



50 years, countless memories, and still stealing each other's hearts. Happy Valentine's Day, Linda & Jerry Todd!

Respiratory Illness Reminders from Public Health

By San Juan County

Each year, respiratory illnesses are responsible for millions of illnesses and thousands of hospitalizations and deaths in the United States. In addition to the virus that causes influenza (flu), there are many other types of respiratory viruses, including COVID-19 and respiratory syncytial virus (RSV). The good news is there are actions you can take to help protect yourself and others from health risks caused by respiratory viruses.

The best protection against respiratory illnesses is vaccination. Vaccines can prevent the worst symptoms and help keep you out of the hospital if you do become sick. If you have questions about any of the vaccines that can help prevent respiratory illness, please don't hesitate to reach out and speak with one of our public health nurses. They are always happy to talk with you and answer any questions. Call 360-378-4474 and ask to speak with a nurse.

Take these actions to keep you and your family safe from respiratory illnesses like flu, COVID-19, and RSV:

- Get vaccinated, if possible.
- Stay home when you are sick.
- Consider masking.
- Cover your cough or sneeze.
- Wash your hands regularly.
- Clean and disinfect surfaces.
- Take antiviral drugs if your doctor prescribes them.

We are expecting a severe flu season this year. It is important to remember that no matter which strains of flu circulate here, the current flu vaccine covers several strains and still offers the best protection from developing serious illness and hospitalization.

Read our full press release online at www.sanjuancountywa.gov.

Quote for the Month

"Love is what carries you, for it is always there, even in the dark, or most in the dark, but shining out at times like gold stitches in a piece of embroidery."

— Wendell Berry, Hannah Coulter

Last Chance to Pre-Register: Powerful Tools for Caregivers Class

By San Juan County

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

MMR Vaccine for Adults

From WA State Department of Health

Measles is a highly contagious disease caused by the measles virus. Measles can cause serious health complications, especially for babies and young children. The measles, mumps, and rubella (MMR) vaccine is the strongest protection against measles.

Most vaccinated adults are immune to measles and do not need a booster. Check for the MMR vaccine on your immunization record. If you were born before 1957, you likely had measles disease and developed life-long immunity and do not need MMR vaccines. If you are not sure of your immunity or vaccination status, it is safe to get an MMR vaccine.

If you have any questions about measles vaccination, please talk to your doctor, pharmacist, or health care provider.

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And much more!



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Tell Us What You Think

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

About This Newsletter

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

Meals on Wheels and More

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

Ian Cassinos

Food Services Manager

Genae Kaltenbach

Kitchen Assistant on Orcas

Caregiver Support Group

By San Juan County

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



DOL2Go at OSC: Mobile Service for Driver Licensing and ID Needs

By WA State Department of Licensing

The Washington State Department of Licensing's new mobile service, DOL2Go, will travel to Orcas Island **Thursday, March 12** to assist residents with their driver licensing and ID needs. The event will be held at Orcas Senior Center from **10 a.m. to 3:30 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 call center at 360-902-3900.

2026 Free State Park Days

By San Juan County

Mark your calendars! There are special days throughout the year when a Discover Pass is not required to park at Washington State Parks or land managed by the Washington State Dept. of Natural Resources and Washington Dept. of Fish and Wildlife.

- **Monday, Mar. 9** - Billy Frank Jr.'s Birthday
- **Tuesday, Mar. 19** - State Parks 113th Birthday
- **Wednesday, Apr. 22** - Earth Day
- **Saturday, June 6 and Sunday, June 7** - Free Fishing Weekend
- **Friday, June 19** - Juneteenth
- **Sunday, Aug. 9** - Smokey Bear's Birthday
- **Saturday, Sept. 26** - National Public Lands Day
- **Saturday, Oct. 10** - World Mental Health Day
- **Wednesday, Nov. 11** - Veterans Day

We hope you are able to take these opportunities to enjoy time outdoors with loved ones and create memories.

Elder Voices Project Too (Two)

From Palliative Care Institute

The Elder Voices Project seeks poetry, essays, and short fiction from Washington State residents 65 years and older to help re-examine our understanding of aging.

