



Hear From Your County Councilmember

By Orcas Senior Center

Many of you joined us recently when County Councilmember Justin Paulsen stopped by Senior Lunch for a conversation about the levy lid lift. With the levy having failed, the county council now faces the difficult work of making cuts to the 2027 budget – and programs like our nutrition program may be affected.

Justin will return on **Wednesday, June 3 at 1 p.m.** for an in-depth conversation and plenty of time for questions and answers. This is your chance to hear directly from your county representative about what those cuts might look like, what it means for services seniors depend on, and what you can do to make your voice heard.

Come with your questions. This one is worth showing up for.

June is Alzheimer’s & Brain Awareness Month

From Alzheimer’s Association

Memory loss that disrupts daily life may be a symptom of Alzheimer’s or [other dementia](#). Alzheimer’s is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don’t ignore them. Schedule an appointment with your doctor.

The Alzheimer’s Association is here to help any time, any day of the year. Call our [free 24/7 Helpline](#) at 800-272-3900 to talk to a live person who can answer your questions. Not sure what to ask or where to start? That’s okay, too. Just give us a call and we’ll guide you from there.

Learn more about the 10 early signs and symptoms of Alzheimer’s and dementia online at alz.org/alzheimers-dementia/10_signs.



Karma on the table and plenty of laughs to go around.

Hotdogs, Ice Cream and Community Thank You!

By Orcas Senior Center

Join us for hotdogs and ice cream on **Thursday, July 2, from 11 a.m. to 1 p.m.** at the Orcas Senior Center. We are deeply grateful for the generosity and support of our community and donors who have helped make our renovation progress possible. Come tour the building, see the exciting improvements underway, and celebrate what we’ve accomplished together.

Enjoy free hotdogs, ice cream, live music, and the company of friends and neighbors – made possible in part by the generous sponsorship of Island House Dental. We’ll also be decorating for the Fourth of July Parade, and everyone is invited to join in the fun. Bring your family and help us celebrate the amazing community spirit that made it all happen!



SUMMER PARTY

Thursday, July 2
11 a.m. to 1 p.m.
Orcas Senior Center

Quote for the Month

“If you see someone without a smile today, give ‘em yours.”

— Dolly Parton

What’s Inside...

- Donkey Field Trip *Page 2*
- Turtleback Mountain Talk *Page 4*
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- And much more!



Health & Community Services

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Jami Mitchell

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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 Julie at 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 or 360-370-0591.

Field Trip to the Orcas Island Food Bank

By Orcas Senior Center

What's inside the building that has quietly nourished island families for over 40 years? Come find out.

We're excited to announce a behind-the-scenes tour of the Orcas Island Food Bank on **Monday, June 29 at 1:30 p.m.** at 116 Madrona Street in Eastsound (next to Orcas Island Community Church).

Since 1984, the Food Bank has been a cornerstone of island life — working to "nourish current and future generations of our community through food access, education, and advocacy." This is a rare chance to see their operation up close, meet the people doing this vital work, and deepen your understanding of food security right here on Orcas.

No registration required — just show up ready to be inspired. Everyone is welcome!

Quilting

By Orcas Senior Center

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

Mammogram Screenings Return to Orcas Senior Center

By Orcas Senior Center

Assured Imaging is back! The mobile mammography unit will be at Orcas Senior Center **September 22 to 25**, offering on-island breast cancer screenings for community members of all ages. Stay tuned for scheduling details.



Laughing Donkey Farm Field Trip

By Orcas Senior Center

Come enjoy a heartwarming visit to Laughing Donkey Farm, located at 180 West Beach Road in Eastsound, near Island Hardware. Join us on **Thursday, June 11, at 11 a.m.** for an unforgettable afternoon of fun, fresh air, and furry friends.

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

Please remember to bring your own transportation and wear comfortable shoes for walking around the farm.

This charming outing is open to everyone, so come experience the simple joys of nature, music, and a little donkey magic!



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.

Hidden Moments: The Photography of Jack Rubel

By Orcas Senior Center

Visit OSC **Monday through Friday, 9 a.m. to 3 p.m.**, to enjoy the striking photography of Jack Rubel, whose exhibit runs through May and June. Jack has spent more than 60 years photographing the world around him, beginning in high school with Kodak's first changeable-lens camera. In 2002, he deepened his craft through photo books and workshops with professional photographers in the U.S. and abroad, gradually shaping a style defined by thoughtful composition and an eye for nature's subtle details and fleeting moments.

This collection highlights subjects ranging from wildlife and natural textures to cultural and travel scenes.

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.

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.

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.

Cards!

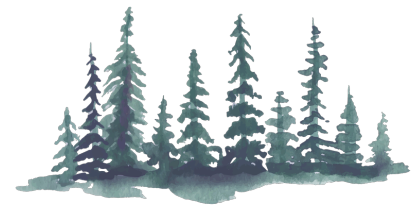
By Orcas Senior Center

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.

