



Orcas Senior Center Renovation Update

By Orcas Senior Center

Orcas Senior Center continues to make steady progress on its building renovation following last year's acquisition of San Juan County's 49% ownership share. The Center has fully expanded into the north wing, adding a Wellness Room for foot care and other health services, a dedicated Lions Club mobility room, an expanded SHIBA office, a second conference room, and new game and living rooms.

Thanks to generous community support, including a Holiday GiveOrcas grant, the former foot care room has been converted into an ADA-accessible family restroom, ensuring people of all abilities can use the facility safely and comfortably.

Another major milestone is the installation of a new metal roof, funded through a USDA grant secured with assistance from Representative Rick Larsen (WA-02) and a generous anonymous donor. We are now exploring rooftop solar panels that could supply up to 80% of the Center's electricity while reducing operating costs and environmental impact.

Throughout the renovation process, the Senior Center is prioritizing meeting community needs, minimizing disruptions, and completing renovations in cost-effective phases.

Donations to support future improvements through the Capital Improvement Fund may be made via the Orcas Island Community Foundation at www.oicf.us.

Quote for the Month

"Live in the sunshine. Swim in the sea.
Drink in the wild air."

— Ralph Waldo Emerson



Pam Hughes and Ezekiel Barr bringing the beach to us — no passport required! Sunglasses, straw hats, maracas made this summer party one to remember.

Orcas Island Caregiver Project: Help Wanted, Help Available

By Debra O'Conner

Like much of the country, Orcas Island is facing a shortage of caregivers—leaving families and seniors struggling to find the professional care they need. The Orcas Island Caregiver Project is working to change that by building a website and app connecting caregivers with clients, along with education and community support for caregivers already doing this vital work.

If you've ever wondered about becoming a caregiver, our **Thursday, September 3**, meeting is for you. **From 5 - 7 p.m.** at the Senior Center, Naomi Spector, Long-Term Care Workforce Navigator with DSHS, will walk through what it takes to become a professional caregiver—including training, certification, and career paths—whether you're just starting out or returning to the field.

All are welcome to attend, whether you're personally interested or simply want to support someone else in the community who might be. Caregivers are needed now more than ever. Questions? Contact Debra O'Conner at 206-276-5805 or mwifedoc@aol.com.



DOL2Go Mobile Service at Orcas Senior Center

By Orcas Senior Center

The Washington State Department of Licensing's DOL2Go Mobile Unit 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 most of the same services available in DOL offices, including enhanced ID cards and driver licenses. Customers applying for an enhanced card are encouraged to use DOL's online checklist (go to www.dol.wa.gov) to ensure they bring the correct documents.

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.

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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

Genae Kaltenbach

Lead Cook on Orcas

August 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

AUGUST 3

Cabbage Rolls
Roasted Yams
Garden Salad
Dessert

AUGUST 10

Homestyle Chili Stuffed
Baked Potato
Fresh Broccoli
Garden Salad
Dessert

AUGUST 17

Tortellini Pesto w/
Sundried Tomatoes
Italian Vegetables
Caesar Salad
Dessert

AUGUST 24

Chicken Fettuccini Alfredo
Broccoli Garlic Bread
Caesar Salad
Dessert

AUGUST 31

Beef Bulgogi
over Jasmine Rice
Asian Veggies
Asian Coleslaw
Dessert

WEDNESDAY

AUGUST 5

Pub Fish & Joes
w/ Tartar Sauce
Coleslaw
Dessert

AUGUST 12

Swedish Meatballs
Egg Noodles
Honey Glazed Carrots
Garden Salad
Dessert

AUGUST 19

Beef Sloppy Joes
Sweet Potato Fries
Kale Citrus Salad
Dessert

AUGUST 26

Fish Tacos w/ Mango Salsa
Cilantro Lime Rice
Roasted Street Corn
Dessert



*All menu items 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.

