



UPDATE!!

JANUARY 1993

ORCAS ISLAND SENIOR CENTER

NEWSLETTER

206-376-2677

NEW YEAR, NEW DEDUCTIBLES

The U.S. Health Care Financing Administration has released the new 1993 Medicare deductible limits and premiums computed under cost-containment provisions of the Medicare Law.

The main Part A hospitalization deductible will be set at \$676, a \$24 increase from 1992. The monthly Part B premium, which is the amount seniors pay for Medicare's medical coverage, goes to \$36.60, a \$4.80 increase.

"Deductibles" are the amounts beneficiaries must pay out of their own pocket before their insurance begins paying. Medicare recipients also pay part of their medical and hospital costs through "co-payments," usually as a set portion of the total cost:

* For 1993 hospitalizations (known as "Part A" of Medicare), the government program pays 100 percent of all approved hospital charges over \$676 during the first 60 days.

* For 1993 medical coverage (known as "Part B" of Medicare), the government program pays 80 percent of approved doctor bills and other medical services after a \$100 deductible is reached. That deductible was not raised for 1993.

Medicare recipients also will face higher co-payment requirements for hospitalization next year, as well as treatment in nursing homes. There is no hospital co-payment during the first 60 days of hospitalization, although Medicare recipients must meet the \$676 deductible limit (which is usually covered by your supplemental insurance plan). After 60 days, however, a co-payment is set at \$169 a day between the 61st and 90th day in the hospital. After the 90th day, the co-payment will be \$338 per day when recipients are using their 60 so-called "lifetime reserve days."

Medicare in itself is very confusing. If you have any questions, drop by the Senior Center and we'll help you figure the whole thing out.

WHAT NOT TO DO IN BED

You CAN: Read, rest, sleep, make phone calls, eat breakfast, watch television, listen to music, exercise, snore, even eat crackers - provided you're alone, and yes, you can snuggle.

But DON'T ever light up a cigarette when you're in bed. Because if you doze off just once, all your dreams will go up in smoke.

ON-GOING EVENTS AND ACTIVITIES

HIKER'S GROUP - Meets Wednesday morning at the Longhouse parking lot. Join them for an invigorating walk around the Island.

THERAPEUTIC AQUATICS - Thursday at 1 PM, Rosario Spa. Come bring your aching joints for a relaxing workout. Everyone we've talked to about the class says it is well worth the effort of going. All feel sooooo much better after the Thursday afternoon session. AND IT'S FREE!!!!

CAREGIVER'S GROUP - Tuesday afternoons at 3:00 PM a small group of caregivers join together to share experiences, concerns and ideas. If you are caring for someone, or know someone who is, we encourage you to join our friendly group.

SATURDAY, JANUARY 16TH - San Juan Veterinary Clinic will be offering all immunization shots for your pet at 40% off. The hours are 9 AM to 2 PM. Bring Waldo and all the cats for this great opportunity to have their shots up to date and save money besides. No appointment is necessary.

MANY THANKS TO OUR HOST & HOSTESS FOR JANUARY - PAULINE & RUSSELL HUNTER

There will be NO Senior Advisory Committee Meeting in January. Save your ideas for the February 9th meeting.

JANUARY DATES TO REMEMBER:

Thursday, 14th - TRIP TO MOUNT VERNON - shopping, etc..

Friday, 15th - LIBRARY DAY at Senior Lunch.

Saturday, 16th - PET IMMUNIZATION CLINIC San Juan Veterinary Clinic 9-2 PM.

Monday, 18th - SENIOR CENTER CLOSED.

Tuesday 19th - BLOOD PRESSURE - taken at Senior Lunch.

Thursday 21st - FOOT CARE CLINIC - clinic from 9:00 AM - 4:00 PM. Call the Senior Center for appointment, don't forget to bring your towel.

%%%

INTERESTING NUTRITION FACTS

Sour cream is like whipped sweet cream or butter - if you eat only a tablespoonful once in a while, you needn't worry about the fat and calorie content, and you might as well enjoy the real thing. However, if you love piling sour cream on a baked potato, you might try the reduced-fat or non-fat alternatives now found in most dairy departments; these "light" sour creams can be satisfyingly close to real sour cream in taste and texture. The reduced-fat products are made of skim, whole milk & perhaps even cream, with food starches added for texture. The nonfat products contain only skim milk with food starches and various gums and thickeners. The ingredients in these products are wholesome, and supply a modest amount of a few vitamins and minerals. As always, it pays to read the labels if you are looking for a fat-free product. A "no cholesterol" claim is meaningless, since real sour cream has only 5 milligrams of cholesterol per tablespoon.

JANUARY 1993

NEWSLETTE

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SAVE-A-STAMP, BRING BILLS TO LUNCH

					1 OUR BEST WISHES FOR A WONDERFUL NEW YEAR TO YOU ALL	2
3	4	5 LUNCH CLAM CHOWDER AND HAM	6	7	8 LUNCH TURKEY AND ALL THE GOODIES	9
10	11	12 LUNCH SWEDISH MEATBALLS TOSSED SALAD	13	14 TRIP SHOPPING TRIP TO MT. VERNON 10:30 FERRY	15 LUNCH VEGETABLE STRATA * * * * * LIBRARY DAY	16 PET IMMUNIZATIONS SAN JUAN VET CLINIC 40% OFF 9-2 APPOINTMENT NOT NEEDED
17	18 SENIOR CENTER CLOSED TODAY	19 LUNCH SAVORY CHICKEN * * * * * BLOOD PRESSURE TODAY	20	21 FOOT CARE CLINIC 9-4 CALL CENTER 376-2677 FOR APPOINTMENT	22 LUNCH HOT TURKEY SANDWICHES	23
24	25	26 BIRTHDAY LUNCH WITH POT ROAST JOIN US FOR THE FUN	27	28	29 LUNCH MEAT LOAF	30
31						

TOP 10 TIPS FOR SMART INSURANCE SHOPPING:
DON'T BE PRESSURED INTO BAD BUYS

10. Do NOT agree to buy or sign anything you do not understand.
9. Before buying new insurance, read your existing policies to see what insurance coverage you already have.
8. Remember that your agent is required by law to leave an "Outline of Coverage" with you after you sign a health insurance application.
7. Be suspicious anytime an agent tells you to drop your old policy in exchange for a "super-special deal."
6. Thanks to changes in federal law, you should not have to face any new waiting periods for pre-existing conditions - PROVIDED you have stayed up to date on your old policy's premiums.
5. If you are unsatisfied with a health insurance policy FOR ANY REASON, you have 30 days to return it for a full premium refund.
4. If you send a policy back to the insurance company, the firm has 30 days to send you a full premium refund.
3. Washington state law forbids a selling agent from completing the health questions on a Medicare supplement or long-term care insurance application.
2. Always make your check payable to the insurance company or association offering the policy. NEVER make it payable to the salesperson.
1. THE NO. 1 TIP FOR AVOIDING INSURANCE SCAMS - DON'T STAND FOR HIGH-PRESSURE SALES TECHNIQUES.

[illegible]

Orcas Senior Services
P. O. Box 18
Eastsound, WA 98245
206-376-2677
Jayne A. Orleans, Manager

NON-PROFIT ORGANIZATION
BULK MAILING PERMIT
PERMIT #10
PRE-SORTED
EASTSOUND, WA 98245

NEWSLETTER

FEBRUARY 1993

ORCAS SENIOR SERVICES UPDATE

THE SPUDS ARE BACK!! THE SPUDS ARE BACK!!

Save **SUNDAY, FEBRUARY 21ST** for our annual **STUFFED SPUD DINNER**. This popular fund-raising event has become a tradition at the end of February each year. We'll have entertainment, fantastic food, and good company. What better way to enjoy Sunday evening in February than with good friends at the Orcas Center.

Dinner will be served from 5:00 p.m. to 7:00 p.m. Tickets will be available at the Senior Center during February and at the door on Sunday, the 21st. The menu will include:

STUFFED SPUD SPECIAL
CARROT AND CABBAGE SLAW

BAKED POTATO BAR
with
Butter and Sour Cream
Chives and Parsley
Broccoli and Cheese Sauce
Chili
Bacon Bits and Grated Cheese

BEEF KA-BALLS IN BBQ SAUCE OR GRAVY

ICE CREAM
with a variety of toppings

Coffee, Tea or Milk

All this luscious food AND entertainment for \$8.00. How can you beat that on a cold winter evening in February? Come support a worthy cause - all proceeds will go to the Senior Services Advisory Committee's general operating fund which supports all functions of our center.

FEBRUARY DATES TO REMEMBER

JANUARY 30TH - San Juan Veterinary Clinic's "Discount Immunization Day" 9-2 No appointment necessary. All shots 40% off.

FEBRUARY 8th - **INCOME TAX ASSISTANCE** begins at the Senior Center, see article on this.

9th - **SENIOR ADVISORY BOARD** meeting, Senior Center 1 PM.

10th - **WESTERN HEARING STAFF** will be at the Senior Center. Call for an appointment.

14th - **VALENTINE'S DAY** Don't forget the candy & flowers.

15th - **SENIOR CENTER CLOSED** for President's Day.

16th - **BLOOD PRESSURE** taken at Senior Lunch in the Madrona Room.

17th - **TRIP TO BELLINGHAM** for shopping, visiting & whatever.

18th - **FOOT CARE CLINIC** 9:00-4:30 PM Call the Senior Center for an appointment. Don't forget to bring your towel.

19th - **LIBRARY DAY** at Senior Lunch.

21st - **WORLD'S FAMOUS ANNUAL SENIOR SPUD DINNER** in the Madrona Room at Orcas Center, served 5-7 PM. Y'all come for the great food & fun.

22nd - **SENIOR SERVICES COUNCIL** meeting, Friday Harbor.

23rd - **BIRTHDAY LUNCHEON** If you have a birthday in February, join us at lunch and we'll help you celebrate.

* * * * *

ARE YOU CONFUSED ABOUT MEDFLIGHT????

Many islanders are confused about the recent change in the status of MedFlight services to mainland hospitals. After consulting with the MedFlight office, I will try to clear up the confusion.

If you are a MedFlight member, have an emergency, and are flown to St. Joseph's Hospital in Bellingham, MedFlight bills your insurance carrier (i.e. Medicare, Supplemental, etc..) and you are not responsible for any part of the bill. If you are flown to a hospital OTHER THAN ST. JOSEPH'S (Island, Skagit General, etc.), MedFlight will bill your insurance carrier and after receiving payment from them, will bill you for 50% of the balance not paid by your insurance. Example: I am flown to Island Hospital, the bill is \$2,000. My insurance company will pay \$1,500. This means that I will have to pay MedFlight \$250 (half of the \$500 balance due). IF you do not have a MedFlight card (did not pay the \$50 annual fee) you will have to pay 50% of the unpaid balance due regardless of your destination.

FEBRUARY 1993

NEWSLETTE

SAVE POSTAGE - BRING YOUR BILLS TO LUNCH

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1 LIBRARY IS OPEN STOP BY FOR A VISIT AND A BOOK	2 LUNCH SPAGHETTI WITH SALAD	3	4	5 LUNCH BEEF STROGANOFF	6
7	8 TAX ASSISTANCE BEGINS CALL SENIOR CENTER FOR APPOINTMENT	9 LUNCH BAKED CHICKEN **** ADVISORY BOARD MEETING 1 PM	10 WESTERN HEARING HELP WITH YOUR HEARING AIDE CALL FOR APPOINTMENT 376-2677	11	12 VALENTINE LUNCHEON BEEF STEW DRESS IN RED AND JOIN THE PARTY	13
14 CANDY AND FLOWERS DAY BE SWEET TO YOUR SWEETIE!!	15 SENIOR CENTER WILL BE CLOSED TODAY FOR PRESIDENTS' DAY	16 LUNCH LIVER & ONIONS **** BLOOD PRESSURE TAKEN TODAY AT LUNCH	17 TRIP TO BELLINGHAM SHOPPING VISITING OUT TO LUNCH EARLY FERRY	18 FOOT CARE CLINIC CALL SENIOR CENTER FOR APPOINTMENT DON'T FORGET YOUR TOWEL	19 LUNCH VEAL PATTIES **** LIBRARY DAY RETURNS TO SENIOR LUNCH GET A BOOK	20 WATCH OUT FOR SUNDAY IT IS SPECIAL SEE WHAT'S HAPPENING?
21 WORLD'S FAMOUS SPUD DINNER ORCAS CENTER 5-7 PM HOPE YOU ALL COME!!	22	23 BIRTHDAY LUNCH MEATLOAF **** COME JOIN THE FUN AND WIN A PRIZE	24	25	26 LUNCH SALISBURY STEAK WITH SALAD AND DESSERT	27
28	<p>HOST/HOSTESS FOR FEBRUARY WITH MANY THANKS JOHN & KARIN FUHRING</p>					

SENIORS BEWARE!!!!

The Washington State Attorney General's office has issued a "Consumer Beware" warning. If you receive a mailing from the **AMERICAN ASSOCIATION OF SENIOR CITIZENS (AASC)** throw it out. It is not affiliated with AARP in any way. They promise all sorts of goodies, for a fee of course; investment possibilities, health insurance, medications, retirement housing, etc.. Unfortunately, some seniors have already found out the hard way that these people **DO NOT** offer anything. The only thing they are after is your money. So beware, read it if you want, but don't send money. Place it firmly in the wastebasket.



ORCAS SENIOR CENTER
P. O. BOX 18
EASTSOUND, WA 98245
Jayne A. Orleans, Manager
206-376-2677

NON-PROFIT
ORGANIZATION
U.S. Postage
P A I D
Eastsound, WA
Permit No. 10

ORCAS SENIOR SERVICES NEWSLETTER

NORTH BEACH ROAD, EASTSOUND, WA 98245
206-376-2677

SENIORS PRESENT "INQUIRING MIND" PROGRAM

Orcas Senior Service with Orcas Community Center are co-sponsoring a program from the Inquiring Mind Series. The title is: "Communities and Landscapes in the New World: The Human Ecology of the Native-White Encounter". William Woodward, Chairman of History at Seattle Pacific University will be the presenter.

