

Senior Signal

January 1994

Elder Abuse The Unreported Crime

The abuse and neglect of vulnerable older persons is a painful reality. As the size and longevity of our older population increases, we can expect an increase in this type of violence and exploitation. Also, as the care needs of these older persons increase, there is more potential for abuse and neglect. As a result, communities need to be informed about the problem of abuse. People need to know what the signs are, how to interpret what they're seeing, and how to get help.

The subject of elder abuse is difficult to deal with, for it may involve families and loved ones...friends and neighbors may be reluctant to voice their suspicions...victims are often fearful of losing their ability to remain in their homes because the abuser may be a key person in their support system and if the mistreatment is reported, they fear the consequences of the loss of support.

It is also important to recognize that there may be a fine line between what an individual sees as a dangerous situation...perhaps even abusive...and another sees as an issue of life style or personal choice. The investigation that follows a complaint of potential abuse is sensitive

to the issue and is done in a manner which respects individual freedom and keeps the older person's rights and interests in the forefront.

Abuse and neglect of older persons includes several categories of acts and/or omissions generally referred to as abuse, neglect, exploitation and abandonment. Signs of potential abuse or neglect include:

- * An elderly person with bruises, welts or burns or evidence of physical restraints
- * An elderly person who appears over- or under-medicated
- * An elderly person with inadequate food or water, or with unclean clothes or bedding.
- * An elderly person whose caregiver abuses alcohol or is emotionally unstable
- * An elderly person who previously has had excellent credit or resources but now seems unable to meet expenses
- * An elderly person whose caregiver is under severe stress such as illness, unemployment or family problems

(Please see page 2)

Guardianship and Alternatives For Adults

If you are considering a guardianship for an adult friend or family member, there is a handbook available at your senior center that has important information for you to consider. Guardianship can cause a person to lose very significant personal rights. As a result, guardianship should be viewed as an option of last resort.

In deciding whether to pursue a guardianship for a person, the place to begin is to identify the specific problems the person has in managing his or her financial affairs or personal care. Once the problems are identified, consider whether alternatives to guardianship are available to address the problems. Senior services would be able to help in this process. One alternative that should be considered would be case management.

"Guardianship can cause a person to lose very significant personal rights..."

inside...

Elder Abuse (Continued)

Adult Day Care

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Abuse (Continued from page 1)

* An elderly person living in a family with a history of violence such as child or spouse abuse.

* An elderly person who is not permitted visitors or direct private communications with others

What should a person do if elder abuse is suspected? First of all, it is important not to try to investigate on your own, but to report your concerns immediately to the office of the Department of Social and Health Services that is responsible for Adult Protective Services. They will investigate and take action to prevent, correct, or remedy the situation, with the consent of the older person involved.

People in certain professions are mandated to report suspected abuse, neglect, exploitation or abandonment of person sixty years of age or older who have a functional, mental, or physical inability to care for or protect themselves. Those mandated to report include: police officers; social workers; employees of welfare, mental health, or health agencies, or congregate long-term care facilities; licensed health care providers; employees of Dept. of Social & Health Services; employees of social service agencies.

You may also call your local senior center and talk to the coordinator if you suspect someone (including yourself) is being abused. All calls are confidential.

If you are interested in learning more about elder abuse stop by your senior center and ask for the the pamphlet "Elder Abuse A Guide for Reporting".

Dispose of it Safely

When changing antifreeze in your vehicle you should be aware of the hazard to your pets. The ethylene glycol used in most antifreezes is readily absorbed into the animal's body. It then crystallizes in the kidneys to cause massive damage. On the other hand, propylene glycol based antifreeze is harmless to pets and is considered environmentally safer. It does not take very much ethylene glycol to kill a cat; one tablespoon will do it. Animals like the taste of antifreeze, as it is quite sweet. Never leave antifreeze of the ethylene glycol type where animals can get to it.

Cats and dogs are susceptible to many other poisons. People may dose an animal to help, but drugs will make the animal sicker than it was before.

Here is a short "DON'T" list to help guide you in proper pet care.

Don't give a cat Tylenol (tn) as this is often toxic to cats.

Don't give a cat or dog aspirin without the advice of a veterinarian. This drug is used to treat some conditions in animals, but they are more susceptible to stomach ulceration and bleeding disorders from aspirin than people.

Don't give any animal a human or veterinary prescription drug without consulting your veterinarian.

Don't let a pet eat an ornamental plant. Many have enough natural poisonous chemicals in them to cause severe illness or disease. The following is a partial list of potentially poisonous ornamental plants:

Bird-of-paradise	Daffodil
Iris (flag)	Caladium
Elephant's ear	Lily-of-the-Valley
Calla lily	English ivy
Poinsettia	

Radio Station to Listen To

Radio stations to listen to in case of weather related incidents that cause cancellation of senior functions

KGMI 790 AM

KOMO 1000 AM

KLKI 1340 AM

Adult Day Care are You Interested?

We all know about day care for children. It is a place where parents or caregivers can drop off children for supervised activities while they go about taking care of their own needs.

Adult day care is the same thing only serving those persons over age sixty. It can give the client a place to go, provide socialization, basic medical needs such as blood pressure and foot care, and even a lunch program could be provided.

At the present time adult day care is being provided on the mainland in larger communities. This is a pie in the sky dream of the senior coordinators in San Juan County to help set up such a program in the senior centers. If you are a caregiver of someone you think could benefit from adult day care, let your senior coordinator know so a feasibility study can be made to see if this dream could come true.



JANUARY 1994 ORCAS NEWSLETTER



"WINTER FESTIVAL" A SUCCESS

Thanks to Chairladies Dora Blake, Elaine Bowman, Lois Patterson, Ann Slocombe, and the many, many people who donated the beautiful goodies, the "1993 Winter Festival" was a great success. We want to extend a very special thanks to the Aid Association for Lutherans for their generous \$600 matching grant and to Kraemer Frenger for his handcrafted refectory table. The total amount was \$1,800+. MANY, MANY THANKS TO YOU ALL!!!!

ADVISORY BOARD ELECTION RESULTS

Members of the Orcas Senior Services Advisory Board for 1994 are: Dora Blake, Elaine Bowman, Dean Buchan, John Burns, John Deeds, Tony Edwards, Kraemer Frenger, John Fuhring, Cy Heath, Joe Kornacker, Don Montgomery, Lois Patterson, Emily Reid, Ann Slocombe. The Advisory Board is the governing body for your Senior Center. If you have any questions, concerns or suggestions, please feel free to call your Board members.

DRIVER IMPROVEMENT CLASSES IN JANUARY

Thursday and Friday, January 20-21st, John Deeds will be conducting the AARP Driver Improvement classes at the Fire Hall. The classes are from 10-3 both days, bring a brown bag lunch, refreshments will be provided. This is an excellent opportunity to sharpen your driving skills and receive a discount on your automobile insurance. Call the Senior Center to reserve your spot in class 376-2677.

SPECIAL SENIOR DISCOUNT FOR YOUR PETS

San Juan Veterinary Clinic on Orcas is offering Senior Discounts for their services during the week of January 17-22 (National Pet Week). If your pet needs shots or the young ones need to be neutered now is the time to have it done. The Animal Protection Society on Orcas will provide transportation for your pet if you are unable to take him or her to the office. Please call the Senior Center if you need assistance.

(Marsha Wainek - 376-2450 - for pet transportation)


WATCH FOR THE SPUD DINNER IN FEBRUARY

Yes its back! Sunday, February 20, 1994, the Annual Orcas Senior Center Spud Dinner will be held at Orcas Center. Watch your February Newsletter for further details. Save that date!



January

1994

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Orcas Senior Center now has TDD capability. We can receive and transmit to hearing impaired members of our community. If you have need of TDD phone services - give us a call & help us practice. 376-2677</p>						1
			<p>Host & Hostess: Bill & Dora Blake</p>			
2	3	4 Veal Pattie Potato/Gravy Pea Salad Apple Muffin	5	6	7 Baked Chicken Potatoes Broccoli Cornbread	8
9	10	11 Beef Stew Biscuits Green Salad Dessert Animal Protect. Society Talk	12	13	14 Sweet & Sour Chicken Rice Nova Therapist Talk	15
16 Entire week is PET WEEK at local vet clinic. Discounted spay/neuter services fir senior's pets. 376-4644 Nice work, vets!!	17 Senior Center Closed Martin Luthr King, Jr. Day	18 B.P. Clinic Mac & Cheese Sausages Senior Adv. Committee Mtg. 1 pm	19	20 Foot Care Clinic  Driver Improvement Class	21 COOK'S CHOICE LIBRARY DAY	22
23	24	25 BIRTHDAY LUNCH Turkey & Trimmings Pumpin Cake	26 TRIP TO: Friday Harbor	27	28 Salisbury Steak Potatoes Broccoli Salad Peas & Pudding	29
30	31		<p>Watch for the STUFFED SPUD DINNER coming FEB. 20th, 1994</p>			

Signs of Alcoholism and Drug Abuse in Older People

Alcoholism There are two types of alcoholism that are found in older people. Early-onset alcoholics have been drinking for much of their adult life and account for two-thirds of older alcoholics. The remaining third are late-onset alcoholics who began drinking excessively later in life, sometimes as a response to the loss of a spouse or retirement.

Abuse of prescription drugs

Physicians routinely write prescriptions for tranquilizers for older patients. Over 16.9 million prescriptions each year—second only to heart medications. And about half of all drug prescribed for older persons include some form of sedative.

Older people often take higher doses than prescribed because they forgot that they already took a pill or because "if one is good, two is better." It is not unusual for older persons to take a drug prescribed to a friend or spouse (even when the prescription is old) if the drug fits a self-diagnosed ailment.

An older person may also become dependent on alcohol or drugs after a major operation or lengthy hospital stay. This dependency can be life-threatening, yet is treatable.

Some signs you should look for

As you might guess, the signs of alcoholism and drug abuse are different in older adults than in younger people.

For example, the majority of older people drink at home to avoid high bar prices and driving at night. Therefore, often their drinking is hidden. If they live alone, no one may notice when they pass out in front of the TV. And if someone comes to visit unexpectedly, they may use the excuse of ill-health to

avoid answering the door when they have been drinking.

Also, since they're often retired, they don't have the work problems that often reveal substance abuse. They don't get arrested for drunk driving often, because they don't drive as much.

Some signs you may notice.

* Prefers attending a lot of events where drinking is accepted, such as luncheons, "happy hours" and parties

* Drinks in a solitary, hidden way

* Makes a ritual of having drinks before, with or after dinner, and becomes annoyed when this ritual is disturbed

* Loses interest in activities and hobbies that used to bring pleasure

* Drinks in spite of warning labels on prescription drugs

* Always has bottles of tranquilizers on hand and takes them at the slightest sign of disturbance

* Is often intoxicated or slightly tipsy, and sometimes has slurred speech

* Disposes of large volumes of empty beer and liquor bottles and seems secretive about it

* Is neglecting personal appearance and gaining or losing weight

* Complains of constant sleeplessness, loss of appetite or chronic health complaints that seem to have no physical cause

* Often has the smell of liquor on his/her breath or mouthwash to disguise it.

* Has unexplained burns or bruises and tries to hide them

* Seems more depressed or hostile than usual

* Can't handle routine chores and paperwork without making mistakes

* Has irrational or undefined fears, delusions or seems under unusual stress

* Seems to be losing his or her memory

Many of the symptoms listed above are often attributed to other diseases or are accepted by relatives, friends or older persons, as part of the aging process. However, many older people find that once they stop drinking and have their prescription drug doses adjusted by a physician, these symptoms disappear.

First step to getting help for an older person

Before speaking up, you may wish to consult a professional who is knowledgeable on the needs of older adults. This could be an alcoholism counselor, psychologist, doctor, minister or social worker. They will help you look at the situation more objectively and evaluate your options. Before meeting, gather as much of the following information as you can:

+ A list of prescribed and over-the-counter drugs the person is taking.

+ A list of doctors the person is seeing. For example, they may have a general practitioner and a specialist.

Alcohol (Continued from page 3)

+ A brief life history of the adult including religious and cultural background, and important life events.

+ An idea of the person's present condition. Is he/she able to live alone and take care of himself/herself? How is drinking or the misuse of medicines affecting the person's health, family and social life, attitudes, etc.?

+ A list of family members and friends who are concerned and would be willing to help, if necessary.

Together, you and the professional should be able to make an informal assessment as to what type of help the older person needs and how the person should be approached. You may decide, for example, that it would be better for your friend's physician to bring up the problem, since many older people trust the doctors implicitly. Or perhaps you can ask a minister or an old acquaintance of your friend to sit

down for a good heart-to-heart talk, if you feel you wouldn't be taken as seriously as someone known longer.

General guidelines to keep in mind as you prepare what you want to say:

+ Don't talk to the person if they are drinking.

+ Be gentle and loving.

+ Avoid the words "alcoholic" or "drug addict".

+ Do not dig up painful events from the past.

+ Keep in mind the person's age and ability to understand.

+ Be direct.

+ Be specific.

+ Talk about the effect of alcohol or drug use on whatever the older person cares about most.

Telephone Numbers To Remember

Numbers to keep 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 Line
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
PAID
Eastsound, WA
Permit No. 10

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Hearing Aids, What's There to Know

People with poor eyesight rarely hesitate to wear glasses or contacts, yet many with poor hearing are slow to be examined and loath wearing a hearing aid. Vanity may well stand between them and keener hearing. Or hearing loss may have developed so gradually and they've adapted so deftly they hardly realize they have a problem.

Recent developments in hearing-aid design have produced increasingly smaller units, some barely visible. Circuitry can be tailored to unique patterns of hearing losses encompassing a variety of listening situations.

You should first consult a physician, to rule out any medically correctable cause. The precise testing needed to fit a hearing aid may be done by an audiologist, a nonphysician specialist with graduate training in the measurement and treatment of hearing impairment; or by a hearing-aid dealer, who will generally have less formal education and less diagnostic equipment, but who may have more practical experience in fitting aids.

The hearing-aid dispenser uses an audiometer to determine your ability to detect pure tones of various frequencies and your ability to understand speech. The device helps track the faintest audible sounds (your threshold) and the loudest you can tolerate without pain. The difference between the two is called the dynamic range.

People suffering from age-related hearing loss typically have trouble with consonant sounds like s, t, f, and th, which demand good high-frequency hearing to discriminate. Other types of hearing loss, especially that from noise damage, involve a narrowed dynamic range. If you turn up the TV just slightly to hear better, it seems the characters are now shouting. A hearing exam should pinpoint whether the disorder is sensorineural (so-called nerve deafness) or a conductive loss (more a physical blockage), which bears on the correction.

The choices

All hearing aids consist of a tiny microphone, amplifier, and speaker, and a battery to power them.

(Please see page 2)

SHIBA News

Congratulations graduates! Peggy Griswold, Gus Stern and Cindy Asper, Orcas; Mac Langford, Lopez; Ebie Currey, Joan Reekie, and Florence Harrison, San Juan completed the SHIBA basic training course on December 9th. After 20 hours of classroom study, plus homework, they are now ready to join me as SHIBA volunteers. The Washington State Insurance Commissioner's office will provide us with ongoing training so that we will be able to assist you with senior health insurance questions. Call Island Hospital at 468-3185, San Juan Senior Center 378-2677, Orcas Senior Center 376-2677 or Lopez Senior Services 468-2421 to reach a SHIBA volunteer counselor.

Doris Van Alen, SHIBA

Happy

Valentines

Day

inside...

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Hearing (Continued from page 1)

Depending on the type you buy, the aid may be able to block or filter background noise, control electronic feedback, cut amplification in noisy settings, and provide an extra power boost when needed. Nearly all aids fall into one of these types:

Behind the ear. A curved case that fits behind the ear houses microphone, speaker, and amplifier; a short tube conducts sound to an earpiece that fits inside the ear. The cases of some newer models are about an inch long, not noticeable if hair covers the tops of your ears. Because this type of aid is larger than others, it can hold bigger, longer-lasting batteries, pack more circuitry for better sound quality, and offer controls that are easier to adjust. The design, outside the ear, protects components from wax and so may make the aid more reliable overall than other types. Expect to pay \$500 to \$700 for a basic unit. Some optional circuitry can bring the price to \$1000 or even \$2000.

In-the-ear. A custom-molded housing contains all components and fits directly in the ear. The controls and battery are far smaller than a behind-the-ear aid and thus require more dexterity. Batteries may have to be changed weekly rather than monthly, as in behind-the-ear models. (Hearing-aid batteries cost about \$1 apiece, bought in bulk.) Expect to pay \$700 to \$1000 or more, depending on options.

Canal aids. These are even smaller and fit entirely within the ear canal. Since they're barely visible from the outside, they have great cosmetic appeal. But they have all the problems of the in-the-ear design. You'll need lots of dexterity to change the batteries, for example, and you'll have to clean the hearing aid often. It may need more frequent repairs because of wax buildup on tiny components. The design also renders these aids too weak to correct severe hearing loss. Expect to pay \$700 to \$1000 or more.

Features and conveniences

Sophisticated circuitry takes a hearing aid beyond being a simple amplifier that boosts all sound indiscriminately. Here are some of the available options:

Digital programming. Microchips can amplify different frequencies to different degrees, to fit the user's pattern of hearing loss. Some models divide the sound spectrum into more bands, for more precise correction, much as a graphic equalizer does. This option, which can bring an aid's price to \$1000 or \$2000, is best geared to those with moderate to severe loss who need to hear well in a variety of backgrounds and who have tried a conventional aid unsuccessfully. It can also help people particularly sensitive to loud or low-pitched sound. Such circuitry is especially power hungry, requiring as much as one battery a week.

K-amp. This patented circuitry is a cheaper and less complex system that aims to do what a digital programming does: selectively amplify sounds depending on their frequency, thus providing clear sound with less distortion. Price: \$100 to \$200 extra.

Telecoil. Some behind-the-ear models have a telecoil, or T-switch, for phone conversations. Flipping the switch turns off the aid's microphone and uses the aid's circuitry to directly pick up signals from the telephone earpiece and amplify them. The system eliminates the feedback many people experience when using conventional hearing aids with a telephone. All public telephones and newer models of home phones are compatible with telecoil circuitry. The feature adds about \$50 to the overall price.

Automatic gain control. This option can control distortion caused by background noise and keeps loud noises from becoming uncomfortably loud. It also allows wearers to move between noisy and quiet situations

without having to adjust the aid's volume. Price \$100 to \$150 extra.

Automatic signal processing. This circuitry helps reduce distortion caused by background noise by amplifying low-frequency sounds less than the higher-frequency sounds of conversation. Price: \$50 to \$80 extra.

Buying advice

Big commissions may cause a hearing aid dealer to steer you to one type or brand, so it's wise to avoid dealers who sell only one brand. It's also wise for you to get a copy of your hearing test results you may have to pay extra, so ask first. That way you can comparison shop.

Make sure the dispenser you choose can work with you over several visits to find the right hearing aid, teach you to use and maintain it, and be available to service it in the months and years to come.

Choose an aid of a size and appropriate for your physical capabilities. A tiny device may look cosmetically attractive, but the small controls are a poor choice for people with limited manual dexterity.

It's a good idea to buy from a dealer who offers a trial period of at least 30 days (this is the law in Washington State). And be clear about what is included in the price. Some dispensers charge separately for the hearing aid and fitting, or for follow-up visits.

Whenever there is hope
That keeps a dream alive,
Wherever there is joy
That fills a grateful heart,
Wherever there is happiness
That brings a smile
To another's face,
There is love...
For love is what makes us
hopeful,
Joyful, and happiest of all.
Author unknown

ORCAS SENIOR CALENDAR

FEBRUARY 1994

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HOST & HOSTESS MANY THANKS TO KARIN & JOHN FUHRING		1 CHICKEN PATTIES ***** LEOTA SHANER ON SCHOOL LEVY ELECTION FEB. 8	2 GROUND HOG DAY	3	4 CHICKEN 'N BISCUITS ***** SPEAKER ON ALTERNATIVE BANKING METHODS AVAILABLE	5
6	7 ENS-NO CPR PROGRAM SAN JUAN SR CENTER 11:15-12:45 PM	8 PORK CHOPS BROCCOLI MUFFINS DESSERT *****	9	10 TRIP NW FLOWER & GARDEN SHOW SEATTLE "RED EYE" RETURN ON 5:20 FERRY \$22.00	11 BAKED CHICKEN CARROTS SALAD PUDDING	12 PRESIDENT LINCOLN'S BIRTHDAY
13	14 VALENTINE'S DAY BUY YOUR SWEETIE A SWEET	15 HAM & NOODLE AU GRATIN ***** A/C MEETING 1 PM SR CTR ***** SHIBA REP ON INSURANCE	16	17 FOOT CLINIC 9-4 PM CALL SR CTR FOR APPOINTMENT BRING YOUR TOWEL 376-2677	18 TURKEY POTATO VEGGIES SALAD DESSERT ***** LIBRARY DAY AT SR LUNCH	19
20 STUFFED SPUD SPECIAL 5pm-8pm	21 CENTER CLOSED FOR PRESIDENTS' DAY	22 BIRTHDAY LUNCH BEEF STROGANOFF RICE VEGGIES SALAD	23	24	25 FISH FILET SCALLOPED POTATOES VEGGIES FRUIT	26
27	28 SAN JUAN SENIOR SERVICES COUNCIL MTG FRIDAY HARBOR SR CTR	SAVE POSTAGE BRING OPALCO, PHONE & CABLE BILLS TO SENIOR LUNCH				



**ORCAS SENIOR SERVICES
STUFFED SPUD SPECIAL
SUNDAY, FEBRUARY 20, 1994**

5:00 PM - 8:00 pm

MADRONA ROOM, ORCAS CENTER

\$8.00



BAKED POTATO BAR
with
Butter, Sour Cream, Chives
Parsley, Bacon Bits, Grated Cheese, Chili
Broccoli in Cheese Sauce
BEEF KA-BALLS WITH BBQ SAUCE OR GRAVY
PEACH COBBLER
Coffee, Tea or Milk
\$8.00

As we promised last month, the STUFFED SPUD DINNER is here again. This popular fund-raising event has become an February Orcas tradition. Dinner will be served from 5:00 to 8:00 PM in the Madrona Room at Orcas Center. \$8.00 Dinner Tickets are available at the Senior Center during February. COME & JOIN US FOR A FUN EVENING.

