



Halloween Lunch at Orcas Senior Center!

By Orcas Senior Center

Celebrate Halloween with us on **Wednesday, October 28** starting at **11:30 a.m.** for a frightfully fun lunch filled with festive treats, spooky surprises, and plenty of laughter. Everyone is invited to join the fun and we encourage you to come dressed in your favorite costume!

Show off your Halloween spirit for a chance to win prizes in our costume contest. Awards will be given for Best Costume, Spookiest Costume, and Most Creative Costume.



Costumes, community, and a little bit of spooky! 🎃 Join us for Spooky Lunch on Wednesday, October 28. Costume contest with prizes! 🧛‍♀️



Emergency Preparedness: Are You Ready?

By SJC Department of Emergency Management

News of natural disasters occurring around the world—fires, floods, earthquakes, tsunamis, hurricanes, and more—seems to be continually at the forefront these days, reminding us all that emergency situations can happen anywhere at any time. Now is a good time, before winter weather sets in, to reevaluate your emergency preparations.

Please review the enclosed Department of Emergency Management (DEM) Emergency Preparation Calendar for guidance on food and other supplies to have on hand and for tasks you should

complete to ensure you are ready and equipped to deal with an emergency or natural disaster. The DEM strongly encourages everyone to have at least two weeks worth of supplies on hand. Now is a good time to check expiry dates and replace perishable items as needed.

Also remember to keep supplies—extra clothes, warm blankets, water, food and a first aid kit as a minimum—in your vehicle(s); you never know when you could get stranded on the road or waiting for delayed ferries.

Visit www.islandsready.org for general emergency related information, a senior specific section (with a large print version of the preparation calendar), guidance for neighborhoods and organizations, and information on how to sign up for emergency alerts. If you have friends or neighbors who might find it challenging to get prepared, please offer to help them. Don't forget about your pets' needs as well.

The more prepared we all are, the less stress and better the outcomes in our rural, remote community in an emergency. Please take the time to review the calendar and get ready now!



How to Prepare for Disasters

- 1) Know Your Risks:** Know the risks specific to our rural island community and to your home and family.
- 2) Make a Plan:** Make a communications plan and prepare for both evacuating and sheltering. Prepare for your unique needs with customized plans and supplies.
- 3) Take Action:** Put your plan into action; prepare supplies and your home. Get the insurance you need and understand your coverage options. Practice your disaster plans, take advantage of existing alert and warning systems, and explore ways to serve your community.

Quote for the Month

"We cannot direct the wind, but we can adjust the sails."

— Dolly Parton

Sign up for Island Alerts at:
www.islandready.org/alerts

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And much more!



SAN JUAN
COUNTY
WASHINGTON

Health & Community Services

360-378-4474

hcs@sanjuancountywa.gov

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Jami Mitchell

Human Services Manager

360-376-7926

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360-370-0591

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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

October 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

October 5

Turkey Tetrazzini
Italian Veggies
Caesar Salad
Dessert

October 12

SJC & OSC CLOSED



October 19

Chicken Caesar Salad
Garlic Bread Sticks
Dessert

October 26

Jamaican Jerk Chicken
w/ Mango Salsa
Cilantro Lime Rice
Garden Salad
Birthday Cake Day



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

WEDNESDAY

October 7

Chicken Fajitas
Spanish Rice
Roasted Corn Salad
Dessert

October 14

Sausage Lasagna
Green Beans
Garlic Bread
Garden Salad
Dessert

October 21

Honey Garlic Chicken
Potatoes Au Gratin
Dill Carrots
Pineapple Coleslaw
Dessert

October 28

"Spooktacular Lunch"

Meatball Sub
w/ Mozzarella
Tator Tots
Coleslaw
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.

Medicare Open Enrollment: Get Help Navigating Your Options

By SHIBA

Between **October 15 and December 7**, you can review your Medicare coverage and decide if changes are needed for **2027**. By now, you should have received information from your current prescription drug (Part D) or Advantage plan. Read it carefully—premiums, deductibles, or copays may increase, and coverage may shift. Even if your plan looks the same, your health needs or prescriptions may have changed, making it worth exploring other options. Join us for a presentation on **2027 Medicare changes Wednesday, October 28, at 1 p.m.** following Senior Lunch at Orcas Senior Center. For one-on-one help, call 360-376-5892.

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.

Get Your Flu Shot!

By SJC Health & Community Services

The CDC recommends that people get their flu shot by the end of October. Medicare covers the cost of flu vaccines including the high dose option that the CDC preferentially recommends for people 65 years and older.

