



Aging Alone Together

By Peggy Sue McRae, DOROT

The Mullis Community Senior Center in Friday Harbor, in partnership with DOROT, presents Aging Alone Together, a free virtual workshop for those who expect to age and make decisions independently. **Sessions meet via Zoom on Thursdays, October 9 through November 13, at 10 a.m.** Topics include building community, aging in place, advance care planning, financial and legal matters, and supportive services. While not a substitute for therapy or professional advice, the series offers tools, guidance, and connection.

Founded in 1976, DOROT is a nonprofit dedicated to addressing the challenges of aging, combating loneliness, and fostering intergenerational support. Aging Alone Together has become a flagship program for supporting solo agers nationwide. For details contact Anna Coffelt at info@mulliscenter.org or 360-370-4015.

Life Line Screenings

Life Line Screening will be at Orcas Senior Center on **Thursday, October 9, 2025**, offering safe, painless, and non-invasive preventive health screenings, services which are not typically included in a routine physical. By participating, you can take a proactive step toward protecting your health and supporting your well-being, as well as that of your family and community. You can register online at [LLSA.SOCIAL/HABC](https://llsa.social/habc) or call toll-free: 1-800-324-9458.

Spooky Lunch

Join us for a very fun and spooky Halloween lunch on **Wednesday, October 29** at Orcas Senior Center! Salads served at 11:30 a.m. and hot entrees served at noon. \$6 donation for those 60 and older. There will be a prize for best costume, spookiest, and most creative costume! Thank you to the Go-Go Girls for helping to support this frightfully fun event!



Orcas Senior Center Quilters donate handmade quilts to Orcas Island Police Substation for those in need of warmth.

DOL2Go at OSC

The Washington State Department of Licensing's mobile service, DOL2Go, will be held at Orcas Senior Center from **10 a.m. to 3 p.m. on Thursday, October 16** to assist with driver licensing and ID needs. DOL2Go offers the same services available in DOL offices, including enhanced ID cards and driver licenses. Customers applying for an enhanced card are encouraged to use DOL's online checklist found at www.dol.wa.gov, to confirm the correct documents.

Other services include driver license and ID card renewal and replacement, driver record issuance, records and reinstatement requirements review, and document review for first-time applicants who may not have standard-list identity documents. Knowledge and driving testing are not available.

DOL2Go cannot accept cash or check payments. Debit or credit cards only, please. For questions, please contact the DOL directly at 360-902-3900.

Quote for the Month

"Every day is Halloween, isn't it? For some of us." — Tim Burton

Powerful Tools for Caregivers Class

San Juan County will offer the Powerful Tools for Caregivers series for unpaid caregivers, Tuesdays, March 3 through April 7. Each free class provides valuable information and hands-on learning to support family and friend caregivers that care for adult loved ones. If you would like more information or to enroll, please contact Heidi Bruce. Heidi can be reached at 360-370-0591 or heidib@sanjuancountywa.gov.



What's inside...

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And much more!



San Juan County Staff

Jami Mitchell
Human Services Manager
360-376-7926
jamim@sanjuancountywa.gov

Heidi Bruce
Aging & Family Case
Coordinator
360-370-0591
heidib@sanjuancountywa.gov

Steven Ziegler
Senior Services Specialist
360-370-7525
stevenc@sanjuancountywa.gov

Health & Community Services
360-378-4474

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.

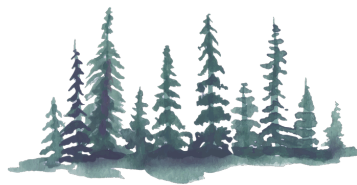
The newsletter is published by San Juan County Senior Services. The Senior Signal is distributed free at the Orcas Senior Center, by mail, and online at www.orcasseniors.org. Please mail submissions to PO Box 1146, Eastsound, WA 98245.

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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Lynnette Wood, Treasurer
Darcey Miller, Secretary
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George Eberle
Greg Raffelson
Ramona Curtis

Nonprofit Staff

Lena Kassa
Operations Manager
360-919-9312
lena@orcasseniors.org

Edy Hansen
Programs Manager
206-413-6167
edy@orcasseniors.org

Travis King
Facility Manager
206-413-6156
travis@orcasseniors.org

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!

Joh Hughes, Susan Monaco,
Geoffrey Schussler, Peja Schussler,
Elizabeth Gaines, John Mason,
Connie Cornell, and Jack Rubel

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

Go to orcasseniors.org/member

Autumn Bookmarks with Orcas Christian School

On **Wednesday, October 1, from 12:30 to 1:30 p.m.**, Orcas Senior Center will host a special creative activity with the 3rd-5th grade classes from Orcas Christian School. Students will join seniors in making autumn-themed bookmarks, using materials gathered from their school garden.