FEBRUARY SPEAKERS AT SENIOR LUNCH

Tuesday, the 1st, Leota Shaner will be available to answer questions about the SCHOOL LEVY February 8th. Friday, the 4th, Alternative Banking options will be explained by a representative from Key Bank. Tuesday, the 15th, John Conlee, Senior Health Insurance Benefits Advisor (SHIBA) answering questions about Supplemental and Long Term Care Health Insurance options.

FEBRUARY TRIPS TO REMEMBER

Thursday, February 10th, the Senior Van will be going to the Northwest Flower and Garden Show at the Convention Center in Seattle. We will be taking the early ferry, returning on the 5:20 from Anacortes. Cost of the trip is \$22.00. Please call the Senior Center for reservations.

EMS - NO CPR PROGRAM

Washington State Department of Health is offering a workshop for any interested parties on EMS-NO CPR at the Senior Center in Friday Harbor on Monday, February 7th - 11:15-12.45 PM. The EMS-NOT CPR directive enables prehospital personnel to identify DO NO RESUSCITATE orders in the field. Learn about the new form and bracelet. Please call the Senior Center for information - 376-2677.

Medicare Subscribers Should Not Be Affected By Contractor Change

Olympia, Wash.— State Insurance Commissioner Deborah Senn says the January 1 medicare contract switch in Washington state should not affect claims or benefits for the state's 645,000 Medicare subscribers.

"We have been assured the new contractor expects a smooth handoff and that clients should not experience any disruptions," Commissioner Senn said.

The contract, which had been held by King County Medical/Blue Shield, will be taken over by the Aetna Life Insurance Co., effective January 1. Medicare announced the switch last summer, citing King County Medical's failure to reduce its error rate and other problems.

Medicare claims administration is handled by private contractors across the nation. While Aetna is new to the Washington state contract, it already handles similar contracts in other states.

Aetna will center its claims operations in Seattle. Subscribers with questions about the change can call Aetna's toll-free customer service line at 1-800-372-6604. (Seattle-area customers may call 621-0359.)

Commissioner Senn noted that seniors with health insurance questions can get fast, accurate answers from her agency's Senior Health Insurance Benefits Advisors (SHIBA) program. (See related story on front page). Contact your local senior center for further assistance.

Stop Receiving Junk Mail

When your mailbox bulges with material, you think, "Oh boy! I've got lots of mail." But your excitement turns to consternation as you discover that it's all a bundle of junk mail—unwanted catalogs, advertisements and solicitations. Just more fodder for your recycling bins. "If only I could get off those mailing lists," you mutter to yourself.

If you want that unwanted mail stopped, you can take steps to have your name removed from mailing lists. However, it's almost impossible to completely stop junk mail from finding its way to your mailbox; your name will probably reappear on other mailing lists in the future.

One way to get off mailing lists is to make your request in writing, to the companies who are sending you the unwanted material. Include with each letter a mailing label from something the company has sent to you. Be sure to keep a copy of your letter for your personal records.

You can also write to the direct mail marketing association, a trade group of mail order services, who will arrange for your address to be removed from their members' mailing list. You will need to include a list of the names and addresses of the companies from which you do not wish to receive mail and include all variations of the spelling, initials and configurations of your name.

If you receive pornographic material through the mail, you can go to your local post office and fill out a form to have mailing stopped. If possible, take the objectionable material with you when you fill out the form.

According to Washington State law, goods mailed without authority are gifts. Unless otherwise agreed, when unsolicited goods are mailed to you, you have the right to accept delivery of such goods as a gift only, and are not

bound to return the goods to the sender nor pay for them.

For junk mail help, write to Mail Preference Service, Direct Mail Marketing Assoc., P.O. Box 3861, New York, NY 10163.

If your efforts to stop junk mail have not been successful, call the Fair Practices Division of the Attorney General's office toll free at 1-800-551-4636.

1994 Will Be Year of the Dog

The Year of the Dog will begin on February 12, 1994, according to the Chinese calendar.

If you were born in 1910, 12 years previously, or in the year of any 12 year segment thereafter, you were born in a Dog year.

People born under this sign are apt to be honest and fighters for justice. Ralph Nader is a good example. Dog people are warm and affectionate human beings. Give them a kind word and they will be your friend forever, returning again and again for the kind word and affectionate pat. It is a reassuring fact that dog-people will be your friend forever, no matter what.

Dog-people are quite conscious that this is a "dog-eat-dog world" and can be a bit cynical. On the other hand, they would rather buy gifts for their loved ones than spend money on themselves. Sometimes they are a little backward about accepting new ideas and would rather stick to the tried and true.

Famous dog-people are: Judy Garland and her daughter Lisa Minelli, ZaZa Gabor, Helen Gurley Brown, Carol Burnette, Brigitte Bardot, Shirley MacLaine, Elvis Presley, Norman Mailer and Alan Arkin among others.

If you are a dog-person, take heart—this may be your year.

What is Diabetes?

Type II, non-insulin dependent, adult onset diabetes occurs when the body does not properly process carbohydrates. During normal digestion, as carbohydrates release sugar (glucose) into the blood, the pancreas secretes insulin which carries the sugar to the cells, to be used for energy, or to the liver to be stored.

Diabetes results when the pancreas either makes insufficient insulin or the body doesn't utilize the insulin that has been produced. Then, because the sugar in the blood is not being absorbed, blood sugar levels begin to rise.

Elevated blood sugar can have serious consequences. It may cause hardening and narrowing of the arteries, which decrease blood supply and can contribute to heart attacks, strokes, kidney disease, eye problems and other disorders.

The warning signs of diabetes are increased appetite, unexplained weight loss, fatigue and urination that is more frequent than normal. Physicians can diagnose diabetes through blood and urine samples.

Diabetes Myth #1:

+ Eating too much sugar will make you diabetic.

Fact: Too much sugar will not make you diabetic, but if you are diabetic, too much sugar will definitely cause problems. People who are overweight or have a family history of diabetes do have an increased risk of the disease.

Diabetes Myth #2:

+ The diabetic diet consists of lots of "special foods".

Fact: Actually, the diabetic diet is just a healthy balanced diet that uses a variety of wholesome foods. It emphasizes eating less fat, more starches and high-fiber foods and less sugar and salt.

Telephone Numbers To Remember

Telephone Numbers to keep by you 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 Line
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

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Eastsound, WA
Permit No. 10

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Senior Signal

March 1994

On Being Alone

The following information comes from AARP entitled "On Being Alone, Guide for Widowed Persons".

To be widowed is to suffer one of life's most profound losses. When a loving tie is severed, so is a part of ourselves. What has been lost is lost forever.

Our marriage vows say "til death do us part," but who among us is ever prepared for the final parting? Whether a spouse's death is anticipated, or whether it comes unexpectedly, the event of death is always sudden. In the beat of a heart, a wife becomes a widow, a husband, a widower.

Most of life's great changes, save this one, give us time to prepare. For parenthood, there is a nine-month pregnancy. For marriage, there is engagement, and for divorce, there is a period of separation. Even moving to a new home or job, we have a chance to prepare.

Not so with death. You are "widowed." The word doesn't fit. You try to shrug it off like an oversized wrap. You are frightened and confused by this ambiguous new status.

"Widow? Widower? No, no. Not me."

Being widowed turns your self-image upside down. You feel dizzy, off center, without direction. You need to reset your compass. You need time to adjust.

It is a role you never practiced playing and you don't know your part. How does a widowed person act? What does one wear? What does one say?

The transition from wife to widow, husband to widower, is a very real painful, and personal phenomenon. The trauma of trying to adjust to an indefinable role while besieged with a multitude of urgent questions and decisions seems overwhelming.

Because you've had no preparation for what you're going through, and because you've no one to guide you through this most difficult time of adjustment, it may well seem that your agony will never end.

But, with support, with permission to grieve, and with patience and effort, it will. There is much to go through, a whole mourning process in which to participate. But an end is waiting.

Death is a fact of life. Death puts life in context and gives meaning to human existence. Yet, too often in our society, death is a subject to be evaded, ignored, even denied.

To lose your spouse is to lose something of yourself. It is only natural to mourn such a loss. You may suffer emotions unimaginable in their intensity, but even though you are in agony, as terrible as it seems, your pain is healthy and appropriate.

Your spouse has died, but the relationship you shared lives. You made a substantial emotional investment in your marriage-whether it was happy or unhappy-and those emotions survive long after the funeral is over.

For some widowed persons, the rituals of mourning such as a wake, sitting shiva, or holding a memorial service, provide an important beginning to the grieving process by giving social and spiritual support to the expression of despair.

Some people are encouraged to vocalize their feelings, to weep, to wail, to grieve loudly and publicly at the funeral. Others are expected to remain detached, to keep "a stiff upper lip," and wear a mask of composure.

In fact, you may be feeling surprisingly composed. You may have no strong feelings at this point. You may be in shock, numbed by your loss.

Whatever your cultural or ethnic background, and whenever your emotions rush to the surface, you may be surprised at how little encouragement you are given to truly vent your grief. Too often it seems that we stifle public displays of emotion, instead of valuing them as a way to begin healing.

Letting the pain show may be especially difficult for men. Our social expectations of men is that they will be strong and silent. This gives them little room to express pain.

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Alone (Continued from page 1)

This may account for the fact that the death rate among widowers is three times greater than it is among widows. In fact, studies have shown that there is a connection between societal expectations of men to be less emotional and their vulnerability to illness after the loss of a mate.

Men and women both need to give themselves permission to mourn. Postponing a confrontation with your feelings by filling each day with frantic activity will only delay and compound the grief reaction.

Delaying your grief may be helpful in separating yourself from the pain. But the agony is still there and it will stay there until you acknowledge it. It may be useful to remember that when one suffers a great loss, it is a sign of strength—not weakness—to be able to express emotions.

Your reactions to death may cover a wide and confusing range of emotions. You may feel like you'd expected—very sad, for example—or you may have other feelings that truly puzzle you.

Although many experts like to list "the stages of grief," there is no real order to the grieving process. It may help to think of grief as clusters of reactions, or fluid phases that overlap one another. Grief does not proceed in an orderly fashion—any more than life itself does.

Your immediate response following the death, whether or not anticipated, is probably shock, numbness, and a sense of disbelief. You may feel like you're wrapped in a cocoon or blanket.

From the outside, you may look to others as if you're holding up well. In fact, the reality of the death has not yet penetrated your awareness. This gives the appearance that you are quite accepting of your loss.

In the months after the funeral, however, this numbness turns to intense feelings of separation, pain, and yearning. Psychiatrist Beverly Raphael describes the phase in this way: "The absence of the dead person is everywhere palpable. Grief breaks over the bereaved in waves of distress. There is intense yearning,

and longing for the one who has died. The bereaved feels empty inside, as though torn apart or as if the dead person had been torn out of her body."

In many ways, you are searching for your lost mate. You may have dreams in which your loved one is still alive. You may think you see her on the street or hear his footsteps in the hall.

When you realize that your mate will not return, despair may set in. You may feel extremely depressed, may have trouble concentrating, and act very disorganized and forgetful. Strong feelings of guilt may plague your every waking hour. You may find it impossible not to act irritable, anxious, or restless.

Kind offers of comfort and support may be shunned as all you seem able to do is focus on your loss, on memories of life with your spouse, or on your anger at being left. Raphael notes:

"All of these feelings, as they swing dramatically from one pole to the other, can make you feel like two, even three or four, different people. At one moment, you may want to avoid all reminders of the spouse who died; at the next moment, you may want to sit down with a family album and spend the whole day with your memories."

But this is as it should be. You are learning to live with the reality of your loss.

One of the myths about mourning is that it has an ending point. That if you just wait long enough, it suddenly stops hurting.

It doesn't. It requires working through the various phases of grief. It does get better. It does become manageable. But the experience of widowhood changes us as well.

Although mourning continues, most widowed persons find that the intensity of their grief gradually lessens. A favorite song may still bring a moment of sadness, but it no longer disrupts your whole life. Seeing a couple stroll through a park may bring a tear or two as you remember how it used to be, but it doesn't make you leave the park.

More than time, bereavement takes effort to heal. Mourning is a natural and personal process that only we can pace. It cannot be rushed and it cannot happen without our participation.

Grief has certain recognizable symptoms some people incorrectly consider signs of illness. That, coupled with your great wish to stop the pain or hurry the grieving process, can prompt you to turn to medications for help in coping, help in sleeping, help in carrying on.

Grief is not an illness. It does not just happen to you. It needs you and your effort. While widowed persons, especially women say that they were offered prescription medication following the death of their spouses, most felt the drugs only delayed them from facing their pain.

If you find yourself looking forward to the next pill, you may need help. You are more vulnerable now than at perhaps any time in your life, and your reserves may be too low to fight a growing addiction.

Alcohol may also represent a special ride at this fragile time. Your emotional state affects the way you handle alcohol. If you are already emotionally upset or tired, a couple of drinks may make matters worse instead of better.

If you are physically ill, of course, you must seek medical attention. If you find your emotions overpowering, you must reach out for professional mental health care—not for a pill or a bottle.

Earthquake Insurance

The earthquake in California on January 17 should remind Washington residents to review their insurance coverage, since most homeowners policies do not cover damage from quakes. Quake insurance can be purchased separately through a broker or added as an endorsement to an "all-risk" homeowners policy. Quake insurance is fairly expensive, and it comes with a high deductible. Whether you buy quake insurance or not, it would be a valuable review of your emergency plans.



ORCAS SENIOR CENTER NEWS

MARCH 1994



FIRE HOUSE/SENIOR CENTER

Negotiation for the purchase of Eastsound Fire Station continue on a positive note. The Senior Advisory Committee met with Chief Don Jensen and Public Works Director Ron Loewen to clarify some areas of the Fire District's counter offer. Stay tuned for further developments.

TRIP

Join Ed & Eleanor Peterson on Wednesday, March 24th, for a day of shopping, lunch or just looking at Country Village in Bothel. Van will take the early ferry. Cost of the trip is \$15.00, call the us for reservations.

February 4th - Come to Senior Lunch & buy your annual supply of **GIRL COOKIES**.

February 5th - **KIWANIS PAPER AIRPLANE CONTEST** - 2-5 O.H.S.

February 8th - Max Jones will give a presentation on the **DOES & DON'TS OF FIRE PREVENTION IN YOUR HOME**.

February 8th - **ADVISORY COMMITTEE MEETING** - Senior Center 1 PM

February 11th - **NO LUNCH WILL BE SERVED AT ORCAS CENTER**.

February 15th - **FOR THE LADIES** - a video on Complexion Care with Karin

Fuhring answers your questions.

February 15th - **BLOOD PRESSURE** - bring your arm to lunch - we'll take your pressure.

February 17th - **FOOT CARE CLINIC** - 9-4 call for appointment 376-2677.

February 18th - **DOCTOR'S LUNCH** - Dr. Shinstrom & Physicians Assistant

Chris Gower are coming to lunch, visit and ask questions.

February 24th - **TRIP TO COUNTRY VILLAGE** with Ed & Eleanor.

February 29th - **BIRTHDAY LUNCH** - if you are a March Birthday senior join us for lunch.

ORCAS SENIOR CALENDAR

MARCH 1994

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

MANY THANKS TO JOHN & FAITH DEEDS - HOST & HOSTESS FOR MARCH		1 BEEF STROGANOFF RICE SALAD FRUIT	2	3	4 CLAM CHOWDER COLESLAW DESSERT ***** TIME TO BUY GIRL SCOUT COOKIES	5 KIWANIS PAPER AIRPLANE CONTEST HIGH SCHOOL GYM 2-5 PM
6	7	8 TURKEY DIVAN RICE & SALAD ***** FIRE PREVENTION QUESTIONS & ANSWERS	9	10	11 ***** NO LUNCHEON SERVED TODAY COME TO ORCAS CENTER'S BIG SALE	12
13	14	15 S/S CHICKEN PATTIES ***** VIDEO FOR THE LADIES AFTER LUNCH ON COMPLEXION CARE	16	17 FOOT CARE CLINIC 9-4 PM CALL CENTER FOR APPT. ***** ST. PATTY'S DAY	18 IRISH DINNER ***** DOCTOR'S DAY AT LUNCH COME CHAT WITH THE DOCTOR	19
20	21	22 CHICKEN 'N BISCUITS SALAD ***** WEAR YOUR MOST FLOWERY TO LUNCH	23	24 TRIP PETERSONS TAKE US ALL TO COUNTRY VILLAGE IN BOTHHELL	25 MACARONI 'N' CHEESE SAUSAGE SALAD FRUIT	26
27	28	29 BIRTHDAY LUNCH ROAST BEEF SALAD IF YOUR BIRTHDAY IS IN MARCH JOIN US	30	31		

Living With Sinus Problems The Option of Staying at Home

Sinuses are small air pockets lined with membranes that are part of the system that make mucus. This substance cleanses the nasal membranes of dust, bacteria, fungi and other foreign particles. High humidity promotes the growth of organisms such as mites and fungi. Wet air carries pollutants and other possible allergens that may cause them to produce more mucus (postnasal drip) and the feeling of headache and congestion.

Very low humidity can cause discomfort, too. Some experts believe that dryness may promote the growth of certain viruses. The evidence about health aspects of dry air is controversial. Humidity within 30-50% is considered the most healthful and comfortable.

If you should be advised to move to another climate for health reasons, try to find out what is causing your problem. If it's an allergy, you might find the same allergen or something worse in your new location. Even the desert has plants that could contribute to sinus problems. You might consider living in your chosen location on a trial basis before making a permanent decision.

Life Becomes Friendlier

One of the things that impresses most of us as we grow older is how many nice people there are in this world. Even people we used to find annoying or downright irritating don't seem to bother us so much. We discover that many of the ones we didn't particularly like aren't as bad as we thought.

Maybe we are a little smarter than we used to be. We have begun to understand why prickly pears are prickly, and make allowance for it. Other people appreciate the change in the way we react to them, and it makes them more friendly toward us.

Taking this tack, we have found, makes for smoother sailing. Life becomes friendlier and more enjoyable.

There are 86% of Americans who want to "age in place", that is stay in their own home. Many want to retire where they raised their family and to be surrounded by all their keepsakes.

Drawbacks to this desire are the need for help with yard and maintenance, heavy housework, traveling to the store and to the doctor.

Modifications of a home can help with remaining in you own home. Doors wide enough for wheelchairs and walkers, door knobs replaced by levers, walk-in showers, grab bars for bathtubs and showers, and improved lighting in hallways, stairways and basements. In other words your home can be made more physically safety user-friendly.

Removing loose rugs, electrical wire on the floor or carpets, and storing items in cabinets and closets at easy to reach heights are other important procedures.

For assistance with home work we offer (when available) Senior Workers and Volunteers. A home health care assistant can aid with help with bathing, dressing, cooking and shopping.

Yards can be planned for low maintenance with flowers that require little care and smaller grass areas.

A question, of course, is where to find the money for modifications and the services that may be required. Home equity loans are widely available with interest rates and terms that vary. The federal government is insuring reversible mortgage. Some of these provide monthly payments while some are a pool of funds from which the homeowner may draw as needed. These generally do not need to be repaid until death of the homeowner or the house is sold.

*Happy
St. Patrick's
Day*

Stretching for Health

Can stretching your legs stretch your life span? There's no guarantee-but health experts agree that regular exercise plays a big part in keeping you healthy. An exercise program that combines aerobics AND strength training can give your heart and lungs a good workout, tone muscles (and increase muscle mass), build bone strength, keep off excess pounds and give your spirit a lift.

Popular forms of exercise include brisk walking and swimming. Remember:

- * Check with your doctor before beginning an exercise program.
- * Start gradually, and work up to exercising 20 to 30 minutes three times a week.
- * Drink plenty of water before, during and after exercise.
- * Make warm-ups and cool-downs a regular part of the program.
- * Pick something you really enjoy-you'll be more likely to stick with it!

Specific Suggestions To Improve Your Memory

Reduce or eliminate background/competing noises and distractions.

Pay attention. Listen and focus on what is being said or on what you read.

Set up a system for keeping track of your purse, or wallet, glasses, and keys (keep these in one place).

Keep a calendar.

Keep a list by the door of things to take with you when you leave.

(you fill in)

Aging Parents - New Roles - New Relationships

In the last decade of the 20th century we find ourselves living longer and longer. Among the dilemmas brought on by increased life span are questions of quality of life for the elderly and their care givers. Many people in their 50's, 60's, and 70's find themselves providing care for their aging parents. Most of us feel unprepared for this job at a time in our lives when we've looked forward to a more leisurely pace and/or are beginning to experience our own health concerns.

Aging Parents - New Roles, New Relationships is a family education series designed to help adult children better understand their parents and their own relationships with them. Workshop leaders are Sandra Harold and Betsy Ferguson. Sandra is a Social Worker and Betsy is a Mental Health Professional. Both specialize in work with the elderly and their families. Workshop topics include:

- * Physical and emotional aging
- * Determining the extent of your responsibility
- * Guilt - the gift that keeps on giving
- * The stages of adult life
- * When it is time to consider a change in your parents living situation
- * Community and family resources

When: 7:00 to 8:30 PM, Tuesday evenings, March 8 - April 12

Where: Friday Harbor Presbyterian Church, 425 Spring Street (In "The Club" downstairs below church)

Fee: \$50 per person, \$75 per couple

Limit: 16 persons, minimum 8, no new persons after 2nd session.

