ORCAS SENIOR NEWS

FEB. 1994

SENIOR CENTER: 376-2677

After much delay due primarily to financial problems, the Senior Housing Committee's Survey to ascertain the wishes and needs of the community for senior housing on Orcas has been mailed to all Orcas residents. Please return promptly so that the Committee can begin work on the next phase, which is obtaining financial backing based on the results of the survey.

For information on a low-cost senior trip to the dentist in Anacortes on February 16th, please contact the Center as soon as possible.

The Orcas Island Senior Services Advisory Committee is an organization whose purpose is to act as the "eyes and ears" of the community in all matters concerning senior citizens on Orcas. At the luncheon on January 19th, the following new members were elected to serve for one year terms: John Hiss, Kay Jensen, Adelyn Collins, Harold Nordeen, Axel Jensen, Juanita Bashore and Arlene Pfeffer(re-elected). On January 30, the following were re-elected to serve an additional two years: Dr. William Conway (Chairman), Marian Berdan (Vice-Chairman), Charles Demarest, Dorothy Demarest, Martha Roberts, Mabel Kertis, and Harry Reed. The following are additional members whose terms have not expired this year: Josephine Bush (Secretary), Pat Nordeen, Phoebe Congdon, John Abbenhouse, Bernita Sedenko, Al Grove, Harriett Matthews, Fred Wells , Earl Milligan, Jonson West, and Gayle Harries. We regret that Joe Long, Ruby Horner, and Bea Cook have resigned after serving faithfully for a year.
All members of the committee deserve our thanks for their good work!!

On February 27th, the Social Security Administration is sending Orcas two officials to speak to seniors. Mr. Jim Bennett, Director of the Bellingham office, and Mr. Jim Kincaid, Director of the Mt. Vernon office will attend the Senior Luncheon and will speak afterwards. If there are any topics in particular you would be interested in learning more about, please call the Center, and we will pass along the requests. In addition, Mr. Rightmire of Social Security will be at the Center from Noon - 3:30 to meet with seniors on an individual basis to answer specific qyestions and problems.

Nina Zachman has scheduled a YOGA WORKSHOP for seniors on Thursday February 15, from 1-5 P.M. The cost will be $2.50 per person, and there is a minimum of 6 persons necessary to schedule the class. For information and registration, call the center.

The Rural Catholic Missionary Team, consisting of Sister Virginia and Sister Elizabeth from Everett spend a week every month in the San Juans visiting seniors who cannot leave their homes. If you would be interested in having the Sisters visit you, please call the Center.

As of this writing, there are over 30 bills scheduled to be considered by this session of the Washington State Legislature which would have some impact on the lives of senior citizens statewide. The bills include proposed changes in such areas as property taxes, denturism, home-health care, utilities' rates nursing homes, housing, and pensions, to name a few. The Washington State Senior Citizens Lobby publishes a weekly newsletter for the duration of the Legislative session, which updates the progress of the various bills. A copy of the newsletter will be posted and the Center, and will be available to read at the luncheons. Last year, the Senior Lobby was the most effective lobby group in the state. This organization consists of ordinary citizens banded together to look out for the interests of all seniors. They have made it easy for us to participate in the legislative process in the convenience of our own homes by using their "Hotlines."

LEGISLATIVE HOTLINE: 1-800-562-6000 Mon-Fri: 8 A.M-6 PM; Sat: 10-2
Call this number to obtain information on the status of bills and to leave very brief messages for your individual senator and 2 representatives,the Governor, Lieutenant Governor and Speaker of the House.

SENIOR CITIZENS LOBBY HOTLINE : 1-800-562-6118, Mon-Fri : 10-4
Call this number to obtain information on various bills, and to communicate information about problems affecting the elderly that the legislature is not addressing, or is not addressing to your satisfaction.

WE URGE YOU TO TAKE THIS OPPORTUNITY TO MAKE YOUR WISHES AND NEEDS KNOWN TO THE PEOPLE WHO MAKE CRUCIAL DECISIONS THAT AFFECT YOUR DAILY LIVES!!!!!!!!!

ORCAS SENIOR NEWS

Senior Center: 376-2677 April 1979

The first meeting of the San Juan County NUTRITIONAL ADVISORY BOARD was held at the Friday Harbor Senior Center on Monday, April 26. Orcas members include Tommy Thompson, Alvina Burnham, Raleigh Poisson, Fred Wells and Dora Cadden. The meeting was conducted by Bob Eastman, the Whatcom County Nutritional Program's new Director. Although his title does not include San Juan County, our programs too fall under his jurisdiction. After careful budget review, Mr. Eastman, who took over as Director in early December, has reached the conclusion that in the past, San Juan County has not received its fair share of the budget. He is making recommendations to change that.

One problem is the fact that the Nutrition Budget did not receive any additional allocation of funds for 1979. In other words, despite inflation and increased participation, the budget is the same as 1978's. There was much lively discussion as the board members expressed their viewpoints on our financial situation. Friday Harbor Seniors have rallied and collected nearly $900 to date to begin their program. Our lunch program on Orcas needs funds to continue the high quality of meals being served and to serve more and more seniors who need home delivered meals. You will be hearing soon about fund-raising events, and we count on the support of all seniors. Everyone at the meeting agreed that one way to cut costs is for seniors attending the luncheons to help clean off the tables, wash and dry and put away dishes, etc. This decreases the time spent on cleaning by the paid kitchen staff, which in turn decreases the amount of money spent on salaries. Mr. Eastman stated that Whatcom County luncheon programs have been reporting more volunteer time and less staff time than we have. Here on Orcas we do have some faithful volunteers, but we need the participation of others.

We are pleased to report the return to Orcas and the Senior Center of Coordinator DOROTHY ABENHOUSE on May 1st. Acting Coordinator Sandy Anderson is presently composing her farewell letter for the May Senior Newsletter. However, the list of "Thanks" to all the volunteers and friends who made her job such easy, enjoyable work, is turning out to be so long that she may have to publish it as a best-seller!! Meanwhile, Sandy will continue as coordinator during the month of April.

Ever have the experience of phoning a government agency off-island and being transferred five or six times before landing at the correct number to answer your question? Or maybe your question was never answered because you hung up in frustration before your phone bill reached 3 figures!! At the Senior Center, we have the resources and contacts to help you through the mazes of modern bureaucracy. One of our most important services is called INFORMATION AND ASSISTANCE. We can help find answers to your questions on legal matters, Social Security, Medicare, public assistance, etc. Often it is not necessary to phone off-island when we have the information at our fingertips. We can also help you fill out any forms with which you have difficulty. All communication is confidential.

Coming Attraction: We hope to begin a series of seminars at the Senior Center on the subject of PREVENTIVE MEDICINE. These seminars will be designed for you to help friends, relatives and yourself deal with problems before they reach the crisis stage. We are in the process of scheduling speakers from the medical field. Topics, dates and times will be announced in the newspapers. If there is a particular subject about which you would like to learn more, please let us know, and we will try to engage a qualified speaker.

