request of money.
- They suggest you make an online account, where you contribute and are supposedly in control of your finances. This fools many.
- The scammers create fake websites for creating accounts.
- Scammers use legitimate sites to make their site seem legit.
- Apps in app stores like Apple Store/Google Play can be fake. Even if they have high ratings, like 4.7/5 stars or high usage.
- The apps can seem legitimate with 2 factor authentication (where you enter a password and a phone number where you are texted a code to continue).

- They provide customer service phone lines.
- The app fakes how the money is being invested and the account looks like it is growing.

STEP 3

- The trouble comes when you try to withdraw your money from the account.
- You will discover your money has already disappeared
- You may even receive a tax bill that states you have to pay before you receive your money, but this is one last opportunity to scam you out of even more money.

Another version of this scam is for the scammer to start an online relationship with the victim and, at some point, ask for money. It could be under the cover of money for travel so they can meet in-person, money for a alleged medical issue, or money to get the scammer out of a made-up financial problem.

Here are the steps you can take to protect yourself:

- Don't respond to unsolicited text messages.
- It's more complicated on dating apps and social media, but have your guard up. Don't reveal your personal information and never give away money to a stranger.
- When thinking about a business opportunity, verify it's a legitimate business. Know that ratings, customer reviews, and even websites can be faked. Don't invest in something you don't understand or something you aren't sure is legitimate.
- Verify you are corresponding with who you think you are.
- Try not to be blinded by the opportunity or relationship and think through whether it could be a scam.
- Be wary of strangers and their motives.
- Seek advice from trusted family members, friends or from a qualified professional who has no incentive to cheat you.

Learn more about these scams at www.seniormoneyproject.org.

Prescription Drug

Awareness

On **May 15 at 1 p.m.** at Orcas Senior Center, Next Generation from the high school will present the Starts with One campaign. They will address prescription drug misuse, and the importance of safe storage, use, and disposal. Visit www.getthefactorsrx.com for more information about the campaign.

Chair Yoga

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

Susie Frank has practiced yoga since 2009 and completed her yoga training in 2016. Susie suggests a \$15 donation per class (\$12 for OSC members), but no one will be denied because of financial constraints. For inquiries, contact Susie at 360-298-4484 or sissooz@yahoo.com.

Show and Tell

Discover the world through the eyes of others at Orcas Senior Center on **Wednesday, May 8, after lunch, at around 12:45 p.m.** This month, our focus is on wanderlust, so come prepared to unveil your cherished travel keepsake and its accompanying tale. Share your fondest travel adventure through a snapshot from a memorable destination or a longing for yet-to-be-explored spot. Whether it's a postcard, a sketch, or a tangible souvenir, we're eager to delve into the story behind it. Join us for an afternoon of sharing unique and captivating journeys.

Art with Carla!

Unleash your creativity at "Art with Carla" every **Friday, 1 p.m. to 3 p.m.** at Orcas Senior Center. Led by experienced artist Carla Stanley, this lighthearted class focuses on the creative process with a strong belief in your artistic potential, regardless of skill level. The class is \$10 (or \$8 for OSC members). Contact Carla at 360-317-5652 or onlyonorcas@gmail.com to secure your spot.

Feldenkrais/Eurythmy

Andrea Preiss, a seasoned Feldenkrais Practitioner and therapeutic eurythmist, offers a relaxing movement class at Orcas Senior Center starting **Tuesday, May 21 at 11 a.m.** Emphasizing a seated position, these subtle exercises aim to improve mobility, stability, balance, and vision. 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 established a private practice in 2019 and has taught in various Seattle locations.

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

Virtual Movement Classes

Pam's Power Hour with Pam Evans (**Mondays/Wednesdays/Fridays, 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 (**Tuesdays/Thursdays, 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 (**Saturdays, 9 a.m.**) - Low intensity dance exercise class featuring Latin and World rhythms designed to meet the needs of seniors. Free. Contact Mikari for questions at mikariski@yahoo.co.jp.

Qigong with Joan Roulac (**Wednesdays, 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 Roulac at 360-298-2789 or joan@MountaintopMusings.com.

Beginner Watercolors

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, guides you through her perfected techniques.

The cost is \$10 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.

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 \$15, \$12 for OSC members). No one will be turned away due to financial constraints. 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.

