



Discover the North Shore Preserve

Step outside and enjoy the beauty of Orcas Island with a guided nature walk led by Tanja Williamson of the San Juan County Conservation Land Bank. This special series for adults 60+ is perfect for beginner to intermediate walkers seeking to connect with nature.

On **Thursday, September 11**, we'll explore the North Shore Preserve. Depart from Orcas Senior Center at **1 p.m.** or meet us at the trailhead. The 58-acre preserve features lush upland forest and 1,850 feet of shoreline—critical salmon habitat and a rare public access point. Dress for the weather and bring water and snacks for comfort. This free walk is open to all. For details or to arrange a carpool, contact Edy at 206-413-6167 or edy@orcasseniors.org.

What's inside...

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And much more!

Ukulele Kanikipila

Experience the joy of making music at Ukulele Kanikipila, Hawaiian for "play music," **Mondays from 1 to 3 pm** at OSC and is open to everyone with an interest in playing music for two hours each week. If you're a player wanting to practice more, join Kathy Collister's twice weekly 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, reach out to Kathy at kcollister15@gmail.com. Beginners and adults of all ages are welcome to join the musical journey!



Afternoon Tea

Indulge in a classic afternoon tea experience, featuring exquisite table arrangements, at Orcas Senior Center on **Thursday, September 4 at 2 p.m.** Delight in the company of friends while savoring a selection of tea, sandwiches, cookies, and scones. The atmosphere will be further enhanced by the enchanting piano melodies performed by Ron Myers. For inquiries or to help, contact Maggie Kaplan by email at mkaplan@centurytel.com or call 360-376-5372.

Common Questions About Mammograms

Worried about discomfort? Cost? Time? Many women delay their mammograms because of these fears. But here's the truth: modern mammograms are fast, low-discomfort, and highly accurate. At Orcas Senior Center this **September 22-24**, Assured Imaging will offer mammography screenings in a supportive, professional setting. The procedure takes about 15 minutes, and results are sent directly to you and your healthcare provider.

Worried about cost? All major insurance plans are accepted, and no referral is required. Uninsured? Call Assured Imaging at 888-233-6121 to ask about options. Don't put it off—this is your chance to take care of yourself close to home. Schedule an appointment at www.assuredimaging.com/orcas or call Assured Imaging directly at 888-233-6121.

Quote for the Month

"We know that in September, we will wander through the warm winds of summer's wreckage. We will welcome summer's ghost."

— Henry Rollins



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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.

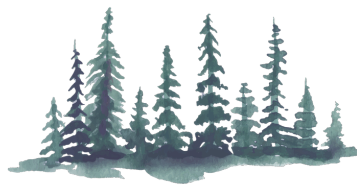
The newsletter is published by San Juan County Senior Services with a grant from the Northwest Regional Council. The Senior Signal is distributed free at the Orcas Senior Center, by mail, and online at www.orcasseniors.org. Please mail submissions to PO Box 1146, Eastsound, WA 98245.

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!

Sandie Pope, Louis Tercier, and
Christine Tercier

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

Go to orcasseniors.org/member

Yoga Workshop

Tara Plank brings an energizing LYT Yoga Workshop to Orcas Senior Center on **Saturday, September 6, at 10:30 a.m.** This core-focused vinyasa practice, inspired by LYT Yoga and developed by a skilled physical therapist assistant, is designed to correct postural imbalances and enhance movement efficiency. At **12:30 p.m.**, unwind with chair yoga, a gentle practice ideal for seniors and individuals with disabilities.

Attend one or both sessions—classes are by donation! Please bring a yoga mat (and blocks if available). For more information, contact Tara by email at tara@alignmovementtherapy.com or visit www.alignmovementtherapy.com.

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 make it possible for care partners to remain at home. 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.

Donate to Grannie's Corner!

Donate clean, usable household items, tools, collectibles, CDs, pottery and art, crafting and sewing supplies, jewelry, and handbags. (no shoes, clothing, electronics, or furniture.) Donations accepted M-F between 9 a.m. and 3 p.m. Every sale supports the operations of the Senior Center!

Grief Support Group

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

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 from 1 to 4 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!

Free Tech Assistance

Seniors can receive free technology assistance by appointment every **Friday from 1 p.m. to 3 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 360-472-0408 or kimr8244@gmail.com.

Don't miss this opportunity to improve your tech skills and gain confidence using your devices with expert guidance from Kim Rose!