All supplies will be provided, but participants are welcome to bring along special paints or favorite leaves to make their bookmarks even more unique. The event is free of charge, and everyone is welcome to take part in this intergenerational afternoon of creativity and community.

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.

Grannie's Holiday Sale at Orcas Senior Center

Mark your calendars, Grannie's Holiday Sale is back at Orcas Senior Center on **Saturday, November 15!** Browse festive décor, holiday treasures, and unique creations from local artisans. Come find that special gift!

Vendors: Vendors are invited to reserve a table and share their wares. Tables are \$25 each, with a limit of two six-foot tables per seller, available on a first-come, first-served basis.

Volunteers: We're also seeking volunteers to help with setup, event-day support, and cleanup.

Get Involved: Reserve your table or sign up to volunteer by contacting Edy Hansen at 206-413-6157 or edy@orcasseniors.org.

Book Reading with Nancy Wang

On **Wednesday, November 5, at 1 p.m.**, Orcas Senior Center will host a special book reading with Nancy Wang, author of *Red Altar*. *Red Altar* tells the story of three generations of a family who helped establish the fishing industry in Monterey Bay, California, beginning in 1850. Through perseverance and ingenuity, they navigated the harsh realities of systemic racism, ultimately finding ways to thrive. Their journey of resilience and reinvention offers an inspiring lens into the struggles and triumphs of immigrant families. Copies of *Red Altar* will be available for purchase at the event. For more information or to purchase a copy contact Nancy Wang at 415-412-2658.

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. 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 OSC front desk or by contacting Kim at kimr8244@gmail.com or 360-472-0408. Improve your tech skills and gain confidence using your devices with guidance from Kim!

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. 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. (October 8 & 22) – Karma

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!

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 all questions and inquiries, call George Eberle at 360-298-2829 or email John Ehrmantraut at casadonjuan12@gmail.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.

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. For questions, contact Andrea at sound-movement@hotmail.com or 206-383-7705. Learn more about her work at www.sound-movement.org.

Quilting Exhibit at OSC

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 collection of handcrafted quilts, each one a unique expression of creativity, created by skilled quilters in our community.

Beginners Watercolors

This beginner-friendly class meets on **Mondays from 9:30 a.m. to 11 a.m.** With years of experience in drawing and watercolor techniques, Robbie Walker will gently guide you through the essentials, while helping you discover your artistic voice.

Participants are asked to contribute \$10 per session. Please bring your own basic supplies. For more information, contact Robbie at robbielouwalker@orcasonline.com or 360-376-7714.

Island 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**. It is advisable to schedule your appointment in advance. 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.

Mindful Tranquility

Julia Summers leads a donation-based meditation group at Orcas Senior Center on **Tuesdays at 1 p.m.** Regardless of prior experience, Julia extends an invitation to all.

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 at spirithouseojai@gmail.com.

Art with Carla

Art with Carla, **Fridays at 1 p.m.** at OSC, is 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 has an Associate of Arts degree in Visual Communications from The Art Institute of Seattle and a background in teaching classes at the Funhouse Commons, Orcas Island Parks and Recreation, Poppie's, and Orcas Island School District. She also has 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 fee is \$10. 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!

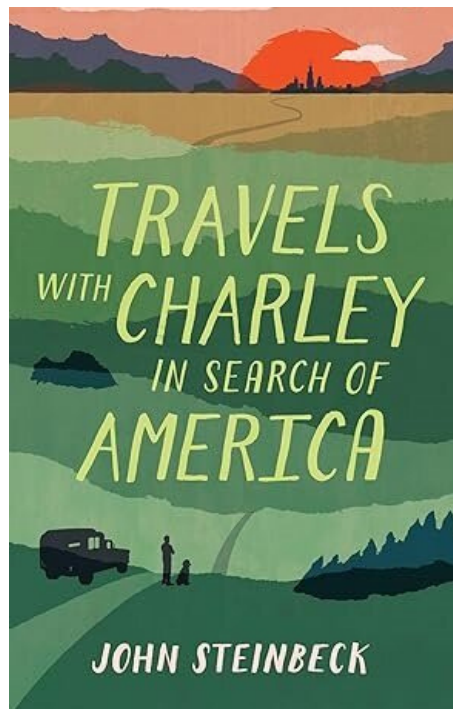
Partners in Care

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. If you or someone you know could benefit from Partners in Care, please contact Susan Gordon at sgordonbentley@gmail.com or 310-384-2053.