Mr. Woodward shows that the cultural gulf between the native people and the European settlers was so great, particularly in defining who "people" are and in organizing the land, that little accommodation could occur. He points out that to reach for an understanding of basic cultural attitudes toward landscape and community will begin building a more responsible stewardship of both planet and people.

The program will be Sunday, March 21, 1993, 2:00 PM at Orcas Center. There will be refreshments for a social hour to meet Mr. Woodward and discuss the ideas he has presented. There will be no admission charge. ALL ARE MOST WELCOME TO COME - DO COME AND BRING A FRIEND.

* * * * *

TAXING SOCIAL SECURITY

Tuesday, March 2, 1993, Dick Hattrup will be at Senior Lunch to chair a discussion of "Taxing of Social Security". This is a most important and timely issue and we would encourage all to come to lunch and join in the discussion. Dick has researched Social Security and what effects the new proposed changes would have.

It is very important that we have your input and begin our efforts to ensure that the needs of older adults are given a high priority. With the spending reductions which are expected during this coming year it is extremely important we make the needs of our citizens known particularly to the legislators from our own district.

SPUD DINNER POSTPONED - NOT CANCELLED

Senior Services World Famous Spud Dinner will be held on Sunday, May 16, 1993. We hope you weren't inconvenienced with the cancellation, some of us really were snowed in. Please do put the new date on your calendar, we'll see you in May.

HAVE YOU CHECKED YOUR FIRE EXTINGUISHER LATELY??

Fire extinguishers are something around the house - you do have one in the kitchen don't you - that we never check until we need them and then it is too late. Thanks to the Orcas Fire Department we can take them to the Fire Station on the second and fourth Thursday of each month - March 11th and 25th - from 10:00 AM to noon - have them checked, charged, or after close examination of the old one, purchase a new extinguisher. CHECK IT OUT!!

HAVE YOUR GLASSES BEEN SLIDING DOWN YOUR NOSE!!

Friday, March 19th, Dr. Chris White from Orcas Vision Clinic will be at Senior Lunch from 11:00-12 Noon for free adjustments of your glasses. Bring your glasses and your nose to lunch for an adjustment.

DATES TO REMEMBER IN MARCH 1993

- 2nd - "TAXING SOCIAL SECURITY FORUM" after lunch at Orcas Center.
- 11th & 25th - FIRE EXTINGUISHER CHECK at Fire Station.
- 16th - BLOOD PRESSURE CHECK at Senior Lunch.
- 17th - ST. PATRICK'S DAY - take a leprechaun to lunch!
- 17th - TRIP TO SUMMERSUN NURSERY in Mount Vernon for a look at spring plants and flowers, join us for breath of spring.
- 18th - ADVISORY COMMITTEE MEETING - Senior Center 1 PM.
- 18th - FOOT CARE CLINIC - 9-4 call Senior Center 376-2677 for an appointment, don't forget your towel.
- 19th - EYE GLASSES ADJUSTED - bring your glasses to Lunch.
- 19th - LIBRARY DAY - check out books, tapes or videos.
- 22nd - SENIOR SERVICES COUNCIL MEETING - on San Juan Island, time will be announced when the new ferry schedule is published.
- 25th - TRIP TO SEATTLE - medical trip with time for shopping.

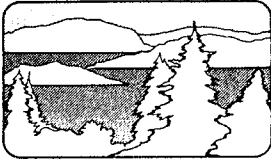
MARCH 1993

NEWSLETTE

SAVE POSTAGE - BRING YOUR BILLS TO LUNCH

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1 SWIM ROSARIO SPA 8-11 AM	2 LUNCH VEAL PATTIES * * * * TAXING SOCIAL SECURITY FORUM	3	4	5 LUNCH MACARONI & CHEESE WITH TURKEY SAUSAGE	6
7	8	9 LUNCH SAVORY CHICKEN WITH POTATO SALAD & VEGGIES DESSERT	10	11 HAVE YOUR FIRE EXTINGUISHER CHECKED AT THE FIRE STATION 10-12 NOON	12 LUNCH SWEDISH MEATBALLS WITH CABBAGE & CARROTS	13
14	15	16 LUNCH IRISH DINNER CORNED BEEF CABBAGE * * * * CHECK YOUR BLOOD PRESSURE	17 ST. PATTY'S DAY TRIP TO SUMMERSUN NURSERY MT. VERNON	18 FOOT CARE CLINIC 9-4 * * * * ADVISORY COMMITTEE MEETING 1 PM SR. CNTR	19 LUNCH POT ROAST POTATO TOSSED SALAD * * * * LIBRARY DAY AT LUNCH	20
21 "INQUIRING MIND" SERIES AT ORCAS CNTR 2 PM ALL WELCOME BRING A FRIEND	22 SENIOR SERVICES COUNCIL MEETING LOCATION TO BE ANNOUNCED	23 LUNCH PORK RIBBERS BAKED POTATO TOSSED SALAD DESSERT	24	25 TRIP TO SEATTLE EARLY FERRY MEDICAL WITH TIME FOR SHOPPING	26 LUNCH LASAGNA GARLIC BREAD TOSSED SALAD	27
28	29	30 BIRTHDAY LUNCH TURKEY AND ALL THE TRIMMINGS	31 HOST/HOSTESS FOR MARCH WITH MANY THANKS ELAINE & ED BOWMAN			



Senior Services San Juan County

February 23, 1993

DEAR NEWSLETTER READERS:

As you all know, we at Senior Services are always looking for projects that will meet the needs of older persons in our community. These projects have netted us things like the Orcas Longhouse Apartments in the past. We are conducting a survey of the interest in an ASSISTED LIVING apartment building in Eastsound.

Our vision at this point is 10 comfortable one bedroom apartments, with a resident manager, near the center of the village. In addition to an apartment, persons would be able to select and purchase from a menu of services. These services might include:

- * Weekly or twice weekly housekeeping
- * Laundry Assistance (Washer and Dryer in each unit)
- * Lunch and/or Dinner (each apartment would also have a kitchen.
- * Planned activities or classes in a community room.

Rent would be calculated on a base rate for the apartment with specified charges for services desired.

If you would be interested living in such a building please fill out the questionnaire on the reverse and return it to:

Orcas Senior Services
P.O. Box 18
Eastsound, WA 98245

Please feel free to pass this letter on to a friend or neighbor you think might be interested. We'll try to keep you informed on how this develops.

Sincerely,


Joyce Rupp
Director

Senior Service Centers

Administration
P.O. Box 1307
Friday Harbor, WA 98250
(206) 378-2450

Lopez
P.O. Box 154
Lopez, WA 98261
(206) 468-2421

Orcas
P.O. Box 18
Eastsound, WA 98245
(206) 376-2677

San Juan
P.O. Box 951
Friday Harbor, WA 98250
(206) 378-2677

QUESTIONNAIRE ON ASSISTED LIVING APARTMENTS

Please check all that apply:

☐ Yes, I would be interested in living in an apartment building with services.

☐ I have family members in another area who would be interested.

The services I would most likely use would be:

☐ Meals (Lunch____, Dinner____)

☐ Housekeeping services

☐ Laundry

☐ Activities or Classes

☐ Other, please specify what you would like: _____

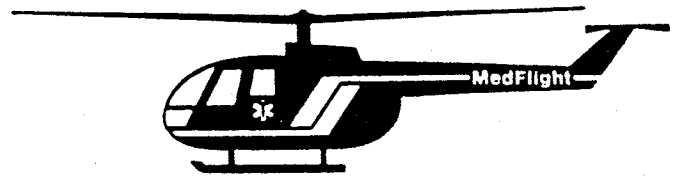
Amount I would be inclined to pay for apartment_____, for services_____

COMMENTS: _____

Name: _____ Address: _____

(Optional but helpful, will be used for research purposes only)

PLEASE RETURN BY MARCH 15, 1993



MEDFLIGHT CORRECTION!!

In the February newsletter clarifying MedFlight service, we stated that the annual fee was \$50.00 - CORRECTION - it is \$55.00 per year.

* * * * *

"SPOTTED OWL"

A lady from California purchased a piece of timber land in Oregon. There was a large tree on one of the highest points in the tract. She wanted to get a good view of her land so she started to climb the big tree. As she neared the top, she encountered a spotted owl that attacked her. In her haste to escape, the lady slid down the tree to the ground and got many splinters in her private parts. In considerable pain, she hurried to the nearest doctor. He listened to her story, then told her to go into the examining room and he would see if he could help her. She sat and waited for three hours before the doctor reappeared. The angry lady demanded, "What took you so long?" and he replied, "Well, I had to get permits from the Environmental Protection Agency, the Forest Service, and the Bureau of Land Management before I could remove old-growth timber from a recreational area!!"

* * * * *

ST. PATRICK'S DAY



ORCAS SENIOR SERVICES
PO BOX 18
EASTSOUND, WA 98245
206-376-2677
Jayne Orleans, Manager

NON-PROFIT
ORGANIZATION
U.S. Postage
PAID
Eastsound, WA
Permit No. 10

N ORCAS SENIOR SERVICES NEWSLETTER R

NORTH BEACH ROAD, EASTSOUND, WA 98245
206-376-2677

THE TULIPS AND DAFFODILS ARE GORGEOUS!!

Wednesday, April 14th, will be our annual trip to the tulip fields of the Skagit Valley. Whether you are new to the area or have seen the flowers scores of times, they are always worth the grip.

We'll leave Orcas on the leisurely 10:30 ferry, drive through the fields stopping for lunch at the Lighthouse Inn. There should be time after lunch for more tiptoeing through the tulips or shopping in LaConner before the 5:20 ferry home. You gardeners will remember that the wonderful Tillinghast Nursery (oldest continuous business in Skagit Valley) is in LaConner, they should have many bedding plants on hand.

Our 24 van seats will fill early for this trip so call now. Cost of the trip - which covers van donation, ferry fare and lunch - will be \$25. The \$25.00 will be due on April 7th.

--*+-- --*+-- --*+-- --*+-- --*+-- --*+-- --*+-- --*+-- --*+-- --*+-- --*+-- --*+--
From the Director's Corner -- --

NEW SENIOR CENTER BUILDING PROJECT

Hopefully you have read the articles in local newspapers about the promising ideas for new a Senior Center building on Orcas. County Commissioner John Evans has been very supportive and active helping us define county property on which we could construct a Senior Center. Several ideas are in the works and we are in the beginning stages of designing a building, planning for fund raising and enhancing the advisory committee with volunteers with particular expertise in these areas.

We are always open to suggestions and will keep you informed as progress is made. Please feel free to discuss ideas with advisory committee members.

I know we have talked about building a new center for many years, I was struck recently by a quote from W. Somerset Maugham -

"When I was young I was amazed at Plutarch's statement that the elder Cato began at the age of 80 to learn Greek. I am amazed no longer. Old age is ready to undertake tasks that youth shirked because they would take too long."

So, give us your energies, your time and interest and we'll get this thing built yet!!

ON-GOING EVENTS & ACTIVITIES

INCOME TAX HELP continues Tuesdays and Fridays. Call the Senior Center 376-2677 for an appointment.

CAREGIVERS SUPPORT GROUP at the Senior Center from 3:00 to about 4:30 on Tuesdays, led by Janet Kidder, North Islands Counseling.

APRIL DATES TO REMEMBER

- APRIL 1 - TRIP TO BELLINGHAM - medical with time for shopping/visiting.
- 4 - DAYLIGHT SAVINGS TIME BEGINS. Change your clocks before you go to bed Saturday night. 9 PM becomes 10 PM - "Spring Forward"
- 8 - TRIP TO MOUNT VERNON - medical with time for shopping.
- 13 - ADVISORY COMMITTEE MEETING - 1 PM at the Senior Center.
- 14 - TRIPPING THROUGH THE TULIPS TRIP - make your reservations early!
- 17 - GARDEN CLUB "PLANT FAIRE" - American Legion, 11-4 PM, plants, garden related items, lectures on gardening, coffee and sweets, garden vendors from various islands - ALL THIS AND ITS FREE!!!!

* * * * *

MANY THANKS TO JEAN WEERS & CY HEATH

As the "Ides of April" (the 15th) passes, we wish to extend our thanks to Jean Weers for running our Tax Assistance program again this year. Also, a big thanks to Cy Heath for helping. Both Jean and Cy gave up a week of their time to attend the IRS/AARP tax classes on the mainland and both have helped many seniors get their 1040's in the mail, they deserve a special pat on the back.

* * * * *

FASCINATING FACTS

Sweet potatoes sound fattening, but they contain no more calories than white potatoes - a four-ounce serving has about 130 calories and virtually NO FAT. It also provides nearly half the recommended daily allowance for vitamin C and three times the recommended amount of beta carotene. It also supplies more potassium than a banana, plus a fair amount of fiber.

* * * * *

WALKIE TALKIE GROUP - Strolling on the beach, smelling the salt spray, hearing the cries of sea birds. Hiking on trails past water cascading down the side of a cliff. Walking a country lane. Why miss this healthy pleasure. Join the "WALKIE TALKIE GROUP" Wednesday mornings, 10 AM at the Longhouse.

