



## Your Local Public Health 2025 Impact Report

By San Juan County

San Juan County's Department of Health & Community Services has released its [2025 Impact Report](#), highlighting the programs, services, and partnerships that supported the health and well-being of islanders across the county over the past year.

The report includes data and program highlights from across the department's work, including:

- **577** immunizations administered
- **~271** home and community visits through our Growing Families program
- **\$444,000** worth of dental care provided to **577** patients in partnership with DentALL, Orcas Island Community Foundation, Orcas Island Health Care District, Peace Health, Lopez Island Family Resource Center, Lopez Island Hospital District, and Catherine Washburn Medical Association.
- **38,078** meals produced through our Senior Nutrition program in partnership with the island senior non-profits and Whatcom Council on Aging
- **\$2.4 million** awarded from the SJC Home Fund for new housing projects
- Preschool availability increased on SJI by **25** students
- **1,759** total WIC appointments

In addition to data and program metrics, the report features stories from islanders and community partners that illustrate the real-world impact behind the numbers. These stories highlight how services help older adults remain independent, create stability for families, support children during critical stages of development, and expand access to dental care.

The full report is available online here: <https://www.sanjuancountywa.gov/DocumentCenter/View/34760/2025-San-Juan-County-Health--Community-Services-Impact-Report>.



Volunteer Irene O'Neill gets ready for Senior Lunch. At Orcas Senior Center, volunteers don't just fill a role, they build community, one meal at a time.

## Grannie's Attic Sale: 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 from 10 a.m. to 2 p.m.!** This community-favorite event is better than ever, featuring artisan booths alongside household items, vintage finds, tools, collectibles, and more.

**Donate & Volunteer:** Have new or gently used items to donate? We welcome donations (no furniture or clothing). Volunteers are also needed for setup and cleanup. For more information contact Edy Hansen [edy@orcasseniors.org](mailto:edy@orcasseniors.org). Don't miss this chance to join a vibrant community event!



**GRANNIE'S ATTIC**

**Saturday, April 18**  
**10 a.m. to 2 p.m.**  
**Orcas Senior Center**

### Quote for the Month

"Open all your pores and bathe in all the tides of nature, in all her streams and oceans, at all seasons."

— Henry David Thoreau

### What's Inside...

- Lum Farm Field Trip *Page 2*
- Smart Money Workshop *Page 4*
- In the Realm of Whales *Page 5*
- 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](mailto: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](http://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 Julie at [julief@sanjuancountywa.gov](mailto:julief@sanjuancountywa.gov) or 360-370-7525 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](mailto:heidib@sanjuancountywa.gov) or 360-370-0591.

## Orcas Caregiver Project

By Orcas Senior Center

Good news for our island community! The Orcas Island Caregiver Project is building a connection hub for paid caregivers and the islanders who need care. Supported by the Orcas Island Health District, we surveyed our island's paid caregivers. Thirty-four responded, and eighteen attended our first meeting at Orcas Senior Center. We're building a website and app where you can find caregivers, access resources, and connect with support—all in one place.

Imagine being able to search for a caregiver by specialty, check availability, and reach out—all from your phone. That's where we're headed, with educational resources and caregiver support built right in.

Next caregiver meeting: **Thursday, Apr. 2 from 5 to 7 p.m.** at Orcas Senior Center (paid caregivers only). Questions? Contact Debra O'Conner, 206-276-5805, [mwifedoc@aol.com](mailto:mwifedoc@aol.com). Watch for updates as this resource grows!

## 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](mailto:edy@orcasseniors.org).

## 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](mailto:mkaplan@centurytel.com) or 360-376-5372. Join us for an unforgettable tea!



## Join Us for a Lum Farm Field Trip

By Orcas Senior Center

Don't miss this exciting visit to Lum Farm on Coffelt Farm Preserve to meet their newest arrivals on **Tuesday, Apr. 7 at 11 a.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. For question contact Edy Hansen at [edy@orcasseniors.org](mailto:edy@orcasseniors.org) or 206-413-6167.



## Great Islands Clean Up 2026: Our Power, Our Planet

By San Juan County

When islanders work together, small actions add up to big impact. This spring, the community is invited to take part in the 2026 Spring Great Islands Clean-Up on **Saturday, Apr. 18**. Each year, hundreds of volunteers come together to care for the places we love. Every piece of litter removed helps keep plastics out of local waterways, protects wildlife, and keeps shorelines healthy for future generations.