"My Beloved Orcas" Art Exhibition

Experience the enchanting "My Beloved Orcas" Art Exhibition at Orcas Senior Center **April 29 to June 28, Monday to Friday, 9 a.m. to 3 p.m.** Delight in a vibrant display of multimedia artwork celebrating the essence of Orcas Island through its people, pets, and picturesque locales. This captivating showcase spans generations and captures the spirit of our cherished community.

Additionally, artists are invited to participate in a two-month exhibit starting Fall 2024 at Orcas Senior Center. All artists welcome, regardless of experience. For more information, contact Carla Stanley at onlyonorcas@gmail.com or Edy Hansen at edy@orcasseniors.org. Don't miss this chance to showcase your creativity!

May 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

MAY 1

NW Shrimp Salad
w/ Raspberry Vin
Oatmeal Bread
Dessert

MAY 6

Pork Tostadas
Refried Beans
Mexican Street corn
Cinco de Mayo
Dessert

MAY 8

Chicken Marsala
Saffron Rice
Nantucket Veggies
Garden Salad

MAY 13

Chicken Pot Pie
Garden Salad
Sliced Peaches
w/Cottage Cheese
Dessert

MAY 15

Smoked Salmon
Fettuccini
Crostoni
Garden Salad
Dessert

MAY 20

Veggie Fried Rice
Spring Rolls
Asian Slaw
Mandarin Oranges
Upside-Down Cake

MAY 22

Turkey Sandwich w/
Pesto Aioli
Whole Grain Chips
Pasta Salad
Dessert

MAY 27

CLOSED FOR
HOLIDAY

MEMORIAL
DAY



MAY 29

BBQ Pulled Pork
Sandwich
Baked Beans
Mixed Veggies
Potato Salad
Cookie

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

International Firefighter's Day

Saturday, May 4 is International Firefighters' Day and Orcas Senior Center would like to send a salute to our Orcas Island fire & rescue providers, fire chiefs and volunteers of District 2. We thank you for your hard work and for keeping us safe here on our emerald green island.

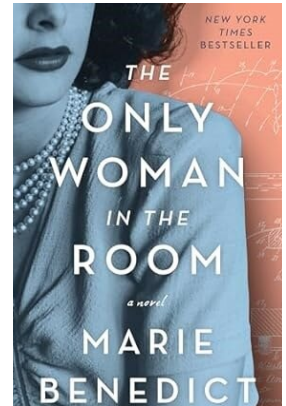


Island Rides Available

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.

May Book Club: The Only Woman in The Room by Marie Benedict


























Bestselling author Marie Benedict reveals the story of a brilliant woman scientist only remembered for her beauty.



Underestimated in everything, she overheard the Third Reich's plans while at her husband's side. She devised a plan to flee, and the whirlwind escape landed her in Hollywood. She became Hedy Lamarr, a screen star. But she kept a secret more shocking than her heritage or her marriage: she was a scientist. And she had an idea that might help the country fight the Nazis and revolutionize modern communication...if anyone would listen.

A powerful book based on the incredible true story of the glamour icon and scientist; The Only Woman in the Room is a masterpiece that celebrates the many women in science that history has overlooked. (Amazon, n.d.) To participate in this month's Book Club on **Tuesday, May 28th at 1 p.m.**, contact Stephen Bentley at stephen@swbentley.com or 360-376-2299.

