



SUMMER PARTY

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

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!

4th of July: Buzzed Driving is Drunk Driving

From NHTSA

The U.S. Department of Transportation's National Highway Traffic Safety Administration is reminding drivers that drinking and driving is deadly and never an option. Join NHTSA and San Juan County Health & Community Services in sharing this message for a safe celebration of Independence Day: *Buzzed Driving Is Drunk Driving.*

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	

Stay Cool, Stay Hydrated, Stay Informed!

During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperatures rise and you or someone you care about may experience a heat-related illness. It is important to know the symptoms of extreme heat exposure and the appropriate responses.

Islanders Encouraged to Participate in Transportation Survey: Survey Open Now Until July 15!

By San Juan County

San Juan County residents are invited to help shape the future of transportation services through our community survey for the Human Services Transportation Plan (HSTP). The survey is open now and we are collecting responses **until July 15.**

Take the survey online at www.sanjuanhstp.com/survey or scan the QR code below. This survey is available in English and Spanish online. We also have physical copies of the survey available upon request or at your local senior center.

Human Services Transportation Planning

COMMUNITY SURVEY

We want to hear from you!

www.sanjuanhstp.com

SCAN HERE

Quote for the Month

“Who ever walked behind anyone to freedom? If we can't go hand in hand, I don't want to go.”

— Hazel Scott

What's Inside...

July Lunch Menu *Page 2*
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 And much more!



SAN JUAN
COUNTY
WASHINGTON

Health & Community Services

360-378-4474

hcs@sanjuancountywa.gov

Senior Services Staff

Jami Mitchell

Human Services Manager

360-376-7926

jamim@sanjuancountywa.gov

Heidi Bruce

Aging & Family Case Coordinator

360-370-0591

heidib@sanjuancountywa.gov

Julie Sasse

Senior Services Specialist

360-370-7525

julief@sanjuancountywa.gov

Tell Us What You Think

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

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

July Menu

Senior Lunch In-Person

Salads served at 11:30 a.m. and hot entrees served at Noon.

\$6 suggested contribution for ages 60+. \$10 for under 60.

MONDAY



JULY 6

Korean Beef Bulgogi
Jasmine Rice
Sauteed Squash
Asian Slaw
Dessert

JULY 13

Chicken Enchiladas
Spanish Rice
Corn Salad
Dessert

JULY 20

Chick Strips w/ BBQ
Sweet Potato Fries
Steamed Broccoli
Garden Salad
Dessert

JULY 27

Mac & Cheese
Italian Sausage Link
Steamed Veggies
Garden Salad
Dessert

WEDNESDAY

JULY 1

Pork Salsa Verde
Spanish Rice
Corn
Garden Salad
Dessert

JULY 8

Roasted Chicken
Au Gratin Potatoes
Green Beans
Garden Salad
Dessert

JULY 15

Roast Beef
Mashed Potatoes
Buttered Dill Carrots
Garden Salad
Dessert

JULY 22

Salisbury Steak
Mashed Potatoes & Gravy
Peas & Carrots
Garden Salad
Dessert

JULY 29

Chicken ala King over Rice
Steamed Veggies
Garden Salad
Dessert

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

Join Our Family 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. The group aims to provide unpaid caregivers with emotional support and resources. 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.

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.

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.

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.

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.

Stitched Stories: A Quilters Showcase at OSC

By Orcas Senior Center

Discover a beautiful display of local artistry this July and August at Orcas Senior Center! Visit **weekdays from 9 a.m. to 3 p.m.** to explore a vibrant collection of handcrafted quilts created by talented quilters in our community. Each quilt reflects creativity, craftsmanship, and personal stories woven into every stitch. From bold patterns to delicate details, this special exhibition celebrates the warmth, color, and inspiration of quilting traditions. Come enjoy the beauty of handmade art and be inspired by the talent right here on Orcas Island.

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.

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.