Contact your medical provider or Ray's Pharmacy to schedule your flu shot. SJC Health & Community Services is offering vaccines for uninsured adults (19+) on a sliding fee scale. For more information or to schedule an appointment call 360-378-4474 or visit <https://sanjuancountywa.gov/2266/Immunizations>.

Powerful Tools for Caregivers

By Goldsen Institute

The Goldsen Institute is now offering the Powerful Tools for Caregivers class online. This free 6-week virtual class is for family and friend caregivers. Classes will be held on **Tuesdays, Nov. 3 to Dec. 8, 10 a.m. to 11:30 a.m.** The registration deadline is **October 27**. Visit <https://goldseninstitute.org/> for more information and/or to register.



Preventing Title Fraud

By Katherine Ha, CENTS

Deed theft, also known as title fraud, is a growing threat where criminals forge documents to transfer ownership or take out loans against a home they don't own. According to the FBI's Internet Crime Complaint Center, real estate fraud complaints total millions of dollars annually, with older homeowners particularly affected.

Once a thief gains control of your title, they can sell your home, take out loans against it, illegally rent the property, or refinance to cash out equity. If they default on loans, you could face foreclosure or discover you cannot sell, refinance, or pass the property to your heirs.

To protect your property, monitor incoming bills for mortgage, tax, and water statements. Thieves often change addresses to hide their crime. Check your property deed regularly by visiting your county recorder's office website or register of deeds. Many counties offer free online deed searches where you can verify your name is still listed on the title and confirm no unauthorized changes have been made. Some counties also offer free property alert services that notify you by email or text whenever a document is recorded on your home.

Review your credit reports for signs of identity theft and ask about title insurance when refinancing.

Watch for warning signs including stopped mail, unexpected bills, or foreclosure notices. If you spot unusual activity, contact your register of deeds, report the issue to law enforcement, and consult a real estate attorney. Monitoring your property proactively is the best defense against deed theft.



Hospice Aides Share Tips for Family Caregivers

By Hospice of the Northwest

It's not uncommon for family caregivers to feel overwhelmed. At Hospice of the Northwest, our Hospice Aides provide hands-on personal care for people near the end of life. Here, they share their top five tips for family caregivers:

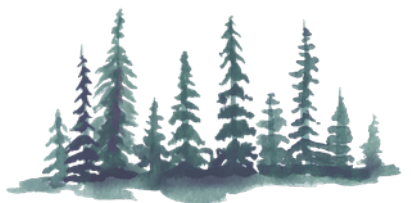
- **Tend to your own basic needs.** Eat well, stay hydrated, and get fresh air so you can sustain your strength.
- **Rest when your loved one does.** Many people use this quiet time to do chores. Give yourself permission to rest and recharge instead.
- **Write down changes.** Keep notes about any changes you notice so you can share them with your loved one's care team.
- **Accept help.** When family, friends, or neighbors offer to bring groceries, do laundry, or help with other tasks, say yes. It's okay to ask for help too.
- **You are still their loved one.** Take time to talk, laugh, reminisce, or simply spend time together. This is important for both of you.

There is no "right way" to be a caregiver. You're doing the best you can, so be kind to yourself. For information about hospice services, visit HospiceNW.org or call 360-814-5550.

Transportation Vouchers are Available

By Richard Uri, SJC Human Services

The Transportation Voucher Program (TVP) are now available for eligible residents. Applicants must provide proof of income at or below \$25,000/year. If you need a regular or single use voucher, please contact the Orcas Community Resource Center 360-376-3184, Senior Services 360-370-7525 or apply online at <https://www.sanjuancountywa.gov/920/Transportation-Voucher>.



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

Unleash your creativity at Art with Carla **every Friday, 1 p.m. to 3 p.m.** at Orcas Senior Center. 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 either 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! **Pinocle (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.

Chair Yoga with Susie

Join us for Chair Yoga, a gentle practice for seniors and those with disabilities, **Tuesdays and Thursdays from 10 a.m. to 10:45 a.m.** Using a chair for support, participants can safely explore balance poses.

Led by longtime Orcas resident Susie Frank (practicing yoga since 2009). Suggested donation: \$15/class — no one turned away. Contact Susie: 360-298-4484 or sissooz@yahoo.com.

Etch A Sketch Circle

Join the Etch A Sketch Circle with Anita Orne of AnitASketch every **Thursday at 1:30 p.m.** for art, conversation, and playful sketching — then "shake it off" for next time!