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.



ORCAS SENIOR CENTER

Age Well on Orcas

Hours of Operation

Monday to Friday, 9 a.m. to 3 p.m.

62 Henry Rd.

Eastsound, WA 98245

360-376-2677

www.orcasseniors.org

Friends of Orcas Senior Center, DBA

Orcas Senior Center, 501(c)3
nonprofit

Nonprofit Board of Directors

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ORCAS SENIOR CENTER Welcomes New Members!

Rebecca Evans, Linda Hamilton,
Kathy Huberland, and Cy Fraser

Not a member or need to renew?

Go to orcasseniors.org/member

Step Outside, Breathe Deep, and Make a Friend

By Orcas Senior Center

Every Monday starting June 29 at 10 a.m., join Jessie McConville for a leisurely morning walk from Orcas Senior Center to beautiful Buck Park and back. Whether you're looking for light exercise, fresh air, good conversation, or all three, this is your weekly invitation to get outside with your neighbors. Free and open to everyone. No registration required — just show up! Questions? Call 360-376-7265



A Community's Greatest Act: The Turtleback Story

By Orcas Senior Center

The largest fundraising campaign in San Juan Islands history happened right here on Orcas. Over 2,000 individuals, families, and organizations came together to raise more than \$18.5 million — and in doing so, permanently protected Turtleback Mountain for every generation that follows.

That remarkable act of community will turn twenty this year. But the Turtleback story didn't start there, and it certainly doesn't end there.

Join us **Wednesday, June 24 at 1 p.m.** at Orcas Senior Center for a presentation by San Juan Preservation Trust board member Barbara Rosenkotter. She'll trace the full arc of this inspiring story — from its earliest beginnings to the conservation work the Trust is doing right now across the islands.

This is a story about what's possible when a community decides to protect what it loves. We hope to see you there.



June Book Club's Pick

Frankenstein by Mary Shelley

OSC Monthly Book Club

By Orcas Senior Center

Few creatures of horror have seized readers' imaginations and held them for so long as the anguished monster of Mary Shelley's *Frankenstein*. The story of Victor Frankenstein's terrible creation and the havoc it caused has enthralled generations of readers and inspired countless writers of horror and suspense. (Amazon, n.d.) To participate in the Book Club on **Tuesday, June 23 at 1 p.m.** at OSC, contact Stephen Bentley at stephen@swbentley.com or 310-694-7165.

Maximize Your Future: Essential Estate Planning Workshop

By Barbara Nesbet, JD, MBA

Join us **Wednesday, July 8 at 1 p.m.** for a valuable estate planning session led by local attorney Barbara Nesbet, JD, MBA. This presentation will cover the essentials of estate planning, including Wills and Powers of Attorney. Discover how you can save time and money by avoiding or minimizing the need for a formal court probate process. We'll explore the probate process, discuss when a Trust might be suitable for your situation. Whether you're just starting or need a plan review, the insights from this workshop will be invaluable. Barbara, with over 25 years of legal expertise, is dedicated to teaching estate planning and relevant laws in Washington state. For inquiries, call Barbara at either 408-741-2298 or 360-375-7027, or email barbara@nesbet.com. This free presentation is open to everyone!

Orcas Island Library "Books on Wheels" Pilot Program

By Orcas Island Public Library

Residents who are unable to visit the library regularly can now sign up for the Orcas Island Public Library's Books on Wheels program, a free home delivery service designed to bring library materials directly to their door. By offering personalized selection help and home delivery the program doesn't just provide books, it ensures that a person's physical condition or location never limits opportunities for lifelong learning and enjoyment of library collections. For more information or to get started, contact Karen at 360-376-4985 or email kmeng@orcaslibrary.org.

Get Help Paying for Medicare

By SHIBA

Are you having trouble affording the medical care you need? If you are on Medicare, there are three programs that can help:

1. **Medicaid** (called Apple Health in Washington state)
2. **The Medicare Savings Program** (also called MSP, and Apple Health in Washington state)
3. **The Low-Income Subsidy Program** (also called Extra Help or LIS)

If your total income from all sources is less than \$1,995 per month (\$2,705 for a couple), you may be eligible for help from one or more of these programs. If you or your spouse are still working, your income can be even higher and you might still qualify, since these programs generally disregard a portion of earned income — including self-employment income.

The Medicaid and Low-Income Subsidy programs have resource limits to qualify, but do not count your home or car. The Medicare Savings Program looks at income only. Depending on which program you qualify for, you could:

- Reduce your Part D premiums and copays for prescription medications
- Have the state pay your Part B premium (and Part A premium, if applicable)
- Eliminate any late enrollment penalties
- Cover your Medicare deductibles and copays, if your income is low enough

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.