Mr. Bill McDonald, a staff member of our representative, Mr. Al Swift, will be present at the Senior Center on April 12 from 10 am--12 noon. He will respond to suggestions and complaints about issues affecting seniors. We urge you to attend and take advantage of the opportunity to be heard. Please call the Center, so we know how many people to expect.

When you are planting your GARDEN, why not plant an extra row for the Senior Luncheons. If you can grow it, Velma can cook it!! It's a wonderful way to contribute to the luncheon program, which, as indicated above, needs money and supplies.

You've heard of the LOVE BOAT? What about the SENIOR BOAT? Thanks to Ron Saling's wonderful offer, Seniors are invited to sign up for a one day PICNIC CRUISE. Captain Saling (his real name) has a beautiful 52-foot charter sailboat, SKOL, which is shipshape for the coming season. We're not sure of the exact date, but it will be a weekday in late April or early May. There will be no charge. Make reservations at the Center as soon as possible. We'll need a volunteer to organize the potluck picnic so we won't end up eating 15 varieties of potato salad!! If you have access to one or more life jackets, please tell us. But we do expect "smooth sailing!!"

During the 60-day regular session of the 46th Legislature in Olympia, nine Senior Citizen Bills passed both Houses and are awaiting the Governor's signature. They are: SHB 16 - County Authority to Operate Senior Programs; SHB 96 - Ride Sharing; HB 195 - Reverse Annuity Mortgage; SHB 264 - Natural Death Act; HB 754 - Updating of Pension Benefits to Widows of Workmen Killed in Industry; HB 815 - Generic Drug Law; SB 277 - Public Utility Rates of Low-Income Seniors; SB 2339 - Nurses Aid Training and SB 2147 - Food Donation Liability. The details on the various bills are available at the Center.

TOLL FREE NUMBERS

ZE-8879 Dept. of Social & Health Services

800-562-6350 Social Security Administration

April 15 is TAX DEADLINE and is fast approaching. If you're a late bird the following suggestions from the American Association of Retired Persons might prevent a careless error:

William C. McMorran, national Tax-Aide coordinator, issued the following advice which could save taxpayers time and money:

1. Check the correct block to indicate your filing status and make sure the proper blocks are indicated for personal exemptions;
2. Attach Form W-2, or W-2P if you are a retiree reporting a pension, to the front page of the return;
3. Keep a copy of your return along with supporting documents;
4. Be certain you have signed your return before it is mailed. Joint returns must contain the signatures of both spouses.

!! HELP!! The Center desperately needs a volunteer to store and sort donations of clothing recently acquired in anticipation of a Rummage Sale. As of this moment, the hapless coordinator's feet are resting upon a rather large box which occupies the space underneath her desk! It's becoming awfully crowded in here!

. would like to open a CRAFTS COUNTER at the Center, displaying and selling the arts and crafts of Orcas Seniors. This is done quite successfully at many Senior Centers, including the one at Anacortes. There are so many talented and creative people reading this -- call right now and tell us about your items. We will work out a consignment system.

Our Newsletter is usually so full of future events that we rarely have space for reporting what happened last month! The extra page this issue solves that problem! March was the month of an interesting "Exchange Program" between the Orcas school students and the Seniors. The students shared a few of our luncheons at the Odd Fellows Hall - meeting old friends and making new ones. There were a few grandparent/grandchild combinations, too! The students enjoyed the magic music of Max Trinkhaus, and led by exuberant principal Steff Steinhorst, were heard to whistle and call f or "More!" Other Seniors attended luncheons with the lower grades and reported their experiences as "delightful." We encourage contacts between the age groups. Too often, distrust on the part of Seniors and fear on the part of teenagers is simply a result of lack of communication. We would like to see a project of some sort in which students and seniors could work side by side on a common cummunity goal. Any ideas?

Responding to our call last month for senior speakers, Raleigh Poisson and Harold Nordeen demonstrated HAM RADIO at our luncheons. They had set up ahead of time a few contacts from different parts of the island. Because we ran late, one of the Hams responded from the ferry enroute to Anacortes. We also picked up an unexpected contact from Vancouver. Our two "Hams" presented a fascinating display of contact cards, which radio operators from all over the world exchange. Both Mr. Nordeen and Mr. Poisson shared some of their on-the-air experiences with us, and we learned of the amazing variety of people who are hams, including many severely handicapped. We also learned of the significant role played by the amateur radio operators in locating vital organs around the country to be used in emergency operations. We persuaded Mr. Poisson to show us the many and rare awards he has received, most with truly beautiful and original art work.

Dr. Frank Richardson, a well-known local bird expert, shared some of his knowledge with Seniors who attended our March 29 luncheon. The discussion could have gone on for hours, if it had been up to the eager audience! Bird lovers "flocked" around Dr. Richardson to ask questions and to view his lovely collection of stuffed birds. Our speaker attracted the biggest crowd ever attending any luncheon besides Christmas!

Orcas welcomes ANACORTES SENIORS to our April 24th luncheon. The Anacortes Senior Center has always been very helpful to islanders: they will meet and transport ferry foot passengers, and (given at least a day's notice) welcome . to their luncheons.

How do we know Spring has sprung (besides beautiful warm weather!)? Capistrano has its swallows and Orcas has its SPRING/SUMMER RESIDENTS. Quite a few old friends have reappeared on the scene already, and we welcome them.

ORCAS SENIOR NEWS - MAY

Plans are going full speed ahead to make the dream of SENIOR HOUSING a reality. Thus far, the Sr. Housing Committee has had two meetings with representatives of an organization known as HOPE - Housing for Older Persons Enterprises. HOPE is designed to provide their expertise to small communities attempting to set up Sr. housing units. They help with the almost endless legal paperwork by breaking down the bureaucratic process into clearly defined steps. The cost of their services is zero to us. The first step is nearing completion: a non-profit corporation is being formed and a Board of Directors has been appointed by the Orcas Sr. Services Advisory Board, consisting of Dr. William Conway, Gene Knapp, Marian Berdan, Dorothy Abenhouse, Father Jonson West, Ben Goodenough, David Leighton, and Dr. Stan Williams. After this Board files articles of corporation, drafts by-laws and opens membership to the public, they will be in the proper legal position to acquire land.

The newly formed corporation needs a snappy name - call in your ideas to the Center.

Senior housing on Orcas will not happen overnight. The fact that it has progressed this far is due primarily to the untiring efforts of Dr. Conway, Father West, Marian Berdan and Jo Bush.