Chair Yoga

Chair Yoga is a soothing practice tailored for seniors and those with disabilities, held **Tuesdays and Thursdays at 10 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.



OSC Monthly Book Club

To hear the speech of the real America, to smell the grass and the trees, to see the colors and the light—these were John Steinbeck's goals as he set out, at the age of fifty-eight, to rediscover the country he had been writing about for so many years.

With Charley, his French poodle, Steinbeck drives the interstates and the country roads. Along the way he reflects on the American character, racial hostility, the American loneliness he finds almost everywhere, and the unexpected kindness of strangers. (Amazon, n.d.)

To participate in the Book Club on **Tuesday, October 28 at 1 p.m.** at Orcas Senior Center, contact Stephen Bentley at 310-694-7165 or stephen@swbentley.com.

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!

Ukulele Kanikipila

Experience the joy of making music at Ukulele Kanikipila, Hawaiian for "play music," **Mondays at 1 p.m.** at Orcas Senior Center. This gathering is open to everyone with an interest in playing music. If you're looking to dive into the world of ukulele playing, 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 but bring your own ukulele. For inquiries, including how to borrow a ukulele, contact Kathy at kcollister15@gmail.com. Beginners and adults of all ages are welcome to join the musical journey!

Healthy Aging Series: Brain Health & Dementia

Join us on **Wednesday, October 8 at 1 p.m.** for the first session in a three-part Healthy Aging series, beginning with The Science of Brain Health—Dementia and Alzheimer's. From dancing to digestion, discover how everyday habits can support your brain and keep you sharp. Presented by Mark Wilber, MSW, CAAR, LICSWA – San Juan County Health & Community Services, this engaging talk will provide practical tools for thriving at any age—right here on Orcas Island. Free and open to all. For more information, contact Mark Wilber at markw@sanjuancountywa.gov.



October 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

OCTOBER 1

Cheesy Bacon & Potato Casserole
Garden Salad
Fresh Fruit & Yogurt

OCTOBER 6

Cheese Tortellini
w/ Pesto & Tomatoes
Steamed Vegetables
Rosemary Focaccia
Caesar Salad
Dessert

OCTOBER 8

Crab Cake w/ Tartar Sauce
Pasta Salad
Steamed Vegetables
Dinner Roll w/ Butter
Arugula Salad
Carrot Cake

OCTOBER 13

CLOSED



OCTOBER 15

Pork Tacos
Mexican Rice
Bean & Corn Salad
Chips & Salsa
Key Lime Bars

OCTOBER 20

Reuben Chicken
Sweet Potatoes
Steamed Veggies
Kale Citrus Salad
Peaches & Cottage Cheese

OCTOBER 22

Mushroom & Swiss
French Dip
Potato Wedges
Spinach Salad
Dessert

OCTOBER 27

Chicken Pita
Cucumber Tzatziki
Lemon Potatoes
Greek Salad
Cheesecake Bars

OCTOBER 29

Roast Beef
Monster Mashed
Potatoes & Gravy
Killer Carrots
Shadows in the
Garden Salad
Death by Chocolate

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



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.

FBI Agent, Geek Squad... or Scammer?

By Katherine Ha, CENTS

If someone calls claiming to be an FBI agent or from tech support services like Geek Squad, be on alert because it might be a scam. In these schemes, scammers pretend to be federal agents, tech support staff, or even representatives from well-known companies. They want to scare or pressure you into handing over your personal and financial information. Victims are often told their bank accounts are compromised, or that illegal activity has been linked to their devices. Some are instructed to withdraw money or buy gift cards as a way to "protect" their assets, a clear red flag.



















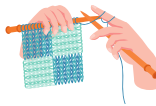





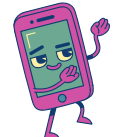







Authorities stress:

- Real FBI agents will never call and demand money.
- Legitimate companies like Geek Squad won't cold-call you about computer issues.
- Never give out banking info, remote access, or send payments to someone who contacted you unexpectedly.

If you receive a suspicious call or email, hang up or delete it. Report the scam to local law enforcement or the FBI's Internet Crime Complaint Center at ic3.gov.

Stay informed, trust your instincts, and always verify before acting.

