



Orcas Senior Signal

JANUARY 2025

The Official Senior Services Newsletter from San Juan County Health & Community Services

Rediscover the Joy of Reading with WTBBL

Have you stopped reading or joining book groups due to challenges like seeing small print, holding a book, or navigating online audiobook platforms? The Washington Talking Book and Braille Library (WTBBL) can help!

WTBBL provides a free, easy-to-use listening device with large buttons that you keep as long as you need. Request books (including new releases) via phone, email, or their online catalog—or let them send you selections based on your favorite genres. Audiobooks arrive in your mailbox and are just as easy to return, with no due dates or late fees. The service even supports multiple languages.

To explore this free program, visit the Orcas Island Public Library and chat with Library Director Ingrid Mattson. Reach her at 360-376-4985 or imattson@orcasmemory.org. Rediscover the magic of books—WTBBL makes it simple!

Grief Support Group

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

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And much more!



Ukulele Kanikipila, Hawaiian for "play music," every Monday from 1 p.m. to 3 p.m. at Orcas Senior Center.

Exploring Grief Through Poetry

Mark your calendars for **Wednesday, January 29 at 1 p.m.** at Orcas Senior Center for a heartfelt gathering exploring the journey through grief.

Nancy and Fred Reas moved to Orcas Island in 2011, having spent 25 years visiting Nancy's father, Bill Urschel here on Orcas. After Fred passed away in 2016 from Alzheimer's, Nancy found solace in writing poetry. Her deeply personal reflections evolved into *Greeting Grief*, a collection of poems spanning six years, which she self-published at the encouragement of friends who believed her work could help others.

During this special event, Nancy will read selections from her book and invite attendees to engage in an interactive experience. Participants are welcome to share their own writings about grief or try their hand at expressing their feelings through poetry, even if they've never written a poem before. This gathering offers a supportive space for reflection, connection, and healing. We hope you'll join us.

Ukulele Kanikipila

Experience the joy of making music at Ukulele Kanikipila, Hawaiian for "play music," every **Monday from 1 p.m. to 3 p.m.** at OSC. This gathering is open to everyone with an interest in playing music for two hours each week.

If you're looking to dive into the world of ukulele playing, join Kathy Collister's twice weekly ukulele class on **Tuesdays and Thursdays from 12 p.m. to 1 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, email Kathy directly at kcollister15@gmail.com. Beginners and adults of all ages are welcome to join the musical journey!

Quote for the Month

"Cheers to a new year and another chance for us to get it right."
— Oprah Winfrey



SAN JUAN COUNTY WASHINGTON

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Tell Us What You Think

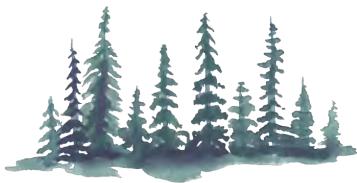
SJC Senior Services values your feedback. We take your comments seriously and strive to better serve our community. Feedback forms are available by contacting Jami Mitchell at 360-376-7926 or jamim@sanjuancountywa.gov.

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 stevenz@sanjuancountywa.gov or 360-370-7525 for eligibility.

Ian Cassinos
Food Services Manager
Kevin Gregus
& **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

Nonprofit Board of Directors
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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!

Christopher Nuzum, Susan Brockman, Sheila MacLean, Debbie Zammit, and Wade Zammit

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



OFFICE of the
INSURANCE
COMMISSIONER
WASHINGTON STATE

Ready for Medicare?

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

Trained Statewide Health Insurance Benefits Advisors (SHIBA) program volunteers are here to make the transition easier for you. Join us for a free Welcome to Medicare presentation at Orcas Senior Center on **Thursday, January 23 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.

Family Caregiver Support Group

The Family Caregiver Support Group (FCSG) meets at OSC on **Mondays at 12 p.m.** Caregivers report that one of the most stressful parts of caregiving is the feeling of isolation that caregiving often brings. The group is an effort to provide unpaid caregivers with emotional support and resources that will enable them to continue at home care and make it possible for care partners to continue to remain in their familiar environment. Participants can ask questions, learn from others' experiences, share successes and challenges, or seek guidance in a safe, supportive, confidential environment. For more information, contact Heidi Bruce, at 360-370-0591 or heidib@sanjuancountywa.gov.



Card Club

Looking for a card-playing adventure? Come join the Card Club at Orcas Senior Center every **Monday and Thursday at 12:30 p.m.** Whether you're a seasoned pinochle player or have a new game to share, we'd love to have you join in the fun. For additional details, please reach out to Edy Hansen by email at edy@orcasseniors.org or call her at 206-413-6167.

Bridge Club

Discover the joy of playing bridge! Join us at Orcas Senior Center every **Tuesday at 1:30 p.m.** for an engaging session with the Bridge Club. Forge new friendships and enjoy the strategic thrill of bridge. For more details, reach out to Edy Hansen at edy@orcasseniors.org or by phone at 206-413-6167. See you there!

Spite and Malice

Join the "Spite and Malice" card group at Orcas Senior Center **after lunch on Wednesdays** for some lively games and great company. Don't let the name scare you away! We'd be thrilled to welcome you into the fold. For more information, please contact Maggie Kaplan at 360-376-5372 or mkaplan@centurytel.com. Let's make Wednesdays the highlight of your week!

Needlework Circle

Join a gathering for knitters, crocheters, embroiderers, and all needleworkers at OSC, **every Friday at 2 p.m.**

Come hang out, no project required! Whether you haven't knitted in years, want to learn to crochet, or just want to relax and chat, we have a wonderful selection of donated yarn, needles, books, and plenty of friendly advice. All are welcome, so join us!

Chair Yoga

Join us for Chair Yoga, a soothing practice tailored for seniors and those with disabilities, held every **Tuesday and Thursday from 10:00 to 10:45 a.m. (no class January 2 and 7)**. 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 and completed her yoga teacher training at 8 Limbs Yoga in Seattle in 2016. While Susie suggests a \$15 donation per class (\$12 for OSC members), 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.



Vinyasa Yoga with Karol

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

Karol emphasizes a welcoming environment that incorporates modifications for those with acute or chronic injuries, ensuring a safe and inclusive experience for everyone. Wear comfortable, loose fitting clothing and bring your own yoga mat and blocks.

The class fee is \$15 per session or \$12 for OSC members. A 10-class pack is available for \$100. For all inquiries, email Karol Wilson at karol.wilson@live.com.



Yoga with Sam

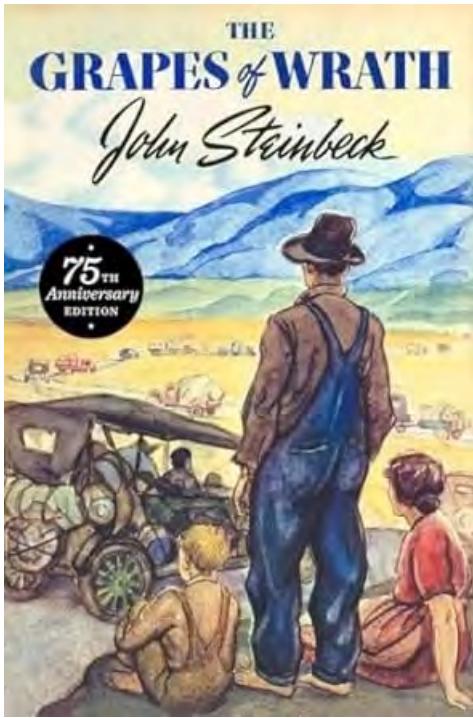
With over three years of teaching experience, join Samantha Fisher in a holistic practice suitable for all experience levels. Drawing from her training in Hatha Yoga and Integrated Movement Therapy.

Classes take place on **Fridays at 11:30 a.m. (no class January 10)**, with a donation-based fee. Sam suggests a \$15 donation per class (\$12 for OSC members), no one will be turned away due to financial constraints. Participants are encouraged to bring their own mats and, if available, blocks and blankets. For inquiries or supply needs, contact Samantha at samantharichellefisher@gmail.com or 360-600-7372. All are welcome!

Tai Ji Quan Fall Prevention Class

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

Classes are on **Tuesdays at 1:30 p.m.** The fee is donation-based, suggested at \$15 per class (\$12 for OSC members) or \$100 for a 10-class pack. Financial constraints will not prevent participation. Participants are advised to wear supportive shoes. For more information, visit www.tjqmbb.org or contact Karol by email at karol.wilson@live.com or by phone at 206-755-0752.



January Book Club

First published in 1939, Steinbeck's Pulitzer Prize-winning epic of the Great Depression chronicles the Dust Bowl migration of the 1930s and tells the story of one Oklahoma farm family, the Joads—driven from their homestead and forced to travel west to the promised land of California. A portrait of the conflict between the powerful and the powerless, of one man's fierce reaction to injustice, and of one woman's stoical strength, the novel captures the horrors of the Great Depression and probes into the very nature of equality and justice in America. (Amazon, n.d.)

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

Quilting

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

Mindful Tranquility

Julia Summers leads a meditation group at OSC every **Tuesday at 1 p.m.** Regardless of experience, Julia emphasizes inclusivity by extending an invitation to all and operating the sessions on a donation basis.

Julia's journey began amidst the nomadic families of Nepal, where she discovered profound solace in spirituality. Julia 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.



Middle Eastern Dance

Join Middle Eastern dance classes with Robyn W. Gordon on **Wednesdays at 6 p.m.** at Orcas Senior Center **beginning January 8**. Open to all ages and skill levels, these lessons are designed to suit individual paces, with foundational moves practiced continuously to build confidence. Newcomers are welcome at any time.

Robyn trained for a decade under a Turkish master dancer and has performed widely at festivals, colleges, and events. Now on Orcas Island, she's eager to share her passion for this vibrant and joyful art form.

Classes are \$15 per session, or \$12 for Orcas Senior Center members. Financial assistance is available—no one will be turned away. Contact Robyn directly for inquiries, at robynwgordon@gmail.com or text her at 801-735-6658. Discover the rhythm, fitness, and joy of Middle Eastern dance. All are welcome!



Art with Carla

Unleash your creativity at "Art with Carla" every **Friday from 1 p.m. to 3 p.m.** at OSC. 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.

Carla Stanley brings a wealth of experience, with an extensive background in teaching art classes. The class is \$10 (or \$8 for OSC members). Contact Carla directly at 360-317-5652 or onlyonorcias@gmail.com to secure your spot in the class.



Submissions Needed for Next Art Exhibit

Calling all artists! Share your winter-inspired creations at the Orcas Senior Center! Bring in your art on Friday, January 3, between 9 a.m. and 2 p.m., to be part of Muse Winter, a vibrant art exhibition running January through February. This captivating showcase celebrates the beauty and spirit of winter across generations. Artists of all levels and experiences are warmly invited to participate. Don't miss this opportunity to share your talent and contribute to our community's artistic tapestry!

Additionally, artists are invited to sign up for a two-month exhibit spot in 2025 at Orcas Senior Center. All artists welcome, regardless of experience. Contact Carla Stanley at onlyonorcias@gmail.com or Edy Hanson at edy@orcasseniors.org for more information or to sign up. Don't miss this chance to showcase your creativity!

January Menu

Senior Lunch In-Person on Mon. and Wed.

Salads served at 11:30 am and hot entrees served at noon.

\$5 suggested donation for ages 60+.

MONDAY



WEDNESDAY

JANUARY 1

CLOSED



JANUARY 6

Vegetarian Chili
Cornbread
Garden Salad

JANUARY 8

Turkey Meatloaf
Potatoes au Gratin
Green Beans
Garden Salad
Dessert

JANUARY 13

Chicken Pot Pie
Garden Salad
Fresh Fruit

JANUARY 15

Clam Chowder
Baguette
Garden Salad
Fruit

JANUARY 20

CLOSED



JANUARY 22

Roast Beef w/ Cranberry
Balsamic Glaze
Mashed Potatoes
Steamed Carrots
Garden Salad
Dessert

JANUARY 27

Chicken Tenders
Potatoes au Gratin
Green Beans
Garden Salad
Brownie

JANUARY 29

Crab Cakes
Wild Rice Pilaf
Normandy Veggies
Garden Salad
Dessert

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



Island Rides Transportation

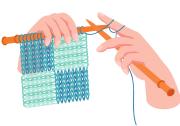
Island Rides is available to island residents for free rides to essential services and deliveries. If you would like a ride to the senior center, to an appointment, to buy groceries, or to run errands, call **360-672-2201**. During inclement weather, Island Rides service may be unavailable, so please plan ahead and have plenty of food and other supplies on hand. If you are interested in being a volunteer driver, give us a call or visit www.islandrides.org.



Island Hearing Healthcare

Stacie Nordrum, Au.D., CCC-A, with Island Hearing Healthcare, provides hearing care at Orcas Senior Center once a month. Island Hearing will be at OSC on **Thursday, January 9**. 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 all inquiries, contact Stacie directly at islandhearing@gmail.com or by phone at 360-378-2330. Learn more about Stacie and her services at www.islandhearing.net.

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>In-person lunches are hosted on Mondays and Wednesdays. Suggested donation is \$5 for 60+. Salads served at 11:30 am and entrees are served at Noon.</p> 		<p>1 SJC and OSC CLOSED NEW YEAR'S DAY</p> 	<p>2 9 am Zumba 11 am & 12 pm Ukulele 12:30 pm Card Club</p> 	<p>3 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 2 pm Needlework</p> 	<p>4 National Spaghetti Day 9 am Zumba</p> 
5 National Bird Day 	<p>6 9 am Power Hour 11:30 am Senior Lunch! 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele</p> 	<p>7 9 am Zumba 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga</p> 	<p>8 9 am Power Hour 9 am Qigong 10:00 am Grief 11:30 am Senior Lunch! 12:45 pm Spite & Malice 6:00 pm Dance</p>	<p>9 Island Hearing by Appointment 9 am Zumba 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting</p>	<p>10 9 am Power Hour 1 pm Art w/ Carla 2 pm Needlework</p> 	<p>11 National Girl Hug Boy Day 9 am Zumba</p> 
12 National Hot Tea Day 	<p>13 9 am Power Hour 11:30 am Senior Lunch! 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele</p> 	<p>14 9 am Zumba 10 am Chair Yoga 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga</p> 	<p>15 9 am Power Hour 9 am Qigong 10:00 am Grief 11:30 am Senior Lunch! 12:45 pm Spite & Malice 6:00 pm Dance</p>	<p>16 9 am Zumba 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Card Club</p> 	<p>17 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 2 pm Needlework</p>	<p>18 National Thesaurus Day 9 am Zumba</p> 
19 National Popcorn Day 	<p>20 SJC and OSC CLOSED MLK DAY </p>	<p>21 9 am Zumba 10 am Chair Yoga 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga</p> 	<p>22 9 am Power Hour 9 am Qigong 10:00 am Grief 11:30 am Senior Lunch! 12:45 pm Spite & Malice 6:00 pm Dance</p> 	<p>23 9 am Zumba 10 am Chair Yoga 10:30 am Medicare 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting</p> 	<p>24 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 2 pm Needlework</p> 	<p>25 National Fish Taco Day 9 am Zumba</p> 
26 National Green Juice Day 	<p>27 9 am Power Hour 11:30 am Senior Lunch! 12:30 pm Card Club 1 pm Caregiver Group 1 pm Ukulele</p> 	<p>28 9 am Zumba 10 am Chair Yoga 12 pm Ukulele 1 pm Meditation 1 pm Book Club 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga</p>	<p>29 9 am Power Hour 9 am Qigong 10:30 am Grief 11:30 am Senior Lunch! 12:45 pm Spite & Malice 1:00 pm Grief Poetry 6:00 pm Dance</p> 	<p>30 9 am Zumba 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Card Club</p>	<p>31 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 2 pm Needlework</p> 	

Virtual Movement Classes

Power Hour with Pam Evans (Mondays/Wednesdays/Fridays, 9 a.m.) - Low-impact strength, conditioning, and flexibility class that includes lots of stretching. \$10 per class. Contact Pam at 360-317-4636 or baca9214@gmail.com.

Zumba with Alyson Stephens (Tuesdays/Thursdays, 9 a.m.) - Low-impact dance fitness with songs that vary in speed. Also offered in-person at The Odd Fellows Hall. Classes are \$8 each or \$40 per calendar month. Contact Alyson at alysonclarkstephens@gmail.com or 360-298-2990.

Zumba Gold with Mikari Kurahashi (Saturdays, 9 a.m.) - Low intensity dance exercise class featuring Latin and World rhythms designed to meet the needs of seniors. Free. Contact Mikari at mikariski@yahoo.co.jp.

Qigong with Joan Roulac (Wednesdays, 9 a.m.) - 15-minute sessions of Qigong to gently loosen muscles, strengthen immunity, build balance, and increase energy. Four-session series for \$40. Contact Joan at joan@mountaintopmusings.com or 360-298-2789.

Grannie's Attic 2.0

Mark your calendar for the exciting return of Grannie's Attic 2.0 at OSC on **Saturday, April 26!** This community-favorite event is better than ever, featuring artisan booths alongside household items, vintage finds, tools, collectibles, and more.

Reserve Your Booth: Rent a table to showcase your items! Rent a table for \$25 and reserve up to two six-foot tables (allocated on a first-come, first-served basis).

Donate & Volunteer: We welcome donations (no furniture or clothing). Volunteers are also needed for setup, event-day tasks, and cleanup.

Get Involved Today: Reserve your table or sign up to help by contacting Edy Hansen at 206-413-6157 or edy@orcasseniors.org. Don't miss this chance to join a vibrant community event!



Benefits of Early Hospice Care: Improved Quality of Life

by Hospice of the Northwest

What if you could experience a better quality of life for a longer time? Hospice care isn't just for a person's final days—it offers significant benefits when started early, helping patients and families live as fully as possible.

Choosing hospice early opens the door to a life of comfort, dignity, and meaningful moments. With early enrollment, patients gain access to a compassionate care team providing expert pain management, emotional support, and spiritual guidance, all tailored to individual needs.

Many patients find relief in no longer enduring aggressive treatments or making frequent trips off-island for care. Instead, they can stay at home, live comfortably, and focus on what matters most—spending time with loved ones, creating memories, and enjoying activities that bring joy.

Hospice care isn't about giving up hope—it's about redefining it. By prioritizing comfort and quality of life, hospice empowers patients to live their final chapter with grace, surrounded by support and love. Early enrollment makes this possible.

Have questions about hospice? Talk with your healthcare provider or call Hospice of the Northwest at 360-814-5550. We're here to help.

No Feldenkrais

Feldenkrais will be taking a break for the month of January and will return **Tuesday, February 11**.

For inquiries, contact Andrea by phone at 206-383-7705 or email at sound-movement@hotmail.com.

Learn more about Andrea's work at www.sound-movement.org.

Current Services Provided

Community Lunch is served at OSC on Mondays and Wednesdays. \$5 suggested donation for ages 60+. Salads are served at 11:30 a.m. and entrees are served at Noon.

Home delivered meals are available for eligible seniors on Mon., Wed., and Fri. Please contact Steven Ziegler at 360-370-7525 or stevenz@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.

Transportation assistance for off island medical appointments may be available. Contact Edy Hansen at edy@orcasseniors.org or 206-413-6167 for transportation requests.

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 are calling their buddies offering companionship for seniors. Are you interested in being matched up with a Buddy? If so, contact Edy Hansen at 206-413-6167 or edy@orcasseniors.org.

Mobility Equipment is available through the Orcas Island Lions Club Mobility Assistance Program. Borrow quality used mobility equipment free or by donation at OSC on **Mondays and Wednesdays, 10 a.m. to 11 a.m. and Fridays 10 a.m. to 12 p.m.** Call the front desk at 360-376-2677 for more information.

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

Need help with electric bills? Call OPALCO at 360-376-3500 for eligibility and to apply.

Medicare/SHIBA

Volunteers assist with Medicare enrollment, choosing secondary plans, and affordable healthcare. Medicare help is available FREE by appointment. Call 360-376-5892 or email orcasshiba@yahoo.com.

Mobile Integrated Healthcare (MIH)

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

Hearing Screenings

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

Caregiving Information

OrcasCaregivingConnection.org is an online directory of local caregivers and resources for caregiving on Orcas.

Alpha Home Health & Hospice

425-357-1790 or alphahomehealthhospice.com.

Island Rides

Daily rides and deliveries by donation. Call 360-672-2201. Volunteer drivers welcome!

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 email 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.

98245
Eastsound, WA
PAID
U.S. Postage
Bulk Rate

Or Current Resident

Website: www.orcaseniors.org
Phone: 360-376-2677
Location: 62 Henry Rd
Email: stevenz@sanjuancountywa.gov
Issue: January 2025

PO Box 1146
Eastsound, WA 98245

San Juan County Health & Community Services



Orcas Senior Signal

FEBRUARY 2025

The Official Senior Services Newsletter from San Juan County Health & Community Services

Grannie's Attic 2.0

Mark your calendar for the return of Grannie's Attic 2.0 at OSC on **Saturday, April 26**! This community-favorite event features artisan booths alongside household items, vintage finds, tools, collectibles, and more.

