



Understanding Alzheimer's: A Conversation with Dr. Robert Rubey

By Orcas Senior Center

What do we actually know about Alzheimer's disease, and how has our understanding changed over time? Join us at Orcas Senior Center on **Wednesday, September 9 at 1 p.m.** for a thought-provoking conversation with Dr. Robert Rubey, a retired psychiatrist whose decades of experience span adult psychiatry, geriatric psychiatry, neuropsychiatry, and dementia care.

Dr. Rubey has taught at the Medical University of South Carolina and the University of Colorado and has presented widely on Alzheimer's disease and dementia. In this 30-minute talk, he'll trace the history of Alzheimer's research, the shifting theories about its causes, and recent developments shaping the field, drawing on real insights from his years in clinical practice.

A question-and-answer session follows, giving you the chance to bring your own curiosity to the table.

This presentation is intended to inform and encourage discussion. It does not provide medical advice or treatment recommendations. Everyone is welcome.

alzheimer's association

The Alzheimer's Association website <https://www.alz.org> is a great resource for information and articles on a wide range of topics related to Alzheimer's disease and memory loss. You can also call the 24/7 Helpline at 800-272-3900.

Quote for the Month

"A person's a person,
no matter how small."

— Dr. Seuss



John Ehrmantraut and Anne Garfield enjoy Afternoon Tea at Orcas Senior Center.

Indulge in a Classic Afternoon Tea - October 1 at Orcas Senior Center

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, October 1 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!



Skip the Ferry. Get Your Mammogram Right Here on Orcas

By Orcas Senior Center

Assured Imaging is bringing mobile mammography directly to Orcas Senior Center — making it easier than ever to take care of yourself without leaving home.

Screening days are **September 22-25** 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.

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And much more!



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Tell Us What You Think

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

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

September Menu

Senior Lunch In-Person at Orcas Senior Center

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

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

MONDAY



All menu items subject to change due to food cost and availability.

September 7

CLOSED



September 14

Cheese Ravioli in Veggie Ragu
Italian Veggies
Caesar Salad
Dessert

September 21

Chicken Cordon Bleu
Roasted Red Potatoes
Honey Glazed Carrots
Garden Salad
Dessert

September 28

Korean Beef Bulgogi
Basmati Rice
Asian Vegetables
Asian Slaw
Dessert

WEDNESDAY

September 2

French Dip w/ Swiss Cheese
Sweet Potato Fries
Spinach Salad
Dessert

September 9

Beef Stroganoff
Egg Noodles
Chef's Veggies
Garden Salad
Dessert

September 16

Ahi Tuna Salad
Vegetable Spring Rolls
Dessert

September 23

Lemon Pepper Cod
Vegetable Rice Pilaf
Brussel Sprouts
Spinach Salad
Dessert

September 30

British Banger & Mash
Onion Gravy
Buttered Peas
Garden Salad
Dessert

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.

Getting Ready for Medicare

By SHIBA

Is 2026 your year for joining Medicare? Medicare enrollment is not automatic for most people, so you'll probably need to enroll with Social Security. Then you'll have to decide what type of Medicare coverage you want. To make an informed decision about your coverage choices, you'll need to understand a lot of new information.

Trained Statewide Health Insurance Benefits Advisors (SHIBA) program volunteers are here to make the transition easier for you. Join us for a free Welcome to Medicare presentation at Orcas Senior Center on **Thursday, September 24 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.



We Are HIRING!

ASSISTANT COOK.

Orcas Senior Center

- ✓ Mon | Wed | Fri | Hours vary: 8am-2pm
- ✓ Kitchen Experience Required
- ✓ Food Handler Permit Required
- ✓ 2-4 Weeks Paid Training
- ✓ \$21+ / hr - DOE



Send resume to:
icassinovs@whatcomcoa.org



- Year-round employment
- Candidate must be responsible, hardworking
- Help feed seniors in need
- Become part of the Meals on Wheels team



AT&T Data Breach: What Seniors Need to Know and Do

By Katherine Ha, CENTS

A recent AT&T data breach exposed phone records of an estimated 95 million wireless customers, including call and text logs—and in some cases, approximate location data from 2022. Though Social Security numbers and credit card details were not stolen, the breach is still serious, especially for seniors.