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

Every other Wednesday at 1 p.m. (September 10 & 24) – Karma

Airline Scams

By Katherine Ha, CENTS

Romance scams often begin online and target seniors who are looking for companionship. Scammers pretend to be someone they are not, quickly forming emotional bonds to gain trust.

Warning signs:

- The person declares love very quickly.
- They avoid meeting in person or via video chat.
- They ask for money for an emergency or travel.

How to stay safe:

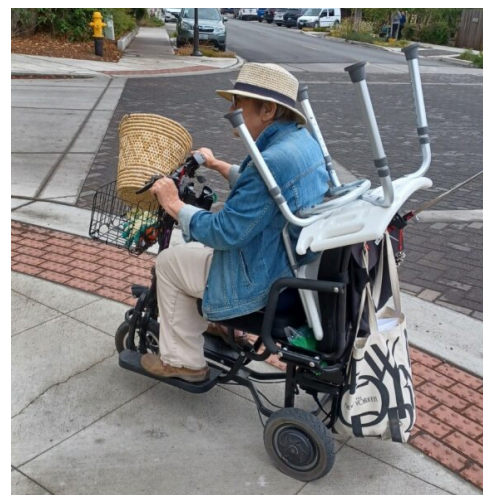
- Take your time getting to know someone.
- Verify their identity using video calls or internet searches.
- Never send money to someone you haven't met.
- Talk to family or friends before making decisions.

If you suspect you are being scammed, stop communication immediately. Report the incident to the dating platform and contact the Federal Trade Commission at <http://www.consumer.ftc.gov/articles/0021-investing-online> or the AARP Fraud Watch Network at 877-908-3360. Staying cautious online can protect your finances and your peace of mind.

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.** at Orcas Senior Center. These sessions blend Feldenkrais and eurythmy techniques to support mobility, balance, stability, and even vision—ideal for all fitness levels. Please 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 directly by phone at 206-383-7705 or email her at sound-movement@hotmail.com. Learn more about her work at www.sound-movement.org.



Watercolor Painting for Beginners Returns!

Dive into the soothing and expressive world of watercolor painting with instructor Robbie Walker! This beginner-friendly class meets on **Mondays from 9:30 a.m. to 11 a.m.** and resumes **September 8** after a summer break. With years of experience in drawing and watercolor techniques, Robbie will gently guide you through the essentials, helping you build confidence and discover your artistic voice.

Participants are kindly requested to contribute a nominal fee of \$10 per session. Please bring your own basic supplies. For more details regarding required materials and specific class information, feel free to reach out to Robbie directly. You can contact Robbie at 360-376-7714 or robbielouwalker@orcasonline.com.

Mindful Tranquility

Julia Summers leads a weekly meditation group at Orcas Senior Center on **Tuesdays at 1 p.m.** Regardless of prior experience, Julia extends a warm invitation to all, emphasizing inclusivity by operating the sessions 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, fueled by a passion to spread the transformative power of mindfulness, she founded Spirit House, a haven for spiritual retreats. For more information, contact Julia at spirithouseojai@gmail.com.

Art with Carla

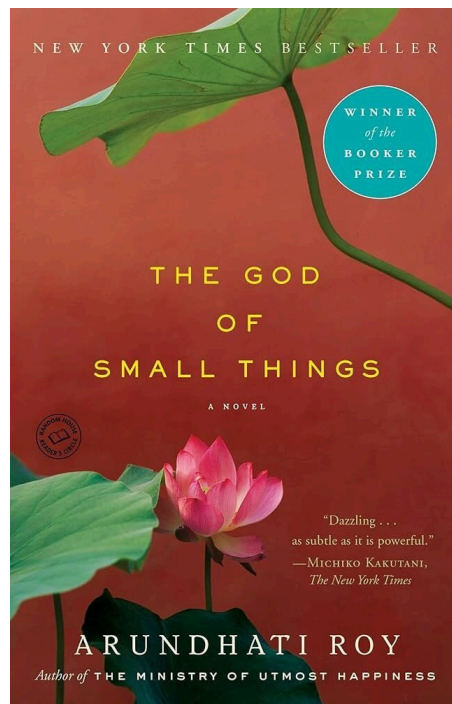
Unleash your creativity at Art with Carla **Fridays, 1 p.m. to 3 p.m.** at Orcas Senior Center. Led by experienced artist Carla Stanley, this lighthearted class focuses on the creative process with a strong belief in your artistic potential, regardless of skill level. Carla's lifelong passion for drawing, 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 at the Funhouse Commons, Orcas Island Parks and Recreation, Poppie's, and Orcas Island School District 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!