Reserve Your Booth: Rent a table to showcase your items! Rent a table for \$25 and reserve up to two six-foot tables (allocated on a first-come, first-served basis).

Donate & Volunteer: We welcome donations (no furniture or clothing). Volunteers are also needed for setup, event-day tasks, and cleanup.

Get Involved Today: Reserve your table or sign up to help by contacting Edy Hansen at 206-413-6157 or edy@orcasseniors.org. Come join a vibrant community event!

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 is an effort to provide unpaid caregivers with emotional support and resources that will enable them to continue at home care and make it possible for care partners to continue to remain in their familiar environment. Participants can ask questions, learn from others' experiences, share successes and challenges, or seek guidance in a safe, supportive, confidential environment. For more information, contact Heidi Bruce, at 360-370-0591 or heidib@sanjuancountywa.gov.

What's inside...

Yoga Classes
Page 3

Middle Eastern Dance
Page 4

And much more!



Volunteers, Sally Blumenthal, John Ehrmantraut and Joanie Olson help at Grannie's Attic 2.0 in April 2024.

The Orcas Lions Club Partners In Care: Caregiver Assistance

The Orcas Lions Club is proud to introduce Partners In Care, a family caregiver assistance program launching this month at Orcas Senior Center. **Starting Monday, February 24**, Partners In Care will provide family caregivers with a much-needed break, knowing their loved ones are in good hands. Each **Monday afternoon from 12:00 to 3:00 p.m.**, trained volunteers and a professional caregiver will offer compassionate supervision along with engaging and creative activities. An optional lunch will be included to enhance the experience.

This free service is available by reservation only. If you or someone you know could benefit, please contact Susan Gordon Bentley via email at sgordonbentley@gmail.com or 310-384-2053.

Drumming Circle

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

Valentine's Day Potpourri

Embrace the spirit of love at a delightful hands-on potpourri workshop on **Monday, February 10, from 1:00 to 3:00 p.m.** at the Orcas Senior Center. Join local artisan Andrea Cohen to craft your own aromatic Valentine's blend using dried botanicals and essential oils. It's the perfect way to add sweet scents to your home or create a heartfelt gift for someone special.

Quote for the Month

"In the depth of winter, I finally learned that there was in me an invincible summer." — Albert Camus



SAN JUAN COUNTY WASHINGTON

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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 stevenz@sanjuancountywa.gov or 360-370-7525 for eligibility.

Ian Cassinos
Food Services Manager
Kevin Gregus
& **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!

Philip Burbo, Barbara LaBrash,
Matthew Saltzman, and
Thomas Bayley

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

Go to orcasseniors.org/member



OFFICE of the
INSURANCE
COMMISSIONER
WASHINGTON STATE

Resolve Common Medicare Concerns

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 2025.
- You discover your old plan is not available in 2025.
- 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.

Muse Winter: OSC Community Art Exhibition

Visit the Orcas Senior Center, Monday through Friday, from 9 a.m. to 3 p.m., to experience Muse Winter! This vibrant art exhibition runs through the end of February, showcasing stunning winter-inspired creations from our talented Orcas community.

Celebrate the beauty and spirit of winter through artwork created by artists of all ages and skill levels. Don't miss this chance to immerse yourself in a captivating display of creativity and community spirit!

Additionally, artists are invited to sign up for a two-month exhibit spot in 2025 at Orcas Senior Center. All artists welcome, regardless of experience. Contact Carla Stanley via email at onlyonorcas@gmail.com or email Edy at edy@orcasseniors.org for more information or to sign up. Don't miss this chance to showcase your creativity!

Yoga with Sam

With over three years of teaching experience, join Samantha Fisher in a holistic practice suitable for all experience levels. Drawing from her training in Hatha Yoga and Integrated Movement Therapy.

Classes take place on **Fridays at 11:30 a.m.** with a donation-based fee. Sam suggests a \$15 donation per class (\$12 for OSC members), no one will be turned away due to financial constraints. Participants are encouraged to bring their own mats and, if available, blocks and blankets. For inquiries or supply needs, contact Samantha by emailing her at samantharichellefisher@gmail.com or 360-600-7372. All are welcome!

Gentle Flexibility Class

Join Andrea Preiss, a seasoned Feldenkrais practitioner and therapeutic eurythmist, for a relaxing movement class at Orcas Senior Center, **Tuesdays at 11 a.m. (Beginning again on February 11).**

Emphasizing a seated position, these subtle exercises rooted in the Feldenkrais Method and eurythmy aim to improve your mobility, stability, balance, and vision. Please wear comfortable attire and non-slip shoes. Session fees are \$15 per class (\$12 for OSC members). Andrea, a dedicated physical therapist with almost four decades of experience, obtained certification in Germany in 2002. She has taught in various Seattle locations and established a private practice in 2019. For inquiries, contact Andrea at sound-movement@hotmail.com or 206-383-7705. Explore more about Andrea's expertise at her website, www.sound-movement.org.

Grief Support Group

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

Chair Yoga

Chair Yoga, a soothing practice tailored for seniors and those with disabilities, held **Tuesdays and Thursdays from 10:00 am 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 and completed her yoga teacher training at 8 Limbs Yoga in Seattle in 2016. While Susie suggests a \$15 donation per class (\$12 for OSC members), 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.

Vinyasa Yoga with Karol

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

Karol emphasizes a welcoming environment that incorporates modifications for those with acute or chronic injuries, ensuring a safe and inclusive experience for everyone. Wear comfortable, loose fitting clothing and bring your own yoga mat and blocks.

The class fee is \$15 per session or \$12 for OSC members. A 10-class pack is available for \$100. For all inquiries, email Karol Wilson at karol.wilson@live.com.

Quilting

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



Ukulele Kanikipila

Experience the joy of making music at Ukulele Kanikipila, Hawaiian for "play music," **Mondays from 1 p.m. to 3 p.m.** at Orcas Senior Center. This gathering is open to everyone with an interest in playing music for two hours each week.

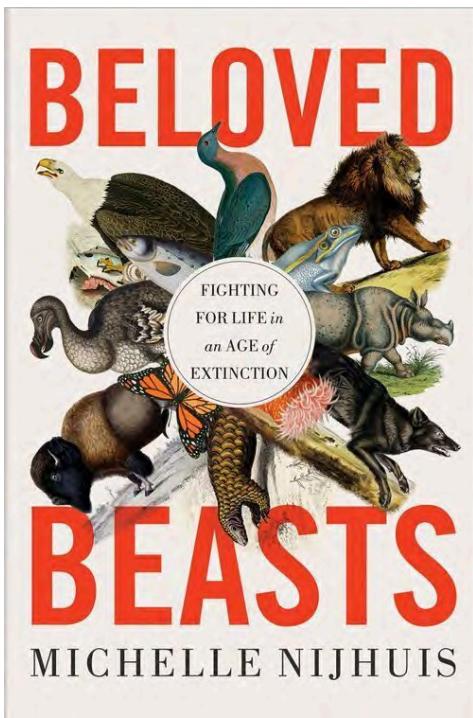
If you're looking to dive into the world of ukulele playing, join Kathy Collister's twice weekly ukulele class on **Tuesdays and Thursdays from 12 p.m. to 1 p.m.** If you are a true beginner, Kathy has a class on **Thursdays at 11 a.m.** that will get you up to speed in no time!

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

Tai Ji Quan Fall Prevention Class

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

Classes are on **Tuesdays at 1:30 p.m.** There is no fee for this class, just come and enjoy! Participants are advised to wear supportive shoes. For more information, visit www.tjqmbb.org or contact Karol at 206-755-0752 or karol.wilson@live.com.



February Book Club

In the late nineteenth century, humans came to a devastating realization: their rapidly industrializing and globalizing societies were driving scores of animal species to extinction. In *Beloved Beasts*, acclaimed science journalist Michelle Nijhuis traces the history of the movement to protect and conserve other forms of life. From early battles to save charismatic species such as the American bison and bald eagle to today's global effort to defend life on a larger scale, Nijhuis's "spirited and engaging" account documents "the changes of heart that changed history" (Dan Cryer, *Boston Globe*). (Amazon, n.d.)

To participate in the Book Club on **Tuesday, February 25 at 1 p.m.** at the Orcas Senior Center, contact Stephen Bentley via email at stephen@swbentley.com or by phone at 310-694-7165.

Bridge Club

Discover the joy of playing bridge! Join us at Orcas Senior Center **Tuesdays at 1:30 p.m.** for an engaging session with the Bridge Club. Forge new friendships and enjoy the strategic thrill of bridge. For more details, reach out to Edy Hansen at edy@orcasseniors.org or by phone at 206-413-6167. See you there!

Card Club

Looking for a card-playing adventure? Come join the Card Club at Orcas Senior Center **Mondays and Thursdays at 12:30 p.m.** Whether you're a seasoned pinochle player or have a new game to share, we'd love to have you join in the fun. For additional details, please reach out to Edy Hansen by email at edy@orcasseniors.org or call her at 206-413-6167.

Drawing for Beginners

Join us for Drawing for Beginners class **Thursdays at 9:30 a.m., starting Thursday, March 6**. Led by the talented Robbie Walker, an experienced instructor in drawing and watercolors, this class will introduce you to essential techniques and help you develop your artistic skills. A nominal fee of \$5 per session is requested. Please bring your own sketchbook and pencil.

For more information about required materials and class details, feel free to contact Robbie directly at 360-376-7714 or robbielouwalker@orcasonline.com.

Middle Eastern Dance

Join Middle Eastern dance classes with Robyn W. Gordon on **Wednesdays at 6 p.m.** at Orcas Senior Center. Open to all ages and skill levels, these lessons are designed to suit individual paces, with foundational moves practiced continuously to build confidence. Newcomers are welcome at any time.

Robyn trained for a decade under a Turkish master dancer and has performed widely at festivals, colleges, and events. Now on Orcas Island, she's eager to share her passion for this vibrant and joyful art form.

Classes are \$15 per session, or \$12 for Orcas Senior Center members. Financial assistance is available—no one will be turned away. Contact Robyn directly for inquiries, at robynwgordon@gmail.com or text her at 801-735-6658. Discover the rhythm, fitness, and joy of Middle Eastern dance. All are welcome!

Needlework Circle

Join a gathering for knitters, crocheters, embroiderers, and all needleworkers at OSC, **Fridays at 2 p.m.**

Come hang out, no project required! Whether you haven't knitted in years, want to learn to crochet, or just want to relax and chat, we have a wonderful selection of donated yarn, needles, books, and plenty of friendly advice. All are welcome, so join us!

Watercolors for Beginners

Watercolor painting for beginners **Mondays from 9:30 to 11 a.m. returns Monday, March 3**. Robbie Walker, an experienced instructor with expertise in drawing and watercolors, will guide you through her perfected techniques.

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, reach out to Robbie directly at 360-376-7714 or via email at robbielouwalker@orcasonline.com.

Mindful Tranquility

Julia Summers leads a meditation group at OSC every **Tuesday at 1 p.m.** Regardless of experience, Julia extends a warm invitation to all, emphasizes inclusivity by extending an invitation to all and operating the sessions on a donation basis.

Julia's journey began amidst the nomadic families of Nepal, where she discovered profound solace in spirituality. Julia 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 spirithousejai@gmail.com.

Spite and Malice

Join the "Spite and Malice" card group at Orcas Senior Center **after lunch on Wednesdays** for some lively games and great company. Don't let the name scare you away! We'd be thrilled to welcome you into the fold. For more information, please contact Maggie Kaplan at 360-376-5372 or mkaplan@centurytel.com. Let's make Wednesdays the highlight of your week!

February 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

FEBRUARY 3

Ham & Cheese Casserole
Scalloped Potatoes
Normandy Veggies
Garden Salad
Apple Crisp

FEBRUARY 5

Vegetarian Chili
Corn Bread
Garden Salad
Fruit

FEBRUARY 10

Hazelnut Crusted Chicken
w/ Apple Demi Glace
Mashed Potatoes
Broccoli
Garden Salad
Dessert

FEBRUARY 12

Cheese Tortellini w/
Italian Sausage,
Peppers & Onions
Garlic Bread
Caesar Salad
Raspberry Sherbet

FEBRUARY 17

CLOSED



FEBRUARY 19

Chicken Fried Rice
Asian Slaw
Spring Rolls
Mandarin Oranges

FEBRUARY 24

Chicken Pot Pie
Garden Salad
Dessert

FEBRUARY 26

Salisbury Steak w/
Mushroom Gravy
Mashed Potatoes
Dinner Roll
Garden Salad
Dessert



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

Island Rides Transportation

Island Rides is available to island residents for free or by donation rides to essential services and deliveries. If you need a ride to buy groceries, visit the food bank, attend medical appointments or run other essential errands or to participate in other services at the senior center, library, etc., please call **360-672-2201**. Rides are available on a first come, first-served basis and depend on availability of drivers. We also accept TVP vouchers and typically bill just \$3/ride; let the dispatcher/driver know if you have TVP you would like us to bill to.

We also now offer off-island non-emergency medical appointment transportation for those who have no other option to get to their appointments. This service depends on driver availability; call us for more information.

During inclement weather, Island Rides service may be unavailable, so please plan ahead. If you are interested in being a volunteer driver, give us a call or visit www.islandrides.org.

Show and Tell

This February let's honor love in all its beautiful variations! Bring something that holds a special place in your heart, whether it's a symbol of a cherished relationship, a close family connection, a beloved pet, a favorite pastime, or simply a treasured item.

Join us for Show and Tell **after Senior Lunch on Wednesday, February 12**, and share the story behind your item. It could be anything meaningful—a photo, a handmade creation, a collectible, a unique find, or a thoughtful gift you received. We can't wait to hear your heartfelt stories!

Island Hearing Healthcare

Stacie Nordrum, Au.D., CCC-A, with Island Hearing Healthcare, provides hearing care at Orcas Senior Center once a month. Island Hearing will be at OSC on **Thursday, February 6**. 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 all inquiries, contact Stacie directly at islandhearing@gmail.com or by phone at 360-378-2330. Learn more about Stacie and her services at www.islandhearing.net.

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
In-person lunches are hosted on Mondays and Wednesdays. Suggested donation is \$6 for 60+. Salads served at 11:30 am and entrees are served at Noon.						1 <i>National Serpent Day</i> 9 am Zumba  
2 <i>National Brown Dog Day</i> 	3 9 am Power Hour 11:30 am Senior Lunch! 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele 	4 9 am Zumba 10 am Chair Yoga 11 am Drumming 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga	5 9 am Power Hour 9 am Qigong 10:00 am Grief 11:30 am Senior Lunch! 12:45 pm Spite & Malice 6:00 pm Dance	6 Island Hearing by Appointment 9 am Zumba 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Card Club	7 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 2 pm Needlework 	8 <i>National Boy Scout Day</i> 9 am Zumba 
9 <i>National Cut the Cord Day</i> 	10 9 am Power Hour 11:30 am Senior Lunch! 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele 1 pm Potpourri 	11 9 am Zumba 10 am Chair Yoga 11 am Feldenkrais 11 am Drumming 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga	12 9 am Power Hour 9 am Qigong 10:00 am Grief 11:30 am Senior Lunch! 12:45 pm Show & Tell 12:45 pm Spite & Malice 6:00 pm Dance	13 9 am Zumba 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting 	14 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 2 pm Needlework 	15 <i>National Gumdrop Day</i> 9 am Zumba 
16 <i>National Almond Day</i> 	17 SJC and OSC CLOSED PRESIDENT'S DAY 	18 9 am Zumba 10 am Chair Yoga 11 am Feldenkrais 11 am Drumming 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga	19 9 am Power Hour 9 am Qigong 10:00 am Grief 11:30 am Senior Lunch! 12:45 pm Spite & Malice 6:00 pm Dance 	20 9 am Zumba 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Card Club 	21 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 2 pm Needlework 	22 <i>National Margarita Day</i> 9 am Zumba 
23 <i>National Green Juice Day</i> 	24 9 am Power Hour 11:30 am Senior Lunch! 12 pm Partners in Care 12:30 pm Card Club 1 pm Caregiver Group 1 pm Ukulele 	25 9 am Zumba 10 am Chair Yoga 11 am Feldenkrais 11 am Drumming 12 pm Ukulele 1 pm Meditation 1 pm Book Club 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga	26 9 am Power Hour 9 am Qigong 10:30 am Grief 11:30 am Senior Lunch! 12:45 pm Spite & Malice 6:00 pm Dance 	27 9 am Zumba 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting 	28 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 2 pm Needlework 	

Virtual Movement Classes

Power Hour with Pam Evans (Mondays/Wednesdays/Fridays, 9 a.m.) - Low-impact strength, conditioning, and flexibility class that includes lots of stretching. \$10 per class. Contact Pam at 360-317-4636 or baca9214@gmail.com.

Zumba with Alyson Stephens (Tuesdays/Thursdays, 9 a.m.) - Low-impact dance fitness with songs that vary in speed. Also offered in-person at The Odd Fellows Hall. Classes are \$8 each or \$40 per calendar month. Contact Alyson at alysonclarkstephens@gmail.com or 360-298-2990.

Zumba Gold with Mikari Kurahashi (Saturdays, 9 a.m.) - Low intensity dance exercise class featuring Latin and World rhythms designed to meet the needs of seniors. Free. Contact Mikari at mikariski@yahoo.co.jp.

Qigong with Joan Roulac (Wednesdays, 9 a.m.) - 15-minute sessions of Qigong to gently loosen muscles, strengthen immunity, build balance, and increase energy. Four-session series for \$40. Contact Joan at joan@mountaintopmusings.com or 360-298-2789.

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 and a history of art contest victories, Carla brings a wealth of experience. The class is \$10 (or \$8 for OSC members). Contact Carla at onlyonorcias@gmail.com or 360-317-5652 to secure your spot. Uncover your artistic potential and join us for creative Fridays at OSC!



Benefits of Early Hospice Care: Comprehensive Support

by Hospice of the Northwest

Hospice care is more than managing symptoms—it's about caring for the whole person. Each patient at Hospice of the Northwest has access to a team of professionals who provide holistic care, addressing physical, emotional, social, and spiritual needs. Patients who enroll early can take full advantage of these services, enhancing their overall well-being.

- Providers and nurses manage pain and symptoms for physical comfort.
- Social workers offer emotional support and practical guidance for needs such as applying for benefits or finding in-home care.
- Spiritual counselors provide healing, peace, and comfort in a way that is meaningful to the patient and their loved ones.
- Hospice aides help with personal care such as bathing, shaving, and oral hygiene.
- Thanks to Hospice of the Northwest Foundation, our patients also have access to integrative services like aromatherapy, therapeutic music, and massage.

Hospice care isn't just about the end of someone's life—it's about making the most of the life we have left. This team-based approach helps patients live each day to the fullest, in compassion and dignity.

For more information, visit our website at www.HospiceNW.org or give us a call at 360-814-5550. We're here to help!

Current Services Provided

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

Home delivered meals are available for eligible seniors on Mon., Wed., and Fri. Please contact Steven Ziegler at 360-370-7525 or stevenz@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.

Transportation assistance for off island medical appointments may be available. Contact Edy Hansen at edy@orcasseniors.org or 206-413-6167 for transportation requests.

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 are calling their buddies offering companionship for seniors. Are you interested in being matched up with a Buddy? If so, contact Edy Hansen at 206-413-6167 or edy@orcasseniors.org.

Mobility Equipment is available through the Orcas Island Lions Club Mobility Assistance Program. Borrow quality used mobility equipment free or by donation at OSC on **Mondays and Wednesdays, 10 a.m. to 11 a.m. and Fridays 10 a.m. to 12 p.m.** Call the front desk at 360-376-2677 for more information.

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@orcasfire.org, or see orcasfire.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 by donation. Call 360-672-2201. Volunteer drivers welcome!

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.

Bulk Rate
U.S. Postage
PAID
Permit #2
Eastsound, WA
98245

Or Current Resident

PO Box 1146
Eastsound, WA 98245

San Juan County Health & Community Services

Website: www.orcaseniors.org
Location: 360-376-2677
Phone: 62 Henry Rd
Email: stevez@sanjuancountywa.gov
Issue: February 2025



Orcas Senior Signal

MARCH 2025

The Official Senior Services Newsletter from San Juan County Health & Community Services

Quilters Anonymous 43rd Quilt Show Field Trip!

Join us on **Saturday, March 15** for the Quilters Anonymous 43rd Annual Quilt Show at the Evergreen State Fairgrounds in Monroe, WA, featuring over 400 stunning quilts, a merchant mall, demonstrations, and much more. Maggie will be driving the party van, but space is limited, so sign up soon! We will meet at Orcas Senior Center at 7:30 a.m., depart on the 9:00 a.m. ferry, and return on the 8:45 p.m. ferry to Orcas.

To reserve your spot or for more information, contact Maggie Kaplan at mkaplan@centurytel.com or 360-376-5372. Don't miss this exciting day filled with creativity and inspiration!



Lum Farm Field Trip

Don't miss an exciting visit to Lum Farm on Coffelt Farm Preserve to meet their newest arrivals on **Thursday, April 3 at 2:00 p.m.** Lambing season is underway, and the Lum Farm crew is eager to share their adorable new additions with us. Please note that farm conditions might be muddy, so dress appropriately and wear sturdy walking shoes. Participants are responsible for providing their own transportation. To secure your spot, please RSVP to Edy Hansen at edy@orcasseniors.org or 206-413-6167.