Why It Matters:

Phone logs can reveal who you contacted, how often, and where you were, including visits to your home, doctor's office, or place of worship. This data could be used for scams, impersonation, or even stalking.

What You Should Do:

- **Stay cautious:** If someone texts or calls asking for money, even from a familiar number, do not respond. Hang up and verify with someone you trust.
- **Ignore suspicious alerts:** Don't click on links in texts or emails from banks. Call your bank using the number on your card or statement.
- **Use app-based login codes:** Switch from text-message verification to apps like Google Authenticator or Authy.
- **Check your credit:** Monitor your reports and consider a fraud alert or credit freeze. Visit IdentityTheft.gov for help.
- **Report scams:** Go to IC3.gov or contact your local police or the FTC.

Scammers prey on fear and urgency. Pause, verify, and talk to someone you trust. For more information on scams, visit <https://seniormoneyproject.org/consumerboxes/scams/>.



Sadness and Grief at the End of Life

By Hospice of the Northwest

Feelings of sadness and grief are a normal part of facing a serious or life-limiting illness. People may struggle with losing independence, feel isolated from the people and activities they enjoy, or worry about what the future holds.

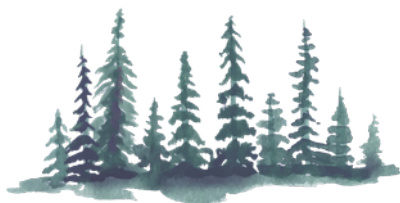
Talking about these feelings can help. Family and friends can provide valuable support, but sometimes it is easier to talk with someone outside your immediate circle.

Hospice care supports emotional well-being as well as physical comfort. Nurses, social workers, and spiritual counselors can help patients and families better understand what to expect, talk through difficult feelings and concerns, and find strategies for coping with sadness and grief.

Sometimes depression goes beyond the sadness and grief that can accompany serious illness. Signs may include withdrawing from others, losing interest in activities you usually enjoy, or significant changes in sleeping or eating habits. These symptoms are important to discuss with your health care or hospice team, as additional support and treatment may help.

If you have questions or would like to learn more about hospice care, visit [Hospice of the Northwest](https://HospiceoftheNorthwest.org) or call 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**

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ORCAS SENIOR CENTER Welcomes New Members!

Brenna Deutchman and
Ari Deutchman

Not a member or need to renew?
Go to orcasseniors.org/member

Art with Carla

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.

Cards!

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 send an email to edy@orcasseniors.org.

Drumming

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, call Ezekiel Barr at 360-376-3033.

Etch A Sketch Circle

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.

Fidget Quilting

Brenda Bacon will host a Fidget Quilt workshop at OSC on **Wednesday, September 16, from 1 p.m. to 4 p.m.** The workshop is designed to assist in crafting small, tactile quilts that offer comfort and engagement for those with dementia. All levels of experience 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.

Needlework Circle

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

Sound Bath Tuesdays

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 Good Death, Good Life Cafe

Join us every **third Tuesday** of the month, from **2 p.m. to 3:30 p.m.**, beginning in **September 15, from 2 p.m. to 3:30 p.m.** for the Good Death, Good Life Café at Orcas Senior Center. Led by certified end-of-life doula Sonia Lippmann, this free community gathering offers a safe, welcoming space to explore conversations about aging, serious illness, and end-of-life planning.

Through gentle discussion and compassionate guidance, participants will learn practical ways to prepare for the future before a crisis occurs. These conversations can bring greater understanding, strengthen family connections, and provide peace of mind. Contact Sonia Lippmann at sonia@eventideendoflife.care.

Tech Assistance

Seniors can receive free technology assistance by appointment **every Friday from 1 p.m. to 3 p.m.** at OSC. Tech expert 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.



Grannie's Holiday Sale at Orcas Senior Center

Mark your calendars—Grannie's Holiday Sale is back at Orcas Senior Center on **Saturday, November 14 from 10 a.m. to 2 p.m.**! Browse a wide array of festive décor, holiday treasures, and unique creations from local artisans.