For Further information:

Betsy Ferguson 378-2669

Sandra Harold 378-8416

Telephone Numbers To Remember

Telephone Numbers to keep 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 Line
378-5465

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
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Senior Signal

April 1994

Membership to San Juan County Senior Services

As many of you know it takes a lot of financial resources above what is provided by the County, State and Federal governments to operate Senior Services. Van insurance, maintenance for the vehicles, local contributions to the Whatcom/San Juan Nutrition Program and numerous improvements to local senior centers are just a few of the items that must be funded on a local basis.

Each of the three senior centers hold a number of large and small fund raisers throughout the year. Usually the proceeds of these events are targeted for one of the above mentioned projects. Another thing is it takes a lot of time, and physical labor to put on these fund-raisers and not everyone is able to help for a vast number of reasons. So it ends up with 20% of the people doing at least 80% of the work. It also means that fund-raisers seem to be the main focus of the three centers.

At last month's San Juan County Senior Council meeting the council approved going ahead with a county wide membership drive. This would not only allow funds to be raised to offset needs but would provide each center with a true membership list. It would not take the place of all fund-raisers, but those could be for special center specific needs.

The benefits to you the senior would be numerous. To start with, you would not always be being asked to bake something, or serve on some fund-raising committee, or help out in some physical way. Each of you would be able to contribute equally. You would actually have the feeling of belonging to a group, whether you chose to participate in any or all of the activities associated with the senior center. The \$5.00 per year membership will also allow you one free lunch at the senior center and one on or off island trip (excluding ferry fare) on the senior van each year. This results in a \$12.00 benefit for a \$5.00 fee. As county merchants are approached about giving discounts to seniors who belong to San Juan County Senior Services this could save you significantly each year. In your May Senior Signal there will be an application form and directions for sending in your membership fee for 1994. If you have further questions about membership please call your center's coordinator.

*April Fool's Day!
Do Something
To
Someone*

Social Services Available to Everyone, Member or Not

The social service programs we are funded to provide to everyone aged 60 and above will **NOT** be affected by membership. We are mandated by law to provide Information and Assistance, Case Management, and other social service components. Membership will only provide for the extra funds that need to be raised locally.

Activities, Whose Job Is It?

There seems to be a question as to whose job is it to oversee activities at the senior centers. The basic answer to the question is the seniors themselves. It is also their responsibility to oversee the cleaning and general up keep of the centers.

Senior Service staff are funded to provide social services such as case management, supervise chore and respite workers, the nutrition program and transportation program. They are not activity people. As you know they will help when they can, but their main purpose is to see that the senior population's social service needs are met.

If you think there should be a certain activity at your center, see the activity chairperson and get it started. Without you the center cannot operate.

inside...

**Everybody Needs Friends
Time Dollars**

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Everyone Needs Friends

Friendships are an important part of life at every age. Special friends are often considered "part of the family". Friends provide companionship, someone to share activities, emotional support through difficult times, and a sense of identity and history.

Everyone is different in their need for friends, in the way they make friends, and their ability to start over again after losing old friends.

The longer a person lives, the more likely friendships will be lost due to death, poor health or moving away.

Making new friends may be more difficult with advancing age. The new friends will never be quite the same as lifelong friends.

But new friendships bring opportunities for growth and learning, companionship, sharing new experiences, reminiscing about the past, and support in time of difficulty.

Some of the following suggestions may be familiar to you, and some may be new. The ideas may help maintain old friendships as well as develop new ones.

Steps To Friendship

Decide to make new friends. This is important. You need to choose to be open to new experiences and new relationships. This may be difficult in times of crisis, grief, or personal life changes. Give your self time. but at some point, making the choice to try again is necessary.

Meeting people. In order to make friends, it is necessary to find opportunities to meet others. Often older people have fewer chances to meet new people, so it may be necessary to put extra effort into locating meeting places. It helps to participate in senior centers, church or synagogue, civic groups, volunteering, educational classes, special interest groups, organizations for people with a common background, or traveling.

Get acquainted. Many of us are shy when attending new social activities. Having a companion the first time helps. Remember to smile, speak up

(introduce yourself or arrange for a hostess/host to help introduce you), ask others about themselves, share information about yourself, including your interests, hobbies, or goals.

It is easier to make friends with people whose interests are similar to yours.

Keep trying even though you may feel awkward and uncomfortable at first. Go back more than once. It takes time to get to know people, time to discover other's interests, life experiences, and values.

Maintain friendships. As you share yourself and share experiences, friendship slowly develops. Ongoing contact through phone calls, letters, and personal visits is critical to friendship. Share your memories, your feelings, your hopes and dreams. Share experiences, take a class together or get together on a hobby or project.

Create Your Own Opportunities to Meet People and Make Friends

Build on your vast experiences. Review old friendships and how they were developed. Create opportunities in your own neighborhood.

Begin a neighborhood weekly or monthly potluck meal. Get a dog and take it for walks. Organize a small group interested in writing and sharing autobiographies. Teach someone a hobby or skill such as woodworking or needlepoint. Join or organize a walking club. Organize a discussion group on literature, religion, or politics. Volunteer to help at a local organization. Find specific things to do for others

"Friends in your life are like the pillars on your porch. Sometimes they hold you up, and sometimes they lean on you. Sometimes it's enough to just know they're standing by."

Anonymous

Suggestions For People Who Are Homebound

Physical limitations, lack of transportation, health problems or emotional difficulties make it hard to meet people. Resources and opportunities for "homebound individuals" vary from community to community. Hopefully some of the following suggestions will help you make friends.

Offer to call and check on other homebound people on a regular basis. Call local volunteer or religious organizations; ask how you might help from home. Write to relatives or friends on a regular basis. Write to a pen pal identified through an organization. Offer to write a column for your local senior citizen newsletter. Call senior citizen groups or your local religious organizations to ask if they have people who visit homebound persons. Ask to have someone call and check on you daily to make sure you're okay.

San Juan County Senior Services provides transportation for all seniors whether disabled or not. This is a volunteer program and needs some lead time to get the van to you. We also provide some special devices such as walkers, canes and wheelchairs.

If you are living on Lopez, Orcas and San Juan Islands and feel as though you are without friends, stop by the senior centers. If you do not see an activity that you are interested in, think about starting that activity. The senior center staff and volunteers are always looking for new ideas and people to spearhead those ideas.

*Age Gracefully?
I Think Not.
Age Ferociously
Instead.*

ORCAS SENIOR NEWS

CONSOLIDATION OF COUNTY DEPARTMENTS UPDATE

You will have read in the local papers about the consolidation of the Senior Services, Human Services and Public Health into a new San Juan County Health and Community Services Department. Primarily this consolidation was undertaken to produce administrative savings and streamline the county's management of many, many grant funded programs. Our goal is to have the least possible confusion evident to those who use our services. **John Manning** has been hired as Director of this new department and will be aiding in the next phase of the reorganization. Please be assured that a strong senior services program is of prime concern to me and the rest of the planning team. There will continue to be Senior Centers, lunch programs, vans and what you have come to expect from Senior Services - who knows, we can likely make a good thing even better. Please feel free to call me at 376-2677 if you have questions or concerns. **JOYCE RUPP**, Senior Services Director

DATES TO REMEMBER

- ♦ Apr. 7 - TIPTOE thru the **TULIPS** in the beautiful Skagit Valley with us. 10:30 ferry, lunch at Boomer's Landing in Anacortes and a leisurely tour of the tulip fields - all for \$25.00
- ♦ Apr. 12 - Orcas Senior Advisory Committee meeting at the Senior Center 1 p.m.
- ♦ Apr. 13 - Western Hearing Aids at the Senior Center for hearing tests, repairs, batteries, etc. Call 376-2677 for reservations.
- ♦ Apr. 19 - South County Senior Center - Everett group joins us for lunch. Find out how other Senior Centers work.
- ♦ Apr. 21 - FOOT CARE CLINIC, call for reservations (376-2677) and bring a towel.
- ♦ Apr. 21 - Katie Jensen leads a merry group of bargain hunters on a Thrift Store Shopping Trip. Ferry will be announced. Join the fun, "One man's junk is.....!"
- ♦ Apr. 25 - Senior Services Council meeting on Lopez. Orcas takes 9:25 ferry over and 12:50 return.
- ♦ Apr. 26 - April Birthday/Anniversary Lunch

FIRE STATION PURCHASE

Yes, we are still working on the purchase of the Eastsound Fire Station for conversion into an honest to goodness Senior Center. Several of the hurdles have been jumped successfully and we remain optimistic that our dreams will come true for a "home" of our own. Our sincere thanks to all of you who have worked so long and hard! A special thanks to Public Works Director Ron Loewen who has gone above and beyond the call of duty to help our Senior Services Council.

Stay tuned, we'll let you know when the ink is dry!!

SUGGESTED VAN DONATION CHANGES

The big red vans we use in our transportation are owned and operated by the Senior Services Council which is a private non-profit corporation supported by your donations and fundraising projects. As with everything in this day and age, operation costs continue to rise. Van donation rates have not increased for several years. The Council has decided to request \$10 for all out of county trips. (You may occasionally notice a higher rate for trips which are purely recreational and may be fundraising projects.)

REMEMBER this is a suggested **DONATION**. **No one** will be denied service because of inability to contribute.

The surprising thing about young fools is how many survive to become old fools.

IMPORTANT PHONE NUMBERS


Senior Center(TDD) 376-2677

Evergreen Legal Svcs 1-800-562-8836

Island Convalescent Ctr. 378-2117

ORCAS NEWS & CALENDAR

April 1994

Søn	Man	Tir	Ons	Tor	Fre	Lør
HOST AND HOSTESS (with our thanks!!) LESTER AND CONNIE NEWLAND					1 LUNCH Baked Cod Dill Sauce	2 CHANGE YOUR CLOCKS TONITE. Spring Ahead
Be the first to call the Senior Center to identify the language in which days are written on this calendar and win two free April lunches.					8 LUNCH Chicken	9
3	4	5 LUNCH Pork Chops	6	7 TIP TOE THRU the TULIPS TRIP	Mike Kirkland, Visiting Nurse Foundation and Mara Palmer, Community Homewell after lunch for home care talk.	
10	11	12 BP LUNCH Salisbury Steak & A.C. Mtg.	13 Western Hearing Aids at the Senior Ctr.	14 Carter Family Marionettes at the Orcas Center at 1p.m. on Friday.	15 Library Day LUNCH Surprise!!! Stump the Doctor Day	16
17	18 So. Co. Senior Ctr, Everett, Join us for lunch on Tues.	19 LUNCH Italian Chicken	20	21 FOOT CARE CLINIC THRIFT STORE SHOPPING TRIP	22 LUNCH Sloppy Joes Tater Tots Tossed Salad	23
24	25 Senior Svcs Council Mtg. Lopez Island	26  LUNCH Hot Turkey Sandwich Cranberries Pumpkin Cake	27	28	29 LUNCH Chick Fried Steak Pots & Gravy Dessert	30

Time Dollars

So many of us live in faceless communities..in an overwhelmingly mobile society..with families split up and spread out.

Too many neighbors barely know each other. We all need a network of family, friends and neighbors to survive. None of us can buy the things that families and neighbors have traditionally done to help each other.

We need to be able to create or tap into a network of people we can trust in the way neighbors and families used to, to do the things that neighbors and families used to do for themselves.

Time Dollars-The Answer

Time Dollars is a simple but sophisticated volunteer service exchange. You help someone to do something he/she needs..and that person, or someone else in the Time Dollar Network, helps you when you need something.

Example: You spend an afternoon taking a participant's elderly parent shopping. Sometime later, another participant watches your pet while you are off island.

Time Dollars are a limited form of money..and an information system..and an extended family that you can always rely on.

How Time Dollars Work

For every hour of help you give someone in your network, you get one credit in a "help-bank account" to use for yourself, your family or someone else whom you want to assist.

You can accumulate credits, use them or give them away, you can do anything except sell them. Bringing cash into the system would turn Time Dollars into a barter system.

This distinction is important for tax purposes. Barter is simply a substitute for cash. But the IRS has twice ruled that Time Dollars are different from the barter system.

Time Dollars reinforce the moral obligation to help and be helped that was common in earlier, simpler times. It is not a legal, contractual requirement.

All Time Dollar credits are equal, regardless of the market value of the service provided. The IRS has observed that Time Dollar credits merely motivate volunteers to perform similar services for each other, drawing on an ethical tradition, not a legal or commercial one.

What Time Dollars Can Do

If you had to leave the island and needed someone to feed your pets and clean bad food out of your refrigerator, what would you do? If you were hospitalized and returned home too weak to clean house or wash clothes, what would you do?

Answer: Call on Time Dollar credits earned when you helped others.

Setting Up A Time Dollar Network

There are approximately 150 communities in 30 states and three foreign countries that have created Time Dollar Networks. It only takes several dozen participants to start one, but the number of participants has gone as high as several thousand. Here's how to set up a Time Dollar Network.

Determine the kinds of services that you know can be provided by people whom you can recruit as members. Start simply, with the sorts of things neighbors traditionally did for each other, baby-sitting, eldercare, shopping, car pooling, etc. Recruit members from your neighborhood or groups you belong to.

Determine the kinds of services that people who earn credits need to obtain. This will help to refine recruiting efforts.

Find a constant source of requests for help. Organizers often neglect this crucial point. But if someone volunteers to provide Time Dollar help and there is nothing for him/her to do, that person will probably never volunteer again.

Recommended: Present the Time Dollar concept to organizations you belong to or social service agencies. Time Dollars are not used as a replacement for these agencies-it builds on them.

Example: At our senior centers, some people may have nowhere to go after meals. They become homebound lost souls. Time Dollar volunteers can provide much needed companionship. Other seniors can support one another with advice about medicare or other health-related concerns.

Management of a network can be a full-time job for one person. Requests to volunteer and request for volunteer help must be monitored and matched..Time Dollar accounts must be constantly tracked.

If no single volunteer is available to do all of this, two or three people can team up. A simple Time Dollar Network can easily be run from someone's home, with an answering machine to handle calls.

Key: Time Dollars reinforce the best volunteer impulses. Some traditional volunteer organizations have worried that Time Dollars might eat into their volunteer pool. Reality: Time Dollars, because they emphasize community and reciprocal assistance, have brought people to volunteerism who had never taken part before.

If you are interested in setting up a Time Dollar program on any of the islands, Senior Services would like to help. Larry Schulze, Coordinator on Lopez would like to meet during the day time with any of you and work on this. This would be an activity that each of the Advisory Boards could and should embrace. Think it over and if you are on an Advisory Board or know a board member, have it put on your next meeting agenda and invite Larry to talk with you about it.

Words to Live By

A woman may be ever so old, if she catches fire she will jump. (Denmark)
Heaven is only three feet above your head. (China)

Sleep faster, we need the pillows. (Yiddish)

Do not be breakin' a shin on a stool that's not in your way. (Irish)

New Treatment Shows Promise

A recent seven-year study performed at the Northwest Tumor Institute in Seattle suggests that radioactive seed implantation for prostate cancer may eliminate the disease at more effective rates than surgery or radiation.

In this trial, which was published recently in *Seminars in Radiation Oncology*, 93% of patients with stages A to B2 prostate cancers (the first two stages) treated with implanted radioactive seeds, were disease free 37 months after treatment.

In comparison, two major studies of patients undergoing surgery for identical tumors have shown less impressive results. The first, by Dr. J.E. Oesterling in 1988, yielded disease free states in only 75% of patients 24 months after treatment. The second, reported by Drs. Morton and Walsh in 1991, reported a 76% disease free state 48 months after treatment.

Yet another study, completed in 1991 by Dr. K.J. Russell on patients treated with external beam radiation for A to B1 tumors (which are less advanced than B2), yielded disease free results in only 72% of the population 27 months after beginning treatment.

One such therapy, called TheraSeed, uses tiny pellets of palladium 103 to destroy a cancer without harming surrounding tissue. Most seniors can return to all normal activity 48 hours after the procedure. TheraSeed also minimizes the tissue damage from radiation and chemotherapy, and the impotence, infertility and pain associated with surgery.

Telephone Numbers To Remember

Numbers to keep 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 Service FAX Line
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
PAID
Eastsound, WA
Permit No. 10

inside...

Everybody Needs Friends
Time Dollars

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Senior Signal

May 1994

Divorce As A Senior

Deciding to Divorce

You may be considering divorce because it appears to be the only solution to seemingly insoluble problems in your marriage. If possible, you should take time to examine all of the issues before deciding if divorce is your only realistic option.

In some instances, a marriage can be maintained depending on the problems. Some problems, such as those related to aging (i.e., adjusting to retirement and loss of parent role) and drug or alcohol dependency, may be resolved with the help of mental health professionals. Also, be aware that some medical conditions can alter a person's psychological and emotional state. Sometimes such changes can be corrected by proper medical care.

Of course, if your spouse will not explore such issues with you, or if you fear for your immediate emotional or physical well-being, such considerations may not be relevant to your situation.

In addition to the above issues, you should examine your financial situation and weigh it carefully in your decision.

If You Decide to Divorce

If you have decided to divorce, you may want to consider taking the following steps before actually beginning the legal divorce process. These tasks may seem frustrating and time consuming. However, completing them may help you feel more in control of your future and your divorce.

Start saving money. You will need it to pay for legal counsel. Also, once the divorce process begins your spouse may not continue contributing to, or providing for, your support.

Open a checking and/or savings account in your own name if you have not already done so. This will enable you to manage and have sole control of your money.

If you have not already established your own credit, begin by obtaining a gas, store or major credit card in your own name.

Keep a record of personal expenses. This will help resolve any discrepancies that may surface when negotiating your settlement.

Gather as much information as possible about your and your spouse's financial situation. You will need this information to negotiate a settlement. Collect your family's financial papers such as wills, life insurance policies, mortgage deed, car and/or other loan documents, credit card agreements, pension and investment information, checking and savings statements for

the past three years, and a list of contents of your bank security box.

Make photocopies of all these documents if you are unable to retain the originals. In addition, make a list of your and your spouse's financial advisors.

Organize this information by making separate folders for assets, liabilities, monthly expenses and monthly income. Assets include cash; money owed you; securities; investment and other business participations; tangible personal property; real estate; and intangible personal property (i.e., pensions, life insurance, cars, etc.; loans from individuals; mortgages and trusts.) Monthly expenses include payments for mortgage or rent, gas, electricity, water, food, car maintenance, vacations, etc. Monthly income is based on your and your spouse's, or just your current income from employment, pensions, social security, etc.

Find out the current legal, financial and tax aspects of divorce. You should be able to get books and other resources containing this information at your local library or bookstore.

Learn about divorce mediation. It allows you and your spouse to develop your own settlement with the help of a neutral third party, a mediator. You may want to consider using it in conjunction with attorney representation. Once you have completed these tasks you will be better prepared to meet with an attorney to discuss how to proceed with the divorce.

Older

Americans

Month

inside...

Obtaining Legal Help

Membership Applications

Lunch Donations Raised

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Page 3

Obtaining Legal Help

Good legal counsel is essential. This is already a difficult time in your life and it need not be made more difficult by doubts about your legal representation. Qualified legal counsel is readily available and is well worth the peace of mind you'll have knowing the legal aspects of your divorce are being properly handled.

You will want to choose an attorney who:

- Has experience in matrimonial law.
- Is familiar with the current pension, retirement and tax issues relevant to late life divorces.
- Is within your budget.
- Is sympathetic to your values.
- Is capable of negotiating with your spouse's attorney, but able to litigate in court if necessary.
- Would be comfortable advising you if you also decide to seek divorce mediation.

Qualified legal counsel is readily available and is well worth the peace of mind....

You may want to use an attorney you have used for other legal matters. If that attorney is unfamiliar with matrimonial law, you can ask for referrals. Other methods of locating qualified legal counsel include:

Asking for referrals from recently divorced friends.

Contacting a lawyer referral service.

Asking organizations or unions of which you are a member if they offer legal services; and

Contacting your local legal services for public legal assistance.

Ideally, you'll want to interview two or three attorneys before hiring one. Before these interviews, find out if there is a fee for the initial consultation and how much it will cost. Ask what information or documents would be helpful for you to bring to the consultation. Be sure to take your information and/or documents with you at the conclusion of the meeting. Do not

leave them with the attorney.

To help you decide which attorney will best represent you, you will probably want to ask each attorney about:

Fees: Find out if the attorney charges a retainer fee (a base fee for the attorney's services). If possible, get estimates for the costs of settling out of court and/or going to trial. Don't be afraid to negotiate hourly charges.

Billing: Get information, in writing, about billing procedures and your payment terms.

Settlement strategies: Ask how the attorney will proceed to finalize your divorce. Find out what percentages of the attorney's cases were settled in, and out of, court.

References: Ask for client references. Specifically, ask for references from older women. Contact these references and discuss their satisfaction with the attorney's service.

Attitude toward mediation: Find out if the attorney would be comfortable acting as an advisor if you seek divorce mediation.

To ensure that your legal representation is in your best interest, you may want to consider the following cautions.

Avoid "economy" methods such as buying a "do it yourself" divorce kit or sharing the same attorney with your spouse.

Avoid using an attorney who is a family friend or a business associate of your spouse. Objective representation on your behalf may be compromised by conflicts of interest and emotional involvement by the attorney.