Thanks to the dynamic leadership of Margaret French, our OPEN HOUSE & BAKE SALE promises to be quite an event. Scheduled for Saturday May 19th from 10 - 4, the Open House is being held in conjunction with Eastsound Day of the Family Festival. We thought seniors might want a place to sit down and relax and munch on some goodies. If you have never visited the Senior Center, now is a good chance to find out what we're all about. Hosts and hostesses will be on hand to answer questions about the various services we offer. Dr. Conway will be on hand at 1 PM to speak about the status of senior housing (a great deal may happen by then). Plan to attend to ask questions, make your opinions known and above all, to get to know many of the people who share your interests and concerns. Also, applications for membership in the new non-profit corporation will be available at the Open House.

Dear Seniors : Thank you all for working with me this past 5 months. I can repeat only that my participation in your program has been a wonderful experience for me, and I treasure the friendships I have made. My thank you list is long, but so many people contribute to the success of the Center and rarely receive recognition. Thank you to -

-Billie Blair, my companion in mischief and mayhem

-The Desk volunteers and substitutes: Millie Flaherty, Jo Bush, Margaret French, Gertie Lundy, Trudy Jackson, Juanita Bashore, Karin Grove, Kay Jensen, Henry Horton, Fred Wells, Adlyn Collins, and Bernita Sedenko, who answer questions, type clean up the Center and who allowed me to run them ragged frequently!

-Orcas Advisory Board members and officers for their cooperation, expertise and deep concern

-Nutrition Advisory Board members: Alvina Burnham, Dora Cadden, Raleigh Poisson Fred Wells, & Tommy Thompson, some of whom had to get up at 5:30 AM in order to be on time for early morning off-island meetings

-Cooking Staff: Velma Tolrude the incomparable, Janet Lum who we still miss, and Stacy Holestine, who stepped in cheerfully and efficiently

-Musicians: Max (Wunderbar) Trinkhaus and Kay Jensen, whose music always created a special atmosphere on many occasions

-Faithful luncheon volunteer helpers: Lynnie and Tommy Thompson, Ruby and Mervyn Horner, and Juanita Bashore

-Bus drivers: John Hiss, Earl Milligan, Fred Wells and Kay Jensen, who sometimes encountered not 1, but 10 back-seat drivers!

-Miscelaneous volunteers, a category which includes wood choppers, errand runners and people I literally grabbed off the street when I needed help: Ruth & Ray Sharpe, Alvina Burnham, Dora Cadden, Carlos Carmona, Adelyn Collins, Florence Conway, Helen Deeds, Velma Doty, Gordy Fox, Agnes and Harry Hiller, Jan Hunter Girl Scout Troop, Axel Jensen , Jock Anderson, Earl Milligan, Jim McGlynn, Bruce Orchid, Raleigh Poisson, Freda Seale, Bernita & Max Sedenko, Tommy Thompson & Fred Wells

-The seniors whose homes I visited who welcomed me with what probably amounts to rivers of tea and tons of cookies!

-To every senior with whom I had a conversation: Thank you for our exchange of ideas, your hilarious stories, and your invaluable advice on every subject from gardening to how to stay married 61 years!

Sincerely, Sandra Anderson

Get your feet in gear: Harry Reed and his HAPPY HIKERS are back on the scene- sign up for some walking tours at the Center.

Usually, one goes to a Clinic to be "cured" of something, or to find relief from various symptoms. Our Preventive Health Clinic is a bit different. We want to learn how to respond to situations before they get the best of us. At our first Clinic, David Leighton, Community Services Counsellor will speak on a subject all of us have experience with at one time or another: GRIEF. His approach is that grief is a normal natural human reaction - until it becomes a long-term depression. His concern is to help us prevent that from happening to ourselves, our friends and family members. Plan to be at the Senior Center for this special program on Wednesday, May 23rd. at 1 p.m.

After a five month absence from the San Juan scene, para-legal MIKE FLOYD will returnto Orcas on Thursday , May 10. He will be available at the Senior Center from 10:30 to 11:45, and again at 1 p.m. Mr. Floyd will be present at the Senior Luncheon and will speak in his usual witty style, so bring your questions no one else has been able to answer for you!

The Orcas GIRL SCOUTS TROOP presented the Senior Citizens with a check for $15.00 which represents 10% of their earnings from their recent bake sale."The girls usually have a party"commented Arlene Pfeffer, "but chose to do something for the community this year." We're glad they thought of our Senior program.

Larry Nichols will be at the May 17th Senior Luncheon and after, for those interested, will offer a Creative Writing Workshop from 1-3 P.M. The fee will be $3.00. Larry can be reached for more information at 376-2446, evenings.

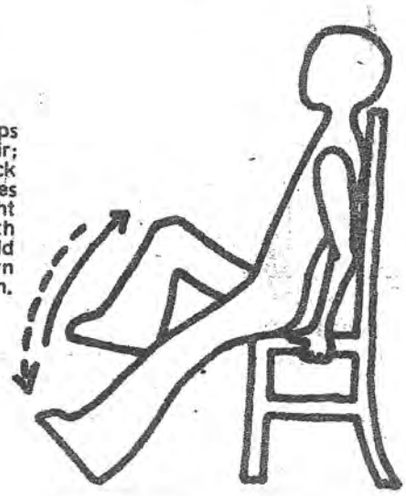
Keep fit with TV

"Exercises While You Watch TV" is a booklet of exercises designed to keep joints limber and strengthen muscles in all parts of the body. It was specifically developed with the needs of the elderly or sedentary individual in mind. "Exercises While You Watch TV" has been recommended by the National Council on Aging, AGING MAGAZINE (a publication of the Office on Aging, U.S. Department of Health, Education and Welfare) and the National Institutes of Health.

If you or a member of your group spend a couple of hours in front of the TV each day watching favorite shows or catching up on the news, the booklet can show you how to sit for two hours and get up feeling refreshed, relaxed and more vital — even if the show is a bore.

The exercises illustrated below are just two of the almost three dozen exercises found in the thirty-two page booklet. To order write: Ages, 5685 North Shore Drive, Milwaukee, Wisconsin 53217.

SITTING SIT—UPS
Beginning, sit with hips forward on front of chair; rest upper back on back of chair. Hold side edges of chair firmly. Lift right knee up to chest with toes pointed down. Hold for a second and return to beginning position. Repeat with left knee.



NECK STRETCHER
Stretch neck upward, without raising chin. With neck stretched up, bend neck forward and downward towards chest. Then bend neck backward, to one side, and to the other side. Relax neck and repeat exercise.

I AM GLAD I HAVE A WINDOW

I am glad I have a window
That looks on a sunsplashed hill;
And can watch the opening
Of the yellow daffodils.

I am glad that thru my window
I see the clouds go floating by;
I am glad that my window
Frames the stars in the sky.