We seek poems, essays and short fiction from a cross-section of individuals in Washington State to illustrate diverse experiences that capture the vitality and wisdom in their varied stories, and "...celebrate aging without denying or obscuring its challenges."

Accepted pieces will be collected in an anthology, and readings will be hosted across the state by the Palliative Care Institute in 2026.

Writers must be a Washington state resident, 65 years or older, and be the exclusive author of the work. Submissions are due by **Mar. 31, 2026.**

See all the submission guidelines at <https://pci.wvu.edu/guidelines-elder-voices-project-too-two-second-anthology>.

Grannie's Attic: A Treasure Hunt Awaits

By Orcas Senior Center

Mark your calendar for the exciting return of Grannie's Attic at OSC on **Saturday, Apr. 18!** 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! Renting a table is \$25 and each seller can 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, event-day tasks, and cleanup.

Get Involved Today: Reserve your table or sign up to help with Edy Hansen at 206-413-6167 or edy@orcasseniors.org. Don't miss this chance to join a vibrant community event!

My Favorite Trees of Orcas: Artwork by Sally Walker

By Orcas Senior Center

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

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

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

Quilting

By Orcas Senior Center

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

The Joy of Drumming

By Orcas Senior Center

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

Etch A Sketch Circle

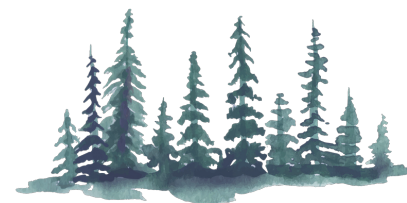
By Orcas Senior Center

Shake the cobwebs off your creativity and join the Etch A Sketch Circle with Anita Orne of AnitASketch **every Thursday at 1:30 p.m.** at OSC. 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. By donation. Etch A Sketches aren't provided, but easy to find new or used.

Got Paper Bags?

By Orcas Senior Center

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



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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ORCAS SENIOR CENTER Welcomes New Members!

Carolyn Tooley-Young, David Young,
Dale Mattson, and D Sparks.

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

Financial Literacy Seminar

By Orcas Community Resource Center

This month the Orcas Community Resource Center will present a Financial Crisis Help seminar at Orcas Senior Center. Join Resource Center staff and experts after lunch at 1 p.m. on **Wednesday, Feb. 18.**

The Orcas Talks Money program provides an opportunity to learn and ask questions about tough financial topics, such as managing debt or navigating the loss of a spouse. Participate in sample case studies, workshop activities, and explore the public benefits available to seniors in an eligible benefits review. Hosted by OCRC Financial Educator Nick Johns alongside experts from our island community. For more information email nick@orcascrc.org. Learn more about financial literacy at <https://orcascrc.org/financial-literacy>.

Medicare's Preventive Benefits: Why They Matter

By SHIBA

Taking care of your health before problems arise is essential—and Medicare helps make that possible. Original Medicare (Parts A and B) covers many preventive services to detect conditions early. Medicare Part B also includes an annual wellness visit, a yearly appointment to review your health and create a personalized prevention plan.

Many preventive services are available at no cost, meaning no deductibles, copayments, or coinsurance. These benefits offer:

1. **Early detection** – Catch conditions when they're easier to treat.
2. **Cost savings** – Preventing or managing issues early reduces overall expenses.
3. **Improved quality of life** – Staying healthy supports well-being as you age.

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.



OSC Monthly Book Club: *Through A Window*

By Orcas Senior Center

In her classic, *In the Shadow of Man*, Jane Goodall wrote of her first ten years at Gombe. In *Through a Window* she continues the story, painting a more complete and vivid portrait of our closest relatives. On the shores of Lake Tanganyika, Gombe is a community where the principal residents are chimpanzees. Through Goodall's eyes we watch young Figan's relentless rise to power and old Mike's crushing defeat. We learn how one mother rears her children to succeed and another dooms hers to failure. We witness horrifying murders, touching moments of affection, joyous births, and wrenching deaths. As Goodall compellingly tells the story of this intimately intertwined community, we are shown human emotions stripped to their essence. In the mirror of chimpanzee life, we see ourselves reflected. (Amazon, n.d.) To participate in the Book Club on **Tuesday, Feb. 24 at 1 p.m.** at OSC, contact Stephen Bentley at 310-694-7165 or stephen@swbentley.com.