Avoid using your attorney as a therapist. Your money will be better spent if you consult with your attorney on legal issues only. Contact a mental health professional if you feel counseling would be helpful.

Once you have hired an attorney, that attorney will register with the court as your attorney of record. This means that the attorney is obligated, by law, to serve as your advocate, even if you have disagreements about service or

payment.

Your attorney may not drop you as a client except under very limited circumstances; in which case the attorney must petition the court to do so. However, if you are dissatisfied with your attorney's service, you are free to end your relationship. If you change attorneys, your former attorney is legally required to transfer all your case information to the new attorney of record in a timely and orderly fashion.

No-fault Divorce

Most states now have provisions for "no-fault" divorce which can be utilized when both spouses agree upon, and do not hold the other responsible for, the dissolution of the marriage. Valid ground for no-fault divorce differ from state to state, but in general they include:

Marital incompatibility, also known as irreconcilable differences or irretrievable breakdown.

Voluntary separation; living separately for a prescribed period of time.

A prior decree of legal separation; a court-declared legal separation for a prescribed period which automatically converts to a divorce decree.

You will want to discuss with your attorney all of the divorce options available in your state. You may find that no-fault divorce, if available, is not in your best interest depending on the reasons for your divorce.

The information presented is just a beginning of the advice you may need. It will start you along the road towards getting legal representation that you will be comfortable with. Since divorces among older couples are increasing and statistics show the trend to be rising each year, it seems appropriate to present this information to you.

ORCAS SENIOR NEWS

TRIP TO HARRISON HOT SPRINGS

Tuesday, May 17th, the Senior Van will be going to Harrison Hot Springs for a three day/two night holiday with a special stop at the beautiful Minter Gardens. \$250 per couple includes two nights lodging, two breakfasts each, one dinner each, and 20% off golf and sauna (such a deal). If you're not a couple, find a friend and come along. Please call the Senior Center 376-2677 before May 10th to make your reservations.

JOIN THE WALKIE-TALKIE GANG

Wednesday, May 4th, the Walkie-Talkie hiking group will launch their spring, summer, fall program. It is a marvelous way to get your weekly exercise and see some fascinating spots on the island (Judy Culver tells us they will hike on Canoe Island this spring). The group meets in the Longhouse parking lot every Wednesday at 10 AM. For more information call Judy at 376-2564, or Fred Cleavland 376-4132.

MONDAY, MAY 9TH, ANACORTES

The Senior Van will leave on the 7:15 AM ferry, returning at 3:30 with time for shopping in Anacortes.

TUESDAY, MAY 10TH, ADVISORY COMMITTEE

Tuesday, May 10th, Senior Advisory Committee meets at 1 PM in the Senior Center.

FRIDAY, MAY 13TH, ROMEO & JULIET

Friday at Senior Lunch the Orcas High School Drama Class will present two scenes from Shakespeare's Romeo & Juliet, come and enjoy.

THURSDAY, MAY 19TH - FOOT CARE CLINIC

Call 376-2677 for a Foot Care appointment - 9-4 PM. Don't forget, bring your towel.

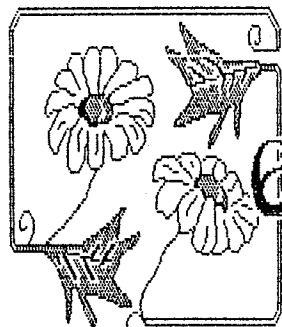
TUESDAY, MAY 24TH - FLOWERY DAY

Wear your most **FLOWERY OUTFIT** to lunch on Tuesday, there will be prizes for the most outlandish ones!!!!!!

DRIVER'S IMPROVEMENT CLASS

Wednesday, Thursday, 25-26th, John Deeds will be giving the Driver's Improvement Class from 10-3 at the Fire House. Bring a brown bag lunch. For more information about this very valuable class, call John at 376-4442.


"If you wait, all that happens is that you grow older."
Larry McMurtry



MAY 1994



ORCAS SENIOR CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 MAY DAY GIVE SOMEONE A BOUQUET	2 HOSTS FOR MAY LES & DORIS SCHONBERGER MANY THANKS	3 LUNCH FISH COLESLAW APPLE CRISP	4 JOIN THE WALKIE TALKIE HIKING GROUP LONGHOUSE PARKING LOT 10 AM	5	6 LUNCH STUFFED PEPPERS SALAD DESSERT	7
8 REMEMBER TODAY IS MOTHER'S DAY DON'T FORGET!!!!	9 TRIP TO ANACORTES MEDICAL	10 LUNCH MACRONI & CHEESE W/SAUSAGES ***** ADVISORY COMMITTEE 1 PM SR CTR	11 WALKIE TALKIE GROUP HIKING	12	13 LUNCH SWEET 'N SOUR CHICKEN ***** ROMEO & JULIET COMES TO LUNCH	14
15	16	17 LUNCH SALISBURY STEAK ***** BLOOD PRESSURE CHECK	18 TRIP TO HARRISON HOT SPRINGS LEAVING TUESDAY 17TH 1:40 pm FERRY	19 RETURNING THURSDAY AFTERNOON \$250.00 PER COUPLE CALL SR. TO SAVE YOUR SPOT	20 LUNCH TURKEY ALA KING ***** LIBRARY DAY ***** DOCTOR DAY AT LUNCH	21
22	23	24 LUNCH BEEF STEW SALAD FRUIT ***** WEAR YOUR MOST FLOWERY OUTFIT TODAY	25 DRIVER'S IMPROVEMENT CLASS WEDNESDAY & THURSDAY 10-3 CALL TO SIGN UP	26 SENIOR CTR CLOSED TODAY MAKING ROOM FOR KINDERGARTEN CHILDREN SCREENING PUBLIC HEALT	27 LUNCH FISH VEGGIE COLESLAW COOKIES	28
29	30 MEMORIAL DAY HOLIDAY CENTER CLOSED	31  BIRTHDAY LUNCH LASAGNA SALAD FRUIT				

Membership

It has been agreed upon by the three Senior Center Advisory Boards to have membership in San Juan County Senior Services. As addressed in last month's Senior Signal the memberships do not entitle people to services. That is taken care of by the fact you are over sixty years of age. What the intent of membership is to offset some of the day to day expenses incurred but not funded, such as the annual contribution to the Nutrition Program, van insurance and van maintenance.

The benefits you as seniors will enjoy, are one free meal, an off island van trip, reduced membership in Costco and other as they become available. You are encouraged to send your check as soon as possible for \$5.00 per person. Be sure to check the space beside the center you wish to be associated with. You will be getting a membership card and details on membership by the beginning of June. Do not forget to encourage non-seniors to purchase their associate membership for the same amount.

San Juan County Senior Services Membership Application

Center: Lopez:___ Orcas:___ San Juan:___

Name:_____

Address:_____

Telephone Number:_____

Please attach a check for \$5.00 made out to San Juan County Senior Services Council and mail to:

San Juan Senior Services

P.O. Box 951

Friday Harbor, WA 98250

San Juan County Senior Services Membership Application

Center: Lopez:___ Orcas:___ San Juan:___

Name:_____

Address:_____

Telephone Number:_____

Please attach a check for \$5.00 made out to San Juan County Senior Services Council and mail to:

San Juan Senior Services

P.O. Box 951

Friday Harbor, WA 98250

Poetry in (Slow) Motion

I have a spelling checker,
it came with my PC
It plainly marks for my revue
Mistakes I cannot see.
I've run this poem through it
I'm shore your pleas to no,
Its letter perfect inn it's
weigh-

me checker tolled me sew.

Originally printed in the Los Angeles Times

Lunch Donations Raised Beginning of May

The San Juan Senior Services County Council elected to raise the suggested donations for Senior Lunch to \$2.50 per person per meal. This will become effective the first of May. The extra money will be used to help offset the shortages being experienced by the Nutrition Program. An additional way to help is to get more people attending lunch. That is a call for recruitment. If each of you would encourage another person to attend lunch on a regular basis the shortages would decline.

How are we doing with the newsletter?

We have been publishing the newsletter in it's present format since October of 1993. There has been some feedback but we would like to have more. If you have feelings about its content, or how it is formatted, or any suggestions or comments, please put them in writing and mail them to:

Lopez Senior Services
P.O. Box 154
Lopez, WA 98261

We really want to hear from you. It is after all, YOUR newsletter.

How to keep your money out of a con artist's pocket

The telephone is the weapon of choice for criminals who talk gullible Americans out of \$40 billion a year.

"A telephone is like an assault weapon in the hands of a con artist," says Huger H. Humphrey III, attorney general of Minnesota and president of the National Association of Attorneys General.

Here are some tips for self-defense offered by the federally sponsored Tele-marketing Fraud Working Group and AARP's criminal justice services:

Beware of anyone who calls and asks you to send money or buy anything sight unseen over the telephone unless you are certain you are dealing with a reputable firm.

NEVER GIVE OUT YOUR CREDIT CARD NUMBER OR INFORMATION ABOUT YOUR BANK ACCOUNT TO ANYONE YOU DON'T KNOW. Don't pay anything for a "free prize." If the caller tells you the payment is for taxes on your prize, he has just committed a major crime. Hang up.

Refuse to be rushed into anything. The more a caller tries to hurry you into buying or sending money, the more likely he is to be a crook. If he offers to send a messenger to your home to pick up your payment, hang up.

If you have any doubts, check it out. You may reach the National Fraud Information Center at (800) 876-7060. Or contact your Better Business Bureau, state attorney general's office, the Postal Inspection Service or a local consumer protection agency.

*National
Arthritis
Month*

Telephone Number To Remember

Telephone numbers to keep 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 Line	376-5465
DSHS	378-4196
Island Hospital	468-3185
St. Jo's Hospital	734-5400
Evergreen Legal Services	1-800-562-8836
Consumer Affairs, Attorney General	1-800-551-4636

Senior Signal

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

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

inside...

Obtaining Legal Help
Membership Applications
Lunch Donations Raised

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Senior Signal

June 1994

Treat Insomnia for a Better Life

A new study released by the Gallup Organization says that everyday stress is the most common cause of insomnia. If the problem is not treated right away, sleeplessness is likely to become a potentially destructive way of life.

This finding may be especially relevant for older adults, who experience a particularly high prevalence of insomnia and other sleep related complaints. The study was conducted among a sample of 300 sleep experts through-out the nation. When asked to rank the various causes of short-term transient insomnia, daily stress and anxiety came out on top.

The new survey also dramatically highlighted the importance of early treatment. When sleep experts were asked to choose the most common cause of a chronic inability to fall or stay asleep, "learned insomnia" was cited most often by the surveyed sleep experts.

Learned insomnia means what started out as a temporary inability to sleep due to some external stress turns into a chronic problem because of the poor sleep habits that develop. These external stressors could include an upcoming retirement, health problems, a family crisis or a move to a different home.

Many sleep experts recommend that insomnia that persists for more than a few days or that recurs be treated by a physician. In the Gallup study, the majority of respondents said the most effective type of early intervention is a combination of sleep medication and behavioral therapy.

Behavioral treatment, including counseling or changes in sleep hygiene, is often essential to remove any barriers to a good night's sleep. However, for a more immediate, predictable form of relief, a prescription sleep medication is frequently needed as well.

Consumers may participate in a self-quiz to help determine if they need to improve their sleep habits, as well as receive a free sleep diary and brochure on getting a good night's sleep, by calling 1-800-SHUTEYE. The toll free telephone hotline, which is open 24 hours a day, is sponsored by Searle Pharmaceuticals.

It Happened on ORCAS!

On Tuesday night May 10th a very important meeting was held on Orcas Island. On that night an agreement between the Orcas Branch of the Senior Services Council of San Juan County and San Juan County Fire District #2 occurred that paves the way for both a new senior center and a new fire station.

The Board of San Juan County Commissioners were involved, in that they made available close to two acres of public works property located by the Eastsound Airport for trade with the fire district. Put together with \$124,000 to be raised by the Senior Non-Profit Organization negotiations were completed.

The seniors will get a much needed facility and the fire district will have a new building outside the core of Eastsound.

Sharing office space in the new senior facility will be the Senior Services Staff, Public Health, Juvenile Court Services, Developmental Disability Coordinator, Early Childhood Education and Mental Health Coordinator.

Special thanks go to the Board of County Commissioners, the Fire District #2 Commissioners, Ron Lowen from Public Works, the Orcas Senior Advisory Board and Senior Services Director Joyce Rupp.

inside...

**A book gardeners must read
Dental care at reduced rates
Membership Application**

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Gardeners must read this book

Crazy About Gardening, Reflections on the Sweet Seductions of a Garden, by Des Kennedy, stands out as a marvelous hybrid of personal experience, wit and insight, which also teems with practical ideas. In this series of thought provoking and rib tickling essays, Kennedy reveals the quirks and compulsions of the gardener subculture, and encourages a down-to-earth perspective and practice of this most earthly of pastimes.

Here to share his spirit of divine madness is Des Kennedy, an inhabitant of his own Garden of Eden on one of the B.C.'s Gulf Islands. No stranger to mud, sweat and tears, Kennedy is nevertheless an enthusiastic proponent of the garden as the key to human happiness - and idiosyncrasy.

In a reality where compost, weather and weeds rival life's more worldly concerns, Kennedy provides words of guidance and wisdom. If casting aside one's wristwatch or finding more sex appeal in a lily than "a whole roomful of over-dressed stockbrokers wiggling about on the dance floor" is crazy, Des Kennedy will convince readers that *Crazy About Gardening* is the way to be.

Ann Lovejoy, who wrote the foreword and is the author of *A Year in Bloom* says, "like a horticultural Robin Williams, Des Kennedy keeps us chuckling over a series of zinging one-liners which resonate with provocative truths about ourselves and our world."

Crazy About Gardening is available in soft cover at \$16.95 from Robert McCullough of Whitecap Books Ltd., 1086 West Third St., North Vancouver, BC V7P 316. The phone number is (604) 980-9852.

Keep Arteries in Shape

Physicians recommend jogging, running, walking, swimming, dancing or performing some other aerobic exercise at least three times a week to save your arteries and ultimately your heart.

According to scientists at the National Institute on Aging's (NIA) Intramural Research Program, regular exercise may greatly reduce stiffening of the arteries. Hardening arteries are a primary cause of high blood pressure, which can lead to heart disease and strokes in older people.

Scientists once believed that arterial stiffening was an inevitable burden of aging. However, studies now show that physical conditioning may slow this process considerably. Arterial stiffening occurs in varying degrees among older individuals, even healthy ones with no hypertension. However, among those who exercise regularly, the occurrence of arterial stiffening is consistently less severe.

Measuring arterial stiffness gives a more complete picture of arterial health than does measuring blood pressure alone. And as heart disease and stroke are leading killers of both men and women, scientists hope eventually arterial stiffness will become a reliable prognostic tool.

Ethnic and genetic differences, body weight and dietary habits also influence how much arteries will stiffen. City dwellers tend to be more sedentary and to salt their food generously. Hence, they have an alarmingly high incidence of hypertension when compared to country folk, most of whom remain physically active as farmers.

For now, it appears that exercise may help to overcome the ravages of time as far as arterial circulation is concerned.

As a reminder, no matter how good any exercise program will be for your heart, it is better to consult your doctor before starting one.

Dental Care at Reduced Rates

Dentists and dental laboratories from all over Washington have volunteered to provide dental care at reduced cost for senior citizens and people with disabilities of all ages who have limited incomes.

Who's eligible?

Washington residents who:

- # are disabled or 65 & older
- # have no dental insurance and
- # have incomes less than \$15,560 (one person) or \$19,765 (two or more).

Types of care:

All types of care are available and the program provides permanent, ongoing care by the same dentist.

What's the cost reduction?
25% for most treatments.

How it works:

- 1 Contact San Juan Senior Information and Assistance to certify eligibility. Orcas 376-2677
San Juan 378-2677
Lopez 468-2421
TDD 376-2677
- 2 I & A will give you the phone number of a participating dentist so you can make an appointment.
- 3 Take the for I & A gives you to your first visit.
- 4 The dentist will do an exam, including X-rays if needed, and develop a treatment plan.
- 5 You can see the same dentist for your future dental needs.

This program was developed by the Washington State Dental Association and local dental societies in cooperation with the Senior Citizens Lobby, the Washington State Aging & Adult Services Administration, Area Agencies on Aging and the Washington State Dental Laboratory Association.

ORCAS SENIOR NEWS

NEW SENIOR CENTER IS A "GO"

As you have read in the newspapers, the Senior Services Council, Orcas Branch, with a great deal of support from the County, has reached an agreement with San Juan County Fire District #2 to purchase the Eastsound Station for conversion to a multi-purpose Senior Center. This is a major step in at least a ten year process of looking for a "home" of our own. The Advisory Committee is to be commended for their tireless work and long range vision to accomplish this task. We will shortly be mounting a fund-raising campaign, having detailed plans drawn, addressing need for additional parking and many other issues integral to making this a successful adventure. As we work through this process, please give us the benefit of the doubt. Speculation, rumor and contentions can really slow things down. If you hear comments that make you nervous - ASK US. If you have ideas, don't assume we have thought of them already, be willing to share and work with us and we will ultimately have a Senior Center of which we (as well as the entire community) can be proud.

Thanks for all your help and encouragement over the past months. We're OFF!

LIONS LOOKING FOR PULL TABS

Orcas Lions are collecting the pull tabs off soft drink (beer) cans for a project which provides wheelchairs to needy persons. Pull off just the ring tabs and drop them off at the Senior Center or hand them to any Lion. Used eyeglasses and hearing aids can also be dropped off at the Senior Center for the EYES and EARS Bank. If you, or anyone you know has need of these services, let us know.

NICE WORK, LIONS!!

***** * STATE COUNCIL ON AGING SEEKS * * REGIONAL AND AT-LARGE REPS *

* The Washington State Council on Aging is an *
* advisory council to the Governor, and the *
* Department of Social and Health Services *
* Services Administration. In this advisory role, the *
* SCOA reviews and helps to formulate policies *
* that affect older persons. *

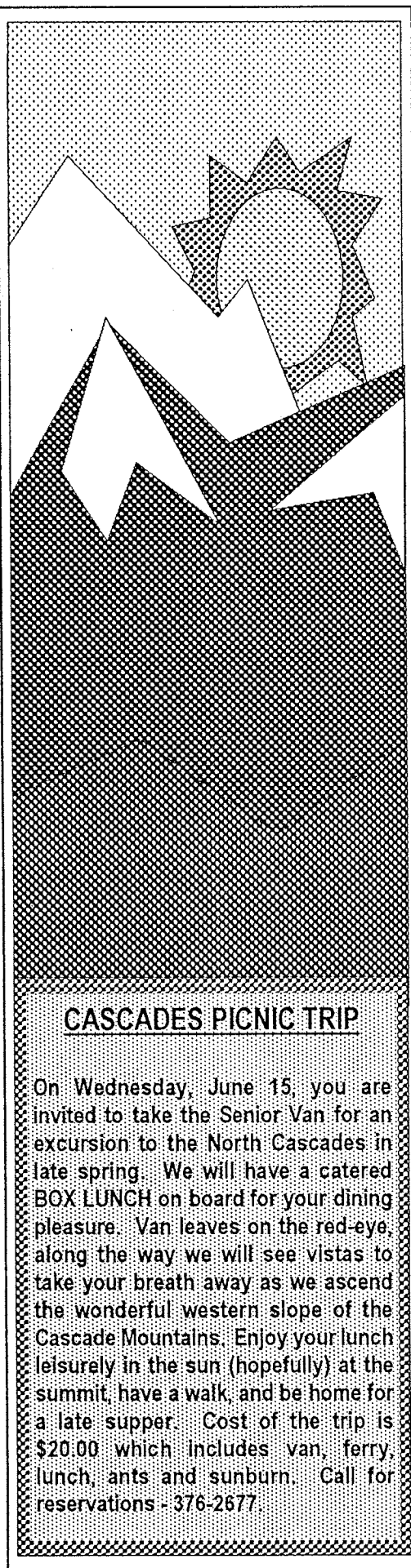
* Applicants must be 55 years old to apply. *
* Members attend regular meetings scheduled for *
* the fourth Tuesday of each month and report *
* back to regional Area Agency on Aging board. *

* If interested, call Kim Dooley 1-800-585-6749. *

"THE GRANNY MYTH", featuring stories of women aging in place in their communities airs on KCTS, Channel 9 at 8:00 p.m., **June 23**. Four true life vignettes offer a new way of looking at women and suggests new pictures of what it means to be a woman of age.

June

1994



Sun	Mon	Tue	Wed	Thu	Fri	Sat
** * LUNCH * Lester and Connie Newland * MANY THANKS!! **	** * * * **	** * * * **	1 WALKIE TALKIE GROUP meets each Weds. at 10:00 am Longhouse	2	3 LUNCH Taco Salad Beans, Rice Jello	4
5	6	7 REACH OUT SINGERS LUNCH Baked Cod Potatoes Coleslaw	8	9	10 LUNCH Hawaiian Chicken	11
12	13	14 LUNCH Stroganoff Adv. Comm 1 pm Sr. Ctr.	15 TRIP to North Cascades Early boat.	16	17 LIBRARY DAY LUNCH Cooks Choice SURPRISE!	18
19	20	21 B.P. CLINIC LUNCH Turkey Chop Suey	22	23	24 LUNCH Mac and Cheese	25
26	27 Senior Services Council Mtg. location to be announced	28 BIRTHDAY LUNCHEON Turkey and Trimmings	29	30	4th of July Festivities in Eastsoun are Sat. July 2nd	

Membership

If you did not take the time last month to fill out a membership card to San Juan Senior Services, fear not, you now have a second chance. For \$5.00 per person you can join one of the best organizations in the islands. As a member you are entitled to one free lunch per year and one free off island van trip. Now that is at least a \$12.50 value for \$5.00. Not bad! There are other benefits, stop by your senior center and find out what they are. Fill out the form now, and make yourself feel good.