APRIL 1993

NEWSLETTER

SAVE POSTAGE - BRING YOUR BILLS TO LUNCH

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

HOST/HOSTESS FOR APRIL WITH MANY THANKS FAITH & JOHN DEEDS				1 TRIP TO BELLINGHAM EARLY FERRY 3:30 RETURN	2 LUNCH VEGETABLE SOUP & TURKEY SALAD	3 ORCAS MEDICAL GUILD FASHION ORCAS CENTER
4 SPRING FORWARD DAYLIGHT SAVINGS TIME STARTED THIS MORNING	5	6 LUNCH BAKED CHICKEN	7	8 TRIP MOUNT VERNON 10:30 FERRY 3:30 RETURN	9 LUNCH POACHED FISH OR CHICKEN	10
11	12	13 LUNCH SWEDISH MEALBALLS SALAD ***** ADVISORY COMMITTEE 1 PM TODAY	14 TRIP TIPTOEING THROUGH THE TULIPS 10:30 FERRY BACK ON THE 5:20	15 FOOT CARE CLINIC SENIOR CENTER 9-4 CALL FOR APPOINTMENT 376-2677	16 LUNCH LASAGNA ***** LIBRARY DAY AT LUNCH BOOKS, TAPES VIDEOS	17 GARDEN CLUB PLANT FAIRE AMERICAN LEGION 11-4 WITH LOTS, & LOTS OF GREAT THINGS
18	19	20 LUNCH PORK ROAST ***** BLOOD PRESSURE CHECKING	21	22 HAD YOUR FIRE EXTINGUISHER CHECKED?? FIRE HALL TODAY 10-12 NOON TODAY	23 LUNCH SALISBURY STEAK SALAD CHOCOLATE PUDDING	24
25	26	27 BIRTHDAY LUNCH TODAY TURKEY AND ALL THE GOODIES	28	29	30 LUNCH HOT BEEF SANDWICHES	

I KEEP FORGETTING THINGS

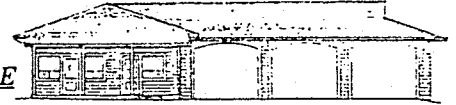
I keep forgetting things:
Which letters I've answered,
Whether I turned the stove off.
But I keep remembering things, too:
Faces, places, sights, scents, sounds.
It's annoying not to know where I left my glasses,
But it's lovely to have always, right behind my eyes,
A picture of my daughter at three,
Hair glinting in the sun, looking at me,
Asking: "Do butterflies have puppies or is it
the other way around?"
I can recall perfectly the sound of a fog horn
Off the coast of Maine,
Though, as the family will tell you,
I sometimes don't hear the phone.
I remember graduations, weddings, picnics and parades,
The way a fresh-cut lawn smells,
The taste of apricot jam.
Help me to be happy about what I remember
Instead of fretting about what I forget.
I'd rather relive love than find my glasses.
(But of course, Lord, I wouldn't mind if you wanted
to give me a hint.

Elise Maclay

ORCAS SENIOR SERVICES
PO BOX 18
EASTSOUND, WA 98245
206-376-2677
Jayne Orleans, Manager

NON-PROFIT
ORGANIZATION
U.S. Postage
P A I D
Eastsound, WA
Permit No.10

May, 1993 ORCAS SENIOR SERVICES NEWSLETTER



FROM THE DIRECTOR: NEW SENIOR CENTER BUILDING UPDATE

As reported to you last month, activity is underway to design and build a Senior Center on Orcas Island. The piece of county-owned property on the corner of Lovers Lane and Mount Baker Road near the present Public Works Road Barn has been discussed as a possible building site. This is still one option being considered although that particular area is currently zoned service industrial in the Eastsound Subarea Plan. Since a use such as a Senior Center is neither included nor excluded from that area we could apply for a conditional use permit.

The Orcas Senior Advisory Committee is also busy exploring the feasibility and viability of converting the Eastsound Fire Station into a Senior Center if the Fire District moves from the village. The Fire District is investigating a move out of the middle of the town because limited space and traffic congestion around the current Fire Station make emergency response difficult.

The more we work with the Fire Station option the more attractive it becomes. The building is approximately the 4,000 square feet we talked about building new. Parking once the Fire District gas tanks and pumps are gone looks workable. The location would make the Senior Center very visible and in the center of village activities, close to the Orcas Longhouse, Library, etc.

This next month will be an exciting one around here as we decide which option to pursue aggressively and set time tables to accomplish our goal of a center which would bring all programs under one roof and realize our dream of actually having a "SENIOR CENTER".

Your job in this project right now (stay tuned - we promise to have other jobs for you as time goes by!!) is to let us know what you think of either or both options. Please, talk to us, share our enthusiasm, your ideas and your preferences.

Just a reminder - 1993 Orcas Advisory Committee 1993 are:

Dora Blake
John Burns
Kraemer Frenger
Cy Heath
Emily Reid

Elaine Bowman
John Deeds
Jan Gage
Don Montgomery
Ann Slocombe

Dean Buchan
Tony Edwards
Earl Guilford
Lois Patterson
Jean Weers

Think about it, let us know your thoughts.

CONGRATULATIONS TO:

EASTSOUND VILLAGE GREEN, Bill Merrill and those who have worked so hard on it! The Farmers Market starts May 1 and will be located on the Green. A bandstand and other activities are planned throughout the summer. Parking has been enlarged too! Way to go!!

SAN JUAN ISLAND SENIOR CENTER was awarded a grant by the Department of Transportation to replace the 1981 Plymouth Voyager currently in service in their transportation program. DOT will pay 80% of a new handicapped accessible vehicle expected to be in service by late fall 1993 on San Juan Island. Nice job!!

ORCAS ISLAND LIBRARY now has a nice path which makes it more accessible to the Longhouse and lower parts of the village. Looks great!!

A **SPECIAL THANK YOU** to the Dick Hollenbeck family for naming the Orcas Senior Center to receive memorial contributions in lieu of flowers. Memorial donations benefit the building fund as well as warm our hearts. Our appreciation to Thela and family!

--+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=--

DATES TO REMEMBER.

- MAY 6 - AMERICAN DIABETES ASSOCIATION** meeting, Fire Hall 10:30-12 Noon. Speakers will be Diabetes educator Audrey Morhane, RN, and Susa Dupuis, Register Dietician. This should be a most interesting presentation, everyone will learn from it.
- 11 - ADVISORY COMMITTEE MEETING** - Orcas Senior Center, 1 PM.
- 13 - WESTERN HEARING COMES TO SENIOR CENTER** - call the Senior Center for an appointment 376-2677, hearing tests or hearing aide adjustments.
- 13 - TRIP TO MOUNT VERNON** - medical trip with time for shopping.
- 18 - BLOOD PRESSURE AT SENIOR LUNCH.**
- 19 - TRIP TO ALDERWOOD MALL** - early ferry, time for shopping/lunch.
- 20 - FOOT CARE CLINIC** - call Senior Center for appointment. Please bring your towel when you come for foot care clinic.
- 21 - LIBRARY DAY AT SENIOR LUNCH.**
- 24 - SAN JUAN SENIOR SERVICES COUNCIL MEETING ON ORCAS.** Check with Orcas Senior Center for details.
- 25 - BIRTHDAY LUNCH** - Join us for lunch and celebrate your May day.
- 26 - ORCAS SENIOR CENTER CLOSED TODAY** - Public Health has pre-school screening in the Senior Center today. We will be back on Thursday.
- 31 - MEMORIAL DAY OBSERVATION - SENIOR CENTER CLOSED.**

May, 1993

ORCAS SENIOR SERVICES

NEWSLETTER

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p style="text-align: center;"><i>HOST/HOESSTESS FOR MAY WITH MANY THANKS</i> <i>LES & DORIS SCHONBERGER</i> <i>SAVE POSTAGE - BRING OPALCO, PTI, CABLE BILLS</i> <i>TO LUNCH</i></p>						<p style="text-align: center;">1 MAY DAY TIME TO GATHER WILDFLOWERS T'IS SPRING</p>
2	3	4 LUNCH TURKEY	5 HIKERS MEET LONGHOUSE 10 AM WEDNESDAYS	6 AMERICAN DIABETES ASSOCIATION MEETING FIRE HALL 10:30-12 NOON SEE TEXT FOR DETAILS	7 LUNCH SPAGHETTI GARLIC BREAD TOSSED SALAD	8 DON'T FORGET MOTHER'S DAY TOMORROW!!
9 HAPPY MOTHER'S DAY TAKE A MOTHER TO BRUNCH	10	11 LUNCH CHICKEN ***** ADVISORY COM MEETING 1 PM SR CTR	12	13 WESTERN HEARING AT SENIOR CENTER ***** TRIP MOUNT VERNON 10:30 FERRY	14 LUNCH HOT TURKEY SANDWICHES	15 ARMED FORCES DAY
16	17	18 LUNCH BEEF STROGNOFF ***** COME TO LUNCH FOR BLOOD PRESSURE	19 TRIP TO ALDERWOOD SHOPPING LUNCH EARLY FERRY	20 FOOT CARE CLINIC 9-4 CALL SENIOR CENTER FOR APPOINTMENT BRING YOUR TOWEL	21 LUNCH BAKED FISH ***** LIBRARY COMES TO LUNCH CHECK OUT A BOOK	22
23	24 SENIOR SERVICES COUNCIL MEETING ON ORCAS CALL FOR DETAILS	25 BIRTHDAY LUNCH ROAST BEEF COME CELEBRATE MAY BIRTHDAYS	26 ORCAS SENIOR CENTER CLOSED FOR PUBLICHEALTH PRE-SCHOOL CHILDREN SCREENING	27	28 LUNCH SALISBURY STEAK	29
30	31	<p style="text-align: center;"><i>SOCIAL SECURITY 1-800-772-1213</i> <i>KING COUNTY MNEDICARE 1-800-422-4087</i></p>				

HUGS

It's wondrous what a hug can do.
A hug can cheer you when you're blue.
A hug can say, "I love you so." Or
"Gee I hate to see you go." A hug
is "Welcome back again," and "Great
to see you! Where've you been?" A
hug can soothe a small child's pain
and bring a rainbow after rain.

THE HUG! There's no doubt about it-
we scarcely can live without it! A
hug delights and warms and charms,
it must be why God gave us arms.

Hugs are great for fathers and
mothers, sweet for sisters, swell
for brothers, and chances are your
favorite aunts love them more than
potted plants. Kittens ~~grave~~ love them,
Puppies love them. Heads of state
are not above them. A hug can break
the language barrier, and make your
travels merrier. No need to fret
about your store of 'em; the more you
give the more there's more of 'em.

So stretch those ~~arms~~ without delay
AND GIVE SOMEONE A HUG TODAY!!!

ORCAS SENIOR SERVICES
PO BOX 18
EASTSOUND, WA 98245
206-376-2677
Jayne Orleans, Manager

NON-PROFIT
ORGANIZATION
U.S. Postage
PAID
Eastsound, WA
Permit No.10

ORCAS SENIOR SERVICES NEWSLETTER

NORTH BEACH ROAD, EASTSOUND, WA 98245
206-376-2677

FROM THE DIRECTOR

NEW BUILDING UPDATE

Thank you all for your interest in our search for new senior center possibilities. We received many phone calls and chatted on the street with a number of folks. It is encouraging to know people are interested in finding a permanent, suitable home for Senior Services on Orcas. We continue discussions with the Fire Commissioners about the feasibility of moving the Fire Station out of the village and converting the current Fire Hall to a Senior Center. As you can understand, there are a number of hurdles needing to be jumped before any of us can say if this is a workable plan. However, we all remain excited and committed to progress. At this writing, we are securing appraisals on both the Fire Station and the County property and plan to meet with the Fire Commissioners again before the end of June with more solid dollar figures in hand.

Stay tuned folks, this is getting interesting.

---+--- ---+--- ---+--- ---+--- ---+--- ---+--- ---+--- ---+--- ---+--- ---+--- ---+--- ---+---



SUMMER FUND-RAISING PROJECT



3rd of JULY - SUMMER FUN ON THE LAWN

Come join us on Saturday, July 3rd for a potpourri of entertainment on the Senior Center lawn. There will be hot dogs with all the trimmings, baked goodies and popcorn as well as a RUMMAGE SALE. Lots of things are going on in town the entire holiday weekend and we just couldn't miss out on the fun. Activities begin at 10:00 a.m. and run until we get rained out, run out of food or 3:00 p.m., whichever comes first.

We are accepting donations of good quality rummage (no clothes, please), baked goods and volunteer energies. Clean out those attics, fire up the ovens and help us make this project a success.

NEW SENIOR LUNCH COOK

Next time you come to lunch, stop by the kitchen and meet our new cook, KERI LEIGHTON-STONE. Keri is doing a wonderful job and learning the ropes quickly. Keri grew up in the orchard country of eastern Washington but has long-time ties with Orcas Island, being the granddaughter-in-law of Ruth Deye whom many of you remember.

WELCOME, KERI, thanks for all your hard work.

We also want to send best wishes to former cook Edith Thompson and wish her well in her future endeavors.

--+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=--

DATES TO REMEMBER IN JUNE -

JUNE 10 - TRIP to Anacortes/Mt. Vernon or wherever a bargain can be found. Katie Jensen will be driving the famous BAR-GAIN HUNTERS trip to local thrift stores like the Soroptomists, VOA, etc. Come along for the fun. Trip leaves on early ferry, returns when you run out of steam.

11 - LIBRARY DAY at Senior Lunch. Check out books, videos, etc.

17 - TRIP to the SEATTLE ART MUSEUM, our first in their new location downtown Seattle. Join us to see this world class art museum.

22 - BRIDES DAY at Senior Lunch. In honor of June, the month of brides, bring your wedding picture to lunch or if your veil is still in the closet, wear it.

29 - BIRTHDAY LUNCHEON for all you June babies out there.

--+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=-- --+=--

WHAT ARE THESE SENIOR VAN TRIPS, ANYWAY?

Do you know the answers to the following questions?

WHO IS ELIGIBLE TO RIDE? Anyone over age 60 or disabled (regardless of age). Preference is given to trips for medical appointments. Income is not an eligibility factor. Donations are accepted (suggested rates vary from \$5 to \$10) for off island trips, sometimes more for the "just for fun trips".

HOW DO I SIGN UP? Call the Senior Center, 376-2677. At that point you will be told what time, where to meet van or be picked up, anticipated return time, approximately where stops will be.