- Claire Soule

©(all rights reserved)

S	M	T	W	Th	F	S
		1 LUNCH Law Day	2 Swim	3 LUNCH ◐ LQ Seattle trip FOOT CLINIC	4 Swim	5
6 National Family Week	7 Swim	8 LUNCH Nutrition Talk by Mary Loy	9 ADW BD Comm. 10:30 Am.	10 LUNCH MIKE Floyd Legal services FOOT CLINIC	11 Swim ○ Full Moon	12
13 Hi mom- I love you Mother's Day	14 Swim	15 LUNCH CPR demonstration by Chris Boerger	16 Swim	17 LUNCH CREATIVE WRITING WORKSHOP FOOT CLINIC	18 Swim ◑ LQ	19 OPEN HOUSE + Bake sale SR. Center 10-4
20 Dolly Madison's Birthday	21 Swim	22 LUNCH MR. Rightmire from Social Security, at SR. Center, Noon-1:30, 1:30	23 Swim Preventive Health Clinic- David Leighton on "Grief" 1 P.M.-2 P.M.	24 LUNCH Arbor Day FOOT Clinic	25 Swim ● New Moon	26
27	28 Swim Memorial Day	29 LUNCH	30 Swim Dragon Boat Festival (Chinese)	31 LUNCH FOOT Clinic		Summer fun is Girl Scout camping. Non-scouts are welcome too. Call the Girl Scouts for a resident camp brochure.

1979 MAY

CARDIOPULMONARY RESUSCITATION:

A AIRWAY **B** BREATHING

C COMPRESSION

What CPR does

Many victims of heart-stopping disorders could be saved by an easily learned, modern life-support technique called CPR, short for *cardiopulmonary resuscitation*. In fact, it's estimated that 100,000 lives could be saved each year if CPR were immediately applied.

CPR is being taught to tens of thousands of people throughout the country. One of the most successful citizen-training programs is in Seattle, Washington. Since the Seattle program's start in 1971, more than 158,000 citizens, or one in every five, have received CPR training.

The results of the Seattle CPR training program are encouraging. More than 40 percent of the cardiac arrest victims live if they receive CPR from a bystander. Only 20 percent live if CPR is delayed until trained rescue teams arrive.

The differing survival rates are directly related to the amount of time that elapses between the heart stoppage and the beginning of CPR. The immediate and overwhelming danger for the heart attack victim is brain damage caused by a lack of oxygen and interruption of blood flow. Blood carries oxygen to the brain, and brain cells die rapidly when they don't have oxygen.

Resuscitation efforts started within the first four to six minutes after the heart stops reduce the danger of brain damage. The possibility of partial brain damage increases after four to six minutes. After six minutes permanent brain damage is likely and death almost surely following.

SENIOR NEWS - SEPTEMBER 1979

A BRANCH of SAN JUAN COUNTY SENIOR SERVICES

LOPEZ
P.O. Box 154
Lopez, WA. 98261
468-2421 468-2218

AT:

ORCAS
P.O. Box 18
Eastsound, WA. 98245
376-2677

SAN JUAN
P.O. Box 951
Friday Harbor, WA. 98250
378-2377 378-2883

NEWS: The RUMMAGE SALE was a huge success on August 25th, netting about $400.0 Gratitude goes to all the donors and all the workers who put in so many hours amd specially to Margaret French who master-mined and worked indefatigably to make it so successful.

*We will not be able to provide the services we had planned with the aid of RAY SHARP for seniors, in September. Ray has been offered and accepted a permanent job as a cook and we have reluctantly released him from the Ceta program as of Sept 1. Ray will be around we are sure, helping as usual, but we cannot make any further comittments for him and have to cancell those made to aid seniors with gardenand housework. Ray will continue his work with Community Homewell as a chore worker. for September.

*Anyone 55 years or older, of low income can still apply for the Ceta position Ray held. Apply to Senior Services, Dorothy Abbenhouse 376-2677.

*NURSING SERVICES are available to Orcas-ites through Community Homewell. Call SENIOR SERVICES for referral information. Covered by MEDICARE, Orcas-based nurses can be called to give evaluation,aid with medications, and skilled nursing care for any Senior who is on Medicare, Medicaid or a private Insurance program.

*THE EASTSOUND WATER DISTRICT is working on plans which will allow Seniors of limited income to receive special consideration in payment of assessments on the proposed new sewer system for the Eastsound corridor. Any Senior applying to Dorothy Abbenhouse for a Senior Services COURTESY CARD will be asked to fill out the Senior Services Application Form which will be kept in confidence,and if the monthly income comes within the guidelines, a card will be issued. This Courtesy Card will be accepted by the Water District as proof of eligibility for special consideration in respect to payment of the sewer assessment and monthly fees.

* Each month statistics are prepared by your coordinator and forwarded to the Director. These form the basis of the budget for Senior Services in San Juan C Some items of statistics ase as follows:

Number of information-giving contacts	212	(These are July
Total current Unduplicated Service Plans	7	(statistics
Total unduplicated Volunteers	27	(for Orcas Isl.
Total volunteer stations...(places Seniors volunteer)	8	
Total voluteer hours	100	
Number of newsletters mailed	233	
Total one way trips	140	
Number of Information/Assistance referrals	178	

For information or explanation of these items call Dorothy 6-2677
Seniors are being involved increasingly in working on and understanding the Senior Services Budget.

*

* News on the Housing (ORCAS LONGHOUSE): An architect has been found and negotiations on possible sites is going on. Hopefully, notice of readiness to plan and to begin to focus sights on definate needs will will be made soon..

ORCAS SENIOR SERVICES
P.O.Box 18
EASTSOUND, WA. 98245

weight

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State Senate, Olympia, Washington
Olympia Tel.: 753-7682

Dear Friends:

New 1979 property tax exemption benefits for senior citizens and retired disabled persons were enacted by the Legislature, in the session just concluded.

The liberalized exemptions benefits apply to retired property owners, 61 years of age or older, and those who are retired because of a physical disability.

For property tax savings in 1980, you should submit a claim in person, or by mail, to the county assessor before October 1, 1979, if you meet the following requirements:

* Age 61 or older January 1, 1979, (No age requirements for disabled persons).
* Your combined income last year was $11,000 or less.
* Owner and occupant of the house or mobile home on January 1, 1979. Ownership now includes life estates. Temporary confinement in a hospital or nursing home is now allowed.

Retired homeowners also are allowed, if desired, to defer property taxes and special assessments up to 80 per cent of their equity in their home. For details of this proviso contact the county assessor.

Income and exemption provisions of the new statute are (A) Eligible taxpayers with income of $7,000 or less are exempt from regular property taxes on up to $15,000 of valuation on their residence, plus an exemption from all excess levies. (B) Those with income between $7,001 and $11,000 are exempt from all excess levies.

Taxpayers who have already filed a claim with the county assessor in 1979 will be allowed the proper exemption without further action.

Taxpayers with an annual income of $11,000 or less who have not already filed a claim for exemption must file with their county assessor before October 1, 1979.

Persons receiving retirement income in excess of $11,000 may also qualify. For example, you can deduct the portion you contributed to your retirement plan. Also, you can deduct one-third of all social security, federal civil service or railroad retirement benefits, in computing your income level. File before October 1, 1979, to receive tax savings in 1980.