Showcase Your Work

Vendors are invited to reserve a table and share their wares. Tables are \$25 each, with a limit of two six-foot tables per seller, available on a first-come, first-served basis.

Lend a Hand

We're also seeking volunteers to help with setup, event-day support, and cleanup.

Get Involved

Reserve your table or sign up to volunteer by contacting Edy Hansen at 206-413-6157 or edy@orcasseniors.org.

Ukulele Kanikipila

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! The class is free but bring your own ukulele.

For info, including how to borrow a ukulele, email kcollister15@gmail.com.

Outsmarting Scammers: Fraud Prevention 101

Scams aren't what they used to be. They're smarter, more convincing, and increasingly targeted at older adults. Join us at Orcas Senior Center on **Wednesday, September 2 at 1 p.m.** for a free presentation on fraud prevention, presented by Banner Bank.

You'll learn how to spot the common scams aimed at seniors, the warning signs that something isn't right, and practical steps to protect yourself and your finances. Just as importantly, you'll learn what to do if you think you've already been targeted, because knowing how to respond quickly can make all the difference.

This program is free and open to everyone. For more information, contact Edy Hansen at 206-413-6167 or edy@orcasseniors.org.

Step Outside, Breathe Deep, and Make a Friend

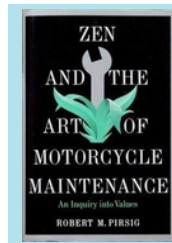
Every **Monday, at 10 a.m.**, join Jessie McConville for a leisurely morning walk. Whether you're looking for light exercise, fresh air, good conversation, or all three, this is your weekly invitation to get outside with your neighbors. Free and open to everyone. No registration required — just show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

Quilting

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.

Watercolor Together

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 a.m. 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.



September Book Club's Pick

Isola: Zen and the Art of Motorcycle Maintenance by Robert M. Pirsig

OSC Monthly Book Club

A man and his young son embark on a summer motorcycle road trip across America's Northwest, seeking to reconnect and explore the open country. But this is no ordinary vacation. As the miles unspool, the journey transforms into a profound philosophical inquiry, a rolling Chautauqua that seeks to answer one of life's most essential questions: What is best?

On a vintage motorcycle, the narrator grapples not only with the mechanics of his machine but with the very nature of Quality itself. He confronts the deep split in modern life between a cold, rational view of technology and a romantic, emotional engagement with the world, searching for a way to heal the divide. Yet the biggest questions lie within. (Amazon, n.d.)

Contact Stephen Bentley at either stephen@swbentley.com or 310-694-7165 to participate in the Book Club on **Tuesday, September 22 at 1 p.m.** at OSC.

Portraits in Pencil: An Exhibition by Mick Stevens

Every pencil stroke tells a story. This September and October, Orcas Senior Center hosts Portraits in Pencil, a captivating exhibition featuring the work of longtime Orcas Island resident and accomplished artist Mick Stevens. Creating art since 1973, Mick brings decades of skill to these remarkable portraits, each one rich in detail and quiet depth. His expressive drawings go beyond likeness, capturing the personality and spirit of each subject with a sensitivity that only comes from years of dedicated practice. Stop by **Monday through Friday, 9 a.m. to 3 p.m.**, to experience this special community exhibition and discover the beauty and emotion found in Mick's inspiring work.