What's inside...

DOL2GO

Page 2

Middle Eastern Dance

Page 3

And much more!



Experience the Joy of Drumming at OSC every Tuesday at 11 a.m.

Drumming Spirit Circle

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

Monthly Card Game: "Karma"

Starting **Thursday, March 13**, Mark Ferrari and his mom, Jackie Ferrari, will host a new monthly card game at the center. Karma is a fun, fast-paced, and easy-to-learn game that always brings surprises—no two games end the same way!

Mark insists that anyone can learn to play in mere minutes, including those with cognitive challenges, who are welcome to bring a friend or caregiver to team up with. He'll also be happy to offer pointers and coaching as needed.

Join the fun on the **second Thursday of each month at 2:00 p.m.** Cards, simple instructions, and "expert coaching" will be provided free of charge. For more information, contact Mark at mawkyman@gmail.com.

Afternoon Tea

Indulge in a classic afternoon tea experience with charming table arrangements featuring candles and exquisite teacups at Orcas Senior Center on **Thursday, March 6 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 at mkaplan@centurytel.com or 360-376-5372. Join us for an unforgettable tea!

Drawing for Beginners

Drawing for Beginners starts **Thursday, March 6 at 9:30 a.m.** Led by the talented Robbie Walker, an experienced drawing and watercolors instructor, this class will introduce you to essential techniques and help you develop your artistic skills. A nominal fee of \$5 per session is requested. Please bring your own sketchbook and pencil.

For more information about required materials and class details, contact Robbie at 360-376-7714 or robbielouwalker@orcasonline.com.

Quote for the Month

"In the depth of winter, I finally learned that there was in me an invincible summer." — Albert Camus



SAN JUAN COUNTY WASHINGTON

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Tell Us What You Think

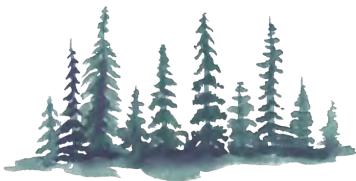
SJC Senior Services values your feedback. We take your comments seriously and strive to better serve our community. Feedback forms are available by contacting Jami Mitchell at 360-376-7926 or jamim@sanjuancountywa.gov.

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 stevenz@sanjuancountywa.gov or 360-370-7525 for eligibility.

Ian Cassinos
Food Services Manager
Kevin Gregus
& **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

Nonprofit Board of Directors
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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!

Nelson Moulton, Cathy Faulkner, Pamela Hughes, and Wayne Holm

Not a member or need to renew?

Go to orcasseniors.org/member



DOL2Go at Orcas Senior Center

The Washington State Department of Licensing's new mobile service, DOL2Go, will travel to Orcas Island **Thursday, April 10** to assist residents with their driver licensing and ID needs. The event will be held at Orcas Senior Center from 10 a.m. to 3 p.m.

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 (go to www.dol.wa.gov) to ensure they bring 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.

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 is an effort to provide unpaid caregivers with emotional support and resources that will enable them to continue at home care and make it possible for care partners to continue to remain in their familiar environment. Participants can ask questions, learn from others' experiences, share successes and challenges, or seek guidance in a safe, supportive, confidential environment. For more information, contact Heidi Bruce, at 360-370-0591 or heidib@sanjuancountywa.gov.

Middle Eastern Dance

Robyn W. Gordon teaches Middle Eastern dance classes on **Wednesdays at 6 p.m.** at Orcas Senior Center. Open to all ages and skill levels, these lessons are designed to suit individual paces, with foundational moves practiced continuously to build confidence. Newcomers always welcome.

Robyn trained under a Turkish master dancer and has performed at festivals, colleges, and events. Now on Orcas Island, she's eager to share her passion for this vibrant art form.

Classes are \$15 per session, or \$12 for Orcas Senior Center members. Financial assistance is available, as nobody will be turned away. Contact Robyn directly for inquiries, at robynwgordon@gmail.com or text her at 801-735-6658. Discover the rhythm, fitness, and joy of Middle Eastern dance.

Tai Ji Quan Fall Prevention Class

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

Classes have no fee and are held on **Tuesdays at 1:30 p.m. (no class Tuesday, March 4)** Just come and enjoy! Participants are advised to wear supportive shoes. For more information visit www.tjqmbb.org or contact Karol at 206-755-0752 or karol.wilson@live.com.

Needlework Circle

Join a gathering for knitters, crocheters, embroiderers, and all needleworkers at OSC, **Fridays at 2 p.m.** Whether you haven't knitted in years, want to learn to crochet, or just want to hang out, we have a wonderful selection of donated yarn, needles, books, and plenty of friendly advice. All are welcome!

Ukulele Kanikipila

Experience the joy of making music at Ukulele Kanikipila, Hawaiian for "play music," **Mondays from 1 p.m. to 3 p.m.** at Orcas Senior Center. This gathering is open to everyone with an interest in playing music for two hours each week.

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

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

Mindful Tranquility

Julia Summers leads a meditation group at OSC every **Tuesday at 1 p.m.** Regardless of experience, Julia extends a warm invitation to all, emphasizes inclusivity by extending an invitation to all and operating the sessions on a donation basis.

Julia's journey began amidst the nomadic families of Nepal, where she discovered profound solace in spirituality. Julia 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 spirithousejai@gmail.com.

Card Club

Looking for a card-playing adventure? Come join the Card Club at Orcas Senior Center **Mondays and Thursdays at 12:30 p.m.** Whether you're a seasoned pinochle player or have a new game to share, we'd love to have you join in the fun. For additional details, please reach out to Edy Hansen by email at edy@orcasseniors.org or call her at 206-413-6167.

Grief Support Group

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

Gentle Flexibility Class

Join Andrea Preiss, a seasoned Feldenkrais practitioner and therapeutic eurythmist, for a relaxing movement class at Orcas Senior Center, **Tuesdays at 11 a.m.**

Emphasizing a seated position, these subtle exercises rooted in the Feldenkrais Method and eurythmy aim to improve your mobility, stability, balance, and vision. Please wear comfortable attire and non-slip shoes.

Session fees are \$15 per class (\$12 for OSC members). Andrea, a dedicated physical therapist, obtained certification in Germany in 2002. She has taught in various Seattle locations and established a private practice in 2019. For inquiries, contact Andrea at sound-movement@hotmail.com or 206-383-7705. Explore more about Andrea's expertise at her website, www.sound-movement.org.

Vinyasa Yoga with Karol

Discover Vinyasa yoga with Karol Wilson, DPT, a seasoned physical therapist. Held every **Tuesday at 5:30 p.m. (no class Tuesday, March 4)** at Orcas Senior Center, sessions focus on restoring and enhancing strength, flexibility, and balance.

Karol emphasizes an inclusive environment for all ages that incorporates modifications for those with acute or chronic injuries. Wear comfortable, loose fitting clothing and bring a yoga mat and blocks.

The class fee is \$15 per session or \$12 for OSC members. A 10-class pack is available for \$100. For all inquiries, email Karol Wilson at karol.wilson@live.com.

Island Expressions Art Show at OSC

Experience Island Expressions **March 3 through April 25, Monday to Friday, 9 a.m. to 3 p.m.**, featuring three talented local artists: John Ehrmantraut, Marj Franke, and Barbara Wixom.

John Ehrmantraut, known for his work at OSC's Grannie's Corner and as the new Board Chair of OSC, showcases his remarkable acrylic paintings. Marj Franke, an acrylic artist since 2015, captures island life on canvas and beyond—painting on driftwood, chairs, and even game boards. Barbara Wixom's oil paintings, shaped by a decade of study under Terry Johnson, transport viewers into surreal landscapes of light, shadow, and imagination.

Chair Yoga

Chair Yoga, tailored for seniors and those with disabilities, is held **Tuesdays and Thursdays from 10:00 am to 10:45 a.m.** This gentle practice incorporates the use of a chair for support, enabling participants to explore balance poses without concern of falling.

Susie Frank, brings her expertise, having practiced yoga since 2009 and completed her yoga teacher training in 2016. While Susie suggests a \$15 donation per class (\$12 for OSC members), 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.

Spite and Malice

Join the "Spite and Malice" card group at Orcas Senior Center **after lunch on Wednesdays**. Don't let the name scare you away! We'd be thrilled to welcome you into the fold. For more information, please contact Maggie Kaplan at mkaplan@centurytel.com or 360-376-5372.

Quilting

Are you passionate about quilting? If so, join quilting **every second and fourth Thursday of each month at 1 p.m.** For inquiries, reach out to Edy Hansen at edy@orcasseniors.org or 206-413-6167. Let's stitch together and share the joy of quilting!

Inspirational Aging

Join a welcoming group of peers for open, honest conversations about the journey of aging. Inspirational Aging meets on the **second and fourth Thursday of each month at 11 a.m.** at Orcas Senior Center **starting March 13**.

Together, we will navigate the complexities of growing older by sharing experiences, offering support, and finding inspiration along the way. Expect plenty of laughter, mutual encouragement, and meaningful discussions.

For more information, contact Edy Hansen at edy@orcasseniors.org or 206-413-6167.

March Book Club

Cry, the Beloved Country, is the deeply moving story of the Zulu pastor Stephen Kumalo and his son, Absalom, set against the background of a land and a people riven by racial injustice. Remarkable for its lyricism, unforgettable for character and incident, Cry, the Beloved Country is a classic work of love and hope, courage and endurance, born of the dignity of man. (Amazon, n.d.)

To participate in the Book Club on **Tuesday, March 25 at 1 p.m.** at Orcas Senior Center, contact Stephen Bentley either by email at stephen@swbentley.com or by phone at 310-694-7165.

Art with Carla

Unleash your creativity **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 that prioritizes artistic potential, regardless of skill level. Carla's lifelong passion for drawing, backed by an Associate of Arts degree in Visual Communications, makes her the perfect guide for a fun and inclusive artistic journey.

With a background in teaching classes and a history of art contest victories, Carla brings a wealth of experience. The class is \$10 (or \$8 for OSC members). Contact Carla at onlyonorcus@gmail.com or 360-317-5652 to secure your spot.



OFFICE of the
**INSURANCE
COMMISSIONER**
WASHINGTON STATE

Getting Ready for Medicare

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

Trained Statewide Health Insurance Benefits Advisors (SHIBA) program volunteers are here to make the transition easier for you. Join us for a free Welcome to Medicare presentation at Orcas Senior Center on **Thursday, March 13 at 11 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.

Art, Writing & Expression

Wednesdays at 2 p.m., beginning March 12, join Susan Slapin for an inspiring journey into creativity at the OSC. Emphasizing visual arts while incorporating writing and poetry, each session offers a space to explore curiosity, introspection, and self-expression. Through weekly prompts, exercises, and a touch of music, you'll engage in meditation, sketching, writing, and improvisation. Classes begin with light stretching, followed by guided creative exploration.

Bring a sketchbook, writing materials, and any art tools you have—pencils, pens, charcoal, markers, or personal inspiration like photos and magazines. Cost: \$20 per session. To register, contact Susan Slapin at 360-298-2868 or susan@susanslapin.com.

March 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

MARCH 3

French Onion Meatloaf
Mashed Potatoes
Northwest Veggies
Garden Salad
Dessert

MARCH 5

Breaded Pork Chop
Roasted Veggies & Rice
Garden Salad
Fresh Fruit

MARCH 10

Vegetarian Chili
Corn Bread
Garden Salad
Cookie

MARCH 12

Crab Cakes
Wild Rice Pilaf
Steamed Veggies
Garden Salad
Fruit Crisp

MARCH 17

Corned Beef & Cabbage
Irish Soda Bread
Potatoes & Carrots
Garden Salad
Dessert

MARCH 19

Baked Cod
Rice Pilaf
Garden Salad
Dessert

MARCH 24

Ham & Cheese Casserole
Scalloped Potatoes
Asparagus
Dinner Roll
Brownie

MARCH 26

Mongolian Beef Noodles
Veggie Spring Rolls
Asian Slaw
Mandarin Oranges

MARCH 31

Chicken Pot Pie
Garden Salad
Cookie



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

Island Rides Transportation

Island Rides is available to island residents for free or by donation rides to essential services and deliveries. If you need a ride to buy groceries, visit the food bank, attend medical appointments or run other essential errands or to participate in other services at the senior center, library, etc., please call **360-672-2201**. Rides are available on a first come, first-served basis and depend on availability of drivers. We also accept TVP vouchers and typically bill just \$3/ride; let the dispatcher/driver know if you have TVP you would like us to bill to.

We also now offer off-island non-emergency medical appointment transportation for those who have no other option to get to their appointments. This service depends on driver availability; call us for more information.

During inclement weather, Island Rides service may be unavailable, so please plan ahead. If you are interested in being a volunteer driver, give us a call or visit www.islandrides.org.

Watercolors for Beginners

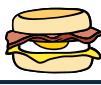
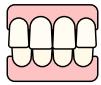
Watercolor painting for beginners on **Mondays from 9:30 to 11 a.m. returns Monday, March 3**. Robbie Walker, an experienced instructor with expertise in drawing and watercolors, will guide you through her perfected techniques.

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, reach out to Robbie directly at 360-376-7714 or via email at robbielouwalker@orcasonline.com.

Island Hearing Healthcare

Stacie Nordrum, Au.D., CCC-A, with Island Hearing Healthcare, provides hearing care at Orcas Senior Center once a month. Island Hearing will be at OSC on **Thursday, March 6**. 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 all inquiries, contact Stacie directly at islandhearing@gmail.com or by phone at 360-378-2330. Learn more about Stacie and her services at www.islandhearing.net.

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>In-person lunches are hosted on Mondays and Wednesdays. Suggested donation is \$6 for 60+. Salads served at 11:30 am and entrees are served at Noon.</p>
						<p>1 <i>National Pig Day</i> 9 am Zumba</p>
2 <i>National Egg McMuffin Day</i> 	3 9 am Power Hour 9:30 am Watercolors 11:30 am Lunch! 12 pm Partners in Care 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele	4 9 am Zumba 10 am Chair Yoga 11 am Feldenkrais 11 am Drumming 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge	5 9 am Power Hour 9 am Qigong 10:00 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 6:00 pm Dance	6 Island Hearing by Appointment 9 am Zumba 9:30 am Drawing 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Card Club 2 pm Tea	7 9 am Power Hour 1 pm Art w/ Carla 2 pm Needlework	8 <i>National Retro Video Game Day</i> 9 am Zumba
	10 9 am Power Hour 9:30 am Watercolors 11:30 am Lunch! 12 pm Partners in Care 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele	11 9 am Zumba 10 am Chair Yoga 11 am Feldenkrais 11 am Drumming 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga	12 9 am Power Hour 9 am Qigong 10:00 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 2 pm Art w/ Susan 6:00 pm Dance	13 9 am Zumba 9:30 am Drawing 10 am Chair Yoga 11 am Aging 11 am Medicare 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting 2 pm Karma	14 9 am Power Hour 1 pm Art w/ Carla 2 pm Needlework	15 <i>National Quilting Day</i> Quilters Anonymous 9 am Zumba
	17 9 am Power Hour 9:30 am Watercolors 11:30 am Lunch! 12 pm Partners in Care 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele	18 9 am Zumba 10 am Chair Yoga 11 am Feldenkrais 11 am Drumming 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga	19 9 am Power Hour 9 am Qigong 10:00 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Fidget Quilt 2 pm Art w/ Susan 6:00 pm Dance	20 9 am Zumba 9:30 am Drawing 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Card Club	21 9 am Power Hour 1 pm Art w/ Carla 2 pm Needlework	22 <i>National Goof Off Day</i> 9 am Zumba
	24 9 am Power Hour 9:30 am Watercolors 11:30 am Lunch! 12 pm Partners in Care 12:30 pm Card Club 1 pm Caregiver Group 1 pm Ukulele	25 9 am Zumba 10 am Chair Yoga 11 am Feldenkrais 11 am Drumming 12 pm Ukulele 1 pm Meditation 1 pm Book Club 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga	26 9 am Power Hour 9 am Qigong 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 2 pm Art w/ Susan 6:00 pm Dance	27 9 am Zumba 9:30 am Drawing 10 am Chair Yoga 11 am Aging 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting	28 9 am Power Hour 1 pm Art w/ Carla 2 pm Needlework	29 <i>National Vietnam War Veterans Day</i> 9 am Zumba
	31 9 am Power Hour 9:30 am Watercolors 11:30 am Lunch! 12 pm Partners in Care 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele					<p>Volunteer for Meals on Wheels! Help deliver hot meals to people's doors or volunteer at the front desk at Orcas Senior Center. If interested, contact Steven Ziegler at stevenz@sanjuancountywa.gov or 360-370-7525.</p>

Virtual Movement Classes

Power Hour with Pam Evans (Mondays/Wednesdays/Fridays, 9 a.m.) - Low-impact strength, conditioning, and flexibility class that includes lots of stretching. \$10 per class. Contact Pam at 360-317-4636 or baca9214@gmail.com.

Zumba with Alyson Stephens (Tuesdays/Thursdays, 9 a.m.) - Low-impact dance fitness with songs that vary in speed. Also offered in-person at The Odd Fellows Hall. Classes are \$8 each or \$40 per calendar month. Contact Alyson at alysonclarkstephens@gmail.com or 360-298-2990.

Zumba Gold with Mikari Kurahashi (Saturdays, 9 a.m.) - Low intensity dance exercise class featuring Latin and World rhythms designed to meet the needs of seniors. Free. Contact Mikari at mikariski@yahoo.co.jp.

Qigong with Joan Roulac (Wednesdays, 9 a.m.) - 15-minute sessions of Qigong to gently loosen muscles, strengthen immunity, build balance, and increase energy. Four-session series for \$40. Contact Joan at joan@mountaintopmusings.com or 360-298-2789.

Grannie's Attic 2.0

The exciting return of Grannie's Attic 2.0 at Orcas Senior Center happens on **Saturday, April 26!** This community-favorite event is better than ever, featuring artisan booths alongside household items, vintage finds, tools, collectibles, and more.

Reserve Your Booth: Rent a table to showcase your items! The price of renting a table is \$25, reserve up to two six-foot tables (allocated on a first-come, first-served basis).

Donate & Volunteer: Have new or gently used items to donate? We welcome donations (no furniture or clothing). Volunteers are also needed for setup/cleanup and day of tasks.

Get Involved Today: Reserve your table or sign up to help by contacting Edy Hansen at 206-413-6157 or edy@orcasseniors.org. Don't miss this chance to join a vibrant community event!



Benefits of Early Hospice Care: Access to a Social Worker

by Hospice of the Northwest

At Hospice of the Northwest, the people we serve are often under a great deal of stress and have very complex needs. Our masters-level social workers help by providing emotional, social, and practical support to both the patient and their loved ones.

- Planning for the Journey Ahead:** Hospice social workers provide guidance on end-of-life decisions, answer your questions, and assist with important paperwork like advance directives and POLST forms.
- Offering Emotional Support:** People often experience complex emotions during the end-of-life journey. Social workers are counselors, offering compassionate support and coping strategies for patients and families.
- Connecting to Community Resources:** An important role of the hospice social worker is to help people navigate and connect to community resources. This may include things like applying for financial assistance, making referrals for in-home caregiving, or arranging for respite care.

Hospice social workers provide emotional, social, and practical supports that allow patients and families to focus on what matters most—living each day to the fullest!

For more information, visit our website at www.HospiceNW.org or give us a call at 360-814-5550. We're here to help!

Current Services

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 stevenz@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.

Bridge Club

Play bridge at Orcas Senior Center **Tuesdays at 1:30 p.m.** Forge new friendships and enjoy the strategic thrill of bridge. For more details, contact Edy Hansen at 206-413-6167 or edy@orcasseniors.org.

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@orcasfire.org, or see orcasfire.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.

Bulk Rate
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98245

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PO Box 1146
Eastsound, WA 98245

San Juan County Health & Community Services

Phone: 360-376-2677
Location: 62 Henry Rd
Email: stevez@sanjuancountywa.gov
Issue: March 2025
Website: www.orcaseniors.org



Orcas Senior Signal

APRIL 2025

The Official Senior Services Newsletter from San Juan County Health & Community Services



Grannie's Attic 2.0

The exciting return of Grannie's Attic 2.0 at Orcas Senior Center happens on **Saturday, April 26, from 10 a.m. to 3 p.m.!** This community-favorite event is better than ever, featuring artisan booths alongside household items, vintage finds, tools, collectibles, and more.

Reserve Your Booth: Rent a table to showcase your items! The price of renting a table is \$25, reserve up to two six-foot tables (allocated on a first-come, first-served basis).

Donate & Volunteer: Have new or gently used items to donate? We welcome donations (no furniture or clothing). Volunteers are also needed for setup/cleanup and day of tasks.

Get Involved Today: Reserve your table or volunteer by contacting Edy Hansen at edy@orcasseniors.org or 206-413-6157. Don't miss this chance to join a vibrant community event!

Quote for the Month

"To plant a garden is to believe in tomorrow." — Audrey Hepburn

What's inside...