WHO OWNS THE VANS? Vans are owned, maintained and insured by the Senior Services Council of San Juan County, Inc. which is a private non-profit corporation formed to augment services provided to older citizens of San Juan County.

WHY RIDE SENIOR VANS? Economical, convenient, shorter ferry waits and FUN!

June, 1993

NEWSLETTER

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		1 LUNCHEON CHICKEN PATTIES	2 OUR HOSTS FOR JUNE WITH MANY THANKS CARROLL & JUANITA SWANSON	3	4 LUNCHEON MACRONI & CHEESE W/GERMAN SAUSAGES	5
6	7 TRIP ANACORTES MEDICAL EARLY FERRY	8 LUNCHEON HAMBURGER PATTIES, ETC. ***** ADVISORY MEETING 1 PM SR.CENTER	9	10 TRIP EXPLORE THRIFT SHOPS EARLY FERRY	11 LUNCH TURKEY CHOP SUEY	12
13	14 FLAG DAY HANG OUT YOUR AMERICAN FLAG	15 LUNCHEON BREADED PORK CHOPS	16	17 TRIP SEATTLE ART MUSEUM ***** FOOT CARE CLINIC 9-4	18 LUNCHEON SWEET & SOUR CHICKEN BREAST ***** LIBRARY DAY	19
20	21	22 BRIDE'S DAY LUNCHEON MEATLOAF ***** BLOOD PRESSURE	23	24	25 LUNCHEON TURKEY DIVAN (come & see)	26
27	28	29 LUNCHEON ROAST PORK	30			

DEPRESSION IS REAL, YOUNG OR OLD

Following is an excerpt from the PARENT CARE ADVISOR newsletter. We pass it along as food for thought. Joy in life and zest for new things need not be lost with age. If you, or anyone you care about exhibits signs of depression, please seek help. Senior Center staff can assist you in finding resources, therapists or activities to help regain a health balance.

Warning Signs of Depression: Watch for symptoms

Depression in the elderly is characterized by either of two major signs in combination with four or more psychological or physical symptoms, says David G. Folks, MD, a geriatric psychiatrist and professor at the University of Alabama in Birmingham. Folks also is medical director of the school's Center for Psychiatric Medicine.

Major signs:

- loss of interest or pleasure in usual activities, such as golf, gardening, or walking;
- a generally depressed outlook, or "dysphoria," which can appear as sadness, irritability, or anxiety.

Additional symptoms:

- sleep disturbances, such as insomnia;
- appetite disturbance and rapid weight loss or gain;
- displays of excessive guilt or self-reproach;
- lack of energy or constant fatigue;
- sudden increase in agitation and restlessness or sudden slowdown in motor skills;
- diminished ability to concentrate or indecisiveness;
- decrease in sexual drive;
- talk of suicide, worthlessness, or becoming a burden.

Older adults also face a number of major life changes that can serve as depression "precipitants." These include:

- significant losses, particularly of a spouse;
- a change in living situation, such as a move to long-term care;
- dwindling savings and restrictions on economic freedom;
- declining health or serious medical problems, which can lead to feelings of worthlessness.

ORCAS SENIOR SERVICES
PO BOX 18
EASTSOUND, WA 98245
206-376-2677
Jayne Orleans, Manager

NON-PROFIT
ORGANIZATION
U.S. Postage
PAID
Eastsound, WA
Permit No. 10

ORCAS SENIOR CENTER NEWSLETTER



ORCAS SENIORS' COUNTRY FAIRE



Put it on your calendar in large red letters - **SATURDAY, JULY 3RD** is Senior Center's "COUNTRY FAIRE". We'll have a wonderful **BAKE SALE** with all sorts of luscious goodies. While you are munching those, browse around our **RUMMAGE** sale, you're bound to find something useful, we have it all. While you're looking at the rummage, there's **HOT DOGS, POP, and POPCORN**. Bring the children to win a prize at the **GAMES**. We have the best seat in the house for watching the **PARADE**, it goes on both sides of us this year.

Do you have some things you'd like to donate to the rummage sale? we will be accepting items (no clothing or books please) until Thursday afternoon at the Center.

BAKERS - please do light up the oven and make some of the goodies that Orcas bakers are noted for. We will be accepting baked goods Thursday, Friday, and Saturday morning until 10:00 for the sale.

If your house is full of guests, bring them along, see the parade, have lunch, play games, buy dessert at the bake sale, find a special something among the sale items, and use up the whole day. After leaving here you can wander up the street to the Legion's salmon barbecue.

Events will happen rain or shine because the San Juan Seniors have lent us their **BIG** tent. Watch for it to be erected in the yard during the week.

Just for the record the Fireworks will be **SUNDAY, JULY 4TH** this year - surprise, surprise.

VOLUNTEERS NEEDED

We need all the help we can get before, during and after the Country Faire so come lend a hand and enjoy the day with us.

ON-GOING EVENTS AND ACTIVITIES

HIKER'S GROUP - every Wednesday morning, wet or dry, the Hiker's group meet at the Longhouse parking lot, venturing off to some interesting part of Orcas to view the flora and fauna. Come join this merry group, t'is great exercise and fun way to spend a morning.

CAREGIVERS' GROUP - are you caring for someone, would you like to share your experiences and concerns with others in the same position? Come to the Caregivers Group meeting Tuesdays, 3-4 PM at the Senior Center. The Group is led by Janet Kidder of North Islands Counseling.

HOST/HOSTESS FOR JULY WITH MANY THANKS CHUCK & TRUDY JACKSON

JULY DATES TO REMEMBER

- Saturday, July 3 - COUNTRY FAIRE - come for food, rummage, games, and much more 10-3.
- Tuesday, July 13 - ADVISORY COMMITTEE MEETING - 1 PM Senior Center.
- Wednesday, July 14 - WESTERN HEARING - 10 AM call for appointment.
- Thursday, July 15 - TRIP TO BELLINGHAM - shopping, lunch, whatever.
- Friday, July 16 - LIBRARY DAY at Senior Lunch.
- Tuesday, July 20 - BLOOD PRESSURE taken at Senior Lunch.
- Monday,, July 26 - FOOT CARE CLINIC - this is a new day for Foot Care Clinic, please call the Senior Center for an appointment.
- SENIOR SERVICES COUNCIL meeting in Friday Harbor. Times and ferries to be announced by mail.
- Tuesday, July 27 - BIRTHDAY LUNCH - if your birthday lunch is in July, come join us for a special luncheon with friends.

* * * * *

WHAT ARE CALORIES

Calories are little units that measure how good a particular food tastes. Fudge, for example, has a great many calories, whereas celery, which is not really a food at all but a member of the plywood family, provided by Mother Nature so that we would have a way to get onion dip into our mouths at parties, has none.

Dave Barry
Rodale Press

ORCAS SENIOR CENTER NEWSLETTER

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

				1 BRING BAKED GOODIES TO SENIOR CENTER TODAY! THANK YOU	2 LUNCH TURKEY CHOP SUEY	3 COUNTRY FAIRE BAKED GOODS RUMMAGE HOT DOGS POPCORN GAMES COME & SEE
4 FOURTH OF JULY FIREWORKS 10 PM	5	6 LUNCH LASAGNA TOSSED SALAD GARLIC BREAD	7 JOIN THE HIKERS LONGHOUSE PARKING LOT AT 10 AM FOR FRESH AIR & FUN	8	9 LUNCH BREADED FISH	10
11	12	13 LUNCH BEEF STROGANOFF ***** A/C MEETING SENIOR CTR 1 PM	14 WESTERN HEARING AT SENIOR CTR 10 AM CALL FOR APPOINTMENT	15 TRIP BELLINGHAM SHOPPING VISITING LUNCH EARLY FERRY	16 LUNCH MACARONI & CHEESE ***** LIBRARY COMES TO SENIOR LUNCH	17
18	19	20 LUNCH MEATLOAF BAKED POTATO SALAD & MORE ***** BLOOD PRESSURE	21 HIKERS MEET THIS MORNING AT 10 HAVE SOME FUN - JOIN THEM	22	23 LUNCH BAKED CHICKEN SALAD FRUIT	24
25	26 FOOT CARE CLINIC	27 BIRTHDAY LUNCH ROAST BEEF --COME JOIN US FOR JULY BIRTHDAYS	28	29	30 LUNCH CHICKEN PATTIES APPLESAUCE	31

HAVE YOU CHECKED YOUR DRIVER'S LICENSE LATELY

The Department of Licensing does not send out reminders for driver's licenses anymore. If you are having a birthday soon, check your expiration date, it just could be ready to expire. With some people having a four year license it is easy to forget. Don't get caught driving with an expired license.

Along the same line, do you carry proof of insurance with you when you are driving? If not, and you get stopped, this is an automatic ticket to over \$400. Make certain you have it with you, its the law.

Also, is your vehicle registration in your vehicle and it is signed by everyone who needs to sign it? If not, this is another ticketable offense.

* * * * *

COMPUTER, FAX, TTY GRANT RECEIVED BY SENIOR SERVICES

The Northwest Regional Council Area Agency on Aging has awarded us a grant of \$6,000 to upgrade computer equipment, purchase a FAX machine and Telecommunications System for the Deaf. We expect delivery of equipment around the end of July. Stop by in August for a demonstration of the telecommunications system. We are excited to be more accessible to members of the community with hearing problems.

Our thanks to the Northwest Regional Council for allowing us to move a little closer to the technological age!

ORCAS SENIOR SERVICES
PO BOX 18
EASTSOUND, WA 98245
206-376-2677
Jayne Orleans, Manager

NON-PROFIT
ORGANIZATION
U.S. Postage
P A I D
Eastsound, WA
Permit No.10

ORCAS SENIOR CENTER NEWSLETTER

JULY 4TH "COUNTRY FAIRE" GREAT SUCCESS

With many, many thanks to all our hard working volunteers, we're happy to announce the "Country Faire" cleared over \$1,200. Our thanks to Keri Leighton-Stone and Lisa Paulson, chairman of the Rummage; John Burns, chairman of Food; and Jean Weers, chairman of the Bake Sale. It would take up half the newsletter to list the many people who helped: rummage prices/sorters, bakers for the bake sale, cashiers, etc., etc.. Your efforts are greatly appreciated.

COME TO THE SAN JUAN COUNTY FAIR

You have an opportunity to staff the San Juan County Senior Services Fair Booth this year. Take the time and see the fair for Free. Senior Services will be raffling off dinners from restaurants on San Juan, Orcas and Lopez Islands. Just think, nothing to make, donate, or bake. Just sell tickets for a raffle and answer questions about Senior Services. The San Juan County Fair starts Thursday, August 19th through Sunday, August 22nd. San Juan Island Seniors will be staffing the booth in the evening hours, so Orcas and Lopez Seniors can get home. Please call the Senior Center - 376-2677 - and volunteer a bit of your time for this worthy project.

SAYING GOODBYE!!

It is with mixed feelings that we bid Jean Weers a fond bon voyage. Jean has been a tireless volunteer with our Senior program for many years. A long time member of our Advisory Committee; a strong representative from Orcas to the Northwest Regional Senior Services Board; chairman of various fund raising committees; and a staunch supporter of Senior Services. Jean is leaving us for Lawrence, Kansas, to be closer to friends and family but has promised to return for a visit. Our best wishes go with her.

DRIVERS' IMPROVEMENT CLASSES

Wednesday and Thursday, August 25th and 26th, Ed Gage will offer the AARP Driver Improvement Class at the Fire Hall from 10 AM to 3 PM. This is an excellent opportunity to sharpen your driving knowledge and skills. The Certificate awarded at the end of class will entitle you to a 5-10% discount on your automobile insurance. Call the Senior Center (376-2677) for reservations. If you have any questions about this excellent class, call Ed Gage - 376-4478.

ON-GOING EVENTS AND ACTIVITIES

* * * * HILLER'S ANNUAL TERRILL'S BEACH PICNIC RETURNS * * * *

Agnes & Harry Hiller will again be hosting their annual Terrill's Beach Picnic. Save Sunday, August 29th - 1:00-4 PM. Please bring a potluck dish to share, your own drinks and table service. There are beach logs to sit on but chairs and blankets are welcome too. Transportation will be available, please call the Senior Center to reserve your spot on the van.

To get to Terrill's Beach drive to the north end of Terrill's Beach Road and look for the crowd of seniors.

AUGUST DATES TO REMEMBER

- AUGUST - 7TH - PIONEER PICNIC - ODLIN PARK, LOPEZ 12:30 PM
Bring potluck dish, prizes for oldest & longest
County resident. Table service & beverage provided.
- 7-8TH - 10TH ANNUAL ORCAS ISLAND FLY-IN - lots of planes.
Friday 6-8 Kiwanis Chili Feed. Saturday & Sunday
Firemen's Pancake Breakfast. Saturday evening Ban-
quet at Orcas Center. Tickets at Senior Center.
- 9TH - TRIP TO ANACORTES - Medical & Shopping Anacortes only.
9:55 AM ferry/3:30 PM return.
- 10TH - ADVISORY COMMITTEE MEETING - 1 PM Senior Center.
- 14TH - LIBRARY FAIRE - in Eastsound Village. Join the fun
at the Library Faire, much to see, do, buy and eat.
- 17TH - BLOOD PRESSURE AT SENIOR LUNCH - come to Senior Lunch,
get your blood pressure checked and enjoy yourself.
- 18TH - TRIP TO THE MARINERS BALL GAME - early ferry.
- 19TH - FOOT CARE CLINIC - 9-4 PM - call Senior Center for an
appointment. Bring your own towel.
- 20TH - LIBRARY DAY AT SENIOR LUNCH - come to Senior Lunch,
check out books, tapes or videos.
- 25TH-26TH - DRIVER IMPROVEMENT CLASS - 10-3 Fire Hall. Bring
your brown bag lunch.
- 29TH - HILLER'S TERRILLS BEACH PICNIC - 1:00-4 PM bring a
potluck dish, drinks, table service & friends.
- 31ST - BIRTHDAY LUNCH - if your birthday is in August, join
us for lunch and birthday cake.

