



Mammograms Matter

Early detection saves lives—and mammograms are one of the most effective tools for identifying breast cancer at its earliest, most treatable stages. Women over 40 should receive a mammogram screening every one to two years, or as recommended by their healthcare provider. These quick, non-invasive screenings can detect tumors before they can be felt and well before symptoms develop.

This fall, Assured Imaging will be at Orcas Senior Center offering convenient mammogram screenings. Mark your calendar for **September 22-24, 2025**, and take a proactive step in protecting your health.

Schedule your mammogram today at www.assuredimaging.com/orcas or call Assured Imaging directly at 888-233-6121. No referral is necessary, and all major insurance plans are accepted.



Needlework Circle

Join our weekly gathering for knitters, crocheters, embroiderers, and all needleworkers at Orcas Senior Center, every **Friday at 2 p.m.** Come hang out, no project required! Whether you haven't knitted in years, want to learn to crochet, or just want to relax and chat, we have a wonderful selection of donated yarn, needles, books, and plenty of friendly advice. For more information, contact Edy Hansen at edy@orcasseniors.org or 206-413-6167. All ages are welcome, so join us!

Quote for the Month

"Being a traditionalist, I'm a rabid sucker for Christmas. In July, I'm already worried that there are only 146 shopping days left." — John Waters



Art with Carla at Orcas Senior Center!

Unleash your creativity at Art with Carla **Fridays at 1 p.m.** Led by experienced artist Carla Stanley, this lighthearted class focuses on the creative process with a strong belief in your artistic potential, regardless of skill level. Carla's lifelong passion for drawing, backed by an Associate of Arts degree in Visual Communications from The Art Institute of Seattle, makes her the perfect guide for a fun and inclusive artistic journey.

With a background in teaching classes and a history of art contest victories, most recently for the San Juan County Luci B Community Wellness Van, Carla brings a wealth of experience. The class is \$10 to attend. Contact Carla at 360-317-5652 or onlyonorcas@gmail.com to secure your spot. Uncover your artistic potential and join us for creative Fridays at Orcas Senior Center!

Thursday Evening Yoga Class with Susie Frank

Join us for a gentle, restorative yoga class on **Thursdays at 5:30 p.m.** at Orcas Senior Center. This slow-paced class focuses on foundational yoga poses, conscious breathing, and supported postures to ease stress and enhance flexibility, strength, and balance. Ideal for beginners or those seeking a more mindful practice, the class uses props to ensure safety and comfort. Please bring a mat, blanket, and bolster or pillow if available—limited extras will be provided.

Led by Susie Frank, a long-time Orcas resident and certified instructor, who has practiced yoga since 2009. A sliding scale donation of \$10 to \$20 is suggested. For more info, contact Susie at sissooz@yahoo.com or 360-298-4484.

Powerful Tools for Caregivers Class

San Juan County Senior Services will offer the Powerful Tools for Caregivers free in-person six-class series for unpaid caregivers in either fall 2025 or early 2026. Each class is 1.5 hours and provides valuable information and hands-on learning to support family and friends caring for adult loved ones. If you would like more information and/or to be added to the waitlist, please contact Heidi Bruce so we can gauge how many people are interested in the upcoming classes. Contact Heidi at 360-370-0591 or heidib@sanjuancountywa.gov.

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And much more!



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Tell Us What You Think

SJC Senior Services values your feedback. We take your comments seriously and strive to better serve our community. Feedback forms are available by contacting Jami Mitchell at 360-376-7926 or jamim@sanjuancountywa.gov.

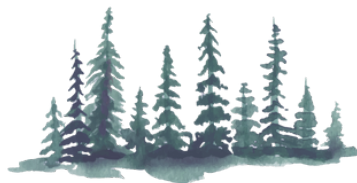
The newsletter is published by San Juan County Senior Services with a grant from the Northwest Regional Council. The Senior Signal is distributed free at the Orcas Senior Center, by mail, and online at www.orcasseniors.org. Please mail submissions to PO Box 1146, Eastsound, WA 98245.