June 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

JUNE 1

French Dip
Sun Chips
Green Beans
Garden Salad
Dessert

JUNE 8

Spaghetti & Meatballs
Garlic Toast
Caesar Salad
Steamed Veggies
Dessert

JUNE 15

Roast Beef
Mashed Potatoes
Buttered Dill Carrots
Garden Salad
Dessert

JUNE 22

Chicken Tenders
Potato Wedges
Garden Salad
Peas & Carrots
Dessert

JUNE 29

Beer Bratwurst
Sauerkraut
Potato Salad
Garden Salad
Dessert

WEDNESDAY

JUNE 3

Chicken Flautas
Refried Bean
Spanish Rice
Garden Salad
Dessert

JUNE 10

Turkey Burgers
Baked Beans
Garden Salad
Dessert

JUNE 17

Baked Ham
Scalloped Potatoes
Corn
Garden Salad
Dessert

JUNE 24

Baked Eggs
Potato Casserole
Sausage Link
Garden Salad
Fruit & Yogurt



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

What is CHAP Accreditation?

By Hospice of the Northwest

Hospice of the Northwest was recently awarded CHAP accreditation for another three years. But what does that mean for hospice patients and their families?

All hospice providers must meet Medicare's Conditions of Participation. Community Health Accreditation Partner—known as CHAP—is an independent nonprofit with its own Standards of Excellence, which set a higher bar for quality hospice care.

In March, a CHAP surveyor spent five days onsite, evaluating Hospice of the Northwest by through a series of home visits, patient chart reviews, and staff interviews. The surveyor confirmed that we meet the CHAP Standards of Excellence and recommended accreditation, which was later approved by the CHAP Board of Review.

Simply put, CHAP accreditation means Hospice of the Northwest meets the highest nationally recognized standards—and that patients and families can expect to receive care that goes beyond the basic Medicare requirements.

To learn more or ask questions about hospice care, visit www.HospiceNW.org or call 360-814-5550. We are always here to help.

Public Health Hot Topic: Hantavirus

By San Juan County





With recent news stories about a hantavirus outbreak linked to a cruise ship, many people have questions about what hantavirus is, how it spreads, and whether they should be concerned. Public health officials want people to know that the overall risk to the public remains very low. As your local public health team, we created a full Hot Topic article to address some of the most frequently asked questions we're getting.

Check out the full article online at https://sanjuancountywa.gov/m/new_sflash/home/detail/2183.



June 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	2 10 am Chair Yoga 11 am Sound Bath 11 am Feldenkrais 12 pm Ukulele 1:30 pm Bridge	3 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 1 pm County Councilmember Converstation	4 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	5 1 pm Art w/ Carla 1 pm Tech w/ Kim 1:30 pm Needlework	6 National Gardening Exercise Day 
7 World Food Safety Day 	8 9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	9 10 am Chair Yoga 11 am Sound Bath 11 am Feldenkrais 12 pm Ukulele 1:30 pm Bridge	10 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma	11 10 am Chair Yoga 11 am & 12 pm Ukulele 11 am Donkey Field Trip 12:30 pm Pinochle 1 pm Quilting 1:30 pm Etch A Sketch 1:30 pm Drumming	12 1 pm Art w/ Carla 1 pm Tech w/ Kim 1:30 pm Needlework	13 Int'l Knit in Public Day 
14 Flag Day 	15 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	16 10 am Chair Yoga 11 am Sound Bath 11 am Feldenkrais 12 pm Ukulele 1:30 pm Bridge	17 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Fidget Quilt 1 pm Karma	18 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Etch A Sketch 1:30 pm Drumming	19 San Juan County & Orcas Senior Center Closed for Juneteenth	20 World Juggling Day 
21 Father's Day 	22 9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	23 10 am Chair Yoga 11 am Sound Bath 11 am Feldenkrais 12 pm Ukulele 1 pm Book Club 1:30 pm Bridge	24 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 1 pm Turtleback Presentation	25 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	26 1 pm Art w/ Carla 1 pm Tech w/ Kim 1:30 pm Needlework	27 National HIV Testing Day 
28 National Tennis Week 	29 10 am Walking Group 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele 1:30 pm Food Bank Field Trip	30 10 am Chair Yoga 11 am Sound Bath 11 am Feldenkrais 12 pm Ukulele 1:30 pm Bridge				

In-person lunches are hosted on Mondays & Wednesdays.
 Suggested contribution 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 or 310-384-2053.

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. A \$15 donation is suggested per class, no one will be turned away due to financial constraints. For more information, contact Ivona at ivonaedry@gmail.com.

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!

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.

Move with Ease: Feldenkrais

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

Fidget Quilting at OSC

By Orcas Senior Center

Brenda Bacon will host a Fidget Quilt workshop at OSC on **Wednesday, June 17, at 1 p.m.** The workshop is designed to assist in crafting small, tactile quilts that offer comfort and engagement for those with dementia. 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.

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 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 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.

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 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 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: julief@sanjuancountywa.gov
 Issue: June 2026
 Website: www.orcasseniors.org

PO Box 1146
 Eastsound, WA 98245

San Juan County Health & Community Services

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