San Juan County Senior Services Membership Application

Center: Lopez:___ Orcas:___ San Juan:___

Name:_____

Address:_____

Telephone Number:_____

San Juan County Senior Services Membership Application

Center: Lopez:___ Orcas:___ San Juan:___

Name:_____

Address:_____

Telephone Number:_____

Please attach a check for \$5.00 made out to San Juan County Senior Services Council and mail to:

San Juan Senior Services

P.O. Box 951

Friday Harbor, WA 98250

Membership dues will help offset some fund raisers if everyone contributes. So take the little time it requires to fill out the above forms and mail them in with your check. Talk to your friends and make sure they have joined also.

Telephone Numbers to Remember

San Juan Senior Center
378-2677

Lopez Senior Center
468-2421

Senior Services FAX Line
376-5465

Island Hospital
468-3185

Orcas Senior Center
376-2677

Senior Services TTD Line
376-2677

DSHS
378-4196
St. Jo's Hospital
734-5400

Health Tips

Dos and don'ts for minor burns

Do cool the burn- Hold the burned area under cold running water for 15 minutes. If impractical, immerse the burn in cold water or cover with cold compresses. Cooling the burn reduces swelling by carrying heat away from your skin.

Don't use ice- Putting ice directly on a burn can cause frostbite and further damage your skin.

Do consider a lotion- Once a burn is completely cooled, you may find a lotion or moisturizer prevents drying and increases your comfort. For sunburn try 1 percent hydrocortisone cream.

Don't use butter- Immediately putting butter on burned skin holds heat in the tissue and causes more damage. Applying butter also increases your chance of infection.

Do bandage a burn- Cover the burn with a sterile gauze bandage. (Fluffy cotton may be irritating.) Wrap loosely to avoid putting pressure on burned skin. Bandaging keeps air off the area and reduces pain.

Don't break blisters- Fluid-filled blisters protect against infection. If blisters break, wash area with mild soap and water, then apply an antibiotic ointment and gauze bandage.

Happy

Fathers

Day

Call the auto safety hotline

Your call can make a difference. The toll-free Auto Safety Hotline is your chance to help identify safety problems in motor vehicles, tires, and automotive equipment and also get information. The Hotline is run by the National Highway Traffic Safety Administration, an agency of the U.S. Department for Transportation.

Your calls help lead to recalls. Consumers provide the first information used to identify safety problems. Your complaint is logged and then your call is compared to other complaints. If a trend develops, it prompts an investigation. They also let the manufacturer know about your complaint and sometimes that leads to a settlement for you.

Operators can provide you with information on motor vehicle safety recalls and safety defect investigations. You'll also receive a postage-paid questionnaire so you can provide more detailed information about your complaint. They will send you a follow

up letter letting you know when your safety concern has prompted an investigation or recall.

If a safety related defect exists, the manufacturer has to fix it at no cost to the owner. They use the information from your calls to get the process started.

The toll free Hotline number is 1-800-424-9393. Hotline operators are on duty Monday through Friday from 8 a.m. to 4 p.m. Eastern time. For your convenience, an answering machine is set up 24 hours a day, seven days a week to get your name, number and request.

The Hotline is available to the hearing impaired through a teleprinter (TTY) number: 1-800-424-9153.

They do not have to receive a set number of reports before looking into a problem. They gather all available information on a problem, that's why calls are important to them. Government engineers analyze the problem. If warranted, they ask the

to do a voluntary recall.

If the manufacturer does not do a recall, the government decides whether to open a formal investigation. If it is determined there is a safety defect, the manufacturer can be ordered to do a recall.

A variety of safety literature is available from the Auto Safety Hotline.

Some problems that would not be considered safety related defects: Air conditioners and radios that don't work properly, routine engine or transmission malfunctions that provide ample warning of failure through noise, vibration and fluid leakage; ordinary wear of items that have to be inspected, maintained and replaced periodically, such as shock absorbers, batteries, brake pads and shoes and exhaust systems; nonstructural or body panel rust.

The Hotline concentrates on safety problems.

Senior Signal

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

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

inside...

A book gardeners must read
Dental care at reduced rates
Membership Application

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Senior Signal

July 1994

Long Term Care Is Misunderstood Term

Long-Term care is often described as Nursing Home care. "Not so," says Kathy Leitch, Director of Home and Community Services Division of Aging an Adult Services Administration. "Long-Term Care in Washington includes an array of services designed to help citizens maintain as much independence as possible." Ms. Leitch stated that serious illness, injury or loss of capacity are not always reason for obtaining care outside the home. A person may be able to receive LTC in their home with household personal care assistance, adult day health, or what ever care is necessary to maintain independence. You may have a right to assessment and information on which service is appropriate to your needs. Most of these services can be privately purchased. State funded LTC services have income/resource and service eligibility criteria. For a service and program summary of state funded services and eligibility information call your senior center. You also have the right to control your property when planning for anticipated future service needs. The state and federal laws have recently changed concerning transfer of assets and property liens; lawyers and financial planners often help in planning.

Do You Know Your Rights?

Your Basic Rights remain the same regardless of where you live or stay.

Your Rights remain the same even if you need help from your attorney-in-fact who holds your Power of Attorney, family or service provider.

It is **Your Right** to be free from physical, sexual, verbal, or mental abuse or exploitation.

Your Right to live where you wish is not subject to your family, doctor, service provider, holder of your Power of Attorney, or legal Guardian. No one can force you to live in any place you do not want to live.

You have the **Right** to report to the sheriff if you believe personal articles have been stolen, no matter where you are staying or living.

Rights for those in Nursing Homes

Those in Nursing Homes have had what are affectionately known as OBRA rights for several years. OBRA stands for Omnibus Budget Reconciliation Act, and this was the federal statute which provided for these rights in Nursing homes.

The passage of state residents' rights legislation in Washington (SHB 2154) insures that persons in boarding homes, adult family homes, and veterans homes will have the same protection.

- Mail will be unopened. Ways to write letters will be available.
- Married couples can share rooms if they wish.
- Facility rules will be available; as will the numbers of the regulatory agencies; as will how to reach the ombudsman.
- Funds kept by the facility must be accounted for.
- A grievance procedure must be in place.
- Visitors are encouraged.
- Waivers of liability for loss of personal property cannot be required.
- A telephone must be available, and be in a place where a call can not be overheard.
- Doctors, ombudsman representatives, Protection and advocacy persons, personal representatives, and others who have the residents consent must be allowed to visit the resident.

(continued on page 2)

*Happy
4th
of
July*

inside...

Pets and Fireworks
Choosing your Lawyer
Elvis
Membership

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Rights (Continued from page 1)

- Residents have the right to have their own personal property in their rooms, and to wear their own clothes.
- Residents must receive notice before changes in room or roommate.
- Freedom from assaults, and abuse whether verbal, sexual, physical or mental.

This extension of rights to Adult Family Homes, Boarding Homes, and Veterans Homes will mean that your rights will no longer depend on your care setting. You will have the same rights no matter where you live. This act passed without dissent.

Pets, fireworks precautions

It is important to protect your pets during the fireworks season. Pets are terrified at all the noise around the Fourth of July.

To keep the Fourth of July safe and sane for your pet, the Humane Society suggests the following:

- * Make sure your pet is wearing a current license tag.
- * Have a clear, color photo of your pet on hand for posting, in case it does escape.
- * Place cotton balls carefully in your pet's ears. This can reduce the noise level.
- * Call your veterinarian if your pet is nervous or shows panicky behavior. Your vet may suggest a prescription for tranquilizers.
- * Keep pets properly confined or inside the house on the holiday.
- * Try to stay with your pets. You should not leave them alone during the actual firework display.

If your pet becomes lost you can call the Animal Protection Society of San Juan at 378-2158, or the business line for the San Juan County Sheriff's Office.

Choose Your Lawyer With Care

"Anyone who needs the legal assistance of an attorney should know how to choose the right attorney for their needs," says Erica Wood, Associate Staff Director, American Bar Association Commission on Legal Problems of the Elderly. Ms. Wood said, "Many people mistakenly assume that any lawyer knows the law without considering that law is vast, complicated and ever-changing subject." The solution to your legal problem may well lie with choosing the right attorney. Much like you would

choose a doctor, choosing an attorney should be a planned and thoughtful process. Ms. Wood offers the following steps as a guide when "shopping" for a lawyer.

> Is the lawyer licensed in the state where they practice law? Check the State Bar Association.

> Do they have an area of specialty "Focus" relating to your legal problem? Many lawyers will develop a specific knowledge of certain areas of law. The Bar Association does not provide licensing based on a specialty or expert status; such status is self-assigned by the attorney. Check to see if they are a member of any professional organization that focuses on legal issues of the elderly.

> Do they have a reputation for excellence in your community? Are they known for being ethical, responsive to and successful for clients.

> Is information about their charges and rate policies available, understandable, and clear? Are they willing to discuss it with you?

> If the answer is "yes" to the above questions you have a positive base of information to make an appropriate decision," continued Ms. Wood. "You should be as careful with the choice of an attorney as you are in choosing your family doctor."

A free brochure is available, **Questions and Answers When Looking for an Elder Law Attorney.** Send a self-addressed, stamped long envelope to the National Academy of Elder Law Attorneys, Inc. 655 N. Alverton Way, Suite 108, Tucson, AZ 85711.

Elvis Rumored to Be Living in Washinton State

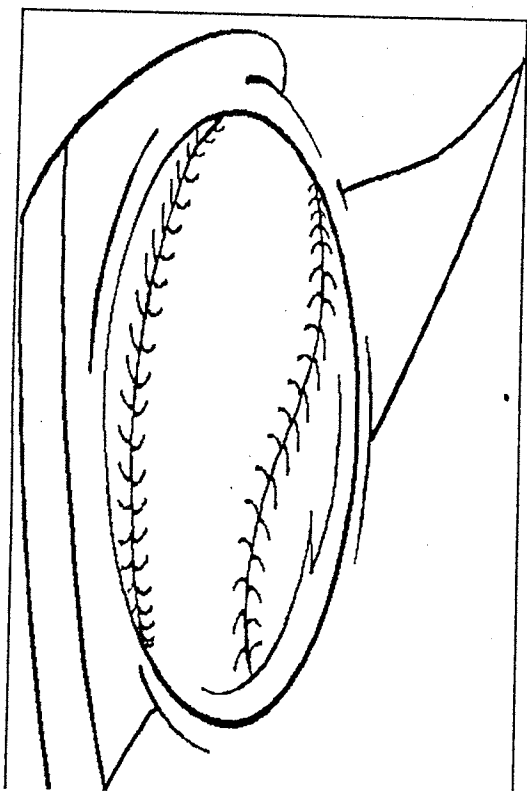
Sequim- Unidentified sources reported sightings of Elvis in different long term care settings all over the state. Investigation to substantiate the rumor has lead this reporter from Blue Mountain Road in Sequim to the Columbia Gorge.

The Elvis rumor first surfaced in May last year when Elvis was reported to be receiving in-home Chore services at his cabin on Blue Mountain Road. Attempts to verify this by the local Chore provider were thwarted.

"The names of our clients and the services they receive are strictly confidential," reported Chore Supervisor, Ms Cibil Wright.

In September, Elvis had been seen at the Wednesday sing-a-long for residents of Mountain Hi Nursing Home, close to the Canadian border.

The Administrator, Mr. R.U. Sure, stated in response to questioning, "Unless you have a signed release, we will not violate a resident's right to privacy and confidential services". Mr. Sure would not release a list of who lives at Mountain Hi. Confidentiality presented the same problem at an adult family home on the Columbia Gorge where it has be reported he lived for 5 months. It would seem that confidential services and the right to privacy are well understood by providers in Washington State.



ORCAS EVENTS AND MENU ITEMS

July 1994

SEATTLE MARINERS VS BALTIMORE ORIOLES

Join us July 20 for a trip to the Seattle Mariners' half price Senior Day. Van leaves on the red-eye for a 12:30 pitch out.

Return boat depends on number of innings played.

\$20.00 includes your box seat ticket, ferry and van fares.

Lunch is on you (no pun intended - mustard anyone?).

Grab your mitt and come along. This is an

intergenerational trip -

grandchildren welcome, if you don't have any available, we'll

lend you some. Reservations required by July 8.

Call 376-2677.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
LUNCHEON HOSTESSES Ellen Emery and Miriam Stout			Walkie Talkie Hiking Group each Weds at 10a.m. Long- house		1 LUNCH Meatloaf	2 4th of July Activities on the Center LAWN
3	 Center Closed for Holiday	5 LUNCH Macaroni and Cheese	6	7	8 LUNCH Chicken and Biscuits	9
10	11	12 LUNCH Enchiladas Advisory Committee 1 pm/Sr. Ctr	13	14	15 Library Day LUNCH Sweet/Sour Chicken DOCTOR DAY	16
17	18	19 Blood Pressure Clinic LUNCH Meatballs Arthritis Foundation representative joins us for lunch 19th. Presentation, questions and answers for half hour or so AFTER lunch. Plan to stay for valuable program.	20 TRIP TO MARINERS BASEBALL	21 FOOT CARE CLINIC	22 LUNCH clam Chowder & Fish Sticks	23
24	25	26 Birthday LUNCH Italian Chicken	27	28	29 LUNCH Sloppy Joes	30
31	July and August will bring us an Assistant Cook so our wonderful Keri can have some time off with her family. On Fridays please introduce yourself to Brent Larson. Brent has a strong background in food services and we are sure you will enjoy his style. Glad to have you with us Brent!!					

ORCAS ISLAND SENIOR CITIZEN INTEREST SURVEY

We are thinking about planning more activities and programs in conjunction with the Tuesday and Friday lunches but we want to make sure that the things planned are things that you would stay for after lunch and enjoy. Please look through each category and circle any and all of the activities listed that interest you. Feel free to attach comments or let us know if there is a particular area you would like to teach. Thank you so much for your time and cooperation.

Please bring completed surveys to lunch or return them to the Senior Center,
P.O. Box 18, Eastsound 98245. Extra surveys available by request.

<u>Guest Speakers</u>	*	<u>Crafts/Hobbies</u>	*	<u>Music/Dance Performers</u>
Health Care Issues	*	Leather working	*	Vocal - adult groups
Current Event Issues	*	Woodworking	*	Vocal - youth groups
Historical Events	*	Jewelry making	*	Piano
Travel	*	Basketry	*	Instrumental
Legal Issues	*	Pottery	*	Handbells
Financial Issues	*	Macrame	*	Ballet
Other: _____	*	Decapage	*	Tap Dance
_____	*	Painting	*	Jazz Dance
* * * * *	*	Sketching	*	Folk Dancing
<u>Group/Team Games</u>	*	Embroidery	*	* * * * *
Jeopardy or other	*	Knitting	*	<u>Music/Dance Participation</u>
trivia type games	*	Crocheting	*	Secular Singalong
Board/table games	*	Silk Screening	*	Hymn Singalong
Problem Solving games	*	Bead work	*	Square Dancing
Casino afternoon	*	Cake decorating	*	Ballroom Dancing
Bingo	*	Stained Glass	*	Country Dancing
Humorous or dramatical	*	Quilting	*	Modern Dancing
situations w/audience	*		*	Line Dancing
participation	*		*	International Folk Dancing
* * * * *	*		*	* * * * *
<u>Theme Party Lunches</u> - where lunch, suggested attire	*		*	
music, decorations, games and activities are all	*		*	
around a certain theme, such as:	*		*	
Beach Party	*	Shipwrecked Party	*	Name: _____
Mexican Fiesta	*	Old West Party	*	Phone: _____
Hillbilly Party	*	Hawaiian Luau	*	
Other: _____	*		*	

PLEASE NOTE: IF YOU WOULD LIKE TO SHARE YOUR IDEAS OR SUGGESTIONS ABOUT THIS SURVEY
PLEASE CALL LYNN MC INTOSH AT THE SENIOR CENTER 376-2677 MONDAY MORNINGS 9-NOON.

Senior Membership

If you have not already signed up as a member of Senior Services of San Juan County, please do so now. Not only will your membership fee benefit all the senior programs, it will enhance your life as well.

With your **\$5.00** membership fee (for each person), you will receive:

- > **1 Free lunch at your local senior center**
(worth \$2.50)
- > **1 Free trip on the senior van to the mainland.**
(worth \$10.00)
- > **A list of businesses that offer a senior discount when your card is presented.**
- > **A reduced membership to COSTCO.**
(Membership information may be obtained by calling Loren Alexander -468-2325)

Why should you become a member of San Juan Senior Services?

San Juan Senior Services assists seniors in a variety of ways. Some of the programs designed to help are; respite care, home nursing, housework, personal care, transportation, medical equipment, senior meals, health care clinics, case management, information and assistance calls, as well as the monthly newsletter. These services are available to **ALL** seniors in San Juan County whether you have a membership card.

The specific programs your membership fee will help are the nutrition program (congregate and home delivered meals twice a week at each center), and the transportation program (insurance for all vans, fuel repair and licensing).

We hope that if you have not already joined you will fill out the application on the back side and mail it to the address shown, or drop it off at your local senior center. This is such an easy way to participate in a very worthwhile organization. These are yearly dues and will greatly help all three senior centers. Thank you for caring and participating.

San Juan County Senior Services Membership Application

Center Lopez:____ Orcas:____ San Juan:____

Name:_____

Address:_____

Telephone Number:_____

+++++

San Juan County Senior Service Membership Application

Center Lopez:____ Orcas:____ San Juan:____

Name:_____

Address:_____

Telephone Number:_____

+++++

San Juan Senior Services

P. O. Box 951

Friday Harbor, WA 98250

Senior Signal

San Juan County Senior Services

P.O. Box 18

Eastsound, WA 98245

Bulk Rate

U.S. Postage

PAID

Eastsound, WA 98245

Permit #10

inside...

Pets and Fireworks
Choosing Your Lawyer
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Membership

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Senior Signal

August 1994

Keep Senior Services In Mind When Donating

With government dollars shrinking, more and more organizations are asking for financial assistance. With tax laws changing, it makes giving gifts of money and the process of deciding who to give financial donations too difficult. Often when people do think of making a monetary gift to an organization, only large, well-known groups come to mind. If at the present time you are rewriting your will, or thinking about it, or you are looking for a worthwhile cause to make a tax deductible donation to, please think locally.

Senior Services Council of San Juan County (a private, non-profit organization) along with San Juan County Senior Services (a governmental agency) provide numerous services to those residents ages 60 and above. Orcas, San Juan and Lopez Islands have senior centers staffed by professionals and supported in their efforts by volunteers. These volunteers give thousands of hours many of which are used to organize and carry out fund-raising events to raise money to supplement the Transportation, Nutrition and Building funds. It becomes discouraging to the senior citizens to be asking for money for their projects when they would like to be able to

help organize multi-generational projects for everyone's benefit.

Senior Services has over the past few months started its first membership drive which could answer the continual need for additional funds for the Transportation and Nutrition expenses. If each of the 4,000 senior citizens living in San Juan County would become a member for the small fee of \$5.00 per year, \$20,000.00 a year would be raised. At the present time the membership drive is falling short of its goal.

Considering the above information, we would like to suggest that you keep Senior Services in mind when you are planning monetary gifts to organizations. Since the Senior Services Council of San Juan County is a private, non-profit organization, all donations are tax deductible. Your financial advisor or attorney will be able to give you information on the proper procedures to follow when giving gifts of money to a group.

For additional information on the local needs of your Senior Service Center call one of the following numbers: Orcas 376-2677, San Juan 378-2677, or Lopez 468-2421.

New Senior Centers Becoming A Reality

Orcas and San Juan are closer to having new homes. At last report Orcas Seniors and San Juan County Fire District #2 (Orcas Fire Department), have agreed on a purchase price and are both starting along the road towards new facilities.

Joyce Rupp, Director of Senior Services, reported that the Orcas Advisory Board has selected an architect and will have preliminary drawings by September 1st. This will enable people to see what they will be getting, and how the whole project will work. There is a model available at the Orcas Senior Center for you to look at. Joyce also reports the fundraising campaign is getting organized. The next 6 months to a year will be an exciting time on Orcas as plans really start to develop.

Not to be out done by Orcas, San Juan Senior Advisory Board is in the final stages of negotiations with the County Fair Board for location of its new center. Preliminary plans are available at the Grey Top Inn and they also have a model of their proposed building. To go along with the model an artist is now working on an elevation drawing of the building that can be used for display purposes.

inside...

Stroke Prevention Screening Program
Caring for Caregivers
Fair Booth
Challenger Challenge

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Health Tips

Staying ahead of athlete's foot

The fungus that causes this itchy rash thrives in the warm, wet environment between your toes. The key is keeping your feet dry.

> *Select well ventilated shoes-* Wear sandals, leather shoes or athletic shoes with ventilation holes that allow feet to "breathe." Avoid shoes made of synthetic materials such as vinyl or rubber.

> *Alternate shoes-* Don't wear the same pair every day. Change wet shoes immediately. Don't store out-of-season styles in plastic.

> *Protect your feet in high-risk areas-* Wear waterproof sandals or shoes around public pools, showers and locker rooms.

> *Wear cotton socks-* When wearing closed-toe shoes, wear socks made of cotton or polypropylene that "wick" away moisture.

Fabrics like nylon or rayon prevent moisture evaporation.

> *Change damp socks-* If your feet sweat, change your socks twice a day.

> *Use antifungal medications-* For recurring infections, use an antifungal medication such as clotrimazole (Lotrimin AF, Mycelex OTC), undecylenic acid (Desenex, Curex) or miconazole (Zeasorb-AF, Micatin).