Lions Club: Partners in Care
Page 3

Tech Assistance with Kim Rose
Page 4

And much more!



Needleworkers work on their projects at OSC Fridays at 2 p.m.

DOL2Go at OSC

The Washington State Department of Licensing's new mobile service, DOL2Go, will travel to Orcas Island **Thursday, April 10** to assist residents with their driver licensing and ID needs. The event will be held at Orcas Senior Center from **10 a.m. to 3 p.m.**

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 (go to www.dol.wa.gov) to ensure they bring the correct documents.

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

DOL2Go accepts debit or credit cards only, no cash. For questions, please contact the DOL directly at 360-902-3900.

Needlework Circle

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

Lum Farm Field Trip

Don't miss an exciting visit to Lum Farm on Coffelt Farm Preserve to meet their newest arrivals on **Thursday, April 3 at 2:00 p.m.** Lambing season is underway, and the Lum Farm crew is eager to share their adorable new additions with us. Please note that farm conditions might be muddy, so dress appropriately and wear sturdy walking shoes. Participants are responsible for providing their own transportation. To secure your spot, please RSVP to Edy Hansen by email at edy@orcasseniors.org or by phone at 206-413-6167.



SAN JUAN COUNTY WASHINGTON

San Juan County Staff

Jami Mitchell
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360-376-7926
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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 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 stevenz@sanjuancountywa.gov or 360-370-7525 for eligibility.

Ian Cassinos
Food Services Manager
Kevin Gregus
& **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

Nonprofit Board of Directors
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Allan Rosato, Vice President
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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!

Scott Perryman, Sheryl Perryman, and Mary Creed Anderson

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

Go to orcasseniors.org/member

Inspirational Aging: A Peer Support Group at OSC

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

Drawing for Beginners

Drawing for Beginners meets **Thursdays at 9:30 a.m.** Led by Robbie Walker, an experienced drawing and watercolors instructor, this class will introduce you to essential techniques while developing your artistic skills. A fee of \$5 per session is requested. Please bring your own sketchbook and pencil. For more information about required materials and class details, contact Robbie at 360-376-7714 or robbielouwalker@orcasonline.com.

Drumming Circle

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

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 is an effort to provide unpaid caregivers with emotional support and resources that will enable them to continue at home care and make it possible for care partners to continue to remain in their familiar environment. Participants can ask questions, learn from others' experiences, share successes and challenges, or seek guidance in a safe, supportive, confidential environment. Contact Heidi Bruce, at 360-370-0591 or heidib@sanjuancountywa.gov for more information.

Middle Eastern Dance

Robyn W. Gordon teaches Middle Eastern dance classes on **Wednesdays at 6 p.m.** at Orcas Senior Center. Open to all ages and skill levels, these lessons are designed to suit individual paces, with foundational moves practiced continuously to build confidence. Newcomers always welcome.

Robyn trained under a Turkish master dancer and has performed at festivals, colleges, and events. Now on Orcas Island, she's eager to share her passion for this vibrant art form.

Classes are \$15 per session, or \$12 for OSC members. Nobody will be turned away for lack of funds. Contact Robyn directly for inquiries, at robynwgordon@gmail.com or text her at 801-735-6658. Discover the rhythm, fitness, and joy of Middle Eastern dance.

Vinyasa Yoga with Karol

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

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

The class fee is \$15 per session or \$12 for OSC members. A 10-class pack is available for \$100. For all inquiries, email Karol Wilson at karol.wilson@live.com.



Lopez: Saturday, April 12th
Orcas, Shaw, San Juan: Saturday, April 26th

For more info visit: www.PlasticFreeSalishSea.org/Events

Ukulele Kanikipila

Experience the joy of making music with Kathy Collister, at Ukulele Kanikipila, Hawaiian for "play music," **Mondays at 1 p.m.** at Orcas Senior Center. Kathy also offers a twice weekly ukulele class on **Tuesdays and Thursdays at 12 p.m.** If you are a true beginner Kathy has a class on **Thursdays at 11 a.m.** 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. All classes are free of charge, but make sure to bring your own ukulele. For inquiries, including information on borrowing a ukulele, reach out to Kathy directly at kcollister15@gmail.com. Beginners and adults of all ages are welcome to join this musical journey!

Mindful Tranquility

Julia Summers leads a meditation group at OSC on **Tuesdays at 1 p.m.** Regardless of experience, Julia extends a warm invitation to all, emphasizes inclusivity and operating the sessions on a donation basis.

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

Partners in Care

The Orcas Lions Club is proud to introduce Partners in Care, a family caregiver assistance program at Orcas Senior Center. Partners in Care will provide family caregivers with a much-needed break, knowing their loved ones are in good hands.

Mondays from 12:00 p.m. to 3:00 p.m., trained volunteers and a professional caregiver will offer compassionate supervision along with engaging and creative activities. An optional lunch will be included to enhance the experience. This free service is available by reservation only. If you or someone you know could benefit, contact Susan Gordon Bentley at 310-384-2053 or sgordonbentley@gmail.com.

Grief Support Group

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

Feldenkrais: Gentle Flexibility Class

Join Andrea Preiss, a seasoned Feldenkrais practitioner and therapeutic eurythmist, for a relaxing movement class at Orcas Senior Center, **Tuesdays at 11 a.m.**

Emphasizing a seated position, these subtle exercises rooted in the Feldenkrais Method and eurythmy aim to improve your mobility, stability, balance, and vision. Please wear comfortable attire and non-slip shoes.

Session fees are \$15 per class (\$12 for OSC members). Andrea, a trained and dedicated physical therapist, obtained certification in Germany in 1982. For inquiries, contact Andrea by email at sound-movement@hotmail.com or by phone at 206-383-7705. Explore more about Andrea's expertise by visiting www.sound-movement.org.

Tai Ji Quan Fall Prevention Class

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

Classes are fee and meet **Tuesdays at 1:30 p.m.** Just come and enjoy! Participants are advised to wear supportive shoes. For more information visit www.tjqmbb.org or contact Karol at 206-755-0752 or karol.wilson@live.com.

Island Expressions Art Show at OSC

Experience Island Expressions at OSC **through April 25, Monday to Friday, 9 a.m. to 3 p.m.** This exhibit features three talented local artists: John Ehrmantraut, Marj Franke, and Barbara Wixom.

John Ehrmantraut, known for his work at OSC's Grannie's Corner and as the new Board Chair of OSC, showcases his remarkable acrylic paintings. Marj Franke, an acrylic artist since 2015, captures island life on canvas and beyond—painting on driftwood, chairs, and even game boards. Barbara Wixom's oil paintings, shaped by a decade of study under Terry Johnson, transport viewers into surreal landscapes of light, shadow, and imagination.

Chair Yoga

Chair Yoga, tailored for seniors and those with disabilities, is held **Tuesdays and Thursdays at 10 a.m. (no class April 10)**. This gentle practice incorporates the use of a chair for support, enabling participants to explore balance poses without concern of falling.

Susie Frank, has practiced yoga since 2009 and completed her yoga teacher training in 2016. While Susie suggests a \$15 donation per class (\$12 for OSC members), 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.

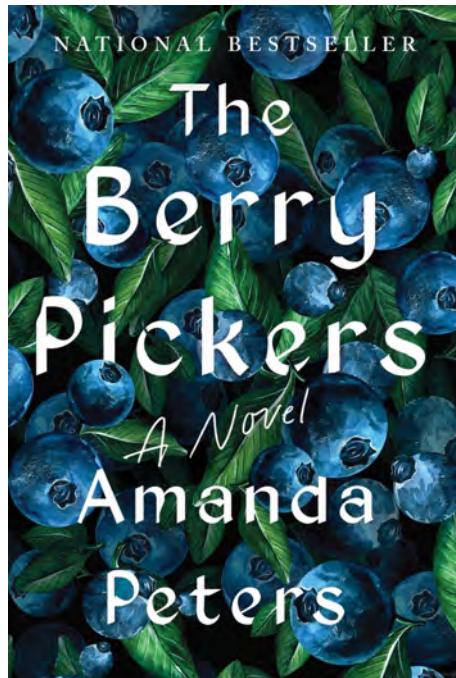
Art with Carla

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

With a background in teaching classes and a history of art contest victories, Carla brings a wealth of experience. The class is \$10 (or \$8 for OSC members). Contact Carla at onlyonorcasa@gmail.com or 360-317-5652 to secure your spot.

Spite and Malice

Join the "Spite and Malice" card group at OSC **after lunch on Wednesdays**. Don't let the name scare you away! We'd be thrilled to welcome you into the fold. For more information, please contact Maggie Kaplan at 360-376-5372 or mkaplan@centurytel.com.



April Book Club

The Berry Pickers, by Amanda Peters, takes place in July 1962. Following the tradition of Indigenous workers from Nova Scotia, a Mi'kmaq family arrives in Maine to pick blueberries. Weeks later, four-year-old Ruthie vanishes, last seen by her six-year-old brother, Joe, sitting on a rock at the field's edge. Her disappearance will haunt Joe for years.

Meanwhile, in Maine, Norma grows up as the only child of an affluent family. She senses her parents are hiding something. As she matures, Norma refuses to ignore her intuition and spends decades seeking the truth. This riveting novel is about the search for truth, the shadow of trauma, and love's persistence across time. (Amazon, n.d.)

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

Exploring Grief through Poetry with Nancy Reas

Explore the journey through grief, **Wednesday, April 16 at 1 p.m.** at Orcas Senior Center. During this special event, Nancy Reas will read selections from her book and invite attendees to engage in an interactive experience. Participants are welcome to share their own writings about grief or try their hand at expressing their feelings through poetry, even if they've never written a poem before.

In 2016, Nancy's husband, passed from Alzheimer's, Nancy found solace in writing poetry. Her deeply personal reflections evolved into *Greeting Grief*, a collection of poems, which she self-published.

This gathering offer space for reflection, connection, and healing. For inquiries, contact Edy Hansen at edy@orcasseniors.org or 206-413-6167. We hope you'll join us.

Card Club

Come join the Card Club at Orcas Senior Center **Mondays and Thursdays at 12:30 p.m.** Whether you're a seasoned pinochle player or have a new game to share, we'd love to have you join in the fun. For details, contact Edy Hansen at 206-413-6167 or edy@orcasseniors.org.

Bridge Club

Play bridge at Orcas Senior Center **Tuesdays at 1:30 p.m.** Forge new friendships and enjoy the strategic thrill of bridge. For more details, contact Edy Hansen at 206-413-6167 or edy@orcasseniors.org.

Free Tech Assistance

Every **Friday at 1 p.m.** at Orcas Senior Center, tech expert, Kim Rose, answers 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 Edy Hansen at 206-413-6167 or Edy@orcasseniors.org. Drop-ins are also welcome during the scheduled time. Don't miss this opportunity to improve your tech skills and gain confidence using your devices with expert guidance from Kim Rose!

April 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



APRIL 7

Chicken Caprese
Wild Rice Pilaf
Normandy Veggies
Garden Salad
Fresh Fruit

APRIL 2

Cheese Tortellini
Italian Sausage
Garlic Bread
Caesar Salad
Fresh Fruit

APRIL 9

Salisbury Steak
Mashed Potatoes
Green Beans
Dinner Roll
Garden Salad
Applesauce

APRIL 14

Cheeseburger
Lettuce & Tomato
Potato Wedges
Garden Salad
Brownie

APRIL 16

Thai Chicken Red Curry
Spring Rolls
Asian Salad
Mandarin Oranges

APRIL 21

Baked Salmon
w/ Dill Sauce
Rice Pilaf
Steamed Veggies
Garden Salad
Fruit Cup

APRIL 23

Shrimp Louie Salad
Smoked Salmon Chowder
Baguette
Apple Crisp

APRIL 28

Chicken Pot Pie
Garden Salad
Cookie

APRIL 30

Cornbread Taco Bake
Spanish Rice
Garden Salad
Dessert

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

Island Rides Transportation

Island Rides is available to island residents for free or by donation rides to essential services and deliveries. If you need a ride to buy groceries, visit the food bank, attend medical appointments or run other essential errands or to participate in other services at the senior center, library, etc., please call 360-672-2201. Rides are available on a first come, first-served basis and depend on availability of drivers. We also accept TVP vouchers and typically bill just \$3/ride; let the dispatcher/driver know if you have TVP you would like us to bill to.

We also now offer off-island non-emergency medical appointment transportation for those who have no other option to get to their appointments. This service depends on driver availability; call us for more information.

During inclement weather, Island Rides service may be unavailable, so please plan ahead. If you are interested in being a volunteer driver, give us a call or visit www.islandrides.org.

Watercolors for Beginners

Watercolor painting for beginners on **Mondays at 9:30 a.m.** with Robbie Walker, an experienced instructor with expertise in drawing and watercolors, will guide you through her perfected techniques.

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, reach out to Robbie directly at 360-376-7714 or via email at robbielouwalker@orcasonline.com.

Island Hearing Healthcare

Stacie Nordrum, Au.D., CCC-A, with Island Hearing Healthcare, provides hearing care at Orcas Senior Center once a month. Island Hearing will be at OSC on **Thursday, April 17**. 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 all inquiries, contact Stacie directly at islandhearing@gmail.com or by phone at 360-378-2330. Learn more about Stacie and her services at www.islandhearing.net.

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>In-person lunches are hosted on Mondays and Wednesdays. Suggested donation is \$6 for 60+. Salads served at 11:30 am and entrees are served at Noon.</p>  	<p>1 10 am Chair Yoga 11 am Feldenkrais 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga</p> 	<p>2 10:00 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 6 pm Dance</p>	<p>3 9:30 am Drawing 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Card Club 2 pm Lum Farm</p> 	<p>4 1 pm Art w/ Carla 1 pm Tech 2 pm Needlework</p> 	<p>5 <i>National Dandelion Day</i></p> 	
<p>6 <i>National Library Day</i></p> 	<p>7 9:30 am Watercolors 11:30 am Lunch! 12 pm Partners in Care 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele</p> 	<p>8 10 am Chair Yoga 11 am Feldenkrais 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga</p> 	<p>9 10:00 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 6 pm Dance</p> 	<p>10 DOL2GO 9:30 am Drawing 11 am Aging 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting</p> 	<p>11 1 pm Art w/ Carla 1 pm Tech 2 pm Needlework</p> 	<p>12 <i>National Licorice Day</i></p> 
<p>13 <i>National Peach Cobbler Day</i></p> 	<p>14 9:30 am Watercolors 11:30 am Lunch! 12 pm Partners in Care 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele</p> 	<p>15 10 am Chair Yoga 11 am Feldenkrais 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga</p>	<p>16 10:00 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1:00 pm Grief & Poetry 6 pm Dance</p> 	<p>17 Island Hearing by Appointment 9 am Zumba 9:30 am Drawing 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Card Club</p>	<p>18 1 pm Art w/ Carla 1 pm Tech 2 pm Needlework</p> 	<p>19 <i>National Cat Lady Day</i></p> 
<p>20 <i>National Pineapple Upside-Down Cake Day</i></p> 	<p>21 9:30 am Watercolors 11:30 am Lunch! 12 pm Partners in Care 12:30 pm Card Club 1 pm Caregiver Group 1 pm Ukulele</p> 	<p>22 10 am Chair Yoga 11 am Feldenkrais 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1 pm Book Club 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga</p> 	<p>23 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 6 pm Dance</p>	<p>24 9:30 am Drawing 10 am Chair Yoga 11 am Aging 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting</p> 	<p>25 1 pm Art w/ Carla 1 pm Tech 2 pm Needlework</p> 	<p>26 <i>National Pretzel Day</i> Grannie's Attic 2.0</p> 
<p>27 <i>National Prime Rib Day</i></p> 	<p>28 9:30 am Watercolors 11:30 am Lunch! 12 pm Partners in Care 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele</p> 	<p>29 10 am Chair Yoga 11 am Feldenkrais 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga</p> 	<p>30 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 6 pm Dance</p>	<p>Volunteer for Meals on Wheels! Deliver meals to people's doors or volunteer at the Orcas Senior Center front desk. For more info, contact Steven Ziegler at 360-370-7525 or stevenz@sanjuancountywa.gov.</p> 		

SHIBA Seeks Volunteers to Help with Medicare

SHIBA, the program that assists people with Medicare, is looking for volunteers! We need counselors to help navigate the Medicare process. If you enjoy helping others, can explain things clearly, and are comfortable using computers, this could be a great way to give back to your community.

A volunteer is also needed to schedule appointments. This involves returning phone messages on Mondays, Wednesdays, and Fridays and setting up appointments on our shared Google calendar. During Medicare Open Enrollment (7 weeks), messages need to be checked daily. If you're interested, contact Pegi Groundwater at pegigshiba@yahoo.com or leave a message at 360-376-5892.

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 360-376-5892 to schedule a counseling session.

"Karma" Card Game

Orcas Senior Center members Mark Ferrari and his mom, Jackie Ferrari, invite you to play Karma, a fun, fast-paced, and easy-to-learn card game that always brings surprises—no two games end the same way!

Mark insists that anyone can learn to play in mere minutes, including those with cognitive challenges, who are welcome to bring a friend or caregiver to team up with. He'll also be happy to offer pointers and coaching as needed.

Join the fun on the **second and fourth Wednesday of each month at 1 p.m.** at Orcas Senior Center. Cards, simple instructions, and "expert coaching" will be provided free of charge. For more information, contact Mark at mawkyman@gmail.com.

Quilting

Are you passionate about quilting? If so, join quilting **every second and fourth Thursday of each month at 1 p.m.** For inquiries, contact Edy Hansen at edy@orcasseniors.org or 206-413-6167. Let's stitch together and share the joy of quilting!



Benefits of Early Hospice Care: Spiritual Counseling

by Hospice of the Northwest

Spiritual counseling is a central, yet often overlooked, aspect of hospice care. At Hospice of the Northwest, patients and their loved ones have access to a dedicated spiritual counselor as part of their holistic care team. Spiritual counselors are a source of unconditional acceptance, providing emotional support and helping you explore some of life's biggest questions.

By enrolling in hospice early, patients and families have more opportunities to engage in conversations about their beliefs, values, and hopes, all with the guidance of a dedicated spiritual counselor. These meaningful discussions not only ease stress and anxiety, but also provide a pathway for finding peace and acceptance.

Care plans are tailored to each person's unique background and faith traditions, ensuring everyone feels heard, respected, and validated. Whether through prayer, meditation, reflective conversation, or connecting with a faith community, spiritual care adds layers of support that uplift patients and families. Embracing hospice services early creates the space for a more comforting end-of-life experience, offering solace and a renewed sense of hope.

For more information about hospice services, visit www.HospiceNW.org or call 360-814-5550.

Current Services

Available Through Orcas Senior Center and San Juan County

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 stevenz@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@orcasfire.org, or see orcasfire.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.

Bulk Rate
U.S. Postage
PAID
Permit #2
Eastsound, WA
98245

Or Current Resident

Phone: 360-376-2677	Location: 62 Henry Rd	Website: www.orcaseniors.org
Issue: April 2025	Email: stevenz@sanjuancountywa.gov	
PO Box 1146 Eastsound, WA 98245		
San Juan County Health & Community Services		



Orcas Senior Signal

MAY 2025

The Official Senior Services Newsletter from San Juan County Health & Community Services

OSC Charts Future for Newly Acquired Building

Orcas Senior Center (OSC) has officially taken full ownership of its building. Now, the focus shifts to the future—ranging from essential maintenance, like a roof replacement, to potential renovations such as a cozy common area, a second multi-purpose room, and improved restrooms.

To ensure thoughtful development, OSC has been gathering input from members and the wider community. This feedback, alongside insights from OSC staff, board members, and local stakeholders, is guiding professional architects in crafting renovation scenarios for a long-term vision of how the building could evolve over the next five to six years.

As a nonprofit without government funding, OSC is prioritizing strategic financial planning. Once the initial renovation concepts are created, further community input will help shape a final renovation plan and budgeting strategy. This will ensure a realistic and sustainable approach to improvements, one that prioritizes community needs, minimizes disruptions to services, and strategically phases renovations to manage costs effectively.

The future of OSC is bright, and with the support of the community, this transformation will ensure a welcoming and functional space for years to come. Check out our website at www.orcasseniors.org for updates, and for opportunities to share your input and help shape the next chapter of OSC! You may also donate to our renovation project online at www.orcasseniors.org/building.

Spite and Malice

Join the "Spite and Malice" card group at OSC **after lunch on Wednesdays**. Don't let the name scare you away, all are welcome! For inquiries, contact Maggie Kaplan at 360-376-5372 or mkaplan@centurytel.com.



Robbie Walker leads a watercolors class for beginners every Monday.

Fraud Prevention

In today's digital age, scams are more prevalent than ever. Protecting yourself and others from these threats requires knowledge and vigilance. Join Jennifer Tourjé, Assistant Director of the Federal Trade Commission Northwest Region, for an informative discussion on **Wednesday, May 14, at 1:00 p.m.** at OSC. Jennifer, a former state and federal prosecutor will share essential tips on spotting, reporting, and avoiding scams.