Sincerely yours,

Barney Goltz

H. A. "Barney" Goltz

Funeral Rules Face Challenge On House Side

Rep. Marty Russo (D-Ill.) plans to offer an amendment to the Federal Trade Commission (FTC) authorization bill on the House floor shortly which would prohibit the FTC from spending money on rules to regulate the funeral industry.

This would kill regulations aimed at curbing alleged abuses in the funeral industry such as requiring purchase of a casket for cremation, refusal to give price information, and manipulating grieving persons into purchasing expensive funerals.

The Association, at the request of members, has been working on this effort since 1975. Please write your U.S. Senators and U.S. Congressman immediately and urge that they oppose any legislative effort to stop these rules.

Gains Tax Exemption

Legislation (H.R. 4134) that would roll back the effective date of a 1978 tax provision which allows a once-in-a-lifetime c[illegible]al gains tax exemption of up to $100,000 profit from the sale of a principal residence by persons age 55 and over was introduced in the House in June.

Sponsored by Rep. Carroll Hubbard (D-Ky.), H.R. 4134 would change the effective date of the exemption from July 26, 1978, to sales occurring after Dec. 31, 1977. The Association urges members concerned with the proposed change to contact their members of Congress.

S	M	T	W	Th	F	S
AUGUST S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	OCTOBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		Girl Scouting offers an extensive adult education program for volunteers.		The United Way	1
2	3 LABOR DAY OFFICE Closed Labor Day	4 LUNCH	5 Swim	6 FOOT CARE 8-9 Full Moon Hunter's Chase LUNCH	7 Swim	8
9	10 Swim	11 SANDY ANDERSON-HER WORK with JUVENILE PROBATION LUNCH	12 Swim	13 ADV. BOARD Meeting 10 30 MIKE FLOYD LUNCH	14 Swim	15
16	17 Swim Nutrition Adv. Board Meeting Citizenship Day	18 LUNCH	19 Swim	20 FOOT CARE 8-9 LUNCH	21 Swim Moon	22 Rosh Hashanah
23 Rosh Hashanah Fall Begins	24 Swim	25 LUNCH	26 Swim BUS TRIP ORCAS Rep. of S.J.S.S. Council Meeting	27 FOOT CARE 8-9 MIKE FLOYD Legal Aid 10 30 - 2 30 LUNCH	28 Swim American Indian Day	29
30						

Blood Pressures 8 30 AM - 9 30 AM

1979 SEPTEMBER

DID YOU KNOW

- **Exercise regularly.** Exercise not only improves your general fitness but helps you keep your weight under control.
- Don't smoke, and encourage your children not to start.
- Lower your intake of cholesterol and other saturated fats (by eating more fish and poultry, less meat). Eat more complex carbohydrates (dried fruit, not candy bars) and use unsaturated fats in cooking.
- If there's a history of high blood pressure in your background, see that all family members have their blood pressure checked regularly.
- Look for ways to reduce stresses in your life.
- If you have diabetes, are pregnant, or take birth control pills, ask your doctor how often your blood pressure should be checked, get it checked, then follow all of his orders to the letter.
- **Finally, if you do have high blood pressure, and your doctor has prescribed medicine, take it every day as directed!** You may prevent early heart attack, stroke, or kidney failure by keeping your blood pressure under control.

SENIOR NEWS OCT. '79

..WS:

BUS TRIPS: to LEAVENWORTH.....OCT. 2 and 5. See the "Octoberfest". The bus will be on Orcas Island until the 15th. Do you have ideas for a trip or need to go for medical, dental or other needs? Let us know and we can plan toget

CENTER NEEDS: ..... A VOLUNTEER TO DO PUBLICITY WORK, A VOLUNTEER TO TAKE OVER THE THE CAR POOL WORK, volunteers to work at the desk to substitute for regular wolunteers, Volunteer LUNCHEON PROGRAM PLANNERS, etc etc..... CETA workers program ended Sept. 30. CENTER STAFF is now reduced to Coordinator (Dorothy Abbenhouse), Assistant to Coordinator (Billie Blair), AND VOLUNTEERS SO you can see how important the VOLUNTEERS are!!!)

CALL OR COME TO THE CENTER..... for BLOOD PRESSURE CHECKS, FOR FOOT CARE, FOR CONSULTATION WITH DOROTHY on financial, social, informational needs; FOR referra to LEGAL AID, SOCIAL SECURITY ASSISTANCE, CHORE SERVICE ETC, ETC.. PHONE 6-4526

SENIOR SERVICES are available to all 60 years old and over, regardless of income

HOUSING NEWS.... Obstacles are being met and overcome, progress is being made!!!

FOR THE INFORMATION OF ALL SENIORS, HERE IS THE PRESENTATION BY SAN JUAN SENIOR SERVICES DIRECTOR, DR, MARJORIE SMITH TO THE NORTHWEST REGIONAL COUNCIL, OF THE BUDGET FOR 1980, and the OUTLINE OF WORK TO BE DONE.....

SAN JUAN COUNTY SENIOR SERVICES

LOPEZ
P.O. Box 154
Lopez, WA. 98261
468-2421 468-2218

ORCAS
P.O. Box 18
Eastsound, WA. 98245
376-2877

SAN JUAN
P.O. Box 951
Friday Harbor, WA. 98250
378-2677 378-2683

September 12, 1979

Northwest Regional Council
1000 Forest Street
Bellingham, Washington 98225

Gentlemen:

San Juan County Senior Services will again apply for funding through your office for programs in the following categories for 1980:

Information and Assistance
Transportation
Volunteer Services
Title V Senior Employment (when appropriate)

and for services through

Whatcom County Nutrition Project
Community Homewell Chore Services
Community Homewell Home Health Services

This is a letter of intent regarding the first three listed above.

The area to be served is San Juan County which consists of a group of Islands located 45 minutes by Ferry from the mainland in northern Puget Sound. Four islands are ferry-served. No other public transportation is available in the county. There is only one town, Friday Harbor, the County Seat, the remaining land areas being rural in type.

The total population is not clearly known but is estimated this year at about 7000, over 25% being senior citizens. Growth has been exceedingly rapid and the moderate climate attracts retirement types of living. We currently estimate that 30% of the senior population is disabled or partially disabled, that 25% are economically very disadvantaged, and 25% are economically highly advantaged. Inflation and property tax increases are causing increasing hardship and threaten loss of homesteads to many who ten years ago thought themselves well prepared for retirement. The rural configuration are posing new economic problems with respect to energy use and cost.

Isolation and a peculiarly high degree of independence in attitude are characteristic of seniors who a) chose to live here all their lives, or b) decided to retire in this relatively remote setting.

There is no hospital in the county. A single convalescent center (nursing home) exists in Friday Harbor and has a three month waiting list. There is at least one practicing physician on each of the three main islands, a county-wide paramedic program, minimally funded, a very small amount of dental care, one optometrist one day weekly.

