



Honoring Ron Myers

Join us for a special celebration following lunch at **1 p.m. on Wednesday, November 12**, as we honor beloved longtime islander Ron Myers with a Quilt of Valor. A Quilt of Valor is a handmade quilt presented to a service member or veteran in recognition of their service and sacrifice. This beautiful quilt was created by Maggie Kaplan, and Brenda Bacon will offer a short presentation as we pay tribute to Ron.

Many know Ron as our cherished "piano man," whose music has brought joy to countless gatherings. But beyond his musical talents, Ron proudly served in the U.S. Air Force for 31 years, flying large aircraft such as the B-52 and later serving as a flight instructor. He retired in 1986 with the rank of Colonel. Ron and his wife Jo have shared 70 wonderful years of marriage and are the proud parents of three children, eight grandchildren, and six great-grandchildren. The Myers have called Orcas Island home for 33 years, where they have become treasured members of our community. Please join us in celebrating Ron's remarkable service, love of music, and deep contributions to island life.

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. at **360-370-0591** or heidib@sanjuancountywa.gov.

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**.

Quote for the Month

"How lucky I am to have something that makes saying goodbye so hard." —
Winne the Pooh

Grannie's Holiday Sale

Grannie's Holiday Sale is back on **Saturday, November 15 from 10 a.m. to 2 p.m.** at Orcas Senior Center! Discover festive décor, holiday treasures, handcrafted goods, and one-of-a-kind gifts created by local artisans. Come support local makers, find something special, and enjoy the warm holiday spirit. Proceeds from the sale help fund Orcas Senior Center for island seniors and adults with disabilities, so every purchase makes a difference!

Safe Harbor Legal Solutions Estate Planning Presentation

On **Wednesday, November 19 at 1 p.m.**, OSC welcomes Phil George of Safe Harbor Legal Solutions for a discussion on estate planning. The presentation will include how to protect your finances from uncovered long-term care costs, minimize death taxes, safeguard your ability to remain in your home, and reduce the potential burden on your family. Based in Bellingham, Phil is an experienced estate planning and elder law attorney. He serves on the Advisory Committee for the Bellingham Senior Activity Center and hosts The Aging Hour, a weekly radio program on KGMI AM790, airing Saturdays at 1 p.m. This presentation offers valuable guidance for anyone interested in planning ahead and protecting their assets. Everyone is welcome to attend.

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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.

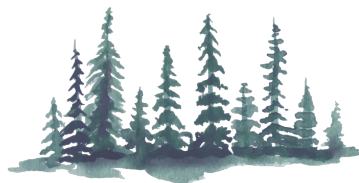
The newsletter is published by San Juan County Senior Services. The Senior Signal is distributed free at the Orcas Senior Center, by mail, and online at www.orcasseniors.org. Please mail submissions to PO Box 1146, Eastsound, WA 98245.

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 Chelsea Parrott at chelseap@sanjuancountywa.gov or **360-370-0592** 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!

Brenda Bacon, Allen Bacon, Robert Pate, Candace Pate, Mary Ann Slabaugh, Dianne Evans, and Andrew Evans

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

Go to orcasseniors.org/member



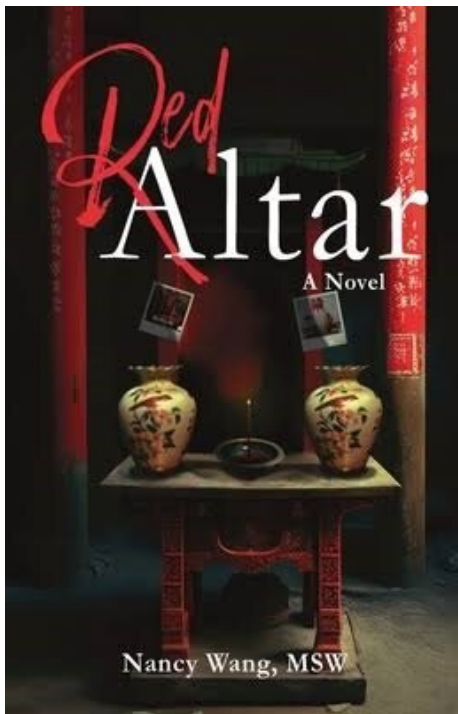
Caregiver Support Group

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.