Feldenkrais is Back on February 10!

By Orcas Senior Center

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 OSC. 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. Questions? Contact Andrea at sound-movement@hotmail.com or 206-383-7705. Learn more about her work at www.sound-movement.org.

Understanding the Medicare Hospice Benefit

By Hospice of the Northwest

At Hospice of the Northwest, people sometimes ask how much hospice will cost—falsely believing it must be expensive. Nothing could be further from the truth!

The Medicare Hospice Benefit was designed to offer people peace of mind at the end of life. Once a patient chooses hospice care, everything you need is covered 100%, including:

- **Care Team Visits:** Every visit with your hospice provider, nurse, social worker, spiritual counselor, and personal care aide are covered 100%. Patients also have access to nursing support 24/7 by phone.
- **Medication:** All prescriptions for pain and symptom relief are covered.
- **Medical Equipment:** Including a hospital bed, wheelchair, and oxygen equipment.
- **Medical Supplies:** Including bandages, catheters, and wound supplies.
- **Grief Support:** Loved ones have access to bereavement counseling at no cost.

Medicaid, VA benefits, and most private insurers provide similar coverage. Patients who are uninsured or under-insured may qualify for financial assistance through Hospice of the Northwest Foundation. In 40+ years, we have never turned down a patient for inability to pay.

If you have questions about hospice, visit our website at www.HospiceNW.org or give us a call at 360-814-5550.

Art with Carla

By Orcas Senior Center

Art with Carla, **Fridays at 1 p.m.** at OSC, is led by experienced artist Carla Stanley. This lighthearted class focuses on the creative process with a strong belief in your artistic potential, regardless of skill level. The class fee is \$10. Contact Carla at 360-317-5652 or onlyonorcas@gmail.com to join.

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

FEBRUARY 2

Salisbury Steak
Mashed Potato w/ Mushroom
Gravy
Brussel Sprouts
Dinner Roll
Garden Salad & Dessert

WEDNESDAY

FEBRUARY 4

Chicken Enchiladas
Spanish Rice
Refried Beans
Garden Salad
Dessert

FEBRUARY 9

Chicken Pesto Tortellini
w/ Spinach & Mushroom
Garlic Bread
Garden Salad
Dessert

FEBRUARY 11

Crab Cakes
Wild Rice Pilaf
Nantucket Veggies
Garden Salad
Dessert

FEBRUARY 16



Presidents' Day
No in-person lunch
or meal delivery.

SJC & OSC
CLOSED

FEBRUARY 18

Pulled Pork Sandwich
BBQ Baked Beans
Potato Salad
Cookie

FEBRUARY 23

Chicken Pot Pie
Garden Salad
Dessert

FEBRUARY 25

Tuna Casserole
Peas & Carrots
Garden Salad
Dessert



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

Need Help With Your 2025 Tax Return?

By Jim Biddick

Get help with your 2025 tax return from Jim Biddick, a trusted local tax preparer. Appointments are available on **Tuesdays** at the Orcas Island Library from 10:30 a.m. to 4:30 p.m. **beginning February 10**. This service is ideal for individuals who want reliable assistance in a comfortable and convenient setting.

To schedule an appointment, call Jim at 360-376-2488 or email jimfortaxes@gmail.com. A suggested donation of \$10 helps support this community service. Appointments are required, so please reach out in advance to reserve your time.

Inclement Weather Closures

By Orcas Senior Center

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




Sound Bath Tuesdays

By Orcas Senior Center

Join us at OSC every **Tuesday** at **11 a.m.** for a relaxing sound bath with crystal bowls. Sessions are guided by Andréia Henigson, founder of attune.you, a sound healing practice offering calming, restorative experiences for physical and emotional wellbeing. Please bring a yoga mat and some comfort props such as a blanket or pillow. A sliding scale available, with free spots for those in financial hardship.