During this event, participants of all ages can sign-up to collect trash on a designated beach or road and then bring their collected trash to the central meeting spot to be counted. Contact Pete Moe with questions 360-376-4089 with any questions. Visit [exchangeorcas.org/great-islands-clean-up](https://exchangeorcas.org/great-islands-clean-up) for more info.

Share your clean-up adventures on social media using #GICU2026 or send them to [katiej@sanjuancountywa.gov](mailto:katiej@sanjuancountywa.gov).

The Great Islands Clean-Up is coordinated by the SJC Department of Environmental Stewardship's Solid Waste Program in partnership with Orcas Recycling Services, Lautenbach Recycling, Lopez Solid Waste Disposal District, San Juan Sanitation, Friends of the San Juans, the Stewardship Network of the San Juans, and many local volunteers, businesses, and service groups. Funding support is provided by the Washington Department of Ecology's Community Litter Cleanup Program.

## 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.

## 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. at 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](mailto: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](mailto:casadonjuan12@gmail.com) or 760-325-0677. We look forward to supporting you.

## 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. 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 at <https://attune.you>. Walk-ins are welcome as room allows. If you are unable to book ahead, try to arrive 15 minutes early. Doors will close promptly at 11 a.m. to support a calm and uninterrupted group experience.

## Etch A Sketch Circle

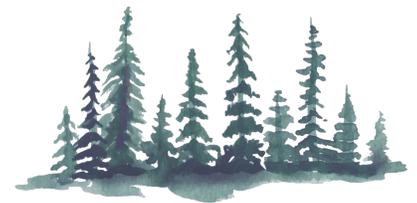
By Orcas Senior Center

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.

## 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, from **9:30 to 11 a.m.** at Orcas Senior Center. This group is free to attend. For more information, contact Edy Hansen at 206-413-6167 or [edy@orcasseniors.org](mailto:edy@orcasseniors.org).



## 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](http://www.orcasseniors.org)

### Friends of Orcas Senior Center, DBA

Orcas Senior Center, 501(c)3 nonprofit

### Nonprofit Board of Directors

Suzette Lamb, *President*  
Allan Rosato, *Vice-President*  
Lynnette Wood, *Treasurer*  
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### ORCAS SENIOR CENTER Welcomes New Members!

Kathryn Schoessler, Grant Schumaker, and David Kosior

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

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

## 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.

## Workshop: Smart Money Strategies for Seniors

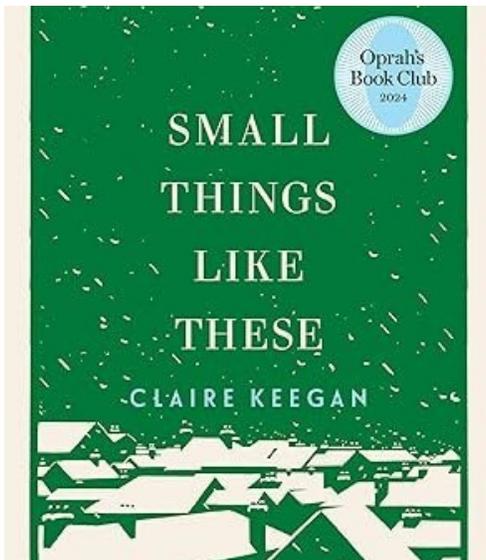
By Orcas Community Resource Center

Join us at Orcas Senior Center on **Wednesday, Apr. 22 at 1 p.m.** for a Smart Money Workshop.

Learn how thoughtful financial and estate planning can help build stability and peace of mind. We will cover practical tools for managing money on a fixed income, including tracking income and expenses, understanding net worth, and balancing assets and liabilities. Explore the basics of simple wills, trusts, durable powers of attorney, and beneficiary designations and why they matter.

You'll also learn strategies for qualifying for Medicaid while protecting key assets, plus information about savings programs and public benefits such as utility assistance, transportation support, SNAP, and Medicare Savings Programs that can help sustain long-term financial security.

Hosted by the Orcas Community Resource Center alongside experts from our island community. Email [info@orcascrc.org](mailto:info@orcascrc.org) for more details!