No experience needed, just curiosity. By donation. (Bring your own Etch A Sketch; easy to find new or used.) Anita has delighted millions on YouTube, TikTok, and more with this nostalgic gadget, loved since 1960.

Tech Assistance

Get free tech help every **Friday, 1 p.m. to 3 p.m.** at Orcas Senior Center. Tech expert Kim Rose offers hands-on help with laptops, smartphones, tablets, and more. Sign up in advance at the front desk or contact Kim by calling 360-472-0480.

Fidget Quilting

Join Brenda Bacon for a Fidget Quilt workshop on **Wednesday, October 21, 1 p.m. to 4 p.m.** at Orcas Senior Center. Craft small, tactile quilts with interactive elements (zippers, buttons, textured fabrics) that comfort and engage people living with dementia. Sewing machines, materials, and guidance provided. All skill levels welcome; material donations appreciated. No registration required.

Contact Brenda at 704-957-0683 or email her at baconbc@outlook.com.

Joy of Drumming

Discover the joy of drumming with the Spirit of Drumming Group at Orcas Senior Center **Thursdays at 2 p.m.**! This beginner-friendly group focuses on exploring the elements of drumming. There's no cost to participate—just bring a drum and join the fun!

Everyone is welcome! For more information, contact Ezekiel Barr at 360-376-3033.

Needlework Circle

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

Come hang out—no project required! Whether you haven't knitted in years, want to learn to crochet, or just want to relax and chat, we have a wonderful selection of donated yarn, needles, books, and plenty of friendly advice. For more information, contact Edy Hansen at edy@orcasseniors.org or 206-413-6167. All ages are welcome, so join us!

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.





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. It's the perfect place to find special gifts and seasonal inspiration.

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 by calling 206-413-6157 or emailing her at edy@orcasseniors.org.

Take Charge of Your Health Today

Life Line Screening will be at Orcas Senior Center on **Thursday, October 22** offering safe, painless, and non-invasive preventive health screenings—services not typically included in a routine physical.

By participating, you can take a proactive step toward protecting your health and supporting your well-being, as well as that of your family and community. You can register online at lsa.social/HABC or call toll-free: 1-800-324-9458.

Good Death, Good Life Café

Join us every **third Tuesday** of the month, 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.

Ukulele Kanikipila

Join Ukulele Kanikipila ("play music" in Hawaiian) **Mondays, 1:15 p.m. to 3:15 p.m.** at Orcas Senior Center — open to all who love making music.

For ukulele classes, join Kathy Collister **Tuesdays and Thursdays at noon**, or **Thursdays at 11 a.m.** for true beginners. Kathy covers basic chords and strumming; free, bring your own ukulele.

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

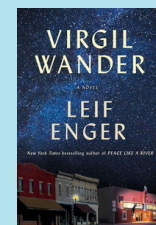
Quilt Group

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.

Walking Group



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.



October Book Club's Pick

Virgil Wander: A Novel
by Leif Enger

OSC Monthly Book Club

Join the Book Club discussion on **Tuesday, October 27 at 1 p.m.** at Orcas Senior Center. Contact Stephen Bentley at stephen@swbentley.com or 310-694-7165.

Hospice 101 with Hospice of the Northwest

Join us at Orcas Senior Center on **Wednesday, October 21, at 1 p.m.** for Hospice 101, an informative presentation by Hospice of the Northwest.

Learn the basics of hospice care, including who is eligible, how hospice services are paid for, how to get started, and the wide range of support available to patients and their families. Whether you're planning ahead for yourself or supporting a loved one, this free presentation is a valuable opportunity to learn more. Everyone is welcome.

For more information, contact Edy Hansen at edy@orcasseniors.org



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.