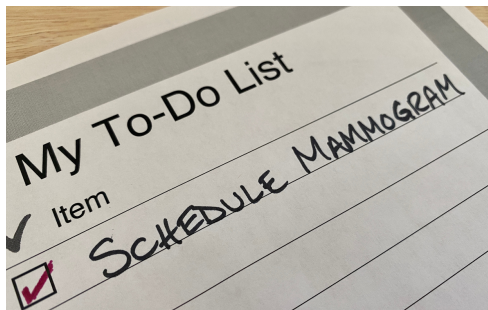
Free Preventive Services Under Medicare

By SHIBA

Many Medicare beneficiaries don't realize Medicare covers a range of free preventive services. When received from a Medicare-enrolled provider, there's no deductible or copay. Covered services include vaccines for those over 65, annual wellness exams, mammograms, prostate cancer screenings, depression screening, glaucoma and macular degeneration checks, bone density scans every two years, cardiovascular screenings every five years, cervical and vaginal cancer screenings every two years, and colon cancer screenings (every 10 years for colonoscopies, more often for other methods).

Additional screenings are free if your provider determines you're at risk for a related condition. Medicare also covers training to manage certain health conditions when needed. Trained volunteer counselors can answer your Medicare questions and explain these benefits.

SHIBA (Statewide Health Insurance Benefits Advisors), 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.



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 **September 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.



Digital Check Scams: Too Good to be True

By Kristina Te, CENTS

A college student recently fell victim to a common scam after receiving an Instagram message from someone claiming to be an artist. They said they wanted to use her profile picture for an art project and offered \$300 plus credit for the artwork.

She gave them her phone number and email. Then the person offered \$400 instead and said they would send a digital check for supplies. She deposited the check and sent \$200 back as instructed. Only after sending the money did she realize it was a scam.

When she reported the fraud to her bank, they said recovery was unlikely. She had only about \$100 in her account, so her loss was limited, but it could have been much worse.

The scam reveals some important lessons. Anyone randomly messaging you offering free money is scamming you. Real artists do not pay people to use their photos for artwork. And just because money shows up in your account does not mean the check was real.

Never accept money from strangers on the internet with instructions to keep some and send the rest back elsewhere. There is no reason a stranger will trust you with their money, and your account should not be used to move funds around.

The student locked her bank account immediately and reported the fraud. She also blocked the scammers, though they kept texting from other numbers with threats to sue her and report her to the FBI.

If something sounds too good to be true, it probably is. Trust your instincts with unsolicited messages.

Anxiety at the End of Life

By Hospice of the Northwest

Anxiety is a completely normal response to the symptoms, stress, and uncertainty people experience near the end of life. This looks different for everyone.

It may show up as restlessness, trouble sleeping, irritability, or worsening symptoms such as pain or shortness of breath. Learning to manage anxiety is vital to improving comfort and quality of life.

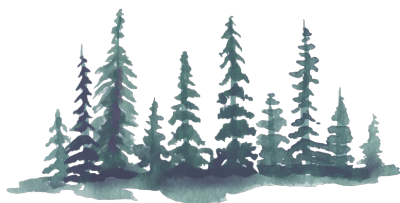
At Hospice of the Northwest, our care teams are experienced in assessing both the physical and emotional causes of anxiety. We help patients develop personalized action plans to help them cope that are based on their unique medical, emotional, and spiritual needs.

Strategies patients and caregivers find helpful include:

- Deep breathing: Slow, deep breaths help calm the nervous system.
- Focusing on the senses: Ground yourself with calming music, gentle massage, or by visualizing a peaceful place.
- Listen compassionately: Simply saying, "Tell me what's worrying you," can open the door to a healing conversation.

We are here to offer comfort and peace of mind throughout the end-of-life journey. To learn more about how we can help, visit www.HospiceNW.org or give us a call at 360-814-5550.





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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Lena Kassa

Operations Manager

360-919-9312

lena@orcasseniors.org

Edy Hansen

Programs Manager

206-413-6167

edy@orcasseniors.org

Travis King

Facility Manager

206-413-6156

travis@orcasseniors.org

ORCAS SENIOR CENTER Welcomes New Members!

Tamara DiCaprio, Hanna Bruce,
Theresa Needham, Christel Hughes,
and Frank Kelly

Not a member or need to renew?

Go to orcasseniors.org/member

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 Preiss 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 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. Participants are encouraged to sign up in advance at the OSC front desk or by contacting Kim at 360-472-0480.

Step Outside, Breathe Deep, and Make a Friend

By Orcas Senior Center

Monday, August 3 and 10 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.

