



Jo Ann Johannesen, Andrea Cohen, and Eloise Monson holding down the fort at the Orcas Senior Center Front Desk—where questions get answered, smiles are shared, and community magic happens!

Orcas Senior Center Renovation Progress

By Orcas Senior Center

Changes are afoot at Orcas Senior Center! Our new Living Room is a cozy spot for reading, relaxing, and socializing, complete with a game table. A dedicated Game Room is now being considered. We'd love to hear what you think!

Since acquiring San Juan County's 49% ownership share of the building last year, the center's Board of Directors established the Building Conversion and Renovation Committee (BCRC) to oversee facility transition for OSC and partner organizations, and to plan improvements.

Thanks to generous community support, including a Holiday GiveOrcas grant, we will soon convert the Foot Care Room into an ADA-compliant restroom, provide dedicated space and storage for the Lions Club mobility equipment, and re-paint interior walls. A new roof is expected in the Spring, supported in part by USDA Rural Development funding secured with help from U.S. Rep. Rick Larsen.

Using community input gathered in early 2025, the BCRC is now evaluating lobby updates and long-term changes to enhance the building's appearance and functionality. Our focus is to make steady, thoughtful progress—prioritizing community needs, minimizing service disruptions, and phasing renovations strategically to manage costs.

If you'd like to support our efforts, you may donate any time to our Capital Improvement Fund at Orcas Island Community Foundation: www.oicf.us.

Quote for the Month

"No winter lasts forever; no spring skips its turn."
— Hal Borland

Inclement Weather Closures

By Orcas Senior Center

Please note that Orcas Senior Center may close during severe weather, and Meals on Wheels or Senior Lunch could be canceled. We generally follow Orcas Island School District closures but may cancel even if the school remains open to ensure everyone's safety. Plan ahead, and keep extra water, food, and medications on hand, and avoid driving in hazardous conditions. Stay safe!

Get Your Eyes Checked to Protect Your Vision

From NIH National Eye Institute

Some common eye diseases can cause vision loss. And they may not have any warning signs — so you could have a problem and not know it. Even if you think your eyes are healthy, getting a dilated eye exam is the only way to know for sure.

The best thing you can do to prevent vision loss from eye diseases is to get a dilated eye exam. A dilated eye exam is the only way to check for eye diseases early, when they're easier to treat — and before they cause vision loss. The exam is simple and painless. Your eye doctor will give you some eye drops to dilate (widen) your pupil and check for eye diseases. Talk with your eye doctor to learn how often you need to get an exam.

Learn more about dilated eye exams at: nei.nih.gov/dilated-eye-exam.

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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. Contact Jami Mitchell for feedback forms 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 between San Juan County, Orcas Senior Center, and the nonprofit organization Whatcom Council on Aging. Meals on Wheels are delivered **Mon., Wed., and Fri.** Contact Chelsea at chelseap@sanjuancountywa.gov or 360-370-0592 for eligibility.

Ian Cassinos

Food Services Manager

Genae Kaltenbach

Kitchen Assistant on Orcas

Caregiver Support Group

By San Juan County

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

Resolve Common Medicare Concerns with SHIBA Assistance from January through March!

By SHIBA

January through March is your opportunity to correct many common Medicare problems. Your local Statewide Health Insurance Benefit Advisors (SHIBA) volunteers can help you with the following problems:

- You didn't receive your new Drug or Advantage Plan Card.
- Your doctor or pharmacy isn't in your plan's network in 2026.
- You discover your old plan is not available in 2026.
- You don't like the Advantage Plan you signed up for. You can switch to another Advantage plan or go back to basic Medicare, and you may be able to get a Medigap (Medicare Supplement).
- You didn't enroll in Medicare when you turned 65.

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



Etch A Sketch Circle

By Orcas Senior Center

Starting **Thursday, Jan. 8**, shake the cobwebs off your creativity at OSC! Join the Etch A Sketch Circle with Anita Orne of AnitASketch every Thursday at **1:30 p.m.** for a fun hour of art and conversation. Each session begins with a prompt and quick demo, followed by relaxed sketching, chatting, and sharing. Anita will offer tips along the way, and when we're done, we'll simply "shake it off" for next time!

No experience needed, just curiosity and a sense of play. By donation. Etch A Sketches aren't provided, but easy to find new or used.

Register Today: Powerful Tools for Caregivers Class

By San Juan County

SJC will offer the Powerful Tools for Caregivers series for unpaid caregivers, **Tuesdays, Mar. 3 through Apr. 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.

Art with Carla

By Orcas Senior Center

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. The class fee is \$10. Contact Carla at 360-317-5652 or onlyonorcas@gmail.com to join.