AUGUST 1993

NEWSLETTE

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2	3 LUNCH BREADED PORK CHOPS	4 JOIN THE HIKERS AT 10 AM LONGHOUSE	5	6 LUNCH TURKEY POT PIE	7 10TH ANNUAL ORCAS ISLAND FLY-IN BANQUET SATURDAY PM ORCAS CENTER
8 MORE FLY-IN ACTIVITIES	9 TRIP ANACORTES MEDICAL 9:55 FERRY 3:30 RETURN FERRY	10 LUNCH VEGGIE SOUP TURKEY SANDWICHES * * * * ADVISORY COMMITTEE 1 PM SR CTR	11 HIKERS TODAY	12	13 LUNCH SPAGHETTI GARLIC BREAD SALAD PEACH CRISP	14 WORLD'S FAMOUS LIBRARY FAIR COME SEE. EAT, ENJOY AND BUY
15	16	17 LUNCH BREADED FISH * * * * COME TO LUNCH/CHECK BLOOD PRESSURE	18 TRIP SEATTLE MARINERS VS BALTIMORE EARLY FERRY 6:35 RETURN CHILDREN WELCOME	19 FOOT CARE CLINIC TODAY * * * * SAN JUAN COUNTY FAIR STARTS TODAY JOIN US AT SENIOR BOOTH	20 LUNCH SWEDISH MEATBALLS * * * * THE LIBRARY COMES TO LUNCH TODAY	21 SAN JUAN COUNTY FAIR CONTINUES THROUGH NOON SUNDAY
22	23	24 LUNCH TURKEY BISCUITS SALAD FRUIT	25 DRIVER IMPROVEMENT CLASS CALL SR CTR TO SIGNUP 10-3 AT FIRE HALL	26 DRIVER'S IMPROVEMENT CLASS CONTINUES TODAY BROWN BAG LUNCH 10-3 FIRE HALL	27 LUNCH PORK RIBBERS APPLESAUCE ZUCCHINI TOMATOE CHERRY CRISP	28
29 HILLER'S WORLD FAMOUS TERRILL'S BEACH PICNIC 1-4 PM POTLUCK READ ARTICLE ABOUT IT	30	31 BIRTHDAY LUNCH BEEF STEW BISCUITS SALAD FRUIT CAKE				

TAKE ME OUT TO THE BALL GAME

Join us on the early ferry, Wednesday, August 18th for a trip to see the Seattle Mariners play Baltimore Orioles. With the Mariners in the top of the Western division, it should be a good game and a fun time for all. The cost of the tickets, van & ferry is \$20.00. Please call the Senior Center with your reservations **BY AUGUST 10TH.**

SPECIAL THANKS TO LUNCHEON VOLUNTEERS

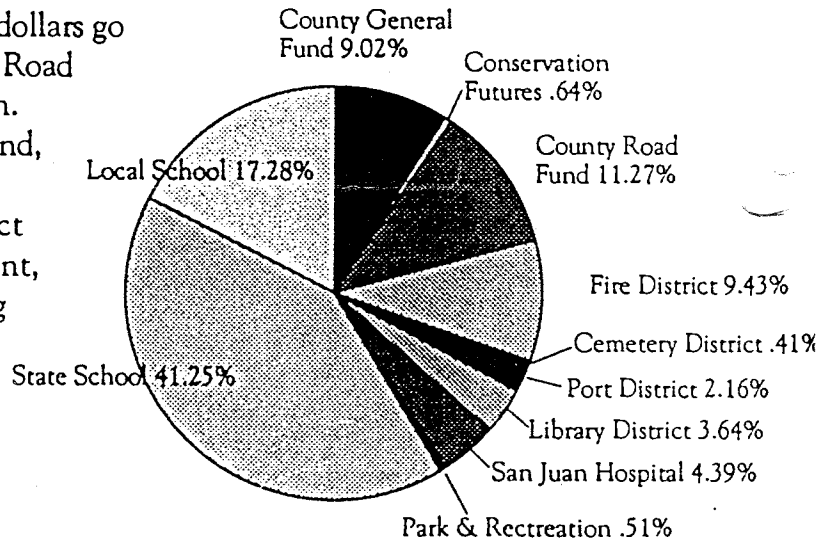
We have often said the Senior Services program on Orcas would not be as successful were it not for the many volunteers. The luncheon program is an excellent example of this dedication. When you come to lunch the tables are all set and you're greeted by our Host & Hostess, please remember these folks are all volunteers. During and after the lunch you'll notice people moving about fixing tea pots, getting coffee, picking up plates, cleaning tables, working in the kitchen scraping, dishwashing, etc., etc.. All these wonderful VOLUNTEERS make our luncheon program a success. If you would like to join them, PLEASE DO, don't be shy, just follow their lead.

[illegible]

HOW YOUR AVERAGE LOCAL PROPERTY TAX DOLLARS ARE SPENT

As you can see by the graph only 20% of your tax dollars go to County Government. Roughly 11% goes to the Road Levy to pay for road maintenance and construction. The remaining 9% goes to the County General Fund, paying for Assessor, Auditor, Clerk, Prosecuting Attorney, Sheriff, Treasurer, Superior Court, District Court, County Commissioners, Juvenile Department, Coroner, Human Services, Public Health, Building Department, Planning Department, Senior Services, Central Service, Insurance, Personnel, Capital Improvements, and a contribution to County Parks & Fair.

This graph represents an average taxing District. This year San Juan Island was used.
This graph Does not include Town of Fridry Harbor.



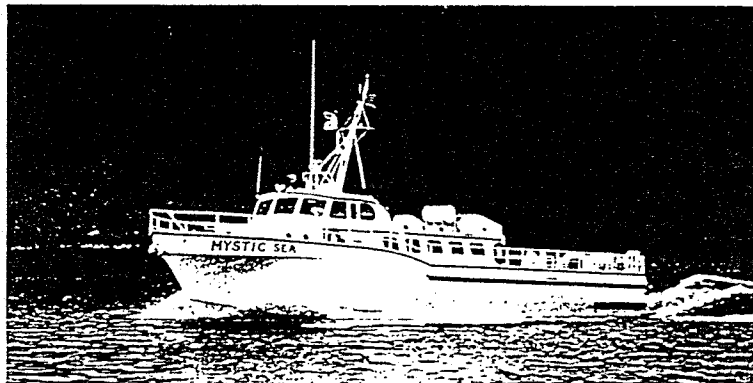
ORCAS SENIOR SERVICES
PO BOX 18
EASTSOUND, WA 98245
206-376-2677
Jayne Orleans, Manager

NON-PROFIT
ORGANIZATION
US. Postage
PAID
Eastsound, WA
Permit No. 10

ORCAS SENIOR CENTER NEWSLETTER

CRUISING ABOUT THE ISLAND

Mark your social calendar for Thursday, September 30th. On that special day we will be taking a cruise throughout the islands on the lovely cruise ship M/V Mystic Sea. Captain Monte Hughes has generously given us a Senior rate for the four hour buffet cruise. Come and join us on the 30th. Fall is an especially lovely time of year for cruising. We have a limit of forty to be sure to call the Senior Center - 376-2677 - to sign up for the cruise. The cost of this lovely trip is \$35.00 per person. Please make your reservations by Friday, September 24th.



Join us aboard the M/V Mystic Sea...

ORCAS HEALTH FAIR

On Saturday, September 18th the Orcas Senior Center will have an Informative Open House in connection with Orcas Island Medical Guild's Health Fair. The Health Fair begins at the Medical Center with tours and testing at 8:00 AM. The Senior Center will be open from 10-2 PM with staff available to answer your questions. A representative from Community Homewell, and SHIBA (Senior Health Insurance Benefits Advisors) will also be present. This is an excellent opportunity to inform yourself of the many health services available here on Orcas.

DID YOU VOTE IN THE LAST ELECTION????

Did you find yourself looking at your watch at 7:45 PM on Election Day realizing that you have forgotten to vote. Thanks to a new ruling from the San Juan County Registrar's office it is possible for everyone regardless of age to obtain a **PERMANENT** absentee ballot. You'll receive your ballot in the mail and be able to vote unhurriedly in the privacy of your home. The absentee forms are available at the Senior Center stop by and pick one up.

VANCOUVER TRIP

Join us on Thursday, September 9th for a fun trip to Vancouver. We'll van to Scott Road and board the Sky Train for a ride to Waterfront Station. From there we take the Water Bus across Burrard Inlet to Lonsdale Quay. Lonsdale Quay is noted for its delightful little shops and variety of restaurants, Chinese, English, French, etc., whatever your gourmet palette desires. The trip itself will be \$10 for the van and ferry ticket. The Sky Train, Water Bus tickets and lunch are up to you, whatever your budget will allow. Call the Senior Center for reservations. 376-2677 Returning on the 6:35 ferry.

DRIVERS' IMPROVEMENT CLASSES,

Wednesday and Thursday, September ~~29th~~^{22nd} and ~~30th~~^{23rd}, Ed Gage will offer the AARP Driver Improvement Class at the Fire Hall from 10 AM to 3 PM. This is an excellent opportunity to sharpen your driving knowledge and skills. A Certificate awarded at the end of the class entitles you to a 5-10% discount on your automobile insurance. Call the Senior Center - 376-2677 - for reservations. If you have any questions about this excellent class, call Ed Gage - 376-4478,

OUR LUNCHEON HOST/HOSTESS FOR SEPTEMBER - JOHN AND FAITH DEEDS

SEPTEMBER 1993 DATES TO REMEMBER

- SEPTEMBER 9TH - TRIP TO VANCOUVER, MONORAIL/WATER BUS - join us for this fun trip, early ferry departure, return 6:35 ferry.
- 14TH - ADVISORY COMMITTEE MEETING - 1 PM Senior Center.
- 16TH - FOOT CARE CLINIC - 9-4 PM at Senior Center. Call for an appointment and don't forget your towel.
- 17TH - LIBRARY DAY AT SENIOR LUNCH - stop by, pick up a book, video, or audio tape and enjoy lunch with us.
- 18TH - ORCAS HEALTH FAIR - Senior Center will be open 10-2 as part of this excellent Island wide Health Fair.
- 21TH - BLOOD PRESSURE - enjoy your lunch with us Tuesday after you've checked your blood pressure.
- 27TH - SAN JUAN COUNTY SENIOR SERVICES MEETING - watch your mail for time and place for the County Council meeting.
- 30TH - JOIN US FOR A CRUISE ON THE MYSTIC SEA - leaves Orcas at noon for a lovely cruise around the Islands. Join us its great fun.

NEWSLETTER

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			1 HIKERS HIKING TODAY	2	3 LUNCH MACARONI & CHEESE SAUSAGES SALAD FRUIT	4
5	6	7 LUNCH BAKED FISH CARROTS SALAD SPICE CAKE	8 HIKERS WALKING TODAY	9 TRIP VANCOUVER MONORAIL WATERBUS LOVELY LUNCH & RETURN	10 LUNCH LASAGNA GARLIC BREAD SALAD FRUIT	11
12	13	14 LUNCH BREADED PORK CHOPS ***** ADVISORY MEETING SR. CENTER 1 PM	15 JOIN HIKERS LONGHOUSE 10 AM	16 FOOT CARE CLINIC 9-4 CALL FOR APPT. BRING YOUR TOWEL	17 LUNCH SALISBURY STEAK COLESLAW ***** LIBRARY DAY AT LUNCHEON	18 ORCAS ISLAND HEALTH FAIR SENIOR CENTER OPEN TODAY 10-2
19	20	21 LUNCH BAKED CHICKEN ***** BLOOD PRESSURE TAKEN TODAY AT LUNCH	22	23	24 LUNCH HOT TURKEY SANDWICHES SALAD FRUIT CUP	25
26	27 SAN JUAN COUNTY COUNCIL MEETING TODAY WATCH YOUR NAIL FOR TIME/PLACE	28 BIRTHDAY LUNCH ROAST PORK APPLESAUCE POTATOE VEGGIES PUDDING	29	30 CRUISE AROUND THE ISLANDS CALL THE SR CENTER FOR RESERVATIONS 376-2677		

Keeping An Eye On Oral Cancer

(The following is reprinted without permission from an unknown source)

A

bout 5 percent of all cancers occur in the mouth, most of which occur in people over age 45. Smoking, chewing tobacco or use of alcoholic products can increase your risk of mouth cancer.

Unlike some cancers, however, mouth cancer can be successfully treated if caught early. Sometimes a matter of weeks can make a difference. Ask your dental hygienist about self-examination tips for oral cancer. The warning signs listed below can help alert you or your primary care provider to mouth cancer and other oral health problems.

Warning signs inside the mouth or on the lips:

- velvety red or white patches
- persistent sores, swellings
- unexplained bleeding
- unexplained numbness, pain
- lack of definite line between the edge of the lips and the skin of the face
- any lump that is only on one side of the face or mouth

If you see any warning signs of mouth cancer mentioned above, or any other mouth problems, contact your dentist. Doing a self-examination frequently and also seeing your dentist and dental hygienist for professional examinations will reduce your risk of mouth cancer.

ORCAS SENIOR SERVICES
PO BOX 18
EASTSOUND, WA 98245
206-376-2677
Jayne Orleans, Manager

NON-PROFIT
ORGANIZATION
US Postage
P A I D
Eastsound, WA
Permit No.10

Senior Signal

October 1993

Senior Services, What Does That Mean?

San Juan County Senior Services is a county agency funded through San Juan County, Washington State, and the Federal Government. The overall purpose of Senior Services is to provide people aged sixty and above with tools and options that make their lives easier. This is done through a number of programs and services which benefit the whole community.

In this issue of our monthly newsletter, we at Senior Services would like to take an opportunity to introduce ourselves to the community. Since aging is something that affects us all, we hope this information will give you a better understanding of our agency and how we all fit into the overall scheme.