Meals on Wheels and More

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

Ian Cassinos
Food Services Manager

Jamie Salinas, Genae Kaltenbach
Kitchen staff on Orcas



ORCAS SENIOR CENTER

Age Well on Orcas

Monday through Friday
9 a.m. to 3 p.m.
62 Henry Rd.
Eastsound, WA 98245
360-376-2677
www.orcasseniors.org
Friends of Orcas Senior Center,
DBA Orcas Senior Center,
501(c)3 nonprofit

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Got Paper Bags?

Want to recycle your clean paper bags for re-use by our Meals on Wheels program? You can drop them off at the Orcas Senior Center **Monday through Friday, 9 a.m. to 3 p.m.** Thank you!

ORCAS SENIOR CENTER Welcomes New Members!

Robert Meyer and Luann Pamatian

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

Go to orcasseniors.org/member



Inspirational Aging

Join a welcoming group of peers for open, honest conversations about the journey of aging. Inspirational Aging meets on the **second and fourth Thursday at 11 a.m.** at OSC. Navigate the complexities of growing older by sharing experiences, offering support, and finding inspiration along the way. Expect encouragement through meaningful discussions, and laughter. For inquiries, contact Edy Hansen at edy@orcasseniors.org or 206-413-6167.

Golden Oldies Dance party with DJ 00 Solo

Get ready for an upbeat, memory-filled afternoon at the Orcas Senior Center! Join us on **Thursday, July 17 at 1 p.m.** for Golden Oldies with DJ 00 Solo—also known as guitarist, vocalist, and Phoenix-based performer Chris Olson.

Blending live performance with DJ flair, Chris will share timeless favorites from the 1940s through the 1970s—swing, folk, early rock & roll, and a dash of country. His engaging, sing-along style, stories behind the songs, and warm energy invite everyone to tap their feet, reminisce, and join in the fun.

Chris has brought his unique mix of music and storytelling to arts festivals, community centers, and retirement communities across the West Coast. Don't miss this joyful, heart-healthy afternoon of rhythm, memories, and connection. All are welcome. No charge

Grief Support Group

Join a supportive, non-judgmental space to process grief and mourning with the Drop-In Peer Grief Support Group at Orcas Senior Center, **Wednesdays at 10 a.m.** This group is designed to help normalize your feelings, facilitate healing, and provide understanding. For questions, contact John Ehrmantraut by email at casadonjuan12@gmail.com or George Eberle at 360-298-2829.

Cards!

Looking for a fun and social way to exercise your mind? Orcas Senior Center offers a variety of card games for all interests and skill levels—from the strategy and camaraderie of bridge to the fast-paced excitement of Karma, the classic fun of pinochle, and the spirited play of Spite and Malice. Whether you're a seasoned card shark or just learning the ropes, there's a seat at the table for you. Come play, laugh, and connect! For more information, contact Edy Hansen at edy@orcasseniors.org or 206-413-6167.

Mondays & Thursdays at 12:30 p.m. – Pinochle

Tuesdays at 1:30 p.m. – Bridge

Wednesdays after lunch – Spite & Malice

Wednesdays at 2:30 p.m. – Open Bridge

Every other Wednesday at 1:00 p.m. (July 2, 16, 30) – Karma



Move with Ease: Gentle Feldenkrais Classes

Discover the power of mindful movement with Andrea Preiss, an experienced physical therapist, Feldenkrais practitioner, and therapeutic eurythmist. Join her for a gentle, seated movement class every **Tuesday at 11 a.m.** These sessions blend Feldenkrais and eurythmy techniques to support mobility, balance, stability, and even vision. Ideal for all fitness levels, wear comfortable clothing and non-slip shoes.

Each class is \$15. Andrea has nearly 40 years of experience and received her certification in Germany in 1982. Questions? Contact Andrea at sound-movement@hotmail.com or 206-383-7705. Learn more at www.sound-movement.org.



Chair Yoga

Join us for Chair Yoga, a soothing practice tailored for seniors and those with disabilities, held **Tuesdays and Thursdays at 10:00 a.m.** This gentle technique incorporates the use of a chair for support, enabling participants to explore balance poses without the concern of falling.

Susie Frank has years of expertise, having practiced yoga since 2009. While Susie suggests a \$15 donation per class, no one will be turned away for lack of funds. For inquiries, reach out to Susie directly at 360-298-4484 or sissooz@yahoo.com.