Open Rehearsal for Seniors

By Orcas Senior Center

The Orcas Island Chamber Music Festival Invites Orcas seniors to a free open rehearsal on **Friday, August 21, at 1:00 p.m.** on the Main Stage at Orcas Center. This special event offers a unique opportunity to experience world-class musicians as they rehearse for an upcoming performance, providing a behind-the-scenes glimpse.

The rehearsal is free to attend, and no tickets or reservations are required. Simply come to Orcas Center and enjoy an afternoon of exceptional live chamber music.

Chair Yoga

By Orcas Senior Center

Chair Yoga classes at Orcas Senior Center, offering a gentle way to improve strength, flexibility, and balance. Designed for seniors and those with limited mobility, the class uses a chair for support, allowing participants to safely explore seated and standing poses. Sessions are held **Tuesdays and Thursdays at 10 a.m.**

Ivona Edry is leading the class and brings 370 hours of yoga teacher training. Her experience practicing chair yoga with her own parents has deepened her appreciation for its physical and emotional benefits.

A suggested donation of \$15 per class is appreciated, and all are welcome. For more information, contact Ivona at ivonaedry@gmail.com.

Sound Bath Tuesdays

By Orcas Senior Center

Join us at Orcas Senior Center every **Tuesday at 11 a.m.** for a relaxing sound bath with crystal bowls. Sessions are guided by Andréia Henigson, founder of attune.you, a sound healing practice offering calming, restorative experiences for physical and emotional wellbeing. Please bring a yoga mat and some comfort props such as a blanket or pillow. A sliding scale available, with free spots for those in need. Doors will close promptly at 11 a.m. to support a calm and uninterrupted group experience.



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., ending Aug. 11. Suggested donation: \$10/class; all are welcome. To register, please contact rachaelpruitt@gmail.com or call (360) 472-2997.

Needlework Circle

By Orcas Senior Center

Join our weekly gathering for knitters, crocheters, embroiderers, and all needleworkers at Orcas Senior Center, **every Friday at 1:30 p.m.**

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. 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.



August Book Club's Pick

Isola: A Novel by Allegra Goodman

OSC Monthly Book Club

By Orcas Senior Center

Heir to a fortune, Marguerite is destined for a life of prosperity and gentility. Then she is orphaned, and her guardian—an enigmatic and volatile man—spends her inheritance and insists she accompany him on an expedition to New France. That journey takes an unexpected turn when Marguerite, accused of betrayal, is brutally punished and abandoned on a small island. Once a child of privilege, Marguerite finds herself at the mercy of nature. As the weather turns, blanketing the island in ice, she discovers a faith she'd never before needed. Inspired by the real life of a sixteenth-century heroine, *Isola* is a timeless story of a woman fighting for survival. (Amazon, n.d.)

Contact Stephen Bentley at stephen@swbentley.com or 310-694-7165 to participate in the Book Club on **Tuesday, August 25 at 1 p.m.** at OSC.

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.

Fidget Quilting

By Orcas Senior Center

Brenda Bacon will host a Fidget Quilt workshop at OSC on **Wednesday, August 19, 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.

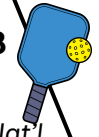
For more information, please contact Brenda at 704-957-0683 or email her at baconbc@outlook.com.