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 from 11 a.m. to 3 p.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 Susan Gordon at sgordonbentley@gmail.com or 310-384-2053.



OSC Monthly Book Club

Arundhati Roy's modern classic is equal parts powerful family saga, forbidden love story, and piercing political drama. The seven-year-old twins Estha and Rahel see their world shaken irrevocably by the arrival of their beautiful young cousin, Sophie. It is an event that will lead to an illicit liaison and tragedies accidental and intentional, exposing "big things [that] lurk unsaid" in a country drifting dangerously toward unrest.

Lush, lyrical, and unnerving, *The God of Small Things* is an award-winning landmark that started for its author an esteemed career of fiction and political commentary that continues unabated. (Amazon, n.d.)

To participate in the Book Club on **Tuesday, September 23 at 1 p.m.** at Orcas Senior Center, contact Stephen Bentley at 310-694-7165 or stephen@swbentley.com.

Drumming Circle

Experience the Spirit of Drumming Group at Orcas Senior Center **Thursdays at 1:30 p.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 Ezekiel Barr at 360-376-3033.

Threads of Inspiration: A Quilting Exhibition at Orcas Senior Center

Visit Orcas Senior Center this September and October for a colorful celebration of local quilting talent! Stop by any weekday between 9 a.m. and 3 p.m. to view a stunning collection of handcrafted quilts, each one a unique expression of creativity and care. Created by skilled quilters in our community, these works of art reflect the rich textures and warm tones of the season. Come be inspired by the stories stitched into every piece and experience the beauty of fabric transformed.

Chair Yoga

Join us for Chair Yoga, a soothing practice tailored for seniors and those with disabilities, held **Tuesdays and Thursdays from 10 a.m. to 10:45 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, an Orcas resident of over 30 years, brings her expertise, having practiced yoga since 2009. While Susie suggests a \$15 donation per class, no one will be turned away due to financial constraints. For inquiries, reach out to Susie directly at 360-298-4484 or sissooz@yahoo.com.

Thursday Evening Yoga Class

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 directly at 360-298-4484 or sissooz@yahoo.com.

September 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

SEPTEMBER 1

CLOSED



WEDNESDAY

SEPTEMBER 3

BBQ Chicken Breast
Baked Beans
Potato Salad
Garden Salad
Fresh Fruit

SEPTEMBER 8

Pork Chops w/ Gravy
Parmesan Potatoes
Steamed Broccoli
Garden Salad
Applesauce

SEPTEMBER 10

Pub Fish w/ Tartar Sauce
Sweet Potato Wedges
California Veggies
Coleslaw
Ice Cream

SEPTEMBER 15

Ahi Tuna Salad
Garlic Bread
Cookie

SEPTEMBER 17

Turkey Meatloaf
Mashed Potatoes & Gravy
Green Beans
Kale & Cranberry Salad
Pumpkin Dessert

SEPTEMBER 22

Baked Salmon w/ Dill
Butter Sauce
Quinoa Pilaf
Steamed Veggies
Garden Salad
Brownie

SEPTEMBER 24

Beef Stroganoff
Brown Rice & Spinach
Ginger Honey Carrots
Garden Salad
Cookie

SEPTEMBER 29

BBQ Black Bean Burger
w/ Cheese
Potato Wedges
Veggies w/ Ranch Dip
Chuckwagon Corn
Chocolate Cake



Island Rides

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; we encourage you to book early. Weekend rides are available by appointment when driver availability permits. We are also able to transport wheelchair bound clients.

Additionally, Island Rides 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.

Benefits of Early Hospice Care: Building a Relationship with Your Care Team

By Carrie McBride, Hospice of the Northwest

One of the greatest benefits of enrolling in hospice early is having the opportunity build a meaningful relationship with your care team. Hospice is more than medical care—it is about creating a circle of trust and support for you and your loved ones.














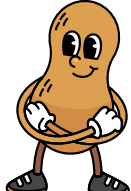





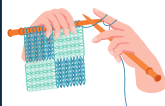









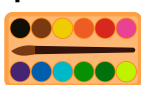


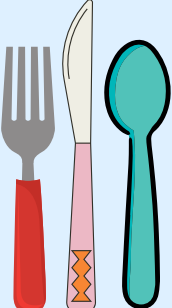
When you start hospice sooner, you have time to get to know your nurse, social worker, spiritual counselor, and other team members. They, in turn, learn what matters most to you—your values, wishes, and goals for care. This relationship fosters understanding and personalized support, helping you feel secure and well cared for every step of the way.