Cards!

By Orcas Senior Center

Looking for a fun and social way to exercise your mind? OSC offers a variety of card games for all interests and skill levels. Come play, laugh, and connect! **Pinochle** (Mon. & Thurs. @ 12:30 p.m.), **Spite & Malice** (Wed. after lunch), and **Karma** (Wed., Jan. 14 & 28 @ 1 p.m.). For more info, contact Edy Hansen at 206-413-6167 or edy@orcasseniors.org.

Needlework Circle

By Orcas Senior Center

Join our weekly gathering for knitters, crocheters, embroiderers, and all needleworkers at OSC, **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!

Got Paper Bags?

By Orcas Senior Center

Want to recycle your clean paper bags for re-use by Meals on Wheels? You can drop them off at OSC **Monday through Friday, 9 a.m. to 3 p.m.**

OSC Monthly Book Club: Late Migrations

By Orcas Senior Center



Growing up in Alabama, Margaret Renkl was a devoted reader, an explorer of riverbeds and red-dirt roads, and a fiercely loved daughter. Here, in brief essays, she traces a tender and honest portrait of her complicated parents—her exuberant, creative mother; her steady, supportive father—and of the bittersweet moments that accompany a child's transition to caregiver.

Renkl offers observations on the world surrounding her suburban Nashville home. Ringing with rapture and heartache, these essays convey the dignity of bluebirds and rat snakes, monarch butterflies and native bees. As these two threads haunt and harmonize with each other, Renkl suggests that there is astonishment to be found in common things: in what seems ordinary, in what we all share. (Amazon, n.d.)

Grief Support Group

By Orcas Senior Center

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, contact George Eberle at 360-298-2829 or John Ehrmantraut at casadonjuan12@gmail.com or 760-325-0677. We look forward to supporting you.

Quilting

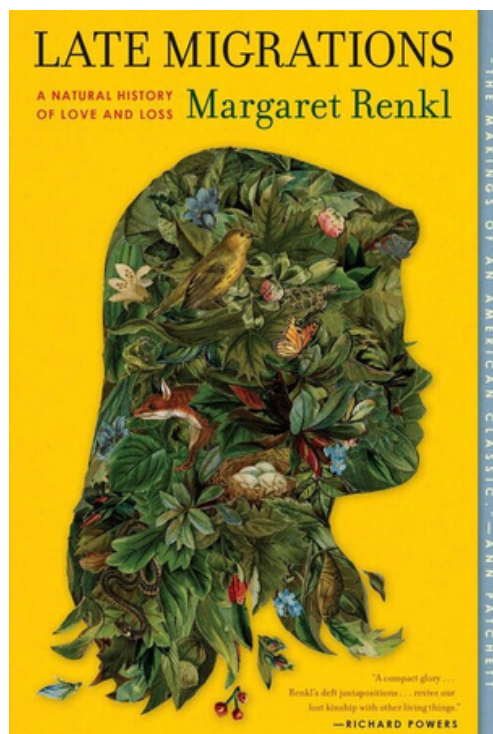
By Orcas Senior Center

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 OSC. 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.

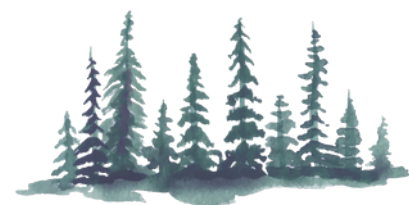
Virtual Movement Classes

By Orcas Senior Center

There is a menu of virtual movement classes available: Power Hour, Zumba, and Qigong. Learn more or sign up at www.orcasseniors.org/calendar-of-events.



To participate in the Book Club on **Tuesday, Jan. 27 at 1 p.m.** at OSC, contact Stephen Bentley at 310-694-7165 or stephen@swbentley.com.



ORCAS SENIOR CENTER

Age Well on Orcas

Hours of Operation

Monday to 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**

Nonprofit Board of Directors

Suzette Lamb, *President*
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ORCAS SENIOR CENTER Welcomes New Members!

Robin Lassen, David Lassen, Judi Madan, Richard Madan, John Davidson, Laurie Davidson, Dennis Vollrath, Susan Janet Stark, Barbara Clever, Ray Clever, Dale Gillingham, Marcia Gillingham, Theresa Boucher, and Rick Boucher.

Not a member or need to renew?
Go to orcasseniors.org/member

My Favorite Trees of Orcas: Artwork by Sally Walker

By Orcas Senior Center

The Orcas Senior Center will showcase the vivid artwork of Sally Walker throughout January and February, inviting visitors to stop by Monday through Friday between 9 a.m. and 3 p.m. Sally Walker, a former scientific illustrator, spent three decades in the fishing industry before returning to her artistic roots in retirement. She began by capturing the beauty of her garden and pets, a hobby that soon evolved into a thriving business.