San Juan County Senior Services provides services out of three locations. Lopez Senior Services is located in the lower level of the village fire station, Orcas Senior Services is in Eastsound on North Beach Road, and San Juan Senior Services is at the Grey Top Inn located at the Fairground. Everyone over the age of sixty living in San Juan County is eligible for services.

Assisting the 4,000 people aged sixty and above are eight full and part time dedicated individuals.

Joyce Rupp, Director/Case Manager; administers the overall program and does case management, I&A, and oversight for the Orcas Program. 378-2450.

Sue O'Rourke, Coordinator/Case Manager, I&A San Juan Island. 378-2677.

Larry Schulze, Coordinator/Case Manager, I&A Lopez Island. 468-2421.

Jayne Orleans, Center Manager Orcas, Transportation and I&A. 376-2677.

Marte Harter, Receptionist (Part Time) Orcas.

Patricia Kuklenski, Receptionist (Part Time) San Juan.

Jeanne George, Departmental Assistant (Part Time) San Juan.

Ruth Howard, Payroll and Billing (10 hours a week) San Juan.

Volunteers Our Biggest Asset

Volunteers assisting staff makes the service a success. With over 17,000 hours of seniors helping seniors the department is able not only meet contractual obligations, but is able to grow and look towards other avenues in which to serve the community.

Each center has an advisory board which functions in an advisory capacity to the coordinator and helps support various programs. Out of the advisory boards come the members of the San Juan County Senior Services Council, which is the private non-profit organization that oversees the Transportation program, and also advises the Senior Services Staff of the needs of the community. There are also three seniors serving on the Northwest Senior Services Board.

"17,000 Hours of seniors helping seniors....."

(Please see page 2)

inside...

Programs for Seniors
Work With Seniors
Fundraising Donations and Projects

page 2
page 2
page 3

Programs for Seniors

From a medical crisis to just a little daily help, many needs for seniors can be met in the home. We are the experts at unraveling the bureaucracies, and can help or find help for most situations seniors find themselves in. Some of the programs designed to assist are:

Respite Care This provides a break to a caregiver in the home. It can be in-home or short term institutional placement.

Home Nursing Medicare can pay for 100% of home nursing and home health service for covered acute care needs.

Housework For low-income seniors Department of Social and Health Services can provide help with meals, housework, laundry etc.

".... the case manager can come into the home and with the senior develop a plan..."

Personal Care Assistance in bathing and personal care can be provided.

Transportation Rides to shopping and medical appointments are available in the Senior Services van.

Medical Equipment Wheelchairs, hospital beds, commodes, walkers and more are available for loan.

Senior Meals Twice a week at each center lunch is served. Working with the Whatcom/San Juan Nutrition Program, the coordinators supervise cooks who are employees of the program in providing well cooked, pleasing meals. The cooks for each center are; Peg Wilson, San Juan;

Keri Stone, Orcas; and Nella Burt Lopez.

This is a good way to meet new friends and become active in senior activities.

Along with meals at the center, home delivered meals are also available. If these can be helpful for you, please call your center.

Reassurance Calls Telephone calls provided through the computer system Tel-A-Tend, makes sure seniors who sign up get at least one telephone call each working day of the week.

Insurance Billing Assistance Help with the nightmare of medical billing.

Health Care Clinics Work with public and private health providers to hold Flu Shot, Nail Care, and Mammography Clinics.

Case Management When a senior feels they need help coping, help with daily living, and has little or no support. This is when the case manager can come into the home and with the senior develop a plan (safety net) to help keep the senior a viable part of their home community.

Information and Assistance As our society becomes more complicated people need a clearing house for answers to all types of questions and problems. Senior Services provides this.

Endorsement Policy

San Juan County Senior Services **DOES NOT** endorse products or service providers, nor do we assume any responsibility for the quality of any products. Our aim is to protect the elderly from undue coercion. The center is not a marketplace. We neither approve or condone soliciting of business within our facilities. Programs are offered for participants enjoyment, entertainment or information **ONLY**.

Work With Seniors It's Rewarding

The programs mentioned in this newsletter cannot be accomplished by Senior Services Staff and volunteers. To make Senior Services viable there is an ongoing need for people to work in seniors' homes as Chore and Respite workers both state funded and private pay. If you are interested in what could be a great experience, and would like to work with seniors, contact your local coordinator and ask about getting started.

Volunteers (continued from page 1)

If you are interested in volunteering at your island's senior center, there are many jobs that need to be done. Van drivers, office workers, luncheon helpers, committee members, fund raisers, friendly visitors; volunteer chore workers, special need workers, gardening, etc. If you have a talent and are willing to share it with others, there is most likely a place for you as a senior volunteer, regardless of your age. Do you know of anyone who has an after lunch program that would be interesting? If you do, let your center coordinator know.

Volunteering is fun and very rewarding!

ORCAS ISLAND NOTES

FIRE STATION PURCHASE

The Orcas Branch of the Senior Services Council of San Juan County in conjunction with the San Juan County Public Works Department has made an offer to purchase the Eastsound Fire Station from Fire District #2. At this point, the offer is in the hands of the Fire Commissioners who have been very receptive to the concept and are researching exactly how they could afford to build a new station without it being a major bite for area tax-payers. Several ideas have surfaced and we continue to be optimistic that some creative solution is lurking out there for both parties. Our thanks to our readers for their support and encouragement and to the Fire Commissioners, Linda Henry, Duff Andrews and Harvey Olsan for their courage and energy in trying to plan long range for Fire and Emergency Medical Service facilities on Orcas!

We will keep you informed as developments occur. Please feel free to share your ideas with us.

CAREGIVER SUPPORT GROUP WELCOMES YOU TO JOIN

Tuesday afternoons at 3:00 at the Orcas Senior Center you can meet with a great group of folks who get together to discuss caregiving concerns, share feelings, frustrations and successes. If you are involved in an ongoing caregiving situation, anticipate being or are finishing involvement and would like to join this group we sincerely encourage you to do so. Led by Janet Kidder of North Islands Counseling, we know you will enjoy and gain from this wonderful group!

COUNTY SEEKS POLL WORKERS

Would you like to be an official POLL WORKER and have a finger on the pulse of voting in San Juan County? The Auditor's Office will be conducting a training session at the Orcas Center on October 20 for Poll Workers for the November 2 election. Watch the new computer vote counting machine and learn some new things about politics in our county. If you are interested in this two hour

*training, call Tari Runyon
at 378-2161.*

DATES TO REMEMBER

- OCT 8 - Trip to Orcas Island Library after luncheon to view quilt show organized by island quilting instructor, Dorothy Arbuckle. The show will focus on the educational process of planning, designing and constructing a quilt. All manner of quilted material - quilts, wearing apparel, place mats, wall hangings, etc. will be represented. Orcas artist Frank Loudin collaborates with several paintings created especially for this show - all featuring a quilt. Don't miss this show.
- OCT 12 - Advisory Committee meeting at 1 pm at Senior Center
- OCT 13 - Shopping TRIP to Bellingham, early ferry
- OCT 14 - Foot Care Clinic at the Senior Center with Edith Thomsen, RN
- OCT 19 - FLU SHOT CLINIC at the Orcas Center before lunch. Will be staffed by Public Health Nurses. Evade that nasty flu bug this season. Pneumonia vaccine will also be available.
- OCT 22 - Physical Therapist from Islands Convalescent Center will speak after lunch with tips on how to take care of those joints and limbs, as well as answer questions. Want to bet she comes with some exercises for us?
- OCT 25 - TRIP to Anacortes for medical appointments
- OCT 26 - Budget presentation to the Board of County Commissioners, 1:30 to 4:00 p.m. by the "Human Services Functional Group" which includes Senior Services. You are encouraged to attend and watch our Commissioners grapple with budgetary constraints and attempt to hold the line on property taxes. Friday Harbor Courthouse

BOARD ELECTIONS SCHEDULED FOR NOVEMBER

Each year five members of the Orcas Branch of the Senior Services Council are up for election. This committee functions in an advisory capacity to the Senior Services Director and Board of County Commissioners. Delegates from each island also form the Board of Directors for the private, non-profit corporation which owns and operates our vans and provides program support in other areas. Elections are held in November. If you are interested in being considered for candidacy, please call the Senior Center and let us know. By-Laws do permit election of members under 60 years of age.

ORCAS SENIOR CALENDAR **NEWSLETTER** Sunday Monday Tuesday Wednesday Thursday Friday Saturday

OCTOBER'S HOST/HOSTESS WITH MANY THANKS CONNIE & LESTER NEWLAND * * * * *					1 LUNCH TURKEY CHOP SUEY TOSSED SALAD COOKIES FRUIT	2
SAVE POSTAGE - BRING OPALCO, PTI, CABLE BILLS TO LUNCH						
3	4	5 LUNCH SWEET/SOUR CHICKEN BREASTS RICE FRUIT COBBLER	6	7	8 LUNCH BAKED FISH COLESLAW * * * * * TRIP TO QUILT SHOW AT LIBRARY 1 PM	9
10	11	12 LUNCH CORN-N- SAUSAGE * * * * * ADVISORY COMMITTEE MEETING 1 PM SR CENTR	13 TRIP BELLINGHAM LUNCH SHOPPING LEAVES ON EARLY FERRY	14 FOOT CLINIC SENIOR CENTER 9-4 PM CALL FOR APPOINTMENT BRING YOUR TOWEL	15 LUNCH BEEF STROGANOFF * * * * * LIBRARY DAY AT SR LUNCH CHECK OUT A BOOK	16
17	18	19 LUNCH TURKEY DIVAN * * * * * FLU SHOT CLINIC AT SR LUNCH * * * * * B.P. TOO	20	21	22 LUNCH GERMAN SAUSAGE CABBAGE * * * * * THERAPIST TO SPEAK & ANSWERS ?S	23
24	25 TRIP ANACORTES MEDICAL 10:30 AM FERRY	26 BIRTHDAY LUNCH POT ROAST SALAD PUDDING	27	28	29 LUNCH SAVORY CHICKEN POTATOE VEGGIES FRUIT MUFFINS	30
31						

We Want You On Our List

We try to keep our mailing list up to date as best we can. However this is not always possible. If you wish to receive the monthly newsletter fill out the form, clip it out, and mail it to: Lopez Senior Services, P.O. Box 154, Lopez Island, WA 98261. This will get you on the appropriate list regardless of the island you live on.

SENIOR NEWSLETTER MAILING LIST

NAME: _____

ADDRESS: _____

TELEPHONE NUMBER: _____

Donations Always Accepted and Always Needed

A fact of life is that all social service agencies are in need of money. San Juan County Senior Services is no exception. While San Juan County is very generous in funding, and the state and federal governments help. With the tightening of budgets, the need for private donations continues to increase. To make it easy for you to help we are providing the following form. All donations are tax deductible, and a receipt will be provided upon request.

ENCLOSED IS MY DONATION FOR SAN JUAN COUNTY SENIOR SERVICES

PLEASE CHECK WHICH CENTER YOU WISH TO RECEIVE YOUR

DONATION: LOPEZ: _____ ORCAS: _____ SAN JUAN: _____
 P.O. Box 154 P.O. Box 18 P.O. Box 951
 Lopez, WA 98261 Eastsound, WA 98245 Friday Hbr, WA 98250

Please put my donation into the designated fund:

- () Senior Meals () Transportation () Medical Equipment
 () Special Needs () Area of Greatest Need
 () Other (Please Specify)

Donation is to be in () Memory of, or in () Honor of: _____

Local Fundraising Efforts Needed

In order to pay for van insurance, upkeep of the centers, pay for medical equipment, subsidize the Nutrition project, match grant funds, build centers and take care of a number of day to day expenses each center must raise money. Listed below are the two biggest fundraisers for each of the three islands.

Lopez:

St. Patrick's Day Dinner - St. Patrick's Day.

County Store and Silent Auction - First Saturday in August.

Net combined income \$5,000.

Orcas:

Spud Dinner - Last Sunday in February.

4th of July Bake/Rummage Sale - 4th of July.

Net combined income \$2,000.

San Juan:

Pancake Breakfast at Jazz Festival - July.

Senior Services Rummage Sale - 2nd weekend in July.

Net combined income \$4,000.

Senior Services appreciates your patronage and donations to these and our other events, and hopes you continue the much needed support. Without YOU, the concerned citizen, we would not be able to help seniors to help themselves.

New Centers and a New Van

San Juan and Orcas Seniors are seriously looking at new centers. After what has been many years of frustration the coming months may bring good news.

Orcas Seniors and San Juan County Fire District #2 (Orcas Fire Department) have entered into negotiations for the present Eastsound Fire Station. If this were to come to be, the fire district would trade their land for land owned by the county, and Orcas Senior Services would purchase the fire station. The building is about 4,000 square feet in size. This would enable the senior services offices and meal sites to be together at last. At the present time the offices are in downtown Eastsound and the luncheons are in the Madrona Room of the Orcas Center. The new building would also allow for other county agencies to have offices.

San Juan Seniors are working with the County Fair Board to have a new home on the fairgrounds. There are at least two proposals being worked on. One would have the seniors in a building that would wrap around portions of the new fair building. A second would be a modular building located on the northwest corner of the fairgrounds.

In other news, San Juan Seniors were awarded a grant from Washington State Department of Transportation to help purchase a new 15 passenger van. They have awarded the contract to build the van and it should be on San Juan Island in December.

In related news, Orcas and Lopez Senior were unsuccessful in their grant applications for new vans. The news came from D.O.T. in September that their applications had been

turned down. At press time plans for replacement of the two 13 year old vans have not been discussed.

Hints For Those Trying To Do It All

1. Don't Sleep - Incredible as it may sound, some people waste as much as 8 to 9 hours a day sleeping. One can achieve a 50% increase in productivity merely by ceasing this slothful habit.
2. Don't Eat Meals - If you really must eat, do so only on the run. It's good for your figure and saves wear and tear on chairs.
3. Don't Clean. There is a fixed amount of dirt in this world. "Cleaning" consists largely of moving said dirt from one place to another.
4. Use Spare Time Wisely. The foregoing hints should give you hours of spare time a week. You might want to consider using them to violate hint (1).