Contact Jennifer Tourjé at jtourje@ftc.gov or check out www.consumer.ftc.gov for free consumer education resources and insights on fraud prevention.

Watercolors Class for Beginners

Robbie Walker, an experienced instructor with years of expertise in drawing and watercolors, will guide you through the techniques she has perfected **Mondays from 9:30 to 11 a.m.**

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 at 360-376-7714 or robbielouwalker@orcasonline.com.

What's inside...

Estate Planning
Page 4

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Page 5

Genealogy Workshop
Page 7

And much more!

Quote for the Month

"If love is as sweet as a flower, then my mother is that sweet flower of love." — Stevie Wonder



SAN JUAN COUNTY WASHINGTON

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Tell Us What You Think

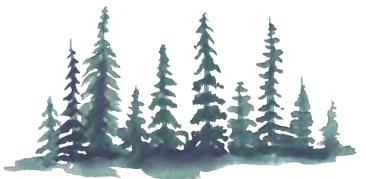
SJC Senior Services values your feedback. We take your comments seriously and strive to better serve our community. Feedback forms are available by contacting Jami Mitchell at 360-376-7926 or jamim@sanjuancountywa.gov.

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 stevenz@sanjuancountywa.gov or 360-370-7525 for eligibility.

Ian Cassinos
Food Services Manager
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**

Nonprofit Board of Directors

**John Ehrmantraut, President
Allan Rosato, Vice President
Lynnette Wood, Treasurer
Darcey Miller, Secretary
Suzette Lamb
George Eberle
Greg Raffelson**

Nonprofit Staff

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Operations Manager
360-919-9312
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**Edy Hansen
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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!

Joan L. Vader, Jay Erickson, Maricruz Erickson, Jean Henson, Steve Schaefer, Joan Mehl, Michael Readey, and Mary Beth Readey

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

[Go to orcasseniors.org/member](http://orcasseniors.org/member)

Inspirational Aging: A Peer Support Group at OSC

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

Mindful Tranquility

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

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

Grief Support Group

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

Caregiver Support Group

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

Middle Eastern Dance

Robyn W. Gordon teaches Middle Eastern dance classes on **Wednesdays at 6 p.m.** at Orcas Senior Center. Open to all ages and skill levels, these lessons are designed to suit individual paces, with foundational moves practiced continuously to build confidence. Newcomers always welcome.

Robyn trained under a Turkish master dancer and has performed at festivals, colleges, and events. Classes are \$15 per session, or \$12 for OSC members. Nobody will be turned away for lack of funds. Contact Robyn directly for inquiries, at robynwgordon@gmail.com or text her at 801-735-6658.

Vinyasa Yoga with Karol

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

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

The class fee is \$15 per session or \$12 for OSC members. A 10-class pack is available for \$100. For all inquiries, email Karol Wilson at karol.wilson@live.com.

Partners in Care

The Orcas Lions Club is proud to introduce Partners in Care, a family caregiver assistance program at Orcas Senior Center. Partners in Care will provide family caregivers with a much-needed break, knowing their loved ones are in good hands.

Mondays from 12:00 p.m. to 3:00 p.m., trained volunteers and a professional caregiver will offer compassionate supervision along with engaging and creative activities. An optional lunch will be included to enhance the experience. This free service is available by reservation only. If you or someone you know could benefit, contact Susan Gordon Bentley at 310-384-2053 or sgordonbentley@gmail.com.

Ukulele Kanikipila

Experience the joy of making music with Kathy Collister, at Ukulele Kanikipila, Hawaiian for "play music," **Mondays at 1 p.m.** at OSC. Kathy also offers a twice weekly ukulele class on **Tuesdays and Thursdays at 12 p.m.** If you are a true beginner Kathy has a class on **Thursdays at 11 a.m.** that will get you up to speed!

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

Chair Yoga

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

Susie Frank, has practiced yoga since 2009 and completed her yoga teacher training in 2016. While Susie suggests a \$15 donation per class (\$12 for OSC members), no one will be turned away due to financial constraints. For inquiries, contact Susie directly at 360-298-4484 or sissooz@yahoo.com.

Feldenkrais: Gentle Flexibility Class

Join Andrea Preiss, for a relaxing movement class at Orcas Senior Center, **Tuesdays at 11 a.m. (no class May 20, May 27, and June 3).**

Emphasizing a seated position, these subtle exercises rooted in the Feldenkrais Method and eurythmy aim to improve your mobility, stability, balance, and vision. Please wear comfortable attire and non-slip shoes.

Session fees are \$15 per class (\$12 for OSC members). Andrea, a physical therapist, obtained certification in Germany in 1982. For inquiries, email sound-movement@hotmail.com or call Andrea at 206-383-7705. Explore more about Andrea's expertise by visiting www.sound-movement.org.

Drumming Circle

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

Afternoon Tea

Indulge in a classic afternoon tea experience surrounded by charming table arrangements featuring candles and exquisite teacups at OSC on **Thursday, June 5 at 2 p.m.** Delight in the company of friends while savoring a selection of tea, sandwiches, cookies, and scones, enhanced by the enchanting piano melodies of Ron Myers. For inquiries or to help, contact Maggie Kaplan at mkaplan@centurytel.com or 360-376-5372.

Needlework Circle

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

Tai Ji Quan Fall Prevention Class

Join Karol Wilson, DPT, for fall prevention Tai Ji Quan: Moving for Better Balance® class at OSC. Karol, a Doctor of Physical Therapy, is excited to introduce this evidence-based program, developed by the Oregon Research Institute. Tai Ji Quan enhances physical and mental health, manages chronic conditions, improves neurological function, and reduces fall risk. The class is tailored for ambulatory individuals with minimal reliance on mobility aids.

Classes are free and meet **Tuesdays at 1:30 p.m.** Just come and enjoy! Participants are advised to wear supportive shoes. For more information visit www.tjqmbb.org or contact Karol at 206-755-0752 or karol.wilson@live.com.

Tech Assistance with Orcas Island High School

On **Friday, May 30, from 10:45 a.m. to 12:10 p.m.**, OSC will host a Tech Help Session led by students from Orcas Island High School. Students will assist with a range of issues, such as managing storage space, installing updates, syncing devices, and organizing passwords. They can assist with Google tools, creating and using links, and understanding basic website functions. If you're looking to transfer images between devices or want to learn how to stay safe online and avoid scams, they're ready to help with that too. For inquiries, contact Kallie McCutcheon at kmccutcheon@oics.org.

Yoga Workshop

Tara Plank is offering an energizing LYT Yoga Workshop on **Saturday, May 31, from 10:30 a.m. to 11:45 a.m.** at OSC. This core-focused vinyasa practice is designed to correct postural imbalances and enhance movement efficiency. Then, at **12:30 p.m.**, unwind with chair yoga, a gentle practice ideal for seniors and individuals with disabilities. Classes are by donation and please bring a yoga mat (and blocks if needed). For more information, contact Tara directly at tara@alignmovementtherapy.com or visit Tara's website at www.alignmovementtherapy.com.

Quilting

Are you passionate about quilting? If so, join quilting **every second and fourth Thursday of each month at 1 p.m.** For inquiries, contact Edy Hansen at edy@orcasseniors.org or 206-413-6167. Let's stitch together and share the joy of quilting!

"Worlds of Color" Art Show at OSC

Beginning, **Monday, May 5 through the end of June**, *Worlds of Color*, a vibrant two-person art exhibition featuring local artists Susan Slapin and Gail Anderson-Toombs is on display at OSC. Gail, a self-taught artist, creates acrylic paintings often embellished with costume or vintage jewelry. Susan, is a visual artist, poet, author, and creativity mentor. Her work explores color, light, and texture through soft pastels and mixed media acrylics, inspired by nature's sensory beauty. Learn about Susan's work at susanslapincontemporaryabstracts.com.

Art with Carla

Unleash your creativity **Fridays at 1 p.m.** Led by artist, Carla Stanley, this lighthearted class focuses on the creative process and prioritizes artistic potential, regardless of skill.

With a background in teaching classes and a history of art contest victories, Carla brings a wealth of experience. The class is \$10 (or \$8 for OSC members). Contact Carla at onlyonorcas@gmail.com or 360-317-5652 to secure your spot.

Let's Brunch

Come enjoy a delicious brunch with Bloody Marys, mimosas, Irish cream coffee, and a charcuterie board at the Orcas Senior Center on **Sunday, June 29, 2025, from 11:30 a.m. to 2:30 p.m.** This fun event will also feature an auction, a *Botanical Boogie* plant walk, and a hat decorating contest with prizes!

All proceeds benefit OSC's programs for seniors and adults with disabilities. Our goal is to raise \$50,000 to continue supporting these vital services. Don't miss out, purchase tickets and read more at <https://fundraiser.bid/letsbrunch>. If you can't attend, consider making a donation in lieu of attending at <https://fundraiser.bid/LetsBrunch/donate>.

OSC May Book Club

Winner of the 1979 National Book Award, *Going After Cacciato* captures the peculiar mixture of horror and hallucination that marked this strangest of wars.

In a blend of reality and fantasy, this novel tells the story of a young soldier who one day lays down his rifle and sets off on a quixotic journey from the jungles of Indochina to the streets of Paris. In its memorable evocation of men both fleeing from and meeting the demands of battle, *Going After Cacciato* stands as much more than just a great war novel. Ultimately, it's about the forces of fear and heroism that do battle in the hearts of us all. (Amazon, n.d.)

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

"Karma" Card Group

Orcas Senior Center members Mark Ferrari and his mom, Jackie Ferrari, invite you to play Karma, a fun, fast-paced, and easy-to-learn card game that always brings surprises—no two games end the same way!

Join the fun on the **second and fourth Wednesday of each month at 1 p.m.** at OSC, simple instructions, and "expert coaching" will be provided free of charge. For inquiries, contact Mark at mawkyman@gmail.com.

Free Tech Assistance

Fridays at 1 p.m., Kim Rose answers questions and provides hands-on help with laptops, smartphones, tablets, and other devices.

Participants are encouraged to sign up in advance at the Orcas Senior Center front desk or by contacting Edy Hansen at 206-413-6167 or Edy@orcasseniors.org. Drop-ins are also welcome during the scheduled time, but availability may be limited.

Card Club

Come join the Card Club at Orcas Senior Center **Mondays and Thursdays at 12:30 p.m.** Whether you're a seasoned pinochle player or have a new game to share, we'd love to have you join in the fun. For details, contact Edy Hansen at 206-413-6167 or edy@orcasseniors.org.

Estate Planning

Join us **Wednesday, May 21 at 1 p.m.** for an estate planning session led by attorney Barbara Nesbet, JD, MBA.

This presentation will cover the essentials of estate planning, including Wills and Powers of Attorney. Discover how you can save time and money by avoiding or minimizing the need for a formal court probate process. We'll explore the probate process, discuss when a Trust might be suitable for your situation.

Whether you're just starting or need a plan review, the insights from this workshop will be invaluable. Barbara, with over 25 years of legal expertise, is dedicated to teaching estate planning and relevant laws in Washington state. For inquiries, reach Barbara at 408-741-2298, 360-375-7027, or barbara@nesbet.com. This presentation is open to everyone!

May 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

MAY 5

Spaghetti w/ Meat Sauce
Italian Veggies
Caesar Salad
Peaches

MAY 7

Chef Salad
Oatmeal Bread
Fresh Grapes

MAY 12

Bacon Broccoli Quiche
Roasted Potatoes
Crinkle Cut Carrots
Garden Salad

MAY 14

Cheeseburger w/
Lettuce & Tomato
Potato Salad
Sun Chips
Yogurt

MAY 19

Meat Lasagna
Steamed Veggies
Garlic Toast
Caesar Salad
Vanilla Ice Cream

MAY 21

Roast Chicken
Mashed Potatoes & Gravy
Broccoli Normandy
Garden Salad
Peach Crisp

MAY 26

CLOSED



MAY 28

Pork Chop w/
Mushroom Gravy
Scalloped Potatoes
Green Beans
Garden Salad
Apple Sauce



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

Island Rides Transportation

Island Rides provides free, or by donation, transportation to essential services and social events, for residents in need. If you need a ride, please call **360-672-2201**. Rides are available on a first come, first-served basis and depend on availability of drivers; we encourage you to book early. We also accept TVP vouchers so let the dispatcher know if we can bill your TVP account (typically \$3/ride).

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

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

Field Trip to Deer Harbor

Join us on **May 15 at 1:30 p.m.** for a field trip to the Deer Harbor Community Club (DHCC). Immerse yourself in the rich history of this 1905 historic building, listed in the Washington Heritage Register. Enjoy refreshments while taking a brief tour and presentation on the DHCC's fascinating history. Learn what life was like in the early days of the community. For RSVPs or any inquiries, contact Edy Hansen at edy@orcasseniors.org or 206-413-6167.

Open Bridge Game

Join bridge for all skill levels every **Wednesday at 2:30 p.m.** This is not duplicate, rather, it features three rounds of five hands. After each round, players will switch partners and continue. This is not a teaching class, just a relaxed setting to enjoy bridge. For inquiries, contact Edy at 206-413-6167 or edy@orcasseniors.org.

Island Hearing Healthcare

Stacie Nordrum, Au.D., CCC-A, with Island Hearing Healthcare, provides hearing care at Orcas Senior Center once a month. Island Hearing will be at OSC on **Thursday, May 1**. 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 all inquiries, contact Stacie directly at islandhearing@gmail.com or by phone at 360-378-2330. Learn more about Stacie and her services at www.islandhearing.net.

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>In-person lunches are hosted on Mondays and Wednesdays. Suggested donation is \$6 for 60+. Salads served at 11:30 am and entrees are served at Noon.</p> 			1 Island Hearing by Appointment 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Card Club	2 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	3 <i>National Paranormal Day</i> 
4 <i>National Orange Juice Day</i> 	5 9:30 am Watercolors 11:30 am Lunch! 12 pm Partners in Care 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele	6 10 am Chair Yoga 11 am Feldenkrais 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga	7 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 2:30 pm Bridge 6 pm Dance	8 10 am Chair Yoga 11 am Aging 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting	9 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	10 <i>National Golf Day</i> 
11 <i>National Technology Day</i> 	12 9:30 am Watercolors 11:30 am Lunch! 12 pm Partners in Care 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele	13 10 am Chair Yoga 11 am Feldenkrais 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga	14 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1:00 pm Fraud Prevention 1 pm Karma 2:30 pm Bridge 6 pm Dance	15 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Card Club 1:30 pm Field Trip	16 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	17 <i>National Learn To Swim Day</i> 
18 <i>National No Dirty Dishes Day</i> 	19 9:30 am Watercolors 11:30 am Lunch! 12 pm Partners in Care 12:30 pm Card Club 1 pm Caregiver Group 1 pm Ukulele	20 10 am Chair Yoga 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga	21 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Estate Planning 2:30 pm Bridge 6 pm Dance	22 10 am Chair Yoga 11 am Aging 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting	23 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	24 <i>National Brother's Day</i> 
25 <i>National Tap Dance Day</i> 	26 SJC and OSC CLOSED 	27 10 am Chair Yoga 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1 pm Book Club 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga	28 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 2:30 pm Bridge 6 pm Dance	29 10 am Chair Yoga 10:30 am Medicare 11 am Genealogy 11 am & 12 pm Ukulele 12:30 pm Card Club	30 10:45 am Tech Assist 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	31 <i>National Smile Day</i> 10:30 am Yoga 12:30 pm Chair Yoga 

Getting Ready for Medicare

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

Trained Statewide Health Insurance Benefits Advisors (SHIBA) program volunteers are here to make the transition easier for you. Join us for a free Welcome to Medicare presentation at Orcas Senior Center on **Thursday, May 29 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.

Genealogy Workshop

Join us on **Thursday, May 29 at 11 a.m.** at Orcas Senior Center for an engaging and informative Genealogy Workshop led by Kathi Ciskowski.

Kathi, a long-time Orcas Island resident, completed the University of Washington's Professional and Continuing Education Genealogy and Family History Certificate Program in 2010. Since then, she has shared her passion by teaching online genealogy classes, working one-on-one with individuals, and participating in a genealogy club through the library. She loves helping people begin their journey into this fascinating and rewarding hobby!

This free workshop is open to everyone—no experience necessary. Questions? Contact Edy Hansen at Edy@orcasseniors.org or call 206-413-6167.

Remaining Funds with Transportation Vouchers

We are nearing the end of the grant cycle for the Transportation Voucher Program. If you have unused voucher funds, the deadline to use them is May 31. If you expect to have unused funds, please contact us at 360-378-4474 or tvp@sanjuancountywa.gov so that we can allocate those funds to others on the waitlist. Thank you!

Senior Farmers Market Nutrition Program

The Senior Farmers Market Nutrition Program (SFMNP) is back this spring! Funded by Washington State, this program provides lower income seniors with an electronic benefits card that can be used to purchase \$80 in fresh fruits, vegetables, honey, and fresh-cut herbs at approved farmers markets and farm stores throughout the State.

To be eligible to receive a SFMNP Electronic Benefits Card, you must meet all of the following:

- Be 60 years old or older (55+ if Native American or Alaska Native)
- Be a resident of WA State
- Have an income at or below:
 - \$28,953/yr or \$2,412/mo for one person, or
 - \$39,128/yr or \$3,261/mo for two people
 - For larger households, add \$848 per each additional person

In lieu of getting a SFMNP benefit card and shopping at the market yourself, you can request to receive six prepared produce bags throughout the season that you can pick up at the Food Hub site on your island. This option will be limited and will be prepared for us by Watmough Bay Farm and delivered via the San Juan Islands Food Hub.

2025 SFMNP affidavits/applications will be available on the San Juan County Senior Services website and at Orcas Senior Center. You can also complete an application at the Orcas Community Resource Center. For more information, contact Steven Ziegler at 360-370-7525 or stevenz@sanjuancountywa.gov.

Current Services Available Through Orcas Senior Center and San Juan County

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 stevenz@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@orcasfire.org, or see orcasfire.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.

Bulk Rate
U.S. Postage
PAID
Permit #2
Eastsound, WA
98245

Or Current Resident

Phone: 360-376-2677	Location: 62 Henry Rd	Website: www.orcaseniors.org
Issue: April 2025	Email: stevenz@sanjuancountywa.gov	
PO Box 1146 Eastsound, WA 98245		
San Juan County Health & Community Services		



Orcas Senior Signal

JUNE 2025

The Official Senior Services Newsletter from San Juan County Health & Community Services

Let's Brunch!

Mark your calendars and fluff those feathers, Let's Brunch! is back on **Sunday, June 29, from 11:30 a.m. to 2:30 p.m.** at Orcas Senior Center! Join us for an unforgettable afternoon of flair, fun, and fundraising, all in support of the programs and services that help our island community age well. From fabulous hats to flourishing plants, this year's annual fundraiser has something for everyone.

Strut your stuff in the Fancy Hat Contest, where creativity is the only requirement. Whether your headwear is store-bought, handmade, or held together with hot glue and hope, we want to see it! Prizes will be awarded by popular vote, so bring your boldest, most whimsical style.

While you're dazzling the crowd, don't miss the delightful Botanical Boogie—a plant-powered twist on the classic cake walk. Promenade to lively tunes for a chance to win beautiful, locally grown plants from The Little Farm on Olga Road. These lush prizes will make any garden shine.

And of course, no brunch would be complete without delicious food, refreshing drinks, and a thrilling auction to round out the festivities. All proceeds benefit Orcas Senior Center and its mission to provide enrichment and engagement for all members of our community. Don't miss this hat-tastic and plant-tastic event! For tickets and more information, visit www.fundraiser.bid/letsbrunch.

Quote for the Month

"If you are not personally free to be yourself in that most important of all human activities — the expression of love — then life itself loses its meaning."
— Harvey Milk



Sunday, June 29
11:30 a.m. - 2:30 p.m.
Orcas Senior Center

Join us for brunch, Bloody Marys, mimosas, auction fun and the *Botanical Boogie* plant walk!

All proceeds support Orcas Senior Center.

Tickets & info at: www.orcasseniors.org

Laughing Donkey Farm Field Trip

Come enjoy a heartwarming visit to Laughing Donkey Farm, located at 180 West Beach Road in Eastsound, near Island Hardware. Join us on **Thursday, June 12, from 1 to 2 p.m.** for an unforgettable afternoon of fun, fresh air, and furry friends.

Wander through the lush gardens, enjoy the cheerful sounds of live ukulele music, and meet the real stars of the show, seven delightful miniature donkeys. They love making new friends, especially those who come bearing carrots or apples. You're also welcome to give them a gentle brush, they love the attention.

Please remember to provide your own transportation and wear comfortable shoes for walking around the farm. This charming outing is open to everyone, so come experience the simple joys of nature, music, and donkey magic!

Afternoon Tea

Indulge in a classic afternoon tea experience surrounded by charming table arrangements featuring candles and exquisite teacups at Orcas Senior Center on **Thursday, June 5 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 at mkaplan@centurytel.com or 360-376-5372. Join us for an unforgettable tea!

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Page 7

And much more!



SAN JUAN COUNTY WASHINGTON

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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 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 stevenz@sanjuancountywa.gov or 360-370-7525 for eligibility.