We encourage you to reserve your spot in advance at <https://attune.you>. Pre-registration helps us create a comfortable space for everyone. Walk-ins are welcome as room allows. If you are unable to book ahead, arriving about 15 minutes early is ideal. Doors will close promptly at 11 a.m. to support a calm and uninterrupted group experience.

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Change Your Password Day</i>  	2 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	3 10 am Chair Yoga 11 am Sound Bath 12 pm Ukulele 1 pm Meditation 1 pm Book Club 1 pm Improv 1:30 pm Bridge	4 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice	5 Island Hearing Clinic 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Etch A Sketch 1:30 pm Drumming	6 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	7
8 <i>Super Bowl Sunday</i> 	9 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	10 10 am Chair Yoga 11 am Feldenkrais 11 am Sound Bath 12 pm Ukulele 1 pm Improv 1:30 pm Bridge	11 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma	12 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1 pm Quilting 1:30 pm Etch A Sketch 1:30 pm Drumming	13 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	14 <i>Valentine's Day</i> 
15	16 SJC & OSC CLOSED 	17 10 am Chair Yoga 11 am Feldenkrais 11 am Sound Bath 12 pm Ukulele 1 pm Improv 1:30 pm Bridge	18 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Fidget Quilt 1 pm Financial Literacy Seminar	19 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Etch A Sketch 1:30 pm Drumming	20 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	21
22 <i>National Cook a Sweet Potato Day</i> 	23 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	24 10 am Chair Yoga 11 am Feldenkrais 11 am Sound Bath 12 pm Ukulele 1 pm Book Club 1 pm Improv 1:30 pm Bridge	25 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma	26 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1 pm Quilting 1:30 pm Etch A Sketch 1:30 pm Drumming	27 1 pm Art w/ Carla 1 pm Tech w/ Kim 2 pm Needlework	28 <i>National Pancake Day</i> 

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.

Acting F.A.S.T. is Key to Stroke Survival



FACE

Does one side of the face droop when smiling?



ARMS

Does one arm drift downward when both arms are raised?



SPEECH

Is speech slurred or strange when repeating a simple phrase?



TIME

If you see any of these signs, call 9-1-1 right away.



Fuel-powered generators should only be used outside, at least 20ft away from all doors and windows.

Ukulele Kanikipila

By Orcas Senior Center

Experience the joy of making music at Ukulele Kanikipila, Hawaiian for "play music," **Mondays at 1 p.m.** at OSC. This gathering is open to everyone with an interest in playing music. If you're looking to dive into the world of ukulele playing, join Kathy Collister's twice weekly ukulele class on **Tuesdays and Thursdays at 12 p.m.** If you are a true beginner Kathy has an **11 a.m. class on Thursdays** that will get you up to speed in no time! Kathy, an experienced instructor, will guide you through the basics of introductory chords and strumming techniques. The class is free but bring your own ukulele.

For info, including how to borrow a ukulele, email kcollister15@gmail.com. Beginners and adults of all ages are welcome to join the musical journey!

Partners in Care

By Orcas Senior Center

This Orcas Island Lions Club program in collaboration with OSC, offers weekly respite sessions for family caregivers. Held **Mondays from 11 a.m. to 3 p.m.** at OSC, trained volunteers and a certified caregiver provide meaningful engagement for care partners while caregivers take a much-needed break. Activities include lunch, crafts, games, puzzles, walks, socializing, and even sing-alongs with the Center's ukulele group. If you or someone you know could benefit from Partners in Care, please contact Susan Gordon at sgordonbentley@gmail.com or 310-384-2053.

Free Tech Assistance

By Orcas Senior Center

You can receive free technology assistance by appointment every **Friday from 1 p.m. to 3 p.m.** at OSC. Kim Rose will be available to answer questions and provide hands-on help with laptops, smartphones, tablets, and other devices. To ensure one-on-one support, participants are encouraged to sign up in advance at the OSC front desk or by contacting Kim at kimr8244@gmail.com or 360-472-0480. Improve your tech skills and gain confidence using your devices with guidance from Kim Rose!

Monthly Hearing Services

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

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

Cards!