August 2026



Orcas Senior Center Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <i>Nat'l Farmers Market Week</i> 	3 10 am Walking Group 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	4 10 am Yoga 11 am Feldenkrais 11 am Sound Bath 12 pm Ukulele 1 pm Storytelling 1:30 pm Bridge	5 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma	6 10 am Yoga Island Hearing Clinic 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Etch A Sketch 1:30 pm Drumming	7 1 pm Art w/ Carla 1 pm Tech Help 1:30 pm Needlework	1 8  <i>Nat'l Pickle Ball Day</i>
9 <i>Nat'l Book Lover's Day</i> 	10 9:30 am Watercolors 10 am Walking Group 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	11 10 am Yoga 11 am Feldenkrais 11 am Sound Bath 12 pm Ukulele 1 pm Storytelling 1:30 pm Bridge	12 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma	13 10 am Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1 pm Quilting 1:30 pm Etch A Sketch 1:30 pm Drumming	14 1 pm Art w/ Carla 1 pm Tech Help 1:30 pm Needlework	15 <i>World Honey Bee Day</i> 
16 <i>Nat'l Tell a Joke Day</i> 	17 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	18 10 am Yoga 11 am Feldenkrais 11 am Sound Bath 12 pm Ukulele 1:30 pm Bridge	19 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Fidget Quilt 1 pm Karma	20 10 am Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Etch A Sketch 1:30 pm Drumming	21 1 pm Art w/ Carla 1 pm Tech Help 1:30 pm Needlework	22 <i>Folklore Day</i> 
23 <i>World Water Week</i> 	24 9:30 am Watercolors 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	25 10 am Yoga 11 am Feldenkrais 11 am Sound Bath 12 pm Ukulele 1 pm Book Club 1:30 pm Bridge	26 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma	27  Dept. of Liscensing 10 am Yoga 11 am & 12 pm Ukulele 12:30 Pinochle 1 pm Quilting 1:30 pm Etch A Sketch 1:30 pm Drumming	28 1 pm Art w/ Carla 1 pm Tech Help 1:30 pm Needlework	29 <i>Nat'l Sports Day</i> 
30 <i>Nat'l Grief Awareness Day</i> 	31 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele			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.		

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.

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@sanjuanacountywa.gov.

Weatherization

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

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**. We look forward to supporting you.

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**.

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@sanjuanacountywa.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@sanjuanacountywa.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

Stacie Nordrum, Au.D., CCC-A of Island Hearing Healthcare provides hearing care at Orcas Senior Center on the first Thursday of each month. Appointments fill quickly, so scheduling in advance is strongly recommended.

Services include hearing assessments, personalized consultations, hearing aid programming, and complimentary hearing aid cleaning and checks.

To book an appointment or ask questions, contact Stacie directly at **360-378-2330** or islandhearing@gmail.com.

Red, White & Ewe: It's County Fair Time!

By San Juan County Parks, Recreation & Fair

Hours of Operation:

- Fair Event Days: Thursday, Aug. 13 thru Sunday, Aug. 16
- Exhibits: 10:30 a.m. to 8:30 p.m.
- Entertainment: 10:30 a.m. to 10:30 p.m. DAILY
- Carnival: Opens at noon daily and closes by 11 p.m. or earlier. Carnival wristband days TBA.

Admission Fees:

Adult	Youth (6-17)	Special Discount
Exhibitor Pass \$25	Youth Exhibitor & Under 6 FREE	(Seniors, Active-Duty Military, Disabled)
Season Pass \$30	Season Pass (6-17) \$20	Season Pass \$20
Daily Pass \$20	Daily Pass (6-17) \$15	Daily Pass \$15

- Buy tickets in advance online at: <https://tickets.sanjuancountywa.gov/p/tickets--deals>

Admission Locations:

- Ticket Sales will be at the Main Gate and the School Gate
- Ticket Scans/punches will be at the South Gate (no tickets for purchase at this gate)
- Pre-purchased parking only at the Horse Gate (no tickets for purchase at this gate)
- Exhibitors, Please Note: Exhibitor Passes will be sold at the Main Ticket Gate through Saturday. An exhibitor tag stub must be shown to purchase an exhibitor ticket. Horse participants, bring registration receipt.

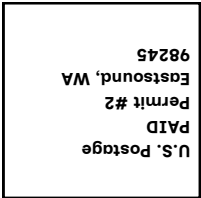
Fair Exhibit Entry Information:

San Juan County Parks & Fair staff members will be visiting Orcas Island on **August 8 from 11 a.m. to 3 p.m.** to pick up entries destined for the fair! Meet them at the Orcas Ferry Terminal. Entries will be returned to Orcas and available for pick up on **Saturday, August 22 from 11a.m. to 3 p.m.**

If you have questions about whether your item qualifies for pickup, call (360) 378-4310 or email fair@sanjuancountywa.gov.



Or Current Resident



San Juan County Health & Community Services

PO Box 1146
Eastsound, WA 98245

Phone: 360-376-2677
Location: 62 Henry Rd
Email: julief@sanjuancountywa.gov
Issue: August 2026
Website: www.orcaseniors.org