Ian Cassinos
Food Services Manager
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!

Robin Kucklick, Lyn Perry, Denise Beckwith, Keith Beckwith, Fran Holt, Beth Greaves, Stella Padbury, and Mark Padbury

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

[Go to orcasseniors.org/member](http://orcasseniors.org/member)

Inspirational Aging: A Peer Support Group at OSC

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

Mindful Tranquility

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

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

Grief Support Group

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

Caregiver Support Group

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

Discover Gentle Flexibility: Movement Classes with Andrea Preiss

Experience the benefits of mindful movement with Andrea Preiss at the Orcas Senior Center. On **Tuesdays at 11 a.m. (No Class June 3rd)**. Andrea leads a seated balance class inspired by the Feldenkrais Method and therapeutic eurythmy. These gentle, subtle exercises support improved mobility, balance, stability, and even vision. The class is ideal for those looking to move with more ease and confidence. Participants are encouraged to wear comfortable clothing and non-slip shoes.

Starting June 9, Andrea will also offer Feldenkrais floor classes on **Monday evenings at 5:30 p.m.** Designed to increase body awareness, flexibility, and stability, these floor-based "Awareness Through Movement" sessions use simple, guided motions to ease pain and support smoother transitions in everyday life. Participants must be able to get down to and up from the floor. Please bring a towel for head support.

Classes are \$15 each. For more information, contact Andrea at sound-movement@hotmail.com or 206-383-7705, or visit www.sound-movement.org.

Thursday Evening Yoga

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-\$20 is suggested. For more info, contact Susie at 360-298-4484 or sissooz@yahoo.com.

SAN JUAN COUNTY'S MARINE TRANSPORTATION SERVICES

San Juan County is providing marine transportation services throughout the islands as part of a pilot project available through June 30, 2025. See what option is right for you:

DAILY

PASSENGER SERVICE TO ANACORTES

Available 7 days per week regardless of WSF ferry cancellations/delays



SAN JUAN SAFARIS
360-378-1323



EMERGENCY

INTERISLAND PASSENGER SERVICE

Available during WSF ferry cancellations/delays



OUTER ISLAND EXCURSIONS
360-376-3711



✓ Available at no cost

✓ Family & pet friendly

✓ Book online

EMERGENCY

BARGE SERVICE

Available during WSF ferry cancellations for essential service providers



PINTAIL MARINE
360-317-8532



Learn more: <https://engage.sanjuancountywa.gov/san-juan-county-emergency-transportation-services>

Chair Yoga

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

Susie Frank, has practiced yoga since 2009 and completed her yoga teacher training in 2016. While Susie suggests a \$15 donation per class, no one will be turned away due to financial constraints. For inquiries, contact Susie directly at 360-298-4484 or sissooz@yahoo.com.

Vinyasa Yoga with Karol

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

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

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

Needlework Circle

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! Whether you haven't knitted in years, want to learn to crochet, or just want to relax and chat, we have a wonderful selection of donated yarn, needles, books, and plenty of friendly advice. For all inquiries, contact Edy Hansen at edy@orcasseniors.org or 206-413-6167. All ages are welcome!

Tai Ji Quan: Fall Prevention Class

Join Karol Wilson, DPT, for fall prevention Tai Ji Quan: Moving for Better Balance® class at OSC. Karol, a Doctor of Physical Therapy, is excited to introduce this evidence-based program, developed by the Oregon Research Institute. Tai Ji Quan enhances physical and mental health, manages chronic conditions, improves neurological function, and reduces fall risk. The class is tailored for ambulatory individuals with minimal reliance on mobility aids.

Classes are free and meet **Tuesdays at 1:30 p.m.** Participants are advised to wear supportive shoes. For more information visit www.tjgmbb.org or contact Karol at 206-755-0752 or karol.wilson@live.com. Just come and enjoy!

Drumming Circle

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

Art with Carla

Unleash your creativity **Fridays at 1 p.m.** Led by artist, Carla Stanley, this lighthearted class focuses on the creative process and prioritizes artistic potential, regardless of skill.

With a background in teaching classes and a history of art contest victories, Carla brings a wealth of experience. The class is \$10. Contact Carla at onlyonorcasm@gmail.com or 360-317-5652 to secure your spot. Uncover your artistic potential and join us for creative Fridays at Orcas Senior Center!

Senior Farmers Market Nutrition Program

The Senior Farmers Market Nutrition Program (SFMNP) is back! Funded by Washington State, this program provides lower income seniors with an electronic benefits card that can be used to purchase \$80 in fresh fruits, vegetables, honey, and fresh-cut herbs at approved farmers market vendors and farm stores throughout the State.

To be eligible to receive a SFMNP Electronic Benefits Card, you must meet all of the following:

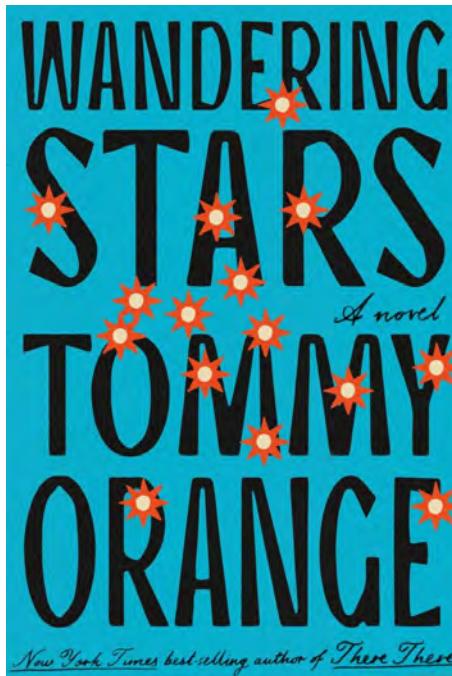
- Be 60 years old or older (55+ if Native American or Alaska Native)
- Be a resident of WA State
- Have an income at or below:
- \$28,953/yr or \$2,412/mo for one person, or
- \$39,128/yr or \$3,261/mo for two people
- For larger households, add \$848 per each additional person

2025 SFMNP affidavits/applications will be available on the San Juan County Senior Services website and at Orcas Senior Center. You can also complete an application at the Orcas Community Resource Center. For more information, contact Steven Ziegler at stevenz@sanjuancountywa.gov or 360-370-7525.

Free Tech Assistance

Fridays at 1 p.m., Kim Rose answers questions and provides 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 Edy Hansen at 206-413-6167 edy@orcasseniors.org. Drop-ins are also welcome during the scheduled time, but availability may be limited.



OSC June Book Club

Wandering Stars begins in 1864 Colorado, where Star, a survivor of the Sand Creek Massacre, is imprisoned at Fort Marion. There, he is forced to adopt English and Christianity under Richard Henry Pratt, who later founds the Carlisle Indian Industrial School. Years later, Star's son Charles is sent to the same school and suffers under Pratt's control. A powerful novel of epigenetic and generational trauma, Wandering Stars offers a modern epic that explores the enduring impact of forced assimilation and the resilience of Native identity. (Amazon, n.d.)

To participate in the Book Club on **Tuesday, June 24 at 1 p.m.** at the Orcas Senior Center, contact Stephen Bentley at 310-694-7165 or stephen@swbentley.com.

Blood Drive

Did you know only 3% of us donate blood each year? Summer blood shortages are real, and you can help save lives in our local hospitals by rolling up your sleeve. Bloodwork's NW will be back on Orcas Island **June 4**.

To celebrate your blood donation this June, you can enter for a chance to win a \$3,000 gift card. Schedule your appointment at 800-398-7888 or bloodworksNW.org/giveblood and enter to win at bloodworksnw.org/win. Appointments are required for the best possible donation experience. Same-day appointments may be available. Photo ID required. For safety, we kindly request no visitors under 16 at our donation sites. Eat a hearty meal and drink plenty of fluids prior to donation.

"Worlds of Color" Art Show at OSC

Beginning, Monday, **May 5 through the end of June**, *Worlds of Color*, a vibrant two-person art exhibition, featuring local artists Susan Slapin and Gail Anderson-Toombs, is on display at OSC. Gail, a self-taught artist, creates acrylic paintings often embellished with costume or vintage jewelry. Susan, is a visual artist, poet, author, and creativity mentor. Her work explores color, light, and texture through soft pastels and mixed media acrylics, inspired by nature's sensory beauty. Learn more about Susan and her work at susanslapincontemporaryabstracts.com.

Ukulele Kanikipila

Experience the joy of making music with Kathy Collister, at Ukulele Kanikipila, Hawaiian for "play music," **Mondays at 1 p.m.** at OSC. Kathy also offers a twice weekly ukulele class on **Tuesdays and Thursdays at 12 p.m.** If you are a true beginner Kathy has a class on **Thursdays at 11 a.m.** that will get you up to speed!

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

June 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

JUNE 2

Ravioli w/ Meat Sauce
Italian Veggies
Garlic Toast
Caesar Salad
Peaches

JUNE 4

Lemon Pepper Cod
Rice Pilaf
Green Beans
Cabbage Slaw
Watermelon

JUNE 9

Pork Chop
Potatoes Au Gratin
Normandy Veggies
Garden Salad
Applesauce

JUNE 11

Taco Salad
Cornbread
Fresh Grapes

JUNE 16

Country Fried Steak
Mashed Potatoes & Gravy
Peas & Carrots
Garden Salad
Vanilla Ice Cream

JUNE 18

Broccoli Bacon Quiche
Breakfast Potatoes
Yogurt & Fruit Parfait

JUNE 23

Roast Beef
Mashed Potatoes & Gravy
Carrots & Parsnips
Garden Salad
Strawberry Shortcake

JUNE 25

Chicken Pot Pie
Garden Salad
Chocolate Chip Cookie

JUNE 30

Cheeseburger
Roasted Potatoes
Coleslaw
Apple Crisp



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

Island Rides Transportation

Island Rides provides free, or by donation, transportation to essential services and social events, for residents in need. If you need a ride, please call **360-672-2201**. Rides are available on a first come, first-served basis and depend on availability of drivers; we encourage you to book early. We also accept TVP vouchers so let the dispatcher know if we can bill your TVP account (typically \$3/ride).

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

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

Watercolors Class for Beginners

Watercolor painting for beginners meets **Mondays at 9:30 a.m.** Robbie Walker, an experienced instructor in drawing and watercolors, will guide you through the techniques she has perfected. **Watercolors class will take a break for the summer starting on Monday, June 16.**

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, contact Robbie directly at robbielouwalker@orcasonline.com or 360-376-7714.

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 at 12:30 p.m. – Pinochle

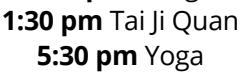
Tuesdays at 1:30 p.m. – Bridge

Wednesdays after lunch – Spite & Malice

Wednesdays at 2:30 p.m. – Open Bridge

Every other Wednesday at 1:00 p.m. – Karma

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Barefoot Day 	2 9:30 am Watercolors 11:30 am Lunch! 12 pm Partners in Care 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele 	3 10 am Chair Yoga 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga 	4 10:00 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 2:30 pm Bridge 	5 Island Hearing by Appointment 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Card Club 2 pm Afternoon Tea 5:30 pm Yoga 	6 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework 	7 National VCR Day 
8 National Best Friends Day 	9 9:30 am Watercolors 11:30 am Lunch! 12 pm Partners in Care 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele 5:30 pm Feldenkrais 	10 10 am Chair Yoga 11 am Feldenkrais 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga 	11 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 2:30 pm Bridge 	12 10 am Chair Yoga 11 am Aging 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting 1 pm Laughing Donkey Farm 5:30 pm Yoga 	13 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework 	14 National New Mexico Day 
15 National Turkey Lovers Day 	16 11:30 am Lunch! 12 pm Partners in Care 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele 5:30 pm Feldenkrais 	17 10 am Chair Yoga 11 am Feldenkrais 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga 	18 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 2:30 pm Bridge 	19 SJC and OSC CLOSED 	20 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework 	21 National Seashell Day 
22 National Kissing Day 	23 11:30 am Lunch! 12 pm Partners in Care 12:30 pm Card Club 1 pm Caregiver Group 1 pm Ukulele 5:30 pm Feldenkrais 	24 10 am Chair Yoga 11 am Feldenkrais 11 am Drum Circle 12 pm Ukulele 1 pm Meditation 1 pm Book Club 1:30 pm Bridge 1:30 pm Tai Ji Quan 5:30 pm Yoga 	25 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 2:30 pm Bridge 	26 10 am Chair Yoga 11 am Aging 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting 5:30 pm Yoga 	27 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework 	28 National Tapioca Day 
29 National Camera Day 11:30 am Let's Brunch! 	30 11:30 am Lunch! 12 pm Partners in Care 12:30 pm Card Club 1 pm Caregiver Group 1 pm Ukulele 5:30 pm Feldenkrais 	<p>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.</p>   				

Medicare's Free Preventive Services

In the world of health care, taking care of your health before problems pop up or become severe is very important. That's where Medicare comes in. Medicare helps you stay healthy by covering many preventive services, often at no cost. Original Medicare (Parts A and B) includes screenings and tests to detect medical issues early. Part B also offers an Annual Wellness Visit, giving you the chance to create a personalized prevention plan.

These benefits matter because early detection makes treatment more effective. Vaccines recommended for older adults are also covered, helping prevent serious illnesses. By addressing health concerns early, you may avoid more expensive treatments later and enjoy a better quality of life as you age.

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

Stacie Nordrum, Au.D., CCC-A, with Island Hearing Healthcare, provides hearing care at Orcas Senior Center once a month. Island Hearing will be at OSC on **Thursday, June 5**. 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 all inquiries, contact Stacie directly at islandhearing@gmail.com or by phone at 360-378-2330. Learn more about Stacie and her services at www.islandhearing.net.

Benefits of Early Hospice Care: Support for Your Loved Ones

By Hospice of the Northwest

Many people think hospice is like traditional medical care, focusing solely on the patient—but that couldn't be further from the truth! At Hospice of the Northwest, our holistic approach cares for the whole person, including their circle of support, from day one.

Together with the patient and family, we create an individualized care plan to ease physical symptoms and nurture emotional, social, and spiritual well-being. When enrolled early, hospice becomes a vital safety net for all that care for the patient.

Loved ones often benefit from caregiver education, resource navigation, respite care, and grief counseling—services that become more helpful the sooner they begin. When death occurs, our bereavement program continues for at least 13 months, offering one-on-one counseling, support groups, and access to the region's largest grief library.

Early hospice enrollment means more time to lean on our compassionate team, allowing you to focus on what matters most: living each day to the fullest. For more information about hospice services, visit www.HospiceNW.org or call 360-814-5550. We're here to help!

Partners in Care

The Orcas Lions Club in collaboration with Orcas Senior Center offers weekly respite sessions for family caregivers. Partners in Care held **Mondays from 11:00 a.m. to 3:00 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. An optional lunch will be included to enhance the experience. If you or someone you know could benefit, please contact Susan Gordon Bentley directly via email sgordonbentley@gmail.com or by phone at 310-384-2053.

Quilting

Are you passionate about quilting? If so, join quilting **every second and fourth Thursday of each month at 1 p.m.** For inquiries, contact Edy Hansen at edy@orcasseniors.org or 206-413-6167. Let's stitch together and share the joy of quilting!

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 stevenz@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@orcasfire.org, or see orcasfire.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.

Bulk Rate
U.S. Postage
PAID
Permit #2
Eastsound, WA
98245

Or Current Resident

Phone: 360-376-2677	Location: 62 Henry Rd	Website: www.orcas seniors.org
Issue: April 2025	Email: stevenz@sanjuancountywa.gov	
PO Box 1146 Eastsound, WA 98245		
San Juan County Health & Community Services		



Orcas Senior Signal

JULY 2025

The Official Senior Services Newsletter from San Juan County Health & Community Services

Mammograms Matter

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

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

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



Needlework Circle

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

Quote for the Month

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



Art with Carla at Orcas Senior Center!

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

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

Thursday Evening Yoga Class with Susie Frank

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

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

Powerful Tools for Caregivers Class

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

What's inside...

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Page 4

Rock Climbing Presentation

Page 7

And much more!



SAN JUAN COUNTY WASHINGTON

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jamim@sanjuancountywa.gov

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Coordinator
360-370-0591
heidib@sanjuancountywa.gov

Steven Ziegler
Senior Services Specialist
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stevenz@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 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 stevenz@sanjuancountywa.gov or 360-370-7525 for eligibility.

Ian Cassinos
Food Services Manager
Jamie Salinas, Genae Kaltenbach
Kitchen staff on Orcas



ORCAS SENIOR CENTER Age Well on Orcas

Monday through Friday

9 a.m. to 3 p.m.

62 Henry Rd.

Eastsound, WA 98245

360-376-2677

www.orcasseniors.org

**Friends of Orcas Senior Center,
DBA Orcas Senior Center,
501(c)3 nonprofit**

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Got Paper Bags?

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

ORCAS SENIOR CENTER Welcomes New Members!

Robert Meyer and Luann Pamatian

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

Go to orcasseniors.org/member



Inspirational Aging

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

Golden Oldies Dance party with DJ 00 Solo

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

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

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

Grief Support Group

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

Cards!

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

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

Tuesdays at 1:30 p.m. – Bridge

Wednesdays after lunch – Spite & Malice

Wednesdays at 2:30 p.m. – Open Bridge

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



Chair Yoga

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

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

Mindful Tranquility

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

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

Vinyasa Yoga with Karol

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

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

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

San Juan County Summer Vaccine Clinics

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

Free Tech Assistance

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

Tai Ji Quan: Fall Prevention Class

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

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



Move with Ease: Gentle Feldenkrais Classes

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

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



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

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

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

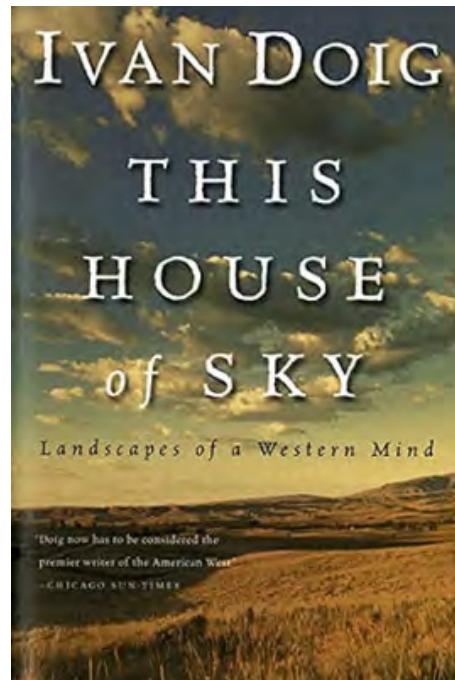
Partners in Care

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

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

Quilting

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



OSC July Book Club

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

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

Ukulele Kanikipila

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

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

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

Caregiver Support Group

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

July Menu

Senior Lunch In-Person on Mon. and Wed.

Salads served at 11:30 am and hot entrees served at noon.

\$6 suggested donation for ages 60+.

MONDAY



WEDNESDAY

JULY 2

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

JULY 7

Spaghetti & Meatballs
Italian Vegetables
Garlic Toast
Caesar Salad
Peaches

JULY 9

Beef Sloppy Joes
Potato Wedges
Crinkle Cut Carrots
Pineapple Coleslaw
Cookie

JULY 14

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

JULY 16

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

JULY 21

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

JULY 23

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

JULY 28

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

JULY 30

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

Island Rides - New ADA Van

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

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

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

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



Island Hearing

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

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

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

Getting Ready for Medicare

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

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

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

Who Am I?

By Lynnette Wood

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

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

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

Benefits of Early Hospice Care: More Meaningful Moments

By Hospice of the Northwest

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

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

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

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



Drumming Circle

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



Services Available

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

Home delivered meals are available for eligible seniors on Mon., Wed., and Fri. Please contact Steven Ziegler at 360-370-7525 or stevenz@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@orcasfire.org, or see orcasfire.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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Address Service Requested

Phone: 360-376-2677	Location: 62 Henry Rd	Email: stevenz@sanjuancountywa.gov	Issue: July 2025	Website: www.orcas seniors.org
PO Box 1146	Eastsound, WA 98245			
San Juan County Health & Community Services				



Orcas Senior Signal

AUGUST 2025

The Official Senior Services Newsletter from San Juan County Health & Community Services



Orcas Senior Center Summer Party!

Join us for a community celebration on **Thursday, August 14, from 11 a.m. to 1 p.m.** at Orcas Senior Center as we mark two major milestones—full ownership of our building and the purchase of a brand-new walk-in cooler for our nutrition program!

We are incredibly grateful to the Orcas Island Lions Club for their generous support and to all the community donors who helped make building ownership possible. A special thank-you goes to the Whatcom Council on Aging for the grant that funded the new cooler, ensuring that meals for seniors and others in need can continue safely and efficiently.

Enjoy free hotdogs and ice cream, live music by Orcatrazz, and the good company of friends and neighbors as we celebrate what we've accomplished together.

Bring your family and join us for this fun and festive thank-you party—you made it happen!

What's inside...

Anacortes Field Trip
Page 2

Live Music w/ Dr. Dirty
Page 5

And much more!