October 2026

Orcas Senior Center Activity Calendar

HAPPY HALLOWEEN



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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.			1 Island Hearing Clinic 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Etch A Sketch 1:30 pm Drumming 2 pm Afternoon Tea 5 pm Caregivers Meeting	2 1 pm Art w/ Carla 1 pm Tech Help 1:30 pm Needlework	3
4	5 10 am Walking Group 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1 pm Caregiver Group 1:15 pm Ukulele	6 10 am Chair Yoga 11am Museum Fieldtrip 12 pm Ukulele 1:30 pm Bridge	7 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 1 pm Understanding Credit Presentation	8 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1 pm Quilting 1:30 pm Etch A Sketch 1:30 pm Drumming	9 1 pm Art w/ Carla 1 pm Tech Help 1:30 pm Needlework	10
11	12 October 12 SJC & OSC CLOSED 	13 10 am Chair Yoga 12 pm Ukulele 1:30 pm Bridge	14 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 1:15 pm Emergency Preparedness Workshop	15 10 am Chair Yoga 10:15 am Earthquake Drill 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Etch A Sketch 1:30 pm Drumming	16 1 pm Art w/ Carla 1 pm Tech Help 1:30 pm Needlework	17 10 am Tara Plank Yoga
18	19 10 am Walking Group 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1:15 pm Ukulele	20 10 am Chair Yoga 12 pm Ukulele 1:30 pm Bridge 2 pm Good Death/Good Life Cafe	21 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Fidget Quilt 1 pm Karma 1 pm Hospice 101 Presentation	22 Life Line Screening 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1 pm Quilting 1:30 pm Etch A Sketch 1:30 pm Drumming	23 1 pm Art w/ Carla 1 pm Tech Help 1:30 pm Needlework	24
25	26 9:30 am Watercolors 10 am Walking Group 11 am Partners in Care 11:30 am Lunch! 12:30 pm Pinochle 1:15 pm Ukulele	27 10 am Chair Yoga 12 pm Ukulele 1 pm Book Club 1:30 pm Bridge	28 10 am Grief 11:30 am Halloween Lunch! 12:30 pm Spite & Malice 1 pm Karma 1 pm Medicare Presentation	29 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Etch A Sketch 1:30 pm Drumming	30 1 pm Art w/ Carla 1 pm Tech Help 1:30 pm Needlework	31

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 Peer Grief Support Group at OSC, **Wednesdays at 10 a.m.** at Orcas Senior Center — a supportive, non-judgmental space to process grief, normalize feelings, and find understanding.

Contact George Eberle at 360-298-2829.

Partners in Care

Partners in Care, an Orcas Island Lions Club program with Orcas Senior Center, offers weekly respite for family caregivers — **Mondays, 11 a.m. to 3 p.m.** Trained volunteers and a certified caregiver engage care partners with lunch, crafts, games, walks, and sing-alongs, while caregivers take a break.

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.



DOL2Go at Orcas Senior Center



The Washington State Department of Licensing's new mobile service, DOL2Go, will be at Orcas Senior Center on **Thursday, November 5 from 10 a.m. to 3:30 p.m.** to assist residents with their driver licensing and ID needs. 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. Questions? Contact the DOL call center at 360-902-3900.

Guided Tour of the Orcas Island Historical Museum

Step back in time and discover the rich history of Orcas Island during a guided tour of the Orcas Island Historical Museum on **Tuesday, October 6 at 11 a.m.** The museum's engaging exhibits feature personal stories, artwork, industry, natural history, and artifacts that celebrate the diverse people and cultures that have shaped the unique character of our island. This event is free and open to everyone.



Advance Care Planning Workshop

Your voice, your choice — but only if you speak up now. Join Orcas Senior Center for a free Advance Care Planning Workshop, presented by Hospice of the Northwest, on **Wednesday, November 4 at 1 p.m.**

Life is unpredictable. Advance care planning is how you make sure your goals, values, and healthcare wishes are known and honored — even if illness or injury leaves you unable to speak for yourself. An experienced facilitator will walk participants through the key documents step by step and answer your questions along the way.

All forms and materials are provided free of charge. It's a small commitment of time that can spare your loved ones difficult guesswork later — and give you real peace of mind.

Everyone is welcome. Questions? Please contact Edy Hansen at edy@orcasseniors.org.

Understanding Credit: Making Smart Financial Choices

Join us at Orcas Senior Center on **Wednesday, October 7, at 1 p.m.** for a free educational presentation on understanding and managing credit, presented by Banner Bank.

Whether you're looking to better understand your credit or simply want to make more informed financial decisions, this presentation offers valuable information for anyone interested in protecting their financial future.

The program is free and open to everyone. For more information, please send an email to Edy Hansen at edy@orcasseniors.org.

Afternoon Tea – October 1

Enjoy a classic afternoon tea at Orcas Senior Center on **Thursday, October 1 at 2 p.m.** — tea, sandwiches, cookies, and scones with friends, set to piano melodies by Ron Myers.

Contact Maggie Kaplan at mkaplan@centurytel.com or 360-376-5372.



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Eastsound, WA
98245

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