Mindful Tranquility

Julia Summers leads meditation at OSC on **Tuesdays at 1 p.m.** Regardless of experience, Julia welcomes all, while operating classes on a donation basis.

Julia's journey began amidst the nomadic families of Nepal and later shared her expertise at the Spirit Rock Meditation Center. In 2013, she founded Spirit House, a haven for spiritual retreats. For more information, contact Julia by email at spirithouseojai@gmail.com.

Vinyasa Yoga with Karol

Discover Vinyasa yoga with Karol Wilson, DPT, a physical therapist with 30 years of experience. Held **Tuesdays at 5:30 p.m.**, sessions focus on restoring and enhancing strength, flexibility, and balance.

Karol emphasizes a welcoming environment where all ages and skill sets are encouraged to participate. Modifications are available for those with acute or chronic injuries. Wear comfortable, loose-fitting clothing and bring a yoga mat and blocks.

The class fee is \$15 per session or a 10-class pack is available for \$100. For all inquiries, email Karol Wilson at karol.wilson@live.com.

San Juan County Summer Vaccine Clinics

San Juan County Health & Community Services is able to vaccinate uninsured adults. If you have Medicaid, Medicare, or private Insurance, you will need to continue to receive your vaccines through your doctor or local pharmacy. Learn more by visiting the San Juan County website, sanjuancountywa.gov, for a list of vaccines for adults offered and clinic dates for each island. You may also schedule an appointment online. If you would like help scheduling an appointment, or have questions, please call 360-378-4474 or email nicoleg@sanjuancountywa.gov.

Free Tech Assistance

Seniors can receive free technology assistance every **Friday at 1 p.m.** at Orcas Senior Center. Tech expert Kim Rose will be available to answer questions and provide hands-on help with laptops, smartphones, tablets, and other devices. To ensure one-on-one support, participants are encouraged to sign up in advance at the Orcas Senior Center front desk or by contacting Kim at 360-472-0480. Don't miss this opportunity to improve your tech skills and gain confidence using your devices with expert guidance from Kim Rose!

Tai Ji Quan: Fall Prevention Class

Join Karol Wilson, DPT, for a three month fall prevention Tai Ji Quan: Moving for Better Balance® class at Orcas Senior Center. Karol, a Doctor of Physical Therapy with 30 years of experience, is excited to introduce this evidence-based program, developed by the Oregon Research Institute. Tai Ji Quan is scientifically proven to enhance physical and mental health, manage chronic conditions, improve neurological function, and reduce fall risk. The class is tailored for ambulatory individuals with minimal reliance on mobility aids.

Classes are on **Tuesdays at 1:30 p.m.** and free of charge. Participants are advised to wear supportive shoes. For more information about Karol, visit www.tjgmbb.org or contact Karol directly at karol.wilson@live.com or 206-755-0752.



"Portraits in Pencil" by Local Artist Mick Stevens at Orcas Senior Center

This summer, make time to visit the Orcas Senior Center, open Monday through Friday, from 9 a.m. to 3 p.m., **July 7 through August 30**, to explore *Portraits in Pencil*, a captivating art exhibition featuring the work of longtime Orcas Island resident and talented artist Mick Stevens.

Mick has been creating art since 1973, and this show highlights his expressive pencil drawings, rich in detail and character. The exhibition also includes a photograph of a totem pole he carved, and a uniquely crafted "pumpkin guitar" as well as one of his original poems, a testament to his diverse creative talents. Come be inspired by the depth and heart of Mick's work at this special community showcase.