Afternoon Tea

Indulge in a classic afternoon tea experience surrounded by charming table arrangements featuring candles and exquisite teacups 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.

Explore Orcas Island Preserves

Reconnect with nature and enjoy the many benefits of time outdoors this summer! Join Tanja Williamson from the San Juan County Conservation Land Bank for a series of guided nature walks through beautiful Land Bank preserves on Orcas Island. Designed for adults 60+, these walks are perfect for beginner to intermediate walkers.

Our first walk takes place on **Wednesday, August 20**, with a visit to Judd Cove Preserve. We'll depart from the Orcas Senior Center at **1 p.m.**, or you're welcome to meet us directly at the trailhead. Additional walks will explore other nearby preserves, including North Shore and Crescent Beach.

Please dress for the weather and bring water and snacks to stay comfortable during the outing. This event is free and open to all. For more information or to arrange a carpool, contact Edy by email at edy@orcasseniors.org or by phone at 206-413-6167.

Quote for the Month

"Summer's lease hath all too short a date." — William Shakespeare



"Let's Brunch!" Raises Nearly \$30,000 for OSC

"Let's Brunch!" was a huge success, raising almost \$30,000 to support Orcas Senior Center. Guests enjoyed a festive afternoon of delicious food, lively music, exciting auction items, and great company. All for a great cause. This event wouldn't have been possible without the hard work of staff and volunteers, and the incredible generosity of our community.

Whether you attended, donated, or helped behind the scenes, thank you for making "Let's Brunch!" such a joyful and impactful day. Your support helps Orcas Senior Center continue to serve seniors and adults with disabilities on Orcas Island.





SAN JUAN COUNTY WASHINGTON

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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 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 stevenz@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!

Elaine Shiozawa, Buddy Gibson, Susan Bryant, Richard Lampe, and Susan Lampe

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

Go to orcasseniors.org/member

Anacortes Field Trip

Join Orcas Senior Center on a fun day trip to Anacortes on **Tuesday, August 19**! We'll hop on the ferry and head to the mainland to explore either the Anacortes Museum or the Anacortes Maritime Heritage Center, followed by lunch at a local restaurant.

We'll meet at the Orcas Senior Center at 7:45 a.m. and travel together in a rented van, catching the 9:00 a.m. ferry and returning on the 3:40 p.m. sailing. Space is limited, so don't wait—reserve your spot today by contacting Edy Hansen at edy@orcasseniors.org.

Caregiver Support Group

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

Peer Grief Support Group



Grief Support Group

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

Cards!

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

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

Tuesdays at 1:30 p.m. – Bridge

Wednesdays after lunch – Spite & Malice

Every other Wednesday at 1:00 p.m. (August 13 & 27) – Karma

Free Tech Assistance

Seniors can receive free technology assistance by appointment, every **Friday at 1 p.m.** at Orcas Senior Center (**no availability on August 8 & 15**). Tech expert Kim Rose will be available to answer questions and provide hands-on help with laptops, smartphones, tablets, and other devices. To ensure one-on-one support, participants are encouraged to sign up in advance at the Orcas Senior Center front desk or by contacting Kim at 360-472-0480. Don't miss this opportunity to improve your tech skills and gain confidence using your devices with expert guidance from Kim Rose!

Quilting

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



Airline Scams

By CENTS

Scammers are targeting seniors by impersonating airline customer service representatives, often through fake phone numbers found in Google search results or social media ads. Scammers posing as airline agents request personal or financial information, claiming it's needed for changes, cancellations, or refunds.

How the Scam Works: Seniors searching for airline help may unknowingly call fraudulent numbers listed through "malvertising"—ads that appear above real search results.

Red Flags to watch for:

- Unfamiliar contact details: Always double-check numbers on the airline's official site.
- Urgent requests for information: Legitimate agents won't ask for passwords or credit card info unsolicited.
- Fake social media messages: Be wary of Direct Messages from unverified airline accounts.

How to Protect Yourself:

- Verify before calling: Use contact info only from official airline websites or apps.
- Avoid sponsored ads: Don't click on paid listings in search engines.
- Report scams: File complaints at ReportFraud.ftc.gov and notify the airline.

Scammers count on confusion and urgency. Stay calm, verify everything, and reach out through trusted channels. Source: The Washington Post, consumer.ftc.gov

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 spirithousejai@gmail.com.

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. (no class August 5)**. These sessions blend Feldenkrais and eurythmy techniques to support mobility, balance, stability, and even vision. Ideal for all fitness levels, wear comfortable clothing and non-slip shoes.

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

Drumming Circle

Discover the joy of drumming with 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.

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 onlyonorcias@gmail.com to secure your spot. Uncover your artistic potential and join us for creative Fridays at Orcas Senior Center!

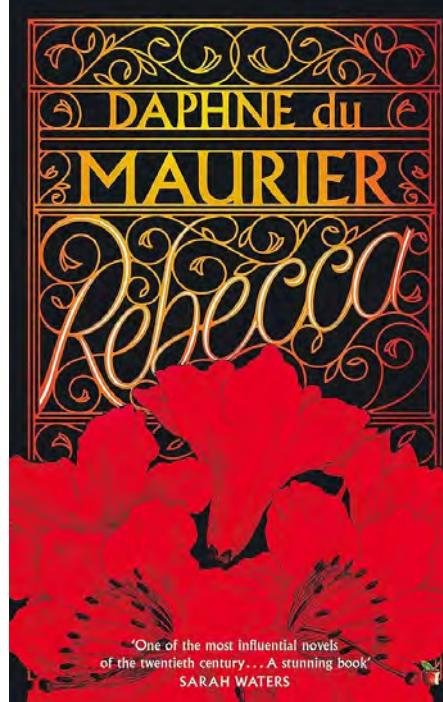
Partners in Care

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.

Donate to Grannie's Corner!

We're currently accepting clean, usable items such as: kitchen and household goods, tools, collectibles, CDs, pottery and art, crafting and sewing supplies, jewelry, and handbags. (Please, no shoes, clothing, electronics, or furniture.) Drop off donations weekdays between 9:00 a.m. and 3:00 p.m. And while you're here, shop our great selection at amazing prices—every sale supports the operations of the Senior Center!



OSC August Book Club

In Monte Carlo, our heroine is swept off her feet by the dashing widower Maxim de Winter and his sudden proposal of marriage. Orphaned and working as a lady's maid, she can barely believe her luck. It is only when they arrive at Manderley, her husband's cavernous estate on the Cornish coast, that she realizes how vast a shadow his late wife, Rebecca, will cast over their lives—introducing a lingering evil that threatens to destroy their love from beyond the grave. (Amazon, n.d.)

To participate in the Book Club on **Tuesday, August 26 at 1 p.m.** at the Orcas Senior Center, contact Stephen Bentley at stephen@swbentley.com or 310-694-7165



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

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

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

Ukulele Kanikipila

Experience the joy of making music at Ukulele Kanikipila, Hawaiian for "play music," **Mondays from 1 p.m.** at Orcas Senior Center. This gathering is open to everyone with an interest in playing music for two hours each week. If you're a player looking to dive into the world of ukulele playing, join Kathy Collister's twice weekly ukulele class on **Tuesdays and Thursdays at 12 p.m.** If you are a true beginner Kathy has an **11 a.m. class on Thursdays** that will get you up to speed in no time!

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

August 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



AUGUST 4

Spaghetti Pomodoro
Italian Veggies
Garlic Bruschetta
Caesar Salad
Lemon Dessert

AUGUST 6

Roast Beef
Mashed Potatoes & Gravy
Buttered Carrots
Garden Salad
Sliced Peaches

AUGUST 11

Beef Tacos w/
Salsa & Sour Cream
Spanish Rice
Corn Salad
Raspberry Sherbert

AUGUST 13

Ahi Tuna Salad
Spring Rolls
Mandarin Oranges

AUGUST 18

Chicken & Dumplings
Garden Salad
Ambrosia

AUGUST 20

Pulled Pork Sandwich
Coleslaw
Multi Grain Sun Chips
Applesauce

AUGUST 25

Lemon Pepper Cod
Rice Pilaf
Steamed Broccoli
Garden Salad
Fresh Oranges

AUGUST 27

Grilled Cheeseburgers
w/ Lettuce & Tomato
Potato Salad
Dill Pickle
Ice Cream

Island Rides - New ADA Van

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

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

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

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

Live Music with Dr. Dirty

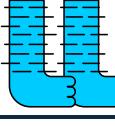
Get ready for a nostalgic afternoon on **Friday, August 22 at 1 p.m.** when local legend Terry "Dr. Dirty" Anderson brings his guitar, his voice, and his time machine, to Orcas Senior Center. A dynamic live singer and guitarist, Terry has been delighting island audiences for over 50 years with the greatest hits of the 1950s, '60s, and '70s. Expect a lively, interactive performance where sing-alongs are encouraged and timeless melodies unlock treasured memories. Whether you're a longtime fan or hearing him for the first time, come tap your toes, raise your voice, and enjoy the ride!

Island Hearing

Stacie Nordrum, Au.D., CCC-A, from Island Hearing Healthcare, provides hearing care at Orcas Senior Center every first Thursday of the month, however, in August Stacie will be at Orcas Senior Center on **Thursday, August 14**. To secure your slot, it is advisable to schedule your appointment well in advance, as availability fills up rapidly. The range of services offered encompasses hearing assessments, personalized consultations, hearing aid programming, and various other hearing aid services. Additionally, complimentary clean and checks for hearing aids, along with general consultations, are available. For appointment scheduling and any inquiries, reach out to Stacie directly at islandhearing@gmail.com or 360-378-2330. Discover more about Stacie by visiting www.islandhearing.net.

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

August 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 are served at Noon.</p>						1 1 pm Art w/ Carla 1 pm Tech w/ Kim 
3 <i>National Sisters Day</i> 	4 11 am Partners in Care 11:30 am Lunch! 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele 	5 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 	6 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 	7 11 am & 12 pm Ukulele 12:30 pm Card Club 1:30 pm Drumming 	8 1 pm Art w/ Carla 	9 <i>National Bowling Day</i> 
10 <i>National Lazy Day</i> 	11 11 am Partners in Care 11:30 am Lunch! 12:30pm Card Club 1 pm Caregiver Group 1 pm Ukulele 	12 11 am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 	13 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 	14 Island Hearing by Appointment 11 am Summer Party 11 am & 12 pm Ukulele 12:30 pm Card Club 1:30 pm Drumming 1 pm Quilting 	15 1 pm Art w/ Carla 	16 <i>National Rum Day</i> 
17 <i>National I Love My Feet Day</i> 	18 11 am Partners in Care 11:30 am Lunch! 12:30 pm Card Club 1 pm Caregiver Group 1 pm Ukulele 	19 Anacortes Field Trip 11 am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 	20 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1pm Preserves 1pm Fidget Quilt 	21 11 am & 12 pm Ukulele 12:30 pm Card Club 1:30 pm Drumming 	22 1 pm Art w/ Carla 1 pm Tech w/ Kim 1 pm Dr Dirty 	23 <i>National Sponge Day</i> 
24 <i>National Waffle Day</i> 	25 11 am Partners in Care 11:30 am Lunch! 12:30 pm Card Club 1 pm Caregiver Group 1 pm Ukulele 	26 11 am Feldenkrais 12 pm Ukulele 1 pm Meditation 1 pm Book Club 1:30 pm Bridge 	27 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 	28 11 am & 12 pm Ukulele 12:30 pm Card Club 1:30 pm Drumming 1 pm Quilting 	29 1 pm Art w/ Carla 1 pm Tech w/ Kim 	30 <i>National Grief Awareness Day</i> 
31 <i>National Trail Mix Day</i>						

Get Help with Medicare Costs

Are you on Medicare and struggling to afford care? You may qualify for financial assistance through one or more of the following programs: Medicaid (Apple Health), the Medicare Savings Program (MSP), or the Low-Income Subsidy (Extra Help). If your monthly income is below \$1,976 for an individual (\$2,664 for a couple), and even higher if you're still working, you could be eligible. These programs may help pay your Part B premium, reduce prescription costs, eliminate late enrollment penalties, and cover deductibles and copays.

SHIBA (Statewide Health Insurance Benefits Advisors), 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—in person, by phone, or on Zoom.

Bringing Mammograms to You

You don't need to travel off-island for a mammogram. Assured Imaging is bringing mobile mammography to Orcas Senior Center, offering quick, convenient screenings right in our community. Whether it's your first mammogram or part of your regular care, this is an easy way to stay on top of your health.

Mobile mammography uses state-of-the-art digital imaging in a comfortable, private setting. The entire process takes about 15 minutes and is conducted by experienced, certified technicians. Screening days are **September 22-24, 2025** at Orcas Senior Center. Don't miss this chance to prioritize your well-being with minimal disruption to your day.

To book your appointment, visit www.assuredimaging.com/orcas or call Assured Imaging directly at 888-233-6121. No referral needed. All major insurance plans are accepted.

Tara Plank's Yoga Workshop

Join Tara Plank for an energizing **LYT Yoga Workshop on Saturday, September 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.

Then, 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). Visit Tara's website at www.alignmovementtherapy.com for more information or email her at tara@alignmovementtherapy.com.

Fidget Quilting at Orcas Senior Center

Join Brenda Bacon at Orcas Senior Center for a creative Fidget Quilt workshop on **Wednesday, August 20, September 17, and October 15, from 1 p.m. to 4 p.m.** These hands-on sessions are designed to guide participants in crafting small, tactile quilts that offer comfort and engagement for individuals living 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.



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 stevenz@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@orcasfire.org, or see orcasfire.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.

U.S. Postage PAID Permit #2 Eastsound, WA 98245

Or Current Resident

Phone: 360-376-2677	Location: 62 Henry Rd	Email: stevenz@sanjuancountywa.gov	Issue: August 2025	Website: www.orcaseniors.org
PO Box 1146	Eastsound, WA 98245			
San Juan County Health & Community Services				



Orcas Senior Signal

SEPTEMBER 2025

The Official Senior Services Newsletter from San Juan County Health & Community Services



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...

Tara Plank's Yoga Workshop
Page 2

Partners in Care
Page 4

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



SAN JUAN COUNTY WASHINGTON

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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 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 stevenz@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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Darcey Miller, Secretary

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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 spirithousejai@gmail.com.

Art with Carla

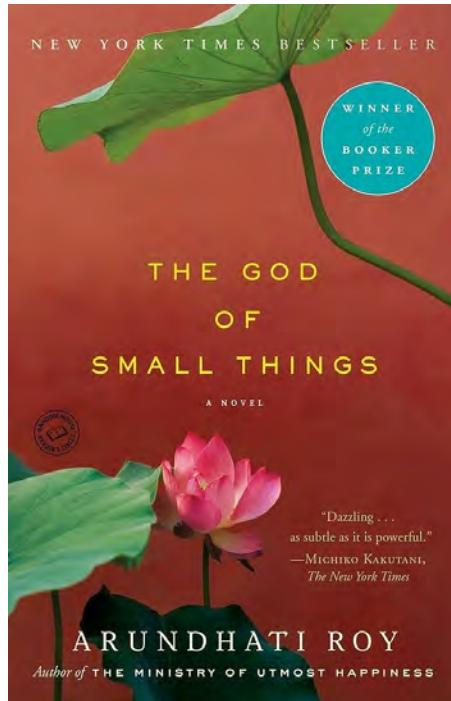
Unleash your creativity at Art with Carla **Fridays, 1 p.m. to 3 p.m.** at Orcas Senior Center. Led by experienced artist Carla Stanley, this lighthearted class focuses on the creative process with a strong belief in your artistic potential, regardless of skill level. Carla's lifelong passion for drawing,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

WEDNESDAY

SEPTEMBER 1

CLOSED



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



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.

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

By Carrie McBride, Hospice of the Northwest

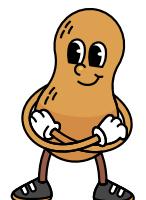
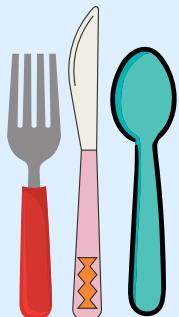
One of the greatest benefits of enrolling in hospice early is having the opportunity build a meaningful relationship with your care team. Hospice is more than medical care—it is about creating a circle of trust and support for you and your loved ones.

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.

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>SJC and OSC CLOSED</i> 	2 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 	3 10:00 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 	4 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 	5 1 pm Art w/ Carla 1 pm Tech w/ Kim 1 pm Needlework 	6 <i>National Read a Book Day</i> 10:30 pm Yoga 
7 <i>National Pet Rock Day</i> 	8 9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30pm Pinochle 1 pm Caregiver Group 1 pm Ukulele 	9 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 	10 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 	11 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 	12 1 pm Art w/ Carla 1 pm Tech w/ Kim 1 pm Needlework 	13 <i>National Peanut Day</i> 
14 <i>National Hug Your Hound Day</i> 	15 9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30pm Pinochle 1 pm Caregiver Group 1 pm Ukulele 	16 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 	17 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1pm Fidget Quilt 	18 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Drumming 5:30 pm Yoga 	19 1 pm Art w/ Carla 1 pm Tech w/ Kim 1 pm Needlework 	20 <i>National Dance Day</i> 
21 <i>National Pecan Cookie Day</i> 	22 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 	23 Mammograms 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1 pm Book Club 1:30 pm Bridge 	24 Mammograms 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 	25 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 	26 1 pm Art w/ Carla 1 pm Tech w/ Kim 1 pm Needlework 	27 <i>National Ghost Hunting Day</i> 
28 <i>National Neighbor Day</i> 	29 9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele 	30 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 	 <p>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.</p>			
						

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 stevenz@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@orcasfire.org, or see orcasfire.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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Phone: 360-376-2677	Location: 62 Henry Rd	Website: www.orcaseniors.org
Issue: September 2025	Email: sevenerz@sanjuancountywa.gov	
PO Box 1146 Eastsound, WA 98245 San Juan County Health & Community Services		



Orcas Senior Signal

OCTOBER 2025

The Official Senior Services Newsletter from San Juan County Health & Community Services

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 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...

Grannie's Holiday Sale
Page 2

Healthy Aging Series
Page 4

And much more!



SAN JUAN COUNTY WASHINGTON

San Juan County Staff

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jamim@sanjuancountywa.gov

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

Steven Ziegler
Senior Services Specialist
360-370-7525
stevenz@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.

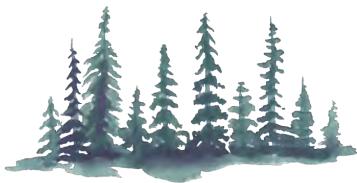
Meals on Wheels and More

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 stevenz@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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Darcey Miller, Secretary

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Edy Hansen

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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 onlyonorcias@gmail.com to secure your spot. Uncover your artistic potential and join us for creative Fridays at Orcas Senior Center!

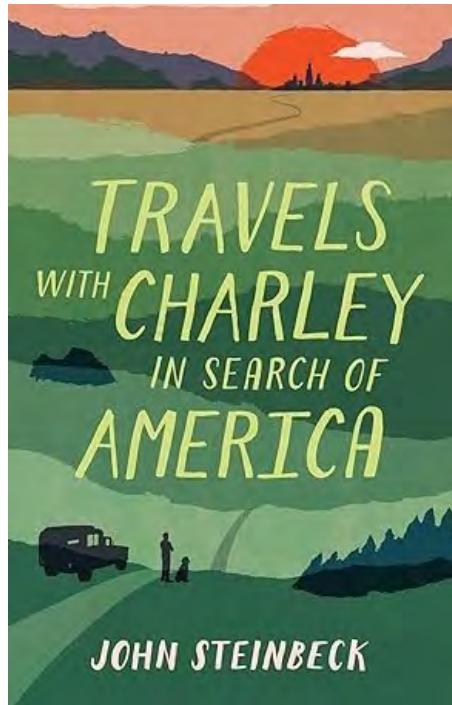
Partners in Care

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



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:

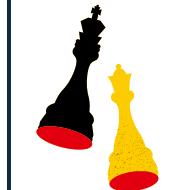
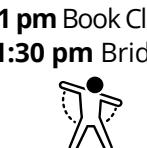
- Real FBI agents will never call and demand money.
- Legitimate companies like Geek Squad won't cold-call you about computer issues.
- Never give out banking info, remote access, or send payments to someone who contacted you unexpectedly.

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.

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

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> 
5 <i>National Be Nice Day</i>	<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> 
12 <i>National Gumbo Day</i>	13 <i>SJC and OSC CLOSED</i> 	<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> 
19 <i>National New Friends Day</i>	<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> 
26 <i>National Pumpkin Day</i>	<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 stevenz@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@orcasfire.org, or see orcasfire.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.

U.S. Postage PAID Permit #2 Eastsound, WA 98245

Or Current Resident

Phone: 360-376-2677 Location: 62 Henry Rd E-mail: stevez@sanjuancountywa.gov Issue: October 2025 Website: www.orcaseniors.org

PO Box 1146 Eastsound, WA 98245

San Juan County Health & Community Services



Orcas Senior Signal

NOVEMBER 2025

The Official Senior Services Newsletter from San Juan County Health & Community Services



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.

What's inside...