May 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>			<p>1 9 am Power Hour 9 am Qigong 11:30 am Senior Lunch! 12:45 pm Spite & Malice 5:30 pm Yoga</p> 	<p>2 Island Hearing by Appointment 9 am Zumba 10 am Chair Yoga 12 pm Ukulele 12:30 pm Card Club 2 pm Afternoon Tea</p> 	<p>3 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla</p> 	<p>4 Firefighter Memorial Day 9 am Zumba</p> 
<p>5 <i>Cinco de Mayo</i></p> 	<p>6 9 am Power Hour 9:30 am Watercolors 11:30 am Senior Lunch! 12:30pm Card Club 1 pm Ukulele 1 pm Caregiver Group 5:30 pm Yoga</p>	<p>7 9 am Zumba 10 am Chair Yoga 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 2 pm Needlework</p> 	<p>8 9 am Power Hour 9 am Qigong 11:30 am Senior Lunch! 12:45 pm Spite & Malice 12:45 pm Show & Tell 5:30 pm Yoga</p>	<p>9 9 am Zumba 10 am Chair Yoga 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting</p> 	<p>10 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla</p> 	<p>11 <i>National Mini Golf Day</i> 9 am Zumba 4 pm Orcatrazz</p> 
<p>12 <i>Mother's Day</i></p> 	<p>13 9 am Power Hour 9:30 am Watercolors 11:30 am Senior Lunch! 12:30pm Card Club 1 pm Ukulele 1 pm Caregiver Group 5:30 pm Yoga</p>	<p>14 9 am Zumba 10 am Chair Yoga 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 2 pm Needlework</p> 	<p>15 9 am Power Hour 9 am Qigong 11:30 am Senior Lunch! 12:45 pm Spite & Malice 1 pm Drug Misuse 5:30 pm Yoga</p>	<p>16 9am Zumba 10 am Chair Yoga 12 pm Ukulele 12:30 pm Card Club</p> 	<p>17 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla</p> 	<p>18 <i>National Cheese Soufflé Day</i> 9 am Zumba</p> 
<p>19 <i>National Devil's Food Cake Day</i></p> 	<p>20 9 am Power Hour 9:30 am Watercolors 11:30 am Senior Lunch! 12:30pm Card Club 1 pm Ukulele 1 pm Caregiver Group 5:30 pm Yoga</p>	<p>21 9 am Zumba 10 am Chair Yoga 11am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 2 pm Needlework</p> 	<p>22 9 am Power Hour 9 am Qigong 11:30 am Senior Lunch! 12:45 pm Spite & Malice 5:30 pm Yoga</p> 	<p>23 9 am Zumba 10 am Chair Yoga 10:30 am SHIBA 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting</p> 	<p>24 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla</p> 	<p>25 <i>National Wine Day</i> 9 am Grannie's Attic 9 am Zumba</p> 
<p>26 <i>National Paper Airplane Day</i></p> 	<p>27 SJC and OSC CLOSED</p> 	<p>28 9 am Zumba 10 am Chair Yoga 11am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:00 pm Book Club 1:30 pm Bridge 2 pm Needlework</p>	<p>29 9 am Power Hour 9 am Qigong 11:30 am Senior Lunch! 12:45 pm Spite & Malice 5:30 pm Yoga</p> 	<p>30 9 am Zumba 10 am Chair Yoga 12 pm Ukulele 12:30 pm Card Club</p> 	<p>31 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla</p> 	



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 more, join the 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 please bring a ukulele.

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

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 operating the sessions on a donation basis. With open hearts, she embraces everyone, cultivating a community dedicated to the profound journey of self-discovery and tranquility.

Julia's own transformative journey began in Nepal, where she discovered solace in spirituality. She later shared her expertise at the esteemed Spirit Rock Meditation Center. In 2013, fueled by a passion to spread the transformative power of mindfulness, she founded Spirit House, a haven for spiritual retreats. Contact Julia at spirithouseojai@gmail.com for questions.

Evening Yoga

Join Tara Plank's active vinyasa-style yoga sessions on **Mondays and Wednesdays from 5:30 p.m. to 6:30 p.m.** at Orcas Senior Center. Classes emphasize moving from a place of stability. Each class addresses core strength in a neutral posture and includes moving up and down from the mat. Simply bring your mat (and yoga blocks if available). The suggested price per class is \$15 or \$12 for OSC members.

For more information about Tara's yoga style, explore her website at www.alignmovementtherapy.com or reach out with any questions via tara@alignmovementtherapy.com. All are welcome and please enter at the South door.

Spite and Malice Card Group

Come on over and spice up your Wednesdays with the brand new "Spite and Malice" card group at Orcas Senior Center! Join us **after lunch on Wednesdays, around 12:45**, for some lively games and great company. Don't let the name scare you away! We'd be thrilled to welcome you into the fold. For more information, please contact Maggie Kaplan at 360-376-5372 or mkaplan@centurytel.com. Let's make Wednesdays the highlight of your week!

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.

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 free gathering filled with camaraderie, conversation, and the exchange of tips and technical assistance. For additional details, reach out to Edy at Edy@orcasseniors.org or 206-413-6167.

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 Edy Hansen at 206-413-6167 or Edy@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.

Bulk Rate
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Permit #2
Eastsound, WA
98245

Or Current Resident

Phone: 360-376-2677
Location: 62 Henry Rd
Email: stevenz@sanjuancountywa.gov
Issue: April 2024
Website: www.orcasseniors.org

PO Box 1146
Eastsound, WA 98245

San Juan County Health & Community Services