Families often share that having this established connection brings peace of mind. They know who to call with questions, trust their team to respond quickly, and feel reassured that they are not on this journey alone. We are here whenever you need us!

To learn more about hospice services, visit www.HospiceNW.org or call us at 360-814-5550.

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

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>1</div> <div><i>SJC and OSC</i> <i>CLOSED</i></div> <div></div>	<div>2</div> <div>10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge</div> <div></div>	<div>3</div> <div>10:00 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice</div> <div></div>	<div>4</div> <div>Island Hearing by Appointment 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Drumming 2 pm Tea 5:30 pm Yoga</div> <div></div>	<div>5</div> <div>1 pm Art w/ Carla 1 pm Tech w/ Kim 1 pm Needlework</div> <div></div>	<div>6</div> <div>National Read a Book Day 10:30 pm Yoga</div> <div></div>
<div>7</div> <div>National Pet Rock Day</div> <div></div>	<div>8</div> <div>9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30pm Pinochle 1 pm Caregiver Group 1 pm Ukulele</div> <div></div>	<div>9</div> <div>10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge</div> <div></div>	<div>10</div> <div>10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma</div> <div></div>	<div>11</div> <div>10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1 pm Quilting 1 pm Walk 1:30 pm Drumming 5:30 pm Yoga</div> <div></div>	<div>12</div> <div>1 pm Art w/ Carla 1 pm Tech w/ Kim 1 pm Needlework</div> <div></div>	<div>13</div> <div>National Peanut Day</div> <div></div>
<div>14</div> <div>National Hug Your Hound Day</div> <div></div>	<div>15</div> <div>9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30pm Pinochle 1 pm Caregiver Group 1 pm Ukulele</div> <div></div>	<div>16</div> <div>10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge</div> <div></div>	<div>17</div> <div>10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1pm Fidget Quilt</div> <div></div>	<div>18</div> <div>10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Drumming 5:30 pm Yoga</div> <div></div>	<div>19</div> <div>1 pm Art w/ Carla 1 pm Tech w/ Kim 1 pm Needlework</div> <div></div>	<div>20</div> <div>National Dance Day</div> <div></div>
<div>21</div> <div>National Pecan Cookie Day</div> <div></div>	<div>22</div> <div>Mammograms 9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele</div> <div></div>	<div>23</div> <div>Mammograms 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1 pm Book Club 1:30 pm Bridge</div> <div></div>	<div>24</div> <div>Mammograms 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice</div> <div></div>	<div>25</div> <div>10 am Chair Yoga 10:30 am Medicare 11 am & 12 pm Ukulele 12:30 pm Pinochle 1 pm Quilting 1:30 pm Drumming 5:30 pm Yoga</div> <div></div>	<div>26</div> <div>1 pm Art w/ Carla 1 pm Tech w/ Kim 1 pm Needlework</div> <div></div>	<div>27</div> <div>National Ghost Hunting Day</div> <div></div>
<div>28</div> <div>National Neighbor Day</div> <div></div>	<div>29</div> <div>9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele</div> <div></div>	<div>30</div> <div>10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge</div> <div></div>	<div></div> <div>In-person lunches are hosted on Mondays & Wednesdays. Suggested donation is \$6 for 60+. Salads served at 11:30 am & entrees are served at Noon.</div> <div></div>			

**OFFICE of the
INSURANCE
COMMISSIONER**
SHIBA WASHINGTON STATE
**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. 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, September 25 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.

Island Hearing Monthly Hearing Services

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 Island Hearing Healthcare by visiting www.islandhearing.net.

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! 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!

Fidget Quilting at Orcas Senior Center

Brenda Bacon will host a Fidget Quilt workshop at OSC on **Wednesday, September 17 and October 15, from 1 to 4 p.m.** The workshop is designed to guide participants in crafting small, tactile quilts that offer comfort and engagement for those with dementia.

Fidget quilts feature interactive elements such as zippers, Velcro, buttons, ribbons, and textured fabrics—designed to keep hands busy and minds soothed. Brenda will provide sewing machines, basic materials, and step-by-step guidance. Sample quilts and handouts will also be available to spark ideas and creativity.

Whether you're new to sewing or an experienced quilter, all are welcome. Come to one or attend all three sessions. Donations of materials are appreciated to help support the project. No registration required. Questions? Contact Brenda at 704-957-0683 or baconbc@outlook.com.

Powerful Tools for Caregivers Class Waitlist

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



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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Email: stevenz@sanjuancountywa.gov
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