Senior Signal

San Juan County Senior Services
P.O. Box 18
Eastsound, WA 98250

Bulk Rate
U.S. Postage
PAID
Eastsound, WA
98245
Permit No.10

Boxholder

inside...

Programs for Seniors
Work With Seniors
Fundraising Donations and Projects

Page 2
Page 2
Page 3

Senior Signal

November 1993

When A Nursing Home Becomes Necessary

Making a decision about a nursing home is seldom easy. In fact, it may be one of the hardest decisions you will ever face. However, in many instances, a nursing home is the most appropriate care setting for an older person who is frail or suffers from a dementing illness. Sometimes, moving a family member to a facility can be the most loving thing you can do.

When is a nursing home appropriate? In deciding whether a nursing home is required, you should consider your older relatives medical condition and nursing care needs. It's equally important to consider the caregiver's well-being.

Indicators that a nursing home may be appropriate for an individual include:

- * Specialized health care services are needed.
- * A nursing home is the only option where the person can receive the amount and type of care he or she needs.
- * It has become emotionally and physically impossible for the caregiver to continue providing the

needed care, or the caregiver needs an extended break from caregiving to rest or take a vacation.

- * The person needs post-hospital rehabilitation following a disabling illness such as a stroke, or an injury such as a hip fracture.
- * Other alternatives have been exhausted in meeting the person's needs.
- * The person needs around the clock care for an extended time, and family and community cannot provide it.

Who Should Be Involved in the Decision?

The older person. If at all possible, the older person for whom care is needed should be involved in making the decision. It will help give the person a feeling of control and reduce the trauma if a move is made.

Only in a few extreme cases, such as advanced Alzheimer's disease or a massive stroke, is a person so out of touch that he or she cannot be consulted.

You and Your family. You and other members of your family are essential in the nursing home decision. You have three basic tasks: sharing information, sharing feelings, and assessing individual resources.

Sharing information is the first step in family decision making. Disagreements about the needs of the older person are more likely if family members do not have a common understanding of the person's medical condition. Don't ignore your own feelings or those of other family members. Sadness, anger, grief, guilt, relief, fear and uncertainty about the future are common.

If at all possible, the older person for whom the care is needed should be involved in the decision.

The family needs to carefully assess its resources for supporting the older person. Discuss what each person is able or willing to do. Open, honest discussion is vitally important.

ORCAS ISLAND NOTES

BAKE SALE - CRAFT SALE - BAKE SALE - CRAFT SALE - BAKE SALE - CRAFT SALE

Orcas Senior Services is looking for bakers and crafty people to join us in our Annual Bake & Craft Sale on Saturday, December 4th at the Longhouse between 10 and 2. As you are baking for the Holidays, perhaps you could set aside one of those especially LUSCIOUS items and bring them to the Senior Center anytime during the week of November 29th, before 4 or drop it by the Longhouse before 10 Saturday morning the December 4th. "All contributions are gratefully accepted."

With the Holidays just around the corner it is great to come to the sale, buy some goodies, pop them in the freezer and you're all set when the guests arrive.

REMEMBER, SATURDAY, DECEMBER 4TH - 10-2 AT THE LONGHOUSE

COME EARLY BEFORE EVERYTHING IS SOLD!!!!

[illegible]

* * * * MANY, MANY THANKS!!!! * * * *

This is a very special thank you to Doctor Russell. Doc has made that major decision we will all be forced to make. "Is it safe for me to drive?" As a result of his decision, Doc has donated his Dodge Caravan to Senior Services. We are very grateful for this gift. It will assist in transporting our many seniors around Orcas and to the mainland. You'll still see Doc "driving" around town, he has a wonderful three wheel electric cart. Just look for the orange flag.

* * * * EMERGENCIES * * * *

Friday, November 5th, at Senior Lunch, Dr. Bradshaw will speak on Emergencies - specifically what to do in case of and more important - how to avoid them. Come to senior lunch and listen to Dr. Bradshaw,

* * * * WESTERN HEARING AT SENIOR CENTER * * * *

Wednesday, November 10th, representatives from Western Hearing will be at the Senior Center from 10:30 - 4 PM. Call the Center if you are having trouble with your hearing aid, need a test, or just a check to see all is working well. 376-2677

* * * * PUGET SOUND SENIOR CENTERS SHOW * * * *

Sunday, December 12th, Orcas Seniors have been invited to the Puget Sound Senior Centers Show at the Red Lion Convention Center/Sea-Tac. The show featuring the Harry James band with Kay Starr and the Mills Brothers, follows turkey dinner with all the goodies. Charge will be \$15.00. The vans will depart Orcas on the early ferry, returning on the 6:40 from Anacortes. If you are interested, please call Senior Center 376-2677.

SPECIAL DAYS

NOVEMBER

NOVEMBER 2ND
TUESDAY - VOTE

TUES. NOV. 23
THANKSGIVING DINNER

1993

MONDAY

TUESDAY

WEDNESDAY

THURDAY

FRIDAY

1	2 12 PM LUNCH Macaroni & Cheese <u>BE SURE TO</u> <u>VOTE</u> ELECTION DAY	3	4	5 12 PM LUNCH CHICKEN & BISCUITS DR. BRADSHAW TALK ON EMERGENCIES
8	9 12 PM LUNCH SPAGHETTI 1 PM ADVISORY COMM. MEETING	10 WESTERN HEARING COMES TO SENIOR CENTER 10:30 TO 4 PM	11 OFFICE CLOSED - VETERANS DAY TRIP TO BELLINGHAM EARLY FERRY	12 12 PM LUNCH COOK'S CHOICE
15	16 12 PM LUNCH MEAT LOAF BLOOD PRESSURE	17 DRIVER'S MEETING 10 AM	18 FOOT CARE CLINIC 9 AM TO 4 PM	19 12 PM LUNCH BAKED FISH NOVA CARE THERAPIST TO SPEAK
22	23 12 PM LUNCH THANKSGIVING DINNER COME N'ENJOY	24	25 OFFICE CLOSED FOR THANKSGIVING	26 OFFICE CLOSED FOR THANKSGIVING
29	30 12 PM LUNCH PORK CHOPS	SENIOR SERVICES ————— 376-2677 ISLAND HOSPITAL ————— 1-206-293-3181 ST. JOSEPH'S HOSPITAL ————— 1-206-734-5400 SOCIAL SECURITY ————— 1-800-772-1213 EVERGREEN LEGAL SERV. ————— 1-800-562-8836		

Debate on Initiatives 601 and 602

This Article is a reprint from the "Senior Scene", October 1993, by Max Roffman, National Council of Senior Citizens

As the debate on Initiatives 601 and 602 grows more emotional, we get more heat and very little light on the subject. Let me try to throw some light.

Q. Will Initiatives 601 and 602 reduce my taxes?

A. Initiative 601 does not reduce taxes. It only sets up a mechanism to "control" taxes beginning in 1995. Initiative 602 abolishes all new taxes on corporations and wealthy individuals. It does away with the new tax on tobacco and alcohol which is intended to pay for health care reform. This tax will have little effect on you unless you are a heavy smoker or drinker.

Q. Will Initiative 601 and 602 curb waste in government?

A. Neither Initiative comes to grips with this problem. They assume that once restraints are placed on spending and/or taxes, that waste would be reduced. But the broad strokes of 601 and 602 would mean that all programs would have to be cut, the good as well as the bad.

Q. Is waste in government the main driver of increases in the state budget?

A. Waste is the most dramatic aspect of government spending but the truth is that it is only a tiny part of the causes for the state budget to rise. The main items causing a rapid rise in state expenditures are: a) great increases in school enrollment; b) greater poverty and more unemployment requiring more income assistance; c) inflation of medical services paid by the state growing faster than the inflation rate; d) nursing home/Medicaid costs that strain the state budget; e) the doubling of the prison population since 1981 when tougher laws on sentencing, demanded by the public, were started;

f) juvenile rehabilitation programs that grow as youth crime escalates; g) the general inflation rate over which the state has no control.

Q. Would anyone benefit by passing Initiative 601 and 602?

A. Yes, tobacco and liquor interests; the insurance industry which does not want health care reform to hurt its' profits; certain professionals who, up to now, have escaped paying a fair share of taxes.

Q. Who are the main backers of Initiatives 601 and 602?

A. The same groups that support Initiative 602 also support 601, but 602 has obtained more financial support because it offers more immediate benefits to the tobacco interests, the insurance industry, architects, engineers and other professionals. 601 would also help the same interests but not until 1995 when the provisions become effective.

As of May 31, the last month on which I have figures handy, Initiative 602 had collected \$171,988 in cash, loans and in-kind contributions. The main campaign expenditure was to American Petition Consultants of Gold River, California, which spent \$83,541 for signature gathering.

Q. If the Initiatives pass, who would suffer the most?

A. Children, the elderly, persons without health insurance, poor people who need government help, law enforcement, and cities and counties that depend on assistance from the state.

One example is the city of Seattle (assuming that the state went back to former Governor Gardner's no-tax-increase budget) which would lose \$1.7 million annually for services to older people served by the Area Agency on Aging. There would

be dramatic losses for Children's Hospital Medical Center, for the Early Childhood Education Assistance program, universities and community colleges. Other communities would also suffer losses.

Q. The Initiatives set a limit on budget spending and on taxes. Isn't that a good thing?

A. The state already has a tax limit which was passed in 1979. To declare an emergency and exceed that limit requires a two thirds vote by the legislature. Then, to actually approve specific appropriation requires another two thirds vote. The figure used to determine the emergency has never been triggered.

Q. Both Initiatives require "super majorities" to pass money bills. Is there anything wrong with that?

A. Yes, it would mean that a minority would have veto power. Had such a rule been in effect in the 1993 legislative session, health care reform would not have passed. Tax loopholes for corporations and wealthy people could not have been closed by the legislature.

Vote

Tuesday

November

2nd

Senior Signal

San Juan County Senior Services
P.O. Box 18
Eastsound, WA 98245

Bulk Rate
U.S. Postage
PAID
Eastsound, WA
98245
Permit No. 10

Senior Signal

December 1993

Aging and Your Eyes

Poor eyesight is not inevitable with age. Some physical changes occur during the normal aging process that can cause a gradual decline in vision, but most older people maintain good eyesight into their 80's and beyond.

Older people generally need brighter light for such tasks as reading, cooking, or driving a car. In addition, incandescent light bulbs (regular household bulbs) are better than fluorescent lights (tubular overhead lights) for older eyes.

Certain eye disorders and diseases occur more frequently in old age, but a great deal can be done to prevent or correct these conditions. Here are some suggestions to help protect your eyes:

- Have regular health check-ups to detect such treatable diseases as high blood pressure and diabetes, both of which may cause eye problems.

- Have a complete eye examination every 2 or 3 years since many eye diseases have no early noticeable symptoms. The examination should include a vision (and glasses) evaluation, eye muscle check, check for glaucoma, and thorough internal and external eye health exams.

- Seek frequent eye health care if you have diabetes or a family history of eye disease. Make arrangements for care immediately if you experience signs such as loss or dimness in vision, eye pain, excessive discharge for the eye, double vision, or redness or swelling of the eye or eyelid.

Common Eye Complaints

Presbyopia (prez-bee-oh'pe-uh) a gradual decline in the ability to focus on close objects or to see small print is common after the age of 40. People with this condition often hold reading material at arm's length, and some may have headaches or "tired eyes" while reading or doing other close work. There is no known prevention for presbyopia, but the focusing problem can be easily compensated for with glasses or contact lenses.

*Floater*s are tiny spots or specks that float across the field of vision. Most people notice them in well-lighted rooms or outdoors on a bright day. Although floaters are normal and are usually harmless, they may be a warning of certain eye problems, especially if associated with light flashes. If you notice a sudden change in the type or number of spots or flashes, call your doctor.

Dry eyes occur when the tear glands produce too few tears. The result is itching, burning, or even reduced vision. An eye specialist can prescribe special eyedrop solutions ("artificial tears") to correct the problem.

Excessive tears may be a sign of increased sensitivity to light, wind, or temperature changes. In these cases, protective measures (such as sunglasses) may solve the problem. Tearing may also indicate more serious problems, such as an eye infection or a blocked tear duct, both of which can be treated and corrected.

Eye Diseases Common in the Elderly

Cataracts are cloudy or opaque areas in part or all of the transparent lens located inside the eye. Normally, the lens is clear and allows light to pass through. When a cataract forms, light cannot easily pass through the lens and this affects vision. Cataracts usually develop gradually, without pain, redness, or tearing in the eye. Some remain small and do not seriously affect vision. If a cataract becomes larger or denser, however, it can be surgically removed. Cataract surgery (in which the clouded lens is removed) is a safe procedure that is almost always successful. Cataract patients should discuss with their doctor the risks and benefits of this elective procedure.

(Please see page 2)

inside...

Aging and Your Eyes Continued
Property Tax Relief

Advice on Personal Emergency Response Systems

Page 2

Page 3

Page 3

Eyes (Continued from page 1)

After surgery, vision is restored by using special eyeglasses or contact lenses or by having an intraocular lens implant (a plastic lens that is implanted in the eye during surgery).

Glaucoma occurs when there is too much pressure in the eye, causing internal eye damage and gradually destroying vision. The underlying cause of glaucoma is often not known, but with early diagnosis and treatment it can be controlled and blindness prevented. Treatment consists of special eyedrops, oral medications, laser treatments, or in some cases surgery. Glaucoma seldom produces early symptoms and usually there is no pain from increased pressure. For these reasons, it is important for eye specialists to test for the disease during routine eye examinations in those over 35.