(CONTINUED)

Each of the three major islands has a senior service center consisting of
a reception area--seating 5 to 15 people,
a telephone anwering desk seating one person,
a private office for the coordinator to interview clients seating 2 to 3 people,
a single bathroom,
access to a building, rented or donated, for conduct of the nutrition program.

An additional room 5 by 6 feet is the office of the county's half time director.

A single coordinator at each service center takes responsibility for all outreach, case assessment, management of service s both single and multiple problem in type, keeps the confidential files, and trains and recruits the volunteers who man the telephones and walk-in information services 6-8 hours daily. In addition to the intensive I&A work much of which must mustmake place from 5 to 20 miles distant from the center at client's homes, the following services are provided, administered, or coordinated at the service center offices:

Management of the office building and nutrition building
Volunteer recruitment and training for I&A, Transportation, and Nutrition programs
Recruitment and scheduling of drivers to provide needed transportation for medical care, dental care, shopping and nutrition.
24-hour reassurance programs,
Chore services (two programs)
Home Health Services
Preplacement screening with the local physician.
Meals on Wheels delivery
Friendly visitors
Legal services.
Foot-care clinics
Nursing home Ombudsman assistance
Newsletter production
Local media columns and articles
Assist the conduct of a monthly meeting of the island's 20-man Advisory committee.
Create the monthly service reports and manage petty cash and donations for nutrition, transportation, and meals on wheels.

Funds which can be pooled to help provide these services for 1980 include

San Juan County	
Recommended 20% base pay increase for employees and 15% for director.....	$ 5,697.00
Some increased hours per week may be authorized also.	
Whatcom County Nutrition Project	
For hours spent by coordinators in managing the meal service and personnel	6600.00
Community Homewell Chore services management fees	1320.00
	13,617.00

$700.00 is expected to be generated in the transportation program during the year. However, in addition to the 11-passenger minibus currently being used, a new van for 7 passengers has been obtained for Lopez Island's use and another is expected to be donated for the use of San Juan Island Senior's. These have been developed by the Not-for-profit Senior Services Council of San Juan County which has now received its 501(C) 3 classification from the internal revenue service. It is also now supplying each center with a bulk mailing permit, reducing the costs of our newsletter mailings from .15 to about .03 cents each. The Council has this year provided the new (used)trailer offices for San Juan Island, much of its utility hook-up, has built the kitchen for the nutrition program, and supplied chairs, tables and much equipment, and obtained a food staorage building for the program.

Projected service levels for 1980 are expected to include

1. The handling of 6000 information inquiries from senior citizens or thier neighbors or families wherein the appropriate information can be provided and the questioner will be able to take advantage of the described services without further assistance from our personnel.

2. Requests for information which require worker assistance to the extent of creating referral appointments, providing transportation or other assistance to achieve the needed service, and require follow-up from our offices to assess the adequacy or extent of the results, are expected to number about 2000.

3. About 50 clients are expected to need case management, presenting with multiple problems in various aspects of their lives which need handling concurrently or with marked urgency to stabilize their life situation and require a concerted effort to coordinate community services of various types for benefits to be adequately achieved.

4. To provide 3000 one-way trips for disabled, needy or isolated seniors to essential services such as health care, nutrition or shopping .

5. It is expected that 400 senior citizens will need to avail themselves of these transportation services.

6. To recruit at least thirty new volunteers while continuing to train and depend upon the 250 who have been actively working in the program this year(1979).

It is expected that at least 50% of the volunteers will need some reimbursement for transportation or meals while on their jobs.

In consideration of all the above we estimate that we will apply for $48,943.00 to complete the program for the year 1980. (A summary budget worksheet is attached.

Sincerely yours

M. L. Smith, M. D.
Director

ADDITION TO DR. SMITH'S REPORT:

SAN JUAN COUNTY SENIOR SERVICES

LOPEZ
P.O. Box 154
Lopez, WA. 98261
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P.O. Box 18
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376-2677

SAN JUAN
P.O. Box 951
Friday Harbor, WA. 98250
378-2677 378-2683

September 12, 1979

To: Northwest Regional Council

From: M. L. Smith, M. D. Director

Our program this year has been increased in scope and service units to the point where it is not able to conduct the necessary I & A service and administer the other programs listed in our letter of intent with half time I & A personnel.

A full-time I&A coordinator is necessary on each of the three major Islands. The San Juan County Commissioners have thus far withheld their support of this concept.

The attached budget includes increased time compensation to full-time on the most populated Island, 3/4 and 2/3-time on the other two, apportioned relative to their population areas. It was the most conservative position we could take in regard to this problem. We consider it only an interim measure for dealing with the real need: one full time person at each service center.

No recreational programs are conducted at the centers or through the coordinators at this time. No monetary support is provided by San Juan County directly to the conduct of the programs. It would appear however that the county is expecting to contribute directly during 1980.

We have additional needs for a typewriter, filing cabinet, and possible assistance withinsurance premiums on the additional vans which are being donated for the use of the program. These needs are secondary to our need for obtaining a stable and realistic work environment for the Coorinators.

6-2677

S	M	T	W	Th	F	S
United Way supports Girl Scouting. Give to the United Fund campaign in your community.	1 SWIM Yom Kippur	2 BUS TRIP TO LEAVENWORTH AUTUMN LEAF FESTIVAL LUNCH	3 SWIM	4 FOOT CARE 9-11 * LUNCH	5 SWIM BUS TRIP TO AUTUMN LEAF FESTIVAL LEAVENWORTH Moon Festival (Chinese)	6 Succoth begins
7 Succoth begins	8 SWIM Columbus Day (Monday Holiday Bill)	9 LUNCH	10 SWIM	11 adv Board Meeting 10 30 LUNCH	12 SWIM LQ Columbus Day (Traditional)	13 Succoth ends
14 Succoth ends	15 SWIM Nutrition adv Board Meeting	16 LUNCH	17 SWIM	18 FOOT CARE 9-11 * LUNCH	19	20 New Moon
21	22	23 LUNCH	24 Orcas Rep of SJSS Council Meeting United Nations Day Sara Josepha Hale's Birthday	25 BIRTHDAY LUNCH Bill Clark's Birthday	26	27
28 1st. Q.	29	30 LUNCH	31 Halloween Birthday of Juliette Low Founder of Girl Scouting in U.S.A.	The United Way		

SEPTEMBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

NOVEMBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

1979

Blood PRESSURES 9AM - 11:00 A.M.

EXCEPT THURSDAYS

OCTOBER

* FOOT CARE Oct 4, Oct 10 9-11

FEWER HEART VICTIMS

Deaths from the nation's number-one killer—diseases of the heart and blood vessels—declined by over 15,000. The National Institutes of Health credit both the medical profession and heart patients themselves with the improvement. More hospitals have set up their own coronary-care units where heart patients can be closely monitored and sudden deaths prevented. Emergency services are more sophisticated so that fewer heart victims are dying before they can get to the hospital. New methods of diagnosis and more sophisticated forms of heart surgery have been developed. But, equally important, patients are taking better care of themselves, according to the NIH. Many are seeking preventive treatment for hypertension and high blood pressure, and cutting out high-cholesterol foods that could contribute to arteriosclerosis later on.