Tech Assistance

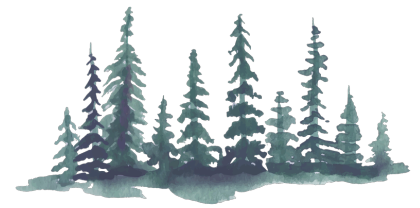
By Orcas Senior Center

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!

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.



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

Suzette Lamb, *President*

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Jordan Actkinson, *Treasurer*

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ORCAS SENIOR CENTER Welcomes New Members!

Norma Balmer, Carla Balmer, Bill Bagby, Frank Greer, Stephanie Solien, Jane Erkenbeck, and Meg Saxon

Not a member or need to renew?

Go to orcasseniors.org/member

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, July 16 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!



Guided Walk: Dolphin Bay Preserve

By Orcas Senior Center

Join Orcas Senior Center and San Juan County Conservation Land Bank for a guided walk of the newly acquired Dolphin Bay Preserve on **Friday, July 24**. Orcas Island Preserve Steward Peter Guillozet will lead this exclusive tour, not yet open to the public.

The preserve features 1,300 feet of undeveloped shoreline, a pocket beach, open meadows, forest habitat, and a small stream. It lies within a high-priority salmon recovery area and will become the Land Bank's sixth Orcas preserve with public shoreline access.

Participants will meet at the parking area next to 2385 Dolphin Bay Road at **1:30 p.m.** Look for the "Land Bank Event" sandwich board sign. Dress for the weather, bring water and snacks, and carpool if possible — parking is limited. Free and open to all.

Contact Edy at edy@orcasseniors.org or 206-413-6167.

Stories that Shape Our Lives: Storytelling and Writing for Seniors

By Orcas Senior Center

This six-week class invites seniors to explore written and oral storytelling in a supportive, creative setting. Each of us carries a lifetime of experiences — this is your chance to share meaningful memories, reflect on life's journey, and express hopes for the future. Together, we'll laugh, reflect, honor, and inspire one another.

Participants will develop skills to craft and share personal stories rooted in true experience. Those interested in fiction are also welcome.

The class is led by Rachael Pruitt, an award-winning author, poet, and storyteller whose work has been nationally recognized, including by the Smithsonian Institution. She believes deeply in storytelling as a way to build community, foster empathy, and uplift individual voices.

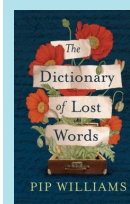
Tuesdays at 1 p.m., beginning July 7.

Suggested donation: \$10/class; all are welcome. To register, contact rachaelgruitt@gmail.com or call (360) 472-2997.

Maximize Your Future: Essential Estate Planning Workshop

By Orcas Senior Center

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!



July Book Club's Pick

The Dictionary of Lost Words by Pip Williams

OSC Monthly Book Club

By Orcas Senior Center

Esme is born into a world of words. Motherless and irrepressibly curious, she spends her childhood in the Scriptorium, an Oxford garden shed in which her father and a team of dedicated lexicographers are collecting words for the first Oxford English Dictionary. Young Esme's place is beneath the sorting table, unseen and unheard. One day a slip of paper containing the word *bondmaid* flutters beneath the table. She rescues the slip and, learning that the word means "slave girl," begins to collect other words that have been discarded or neglected by the dictionary men. And so, she begins in earnest to search out words for her own dictionary: the *Dictionary of Lost Words*. (Amazon, n.d.)

Contact Stephen Bentley at stephen@swbentley.com or 310-694-7165 to participate in the Book Club on **Tuesday, July 28 at 1 p.m.** at OSC.

Skip the Ferry - Get Your Mammogram Right Here on Orcas

By Orcas Senior Center

Leaving the island for a mammogram means a ferry, a long day, and a lot of hassle. Now you don't have to. Assured Imaging is bringing mobile mammography directly to Orcas Senior Center — making it easier than ever to take care of yourself without leaving home.

The mobile unit offers state-of-the-art digital imaging in a comfortable, private setting. The whole appointment takes about 15 minutes with experienced, certified technicians. That's it.

