Orcas Senior Signal

DECEMBER 2026

The Official Senior Services Newsletter from San Juan County Health & Community Services







Come celebrate the Holiday Season with Joy, Laughter, and Festive Cheer at the Orcas Senior Center.

Tips for Celebrating the Holidays with Seniors

Adapted from an article by Julie Novara on goldenharmonync.com

The holidays are a time for tradition, reflection, and connection. But for many older adults, this season also brings challenges. Navigating winter weather, health concerns, and feelings of loneliness can be difficult for seniors especially when family isn't close by. Consider these tips to make the most of the holidays:

- **Make connection a top priority:** Involve seniors in holiday planning and shopping, organize a memory night, and schedule virtual celebrations and send care packages for those who live apart.
- **Revive favorite traditions and/or create new ones:** Decorate together, make time for holiday baking and crafting, listen to seasonal music, and watch classic holiday films. Relive memories this year!
- **Watch for signs of seasonal loneliness:** Visit, call, text, or send cards; be sure your loved one knows you care. Encourage social connection through community activities.
- **Remember to share favorite memories:** Invite your loved one to talk about past holidays that included extended family and friends. Sharing memories can bring comfort and a sense of peace.
- **Focus on safety:** Prevent falls by keeping walkways and driveways clear of ice and ensuring adequate lighting in the home. Simplify holiday décor to reduce tripping hazards and use flameless candles.
- **Maintain healthy habits:** Monitor medication schedules, especially if there will be disruptions in normal routines. Stay flu- and COVID-conscious and get vaccinations. Get plenty of rest and downtime. Be mindful of food portions and indulging in special treats; moderation is the key. Keep up with exercise routines.
- **Be flexible:** Ask loved ones to participate in planning but respect their choices if they decide to pass on some events or do things their own way.

With some thoughtful choices and planning ahead, you and your loved ones can enjoy a fun, relaxing and memorable holiday season!

Celebrate the Holidays with Us!

By Orcas Senior Center

Join us at Orcas Senior Center on **Saturday, December 12, from 3:00 to 4:30 p.m.** for a festive gathering filled with holiday cheer! Bring a dish to share and a white elephant gift to add some extra fun to the celebration. Come enjoy the season, connect with friends, and celebrate together.

For questions or to volunteer with clean-up please reach out to Edy Hansen at 206-413-6167 or edy@orcasseniors.org.



Afternoon Tea on December 3



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, December 3 at 2 p.m.** Delight in the company of friends while savoring a selection of tea, cookies, sandwiches, 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!

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SAN JUAN COUNTY WASHINGTON

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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 and
Kitchen Staff on Orcas

December 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	WEDNESDAY
All menu items subject to change due to food cost and availability.	**December 2** Turkey Meatloaf Mashed Potatoes & Gravy Peas & Carrots Garden Salad Dessert
December 7 Cabbage Rolls Baked Yams Garden Salad Dessert	**December 9** Beef & Cheese Enchiladas Spanish Rice Roasted Corn Salsa Dessert
December 14 Honey Mustard Chicken Veggie Rice Pilaf Roasted Carrots Spring Mix Salad Dessert	**December 16** Spaghetti w/ Meat Sauce Green Beans Garlic Toast Ceasar Salad Dessert
December 21 Tuna Casserole Buttered Carrots Spinach Salad Dessert	**December 23** **Holiday Lunch** Roast Beef Mashed Potatoes & Gravey Buttered Peas Dinner Roll Dessert
December 28 Pesto Tortellini w/ Sundried Toamto Italian Vegetables Caesar Salad Dessert	**December 30** Pork Salsa Brown Rice Mexican Street Corn Dessert

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 Ends December 7

By SHIBA

Sunday, December 7 is the last day to make changes to your Medicare drug and Advantage plans for 2027. If your current plan is not available next year, you have extra time to select a new plan, but don't avoid a coverage gap. SHIBA volunteers can help you choose the plan that fits your needs.

The SHIBA office calendar is full, but volunteers will host a drop-in enrollment event on **Saturday, December 5, 10 a.m. to 2 p.m.** at Orcas Senior Center. No registration is needed. Sign up on arrival and volunteers will assist 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.

Seasonal Affective Disorder

By the National Institute of Mental Health

Many people have the "winter blues" when the days get shorter in the fall and winter; however, sometimes, these mood changes are more serious. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD).

SAD is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting about 4–5 months out of the year. The signs and symptoms of SAD include those associated with depression such as feeling anxious, helpless or irritable, having a loss of interest in activities, decreased energy and fatigue, difficulty concentrating or making decisions, changes in sleep or eating patterns, and/or physical aches and pains.

If you are showing symptoms of SAD, talk to your health care provider. Available treatments include light therapy, Psychotherapy, Antidepressant medication and Vitamin D.

For more information, visit the National Institute of Mental Health: https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder.

Beware of Mystery Package Scams



By Katherine Ha, CENTS

A relatively new online retail scam is targeting unsuspecting seniors, with mysterious packages showing up on doorsteps, items you never ordered and don't want.

According to consumer watchdogs, scammers are using your name and address to send cheap products through major online retailers. This tactic, known as a "brushing scam," is often used to boost fake product reviews or steal your personal information.

These surprise deliveries may seem harmless, but they can be a sign your data has been compromised. Scammers may have accessed your online account or stolen your identity to place fake orders.

Here's how to protect yourself:

- Don't keep the package. Report it to the retailer and ask how to return it.
- Check your accounts. Look for unknown charges, especially on Amazon or other shopping sites.
- Change your passwords. If a scammer has your address, they may have more personal data.
- Don't post the package online. Sharing it could give scammers more information.