If an infection lasts longer than two weeks, see your doctor.

Caring for Caregivers

Determined self-defense is the best way caregivers can avoid becoming the "second victims" of Alzheimer's, experts say. Here are some pointers.

Learn as much as you can about the disease so you'll know what's ahead.

Get advice early on from a lawyer familiar with elder law. For example, you may want to learn about guardianship.

Take care of your health. Studies suggest that strong support, a regular respite from caregiving duties and good medical care can keep you going.

The Alzheimer's Association at (800) 272-3900 can help you locate a local support group (or tell you how to start one). With 35,000 volunteers in 220 chapters nationwide, the association offers a myriad of services, from providing information on home care to awarding grants to eligible caregivers for respite care. Some chapters even function as ombudsmen for families that get ensnared in red tape while seeking help from public services.

The association has also launched "Safe Return," a federally funded computerized "lost and found" to locate patients who have wandered away from home. "Safe Return" plugs families into a registration and identification system, linking them to a computer data base via a toll-free telephone number.

Other helpful groups to call include: The Alzheimer's Disease Education and Referral Center (ADEAR), for printed materials and lists of helpful groups and government agencies. The number is (800) 438-4380.

San Juan County Senior Services at all three centers can help with legal assistance, home health and transportation.

Stroke Prevention Screening Program Created

Under the direction of the National Stroke Association (NSA), the National Stroke Prevention Program ensures individuals most at risk of suffering a stroke know the warning signs. The main goal of the program is to educate adults over the age of 50, African Americans and people with undiagnosed or untreated stroke risk factors, including hypertension and diabetes. A free how-to-guide provides hospitals, medical groups and other organizations with information and tools to conduct stroke screenings. More than 100 hospitals have joined the program, and more than 30,000 adults have been screened. To receive a copy of the program guide or additional information, contact Marjorie Anderson, NSA Director of Communication, (800)STROKES.

Senior Services Fair Booth

San Juan County Senior Services will have a booth at the San Juan County Fair between August 18 and 21. Volunteers will be needed to staff it during the time the fair is open. San Juan seniors have volunteered to do all the evenings so Orcas and Lopez don't have a large problem with the ferry. The plan is to sell pop corn and probably ice cream bars. The booth will also have information about Senior Services and membership applications will be available. Be sure to contact your local senior center for participation. You get free entrance to the fair.

HEALTHY PEOPLE 2000

HEALTHY PEOPLE 2000 is a national initiative to improve the health of all Americans through prevention. It is driven by 300 specific national health promotion and disease prevention objectives targeted for achievement by the year 2000. HEALTHY PEOPLE 2000's overall goals are to: increase the span of healthy life for Americans, reduce health disparities among Americans, and achieve access to preventive services for all Americans.

For more information about this unprecedented collaborating of both public and private sector groups, contact Lisa Kane, Office of Disease Prevention and Health Promotion, Room 2132, 330 C Street S.W., Washington D.C. 20201; (202) 205-9370.

❖ORCAS SENIOR NEWS❖

AUGUST 1994

BACK BY POPULAR DEMAND SENIOR RUMMAGE SALE

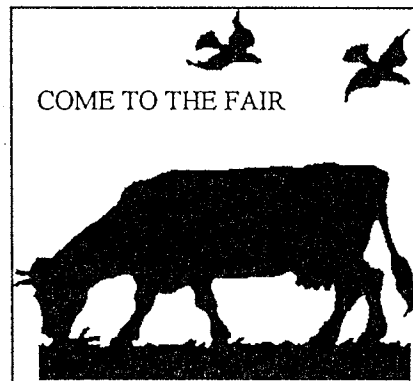
We tried not having a rummage sale this year because it really is a lot of work but we got so many requests and so much disappointment that we have bowed to the pressure (and actually, we really are scroungers at heart). So, dust off your treasurers, drop them by the Senior Center during August and then

SAT., SEPTEMBER 10
10:00 a.m. to 2:00 p.m.

on the Senior Center lawn we'll try to sell them. You can help us out by looking honestly at your rummage donations and asking yourself if they are saleable. Trips to the dump can cost a chunk of the profits so please be sure things are clean and useable. Garden produce welcome too!

For your dining pleasure we will have hot dogs, pop and popcorn so:

- 1) Clean your attics and bring us some good junk.
- 2) Come enjoy the event with us and
- 3) Volunteer to help.



FAIR THEME for 1994:

*WE CAN'T BE TOO CAREFUL
WITH ISLANDS*

WELCOME TERRY SLOCOMBE

Please welcome our new cook's assistant and substitute cook Terry Slocombe. Daughter of lunch regulars Ann & Russ Slocombe, Terry brings a broad background in food services and a cheerful smile to our meal program. Keri Stone is still with us, just spending a little more time at home.

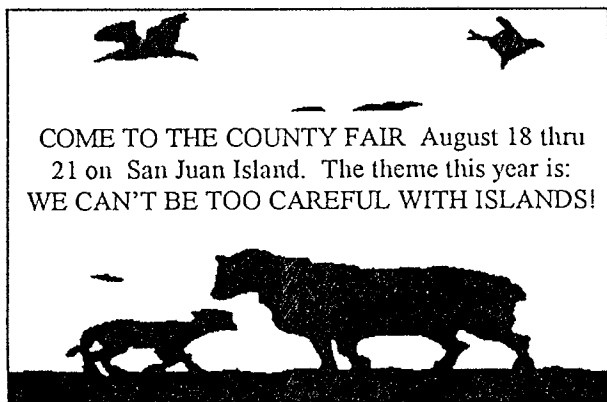
VAN TRIP IDEAS NEEDED

The trip to the Challenger Exhibit at the Museum of Flight is an example of some of the fun trips we can do. Please share your ideas with us. Let us know where YOU would like to go. Organize a group of your friends for a trip together or let us know about medical appointments.



FUND RAISING STEERING COMMITTEE MEETING SET

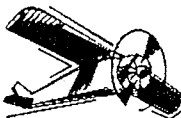
New center fundraising plans are gearing up. As we work toward remodeling of the Eastsound Fire Station-into a multi-purpose Senior Center, obviously there is a need for funds to purchase the building and complete the project. Wednesday, August 10th at 10:00 a.m. the Steering Committee will meet in room 216 at the School. We are attempting to invite those in the community who have been involved in successful fundraising efforts over the years. PLEASE, if you have experience, expertise or energy to lend to this project and have not gotten a personal invitation - HERE IT IS! Come and lend your support to this valuable and worthwhile community project. Call 376-2677 for more information.



THANKS TO OUR LUNCHEON VOLUNTEERS
 we are able to bring you comfortable, cheerful
 and nutritious meals at a reasonable cost.
 Volunteers set tables, greet new ones, help with
 clean up and many, many other tasks. Please
 feel free to pitch in any time. Our gratitude
 if you already do.

LUNCHEON HOST AND HOSTESS FOR AUGUST:
ED & ELAINE BOWMAN

August 1994

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1	2 <u>LUNCH:</u> Baked Cod	3	4	5 SPECIAL MUSIC <u>LUNCH:</u> Salisbury Steak	6 ORCAS  FLY-IN
7 Come to the airport for pancake breakfast and see all the wonderful planes. Feed your need to fly!!	8	9 <u>LUNCH:</u> Cheese Tortellini Caesar Salad Adv. Comm. 1pm - Sr Ctr	10	11	12 CANDIDATES FORUM <u>LUNCH:</u> Sweet & Sour Chicken	13 LIBRARY FAIR on the MUSEUM GROUNDS
14	15	16 <u>LUNCH:</u> Turkey Divan B.P. Clinic with PUBLIC HEALTH Nurse JAN SMITH	17 SAN JUAN COUNTY FAIR Thurs thru Sun in Friday Harbor	18  FOOT CARE CLINIC	19 <u>LUNCH:</u> Breaded Fish	20
21	22	23 JEOPARDY 11a.m. <u>LUNCH:</u> Reuben Sandwich Potato Salad	24	25	26 <u>LUNCH:</u> Baked Savory Chicken KEY BANK REP. at lunch	27
28	29 Senior Services Council meeting Time and Location will be announced.	30 OLD WEST Dress Up Day BIRTHDAY <u>LUNCH:</u> Pork Chops	31	<div> Senior Center will be closed Monday, September 5th, in observation of LABOR DAY. Luncheon will be served on Tuesday, September 6th. </div>		

Take the Challenger Challenge

Come fly a mission in the Northwest's only Challenger Learning Center. Imagine it is the 21st century. In a space station orbiting high above the earth, your group is part of an astronaut crew performing an important science mission. On earth, mission controllers provide needed instructions and solve problems. Emergencies occur, threatening the outcome of the mission-and the safety of the crew. It is up to you to work together, avoid disaster and accomplish the mission in time. It's just simulation, but as close to the real thing as you can get.

Each crew member serves as a "Mission Specialist" on one of the following teams, each team playing a critical role in the success of the mission.

BIOSPHERE REMOTE

PROBE

NAVIGATION

LIFE SUPPORT

ROBOTIC ISOLATION

DATA

MEDICAL

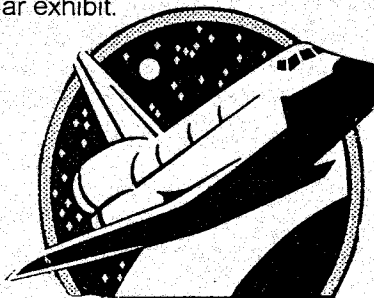
COMMUNICATION

If you have ever wondered what it is really like to be in space, you now have the chance to find out.

September 22nd is a Thursday and we have reserved the Museum of Flight's Challenger Program for San Juan County Senior Services. Be one of 32 people who will be able to participate in this program. For \$35.00, and that includes your ferry fare and entrance fee you will have an out of world experience. If you are a member of San Juan County Senior Services and have not yet taken advantage of your free off island ride, the cost will only be \$25.00. We want to have participant from all islands, and the

sooner you register the better. This will be a pay as you register trip, so if you need to cancel you will need to get a replacement.

There will be sign up sheets at each senior center. Be the first on your block to sign up to experience this million dollar exhibit.



White House Aging Conference to Explore Generational Issues

This century's fourth White House Conference on Aging, to be held in May 1995, will be asked to develop new initiatives for serving America's rapidly aging population and for promoting intergenerational cooperation.

"An older America must soon face a new century," President Clinton said in convening the conference. "A 1995 White House Conference on Aging allows us to plan for this challenge."

Delegates are expected to focus on health-care, income security, housing, nutrition and mental health, says Robert B. Blancato, the conference's executive director.

Clinton is continuing a tradition begun by President Kennedy, who convened the first aging symposium in 1961. Succeeding conferences were held in 1971 and 1981 (former President Bush did not hold the scheduled 1991 session).

Blancato, 43, a former subcommittee staff director of the House Select Committee on Aging, said meetings are being held around the country to get suggestions for issues to be taken up at the 1995 conference. One issue that is emerging as a possible topic, he says is loneliness among the elderly.

Legislation authorizing the conference also directed delegates to examine common problems between generations, recommended ways to raise public awareness of the interdependence of generations and suggest steps to improve coordination of federal, state and local aging policies.

Conference planning will be carried out by a 25 person policy committee to be chosen jointly by the White House and Congress. Among other things, the committee will decide on a date and place for the conference, the number of delegates and the method of choosing them.

Lopez Holds Annual Country Store and Silent Auction

Lopez Seniors will be holding their annual Country Store and Silent Auction on Saturday, August 6th. For any of you off islanders this would be a great way to spend your time and some of your money. Lopez always has some really neat stuff in the general merchandise area. Then you get into the bake sale, chili, and Silent Auction and you have entered into a shoppers paradise.

What makes the sale such a success is the amount of items donated. Clean out your closets, your storage sheds, barns etc. Call 468-2421 and arrangements will be made for you to deliver or someone to pickup your items.

Any of you who live on another island and wish to contribute, give Lopez Senior Center a call, let us know what you have, and hopefully it can be used. Items we DO NOT take are mattresses, clothes, and books.

Older Americans and Misuse of Medicine

Some 9 million adverse drug reactions occur in older Americans each year. To address this problem, the National Council on Patient Information and Education (NCPiE) and the Administration on Aging have created the National Brown Bag Medicine Review Program. This program aims to meet the HEALTHY PEOPLE 2000 objective of increasing to 75 percent the proportion of physicians and pharmacists who provide medicine reviews for older patients. The medicine review is an important tool for reducing the possible hazards of using multiple medicines. "Brown Bag" programs encourage patients to bring both prescription and non-prescription medicines to a health professional for assessment. The physician or pharmacist checks the medicines for side effects and provides proper instructions for their use. These reviews have uncovered such problems as outdated or ex-

pired medicines and patients taking the same medications under different names. For more information or to order a Brown Bag Medicine Review Starter Kit for \$45, contact NCPiE, (202) 347-6711.

On Lopez the Lopez Island Pharmacy has had this program available for some time. If you would want a review call 468-2616 and ask Ron for an appointment. On other islands contact your local pharmacy.

*Plan to
Attend
The
Fair*

Telephone Number To Remember

Numbers to keep 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 Lines
376-5465
468-3021
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

East

Marte Harter
Rt 1 Box 1440
Eastsound, WA 98245

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

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Stroke Prevention Screening Program
Caring for Caregivers
Fair Booth
Challenger Challenge

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Senior Signal

September 1994

Social Security Celebrates Anniversary

New Changes in SSI and OASDI

This year is the 58th anniversary of the Social Security Act, the law that established the program.

For more than a half-century, a compact between the people of the United States and their government has resulted in basic economic security for American workers - and their families - when these workers retire, become disabled or die. This compact, known as Social Security, is one of the most successful and far-reaching Federal programs ever enacted.

But today's workers, are concerned about the future of the Social Security program. Their apprehensions are partly rooted in misleading reports that their Social Security tax money is being used to finance other government programs or that the trust funds, the repository of their taxes, contain IOUs that will not be redeemable in the future. Both these ideas are based on a lack of understanding of the investment procedures mandated for the trust funds.

All money not used to pay benefits or administer the Social Security program is invested in U.S. Government bonds, generally considered the safest of all investments. The government uses that money, in turn, to finance other projects, but

Social Security continues to hold the bonds, not IOUs. Just as the government pays you back with interest when you redeem your U.S. Treasury bonds, it has always made good on its obligations to Social Security. There is no reason to think it won't continue to do so.

Young people also are concerned about getting their "money's worth" out of Social Security. This concern indicates a misunderstanding of the concept of social insurance and grows out of inappropriate comparisons between Social Security and private investment programs.

The social goals and objectives that are the foundation of Social Security make it difficult to compare this program to private investment plans. Among these objectives are raising the standard of living for lower-income workers and providing income security to the families of all workers. The formula used to determine the Social Security benefit amount is weighted to favor workers with long-time low earnings, workers who have less ability to save during their working years for the events that Social Security provides benefits for: retirement, disability and death.

New federal regulations require changes in the operation of Title II (Old-Age, Survivors, and Disability Insurance) and Title XVI (Supplemental Security Income) programs of the Social Security Administration. The Social Security Administration is now required to take into account individual limitations such as:

Any physical disabilities, or mental difficulties, lack of education, or any problems with speaking or understanding English.

Whenever it makes a determination of whether an applicant or recipient of benefits has "good cause" for failing to observe a requirement of the Title II or SSI Program. Prior to this revision, the Social Security Administration was under no duty to consider the problems listed above in deciding whether to deny, terminate, or suspend benefits, or waive an overpayment. The effect of this new amendment is that recipients of Social Security and Supplemental Security Income now have greater protections in receiving essential benefits.

The new requirements include the following determinations:

- 1) whether there is "good cause" for failing to submit reports timely or changes in earnings or assets.

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Anniversary (continued from page 1)

They and/or their dependents receive Social Security benefits that represent a greater percentage of their average earnings than do workers who have had higher wages and salaries. And, significantly, the Social Security benefits paid to their families generally are more substantial than those paid by private plans. Furthermore, a worker's benefit is not reduced because family members receiving benefits based on his or her work and earnings record, as may be the case with private insurance plans.

When you're considering the true value of Social Security, it's important to remember that the program pays more than retirement benefits. Disability and survivors benefits are significant components of the system. These non-retirement benefits are particularly important to young workers: about 42% of men and 28% of women will die or become disabled before reaching retirement.

What you'll get out of the program will depend on a number of factors besides what you have paid into the system during your working years. These factors include age, marital status and life expectancy. Some workers will get more than others because of their individual circumstances, but that's the nature of a social insurance program.

As the anniversary of the signing of the Social Security Act by Franklin D. Roosevelt is observed this year, it is easy to look back and see the dramatic impact Social Security has had on American society. For more than 50 years, it has been one of the Nation's most important, far-reaching and successful government programs, and it will continue to provide economic security to workers and their families into the foreseeable future.

State Offers Energy Tips

Is it time to begin making energy improvement to your home, before bad weather? If so, consider which ones to make first. By taking conservation steps in order of their cost and energy savings, improving the comfort of the home and cutting the energy bill can occur at a faster rate.

The Washington State Energy Office (WSEO) has compiled a list of energy conservation improvements that is arranged in order of their payback, an estimate of how long it will take for energy savings to offset the initial cost of a conservation measure. It is based on the cost of the improvement and energy it saves. Generally speaking, improvements with a quick payback cost the least to make yet save a substantial amount of energy.

If no conservation steps have been taken yet in the home, it makes sense to start at the beginning of the following lists with several no-cost actions and work through them to the more expensive, longer payback items. It makes little economic sense to install commercial storm windows before making other improvements like caulking, weatherstripping and attic insulation.

Immediate payback energy saving actions include lowering the space heating thermostat at night and whenever the house is unoccupied; lowering the water heater thermostat to 120 degrees; and installing a shower flow restrictor; installing gaskets behind electrical outlets and switching plate covers.

Energy conservation actions with a less than two-year payback include installing automatic setback thermostats; do-it-yourself weatherstripping; do-it-yourself caulking; do-it-yourself storm windows (less than \$1 per foot, e.g. flexible vinyl glazing); sheet metal fireplace covers; oil furnace annual tuneup and hot water tank/hot water pipe insulation.

Those energy conservation improvements that have a payback of

two to five years include attic insulation to R-19 (over unheated spaces); furnace duct or boiler pipe insulation in unheated spaces; do-it-yourself storm windows (less than \$3 per square foot, e.g. rigid acrylic glazing); do-it-yourself insulated window covers (minimum R-3 and less than \$5 per square foot); low cost fireplace modifications (e.g., flue top damper; inexpensive glass doors); passive solar design in new construction; and solar heating of pools.

Lastly the following energy conservation improvements have a greater than five-year payback: insulated window covers (minimum R-3 and greater than \$5 per square foot); commercially installed storm windows or insulated glass; wall insulation; replace conventional oil burner with flame retention burner; fire-place inserts and woodstove; solar or wood domestic water heating; energy efficient appliances (especially refrigerators, freezers and air conditioners).

These tips, compiled by WSEO's Education and Information Network staff, are available in booklet form, free of charge. The WSEO also publishes air quality, resource conservation, heating system, home conservation, hot water, solar design, low cost home tips, state energy code, transportation, wood heat, facility management and lighting brochures.

Please contact WSEO toll-free at 1-800-962-9731 for more information.



ORCAS SENIOR NEWS & CALENDAR

SEPTEMBER 1994

SATURDAY, THE 17TH, Orcas Senior Center will be having our **Annual Rummage Sale**. The sale will be open from 10 AM to 3 PM featuring all sorts of good things to buy PLUS hot dogs, popcorn and pop. If you are doing your fall cleaning early and find some **SALEABLE** items, please drop them by the Senior Center weekdays 9-4. If you have larger items, just give us a call 376-2677 and we will arrange for a pickup. Please **DO NOT** leave items at the Senior Center unless someone is here to receive them. Also, we would like to have some volunteers to help with the sale, please call and offer your help, it won't take that long and your help will be appreciated.

Monday, the 5th - Senior Center will be closed for Labor Day.

Tuesday, the 13th - Jan Smith, Public Health, for lunch blood pressure check.

Thursday, the 15th - Foot Clinic at Senior Center, call 376-2677 for an appointment, don't forget your towel.

SATURDAY, the 17th - Senior Center Rummage Sale - 10-3.

Tuesday, the 20th - Ron Myers from **WESTERN HEARING AIDS**, checking hearing aids and doing hearing tests, call for an appointment.

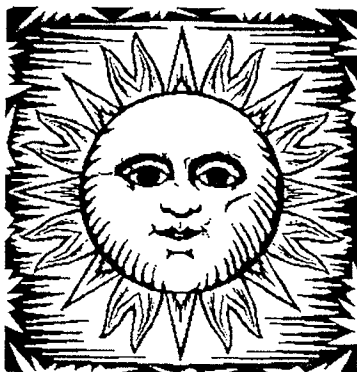
Thursday, the 22nd - CHALLENGER TRIP - sign up to have the voyage of your life on the space shuttle Challenger. For half of the trip you are a member of the Control Center, then switch to the crew of the space ship. Call the Center for reservations, this is a three island trip and space is limited. Cost is \$35.00 per person.

Sunday, the 25th - United States Air Force BIG BRASS BAND JOHN PHILIP SOUSA CONCERT.

Orcas Center is offering an **ABSOLUTELY FREE** Concert on Sunday the 25th starting at 4 PM. The Senior Van will be available for the concert, please call the Center 376-2677 if you wish to attend.

Tuesday, the 27th - NAUTICAL BIRTHDAY LUNCH

Join us for Senior Birthday Lunch in your favorite Nautical Outfit.