Retinal disorders are the leading cause of blindness in the United States. The retina is a thin lining on the back of the eye made up of nerves that receive visual images and pass them on to the brain. Retinal disorders include senile macular degeneration, diabetic retinopathy, and retinal detachment.

- Senile macular degeneration is a condition in which the macula (a specialized part of the retina responsible for sharp central and reading vision) loses its ability to function efficiently. The first signs may include blurring of reading matter, distortion or loss of central vision (for example, a dark spot in the center of the field of vision), and distortion in vertical lines. Early detection of macular degeneration is important since some cases may be treated successfully with laser treatments.

- Diabetic retinopathy, one of the possible complications of diabetes, occurs when small blood vessels that nourish the retina fail to do so properly. In the early stages of the condition, the blood vessels may grow and release

blood into the center of the eye, resulting in serious loss of vision.

- Retinal detachment is a separation between the inner and outer layers of the retina. Detached retinas can usually be surgically re-attached with good or partial restoration of vision. New surgical and laser treatments are being used today with increasing success.

Low-Vision Aids

Many people with visual impairments can be helped by using low-vision aids. These are special devices that provide more power than regular eyeglasses. Low-vision aids include telescopic glasses, light filtering lenses, and magnifying glasses, along with a variety of electronic devices. Some are designed to be hand-held; others rest directly on reading material. Partially sighted individuals often notice surprising improvements with the use of these aids.

Origin of The Coffee Break

People in the Northwest, especially in the Greater Seattle area have perfected it to a science, and would like the rest of the country to believe they invented the coffee break, however they would not be telling the truth.

The coffee break is a fairly established and universally accepted practice in today's business world. However, did you know that the first coffee break was during the Civil War? The Union troops had just crossed Antietam Creek and faced heavy Confederate resistance in their effort to reach Sharpsburg. A 19 year old sergeant in the Ohio regiment carried a bucket of hot coffee to the men of his regiment at the front line. That was September 17, 1862. A monument to the first coffee break still stands on the site of that battlefield in western Maryland. The sergeant who served the refreshments was named William McKinley. Later the 25th President.

Letter From The American Academy of Ophthalmology

The following is a reprint of a letter sent to our newsletter.

October 15, 1993

Dear Friends:

Congressman Robert K. Dornan, representing California's 46th District, recently wrote an article for one of those supermarket tabloids, claiming the one in four operations to remove cataracts is unnecessary.

He couldn't be more wrong—or more damaging to the interests of seniors.

Cataract surgery is one of the safest, most useful surgical procedures ever developed. There is good evidence that cataract surgery not only restores sight and a person's mobility, but it has a role in delaying the aging process as well. There is also good evidence that the overwhelming majority of medical eye doctors are honest and ethical. They do not perform unnecessary surgery, and they put their patients' best interest before all other considerations.

As taxpayers, we invest a lot in saving the sight of older people through cataract surgery. An estimated 1.35 million cataract surgeries are performed annually, mostly for people who are over age 65 and who qualify for Medicare.

This is a good investment—one of the best the country makes. In the long term, cataract surgery saves money as well as sight, because it enables older people to continue to live active, independent lives, and decreases injuries (such as hip fractures) related to decreased vision. It would be a tragedy if sensational, supermarket journalism had a part in denying this surgery to those who need it.

We are saddened that a few eye doctors have tarnished the reputation ophthalmologists have always had as professional and caring physicians and surgeons. A very small percentage of cataract surgery has been found to be unnecessary, but Congressman Dornan grossly exaggerated the numbers. According to a study of the Department of Health and Human Services inspector general, the amount is less than two percent. Other studies have shown similarly small amounts. Any unnecessary surgery is too much, and America's medical eye doctors are continuing their successful effort to identify and discipline those few who are practicing in an aberrant fashion.

We believe seniors have every right to receive the benefit of procedures that can improve lifestyle as successfully as cataract surgery. Mr. Dornan's sensational and unfounded claims do a disservice to senior citizens.



ORCAS SENIOR NEWS



WINTER FESTIVAL OF GIFTS, ARTS, CRAFTS AND BAKED GOODS

At the Orcas Longhouse, Saturday, December 4, 1993, 10:00 a.m. to 3:00 p.m.

Do your holiday shopping in one spot. Join us for a sale of yummy baked goods and gift ideas. Crafts include decorations, hats, cards, knitted items and wood crafts. Funds raised at this event will be matched by the Aid Association for Lutherans, San Juan County Branch. Our thanks for their generosity. Please come help make this fund raiser a season ending success. Proceeds benefit senior projects and building fund.

NEW SENIOR CENTER UPDATE - POSSIBLE FIRE STATION PURCHASE

Your Advisory Committee is still hard at work on new Senior Center Building possibilities. Our offer to the Fire District to purchase the Eastsound Fire Station has been extended until the middle of January to allow time for the Fire District to complete their long range planning phase. In the meantime the Advisory Committee is pursuing options should that purchase not be realized. We'll keep you informed as things develop. Stay positive!!!

ADVISORY COMMITTEE ELECTIONS FOR 1994

Each year five positions on the Advisory Committee are up for election. The advisory Committee functions in the dual capacity of advisors to the Center Manager and Director on programs and as a Board of Directors for the Senior Services Council private non-profit corporation. All members of the community over 60 years of age are eligible to vote. We encourage your participation so this Board is able to truly represent ALL seniors of Orcas Island.

NOMINATEES FOR 1994

DORA BLAKE - Having served on the Advisory Committee for several years Dora has proved to be a tireless fund raiser and valuable addition. She and husband, Bill, can always be relied upon to welcome newcomers to lunch and make everyone feel at home. Dora maintains a keen interest in a permanent Senior Center facility.

JOHN DEEDS - A long time resident of Orcas, John is looking to serve his second term on the Advisory Committee. He is our "electronics wizard" and keeps our aging luncheon P.A. system functioning. John also has worked many fundraising events and is involved in new Senior Center facilities development.

JOHN FUHRING - John was appointed in 1993 to fill an unexpired term. Since that time he has become an active member of the Northwest Senior Services Board representing San Juan County to the Northwest Regional Council which is our grant funding source. John brings a strong business background to the committee.

EARL GUILFORD - Earl is a DOER. One rarely has to ask Earl to do a job because if he sees it, he does it. He is a regular volunteer at luncheon helping with the heavy kitchen chores. His background with the phone company and local hardware business makes him a valuable member of the board with building possibilities on the horizon.

JOE KORNACKER - This is Joe's first bid for a spot on the Advisory Committee although he has been a volunteer driver and overseen the maintenance of our vehicles for the past 3 1/2 years. Joe is a steady, cheerful and dependable volunteer who would make an excellent board member.

ANN STANHOPE - Ann has an active interest in Senior Programs because her parents are both regular participants in the Luncheons and off-island van riders. Ann brings us a background in community events and is an accomplished artist. Also making her first bid for the board Ann would be able to bring fresh ideas.

ADVISORY COMMITTEE BALLOT detach and return to the Senior Center

VOTE FOR FIVE (5) Candidates

Dora Blake _____
John Deeds _____

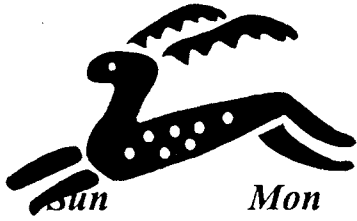
John Fuhring _____
Earl Guilford _____

Joe Kornacker _____
Ann Stanhope _____

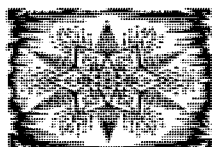
BALLOTS DUE AT THE SENIOR CENTER BY 4:00 p.m., DECEMBER 10, 1993

December

1993



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<div>LUNCHEON HOST & HOSTESS: <i>WALLY AND TRUDY ERWIN</i></div>			1	2	3 <u>LUNCH</u> Chicken Patties Potatoes, Peas Peaches	4 WINTER FESTIVAL Arts, Crafts, Baked Goods LONGHOUSE 10-3 YUMMY
5	6 Sen. Svcs. Council Mtg. 11:00 Orcas Longhouse	7 <u>LUNCH</u> Swed Meatballs Broccoli Salad Apple Crisp	8	9 TRIP: SHOP AT Cascade Mall Mt. Vernon 10:30 ferry	10 <u>LUNCH</u> Chicken and Biscuits AND Nova Therapist	11
12 TRIP TO Puget Sound Senior Ctrs. Christmas Program	13	14 VOLUNTEER APPRECIATION LUNCHEON Lasagna, Salad Garlic Bread & THANKS!!	15	16 FOOT CARE 	17 <u>LUNCH</u> Cooks Choice Fish	18
19	20	21 CHRISTMAS LUNCH - Sing Along Carols & Roast Beef Potatoes, Jello,	22	23	24 LIBRARY DAY No Luncheon Senior Center Closed for the Holiday	25  <i>Merry Christmas!!</i>
26	27	28 <u>LUNCH</u> Pork Chops Potatoes Peach Cobbler	29	30	31 No Luncheon Senior Center Closed for the Holiday	WISHING YOU AND YOURS A VERY HAPPY 1994



Record Number of Seniors Sign Up For Property Tax Relief

A record number of low-income seniors signed up for property tax relief for 1993, but the number could double if every eligible senior participated, state officials said.

The number of participating seniors jumped 14.7 percent to 120,415 in 1993, according to Property Tax Statistics - 1993, a research report released by the Washington State Department of Revenue. Those seniors will save \$61.9 million in property taxes this year, for an average savings of \$514 apiece.

The program got a boost last year when the Legislature raised maximum qualifying income levels by \$8,000 to \$26,000 per year per household. However, county assessors say many senior qualified under the previous \$18,000 income limit, but either weren't aware of the program or chose not to participate.

"Many don't want to tell us how much they make," says Mason County Assessor Darryl Cleveland, who actively promotes the program through public appearances at local communities. "Others figure it's a form of charity, and they have too much pride for that."

Ironically, the seniors least likely to take the break are those who earn \$10,000 or less a year, Cleveland noted.

Under state law, seniors age 61 or older are entitled to a full exemption from excess (voter-approved) property taxes when annual household income (including spouses or co-tenants) is \$26,000 or less. In addition, seniors who earn up to \$18,000 annually can be exempted from part of their regular property taxes.

What nobody knows for sure is how many seniors qualify for a break by income but who aren't applying. According to the 1990 Census, more than 63 percent of all Washington households occupied by seniors aged 65 or older earned less than \$25,000 per year. That's 235,490 households, or nearly double the number now participating, without counting 61-64-year-olds.

Iris Hoffner, accounting section supervisor for King County Assessor Scott Noble, said many seniors are still unaware of the program despite extensive publicity efforts, including mailings and appearances at senior centers. Fortunately, it's never too late to apply. Hoffner said many of the seniors who did try to qualify a few years back but earned too much income should try again now that the income limit has been raised to \$26,000 per year.

And even those who could have qualified all along can still get relief on their last three years of property taxes, she added. Applications for relief on 1994 taxes must be filed with county assessors by Dec. 31, 1993. A deferral program, which defers but does not exempt property taxes for qualifying seniors, also is available.

Forms are available at the County Assessor's Office in Friday Harbor, or at your local senior center.

Consumer Advice on Personal Emergency Response Systems

A Personal Emergency Response System, (PERS) (also called Lifeline service), consists of a small transmitter carried by the user and a receiver base connected to a telephone. If the user falls or needs other help, he or she simply presses a button on the transmitter that will send a radio signal to the receiver base. The receiver dials a preselected emergency number, usually a monitoring station which has medical and family information on each user. The monitoring station will then call the user and will send appropriate emergency services depending on the response from the user.

Personal Emergency Response Systems currently on the market may have different features. Some PERS are monitored by a national manufacturer-based center, while others are monitored by local hospitals. Purchase prices for PERS can vary greatly. Consumers usually have the option of renting the equipment. In some instances, a local hospital may operate its own system.

If purchased, most systems also require that the user pay a monthly monitoring fee. Presently, neither Medicare nor DSHS medical assistance will cover the direct costs of PERS nor will most private insurance policies. Low-income persons in some areas may be able to obtain a PERS at a subsidized rate from local social services agencies.

Your local senior center is a good resource for information about PERS availability in your area.

Bad Weather Cancellations

Since winter is now with us there will be times when lunch at the senior center will be cancelled, or trips in the van postponed due to snow or other weather related incidents. The best way to find out if a event is cancelled is to tune in one of the following radio stations.

KGMI 790 AM

KOM 1000 AM

KLKI 1340 AM

Now is also a good time to get your winter survival kit up to date. New batteries for your radios, food for at least four days for both you and your pets, bottled water for those on wells, fuel for auxillary lighting, and plenty of good books to read.

If you are home bound due to poor weather conditions and need help (not an emergency), call the senior center numbers. Arrangements can be made to get you help if at all possible. If you have a true medical or other emergency call 911.

This is a good time to form a calling group. Talk it over with your friends and neighbors and when the bad weather strikes, call each other to find out how everyone is doing. If you know someone who would benefit from a daily phone call, call the San Juan Senior Center. They administer the Tel-A-Tend computer for the whole county.

Remember, if weather conditions are such you cannot get around, it may mean the same for staff. Staff will however try to check the answering machines numerous times during the work day.

Telephone Numbers To Remember

It is a good idea to keep the following numbers by your telephone.

San Juan Senior Center	378-2677
Orcas Senior Center	376-2677
Lopez Senior Center	468-2421
Senior Services TTD Line	376-2677
Senior Services FAX	376-5465
DSHS	378-4196
Island Hospital	468-3185
St Jo's Hospital	734-5400
Evergreen Legal Services	1-800-562-8836

Senior Signal

San Juan County Senior Services
P.O. Box 18
Eastsound, WA 98245

Bulk Rate
U.S. Postage
Permit #10
Eastsound, WA
98245

inside...

Aging and Your Eyes
Property Tax Relief
Advice on Personal Emergency Response Systems

Page 1 and 2
Page 3
Page 3