



Suzanne and Suzette: two Lambs, zero relation. Suzette runs our board. Suzanne raised Edy. Please address your mail accordingly. 🐑🐑

Plan Ahead: Temporary Ferry Service Disruptions Coming in Early 2027

By San Juan County

Washington State Ferries (WSF) will be making critical upgrades to the major mechanical and electrical systems of the vehicle transfer spans at the Anacortes, Lopez Island, and Orcas Island terminals in early 2027. As a part of this work, ferry service will be temporarily impacted, including 48-hour terminal closures at both Lopez and Orcas Islands.

If you have medical appointments, travel plans, or other off-island commitments during this time, be sure to plan ahead so these service disruptions don't affect your schedule.

Upcoming service changes:

- **Anacortes:** Single-slip operations, Monday through Friday, February 22 to 26
- **Orcas Island:** 48-hour terminal closure, Tuesday through Wednesday, March 9 to 10
- **Lopez Island:** 48-hour terminal closure, Tuesday through Wednesday, March 16 to 17

WSF appreciates the public's patience as these important infrastructure improvements are completed to help ensure safe and reliable ferry service for years to come.



DOL2Go at Orcas Senior Center

By 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.

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 www.dol.wa.gov) to ensure they bring the correct documents. Knowledge and driving testing are not available.

DOL2Go cannot accept cash or check payments. Debit or credit cards only. For questions, please contact the DOL call center at 360-902-3900.



Grannie's Holiday Sale at Orcas Senior Center

By 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.

Get Involved

Sign up to volunteer by contacting Edy Hansen at 206-413-6157 or emailing her at edy@orcasseniors.org.

Daylight Saving Time Ends



Reminder to set your clocks back one hour on **Sunday, November 1.**

Quote for the Month

"Nothing is impossible, the word itself says I'm possible."

— Audrey Hepburn

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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

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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 and
Leann Vincent-Cardinell**

Kitchen Staff on Orcas

November 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

November 2

Orange Chicken
Brown Rice
Asian Vegetables
Asian Slaw
Dessert

November 9

Chicken & Biscuits
Mixed Vegetables
Garden Salad
Dessert

November 16

Pub Fish & Chips
w/ Tarter Sauce
Roasted Carrots
Coleslaw
Dessert

November 23

Cajun Shrimp Pasta
Italian Vegetables
Caesar Salad
Dessert

November 30

Chicken Mushroom Marsala
Brown Rice
Roasted Carrots
Kale Citrus Salad
Cake Day

WEDNESDAY

November 4

Egg & Vegetable Frittata
Sausage Link
Roasted Potatoes
Dessert

November 11

OSC & SJC CLOSED

*Veterans
Day*

November 18

Butternut Squash Ravioli
w/ Brown Butter Sage Sauce
Roasted Zucchini
Ceasar Salad
Dessert

November 25

Thanksgiving Lunch

Roasted Turkey
Cranberry Sauce
Mashed Potatoes & Gravy
Stuffing / Green Beans
Dessert



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

Join Our Family Caregiver Support Group

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 Help Available

By SHIBA

Have you received a letter telling you your medical plan is ending? Learned your premiums are going up? Has your health changed this year? Between **October 15 and December 7**, you can choose the plan that provides your best coverage for 2027.

Trained SHIBA volunteers are ready to help you review your options. Our assistance is free, unbiased, and confidential. Appointments for one-on-one counseling are available at Orcas Senior Center—call 360-376-5892 to schedule.

Drop-in help will also be offered at Orcas Senior Center on **Sunday, November 22 (10 a.m. – 2 p.m.)** and **Saturday, December 5 (10 a.m. – 12 p.m.)** on a first-come, first-served basis.

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.

Advance Care Planning Workshop

By Orcas Senior Center

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. 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.



Avoiding Holiday Scams

Adapted from FBI.gov

When shopping online during the holiday season—or any time of year—always be wary of deals that seem too good to be true. Don't become a scammer's next victim. Scams to be wary of include:

- **non-delivery scams** - you pay for goods or services you find online, but you never receive your items
- **non-payment scams** - you ship purchased goods or services, but never receive payment for them
- **auction fraud** - a product you purchase was misrepresented
- **gift card fraud** - a seller asks you to pay with a pre-paid card

These scams cost people hundreds of millions in losses every year. The [Internet Crime Complaint Center's \(IC3\)](#) receives a large volume of complaints in the early months of each year, suggesting a correlation with the previous holiday season's shopping.

Protect yourself.

Whether you're the buyer or the seller, there are a number of ways you can protect yourself—and your wallet:

- Don't click suspicious links or attachments in emails, on websites, or on social media. [Phishing scams](#) and similar crimes get you to click on links and give up personal information. You may unknowingly download malware to your device.
- Be especially wary if a company asks you to update your password or account information. Look up the company's phone number on your own and call the company.

Know who you're buying from or selling to.

- Check each website's URL to make sure it's legitimate and secure. A site you're buying from should have https in the web address: don't enter information if it doesn't.