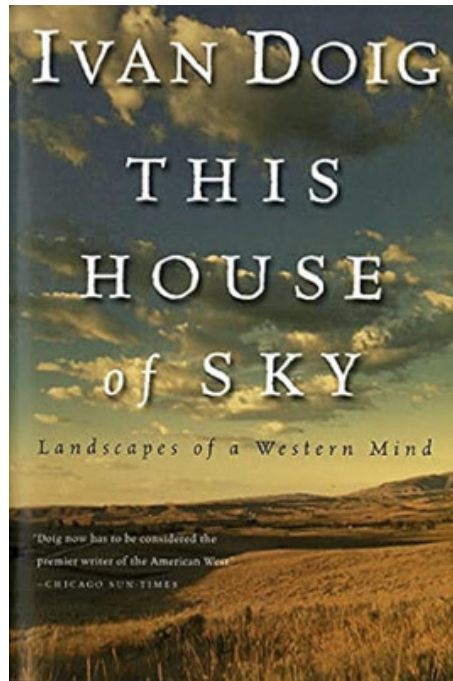
Partners in Care

Now in its fourth month, Partners in Care—an Orcas Island Lions Club program in collaboration with Orcas Senior Center—offers weekly respite sessions for family caregivers. Held **Mondays at 11:00 a.m.** at Orcas Senior Center, trained volunteers and a certified caregiver provide meaningful engagement for care partners while caregivers take a much-needed break. Activities include lunch, crafts, games, puzzles, walks, socializing, and even sing-alongs with the Center's ukulele group.

Originally launched as a pilot, the program has proven its value to both caregivers and their loved ones and is now ready to grow. If you or someone you know could benefit from Partners in Care, please contact Program Coordinator Susan Gordon at sgordonbentley@gmail.com or 310-384-2053.

Quilting

Are you passionate about quilting? If the answer is yes, we invite you to join our group every **second and fourth Thursday of each month at 1 p.m.** at Orcas Senior Center. Bring along your current quilting project and discover the inspiring creations of fellow enthusiasts. For inquiries, feel free to reach out to Edy Hansen at Edy@orcasseniors.org or call 206-413-6167. Let's stitch together and share the joy of quilting!



OSC July Book Club

Ivan Doig grew up in the rugged wilderness of western Montana among the sheepherders and denizens of small-town saloons and valley ranches. What he deciphers from his past with piercing clarity is not only a raw sense of land and how it shapes us but also of the ties to our mothers and fathers, to those who love us, and our inextricable connection to those who shaped our values in our search for intimacy, independence, love, and family. A powerfully told story, *This House of Sky* is at once especially American and universal in its ability to awaken a longing for an explicable past. (Amazon, n.d.)

To participate in the Book Club on **Tuesday, July 22 at 1 p.m.** at the Orcas Senior Center, contact Stephen Bentley at 310-694-7165 or stephen@swbentley.com.



Ukulele Kanikipila

Experience the joy of making music at Ukulele Kanikipila, Hawaiian for "play music," **Mondays from 1 p.m.** at Orcas Senior Center. This gathering is open to everyone with an interest in playing music for two hours each week.

If you're a player looking to dive into the world of ukulele playing, join Kathy Collister's twice weekly for ukulele class on **Tuesdays and Thursdays at 12 p.m.** If you are a true beginner Kathy has an **11 a.m. class on Thursdays** that will get you up to speed in no time!

Kathy, an experienced instructor, will guide you through the basics of introductory chords and strumming techniques. The class is free of charge, but make sure to bring your own ukulele. For inquiries about the ukulele sessions, including information on borrowing a ukulele, feel free to reach out to Kathy at kcollister15@gmail.com. Beginners and adults of all ages are welcome to join the musical journey!

Caregiver Support Group

The Family Caregiver Support Group meets at OSC on **Mondays at 1 p.m.** Caregivers report that one of the most stressful parts of caregiving is the feeling of isolation that caregiving often brings. The group aims to provide unpaid caregivers with emotional support and resources that will enable them to continue at home care and make it possible for care partners to remain in their familiar environment. Participants can ask questions, learn from others' experiences, share successes and challenges, or seek guidance in a safe, supportive, confidential environment. For inquiries, contact Heidi Bruce, at 360-370-0591 or heidib@sanjuancountywa.gov.

July Menu

Senior Lunch In-Person on Mon. and Wed.

Salads served at 11:30 am and hot entrees served at noon.
\$6 suggested donation for ages 60+.