In 2024, Sally relocated from Seattle to Orcas Island to be closer to her daughter, quickly developing an admiration for the island's dramatic natural landscape. Awed by the trees and habitat surrounding her, she set out to document them through her art. Her newest collection, "My Favorite Trees of Orcas," highlights these "well-known denizens," which



she says have become cherished companions as she continues to explore the island's environment.

Improv Theater for Seniors

By Orcas Senior Center

Improv Theater Class will meet Tuesdays, **Jan. 6 through Feb. 3**, from 1 to 2:30 p.m. at OSC. Participants will explore the core principles of improv, saying "yes," listening closely, collaborating, and discovering moments together, through games and group activities that encourage confidence and play. Whether you're an experienced improviser, brand new to the art form, or simply curious about using improv for personal enrichment, this class offers a welcoming space to learn and grow. Instructor Kyle Graham believes "improv is for everyone," and invites older adults to join in the fun. Contact 206-676-2163 or kyle.d.graham@gmail.com. Each class is \$100. Register online at <https://orcasparkandrec.org>. There is financial assistance is available.

The Joy of Drumming

By Orcas Senior Center

Experience the Spirit of Drumming Group at OSC **Thursdays at 1:30 p.m.**! There's no cost, just bring a drum and join the fun! Everyone is welcome! For more information, text Ezekiel Barr at 360-376-3033.

Big Wins for OSC: USDA Roof Funding and GiveOrcas Success!

By Orcas Senior Center

We're thrilled to announce that Orcas Senior Center will receive **\$165,000** in USDA funding in 2026 to help replace our aging roof! This incredible support is thanks to U.S. Representative Rick Larsen's advocacy for our earmark in the Continuing Appropriations Act of 2026.

We're also celebrating the success of our GiveOrcas Holiday Campaign, which fully funded the first phase of our building remodel: a private ADA compliant restroom, storage for mobility equipment, and refreshed office spaces for vital programming.

Want to contribute to future building remodel plans and continue improving our center? Donate to the Orcas Senior Center Capital Improvement Fund at www.oicf.us.

Thank you to all the supporters, including donors, Orcas Island Community Foundation, and Rep. Larsen for making these improvements possible!



Senior Portraits at OSC

By Orcas Senior Center

Robert O'Neill, son of Irene O'Neill, specializes in portraits and has generously offered free portrait sittings to Orcas Seniors before lunch on **Monday, Jan. 5, 9:30 a.m. to 11:30 a.m.** Robert will provide one print free of charge, others can be purchased through his website. To view some of his work, go to his website, www.robertphotos.com. Sign up for a 5-minute timeslot at the front desk or email edy@orcasseniors.org.



**Monthly
Hearing
Services**

@ Orcas Senior
Center

Stacie Nordrum,
Au.D., CCC-A

**Island
Hearing
Healthcare**



Monthly Hearing Services

By Stacie Nordrum, Au.D., CCC-A

Hearing care is available at OSC on the **first Thursday** of every month with Stacie Nordrum, Au.D., CCC-A from Island Hearing Healthcare. Services include: hearing aid programming, hearing assessments, personal consultations, and other hearing aid services. Also, complimentary clean and checks for hearing aids, along with general consultations, are available. We recommend you schedule your appointment in advance. Contact Stacie directly for scheduling and inquiries, at islandhearing@gmail.com or 360-378-2330. Learn more at www.islandhearing.net.

January 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

JANUARY 5

Hazelnut Crusted Chicken
Apple Demi-Glace
Mashed Potatoes
Vegetables
Dessert

WEDNESDAY

JANUARY 7

Chili Dog
Potato Chips
Three-Bean Salad
Brownie

JANUARY 12

Massaman Beef Curry
Carrots & Potatoes
Jasmine Rice
Spring Rolls
Asian Slaw
Mandarin Oranges

JANUARY 14

Turkey a la King
Over Egg Noodles
Focaccia Bread
Garden Salad
Dessert

JANUARY 19

**No in-person lunch or meal
delivery.
SJC & OSC CLOSED**

JANUARY 21

Minestrone Soup
Herb & Cheese Toast
Points
Garden Salad
Cookie

JANUARY 26

Chicken Pot Pie
Garden Salad
Apple Crisp

JANUARY 28

Vegetable Lasagna
Garlic Bread
Caesar Salad
Dessert



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

Beware of Caregivers Who Ask Family for Extra Money

By Katherine Ha, CENTS

When it comes to elder care, trust is everything. But family members of older adults are being warned to stay alert for a lesser-known scam: caregivers who ask for extra money outside of agreed-upon pay.