Here's wishing you
ripe tomatoes (OPAL!)

September

1994

SUN MON TUES WED THURS FRI SAT

				1	2	3
					<u>LUNCH:</u> Chicken & Biscuits	
4	5 Senior Center Closed for Labor Day	6 <u>LUNCH:</u> Sweet/Sour Chicken	7	8	9 <u>LUNCH:</u> Swedish Meatballs	10
11	12	13 B.P Clinic <u>LUNCH:</u> Cook's Choice	14	15  Foot Care Clinic	16 <u>LUNCH:</u> Baked Chicken	17  RUMMAGE SALE - 10-3 Senior Center Yard
18	19	20 Western Hearing Aids <u>LUNCH:</u> Macaroni & Cheese	21	22 TRIP to Challenger Space Shuttle Project - Boeing	23 <u>LUNCH:</u> Taco Salad Casserole	24
25 Ice Cream Social and USAF Brass Band SOUSA Concert Orcas Ctr. 4 p.m.	26 TRIP to Anacortes for Medical Appts.	27 <u>LUNCH:</u> Turkey & Trimming	28	29	30 <u>LUNCH:</u> Chicken Fried Steak	

RUMMAGE
SALE

Saturday,
September 17
10 am to 3 pm

Senior Center
YARD

There is still time to
do your fall cleaning
and drop off your
rummage donations at
the Senior Center.

Then plan to join us
on Sat., the 17th for
some great buys. You
won't believe the
treasures available
this year. Hot dogs,
popcorn and other
surprises, too. Help is
needed, lend a hand.

Pumping Iron Aids Seniors

Are grandma and grandpa looking for a novel way to combat the frailty that plagues many of today's elderly? A new study suggests they consider pumping iron on Muscle Beach or at least strolling over to the local gym for a workout.

A team of Boston area researchers tested the results of an earlier study indicating that at least some of the weakness and immobility seen in the geriatric set might be reversible. This time they randomly assigned 100 frail nursing-home residents with a mean age of 87 to one of four groups for a 10 week period.

Three times a week, participants in group one received intensive resistance training for thigh and hip muscles. Volunteers in groups two and three took vitamin fortified, 360 calorie drinks daily. Group three also received the resistance training. Individuals in the last group received neither of the potentially therapeutic aids.

In the June 23 New England Journal of Medicine, Maria A. Fiatarone of the U.S. Human Nutrition Research Center on Aging and her colleagues report that weight training indeed improved strength, in four cases enabling exercisers to exchange their walkers for a cane. The gains proved unrelated to a participant's age, sex, medical condition, or initial frailty.

Overall, the strength of exercised muscle more than doubled during the trial, in stark contrast to the average 3.9 percent decrease recorded among nonexercising volunteers. Moreover, gait velocity in exercisers increased 11.8 percent and stair-climbing power improved 28.4 percent. Diagnostic scans of the participants' thighs confirmed that only the resistance exercise increased the cross-sectional size of muscle by 2.7 percent.

Everyone falls at some point in their life, but the risk for older Americans is greater and can produce life endangering problems. As people age, their eyesight, balance mechanisms, bones and muscle strength deteriorate. That's why older people fall more frequently and have an increased risk of seriously injuring themselves.

To help combat the effects of falls, proper eating habits and regular exercise are needed to build better muscle and bone strength. An individually tailored program of physical activity, particularly walking, increases muscle tone, thereby reducing the chances of serious injury. Exercise is particularly important because inactivity causes muscles to lose their flexibility and tone. A sedentary lifestyle also accelerates loss of bone mass and complicates recovery for fall victims. If older people have both nature and their sedentary habits working against them, they're more likely to suffer serious injury.

For a person with osteoporosis, a minor fall can result in a major fracture or injury usually of the spine, hip, wrist or shoulder. The disease and injuries from falls can be prevented and combated through exercise, a balanced diet and medically prescribed hormonal supplements.

Inner ear or significant balance problems are another reason why people might fall. If a person is experiencing near falls or dizziness, his internal balance mechanisms need to be checked by a doctor. Balance can even be improved through training and therapy.

There are several precautions people at any age can take to reduce the risk of falling. Avoid medications which cause daytime drowsiness and dizziness. Install grab rails by the commode and bath and place no-slip mats in the shower and bath. Remove or tack down throw rugs. Avoid uneven surfaces such as high carpet or low flooring. Make sure your home is well-lit. Do not fumble around in the dark.

Wear glasses if necessary. Keep furniture in a familiar pattern and do not rearrange very often. For better balance, use a cane.

These suggestions do not guarantee falls will be prevented, but are helpful in increasing safety in the home.

Changes (Continued from page 1)

2) whether a recipient had "good cause" for failing to follow a doctor's recommendations for treatment or failing or refusing to attend a doctor's examination.

3) whether there is "good cause" for waiving an overpayment or adjusting the rate of recovery.

4) whether "good cause" exists for failing to request a timely appeal or failing to attend a hearing.

Challenger Challenge

Don't forget to sign up for the "Challenger Challenge". This will be the trip to the Seattle Museum of Flight on Thursday the 22nd.

It is your opportunity to have first hand experience with the space shuttle and ground control.

We are limited to 32 spaces, so please sign up now. The cost for the trip will be \$35.00, and that includes your ferry fare and entrance fee. We want to have participation from all islands and the sooner you register the better. This will be a pay as you register trip, so if you need to cancel you will need to get a replacement.

There will be sign up sheets at each senior center. Don't pass up an opportunity to experience this million dollar exhibit.

Were the 'good old days' really so wonderful?

The following is a reprint from the Thursday, July 21, 1994 issue of "Prime Times" by Clara Crook.

From time to time, when some of us older ones get to remembering, it's not unusual to hear the phrase "in the good old days."

Somehow it's taken for granted that those days were really good-better than today-when it comes to the high cost of food, rent, medicine, etc.

I sit quietly for some of the discussion time, waiting for some acknowledgment of the good today. If there is no acknowledgment, I can be counted on to remind the assembled of the very low earning then as compared to today.

I have a good memory of a close relative earning \$10 a week on his first job in 1933, with a journalism degree from an outstanding university. He was very happy to have the job. His salary was raised to \$24 per week after passing his probation.

That's not much compared to today's standards. But everything was scaled to the economy then.

Beyond the big differences in purchasing ability, the "good old days" also applies to attitudes. "Respect" is a word that frequently pops up, such as "They have no respect for us."

I remember when the doctor, the clergy and the teacher were the most respected members of the community. One did not address a doctor, minister or teacher by his first name.

By the standard, you were addressed with the same respect. When I reached seventh grade, I was no longer addressed by Clara, but as Miss Brossell, my maiden name.

Today, casual informality is de rigueur. When a senior person is offended, by and large they are considered stuffy. I do not agree, respect is an important value for me.

But I don't believe that I deserve respect just because I have reached the grand old age of 84. For what? For living so long? For still being able to get around? I believe that respect is

based on one's achievements, office and contributions in this world.

Children should respect their parents, but parents should also respect their children.

I believe absolutely in respect for the office of the presidency. I don't appreciate it one bit when the president of the United States is called insulting names. If such charges are deserved, there are appropriate ways to make those charges.

But back to the "good old days." I recently spent two hours listening to three of the world's outstanding tenors. Carreras, Domingo and Pavarotti sang their hearts out to a very large audience. How thrilling and exciting and wondrous.

This could never have happened in the "good old days." We did not have the mass-communications technology to enjoy such pleasure.

It's so easy to forget how good it is today. We older ones are most fortunate to have had those days and live in the (for the most part) wonderful today.

Senior Signal

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

Bulk Rate
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PAID
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Permit No. 10

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Senior Signal

October 1994

Earn Income From Mortgage

Mortgage companies across the nation are now offering another financial product that promises to improve senior's lifestyles. The product is called the "Reverse Mortgage", and it's a way to tap the equity in a senior's own home without the risk of increasing taxes or diminishing heir's inheritance.

Homeowners that are 62 years of age or older including their spouses are eligible, providing that they own and occupy their single family home. This home must be debt free, or nearly so. Homeowners living in HUD approved condominiums are eligible as well.

The reverse mortgage program allows homeowners to tap home equity and receive tax free monthly income and/or a line of cash reserve in a manner that they select. This is available to seniors while they live in their home and maintain ownership. Unlike other loans, seniors do not repay any funds for as long as they live in their home. Repayment is made when the seniors no longer occupy the home due to a move, sale or death.

There are four methods of payment that are available to seniors, and these plans can be changed at any time:

> Tenure allows seniors to receive a fixed monthly income for as long as

they live in the home;

> Term allows seniors to receive fixed monthly income for a period of time they select;

> A line of credit allows seniors to receive funds at times and in an amount they select up to their approved limit, or they may receive one lump sum. Funds that remain in this account

earn daily compound interest creating more available funds for the borrower;

> A combination allows seniors to combine the tenure or term with a line of credit.

A reverse mortgage can be used for insurance, property taxes, home repair, leisure, health care, and the like. The approved loan amount is determined by a calculation that combines the age of the youngest homeowner, an interest rate determined by the 10-year Treasury Bill and a maximum claim amount. This claim amount is the market value of the senior's home or the FHA loan limit in the area they reside.

The interest rate is adjustable and set by the value of the one year Treasury Bill and a lender margin of 1.6%. This rate is determined at the loan closing. It adjusts annually on the loan's anniversary date, and may only adjust up or down by 2% per year.

During the loan life, the rate may only adjust 5% over the first year loan rate. Annual interest charges do not affect the monthly payment. Adjustments only affect the rate the loan balance grows. Interest is added to the loan balance, not paid out of the senior's pocket. Interest is charged on funds the borrower actually uses, not on the total approved amount (unless all funds were withdrawn).

Most fees can be included in the loan balance, meaning the out-of-pocket cost is virtually eliminated. A good faith estimate of fees is provided at application. Closing costs include an appraisal, mortgage survey, title policy, credit report, attorney and recording fees. HUD charges a 2% mortgage insurance premium base on the maximum claim amount and there is a lender origination fee. Generally, closing fees run approximately 3 to 4% of the maximum claim amount.

Often times seniors falsely believe that they can't apply for a reverse mortgage if they have a mortgage or lien on their home. This is not the case. The borrower may pay off an existing debt before applying or use program funds to pay off the debt, they have eliminated their monthly repayment obligations and released their income for other uses. If the senior's home does not meet FHA minimum standards as determined by the appraisal, repairs can be made using loan funds after closing. If repair estimates exceed 15% of their home value, repairs need to be completed before closing.

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Alzheimer Family Resource Project

Living Wills Reduce Anxiety

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Mortgage (Continued from page 1)

Another question that surfaces is that of heirs and inheritance. Depending on how long the borrower participates in the program, home equity may be preserved for inheritance. When the loan balance (consisting of funds received, interest and fees) is repaid, remaining equity stays with the senior's estate. The home may be sold or the senior's heirs may use other financial means for repayment (for example, life insurance policies) and keep the home in the family. The borrower's remaining assets are completely protected.

A final concern may be that of Social Security and Medicare benefits, which are not affected by a reverse mortgage. Medicaid and SSI may not be affected if the funds the senior receives are used within 30 calendar days. (Home Equity Conversion Mortgage funds are loan proceeds so they are nontaxable.) Interest is not deductible until the loan is paid in full or the borrower has made partial repayment on the interest. The borrower's estate may deduct the amount of the HECM balance that is paid off should the borrower pass away.

The borrower may make partial or full repayment on the balance at any time and apply any amount. Full repayment will terminate the loan program. Poor credit history will not affect a borrower's eligibility. Bankruptcy, as long as it has been discharged, will not affect eligibility. If the borrower sells their home or permanently moves out, the loan balance needs to be repaid. However, the reverse mortgage program does not restrict the borrower's decision to sell the home.

Seniors have asked if they are eligible if a spouse is in a nursing home. As long as one homeowner is remaining in the home, the loan and its terms continue with the borrower having complete access to the funds. If the borrower is single and placed in a nursing home, intermittent nursing home stays will not affect the loan. However, if the borrower stays in a nursing home for twelve consecutive

home, repayment of the loan will be required.

If and when a borrower moves or dies, the lender does not take the home. When a borrower moves, they are responsible for using the proceeds for the sale to repay the loan balance. If the borrower dies, the estate needs to contact the lender to determine how the loan balance will be settled. The borrower's estate is also responsible for the sale of the home in question or determining other repayment options.

For more information regarding the reverse mortgage process, please contact your local banker or mortgage broker.

Wills And Words

Wills and words: If a person dies without a will, state law dictates how the person's estate is to be distributed. In a few cases, because of the state law, a will may not be needed, but in most cases state law does not accomplish what the person wants thus making a will important. Words change in meaning from day to day and such words should be avoided in making a will.

To most folks there are lots of confusing words used in a will. One of the major reasons for using such words is that over the centuries the meanings of these words have been interpreted by the courts so that the exact meaning of the words are not subject to dispute or their meanings have not been changed. The use of such words assures the person making a will that his or her wishes will be carried out without argument or contest. Besides the person making the will is never around to say what he or she meant.

A lawyer, in addition to making sure a will complies with the law, so that it will not be contested, may use time-tested words as per stirpes, per capita, ademption advancement, personal representative and descent. A lawyer will explain such words and what he or she means by saying a will is ambulatory. The point is that if a person wants to be sure his or her will is to be carried out as they intend, it is essential that it be discussed with and drafted by a lawyer.

Save Money On Property Taxes

Property tax exemptions and deferrals, based on income, are available for seniors. The three levels of exemptions are:

All excess and special property tax levies are eliminated for seniors 61 and older who have disposable income below \$26,000 a year;

For disposable incomes between \$15,000 and \$18,000 a year, the residence is exempt from all excess or special levies and from regular levies on whatever is greater, \$30,000 or 30% of assessed value, not exceeding \$50,000;

For disposable income below \$15,000 a year, the residence is exempt from all excess or special levies and from regular levies on whatever is greater, \$34,000 or 50% of the assessed value.

Eligibility for a deferral requires a disposable income below \$26,000 a year. For those with an income below the exemption eligibility level, all taxes paid on the principal residence may be deferred, and for those eligible for a partial exemption, taxes on the portion not exempt may be deferred.

Application for the exemption program is any time during the year before taxes are payable. If prior taxes have been paid because of a mistake, inadvertence, or a lack of knowledge, you may apply for a refund.

See the county assessor's office for application forms, or stop by the senior center office on Orcas, San Juan or Lopez.



ORCAS SENIOR NEWS & CALENDAR

OCTOBER 1994

MANY, MANY THANKS

Many, many thanks to all for your help and support in making our Orcas Senior Center Rummage a great success. After the dust settled, the Center made a net profit of \$800. Our special thanks to Norma Beebe for pricing, pricing and pricing. Keri Stone for bringing it all together, and many, many others who gave their time and talents ALL SATURDAY for a very good cause.

ADVISORY COMMITTEE CANDIDATES

In November of each year five positions on the Advisory committee are up for election. The Advisory Committee functions in the dual capacity of advisory 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 be a candidate. We encourage your participation so this Board is able to truly represent ALL SENIORS on Orcas Island. Let us know if you are interested in being a candidate for our Board.

BELLINGHAM TRIP

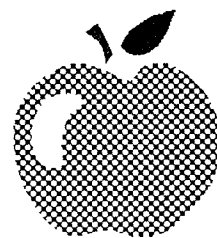
In October we will inaugurate our "Monthly Bellingham Shopping Trip". The third Wednesday (October 20th) of every month will be a shopping/medical trip to Bellingham. In November we may have an overnight with a stay at the Valu-Inn. Check your Value Coupons envelope for a half-off coupon for Valu-Inn. If this "shopping idea" piques your fancy, please let us know.

FLU SHOTS AVAILABLE AT ORCAS CENTER FRIDAY, OCTOBER 28TH 10-2

Friday, October 28th, San Juan Public Health will be offering flu shots for everyone. It may seem a bit late, but the closer to the flu season (usually December thru February) you receive the shot, the more potent it will be. If you are Medicare eligible and have Part B bring your Medicare card with you when you come to the Center. As long as you are there plan to stay for Senior Lunch, just give us a call 376-2677 for reservations.



Oktober 1994



<i>Zo</i>	<i>Ma</i>	<i>Di</i>	<i>Wo</i>	<i>Do</i>	<i>Vr</i>	<i>Za</i>
						1 ORCAS HEALTH FAIR 8-2
2	3	4 LUNCH TURKEY DIVAN	5	6 A/C MTG 10 AM SENIOR CENTER	7 LUNCH PORK CHOPS SALAD	8
9	10	11 LUNCH LASAGNA	12 COLUMBUS DAY	13 FOOT CARE CLINIC CALL FOR	14 LUNCH BBQ CHICK SALAD JELLO	15
16	17 MEDICAL TRIP ANACORTE S	18 LUNCH COOK'S CHOICE BP CHECK	19	20 TRIP TO BELLINGHM EARLY FERRY	21 LUNCH FISH FILET SANDWICH	22
23	24	25 LUNCH BEEF STEW	26 FLU SHOT CLINIC ORCAS CENTER 10-2 BRING MEDICARE CARD PART B	27	28 LUNCH MEATLOAF FLU SHOTS	29
30	31 HAPPY HALLOWEEN					

Alzheimer Family Resource Project

The Alzheimer Family Resource Project (AFRP) is a project to assist families and friends caring for a loved one with Alzheimer's Disease (AD) or diseases like it. The project administered through the Northwest Regional Council targets the Native American population.

Through this project, families and friends can receive services to help keep their loved one comfortably at home for a longer period of time. This can delay or prevent an elder from moving to a nursing home and can keep them more active and well.

Alzheimer's Disease is not well understood. We don't know what causes it. We do know that it can cause worsening problems with memory, concentration, thinking, reasoning and judgment. AD usually occurs in people over age 65 and is not a result of normal aging. Alzheimer-like diseases may result from long-term high blood pressure, meningitis, cancer or stroke.

How can AFRP help?

Caregiver training: A trainer is available to come to your home to teach you about your loved one's disease. They'll tell you about the disease and how to best assist someone with it. If your loved one needs assistance with walking or moving, the trainer can show you how to do it without hurting yourself.

Respite care: This service provides in-home or out of home care for your loved one, so family members can have some time to themselves for shopping, resting, visiting or their own medical care.

Other services: Home-delivered meals, transportation, mental health services and personal care.

Where are services available?

Lummi, Nooksack, Upper Skagit and Swinomish communities.

Is there a fee for the service?

There is no fee for AFRP services. Most other support services which AFRP may recommend are either at no charge to you or very low cost.

Living Wills Reduce Anxiety

Advanced directives, including living wills and durable powers of attorney, are the least used yet most effective way to reduce the anxiety caused when facing terminal illness.

Living wills are signed, witnessed and dated documents which states the person's wishes regarding the use of life support procedures in cases of terminal illness, serious incapacitation or prolonged coma before the need arises.

A durable power of attorney for healthcare authorizes any designated person over 18 to act as a health care agent for the grantor, should the grantor become unable to make decisions on his or her own. The healthcare agent has the power to authorize, stop or refuse medical treatment on behalf of the grantor.

For a free brochure on advance directives, including a sample living will and durable power of attorney form, check with your physician or send a stamped self-addressed envelope to the Washington State Medical Association, 1100 United Airlines Building, 2033 6th Ave., Seattle, WA 98121.



Get A Good Night's Sleep

A few tips may help you fall asleep easily and awaken well rested in the morning.

Establish a nightly routine which may include a shower or bath, and light bedtime reading.

Go to bed about the same time each night a get up around the same time each morning.

Don't incur a sleep "debt" by skimping on the amount of sleep you need.

Sleep as much as needed to feel refreshed and healthy, but no more.

A steady, daily amount of exercise probably deepens sleep.

Avoid alcohol or caffeine in the evening before going to sleep.

Make sure room temperature is comfortable.

If you still can't fall asleep, don't try harder and harder. Do some mild activity, such as reading, until you feel drowsy.

Grandmothers, 1850

*Grandmother, on a winter's day,
Milked the cows and fed them hay,
Slopped the hogs, saddled the mule,
And got the children off to school;
Cooked a dish of home-dried fruit,
Pressed her husband's Sunday suit;
Swept the parlor, made the bed,
Baked a dozen loaves of bread.
Split the firewood and lugged it in,
Enough to fill the kitchen bin;
Cleaned the lamps and put in oil.
Stewed some apples she thought might
spoil,
Churned the butter, baked a cake,
Then exclaimed, "For Heaven's sake,
The calves have got out of the pen,"
Went out and chased them in again.
Gathered the eggs and locked the
stable;
Back to the house and set the table,
Cooked a supper that was delicious,
And afterward washed up the dishes;
Fed the cat and sprinkled the clothes;
Mended a basketful of hose;
The opened the organ and began to
play,
"You come to the end of a perfect day."
author unknown*

Medicare Pays For Flu Shots

When you get a flu shot, you do not have to pay the usual Medicare coinsurance or deductible amounts. Medicare pays those amounts, along with an amount for the vaccine and the person who gives you the shot. If the person giving you the shot accepts Medicare payment as payment in full, there will be no cost to you.

Why Should You Get A Flu Shot?

Influenza (flu) is a viral infection that can lead to a much more serious illness like pneumonia or bronchitis. Thousands of people die each year in the United States from the flu or related complications.

People 65 and over who contract the flu are more likely than younger people to have serious complications from flu.

Flu and pneumonia together are the sixth leading cause of death in the United States, and the elderly are especially vulnerable.

Flu shots can help you protect your friends and family. By protecting yourself, you avoid catching the flu and spreading it to others.

Even if the case of flu you get does not lead to complications, it can make you very uncomfortable. Flu causes headaches, fever, chills, weakness, aching muscles and red, watery eyes.

