



On display at the Orcas Senior Center, this colorful quilt by Maggie Kaplan is stitched from fabric remnants of the thousands of masks she sewed for our community during the pandemic.

Starting this Month: Free Class for Unpaid Family Caregivers

By San Juan County

San Juan County and Northwest Regional Council are offering a free six-week course for unpaid family caregivers of San Juan County. This course, *Powerful Tools for Caregivers*, is an evidenced-based, self-care educational program for family caregivers. This will be in-person course on Orcas Island available to San Juan County residents who would like to participate.

Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. *Powerful Tools for Caregivers* is an opportunity to develop a wealth of self-care tools including: reducing personal stress, changing negative self-talk, communication your needs, dealing with challenging situations, making tough caregiving decisions, solving problems, and setting goals.

Classes will be **every Tuesday, 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 sign up, please contact Heidi Bruce by calling 360-370-0591 or email heidib@sanjuancountywa.gov.

After Lunch Presentation: The 3 S's of Healthy Aging

By Orcas Senior Center

Join us on **Wednesday, Mar. 4** after lunch for an engaging presentation on the *3 S's of Healthy Aging*. This talk explores modern research on Sleep, Supplements, and Socialization and how these three elements work together to support long term vitality. Learn how simple, practical habits in each area can make a meaningful difference in quality of life and overall wellbeing as we age.

The presentation will be led by Mark Wilber, MSW, CAAR, LICSWA from San Juan County Health & Community Services. Mark will share accessible tools and insights designed to help people thrive at any age. Whether you are looking to improve daily routines or better understand the science behind healthy aging, this informative session offers valuable takeaways for everyone.

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And much more!

Quote for the Month

"There is something infinitely healing in the repeated refrains of nature - the assurance that dawn comes after night, and spring after winter."

— Rachel Carson



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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 and the nonprofit organizations Orcas Senior Center and 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

**Bobby Schauerhamer and
Genae Kaltenbach**

Kitchen Staff 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.



A Classic Afternoon Tea

By Orcas Senior Center

Indulge in a classic afternoon tea experience surrounded by charming table arrangements and exquisite teacups at Orcas Senior Center on **Thursday, April 2 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!

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 online 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!

Watercolor Together

By Orcas Senior Center

Do you enjoy the camaraderie of painting alongside others? Bring your watercolor supplies including brushes, paints, and paper and join the Watercolor Painting Group on the **second and fourth Mondays** of each month beginning **March 9**, from **9:30 to 11 a.m.** at the Orcas Senior Center. This group is free to attend. For more information, 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. 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.



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!**

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 OSC **Monday through Friday, 9 a.m. to 3 p.m.**

Finding the Light: Artwork by Paula Capitano with John Ehrmantraut

By Orcas Senior Center

Visit the Orcas Senior Center **Monday through Friday, 9 a.m. to 3 p.m.**, in March and April to enjoy artwork by local artist Paula Capitano, joined by repurposed works from John Ehrmantraut. Working primarily in oils, Paula draws inspiration from Orcas Island's natural beauty, especially mushrooms and madrona trees.

A longtime island resident, she arrived in 1979 after purchasing the Cottage Gift Store and has been painting since her early 20s, first on driftwood and later in oils after studying with Terry Johnson. Paula is also fondly known for her homemade cookies. Stop by to experience light-filled, nature-inspired paintings and creative, reimagined pieces.

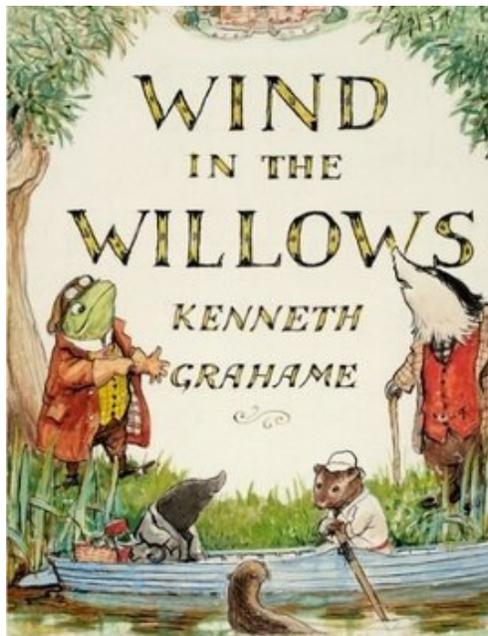
Getting Ready for Medicare

By SHIBA

Is 2026 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, Mar. 26 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 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: Wind in the Willows

By Orcas Senior Center

Kenneth Grahame's beloved masterpiece exactly as readers first discovered it in 1908—complete, unabridged, and brought to life with Paul Bransom's original wildlife illustrations. Experience the enchanting world of *The Wind in the Willows* that whisks readers away to a captivating realm where anthropomorphic animals embark on thrilling adventures. Join Mole, Rat, Toad, and Badger on their unforgettable journey filled with friendship, bravery, and the wonders of nature. (Amazon, n.d.). To participate in the Book Club on **Tuesday, Mar. 24 at 1 p.m.** at OSC, contact Stephen Bentley at 310-694-7165 or stephen@swbentley.com.