- If you're purchasing from a company for the first time, do your research and check reviews.
- Be wary of purchasing items from sellers outside the country.

Be careful how you pay.

- Never wire money directly to a seller.
- Don't pay with pre-paid gift cards.
- Use a credit card when shopping online and check your statement.
- Monitor the shipping process. Always get tracking numbers for items you buy online.
- When selling, be suspect of any credit card purchases where the address of the cardholder does not match the shipping address.

National Hospice & Palliative Care Week: November 1-7

By Hospice of the Northwest

The first week of November is National Hospice & Palliative Care Week, a time to raise awareness about the importance of compassionate end-of-life care. This year's theme is "Home Is Where Care Happens."

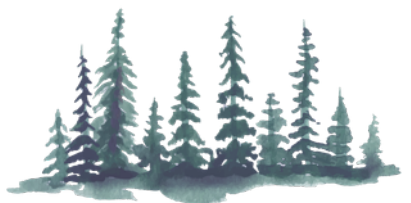
For islanders, home is more than a place: it's a community, a way of life, and part of our identity. When facing a life-limiting illness, being at home becomes more important than ever. In fact, many patients tell us, "I just want to stay here at home, on the island."

When patients enroll in hospice care, expert medical, emotional, social, and spiritual support is delivered right to their doorstep. We focus on what matters most to the patient, helping them live as fully as possible, on their own terms.

Hospice of the Northwest has proudly served the San Juan Islands since 1984, but it truly takes a village. Healthcare professionals, nonprofit hospice organizations, volunteers, private caregivers, family, friends, and neighbors all play a valuable role.

This November, we celebrate the compassionate community that helps islanders stay exactly where they want to be at the end of life: at home.

For more information about hospice services, visit www.HospiceNW.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 a New Member!

Beau Borrero

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. (no class on Friday, November 13)** at Orcas Senior Center. Led by experienced artist Carla Stanley, everyone welcome 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! **Pinochle (Mon. & Thurs. at 12:30 p.m.)**, **Spite & Malice (Wed. after lunch)**, and **Karma (Wed. after lunch)**. For more information, contact Edy Hansen at edy@orcasseniors.org or 206-413-6167.

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.

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.

Fidget Quilting

Join Brenda Bacon for a Fidget Quilt workshop on **Wednesday, November 18, 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.

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!

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. Let's stitch together and share the joy of quilting!

Another Successful Mammogram Event at Orcas Senior Center

Our September Assured Imaging mammogram event at Orcas Senior Center was another great success! More than 100 people were able to receive their mammograms right here on Orcas, avoiding the time and expense of traveling off island for this important screening.

If you have insurance and receive a bill for your mammogram, please call Assured Imaging directly at 855-202-0042 with any billing questions or concerns.

Revitalize Your Body and Mind with Tara Plank's Yoga Workshop

Join Tara Plank for an energizing LYT Yoga Workshop on **Saturday, November 21, from 10:30 a.m. to 11:45 a.m.** at Orcas Senior Center. This core-focused vinyasa practice, inspired by LYT Yoga and developed by a skilled physical therapist assistant, follows a specialized blueprint based on neurodevelopmental principles. The workshop is designed to correct postural imbalances and enhance movement efficiency—classes are by donation!

Please bring a yoga mat (and blocks if available). For more information, visit www.alignmovementtherapy.com or contact Tara Plank directly at tara@alignmovementtherapy.com.

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.

Challenges of Living Alone

Do you live alone and sometimes wish you had others to talk with who understand the experience? A new Challenges of Living Alone Group is starting at Orcas Senior Center. This casual peer group is a place to connect with others who live alone, share concerns, exchange ideas, and offer helpful suggestions and support. Come once or join us every week, it's an opportunity to meet others and learn from one another. The group meets on **Tuesdays at 1 p.m.**, beginning **November 3**.

Orcas Talks Money: When Every Minute Counts

Join us on **Wednesday, November 18 at 1:15 p.m.** at Orcas Senior Center for an Orcas Talks Money class on preparing for an unexpected medical emergency. Presenters from Island Hospital, Airlift Northwest, and Orcas Island Fire & Rescue will share practical information about emergency transportation off island, what to expect if you or a loved one needs to be flown off for care, and transportation options for returning home after discharge. Attendees will leave with practical information and greater confidence about what to do in a medical emergency.

For more information about Orcas Talks Money workshops, please visit orcascrcfinance.org.

Move with Ease: Gentle Feldenkrais Classes with Emillie Novak

Discover the power of mindful movement with Emillie Novak, an experienced Feldenkrais practitioner. Join her for a gentle, seated movement class **every Tuesday at 11 a.m.** at Orcas Senior Center. Improve mobility, balance, stability, and even vision—ideal for all fitness levels. Please wear comfortable clothing and non-slip shoes. Each class is \$15.

Questions? Contact Emillie Novak at islandnovak@gmail.com.