Screening days are **Sept. 22 to 25** at Orcas Senior Center (62 Henry Rd.).

Spots are limited — call Assured Imaging at 888-233-6121 to book yours today. No referral needed. All major insurance plans accepted.

Learn More: Does Hospice Require a DNR?

By Hospice of the Northwest

It's a common misconception that patients must sign a Do Not Resuscitate (DNR) order before they can enroll in hospice care. While many hospice patients choose this option, it is not required.

Hospice of the Northwest honors each person's goals, values, and healthcare choices. Patients have the right to make their own decisions about medical treatment, including whether they want CPR or other invasive measures, such as the use of a ventilator or feeding tube.

When a patient enrolls in hospice care, our team can assist with completing advance directives to help ensure they receive the care they want.

If a patient already has an advance directive, the hospice team will review it with them to ensure it still reflects their wishes. Decisions made years earlier may change as a person's health and circumstances change.

Our role is to provide education, answer questions, and help patients make informed decisions that align with their goals and values.

If you have questions about hospice care, we're here to help. Visit our website at www.HospiceNW.org or give us a call at 360-814-5550.

DOL2Go at Orcas Senior Center: Mobile Service for Driver Licensing and ID Needs

By Orcas Senior Center

The Washington State Department of Licensing's new mobile service, DOL2Go, will travel to Orcas Island **Thursday, August 27** to assist residents with their driver licensing and ID needs. The event will be held at Orcas Senior Center (62 Henry Rd.) 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

New to Medicare? Here's What You Need to Know

By SHIBA

Will you be turning 65, retiring, or qualifying for Social Security Disability Benefits for 24 months in the next year? Then you will be eligible to join Medicare. Enrollment is not automatic for most people, so you'll probably need to enroll with Social Security. To avoid penalties and make an informed decision about your coverage choices, you'll need to understand a lot of new information — including when to enroll, what Medicare covers, and which type of coverage is right for you.

Trained Statewide Health Insurance Benefits Advisors (SHIBA) program volunteers are here to make the transition easier for you. Join us for a free Welcome to Medicare presentation at Orcas Senior Center on **Thursday, July 23 at 10:30 a.m.**

Learn how Medicare works, what your coverage options are, and when you must act to avoid penalties. To participate by Zoom, email shibasjco@yahoo.com.

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

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.



Stay Alert: Fake Amazon Emails on the Rise

By Katherine Ha

Scammers are targeting seniors with fake emails claiming your Amazon Prime subscription is about to renew at an unusual price. These emails may look official and can even include personal details to seem more convincing.

Here's the trick: the email will often have a "cancel subscription" button that leads to a fake Amazon login page. Clicking can expose your login credentials and banking information to fraudsters.

What to do:

If you get one of these emails, don't click on any links. Instead, go directly to Amazon.com or use the official Amazon app. From the main menu, select "Prime" to check your membership details safely.

If you've already clicked on a suspicious link, monitor your bank statements closely and contact your bank immediately if you notice any unfamiliar charges. You can also report scams at amazon.com/reportascam.

Protect yourself:









- Always access Amazon by typing the web address directly or using the app.
- Check the "Message Center" in your Amazon account to see if the message is legitimate.
- Turn on two-step verification for extra security at amazon.com/2SV.

Stay alert and share this warning with friends and family, especially those who may be less familiar with online scams. A few simple steps can go a long way in keeping your accounts and money safe.