MONDAY



WEDNESDAY

JULY 2

All Beef Hotdog
w/ Onions & Sauerkraut
Potato Salad
Watermelon
Ice Cream

JULY 7

Spaghetti & Meatballs
Italian Vegetables
Garlic Toast
Caesar Salad
Peaches

JULY 9

Beef Sloppy Joes
Potato Wedges
Crinkle Cut Carrots
Pineapple Coleslaw
Cookie

JULY 14

Rueben Chicken
Roasted Sweet Potato
Green Beans
Kale Citrus Salad
Orange Cream Salad

JULY 16

Salisbury Steak
Mashed Potatoes & Gravy
Buttered Dill Carrots
Spinach Salad
Birthday Cake

JULY 21

Sweet & Sour Chicken
Brown Rice
Asian Vegetables
Broccoli Slaw
Mandarin Oranges

JULY 23

Pork Cutlet w/
Mushroom Sauce
Roasted Red Potatoes
Honey Glazed Carrots
Garden Salad
Apple Sauce

JULY 28

Split Pea Soup w/ Ham
Grilled Cheese Sandwich
Garden Salad
Mixed Melon

JULY 30

Chicken Fajitas
w/ Sour Cream & Salsa
Spanish Rice
Roasted Corn Salad
Fresh Orange Slices

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

Island Rides - New ADA Van

Island Rides has a new hybrid "ADA" wheelchair accessible van available to transport wheelchair bound community members on Orcas Island.

Island Rides provides free, or by donation, transportation to essential services and social events, such as senior center activities, for residents in need. If you need transportation, please call **360-672-2201**. Rides are available Monday through Friday, 10 a.m. to 3 p.m., on a first come, first-served basis and depend on availability of volunteer drivers; we encourage you to book early. Weekend rides available by appointment only.

Island Rides also offers off-island transportation to non-emergency medical appointments for those who do not have other means of travel. This service depends on driver and ferry availability; call for more information.





















If you are interested in joining our amazing volunteer driver team, give us a call or visit www.islandrides.org.



Island Hearing

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

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>In-person lunches are hosted on Mondays & Wednesdays.</p> <p>Suggested donation is \$6 for 60+.</p> <p>Salads served at 11:30 am & entrees are served at Noon.</p>		<p>1</p> <p>10 am Chair Yoga 11 am Feldenkrais 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga</p>	<p>2</p> <p>10:00 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 2:30 pm Bridge</p> 	<p>3</p> <p>Island Hearing by Appointment 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Card Club 5:30 pm Yoga</p>	<p>4</p> <p>SJC and OSC CLOSED</p> 	<p>5</p> <p><i>National Bikini Day</i></p> 
<p>6</p> <p><i>National Air Traffic Control Day</i></p> 	<p>7</p> <p>11 am Partners in Care 11:30 am Lunch! 12:30pm Card Club 1 pm Ukulele</p> 	<p>8</p> <p>10 am Chair Yoga 11 am Feldenkrais 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga</p> 	<p>9</p> <p>10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Rock Climbing 2:30 pm Bridge</p>	<p>10</p> <p>10 am Chair Yoga 11 am Aging 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting 5:30 pm Yoga</p> 	<p>11</p> <p>1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework</p> 	<p>12</p> <p><i>National Pecan Pie Day</i></p> 
<p>13</p> <p><i>National Rock Day</i></p> 	<p>14</p> <p>11 am Partners in Care 11:30 am Lunch! 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele</p>	<p>15</p> <p>10 am Chair Yoga 11 am Feldenkrais 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga</p>	<p>16</p> <p>10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 2:30 pm Bridge</p>	<p>17</p> <p>10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Golden Oldies 5:30 pm Yoga</p> 	<p>18</p> <p>1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework</p> 	<p>19</p> <p><i>National Football Day</i></p> 
<p>20</p> <p><i>National Lollipop Day</i></p> 	<p>21</p> <p>11 am Partners in Care 11:30 am Lunch! 12:30 pm Card Club 1 pm Caregiver Group 1 pm Ukulele</p> 	<p>22</p> <p>10 am Chair Yoga 11 am Feldenkrais 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1 pm Book Club 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga</p>	<p>23</p> <p>10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 2:30 pm Bridge</p> 	<p>24</p> <p>10 am Chair Yoga 10:30 am Medicare 11 am Aging 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting 5:30 pm Yoga</p>	<p>25</p> <p>1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework</p> 	<p>26</p> <p><i>National Aunt and Uncle Day</i></p> 
<p>27</p> <p><i>National Tree Day</i></p> 	<p>28</p> <p>11 am Partners in Care 11:30 am Lunch! 12:30 pm Card Club 1 pm Caregiver Group 1 pm Ukulele</p> 	<p>29</p> <p>10 am Chair Yoga 11 am Feldenkrais 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga</p>	<p>30</p> <p>10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 2:30 pm Bridge</p>	<p>31</p> <p>10 am Chair Yoga 10:30 am Medicare 11 am & 12 pm Ukulele 12:30 pm Card Club 5:30 pm Yoga</p> 	<p>Volunteer for Meals on Wheels!</p> <p>For more information, contact Steven Ziegler at 360-370-7525.</p>	