Feldenkrais

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.

24/7 Nursing Support in Hospice Care

By Hospice of the Northwest

Hospice of the Northwest provides 24/7 nursing support to ensure patients receive timely, expert care when it matters most.

Every patient has a dedicated RN Case Manager who makes routine home visits. When the RN Case Manager isn't available, patients and families have around-the-clock access to:

- **Triage RN:** Every day from 8 a.m. to 5 p.m., a Triage RN is available to assess and prioritize urgent needs, often related to pain and symptom control. They consult with our provider team to adjust medications.
- **Telepage RN:** Unlike traditional "on-call" models, we have a Telepage RN who is actively working and on-shift every night from 5 p.m. to 8 a.m. They provide phone consultation for emergent needs like uncontrolled pain, catheter issues, or support when a patient dies after hours.

Information is shared with the RN Case Manager, who will schedule a home visit as soon as possible. Learn more at www.HospiceNW.org or give us a call at 360-814-5550.

Keep A Healthy Distance From Wildlife

By San Juan County

Please do not approach, touch, or try to help wild animals – even if they look calm or friendly. Wild animals can carry diseases that can spread to people and pets, like avian influenza, rabies, and more. For your safety, keep a safe distance and report sick or dead wildlife to local officials. Two red foxes on San Juan Island have tested positive for avian influenza. At this time there are no confirmed human cases of avian influenza in SJC. Living in the islands gives us the special chance to be close to nature and wildlife but it is important to take simple steps to help keep ourselves, our families, and our pets safe from diseases that animals may carry.



March Menu



Senior Lunch In-Person Mondays and Wednesdays

Salads served at 11:30 am and hot entrees served at noon.
\$6 suggested donation for ages 60+. \$10 for under 60.

MONDAY

MARCH 2

Sweet & Sour Pork
Jasmine Rice
Spring Rolls
Bean Noodle Salad
Mandarin Oranges

WEDNESDAY

MARCH 4

Beef Shepherd's Pie
Garden Salad
Dinner Roll
Dessert

MARCH 9

Swedish Meatball
Egg Noodles
Steamed Vegetables
Dessert

MARCH 11

Salisbury Steak
Mac & Cheese
Steamed Vegetables
Dessert

MARCH 16

Panko Crusted Cod
Wild Rice Pilaf
Nantucket Vegetable
Dessert

MARCH 18

Turkey Meatloaf
Mashed Potatoes
Garden Salad
Dessert

MARCH 23

Lemon Pepper Chicken
Roasted Potatoes
Steamed Veggies
Dessert

MARCH 25

Crab Cakes
Vegetables
Rice Pilaf
Dessert

MARCH 30

Chicken Pot Pie
Garden Salad
Dessert



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

Revitalize Your Body and Mind with Tara Plank's Yoga Workshop

By Orcas Senior Center

Join Tara Plank for an energizing LYT Yoga Workshop on Saturday, March 7, 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—classes are by donation!

Please bring a yoga mat (and blocks if available). For more information, visit www.alignmovementtherapy.com or contact Tara by email at tara@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 onlynorcas@gmail.com to join.

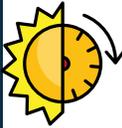
Sound Bath Tuesdays

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.

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>National Pig 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 11 am Feldenkrais 12 pm Ukulele 1:30 pm Bridge <i>Powerful Tools for Caregivers Class</i>	4 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 1 pm Healthy Aging Presentation	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 <i>Int'l Women's Week</i> 10:30 Yoga Workshop
8 <i>Daylight Savings</i> 	9 9 am Watercolors 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 1:30 pm Bridge <i>Powerful Tools for Caregivers Class</i>	11 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma	12 DOL2Go @ OSC 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>Pi Day</i> 
15	16 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	17 10 am Chair Yoga 11 am Feldenkrais 11 am Sound Bath 12 pm Ukulele 1:30 pm Bridge <i>Powerful Tools for Caregivers Class</i>	18 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Fidget Quilt 1 pm Karma	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 <i>Spring Begins</i>	21 <i>Int'l Day of Forests</i> 
22 <i>World Water Day</i> 	23 9:30 am Watercolors 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 1:30 pm Bridge <i>Powerful Tools for Caregivers Class</i>	25 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma	26 10 am Chair Yoga 10:30 am SHIBA 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>Respect Your Cat Day</i> 
29 <i>Mermaid Day</i> 	30 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	31 11 am Feldenkrais 11 am Sound Bath 12 pm Ukulele 1 pm Book Club 1:30 pm Bridge <i>Powerful Tools for Caregivers Class</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.

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! **Pinocle** (Mon. & Thurs. @ 12:30 p.m.), **Spite & Malice** (Wed. after lunch), and **Karma** (Wed. after lunch). 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

Phone: 360-376-2677
 Location: 62 Henry Rd
 Email: chelsea@sanjuancountywa.gov
 Issue: March 2026
 Website: www.orcassentiors.org

PO Box 1146
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San Juan County Health & Community Services

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