The Public Health Service recommends that you get a flu shot every year if you are age 65 or older (even if you are generally healthy).

What About Side Effects From The Flu Shot?

All shots have possible side effects, but they are usually mild. You may have symptoms like swelling or soreness around the injection or you may have a low fever. Sometimes people have a severe reaction to a shot but those cases are rare. You should not get the flu shot if you are allergic to eggs. In any case, ask your doctor if there is any reason to believe that you will have a bad reaction to a flu shot.

Where Can You get Flu Shots?

It's easy to get a flu shot. You can get the flu shot at your doctor's office, the health department, or even while you are in the hospital. In the San Juan Islands you can get your shot at your local **Senior Center**. They will be available at the centers around the first part of **November**. Your November Senior Signal will have the date and times you can get your shot.



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

inside...

Wills and Words
Save Money on Property Tax
Alzheimer Family Resource Project
Living Wills Reduce Anxiety

Page 2
Page 2
Page 3
Page 3



SENIOR SIGNAL

NOVEMBER 1994

WINTER FESTIVAL SALE ARTS, CRAFTS, DECORATIONS, FOODS

This is your chance to show off your creativity and help support the Senior Center Building project. The Winter Festival will be held this year on Sat., December 3, 1994, 10 a.m. to 2 p.m. at the Orcas Longhouse Community Room.

We are looking for donations of baked goods (pies always go very well this time of year), candies, cookies, etc. We also need arts and craft items such as tree decorations, gift items - if you can craft it, we can sell it.

Come join us for a cup of cider and a fun day. All proceeds go to the building fund and as you will read in another article that project is really beginning to roll!!

Thanks for your support of this fun (not to mention really yummy fundraising project.

WHAT'S WITH THE FORMAT?

We are deviating from the county-wide newsletter shell and local insert because there was just too much Orcas news this month to fit on the insert. We'll be back to normal (?) soon!



Donate a craft item for our sale.
Help the building fund and let
someone enjoy your handiwork.

NEW SENIOR CENTER BUILDING PROJECT MOVING FORWARD NICELY

Your Advisory Committee is hard at work on plans for the new Senior Center building.

The Fire District is moving ahead with their plans for the new Fire Station out by the County Road Shop. Our date of acquisition is dependent on their successful completion of a new facility. Needless-to-say, we cheer their every accomplishment!

Our architect, Jack Jackson is working on drawings and plans, final cost estimates and all the other things architects do. This has been an interesting and fun phase and we hope to have drawings for you to see soon.

Watch for fundraising to begin in earnest after the first of the year. Please remember us in your holiday giving.

A SENIOR CENTER IS A COMMUNITY FOCAL POINT WHERE OLDER ADULTS COME TOGETHER FOR SERVICES AND ACTIVITIES THAT REFLECT THEIR EXPERIENCE AND SKILLS, RESPOND TO THEIR DIVERSE NEEDS AND INTERESTS, ENHANCE THEIR DIGNITY, SUPPORT THEIR INDEPENDENCE AND ENCOURAGE INVOLVEMENT IN AND WITH THE CENTER AND OUR COMMUNITY.



ADVISORY COMMITTEE/SENIOR SERVICES NON-PROFIT BOARD MEMBERS ELECTION

As you will likely remember from past years, each November terms for one third of our Advisory Committee members expire. We are fortunate this year that many of the incumbents wish to remain on the board for another three years. This is likely attributable to the fact that we are working on some very interesting projects as the new Senior Center takes shape. We

are grateful for this continuity

Terms have been renewed to expire the end of 1997 for:

Elaine Bowman
Kraemer Frenger
Derek Lowe
Don Montgomery
Ed Peterson

Senior Center staff extends a sincere thank you to each of you for all your time and ef-

orts. Please feel free to express your opinions, wishes and suggestions to any board member. They are, after all, your voice to staff and the Board of County Commissioners on seniors' needs in the community. They are working very hard to ensure quality programs, services and building projects.

"WAY TO GO" Awards

We have noticed a few goings-on which need some recognition. A salute to the following:

Trudy Erwin for her special birthday mugs which show up frequently for noteworthy observances Way to go, Trudy!

Island Market has installed cart-guards - those little yellow cups glued to the parking lot surface to keep your cart from rolling away while you try to get your groceries in the car. Way to go folks, we appreciate it.

DATES & ACTIVITIES TO REMEMBER

Nov. 8 - Election Day, let us know if you need help getting to the polls or with your absentee ballot.

Nov. 11 - VETERAN'S DAY (former Armistice Day) Observed. No Senior Lunch and the Center will be closed.

Nov. 15 - Blood Pressure checks at Senior Lunch.

Nov. 16 - Overnight shopping trip to Bellingham, early ferry, spend the night at Val-U-Inn, return Thursday afternoon. Get a jump on that holiday shopping EARLY.

Nov. 17 - Foot Care at the Senior Center, 376-2677 for appointment.

Nov. 24, 25 THANKSGIVING HOLIDAY, Senior Center closed, no lunch on Friday.

Novembre

1994

<i>Dim</i>	<i>Lun</i>	<i>Mar</i>	<i>Mer</i>	<i>Jeu</i>	<i>Ven</i>	<i>Sam</i> <i>Sam</i>
	HOST 'N HOSTESS KARIN & JOHN FUHRING	1 LUNCH FISH FILET SANDWICH PINEAPPLE UP/DOWN CAKE	2	3	4 LUNCH VEAL PATTIES	5 ⁵
6	DON'T FORGET TO VOTE TUESDAY NOV. 8TH	8 POT ROAST SALAD A/C MTG SR CTR 1 PM	9	10	11 VETERANS DAY NO LUNCH SENIOR CTR CLOSED TODAY	12
13	14	15 TURKEY 'N ALL BLOOD PRESSURE CHECK	16 OVERNIGHT SHOPPING TO BELLINGHAM RED EYE RETURN THURSDAY	17 FOOT CARE CLINIC 9-4 SR CTR	18 CHICKEN 'N BISCUITS SALAD PUDDING	19 AMERICAN LEGION CRAFT BAKE SALE
20	21	22 PORK RIBBERS APLSAUCE FRUIT CRISP	23	24 SENIOR CENTER IS CLOSED HAVE A VERY NICE THANKSGIVING (we'll see you all Monday AM)	25	26
27	28	29 PILGRIM'S BIRTHDAY LUNCH SALISBURY STEAK CRISP	30	ORCAS SENIOR CRAFT/BAKE SALE SATURDAY, DECEMBER 3RD LONGHOUSE 10-2 BRING YOUR CRAFT DONATIONS BRING YOUR BAKED GOODIES FOR THIS SPECIAL SALE		



WHAT TO DO FOR MINOR LEAKS

* *Practice Kegel exercises* - Simply tighten vaginal or rectal muscles. Hold for a count of three and release.

These exercises strengthen your pelvic floor muscles to exert a closing force on the urinary canal. For maximum benefit, repeat 10 times once or twice a day.

* *Anticipate accidents* If you feel a sneeze coming on, cross your legs and squeeze your pelvic floor muscles.

(Do a Kegel.)

* *Don't tempt fate* - Keep your bladder as empty as possible especially during vigorous activities.

* *Stay on a schedule* - Establish a timetable for going to the bathroom before your bladder becomes too full.

* *Wear extra protection* - Absorbent pads and underwear available for adults can give you added security

for dancing, gardening and other types of activity.

* *Ask about new techniques* - There is lots of new information for physicians. Don't be afraid to ask!!

TELEPHONE NUMBERS

Senior Center 376-2677
(This number has a TDD.)
Social Security 1-800-772-1213
Evergreen Legal 1-800-562-8836
Island Hospital 468-3185
DSHS 378-4196



SENIOR SIGNAL

SENIOR SERVICES COUNCIL OF
SAN JUAN COUNTY, INC.

Orcas Senior Center

P.O. Box 18

Eastsound, WA 98245

206-376-2677

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

Senior Signal

December 1994

We Are Senior Services We Are Your Neighbors

Each year Senior Services, a division of Health and Community Services, mails its newsletter to everyone receiving mail in San Juan County. We take this opportunity to introduce ourselves to the community to review the programs we administer that help provide folks sixty and above and their families with tools and options that can make their lives easier.

We work hand in glove with the Area Agency on Aging, Department of Social and Health Services and many other agencies to do our job.

San Juan County Senior Services provides services from 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 Fairgrounds. Everyone over the age of sixty living in San Juan County is eligible for services.

San Juan County has approximately 4,000 people eligible for services and a staff of eight full and part time dedicated individuals to assist them. Augmenting the staff are the dedicated volunteers who do everything from drive the senior vans, deliver home delivered meals, to serving on local and county wide advisory boards.

The staff who are listed below are professional and always willing to help in any way they can.

Joyce Rupp, Director/Case Manager; administers the overall program and does case management, Information and Assistance and oversight for the Orcas Program, 378-4474 and 378-2677..

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, Transportation Dispatcher.

Patricia Kulenski, Receptionist and Activities Planner (Part Time) San Juan.

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

Ruth Howard, Payroll and Billing (10 hours a week) San Juan, but serves all Senior Service offices.

Volunteers Without Them We Would Not Be Effective

Volunteers assisting staff make the service a success. With over 17,000 hours of seniors helping seniors the department is able not only to 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. From the advisory board membership come the members of the San Juan Senior Services Council, which is the private non-profit organization that oversees the Transportation program, facility development and advises the Senior Services staff of the needs of the community. There are also three seniors from the county serving on the Northwest Senior Services Board.

If volunteering at your island's senior center is something you would like to do, contact the local coordinator. The jobs that volunteers fill are van drivers, office workers, luncheon helpers, committee members, fund raisers, friendly visitors, volunteer chore workers, special need workers, just to name a few. 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. Age is not an issue, your willingness to help others is.

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

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

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

Programs for Seniors. Families And Caregivers

Work With Seniors Is Rewarding

From a medical crises 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 finding 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 the Department of Social and Health Services can provide help with meals, housework, laundry etc.

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.

Senior Meals is a great way to meet active people and become involved in senior activities. It is truly the backbone of the program.

Along with meals at the center, home delivered meals are also available. If these can be helpful call your center to get them started.

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 Clinic.

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.

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 senior's 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.

Important Telephone Numbers

Senior Service TTD Line
376-2677

Senior Service FAX Line
376-5465

DSHS
378-4196

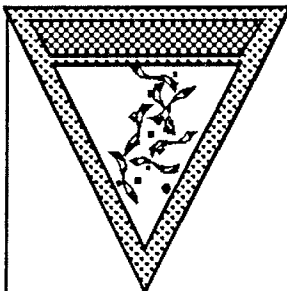
Island Hospital
468-3185

Evergreen Legal Services
1-800-562-8836

If You Live Alone 4 Words Could Save Your Life...

How Are You Today? a computerized monitor service, will call you each working day of the week to make sure you are okay. If there is a problem, the senior service staff immediately alerts the proper people to check on the situation. If you live in San Juan County and are serviced with a telephone, this **FREE** service can really give you the peace of mind you deserve.

For More Information, Call 378-2677
The Tel-A-Tend System Serving All Of San Juan County Out Of The San Juan Center



ORCAS SENIOR NEWS

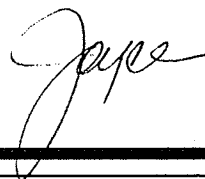
DECEMBER 1994

A MESSAGE FROM THE DIRECTOR:

1994 has been an interesting year for Senior Services of San Juan County. The County Department side of our personality was combined with Public Health, and the Human Services Departments to create a Health and Community Services Department, allowing a few less folks to report directly to the Board of County Commissioners and giving us the opportunity to reexamine how we deliver social and health services to the residents of San Juan County. The consolidation of these departments has gone well and we look forward to further evolution of this department as 1995 unfolds.

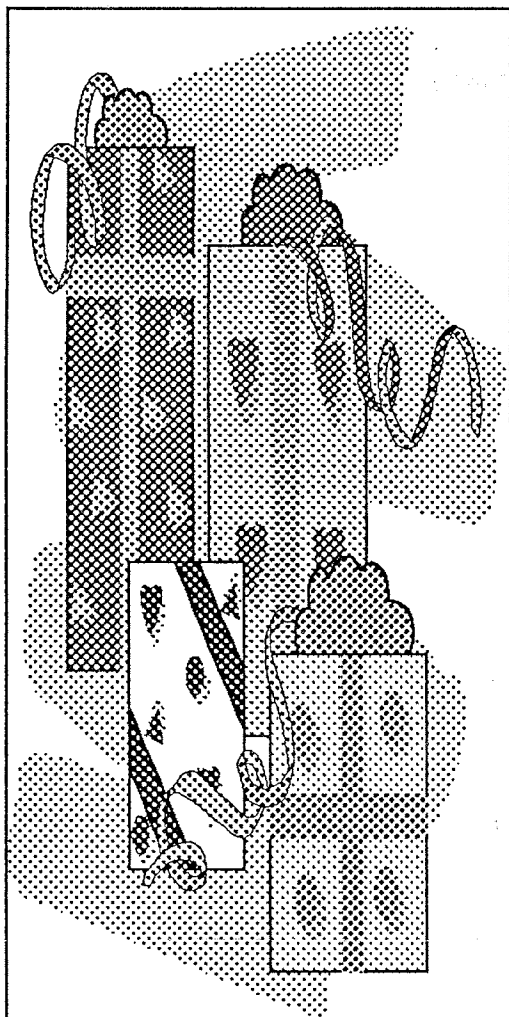
For the private non-profit corporation side of our personality it has been even more interesting with building projects looming on both Orcas and San Juan Islands. The Senior Services Council of San Juan County, Inc. has been committed to developing multi-purpose Senior Centers in the County for many years. Finally it looks as if we are on a successful track. The Orcas Senior Board is in the process of having remodeling plans drawn for the conversion of the Eastsound Fire Hall to a Senior Center. Fundraising kick-off will be after the first of the year but hours and hours of behind the scenes work are being done now and the excitement is building. We invite you to stop by the Senior Services office and have a look at the model, the drawings and give us your comments and ideas. If all goes as planned we should be in the new facility before we do this boxholder mailing next year.

I invite you all to join us for Senior luncheon at the Orcas any Tuesday or Friday at the Orcas Center. It always makes me sad when I hear people comment that they "don't want to go up there with all those old folks". One or two times at lunch would dispell any myths you might hold about what it is to be older. One thing for certain, no moss grows on the roughly 80 folks who attend each lunch. You don't find more life in a group of young people, noise-maybe, but not more life. Check us out, you might even meet some new friends - or old friends!!

 Joyce Rupp

DECEMBER EVENTS OF NOTE

- December 7 - Shopping Trip to Mount Vernon leaves on the early ferry. Call 376-2677 for a seat,
- 8 - Trip to Anacortes for Medical Appointments leaves on the 10:30.
- 9 - Orcas School Choir sings for us at lunch time.
- 16 - BELL CHOIR joins us for a performance. They are truly amazing!!



DECEMBER

1994

SUN MON TUE WED THU FRI SAT

				1	2	3
LUNCHEON HOST AND HOSTESS BETTE AND KRAEMER FRENGER					<u>LUNCH</u> Beef Stroganoff	WINTER FESTIVAL BAKE AND CRAFT SALE at LONG HOUSE 10 to 2
4	5	6	7	8	9	10
		<u>LUNCH</u> Oriental Chicken Patties	TRIP TO MOUNT VERNON MALLS and other SHOPS	FOOT CARE TRIP to Anacortes for Medical Appoint-	ORCAS SCHOOL CHORUS AT LUNCH <u>LUNCH</u> MAC & CHEESE Sausages	
11	12	13	14	15	16	17
		<u>LUNCH</u> Cook's Choice	ADV. COMM. MTG. 1 p.m. Senior Center		BELL CHOIR AT LUNCH <u>LUNCH</u> Baked Chicken	
18	19	20	21	22	23	24
		B.P. CLINIC <u>LUNCH</u> Roast Beef			NO LUNCH TODAY	
25	26	27	28	29	30	31
	BOXING DAY SENIOR CENTER CLOSED	<u>LUNCH</u> Pork Chops			<u>LUNCH</u> Baked Cod & Pea Salad	

WAY TO GO AWARDS

On behalf of the Orcas Lions Bill Blake would like to give a big "THANK YOU" to all for saving the pull tabs off aluminum cans. These will help a handicapped person get a wheelchair. You are great!!

Just a reminder: Pull tabs and unused glasses may be dropped off at the Senior Center for the Lions. Keep up the good work!

SENIOR CENTER
WILL BE CLOSED
MONDAY

JANUARY 2, 1995

for New Years Holiday.

BEST WISHES FOR A GREAT
1995

We try to keep our mailing list up to date as best we can. If you wish to receive the monthly newsletter fill out the form 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 which island you live.

Senior Newsletter Mailing List

Name: _____

Address: _____

Telephone Number: _____

Local Fundraising Efforts Needed To Help

Not everything done by Senior Services is funded through the Older Americans Act, much of what we do requires money to be raised locally. Insurance and maintenance for the vans, upkeep of the centers, purchase of kitchen items, subsidizing the nutrition project, and day-to-day expenses for each center. On a county wide basis memberships are sold to seniors. For five dollars a year the senior is entitled to a free lunch, an off island van trip, discounts at most local merchants, a reduced membership to COSTCO, to name some of the benefits. The money raised goes towards the van insurance, maintenance and the nutrition program.

On a local basis each center holds annual fundraising events.

Lopez: St. Patrick's Day Dinner and Country Store with Silent Auction-First Saturday in August.

Orcas: Spud Dinner-Last Sunday in February and 4th of July Bake/Rummage Sale

San Juan: Pancake Breakfast during Jazz Festival-July and Senior Services Rummage Sale-2nd weekend in July.

All together seniors raise about \$11,000 for the benefit of other seniors.

Senior Services appreciated your patronage and donations to these and other events, and hopes you continue the much needed support.

Are You A Long Distance Caregiver?

In today's society, many of us do not live near our older relatives or friends. Caring for an older person, whether at home or long distance, can be especially difficult if you don't know where to call for help.

When an older parent, relative or friend needs help because of declining health or lack of financial resources, it's often difficult to decide what to do.

One way you can help the older person you know is by gathering information about services and programs in his or her community. Information about the local senior services, transportation services and housing options will allow you to make the best choices for everyone involved.

If you're concerned about an older person and don't know where to turn for information, Senior Services can help you.

Prepare Your Car For Winter

Give your car a simple but complete preventative maintenance checkup. It may mean the difference between getting home safe and warm or being stranded in a frozen parking lot.

* Make sure all fluids are filled to the recommended level- oil, antifreeze, windshield washer, transmission fluid, etc.

* Remove corrosion from battery terminals and connections with a wire brush.

* You'll be using your windshield wipers a lot, so make sure the blades are in good shape. If they're hard, cracked or worn, invest in a new pair.

* Inspect tires for tire wear or damage, and check air pressure with a tire gauge. Proper inflation improves gas mileage and increases traction and stability.

* Have a rough-running engine looked at by a trained technician. Problems starting or keeping the engine running will only worsen as the temperature drops.



Enclosed is my donation for San Juan County Senior Services

Please Check which center you wish to receive your donation and mail it to that center.

Lopez: _____
P.O. Box 154
Lopez, WA 98261

Orcas: _____
P.O. Box 18
Eastsound, WA 98245

San Juan: _____
P.O. Box 951
Friday Harbor, WA 98250

Please put my donation into the designated fund:

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

Hypothermia

With the onset of cold-weather, hypothermia (literally "low-heat") becomes an increased risk to an older person whose body may not adjust to the cold and who may not realize he is becoming chilled.

Hypothermia develops when body heat is lost to a cool or cold environment at a faster rate than it can be replaced. For many older adults this may simply mean exposure to mildly cold conditions. The elderly who are the most at risk are the sick, frail, very old, poor who cannot afford enough heat or those who do not know how to protect themselves from the cold.

Others at risk include those who live alone or in isolated areas, do not shiver or react to cold or those who take certain medications that prevent the body from regulating temperatures normally, such as anti-depressants, sedatives, tranquilizers and cardiovascular drugs. Check with your doctor or pharmacist for more

Some ways to avoid being harmed by hypothermia are:

- ✓ Arrange for someone to check in on you if you live alone;
- ✓ Insulate your home properly, caulking is a low-cost effective alternative;
- ✓ Wear several loose layers of warm clothing, a scarf, hat and avoid moisture;
- ✓ Use extra blankets-hypothermia can develop during sleep;
- ✓ Eat nutritious foods and exercise moderately;
- ✓ Get proper rest; and
- ✓ Drink adequate amounts of fluid.

Possible warning signs of hypothermia to look for are stiff, possibly trembling, muscles, shivering; puffy or swollen face; poor coordination and jerky movements; slow breathing and heart rate; very pale, cool or cold skin, possibly with large irregular blue or pink spots; growing mental confusion; and apathy.

If you believe someone may be the victim of hypothermia, call an ambulance or aid car immediately. It is a dangerous and complicated medical problem and the victim needs professional medical attention.

However, before help arrives, here are some suggestions to follow. Be very careful in handling the person. Failure to do so can cause sudden death because the heart is very weak when the body is cold. Insulate the victim with available covering such as blankets, towels, pillows, scarves or newspapers.

The following can worsen a victim's condition-attempting to rewarm the victim at home using hot baths, electric blanket, and hot water bottles, giving the victim any food or drink or elevating the victim's feet, if unconscious. Elevation causes cold blood from the legs to flow into the body "core" and further depresses the body temperature.

Now is the time to check your "power out" supplies; batteries, kerosene, mantles, food, water, etc.

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

BOXHOLDER

ORCAS NEIGHBOR