This kind of manipulation often starts subtly. A caregiver might mention they're behind on bills, facing car trouble, or struggling with rent. While it may sound like a cry for help, it can be a red flag, especially if the caregiver begins directly asking family members for loans or financial favors.

In some cases, caregivers may guilt-trip or emotionally pressure older adults or their relatives into giving them money. This isn't just inappropriate, it can cross the line into exploitation.

What to watch for:

- Caregivers asking for money beyond their wages
- Emotional stories used to solicit sympathy or financial support
- Sudden financial withdrawals or missing items in the home
- Resistance to oversight or involvement from other family members

How to protect yourself or your loved one:

- Set clear boundaries and expectations in writing when hiring a caregiver
- Use a licensed agency when possible
- Monitor your financial accounts for unusual activity
- Keep open communication between family members and caregivers

If something feels off, trust your instincts. Elder financial abuse is underreported, but it's real and serious. If you suspect wrongdoing, contact Adult Protective Services or a trusted legal advisor.

Staying vigilant helps protect those we love most.

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 SJC & OSC CLOSED New Years Day	2 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	3 JRR Tolkien Day 
4 World Braille Day 	5 9 am Senior Portraits 11 am Partners in Care 11:30 am Lunch! 12:30pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	6 10 am Chair Yoga 12 pm Ukulele 1 pm Improv 1:30 pm Bridge	7 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice	8 Island Hearing Clinic 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1 pm Quilting 1:30 pm Etch A Sketch 1:30 pm Drumming	9 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	10 National Save The Eagles Day
11	12 11 am Partners in Care 11:30 am Lunch! 12:30pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	13 10 am Chair Yoga 12 pm Ukulele 1 pm Improv 1:30 pm Bridge	14 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma	15 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Etch A Sketch 1:30 pm Drumming	16 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	17
18 National Gourmet Coffee Day 	19 SJC & OSC CLOSED Martin Luther King, Jr. Day	20 10 am Chair Yoga 12 pm Ukulele 1 pm Improv 1:30 pm Bridge	21 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Fidget Quilt	22 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1 pm Quilting 1:30 pm Etch A Sketch 1:30 pm Drumming	23 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	24 10:30 am LYT Yoga 12:30 pm Chair Yoga
25	26 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	27 10 am Chair Yoga 12 pm Ukulele 1 pm Improv 1 pm Book Club 1:30 pm Bridge	28 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma	29 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Etch A Sketch 1:30 pm Drumming	30 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	31 

In-person lunches are hosted on Mondays & Wednesdays.

Suggested donation is \$6 for 60+.

Salads served at 11:30 a.m. and entrees served at Noon.

Ukulele Kanikipila

By Orcas Senior Center

Experience the joy of making music at Ukulele Kanikipila, Hawaiian for "play music," **Mondays at 1 p.m.** at OSC. 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 info, including how to borrow a ukulele, email kcollister15@gmail.com. Beginners and adults of all ages are welcome to join the musical journey!

Partners in Care

By Orcas Senior Center

This Orcas Island Lions Club program in collaboration with OSC, offers weekly respite sessions for family caregivers. Held **Mondays from 11 a.m. to 3 p.m.** at OSC, 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.

Free Tech Assistance

By Orcas Senior Center

You can receive free technology assistance by appointment every **Friday from 1 p.m. to 3 p.m.** at OSC. 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 360-472-0480. Improve your tech skills and gain confidence using your devices with guidance from Kim!

Tara Plank's Yoga Workshop

By Orcas Senior Center

Join Tara Plank for an energizing LYT Yoga Workshop on **Saturday, Jan. 24, from 10:30 a.m. to 11:45 a.m.** at OSC. 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. Then, from **12:30 p.m. to 1:15 p.m.**, unwind with chair yoga, a gentle practice ideal for seniors and people 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 at www.alignmovementtherapy.com.



Fidget Quilting at OSC

By Orcas Senior Center

Brenda Bacon will host a Fidget Quilt workshop at OSC on **Wednesday, Jan. 21, 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 or 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.

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.

Susie Frank's Chair Yoga

By Orcas Senior Center

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, so participants can practice without the concern of falling. 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.

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 fosters a healthy community by connecting Orcas Islanders with services to thrive and achieve equitable 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@orcascfire.org, or see orcascfire.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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Eastsound, WA
98245

San Juan County Health & Community Services
PO Box 1146
Eastsound, WA 98245
Phone: 360-376-2677
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Email: chelseap@sanjuancountywa.gov
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