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Page 2*

*Book Reading w/ Nancy Wang
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*Evening Yoga
Page 4*

And much more!



SAN JUAN COUNTY WASHINGTON

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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.

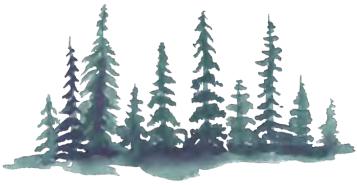
Meals on Wheels and More

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

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DBA Orcas Senior Center,
501(c)3 nonprofit

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Facility Manager
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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



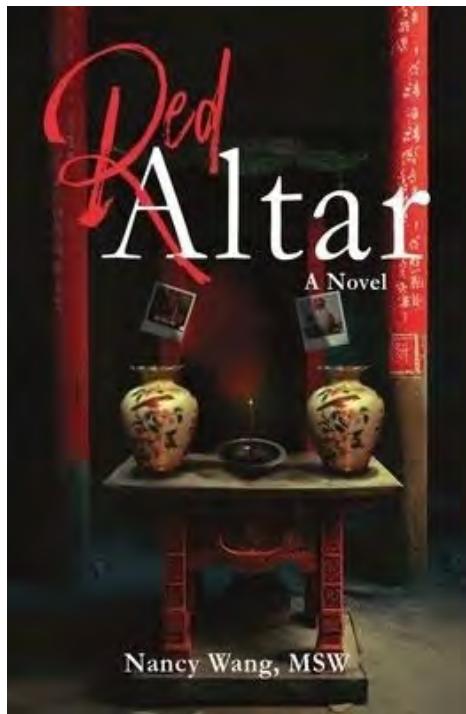
Caregiver Support Group

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**.

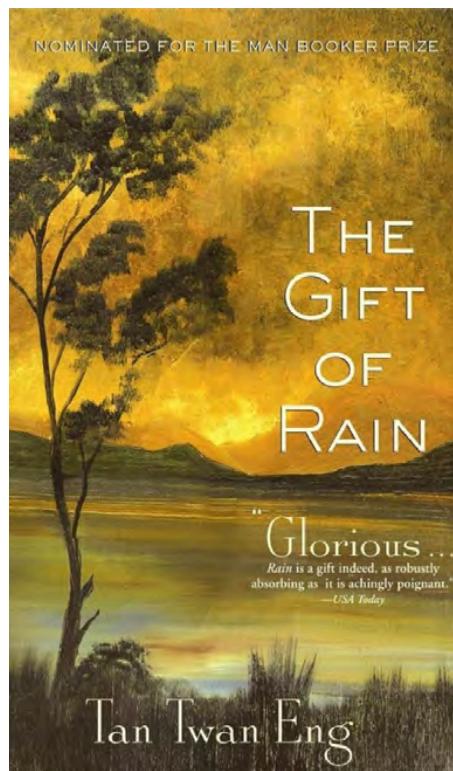
Partners in Care

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 onlyonorcasa@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

WEDNESDAY

NOVEMBER 3

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

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

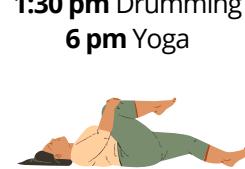
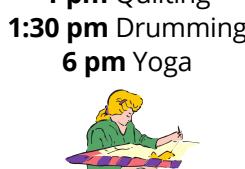
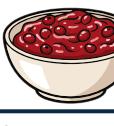
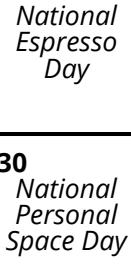
A new online retail scam is targeting unsuspecting seniors, with mysterious packages showing up on doorsteps, items you never ordered and don't want. According to consumer watchdogs, scammers are using your name and address to send cheap products through major online retailers. This tactic, known as 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
	<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 <i>National Bison Day</i> </p>
2 <i>National Deviled Egg Day</i> 	<p>3 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>4 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1:30 pm Bridge </p>	<p>5 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 1 pm Nancy Wang </p>	<p>6 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Drumming 6 pm Yoga </p>	<p>7 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework </p>	<p>8 <i>National Dunce Day</i> 10 am Medicare </p>
9 <i>National Pupusa Day</i> 	<p>10 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>11 SJC and OSC CLOSED </p>	<p>12 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1pm Quilt of Valor </p>	<p>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 </p>	<p>14 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework </p>	<p>15 <i>National Clean Out Your Refrigerator Day</i> 10 am Grannie's </p>
16 <i>National Button Day</i> 	<p>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 </p>	<p>18 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1:30 pm Bridge </p>	<p>19 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 1 pm Estate Plan 1 pm Fidget Quilt </p>	<p>20 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Drumming 6 pm Yoga </p>	<p>21 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework </p>	<p>22 <i>National Cranberry Relish Day</i> 10 am Medicare </p>
23 <i>National Espresso Day</i> 	<p>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 </p>	<p>25 10 am Chair Yoga 11 am Feldenkrais 12 pm Ukulele 1:30 pm Bridge </p>	<p>26 10 am Grief 11:30 am Spooky Lunch! 12:30 pm Spite & Malice </p>	<p>27 SJC and OSC CLOSED </p>	<p>28 SJC and OSC CLOSED </p>	<p>29 <i>National Lemon Cream Pie Day</i> </p>
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@orcasfire.org, or see orcasfire.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.

U.S. Postage PAID Permit #2 Eastsound, WA 98245

Or Current Resident

San Juan County Health & Community Services
PO Box 1146 Eastsound, WA 98245
Phone: 360-376-2677 Location: 62 Henry Rd
Email: chelisep@sanjuancountywa.gov
Issue: November 2025
Website: www.orcas seniors.org

San Juan County Health & Community Services
PO Box 1146 Eastsound, WA 98245
Phone: 360-376-2677 Location: 62 Henry Rd
Email: chelisep@sanjuancountywa.gov
Issue: November 2025
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Orcas Senior Signal

DECEMBER 2025

The Official Senior Services Newsletter from San Juan County Health & Community Services



Ezekiel Barr and Pamela Hughes enjoying the cozy new living room space at Orcas Senior Center — a perfect spot for connection and comfort.

Public Health Reminders for the Winter Holidays

By San Juan County

As you gather and feast together this holiday season, here are some public health tips so you can enjoy this time to the fullest with your loved ones!

Prevent Respiratory Illnesses

- Get vaccinated, if possible.** Vaccines for flu and COVID-19 are your best defense against respiratory illnesses. Some people who get vaccines may still get sick. However, vaccines help reduce the severity of your illness.
- Stay home when you are sick.** If you have any of the following symptoms, stay home until you feel better: fever, sore throat, cough, sneezing, headache, nausea and/or vomiting, and diarrhea.
- Consider masking.** If you must go out while you are sick or if you are visiting a vulnerable family member, consider wearing a well-fitting mask to protect those around you.
- Wash your hands regularly.** Use soap and water. If there is no soap available, use an alcohol-based hand sanitizer.

Prevent Foodborne Illnesses

- Cook food thoroughly.** Use a food thermometer to make sure that foods are cooked to a safe internal temperature to kill germs.
- Keep foods separated.** Keep meat, chicken, turkey, seafood, and eggs separate from all other foods at the grocery store and in the fridge.
- Keep food out of the “danger zone.”** Germs can grow rapidly between 40°F and 140°F. Keep hot food hot and cold food cold!

For more Food Safety Tips for the Holidays go to FoodSafety.gov.

Support Your Mental Health

- Pay attention to your feelings.** Remember that it is okay to feel unhappy during the holidays.
- Develop a plan for when you are feeling stressed, sad, or lonely.**
- Connect with community.**
- Know when to seek help.** If you feel that your mental health struggles are becoming overwhelming and difficult to handle, it is important to seek help and know that treatment is available.

Celebrate the Holidays with Us!

By Orcas Senior Center

Join us at the Orcas Senior Center on **Thursday, Dec. 18, at 2 p.m.** for a festive gathering filled with holiday cheer! Bring a dish to share and a white elephant gift to add some extra fun to the celebration. Come enjoy the season, connect with friends, and celebrate together. For questions or to volunteer with clean-up, please reach out to Edy Hansen at 206-413-6167 or edy@orcasseniors.org.

Thank You, Steven!

By San Juan County

Last month we said farewell to Steven Ziegler, our Orcas Island Senior Services Specialist. He was an amazing part of our team and he will be dearly missed. We wish him all the best in his next journey!

If you haven't already met her, Chelsea Parrott will be spending more time on Orcas Island supporting the meals program. She is our roving Senior Services Specialist and usually splits her time between Lopez, Orcas, and San Juan Islands. You can find her contact information on page 2 along with the rest of the Orcas Island Senior Services Team!

Quote for the Month

“Let tenderness pour from your eyes, the way sun gazes warmly on earth.”
— Hafez

What's Inside...

Food Access Page 2

Lessons from the Climb with Lynnette Wood Page 4

Careful, That's Not Your Grandson Calling! Page 5

And much more!



SAN JUAN COUNTY WASHINGTON

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Jami Mitchell

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360-376-7926

jamim@sanjuancountywa.gov

Heidi Bruce

Aging & Family Case Coordinator
360-370-0591

heidib@sanjuancountywa.gov

Chelsea Parrott

Senior Services Specialist
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Health & Community Services

360-378-4474

hcs@sanjuancountywa.gov

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 Parrott at chelseap@sanjuancountywa.gov or 360-370-0592 for eligibility.

Ian Cassinos

Food Services Manager

Jamie Salinas, Genae Kaltenbach

Kitchen staff on Orcas

New Font Note

Inclusive Sans is a text font designed for accessibility and readability. It is inspired by the friendly personality of contemporary neo-grotesques while incorporating key features to make it highly legible in all uses. For questions or concerns, please contact our Communications Program Coordinator at kyrak@sanjuancountywa.gov.

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.

Food Access on Orcas

By San Juan County

The federal government shutdown has ended and SNAP benefits are being distributed, but community partners across the county are still preparing in case of another disruption to food benefits or an increase in need.

The Orcas Island Food Bank has prepared for the increased need for food access and remains a vital resource in the community. If your food benefits are impacted, please visit the Orcas Community Resource Center. The Orcas Food Access Resource Guide is available [online](#).

If you think you may be eligible for benefits, please apply! Applications are still being processed. Applying for and receiving food benefits does not take away the benefits of someone else. Instead, it actually brings more resources to San Juan County and strengthens food access for everyone. For the most up-to-date information and resources, please visit www.sanjuancountywa.gov/2377/Food-Access.

Benefits of Early Hospice Care: Financial Relief

By Hospice of the Northwest

One of the many benefits of early hospice care is the financial relief it offers to patients and families. When a person starts hospice care, all medical costs related to their primary diagnosis are covered 100%. There are few, if any, out-of-pocket expenses.

Every patient is supported by a dedicated care team that includes a nurse, social worker, spiritual counselor, and hospice aide. Medicare, Medicaid, VA benefits, and other private insurances cover all care, medications, medical equipment, and essential supplies. At Hospice of the Northwest, we also offer integrative services—such as massage therapy and therapeutic music—free of charge, thanks to the generous donors who support our Foundation.

By enrolling in hospice early, patients and their loved ones can avoid costly hospitalizations, medications, or emergency interventions. Our hospice team takes care of the patient's needs, allowing them to focus on what matters most: living life to the fullest, in compassion and dignity. If you have questions or want more information, we are here to help. Call us at 360-814-5550 or visit our website at www.HospiceNW.org.

Register Today: Powerful Tools for Caregivers Class

By San Juan County

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.

NO JUDGMENT.
JUST HELP.

TEXT, CALL, CHAT

988

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.), **Bridge** (Tues. @ 1:30 p.m.), **Spite & Malice** (Wed. after lunch), and **Karma** (Every other Wed. @ 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!

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.

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

Virtual Movement Classes

By Orcas Senior Center

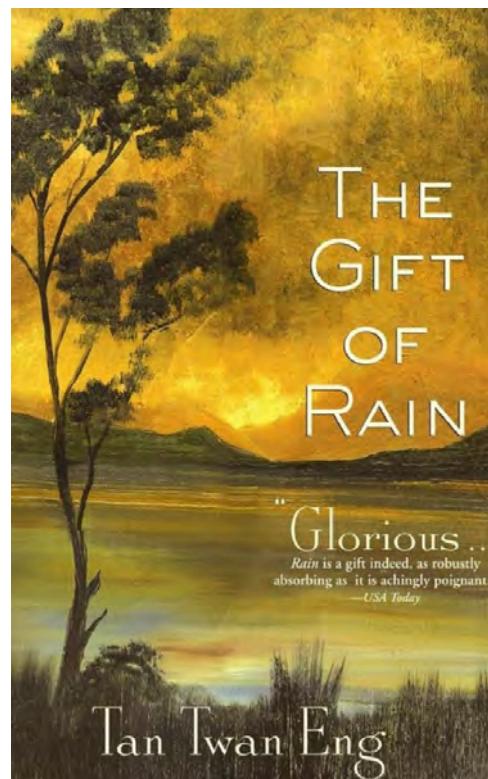
There is a menu of virtual movement classes available: Power Hour, Zumba, and Qigong. To learn more or sign up visit our online Calendar of Events www.orcasseniors.org/calendar-of-events.

Color & Imagination

By Orcas Senior Center

Make time this December to visit 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.



OSC Monthly Book Club

By Orcas Senior Center

Set in 1939 Penang, *The Gift of Rain* by Tan Twan Eng 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, Dec. 2 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

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206-413-6156

travis@orcasseniors.org

ORCAS SENIOR CENTER Welcomes New Members!

Ramona Curtis, Marie Brennan, and Michael Brennan

Not a member or need to renew?

Go to orcasseniors.org/member

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 Orcas Senior Center **Monday through Friday, 9 a.m. to 3 p.m.** Thank you!

Tara Plank's Yoga Workshop

By Orcas Senior Center

Join Tara Plank for an energizing LYT Yoga Workshop on **Saturday, Dec. 6, 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.

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 onlyonorcias@gmail.com to join.

Adult Art Nights at OSC

By Orcas Senior Center

Explore your creativity this December with art teachers Brook and Jessie at OSC through Orcas Parks and Rec! Each 1.5-hour class includes all materials, guidance, and a take-home project. Each class is \$25. Register at <https://orcasparkandrec.org>. Financial assistance is available.

Lino Printing with Jessie: Thursday, Dec. 4 at 5 p.m. Carve and print your own stamp design! Use paper for cards and tags or bring fabric items to print on.

Mini Canvas Painting with Brook: Thursday, Dec. 11 at 5 p.m. Paint tiny masterpieces of snowflakes, landscapes, or your own design. Brook will demo acrylic techniques and share inspiring references.

Half Dome: Lessons from the Climb – Lynnette Wood

By Lynnette Wood

Rising 4,800 feet above the Yosemite Valley floor, Half Dome is a vast sweep of granite that seems to pause between earth and sky. It reminds us that perfection need not be complete—that beauty often resides in what appears broken or unfinished: a curve abruptly interrupted, a summit so broad and rounded that it defies definition. This October, after two attempts spanning a year, Lynnette Wood finally stood atop Half Dome. Join her at **12:45 p.m.** on **Wednesday, Dec. 10** at OSC for a presentation about the journey—why it took two years, how lessons from the first attempt paved the way for success on the second, and why the biggest challenge wasn't even climbing the dome.



Lynnette Wood atop Half Dome.

A Classic Afternoon Tea

By Orcas Senior Center

Indulge in a classic afternoon tea experience surrounded by charming table arrangements featuring candles and exquisite teacups at Orcas Senior Center on **Thursday, Dec. 11 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. Contact Maggie Kaplan at mkaplan@centurytel.com or 360-376-5372 for inquiries or to help. Join us for an unforgettable tea!

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 about Island Hearing Healthcare at www.islandhearing.net.

Medicare Open Enrollment Ends Dec. 7

By SHIBA

Sunday, Dec. 7 is the last day to make changes to your Medicare Drug and Advantage plans for 2026. If your current plan will not be available next year, you have extra time to select a new plan, but don't delay to avoid a coverage gap. SHIBA volunteers can help you choose the plan that fits your needs. The SHIBA office calendar is full, but volunteers will host a drop-in enrollment event on **Saturday, Dec. 6, from 10 a.m. to 1 p.m.** at OSC. No registration is needed. Sign up on arrival and volunteers will assist on a first-come, first-served basis. SHIBA, sponsored by OSC, 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.

The Joy of Drumming

By Orcas Senior Center

Experience the Spirit of Drumming Group at OSC **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.

December 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

DECEMBER 1

Chicken Pesto Pasta w/
Mushroom, Spinach & Broccoli
Garlic Bread
Caesar Salad
Fruit

DECEMBER 3

Vegetarian Chili
Cornbread
Garden Salad
Peaches & Cottage Cheese

DECEMBER 8

Salisbury Steak & Mashed
Potatoes w/Mushroom Gravy
Dinner Roll
Garden Salad
Brownie

DECEMBER 10

Smoked Salmon Chowder
w/Baguette
Garden Salad
Apple Crisp

DECEMBER 15

Chicken Pot Pie
Garden Salad
Dessert

DECEMBER 17

Cod & Shrimp Gratin
Wild Rice Pilaf
Broccoli Florets
Cookie
Garden Salad

DECEMBER 22

Holiday Lunch
Ham Steak w/Pineapple
Cranberry Sauce
Roasted Potatoes
Steamed Vegetables
Garden Salad
Dessert

DECEMBER 24

**No in-person lunch.
Meals on Wheels ONLY.**
Tortellini with Marinara
Garlic Bread
Salad
Dessert

DECEMBER 29

Crab Cake w/Tarter Sauce
Pasta Salad
Rice Pilaf
Steamed Vegetables
Dessert

DECEMBER 31

Beef Stroganoff
w/ Egg Noodles
Dinner Roll
Garden Salad
Dessert

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



Careful, That's Not Your Grandson Calling!

By Katherine Ha

Phone scams are surging, and seniors are a top target. In 2023 alone, Americans lost over \$850 million to phone fraud, according to the Federal Trade Commission.

The number one rule to protect yourself? Don't answer unknown phone numbers. Even if the call appears to be from a local number, your bank, or a familiar name. Scammers can fake caller ID. This is called spoofing, and it makes calls look legitimate when they're not.

If it's important, let the call go to voicemail. You can always call back through a verified number, like the one on your bank card, not a number the caller gives you.

Scam callers often sound urgent and mention legal trouble or family emergencies. They may already know your name or even family details, thanks to data leaks. Their goal? To scare you into sharing personal information or sending money.

Red flags to watch for:

- Requests for personal info, money, or login credentials
- Callers who get angry or aggressive when questioned
- Offers that sound too good, or threats that sound too serious, to be true.

Protect yourself:

- Silence unknown callers (iPhone: Settings > Phone; Android: Phone app > Settings)
- Never give information over the phone no matter who they claim to be
- Talk to friends and family about setting up a password or safe word to confirm real emergencies.

Always verify first, trust later.

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11 am Partners in Care 11:30 am Lunch! 12:30pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	2 10 am Chair Yoga 12 pm Ukulele 1 pm Meditation 1 pm OSC Book Club 1:30 pm Bridge	3 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma	4 Island Hearing by Appointment 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Drumming 5 pm Lino Printing	5 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	6 10 am SHIBA Medicare Enrollment 10:30 am LYT Yoga 12:30 pm Chair Yoga
7	8  11 am Partners in Care 11:30 am Lunch! 12:30pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	9 10 am Chair Yoga 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge	10 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice	11 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Drumming 2 pm Afternoon Tea 5 pm Mini Canvas	12 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	13  National Cocoa Day
14	15  11 am Partners in Care 11:30 am Lunch! 12:30pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	16 10 am Chair Yoga 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge	17 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 1 pm Fidget Quilt	18 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1 pm Quilting 1:30 pm Drumming 2 pm Holiday Party	19 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	20 
21	22  Winter Solstice 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	23 10 am Chair Yoga 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge	24 10 am Grief NO LUNCH (Meals on Wheels only) 12:30 pm Spite & Malice	25 SJC & OSC CLOSED Christmas Day	26 OSC CLOSED SJC Senior Services available by appt	27  National Fruitcake Day
28	29  National Call A Friend Day 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	30 10 am Chair Yoga 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge	31 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma	1 SJC & OSC CLOSED New Years Day		

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 360-472-0408. Improve your tech skills and gain confidence using your devices with guidance from Kim!

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.

Anita, the creative mind behind AnitASketch, spent the past five years delighting millions across YouTube, TikTok, and more. She's excited to bring this nostalgic gadget of creation and destruction, loved since 1960, to a fun, social setting with you.

Fidget Quilting at OSC

By Orcas Senior Center

Brenda Bacon will host a Fidget Quilt workshop at OSC on **Wednesday, Dec. 17, 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.

Mindful Tranquility

By Orcas Senior Center

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! For more information, contact Julia at spirithouseojai@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 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 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@orcaspire.org, or see orcaspire.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.

Address Service Requested

Phone: **360-376-2677**
Location: 62 Henry Rd
Email: chelseapd@sanjuancountywa.gov
Issue: December 2025
Website: www.orcaseniors.org

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San Juan County Health & Community Services