People are getting more exercise and going on diets, particularly in middle age, instead of waiting until a stroke or a heart attack cuts them down.

Important Information About Influenza & Influenza Vaccine

WHAT IS INFLUENZA ("Flu)? It is an illness caused by influenza viruses. It generally affects people of all ages. Typically people with influenza have fever, chills, headache, cough, and muscle aches and may be sick for several days to a week or so. Most people recover fully. A small proportion of cases are particularly severe, and patients may develop pneumonia or other complications. In some past epidemics, about one case out of every thousand was fatal. The risk of complications and death from influenza is highest for people with chronic health problems like diabetes; diseases of the heart, lungs, or kidneys; severe anemia; or chronic illnesses (or medications) which lower the body's resistance to infection. It is also high for older persons generally--particularly those about 65 years old or older.

Influenza viruses frequently undergo changes in their chemical makeup. These changes make it possible to catch influenza even though immunity (antibodies) may have been developed against previous strains of influenza. Thus, having had influenza or influenza vaccine in past years may not prevent getting influenza again.

Although influenza epidemics are unpredictable, some influenza occurs each year, in very large epidemics such as 1/3 of the population have become sick and thousands have died.

INFLUENZA VACCINE is composed of killed influenza viruses and is given by injection. The influenza vaccine to be distributed in the fall of 1979 has been updated to offer protection against three influenza strains which recently caused disease (A/USSR, A/Texas, B/Hong Kong). One shot should produce protective levels of antibody against these three strains in 68 to 89 percent of adults 26 years of age or older. Two shots about 1 month apart are nceessary to achieve the same level of antibodies in people 6 months through 25 years of age. Influenza vaccine does not provide protection against other viral illnesses such as the common cold.

WHO SHOULD GET INFLUENZA VACCINE? Because influenza is usually mild and most people recover fully, routine vaccination of healthy children and adults is not usually emphasized. However, people of any age with the chronic conditions described in the first paragraph, and the elderly, should consider vaccination each year because they are at a greater risk of complications or death if they catch influenza.

POSSIBLE SIDE EFFECTS FROM THE VACCINE: The 1978-79 vaccine has been tested on more than 2,000 volunteers. There were no side effects from the vaccine in most people, although some had a sore arm for 2 - 4 days. Less than 4 percent of the people developed fever, chills, headaches, or muscle aches during the first 48 hours after vaccination. As is true of any vaccine or drug, there is a possibility that allergic or other more serious reactions or even death could occur. In 1976, about 12 of every 1 million adults who received swine influenza vaccine developed a paralytic condition called Guillain-Barre Syndrome (GBS) within 10 weeks of vaccination. (Very little information is available on the risk of GBS following influenza vaccination for persons under age 18.) GBS also occurred in about 2 out of every 1 million adults who did not get swine influenza vaccine. Most people who get GBS can be expected to recover; 5-10 percent may have some permanent paralysis; and 5-6 percent may die.

WARNING - SOME PEOPLE SHOULD CHECK WITH A DOCTOR BEFORE TAKING INFLUENZA VACCINE:

* Those who have fever or feel ill with something more serious than a cold.
* Those who have received another type of vaccine in the past 14 days.
* Those with allergies to eggs.
* Those with multiple sclerosis, previous attacks of GBS, or other recurring or persistent neurological illnesses.

-*+

Birthday Party

THE LAST THURSDAY OF EVERY MONTH AT LUNCH

Oct. Birthdays

Dick Acker
John Brown
Jo Bush
Ruth Deye
Charles Jackson
Mabel Kertis
Rex McCabe
A.L. Morrison
Frances Willis

John Stevens
P.O. Box 460
Coupeville, Wa
98239

SENIOR SERVICES CENTER
P. O. BOX 18
EASTSOUND, WASHINGTON
J. Atkinson COORDINATOR
TEL: 376-2677

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Eastsound, WA 98245

SAN JUAN
SENIOR SERVICES
BUDGET 1980

	A Funds Requested	B Local Cash Match	C Other Resources Available To Complete Project	D Total of A, B, and C
PERSONNEL				
Salary/Wages				
Fringe Benefits				
Subtotal Personnel Services	31,223	5,697	7,920	44,840
SUPPLIES				
Office Supplies	600			600
Operating Supplies	150		700	850
Repair & Maintenance Supplies	250			250
Subtotal Supplies	1000		700	1700
OTHER SERVICES AND CHARGES				
Professional Services	500			500
Communication	2350		New low cost Postal permits	2350
Transportation	3900		2 Additional Busses	3900
Advertising				
Printing & Binding	750			750
Insurance	250			250
Public Utility Services	3120			3120
Repairs & Maintenance	2000			2000
Rentals	3450			3450
Miscellaneous	400			400
Subtotal Other Services & Charges	16,720			16,720
SUBTOTAL CAPITAL OUTLAYS	Typewriter Sun Juan	Filing Cabinet		
TOTAL + Vol. Activity 1+H + Transp. Foundation Funds.	48,943	5697	8620 22,152.00	63,260

SENIOR NEWS NOV. 1979

Dorothy Abbenhouse, Coordinator Billie Blair, Assistant

Nutrition News: Thursday, November 15 IS the SENIOR THANKSGIVING LUNCHEON. Mrs. Catherine Chaney has arranged to have the tables decorated and favors made. Favors will be sent out with meals for shut-ins too. Many thanks to Mrs. Chaney and her church workers for their thoughtfulness. Gail Brown, 4th Grade teacher's pupils will make place mats for this event. Roast turkey is on the menu with Velma's special touches.

Orcas Senior Nutrition project has been rated 24 with 34 sites being rated. Orcas gets low score (low score being the best) in "Effectiveness" which means that Velma is doing a very efficient job; medium scores in "Productivity" and "Efficiency" which means that the proportion of staff and meals served is low (more seniors at meals would fix that number); and "Average Donation" which is a very high figure in the rating and means that while donations are quite high frompeople attending the luncheons, donations to delivered meals are very low giving us the poor score in that category, overall. Best score for the month for all sites was 17, lowest score, 34 (out of 12 sites rated). Summing itup, Orcas rates right in the middle. More attendees at luncheons would bring our rating up. The FOOD IS GOOD.

EASTSOUND DWELLERS SEWER NEWS The Eastsound Water Commissioners have received an interpretation that the 1979 state legislation provides that senior citizen (meeting certain income criteria) can defer 80% of their special assessments if they apply for such tax relief. Apply through the Senior Service Center to the County Assessor. The Senior Center will issue Coutesy cards to qualifying seniors.

SenIOR HOUSING Negotiations continue in regard to a site for Senior Housing. In the "IF ONLY" department, if only there were someone who owned enough land near enough to Eastsound who could donate about five or so acres to the project the housing program would be on its way. If only.....if only.....

