

SEPTEMBER 1978

ORCAS SENIOR NEWS

IN THE "THANK YOU" DEPARTMENT - Many thanks to "Sarge" for the meals he cooked in replacing Velma for a month. Every meal a gourmet treat!

Many thanks to the volunteers who manned the Senior Services Booth at the Library Fair. The proceeds of the ice cream sales amount to almost fifty dollars and it is hoped that the money will provide surplus materials for rails for the bus which will allow wheel chairs to be loaded on it.

VOLUNTEERS NEWS BOX

Volunteers will be on call again to man the office at the Center. The slots that need filling this year will be slightly different in that they will be in the afternoons, and will be from 12:00 to 4 p.m. (or in two, two hour slots). Billie Blair R.N. will be on duty permanently in the mornings at the Center. Any senior wishing to volunteer for a spot for the winter months, please call us at 6-2677.

SEPTEMBER PROGRAMS:

Tuesday Oct. 10 John Denton will show a movie "LOVEJOY'S NUCLEAR WAR". 1 HR. A documentary explaining nuclear power and the issues relative to its development and use. The movie will be shown after the luncheon, soon after 12.30 pm.

Thursday Sept 21 Dr. Marjorie Smith, director San Juan Senior Services, will speak to the Seniors after the lunch on SEPTEMBER 21 on "Living with Arthritis".

Monday September 25 Mr. Rightmire of Social Security will be at the Center all day. Make appointments to see him by calling 6-2677.

SEPTEMBER TRIPS:

September 6 Shopping trip to Mt. Vernon. Leave Center at 8:45 A.M.

SEPTEMBER 9-10 Victorian Homes Tour (overnite) Pot Townsend. Register soon.

September 23 - October 1 Autumn Leaf Festival, Leavenworth. What day would you like to go? Let us know.

Report of Meeting on Senior Housing, August 17. Twenty six seniors were present. The great reluctance on the part of seniors seemed to indicate the fears and tensions surrounding the subject of thinking ahead to a time when one might not be able to continue to live in the large, roomy, filled-with-family-and-personal-things-homes we all love. After discussion led by Dr. Conway, Chairman Orcas Senior Services Advisory Committee, the consensus of the meeting was an urgent request that the Committee continue to research the needs and possibilities of filling those needs on the island and to report back to the Seniors. One, almost one hundred percent opinion was given in favor of private living and meal preparing conditions as opposed to community facilities, in whatever kind of housing could be provided. Let us hear from you. We appreciate those who replied to the the earlier news letter notice on this subject. SEPTEMBER 21 is the next Advisory Committee meeting so give your views to your committee members, or come to lunch Sept 21 and bring up the subject when Dr. Smith, Director San Juan Senior Services is visiting with us.

A Notice from Social Security Administration " People who are nearing 65 who are not already getting social security benefits should contact a social security office 2 or 3 months before their birthday." In the past, the Social Security Administration used I.R.S. records as a means of reaching people approaching 65 to remind them to apply for Medicare health insurance, even if they continued working and did not want to start social security payments. Now SSA has been notified it can no longer provide such information because of a provision of the Tax Reform Act 1976 which is intended to protect the privacy of individual tax payers. Mr. Rightmire will be in our office Sept. 21 to answer your questions or help with any problems. You can write or phone the Mt. Vernon SSA office also.

Past and Future- (taken from American Journal of Nursing) Many older people like to talk about the past. Too often, in the health care field, we have discouraged this activity, believing that living in the past is unhealthful, that such activity leads only to increased mental confusion and deterioration. But if elderly feel comfortable and enjoy talking about their past, why should not they? Reminiscing is a natural and useful activity in the elderly. People who reminisce and talk about the "good old days" are often well adjusted individuals who profit from new experiences. Would you be interested in group reminiscing?? This is a new technique in mental health and Dr. Nyblade, of Community Services is willing to conduct a class in reminiscing.

STARTING AGAIN IN THE FALL.....September 5

Foot Clinic, TUESDAYS, 9:30 to 12:00

Blood Pressure Clinic Mornings Monday thru Friday 9:30 to 12:00

Home visits for health evaluation assistance-----call 6-2677

THESE services will be available to Seniors as listed above because of the addition to the Orcas Senior Services staff Billie Blair R.N. on a permanent basis. She will be on duty at the Center 8 A.M. to 12 noon Monday through Friday and will be assistant to the Coordinator.

A Social Security Administration news release goes as follows:

"You don't have to retire to get MEDICARE, but you must sign up for it. Medicare provides basic protection against the high cost of illness after a person is 65.

The hospital insurance part of Medicare covers inpatient hospital care and, when medically necessary after a hospital stay, care in a skilled nursing facility and home health services.

Medicare medical insurance helps pay for doctors' services, outpatient hospital services, outpatient physical therapy and speech pathology, and a variety of other medical services and supplies.

People who have worked long enough under social security or are getting monthly benefits are entitled to hospital insurance protection at 65 without paying a monthly premium.

Full information about Medicare and social security cash benefits can be obtained at any social security office. Offices are listed under "SOCIAL SECURITY ADMINISTRATION".

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