July 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>In-person lunches are hosted on Mondays & Wednesdays.</p> <p>Suggested contribution is \$6 for 60+.</p> <p>Salads served at 11:30 a.m. and entrees served at Noon.</p>			<p>1</p> <p>10 am Grief</p> <p>11:30 am Lunch!</p> <p>12:30 pm Spite & Malice</p> <p>1 pm Karma</p>	<p>2</p> <p>11 am Summer Party!</p> <p>11 am & 12 pm Ukulele</p> <p>12:30 pm Pinochle</p> <p>1:30 pm Etch A Sketch</p> <p>1:30 pm Drumming</p>	<p>3</p> <p>San Juan County & Orcas Senior Center</p> <p>CLOSED</p> <p>for Independence Day</p>	<p>4</p> <p>Fourth of July</p> 
<p>5</p> <p>Nat'l Apple Turn-over Day</p> 	<p>6</p> <p>10 am Walking Group</p> <p>11 am Partners in Care</p> <p>11:30 am Lunch!</p> <p>12:30 pm Pinochle</p> <p>1 pm Caregiver Group</p> <p>1 pm Ukulele</p>	<p>7</p> <p>11 am Feldenkrais</p> <p>12 pm Ukulele</p> <p>1:30 pm Bridge</p>	<p>8</p> <p>10 am Grief</p> <p>11:30 am Lunch!</p> <p>12:30 pm Spite & Malice</p> <p>1 pm Karma</p> <p>1 pm Estate Planning</p>	<p>9</p> <p>Island Hearing Clinic</p> <p>11 am & 12 pm Ukulele</p> <p>12:30 pm Pinochle</p> <p>1 pm Quilting</p> <p>1:30 pm Etch A Sketch</p> <p>1:30 pm Drumming</p>	<p>10</p> <p>1 pm Art w/ Carla</p> <p>1 pm Tech Help</p> <p>1:30 pm Needlework</p>	<p>11</p> <p>Nat'l Rainier Cherry Day</p> 
<p>12</p> <p>Etch A Sketch Day</p> 	<p>13</p> <p>9:30 am Watercolors</p> <p>10 am Walking Group</p> <p>11 am Partners in Care</p> <p>11:30 am Lunch!</p> <p>12:30 pm Pinochle</p> <p>1 pm Caregiver Group</p> <p>1 pm Ukulele</p>	<p>14</p> <p>11 am Feldenkrais</p> <p>12 pm Ukulele</p> <p>1:30 pm Bridge</p>	<p>15</p> <p>10 am Grief</p> <p>11:30 am Lunch!</p> <p>12:30 pm Spite & Malice</p> <p>1 pm Fidget Quilt</p> <p>1 pm Karma</p>	<p>16</p> <p>11 am & 12 pm Ukulele</p> <p>12:30 pm Pinochle</p> <p>1:30 pm Etch A Sketch</p> <p>1:30 pm Drumming</p> <p>2 pm Afternoon Tea</p>	<p>17</p> <p>1 pm Art w/ Carla</p> <p>1 pm Tech Help</p> <p>1:30 pm Needlework</p>	<p>18</p> <p>World Listening Day</p> 
<p>19</p> <p>Nat'l Ice Cream Day</p> 	<p>20</p> <p>10 am Walking Group</p> <p>11 am Partners in Care</p> <p>11:30 am Lunch!</p> <p>12:30 pm Pinochle</p> <p>1 pm Caregiver Group</p> <p>1 pm Ukulele</p>	<p>21</p> <p>11 am Feldenkrais</p> <p>12 pm Ukulele</p> <p>1:30 pm Bridge</p>	<p>22</p> <p>10 am Grief</p> <p>11:30 am Lunch!</p> <p>12:30 pm Spite & Malice</p> <p>1 pm Karma</p>	<p>23</p> <p>11 am & 12 pm Ukulele</p> <p>12:30 pm Pinochle</p> <p>1 pm Quilting</p> <p>1:30 pm Etch A Sketch</p> <p>1:30 pm Drumming</p>	<p>24</p> <p>1 pm Art w/ Carla</p> <p>1 pm Tech Help</p> <p>1:30 pm Needlework</p>	<p>25</p> <p>World Drowning Prevention Day</p> 
<p>26</p> <p>Nat'l Tree Day</p> 	<p>27</p> <p>9:30 am Watercolors</p> <p>10 am Walking Group</p> <p>11 am Partners in Care</p> <p>11:30 am Lunch!</p> <p>12:30 pm Pinochle</p> <p>1 pm Caregiver Group</p> <p>1 pm Ukulele</p>	<p>28</p> <p>11 am Feldenkrais</p> <p>12 pm Ukulele</p> <p>1 pm Book Club</p> <p>1:30 pm Bridge</p>	<p>29</p> <p>10 am Grief</p> <p>11:30 am Lunch!</p> <p>12:30 pm Spite & Malice</p> <p>1 pm Karma</p>	<p>30</p> <p>11 am & 12 pm Ukulele</p> <p>12:30 Pinochle</p> <p>1:30 pm Etch A Sketch</p> <p>1:30 pm Drumming</p>	<p>31</p> <p>1 pm Art w/ Carla</p> <p>1 pm Tech Help</p> <p>1:30 pm Needlework</p>	