Tara Plank's Yoga Workshop

Join Tara Plank for an energizing LYT Yoga Workshop on **Saturday, December 6, from 10:30 a.m. to 11:45 a.m.** at Orcas Senior Center. This core-focused vinyasa practice, inspired by LYT yoga and developed by a skilled physical therapist assistant, follows a specialized blueprint based on neurodevelopmental principles. The workshop is designed to correct postural imbalances and enhance movement efficiency. From **12:30 p.m. to 1:15 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 at tara@alignmovementtherapy.com or visit www.alignmovementtherapy.com.



Book Reading with Nancy Wang

On **Wednesday, November 5, at 1 p.m.**, Orcas Senior Center will host a book reading with Nancy Wang, author of *Red Altar*. *Red Altar* follows three generations who helped establish the fishing industry in Monterey Bay, California. Through perseverance and ingenuity, they navigated the systemic racism. Their journey of resilience and reinvention offers an inspiring lens into the struggles and triumphs of immigrant families. For more information, contact Nancy Wang at **415-412-2658**.

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. (November 5 & 19) – Karma

Quilting

Are you passionate about quilting? Join our group every **second and fourth Thursday of each month from 1 p.m. to 4 p.m.** at Orcas Senior Center. Bring your current quilting project and discover the inspiring creations of others. For inquiries, contact Edy Hansen at **206-413-6167** or edy@orcasseniors.org.

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.

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!

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.

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

Join Julia Summers for a weekly meditation gathering, **Tuesdays at 1 p.m.** at 122 A Street (upstairs in the Athletic Center building). No experience is needed—all are welcome!

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.



Thursday Evening Yoga Class

Join us for a gentle, restorative yoga class on **Thursdays at 6:00 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**.

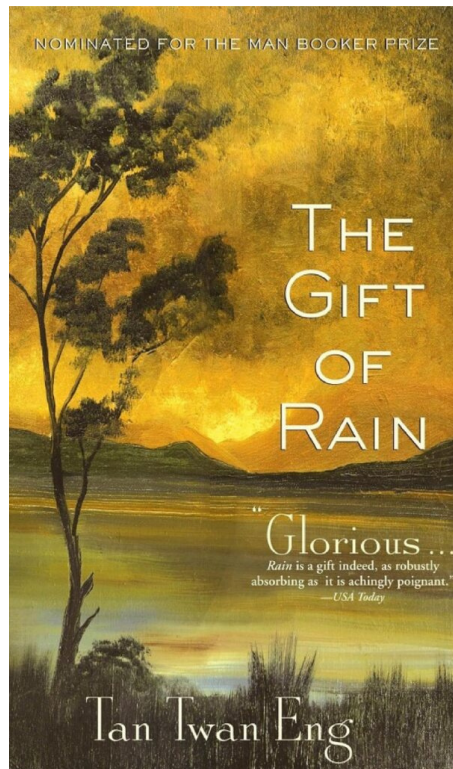
Partners in Care

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

Set in 1939 Penang, *The Gift of Rain* follows sixteen-year-old Philip Hutton, the half-Chinese, half-English son of a wealthy trading family. Feeling caught between two worlds, Philip befriends Hayato Endo, a Japanese diplomat who becomes his mentor, teaching him Japanese culture and aikido. But when Japan invades Malaya, Philip discovers Endo is a spy and his loyalty has consequences. (Amazon, n.d.)