Getting Ready for Medicare

Is 2025 your year for joining Medicare? Medicare enrollment is not automatic for most people, so you may need to enroll with Social Security. Upon enrollment, you decide what type of coverage you want. To make an informed decision about your coverage choices, you'll need to understand a lot of new information.

Trained Statewide Health Insurance Benefits Advisors (SHIBA) program volunteers are here to make the transition easier for you. Join us for a free Welcome to Medicare presentation at Orcas Senior Center on **Thursday, July 24 at 10:30 a.m.** Learn how Medicare works, what your coverage options are, and when you must act to avoid penalties. To participate by Zoom, email shibasjco@yahoo.com.

SHIBA, sponsored by Orcas Senior Center, is a free, unbiased, and confidential informational service offered through the Washington State Office of the Insurance Commissioner. Contact the Orcas Island SHIBA office at 360-376-5892 to schedule a counseling session.

Who Am I?

By Lynnette Wood

"Who am I?" I asked, standing atop a 180-foot crag in Joshua Tree National Park, the cold wind whipping around me. It was the first climb of the season, and by the end, I'd conquered 13 more rock faces and attempted an additional three—not bad for a 72-year-old.

I started rock climbing at 70 and now confidently call myself a "rock climber." This journey has been more than just physical; it's been one of self-discovery. Climbing, like life, is full of different paths—what works for one may not work for another. Every misstep, every fall, teaches me something new. Failure isn't the end; it's proof you're pushing your limits.

Join me on **Wednesday, July 9 at 1 p.m.** as I share how climbing has challenged me, intrigued me, and helped me discover who I am.

Benefits of Early Hospice Care: More Meaningful Moments

By Hospice of the Northwest

Early hospice care offers significant advantages and allows patients to enjoy more meaningful moments. When symptoms like pain, anxiety, and fatigue are managed effectively, patients feel more comfortable and energized, enhancing their quality of life.

Families report feeling more at ease with a dedicated care team—nurses, social workers, spiritual counselors, and more—readily available. This support relieves the caregiving burden, allowing them to cherish their role as family members. As one wife shared, "Before hospice, I was his caregiver... Now I get to be his wife again and that means everything to me."

Toni, a patient with kidney cancer, found relief from severe pain and was able to return to the activities she enjoyed most: "In many ways, I feel healthier than I have in years. I've been able to do my gardening and have friends visit me. The time I have left is precious. None of this would be possible without hospice."

Don't wait to explore hospice care. When symptoms are well-managed, you gain more than comfort—you gain precious quality time. For more information, call 360-814-5550 or visit www.HospiceNW.org. We're here to help!



Drumming Circle

Discover the joy of drumming with the Spirit of Drumming Group at Orcas Senior Center **Tuesdays at 11 a.m.** This beginner-friendly group focuses on exploring the elements of drumming. There's no cost to participate, just bring a drum and join the fun! Everyone is welcome! For more information, text Dixie Walmsley at 360-298-4481.



Services Available

Community Lunch is served at OSC on Mon. and Wed. \$6 suggested donation for ages 60+. Salads are served at 11:30 a.m.

Home delivered meals are available for eligible seniors on Mon., Wed., and Fri. Please contact Steven Ziegler at 360-370-7525 or stevencz@sanjuancountywa.gov for eligibility, if meal support is needed.