Check Out These Helpful Resources

Please contact the service for the most updated information.

988

Nationwide easy-to-remember number for the National Suicide Prevention Lifeline.

Alpha Home Health & Hospice

425-357-1790 or alphahomehealthhospice.com.

Caregiving Information

OrcasCaregivingConnection.org is an online directory of Orcas care-givers and caregiving resources.

Energy Assistance

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

Hearing Screenings

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

Island Rides

Daily rides and deliveries. Call **360-672-2201**, for information, including how to become a volunteer driver!

Lions Club Mobility Equipment

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

Medicare/SHIBA

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

Mental Health Crisis hotline

Call the 24-hour mental health crisis line at **1-800-584-3578** or go to www.imhurting.org.

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.

Mobile Integrated Healthcare (MIH)

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

Grief Support Group

Join a supportive, non-judgmental space to process grief and mourning with the Drop-In Peer Grief Support Group at OSC, **Wednesdays at 10 a.m.** This group is designed to help normalize your feelings, facilitate healing, and provide understanding. Questions? Contact George Eberle at 360-298-2829 or John Ehrmantraut at casadonjuan12@gmail.com or [760-325-0677](tel:760-325-0677). We look forward to supporting you.

National Elder Fraud Hotline

Helps combat fraud against older adults and provide services to victims. Call **833-372-8311**.

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**.

Social Security

Call **1-800-772-1213** or go online to www.socialsecurity.gov/myaccount. Mt Vernon office: **866-931-7108**.

Suicide Hotline for Veterans

1-800-273-8255

Veterans Administration

Call **1-800-827-1000** or **360-370-7470** or contact via email at veterans@sanjuanountywa.gov.

Weatherization

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

Partners in Care

Orcas Island Lions Club, 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. If you or someone you know could benefit from Partners in Care, please contact Susan Gordon at sgordonbentley@gmail.com or [310-384-2053](tel:310-384-2053).

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. For eligibility please contact Julie Sasse at **360-370-7525** or julief@sanjuanountywa.gov, 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@sanjuanountywa.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.

Monthly Hearing Services

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

Hearing care is available at OSC on **Thursday, July 9** 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.

Take Simple Steps When Gathering Shellfish to Stay Healthy

From Washington Dept. of Health

The Three Cs – check, chill and cook – can prevent illness from shellfish.

- **Check** the [DOH Shellfish Safety Map](#) (or call the 24-hour Shellfish Safety Hotline, **1-800-562-5632**) before heading out to learn if any beach areas are Harvest shellfish only from open and approved areas and harvest them as the tide goes out.
- **Chill** Bring a cooler with ice. Oysters should be put on ice or refrigerated as soon as possible after harvest.
- **Cook** oysters at 145° F for 15 seconds to destroy bacteria.

Each year, DOH receives reports of shellfish-related illnesses (like Vibrio) from people who ate raw or undercooked oysters they collected. To report a possible shellfish-related illness, contact your local health department or DOH.

Step Outside, Breathe Deep, and Make a Friend

By Orcas Senior Center

Every **Monday 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.

Fidget Quilting

By Orcas Senior Center

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

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!

Address Service Requested

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Issue: July 2026
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