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>In-person lunches are hosted on Mondays & Wednesdays. Suggested donation is \$6 for 60+. Salads served at 11:30 am & entrees served at Noon.</p>  			<p>1 10:00 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Bookmarks</p> 	<p>2 Island Hearing by Appointment 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Drumming</p> 	<p>3 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework</p> 	<p>4 <i>National Taco Day</i></p> 
<p>5 <i>National Be Nice Day</i></p> 	<p>6 9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30pm Pinochle 1 pm Caregiver Group 1 pm Ukulele</p> 	<p>7 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge</p> 	<p>8 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 1 pm Aging</p> 	<p>9 Life Line Screening 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1 pm Quilting 1:30 pm Drumming</p> 	<p>10 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework</p> 	<p>11 <i>National Chess Day</i></p> 
<p>12 <i>National Gumbo Day</i></p> 	<p>13 SJC and OSC CLOSED</p> 	<p>14 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge</p> 	<p>15 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1pm Fidget Quilt</p> 	<p>16 DOL2GO 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Drumming</p> 	<p>17 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework 5:30 pm Legacy Ukulele</p> 	<p>18 <i>National Mashed Potato Day</i></p> 
<p>19 <i>National New Firends Day</i></p> 	<p>20 9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele</p> 	<p>21 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge</p> 	<p>22 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 1 pm Medicare</p> 	<p>23 10 am Chair Yoga 10:30 am Medicare 11 am & 12 pm Ukulele 12:30 pm Pinochle 1 pm Quilting 1:30 pm Drumming</p> 	<p>24 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework</p> 	<p>25 <i>National Pitbull Awareness Day</i></p>
<p>26 <i>National Pumpkin Day</i></p> 	<p>27 9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele</p> 	<p>28 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1 pm Meditation 1 pm Book Club 1:30 pm Bridge</p> 	<p>29 10 am Grief 11:30 am Spooky Lunch! 12:30 pm Spite & Malice 12:30 pm Medicare</p> 	<p>30 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Drumming</p> 	<p>31 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework</p> 	

Fidget Quilting at Orcas Senior Center

Brenda Bacon will host a Fidget Quilt workshop at OSC on **October 15, at 1 p.m.** The workshop is designed to assist 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. Donations of materials are appreciated. No registration required. For more information, contact Brenda at 704-957-0683 or baconbc@outlook.com.

Benefits of Early Hospice Care: Patient Autonomy

By Carrie McBride, Hospice of the Northwest
Hospice care is different from traditional medicine. Instead of a doctor telling you what you need to do, you get to tell us what you want—and we listen. A great benefit of choosing hospice early is the chance to maintain autonomy, or control, over your care. Early planning allows for time to discuss wishes with a care team and loved ones. This ensures a treatment plan that reflects what matters most—whether that's staying comfortable at home, prioritizing time with family, or avoiding invasive treatments or unwanted hospitalizations.

At Hospice of the Northwest, we believe each person deserves care that honors their individuality. Our team provides guidance and support so patients can make informed decisions, and we commit to following those decisions with compassion and respect. To learn more about hospice services, visit www.HospiceNW.org or call us at 360-814-5550.

Medicare Open Enrollment

Between **October 15 and December 7**, you can make changes to your 2026 Medicare coverage. Review information from your current prescription drug (Part D) or Advantage plan to determine if premiums, deductibles, or copays increase or coverage shifts. Even if your plan looks the same, your health needs or prescriptions may have changed, making it worth exploring other options.

Attend a presentation on 2026 Medicare changes, at OSC, **Wednesday, October 22, at 1:00 p.m.** For one-on-one help, call 360-376-5892 or attend a walk-in enrollment event: **Wednesday, October 29 from 12:30 p.m. to 4 p.m., or Saturdays November 8, November 22, and December 6 from 10 a.m. to 1 p.m.** 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.

Legacy Ukulele Ensemble

On **Friday, October 17 at 5:30 p.m.**, Orcas Senior Center welcomes the internationally acclaimed Legacy Ukulele Ensemble from Langley, BC, led by master teacher Peter Luongo. Known for his dynamic teaching style and ability to bring out the best in players, Peter has led generations of musicians to discover the joy of ukulele. Suggested donation for the concert is \$15–\$20 at the door, with proceeds shared between the Ensemble and the Senior Center.

Earlier that afternoon, Peter will lead two 1½-hour workshops designed for players of all levels. At **1:00 p.m.**, Peter's Painless Picking introduces participants to simple fingerpicking techniques that add sparkle to any song. At **3:00 p.m.**, Peter's Combo (strum, sing, and pick) blends rhythm, melody, and voice for a fuller musical experience. Each workshop is \$25. To register, contact Kathy at kcollister15@gmail.com.



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.

Or Current Resident

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San Juan County Health & Community Services

PO Box 1146
Eastsound, WA 98245

Phone: 360-376-2677
Location: 62 Henry Rd
Email: stevenz@sanjuancountywa.gov
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