By Orcas Senior Center

Looking for a fun and social way to exercise your mind? OSC offers a variety of card games for all interests and skill levels. Come play, laugh, and connect! **Pinochle** (Mon. & Thurs. @ 12:30 p.m.), **Spite & Malice** (Wed. after lunch), and **Karma** (Wed., Feb. 11 & 25 @ 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!

Fidget Quilting at OSC

By Orcas Senior Center

Brenda Bacon will host a Fidget Quilt workshop at OSC on **Wednesday, Feb. 18, at 1 p.m.** The workshop is designed to assist in crafting small, tactile quilts that offer comfort and engagement for those with dementia. Whether you're new or experienced quilter, all are welcome. Donations of materials are appreciated. No registration required. For more information, contact Brenda at 704-957-0683 or baconbc@outlook.com.

Services Available

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

Home delivered meals are available for eligible seniors on Mon., Wed., and Fri. Please contact Chelsea Parrott at 360-370-0592 or chelseap@sanjuancountywa.gov for eligibility, if meal support is needed.

Case coordination and family caregiver resources are available to assess and offer options for those in need. Contact Heidi Bruce at heidib@sanjuancountywa.gov or 360-370-0591.

Home Maintenance & Repair program helps seniors and adults with disabilities secure contractors for work needed. Contact Travis King at homerepair@orcasseniors.org or 360-643-4419 for inquiries.

Foot care services are provided by Footcare with a Heart, LLC. Contact Erica Bee at 360-622-8234 for appointments and other inquiries.

Programs and activities are listed on the enclosed calendar, or you can go to the Calendar of Events page at www.orcasseniors.org. Contact Edy Hansen at edy@orcasseniors.org or 206-413-6167 for more information.

Companion Services. Buddy Check-In volunteers call senior buddies to offer companionship. Contact Edy Hansen at edy@orcasseniors.org or 206-413-6167 to pair with a Buddy.

Mobility Equipment Assistance Program is provided by the Orcas Island Lions Club. Borrow quality equipment at OSC. For hours, call the front desk at 360-376-2677.

Susie Frank's Chair Yoga

By Orcas Senior Center

Chair Yoga is a soothing practice tailored for seniors and those with disabilities, held **Tuesdays and Thursdays at 10 a.m.** This gentle technique incorporates the use of a chair for support, so participants can practice without the concern of falling. While Susie suggests a \$15 donation per class, no one will be turned away due to financial constraints. For inquiries, reach out to Susie directly at 360-298-4484 or sissooz@yahoo.com.

Lions Club Mobility Equipment
Borrow mobility equipment free or by donation at OSC on Mon., Wed., & Fri. 10 a.m. to 11 a.m.

Orcas Island Food Bank
Tuesdays and Fridays 11 a.m. to 6:30 pm. Next to the Community Church. For questions or information call and leave a message at **360-376-4445**.

Orcas Food Co-op
To arrange for home delivery or curbside pickup go to www.orcasfood.coop or call **360-376-2009**.

OPAL Community Land Trust
Struggling to make rent or mortgage payment? OPAL is here to help. Call **360-376-3191** or email opalclt@opalclt.org.

Orcas Community Resource Center
OCRC fosters a healthy community by connecting Orcas Islanders with services to thrive and achieve equitable well-being. Call **360-376-3184** or email info@orcascrc.org.

SAFE San Juans
Domestic violence and sexual assault services to survivors and loved ones. Call **360-376-5979**. To contact Orcas' 24-hour crisis line call **360-376-1234**.

Weatherization
Call OPALCO at **360-376-3500** or OCRC at **360-376-3184** or email info@orcascrc.org.

Energy Assistance
Call OPALCO at **360-376-3500** for energy assistance eligibility.

Medicare/SHIBA
Volunteers assist with Medicare enrollment, choosing secondary plans, and affordable healthcare. Call **360-376-5892** or email orcasshiba@yahoo.com for appt.

Mobile Integrated Healthcare (MIH)
Call **360-762-5035**, email MIH@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.

Or Current Resident

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San Juan County Health & Community Services
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Eastsound, WA 98245
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Email: chelseap@sanjuancountywa.gov
Issue: February 2026
Website: www.orcaseniors.org