To participate in the Book Club on **Tuesday, December 2 at 1 p.m.** at Orcas Senior Center, contact Stephen Bentley at **310-694-7165** or stephen@swbentley.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 brings a wealth of experience, with an Associate of Arts degree in Visual Communications from The Art Institute of Seattle and a background in teaching art classes. The class fee is \$10. Contact Carla at onlyonorcas@gmail.com or **360-317-5652** to secure your spot.

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!

Artwork by Chanda McKeaver at OSC

Make time this **November and December** to visit the Orcas Senior Center, open Monday through Friday from 9 a.m. to 3 p.m., and enjoy the vibrant artistry of local talent Chanda McKeaver. A resident of Orcas Island since 2001, Chanda showcases a striking collection of work in acrylics, ink, and watercolors. Her bold and imaginative paintings draw inspiration from both photography and pure creativity, offering viewers a diverse and captivating visual experience.



November 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

NOVEMBER 3

Butternut Squash Ravioli
Brown Butter Sage Sauce
Steamed Veggies
Garden Salad
Raspberry Sherbert

WEDNESDAY

NOVEMBER 5

Pub Fish w/ Pepperoncini
Tartar Sauce
Potato Wedges
Broccoli Coleslaw
Cookie

NOVEMBER 10

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

NOVEMBER 12

Tacos
Mexican Rice
Bean & Corn Salad
Chips & Salsa
Dessert

NOVEMBER 17

Chicken Pot Pie
Garden Salad
Cookie

NOVEMBER 19

Swet & Sour Chicken
Pineapple Veggie Stir Fry
Jasmine Rice
Spring Rolls
Asian Slaw

NOVEMBER 24

Salmon Caesar Salad
Garlic Bread
Butternut Squash Soup
Chocolate Cake

NOVEMBER 26

Roasted Turkey
Mashed Potatoes & Gravy
Stuffing
Cranberry Sauce
Green Beans
Pumpkin Bars



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

Island Rides Updates

Volunteer Drivers Wanted: Help us help others! Island Rides is looking for more volunteer drivers for our ride service that provides free transportation to essential services and social activities for community members who don't drive. Contact admin@islandrides.org or **360-672-2201** for more information. Vehicles are provided and we can work with your schedule. We currently operate M-F, 10 a.m. to 3 p.m. and by appointment on weekends. We also offer rides to off-island medical appointments.

Green CarShare Program: Did you know that Island Rides has an electric vehicle car share program available to Orcasonians? Sign up and drive for free! Drivers must be 21+, have a valid WA driver's license, vehicle or non-owner insurance, and a clean driving record within the past three years. Members can reserve two EVs through the Green CarShare app. The cars can be driven for free up to five hours/day anywhere on Orcas Island. Visit islandrides.org/orcas-carshare-program to download the app and learn more. Call member support at **360-468-5260** or email greencarshare-support@islandrides.org for assistance with signing up.

FBI Agent, Geek Squad... or Scammer?

By Katherine Ha, CENTS

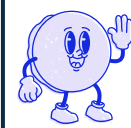
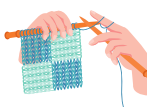
A new online retail scam is targeting unsuspecting seniors, with mysterious packages showing up on doorsteps, items you never ordered and don't want. According to consumer watchdogs, scammers are using your name and address to send cheap products through major online retailers. This tactic, known as a "brushing scam," is often used to boost fake product reviews or steal your personal information. These surprise deliveries may seem harmless, but they can be a sign your data has been compromised. Scammers may have accessed your online account or stolen your identity to place fake orders.

Here's how to protect yourself:

- Don't keep the package. Report it to the retailer and ask how to return it.
- Check your accounts. Look for unknown charges, especially on Amazon or other shopping sites.
- Change your passwords. If a scammer has your address, they may have more personal data.
- Don't post the package online. Sharing it could give scammers more information.