Walking Group

Every **Monday, at 10 a.m.**, join Jessie McConville for a leisurely morning walk. Free and open to everyone. No registration required — just show up! Questions? Call 360-376-7265.

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.



November/December Book Club's Pick

Siddhartha by Hermann Hesse

OSC Monthly Book Club

To join the Book Club on **Tuesday, December 1 at 1 p.m.** at the Orcas Senior Center contact Stephen Bentley at stephen@swbentley.com or 310-694-7165.

Sound Bath Tuesdays

Join a relaxing crystal bowl sound bath every **Tuesday at 11 a.m.** at Orcas Senior Center, guided by Andréia Henigson. Bring a yoga mat and comfort props like a blanket or pillow.

Sliding scale pricing, with free spots for financial hardship. Reserve at <https://attune.you>; walk-ins welcome as room allows. Doors close promptly at 11 a.m.

Tech Help with Kim

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.

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.

The Art of Expression

Every Friday, Art with Carla at Orcas Senior Center brings people together to create unique works of art through creativity, personal expression, and fun —without rules or right and wrong. The Art of Expression features a curated collection of artwork in a variety of media by Carla Stanley's group. Stop by Orcas Center to enjoy this unique exhibit on display until **November 18!**

November 2026

Orcas Senior Center Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 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	3 10 am Chair Yoga 11 am Feldenkrais 11 am Sound Bath 12 pm Ukulele 1 pm Living Alone Group 1:30 pm Bridge	4 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma 1 pm Advance Care Planning Workshop	5 Island Hearing Clinic 10 am DOL2Go 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Etch A Sketch 2 pm Drumming	6 1 pm Art w/ Carla 1 pm Tech Help 1:30 pm Needlework	7
8	9 9:30 am Watercolor 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	10 10 am Chair Yoga 11 am Feldenkrais 11 am Sound Bath 12 pm Ukulele 1 pm Living Alone Group 1:30 pm Bridge	11 OSC & SJC CLOSED 	12 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1 pm Quilting 1:30 pm Etch A Sketch 2 pm Drumming	13 1 pm Tech Help 1:30 pm Needlework	14 10 am to 2pm Grannie's Holiday Sale
15	16 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	17 10 am Chair Yoga 11 am Feldenkrais 11 am Sound Bath 12 pm Ukulele 1 pm Living Alone Group 1:30 pm Bridge 2 pm Good Death/Good Life Cafe	18 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Fidget Quilt 1 pm Karma 1:15 pm Orcas Talks Money Presentation	19 10 am Chair Yoga 11 am & 12 pm Ukulele 12:30 pm Pinochle 1:30 pm Etch A Sketch 2 pm Drumming	20 1 pm Art w/ Carla 1 pm Tech Help 1:30 pm Needlework	21 10:30 am Tara Plank Yoga
22 10 am - 2 pm SHIBA Drop In Help	23 9:30 am Watercolor 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	24 10 am Chair Yoga 11 am Sound Bath 12 pm Ukulele 1 pm Living Alone Group 1:30 pm Bridge	25 10 am Grief 11:30 am Lunch! 12:30 pm Spite & Malice 1 pm Karma	26 OSC & SJC CLOSED 	27 OSC & SJC CLOSED	28
29	30 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 1:15 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

For referrals to paid caregivers, please contact Heidi Bruce at 360-370-0591 or the Orcas Community Resource Center at 360-376-3184.

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)

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 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.

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.

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.





Exploring the Future of Assisted Living on Orcas Island

By Orcas Island Public Library

Join us on **Friday, November 6 at 1:30 p.m.** in the Library Community Room to learn from our island neighbors at Villages at the Harbor (San Juan Island) and Hamlet House (Lopez Island) about how they made senior housing and assisted living a reality in their communities.

Brought to you by:



Honoring Your Last Wishes

By Orcas Island Public Library

Come to the Orcas Island Public Library on **Thursday, November 12 at 11:00 a.m.** to hear a panel explain options on Orcas Island and off-island for burial, green burial, and cremation.

You'll learn:

- how much various options cost and why;
- the availability of burial options on Orcas Island; and
- how to create a plan your loved ones can follow.

Presented by:

Cole Erikson, Funeral Director for Evans Funeral Chapel & On-Site Crematory

Libby Garcia, RN, Threshold Collective, and Orcas Conservation Burial

Leith Templin, Commissioner for the Orcas Island Cemetery District

Estate Planning with Phil George of Safe Harbor Legal Solutions

By Orcas Senior Center

On **Wednesday, December 2 at 12:45 p.m.**, Orcas Senior Center will welcome Phil George from Safe Harbor Legal Solutions for an in-depth discussion on estate planning. George will address four essential goals to keep in mind when preparing for the future, including protecting your finances from uncovered long-term care costs, minimizing death taxes, safeguarding your ability to remain in your home, and reducing the potential burden on your family. This presentation offers valuable guidance for anyone interested in planning ahead and protecting their assets.



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Issue: November 2026
Website: www.orcasseniors.org