## OSC Monthly Book Club

By Orcas Senior Center

It is 1985 in a small Irish town. During the weeks leading up to Christmas, Bill Furlong, a coal merchant and family man faces into his busiest season. Early one morning, while delivering an order to the local convent, Bill makes a discovery which forces him to confront both his past and the complicit silences of a town controlled by the church. An international bestseller, *Small Things Like These* is a deeply affecting story of hope, quiet heroism, and empathy from one of our most critically lauded and iconic writers (Amazon, n.d.). To participate in the Book Club on **Tuesday, Apr. 28 at 1 p.m.** at OSC, contact Stephen Bentley at [stephen@swbentley.com](mailto:stephen@swbentley.com) or 310-694-7165.

## New Apps Can Help You Prepare for the Inevitable

By Katherine Ha

Talking about death is never easy, but preparing for it can save your loved ones stress, confusion, and financial hardship. New apps are making end-of-life planning easier, more organized, and more accessible than ever before.

From managing digital wills to storing important documents and final wishes, these apps are designed to guide you, and your family, through one of life's most difficult transitions. Some even allow you to record messages, list account passwords, and assign people to access key information after your passing.

Why is this important? Because without a plan, your loved ones may struggle to

## Medicare's Preventative 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 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.

locate accounts, settle your estate, or understand your final preferences. Grief is hard enough, but don't leave them with unanswered questions.

### Here's what you can do:

- Try end-of-life planning apps like Cake, Everplans, or Trustworthy.
- Use them to list legal documents, financial accounts, funeral preferences, and medical wishes.
- Share access with someone you trust to carry out your plans.

You don't have to figure it all out in one instance; these tools help you take it step-by-step. Planning ahead isn't morbid, it's a final act of love and protection. Technology can help make it simpler, more secure, and more manageable.

# April Menu

## Senior Lunch In-Person Mondays and Wednesdays

Salads served at 11:30 a.m. and hot entrees served at Noon.  
\$6 suggested contribution for ages 60+. \$10 for under 60.

### MONDAY



### WEDNESDAY

#### APRIL 1

Roast Chicken Thighs  
Potato Kugal  
Roasted Veggies  
Garden Salad  
Dessert

#### APRIL 6

Salmon Fillet  
Wild Rice  
Green Bean Almondine  
Dessert

#### APRIL 8

Spaghetti & Meatballs  
Butternut Squash  
Garden Salad  
Garlic Bread  
Dessert

#### APRIL 13

French Dip on Hoagie  
Sun Chips  
Garden Salad  
Dessert

#### APRIL 15

Chicken Kiev  
Wild Rice Pilaf  
Garden Salad  
Steamed Veggies  
Dessert

#### APRIL 20

Gyro  
Tzatziki  
Pita  
Cucumber Salad  
Dessert

#### APRIL 22

Pulled Pork  
on Whole Wheat Bun  
Garden Salad  
Chips  
Dessert

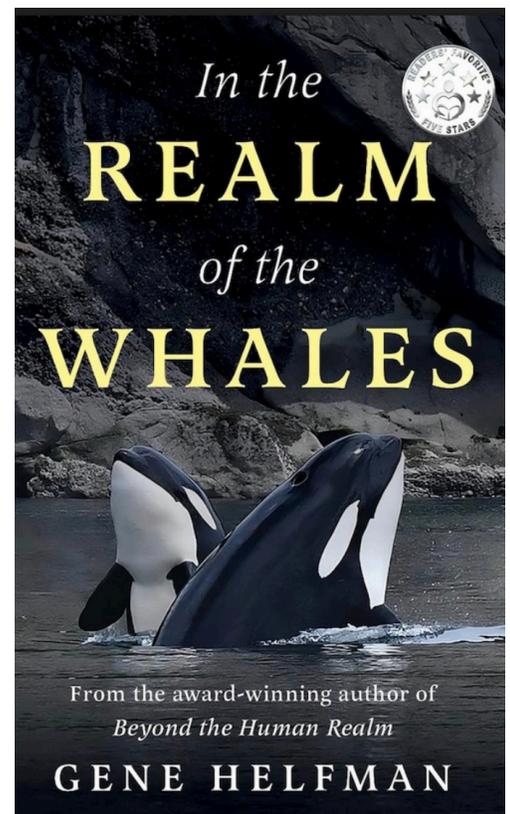
#### APRIL 27

Bacon Broccoli Quiche  
Hash Browns  
Garden Salad  
Yogurt & Fruit

#### APRIL 29

Beer Brats and Saurkraut  
Butternut Squash  
Potato Salad  
Dessert

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



## In the Realm of the Whales

By Orcas Senior Center

Join us on **Wednesday, Apr. 29 at 1 p.m.** for a special presentation by Gene Helfman on his second killer whale novel, *In the Realm of the Whales*. Gene is an animal behaviorist turned conservation biologist turned novelist, with a PhD in Ecology from Cornell University. He taught at the University of Georgia for thirty years and authored several books on fish and marine conservation.