Case coordination and family caregiver resources are available to assess and offer options for those in need. Contact Heidi Bruce at heidib@sanjuancountywa.gov or 360-370-0591.

Home Maintenance & Repair program helps seniors and adults with disabilities secure contractors for work needed. Contact Travis King at homerepair@orcasseniors.org or 360-643-4419 for inquiries.

Foot care services are provided by Footcare with a Heart, LLC. Contact Erica Bee at 360-622-8234 for appointments and other inquiries.

Programs and activities are listed on the enclosed calendar, or you can go to the Calendar of Events page at www.orcasseniors.org. Contact Edy Hansen at edy@orcasseniors.org or 206-413-6167 for more information.

Companion Services. Buddy Check-In volunteers call senior buddies to offer companionship. Contact Edy Hansen at edy@orcasseniors.org or 206-413-6167 to pair with a Buddy.

Mobility Equipment Assistance Program is provided by the Orcas Island Lions Club. Borrow quality equipment at OSC. For hours, call the front desk at 360-376-2677.

Partners in Care Trained volunteers and a professional caregiver provide supervision so family caregivers can take a needed break. For more information, contact Susan Gordon Bentley at 310-384-2053 or sgordonbentley@gmail.com.

Lions Club Mobility Equipment

Borrow mobility equipment free or by donation at OSC on Mon., Wed., & Fri. 10 a.m. to 11 a.m.

Orcas Island Food Bank

Tuesdays and Fridays 11 a.m. to 6:30 pm. Next to the Community Church. For questions or information call and leave a message at 360-376-4445.

Orcas Food Co-op

To arrange for home delivery or curbside pick up go to www.orcasfood.coop or call 360-376-2009.

OPAL Community Land Trust

Struggling to make rent or mortgage payment? OPAL is here to help. Call 360-376-3191 or email opalclt@opalclt.org.

Orcas Community Resource Center

OCRC works to ensure that all Orcas Islanders have access to services and support for their well-being. Call 360-376-3184 or email info@orcascrc.org.

SAFE San Juans

Domestic violence and sexual assault services to survivors and loved ones. Call 360-376-5979. To contact Orcas' 24-hour crisis line call 360-376-1234.

Weatherization

Call OPALCO at 360-376-3500 or OCRC at 360-376-3184 or email info@orcascrc.org.

Energy Assistance

Call OPALCO at 360-376-3500 for energy assistance eligibility.

Medicare/SHIBA

Volunteers assist with Medicare enrollment, choosing secondary plans, and affordable healthcare. Call 360-376-5892 or email orcasshiba@yahoo.com for appt.

Mobile Integrated Healthcare (MIH)

Call 360-762-5035, email MIH@orcascrc.org, or see orcascrc.org for information.

Hearing Screenings

Stacie Nordrum of Island Hearing Healthcare. Call 360-378-2330.

Caregiving Information

OrcasCaregivingConnection.org is an online directory of Orcas care-givers and caregiving resources.

Alpha Home Health & Hospice

425-357-1790 or alphahomehealthhospice.com.

National Elder Fraud Hotline

Helps combat fraud against older adults and provide services to victims. Call 833-372-8311.

Island Rides

Daily rides and deliveries. Call 360-672-2201, for information, including how to become a volunteer driver!

Mert's Taxi

Offers FREE transportation to and from the ferry terminal for all Island Hospital and Island Hospital affiliated appointments. Call 360-293-0201 to schedule.

Social Security

Call 1-800-772-1213 or go online to www.socialsecurity.gov/myaccount. Mt Vernon office: 866-931-7108.

Veterans Administration

Call 1-800-827-1000 or 360-370-7470 or contact via email at veterans@sanjuancountywa.gov.

Suicide Hotline for Veterans

1-800-273-8255

Mental Health Crisis hotline

Call the 24-hour mental health crisis line at 1-800-584-3578 or go to www.imhurting.org.

988

Nationwide easy-to-remember number for the National Suicide Prevention Lifeline.

Please contact the service for the most updated information.

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San Juan County Health & Community Services

PO Box 1146
Eastsound, WA 98245

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Location: 62 Henry Rd
Email: stevenz@sanjuancountywa.gov
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