If you receive an unexpected delivery, be alarmed, it may be part of a bigger scam. Seniors are often targeted because scammers assume they're less tech-savvy—prove them wrong by staying informed. When in doubt, contact the retailer or a trusted family member before taking action. Stay alert and protect yourselves.

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 In-person lunches are hosted on Mondays & Wednesdays. Suggested donation is \$6 for 60+. Salads served at 11:30 am & entrees served at Noon. 						
						1 <i>National Bison Day</i> 
2 <i>National Deviled Egg Day</i> 	3 9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30pm Pinochle 1 pm Caregiver Group 1 pm Ukulele 	4 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1:30 pm Bridge 	5 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 1 pm Nancy Wang 	6 Island Hearing 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Drumming 6 pm Yoga 	7 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework 	8 <i>National Duncce Day</i> 10 am Medicare 
9 <i>National Pupusa Day</i> 	10 9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30pm Pinochle 1 pm Caregiver Group 1 pm Ukulele 	11 SJC and OSC CLOSED 	12 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1pm Quilt of Valor 	13 10 am Chair Yoga 10:30 am Medicare 11 am & 12 pm Ukulele 12:30 pm Pinochle 1 pm Quilting 1:30 pm Drumming 6 pm Yoga 	14 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework 	15 <i>National Clean Out Your Refrigerator Day</i> 10 am Grannie's 
16 <i>National Button Day</i> 	17 9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele 	18 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1:30 pm Bridge 	19 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 1 pm Estate Plan 1 pm Fidget Quilt 	20 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Drumming 6 pm Yoga 	21 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework 	22 <i>National Cranberry Relish Day</i> 10 am Medicare 
23 <i>National Espresso Day</i>	24 9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele 	25 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1:30 pm Bridge 	26 10 am Grief 11:30 am Spooky Lunch! 12:30 pm Spite & Malice 	27 SJC and OSC CLOSED 	28 SJC and OSC CLOSED 	29 <i>National Lemon Cream Pie Day</i> 
30 <i>National Personal Space Day</i>						

Fidget Quilting at Orcas Senior Center

Brenda Bacon will host a Fidget Quilt workshop at OSC on **Wednesday, November 19, 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: Avoiding Unnecessary Interventions

By Carrie McBride, Hospice of the Northwest
For islanders, serious illness often means stressful trips off-island for treatment or being airlifted to the mainland in a medical emergency. One of the many benefits of early hospice care is that we come to you. Early enrollment allows you to receive care in the comfort of your own home while avoiding unnecessary interventions—such as repeated hospitalizations or aggressive treatments—that may not change your prognosis and can severely impact your quality of life. By choosing hospice early, you can focus on comfort, peace of mind, and meaningful time with loved ones—right at home, on the island. Your hospice team partners with you to manage symptoms, provide emotional and spiritual support, and help you focus on what matters most to you. If you would like more information about how hospice may be able to help you or your loved one, please visit www.HospiceNW.org or call us at **360-814-5550**.

Medicare Open Enrollment

Have you received a letter telling you your medical plan is ending? Learned your premiums are going up? Has your health changed this year? Between October 15 and December 7, you can choose the plan that provides your best coverage for 2026. Trained SHIBA volunteers are ready to help you review your options. Their assistance is free, unbiased, and confidential. Call **360-376-5892** to schedule a one-on-one counseling appointment at Orcas Senior Center.

Drop-in help will also be offered at Orcas Senior Center on **November 8 (10 a.m.–1 p.m.), November 22 (10 a.m.–1 p.m.), and December 6 (10 a.m.–1 p.m.)** on a first-come, first served basis. Also, join the Welcome to Medicare presentation on **Thursday, November 13 at 10:30 a.m.**

SHIBA, is a free, unbiased, and confidential informational service offered through the Washington State Office of the Insurance Commissioner.

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!



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 Chelsea Parrott at **360-370-0592** or chelseap@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 pickup 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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Eastsound, WA
98245

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