Much of Gene's career was spent underwater researching fish behavior and demonstrating that fish are far more intelligent than once believed. To bring his conservation message to a wider audience, he now writes award-winning novels about killer whales and sharks. Gene and his wife, aquatic ecologist Dr. Judy Meyer, live on Lopez Island.

## 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](mailto:onlynorcas@gmail.com) to join.



# April 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>10 am</b> Grief <b>11:30 am Lunch!</b> <b>12:30 pm</b> Spite & Malice <b>1 pm</b> Karma	<b>2</b> <b>Island Hearing Clinic</b> <b>10 am</b> Chair Yoga <b>11 am &amp; 12 pm</b> Ukulele <b>12:30 pm</b> Pinochle <b>1:30 pm</b> Etch A Sketch <b>1:30 pm</b> Drumming <b>2 pm</b> Afternoon Tea <b>5 pm</b> Caregiver Meeting	<b>3</b> <b>12 pm</b> Caregiver Presentation <b>1 pm</b> Art w/ Carla <b>1 pm</b> Tech w/ Kim <b>1:30 pm</b> Needlework	<b>4</b> <i>Int'l Carrot Day</i> 
<b>5</b> <i>Easter</i> 	<b>6</b> <b>11 am</b> Partners in Care <b>11:30 am Lunch!</b> <b>12:30 pm</b> Pinochle <b>1 pm</b> Caregiver Group <b>1 pm</b> Ukulele	<b>7</b> <b>10 am</b> Chair Yoga <b>11 am</b> Sound Bath <b>11 am</b> Lum Farm <b>12 pm</b> Ukulele <b>1:30 pm</b> Bridge <i>Powerful Tools for Caregivers Class</i>	<b>8</b> <b>10 am</b> Grief <b>11:30 am Lunch!</b> <b>12:30 pm</b> Spite & Malice <b>1 pm</b> Karma	<b>9</b> <b>10 am</b> Chair Yoga <b>11 am &amp; 12 pm</b> Ukulele <b>12:30 pm</b> Pinochle <b>1 pm</b> Quilting <b>1:30 pm</b> Etch A Sketch <b>1:30 pm</b> Drumming	<b>10</b> <b>1 pm</b> Art w/ Carla <b>1 pm</b> Tech w/ Kim <b>1:30 pm</b> Needlework	<b>11</b> <i>National Pet Day</i> 
<b>12</b> <i>National Grilled Cheese Sandwich Day</i>	<b>13</b> <b>9:30 am</b> Watercolors <b>11 am</b> Partners in Care <b>11:30 am Lunch!</b> <b>12:30 pm</b> Pinochle <b>1 pm</b> Caregiver Group <b>1 pm</b> Ukulele	<b>14</b> <b>10 am</b> Chair Yoga <b>11 am</b> Sound Bath <b>12 pm</b> Ukulele <b>1:30 pm</b> Bridge	<b>15</b> <b>10 am</b> Grief <b>11:30 am Lunch!</b> <b>12:30 pm</b> Spite & Malice <b>1 pm</b> Fidget Quilt <b>1 pm</b> Karma	<b>16</b> <b>10 am</b> Chair Yoga <b>11 am &amp; 12 pm</b> Ukulele <b>12:30 pm</b> Pinochle <b>1:30 pm</b> Etch A Sketch <b>1:30 pm</b> Drumming	<b>17</b> <b>1 pm</b> Art w/ Carla <b>1 pm</b> Tech w/ Kim <b>1:30 pm</b> Needlework	<b>18</b> <i>Great Islands Clean-Up</i> <b>10 am</b> Grannie's Attic
<b>19</b> <i>Go Fly A Kite Day</i> 	<b>20</b> <b>11 am</b> Partners in Care <b>11:30 am Lunch!</b> <b>12:30 pm</b> Pinochle <b>1 pm</b> Caregiver Group <b>1 pm</b> Ukulele	<b>21</b> <b>10 am</b> Chair Yoga <b>11 am</b> Sound Bath <b>12 pm</b> Ukulele <b>1:30 pm</b> Bridge	<b>22</b> <b>10 am</b> Grief <b>11:30 am Lunch!</b> <b>12:30 pm</b> Spite & Malice <b>1 pm</b> Karma <b>1 pm</b> Smart Money Workshop <i>Earth Day</i>	<b>23</b> <b>10 am</b> Chair Yoga <b>11 am &amp; 12 pm</b> Ukulele <b>12:30 pm</b> Pinochle <b>1 pm</b> Quilting <b>1:30 pm</b> Etch A Sketch <b>1:30 pm</b> Drumming	<b>24</b> <b>1 pm</b> Art w/ Carla <b>1 pm</b> Tech w/ Kim <b>1:30 pm</b> Needlework	<b>25</b> <i>Independent Bookstore Day</i> 
<b>26</b> <i>Alien Day</i> 	<b>27</b> <b>9:30 am</b> Watercolors <b>11 am</b> Partners in Care <b>11:30 am Lunch!</b> <b>12:30 pm</b> Pinochle <b>1 pm</b> Caregiver Group <b>1 pm</b> Ukulele	<b>28</b> <b>10 am</b> Chair Yoga <b>11 am</b> Sound Bath <b>12 pm</b> Ukulele <b>1 pm</b> Book Club <b>1:30 pm</b> Bridge	<b>29</b> <b>10 am</b> Grief <b>11:30 am Lunch!</b> <b>12:30 pm</b> Spite & Malice <b>1 pm</b> Karma <b>1 pm</b> Whales Presentation	<b>30</b> <b>10 am</b> Chair Yoga <b>11 am &amp; 12 pm</b> Ukulele <b>12:30 pm</b> Pinochle <b>1:30 pm</b> Etch A Sketch <b>1:30 pm</b> Drumming		