September 2026

Orcas Senior Center Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 11 am Sound Bath 12 pm Ukulele 1 pm Storytelling 1:30 pm Bridge	2 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 1pm Fraud Prevention	3 Island Hearing Clinic 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Etch A Sketch 1:30 pm Drumming	4 1 pm Art w/ Carla 1 pm Tech Help 1:30 pm Needlework	5 Internt'l Day of Charity 
6 National Read a Book Day 	7 San Juan County and Orcas Senior Center CLOSED 	8 11 am Sound Bath 12 pm Ukulele 1 pm Storytelling 1:30 pm Bridge 2 pm Death Cafe	9 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 1 pm Alzheimer's Presentation	10 11 am & 12 pm Ukulele 12:30 pm Pinochle 1 pm Quilting 1:30 pm Etch A Sketch 1:30 pm Drumming 1:30pm Guided Walk-Crescent Beach	11 9:30am Exchange Fieldtrip 1 pm Art w/ Carla 1 pm Tech Help 1:30 pm Needlework	12 National Chocolate Milkshake Day 
13 National Grand-parents Day 	14 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	15 11 am Sound Bath 12 pm Ukulele 1:30 pm Bridge	16 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Fidget Quilt 1 pm Karma	17 10 am Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Etch A Sketch 1:30 pm Drumming	18 12:30 pm Art w/ Carla 1 pm Tech Help OSC CLOSSES EARLY at 2pm	19 National Cleanup Day 
20 National Dance Day 	21 10 am Walking Group 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1 pm Ukulele	22 Mammograms 11 am Sound Bath 12 pm Ukulele 1 pm Book Club 1:30 pm Bridge	23 Mammograms 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma	24 Mammograms 11 am & 12 pm Ukulele 12:30 Pinochle 1 pm Quilting 1:30 pm Etch A Sketch 1:30 pm Drumming	25 Mammograms 1 pm Art w/ Carla 1 pm Tech Help 1:30 pm Needlework	26 Johnny Appleseed Day 
27 World Deaf Day 	28 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	29 11 am Sound Bath 12 pm Ukulele 1:30 pm Bridge	30 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 1pm Aging in Place	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@sanjuancountywa.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. We offer a safe space to explore your thoughts and emotions without fear or judgment. Questions? Contact George Eberle at **360-298-2829**. 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@sanjuancountywa.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@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.

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.

Behind-the-Scenes Tour of the Exchange and Orcas Recycling Center

Join us on **Friday, September 11 at 9:30 a.m.** for a fun and informative behind-the-scenes tour of the Exchange and Orcas Recycling Center. Learn how recycling works on Orcas Island with an engaging presentation at the recycling wall, where staff will share tips and best practices to help you recycle more effectively.

The tour will continue to the baler building and the "Big Blue" glass crusher. Big Blue has crushed hundreds of tons of glass, saving thousands of dollars in shipping costs. Crushed glass is used in art projects, landscaping, and has even meets Washington State Department of Transportation standards for a variety of construction applications. We'll wrap up at the Exchange, where you'll have time to browse the store and explore the unique upstairs loft.

To reserve your spot or for more information, contact Edy Hansen at edy@orcasseniors.org or 206-413-6167.



Guided Walk: Crescent Beach Preserve

Join Orcas Senior Center and the San Juan County Conservation Land Bank for a guided walk through Crescent Beach Preserve on **Thursday, September 10 at 1:30 p.m.**

Preserve Steward Peter Guillozet leads this mostly level woodland walk, sharing insight into the ecological treasures and natural history that make this spot so special.

Meet at the parking area on the Crescent Beach side of the preserve. Dress for the weather, bring water, and carpool if you can, as parking is limited. Free and open to all!

Questions? Please contact Edy at edy@orcasseniors.org or 206-413-6167.

Staying Home, Staying Independent: What You Need to Know

Most of us want the same thing as we age: to stay in the home we love, surrounded by the community we know. The question is how.

Join us at Orcas Senior Center on **Wednesday, September 30, at 1 p.m.** for the first in a three-part series presented by Hospice of the Northwest, designed to help you do exactly that.

This free session covers practical strategies for living safely and independently in your home and community for as long as possible. Whether you're planning ahead or navigating these questions today, you'll leave with concrete tools, honest answers, and resources you can use.

Hospice of the Northwest is providing all educational materials at no cost. Everyone is welcome.

For more information, contact Edy Hansen at edy@orcasseniors.org or 206-413-6167.

Or Current Resident

U.S. Postage
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Permit #2
Eastsound, WA
98245

San Juan County Health & Community Services

PO Box 1146
Eastsound, WA 98245

Phone: 360-376-2677
Location: 62 Henry Rd
Email: julief@sanjuancountywa.gov
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Website: www.orcasseniors.org