FIRE INSPECTION CONCERNS Fire inspections have been completed at the Center and Nutrition sites.These inspections are unofficial because there is no official Fire Marshall in San Juan County; this because the Commissioners have not as yet made this appointment. Gordy Fox, Fire Chief spoke to the Seniors at lunch October 23, read his report of considerations that would bring the sites to within reasonable reach of the fire code. Reporting to the owners of the I.O. O.F. hall of this inspection (which had their consent and approval) Mr. E. Grant, Noble Grand, seemed to feel that the organization would wish to comply with the changes in the building that were requested. The Center needs much more simple adjustments such as a better lock on the back door, and a better heat shield behind the Fisher stove. People are wondering what pressure is behind thse requests for fire inspections. They are really the government's wish to protect the safety of all seniors in the places they use for their centers and thir meal sites. It is also a protections for the owners of these buildings. Orcas citizens are fortunate to have a chief like Gordy Fox. He has provided in the past, the full range of "fire" protection including side benefits in the health care area, with great sensetivity and careing. An example of this is the occasion (now long past) when Mother Benson, suffering from a fractured pelvis needed transport to the mainland for x-rays. When I consulted Gordy he responded immediately with men, vehicle and equipment to transport Mother Benson to Mt. Vernon and stood by to lift Mothr Benson into bed on her return home. That Mother Benson insisted on doing it for herself is beside the point..... Gordy stayed up with me to be sure that Mother Benson was properly cared for. I encounter this careing and consideration of seniors in some others of our younger Orcasites such as Lynn Roberts and others. We want to say THANK YOU to them all.

ORCAS SERVICE CO. (Lynn Roberts) will give 50% off on labor on any job given him by Seniors. Basic cost of labor is $24.00 so he will bill seniors who identify themselves a rate of $12.00. Parts needed in the repair will be at cost plus 10%. Work must be paid for when completed. Income is no deterrant. Call 6 4323 for more information.

HAPPY BIRTHDAY TO ELSIE HACKETT ON HER 87th BIRTHDAY!!!!!!!

Vising Marge Mahone in the Friday Harbor Convalescent Center, she is "walking" up to 72 steps at a time exercising her legs and back, and hoping to be home soon. Showing her old spirit, Marge says "never give up"!!!!

Representative AL SWIFT will be at the Center November 7th from 10 to 12 noon

HEARINGS on the COUNTY BUDGET continue. The Senior Services part of that budget (funds from Federal and State programs for Seniors) will be voted on in Nov. In order that the budget be passed seniors should consider calling their and other island commissioners to urge they vote for this budget. This budget (for 1980) has been worked on by representatives from each of the islands so that there is much concern and thought in it for the care of seniors for the coming year. The commissioners will be asked this year to make some contribution from county funds to support the program. Until now, this has not been done. Income contributions from the county have been the donated hours of its citizens, which when translated into dollars at $3.50 per hour total many thousands of dollars. Most counties make available to the Senior Services program, park buildings and space (if any exist), or some county owned land or space in a county owned building. This eliminates the need for funds to pay rents and other costs of the program. The Island communities do have different customs, social mores and so on (which makes them the places we want to live in) but also sometimes leaves out of consideration the people who made these communities come into existence and whose age now points up needs which must be met in order that they live in them to the end of their days. Call the commissioners!!!!!!

BUS TRIPS will begin again November 7, and 14. Let us know your needs and we can schedule other trips as needed. Call 6-2677. Orcas has the bus from the 1st to 15th of each month. Bus is running well.

FERRY TROUBLE in October caused a bus trip to abort. Ed Sutton is trying to get "truck status" for the Senior Bus at the ferry docks. This would ensure the bus a space on the ferry and truck personnel to help should the bus have difficulty. Also, with a parking space in the "truck" line-up seniors would have easy access to the terminal and to ticket buying etc...Thank you Ed Sutton for your efforts on behalf of Seniors, whatever the outcome.

NOTE: The volunteer hours mentioned above are counted in dollars of support to the Program. But, statistically, we must have your statement that you have given the time and for what purpose. Transporting a senior is a volunteer activity, even if it is your neighbor and those hours count. Drop in to the Center and fill out the volunteer form so that your hours of giving can help the program Remuneration at 18 cents per mile is available also if requested, plus cost of meals if your trip involves the need on ourpart to purchase them.

HAPPY THANKSGIVING TO YOU ALL!!!!

SENIOR SERVICES CENTER
P. O. Box 18
Eastsound, Washington 98245

D. Abbenhouse - Coordinator
Telephone -- 376-2677

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Eastsound, WA
98245

BOXHOLDER.

S	M	T	W	Th	F	S
OCTOBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	DECEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	LUNCH	Since 1912, Girl Scouting has touched the lives of more than 40 million girls and adults who are or have been Girl Scout members, from all population segments.	1 FOOT CARE 9-11 All Saints' Day LUNCH	2	3
4 Full Moon	5	6 FREE HEARING TESTS 9AM-5PM SENIOR CENTER General Election Day LUNCH	7 BUS TRIP Al SWIFT'S LISTENING POST 10-12N	8 Adv Board Meeting 10 30 MIKE FLOYD LUNCH	9	10
11 LQ Veterans' Day	12	13 LUNCH	14 BUS TRIP	15 FOOT CARE 9-11 THANKSGIVING LUNCH LUNCH	16	17
18	19	20 LUNCH	21	22 OFFICE Closed THANKSGIVING	23	24
25	26	27 MR. RIGHTMIRE SOC. SEC ADM. LUNCH	28 Orca Rep of SJSS Council meeting	29 BIRTHDAY LUNCH	30	

1979 Blood PRESSURES 9AM - 11:00 AM. EXCEPT THURSDAYS NOVEMBER

Learning about blood pressure

Do you know what your blood pressure is or how to take it? According to the Community Hypertension Evaluation Clinics, a group organized by Ciba Pharmaceutical Company, 21 percent of the American adult population tested has high blood pressure. If you can read a thermometer you'll have no trouble with a sphygmomanometer, the gauge that measures cardiovascular pressure.

Buy a stethoscope with a flat-surfaced diaphragm and a sphygmomanometer with an aneroid gauge. Find them both at hospital supply stores.

Deflate the cuff and wrap it around a bare arm keeping the lower edge of the cuff an inch above the elbow joint. Fasten snugly. Put the stethoscope in your ears and place the diaphragm just below the arm crease on the inside of the forearm. Close the valve by turning it clockwise and pump until the gauge reaches 180. Immediately open the valve so the pressure begins to fall. Listen for pulse beats. The reading at the first beat you hear is the "systolic pressure"—the highest pressure your heart creates inside the vessels. As the pressure continues to fall, notice the reading at which you cease to hear any pulse at all. That is the "diastolic pressure," the lowest pressure. The reading is reported as a fraction