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.

## 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](mailto:sgordonbentley@gmail.com) or 310-384-2053.

## Feldenkrais is Taking a Break in April

By Orcas Senior Center

Join Andrea 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. Each class is \$15. **Feldenkrais classes will pause on April 7<sup>th</sup> and return May 5.** Questions? Contact [sound-movement@hotmail.com](mailto:sound-movement@hotmail.com) or 206-383-7705. Learn more about her work at [www.sound-movement.org](http://www.sound-movement.org).

## 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](mailto:kcollister15@gmail.com). Beginners and adults of all ages are welcome to join the musical journey!

## 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](mailto:islandhearing@gmail.com) or 360-378-2330. Learn more at [www.islandhearing.net](http://www.islandhearing.net).

## 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](mailto:sissooz@yahoo.com).

## Fidget Quilting at OSC

By Orcas Senior Center

Brenda Bacon will host a Fidget Quilt workshop at OSC on **Wednesday, Apr. 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. 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](mailto:baconbc@outlook.com).

## Needlework Circle

By Orcas Senior Center

Join our weekly gathering for knitters, crocheters, embroiderers, and all needleworkers at OSC, **every Friday at 1:30 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](mailto: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 Julie Sasse at 360-370-7525 or [julief@sanjuancountywa.gov](mailto:julief@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](mailto: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](mailto: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](http://www.orcasseniors.org). Contact Edy Hansen at [edy@orcasseniors.org](mailto: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](mailto: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.

## 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](mailto:kimr8244@gmail.com) or 360-472-0480. Improve your tech skills and gain confidence using your devices with guidance from Kim Rose!

**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](http://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](mailto: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](mailto: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](mailto: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](mailto:orcasshiba@yahoo.com) for appt.

**Mobile Integrated Healthcare (MIH)**

Call **360-762-5035**, email [MIH@orcasfire.org](mailto:MIH@orcasfire.org), or see [orcasfire.org](http://orcasfire.org) for information.

**Hearing Screenings**

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

**Caregiving Information**

[OrcasCaregivingConnection.org](http://OrcasCaregivingConnection.org) is an online directory of Orcas care-givers and caregiving resources.

**Alpha Home Health & Hospice**

**425-357-1790** or [alphahomehealthhospice.com](http://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](http://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](mailto: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](http://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: chelseap@sanjuancountywa.gov  
 Issue: April 2026  
 Website: www.orcassentiors.org

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San Juan County Health & Community Services

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