If you receive an unexpected delivery, be alarmed, it may be part of a bigger scam. Seniors are often targeted because scammers assume they're less tech-savvy—prove them wrong by staying informed.

When in doubt, contact the retailer or a trusted family member before taking action. Stay alert and protect yourselves.

Energy Cost Assistance

By OPALCO

Applications are available for Project Pal financial assistance ($300 one-time grant for the heating season) on the OPALCO website https://www.opalco.com/account-services/project-pal/. To receive Pal funds this year, applicants must:

- Be OPALCO residential members
- Have been active members for at least four months
- Qualify for other assistance programs

OPALCO
Co-op Run. Community Powered.

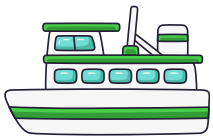


December Holidays

- **Friday, Dec. 25** - Christmas Day
- **Friday, Jan. 1** - New Year's Day

San Juan County Senior Services and Orcas Senior Center will be CLOSED on these holidays.

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.

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!

John Titus, Kimberly Mueller, and Parker Pavitt

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, 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.

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 1:15 p.m.**

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.

Fidget Quilting

Join Brenda Bacon for a Fidget Quilt workshop on **Wednesday, December 16, 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 are welcome; material donations are appreciated. No registration required. Contact Brenda at 704-957-0683 or email her at baconbc@outlook.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.

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

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 by calling Kim at 360-472-0480.

Walking Group

Our Monday walking group is taking a break for December and will return in January, weather permitting. We look forward to seeing you then for fresh air, light exercise, and good company! Questions? Call 360-376-7265.

Weathering Winter Together

When winter storms hit Orcas, the Senior Center may close and Meals on Wheels or Senior Lunch may be canceled. We usually follow Orcas Island School District closures, but we may close even when school stays open if conditions aren't safe.

Keep extra water, food, and medications on hand, and stay off icy roads. Lunch will be here when the weather clears. Stay warm and look out for your neighbors!

Please make sure you keep adequate water, food, and medications on hand in case of inclement weather this winter. Stay safe everyone!

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

Join Tara Plank for an energizing LYT Yoga Workshop on **Saturday, December 19, from 10:30 a.m. to 11:45 a.m.** at Orcas Senior Center. This core-focused vinyasa practice, inspired by LYT Yoga 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 by emailing tara@alignmovementtherapy.com.

Move with Ease: Gentle Feldenkrais Classes with Millie 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 Millie Novak at islandnovak@gmail.com.

A Little Laughter, A Little Lightness

Brighten your day with laughter and connection! Join Jackie Smith of Playfully Alive on **December 4 from noon to 1 p.m.** at Orcas Senior Center for a fun, welcoming laughter yoga session. Enjoy playful laughter exercises, gentle movement, and relaxed breathing in a friendly, supportive setting.

No yoga poses, jokes, or experience necessary! Activities can be done seated or standing. Come as you are, bring your smile, and enjoy an hour of laughter and lighthearted fun.

Contributions are welcome but not required. Free and open to everyone! Questions? Contact Jackie at jackiesmith@playfullyalive.org.

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!

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.

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!



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 call 310-694-7165.

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.

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 11 a.m. and noon**, for for true beginners. Kathy covers basic chords and strumming; free, bring your own ukulele. For info, including how to borrow a ukulele, please email kcollister15@gmail.com.

Art at Orcas Senior Center: Featuring Andy Lynn

Stop by Orcas Senior Center **Monday through Friday, 9 a.m. to 3 p.m.**, through the end of the year to enjoy the beautiful artwork of local artist Andy Lynn!

Andy has called Orcas Island home for 20 years. You may recognize him from local theater productions or from the many flowers he has planted around town. Inspired by the beauty of nature, Andy enjoys creating impermanent art on beaches and in the woods. He finds beauty all around him and loves finding ways to capture and recreate it through his art.

Come by, take a look, and enjoy the creativity of one of our island's own!

December 2026

Orcas Senior Center Activity Calendar

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** **10 am** Chair Yoga **11 am** Feldenkrais **11 am** Sound Bath **12 pm** Ukulele **1 pm** Book Club **1:15 pm** Living Alone Group **1:30 pm** Bridge	**2** **10 am** Grief **11:30 am Lunch!** **12:30 pm** Spite & Malice **12:45 pm** Estate Planning **1 pm** Karma	**3** **Island Hearing Clinic** **10 am** Chair Yoga **11 am & 12 pm** Ukulele **12:30 pm** Pinochle **1:30 pm** Etch A Sketch **2 pm** Drumming **2 pm** Afternoon Tea	**4** **12 pm** Laughter Yoga **1 pm** Art w/ Carla **1 pm** Tech Help **1:30 pm** Needlework	**5** **10 am** SHIBA drop-in enrollment event
6	**7** **11 am** Partners in Care **11:30 am Lunch!** **12:30 pm** Pinochle **1 pm** Caregiver Group **1:15 pm** Ukulele	**8** **10 am** Chair Yoga **11 am** Feldenkrais **11 am** Sound Bath **11 am & 12 pm** Ukulele **1:15 pm** Living Alone Group **1:30 pm** Bridge	**9** **10 am** Grief **11:30 am Lunch!** **12:30 pm** Spite & Malice **1 pm** Karma **1:15 pm** Know Your Options	**10** **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	**11** **1 pm** Art w/ Carla **1pm** Tech Help **1:30 pm** Needlework	**12** **2pm** Holiday party
13	**14** **9:30 am** Watercolor **11 am** Partners in Care **11:30 am Lunch!** **12:30 pm** Pinochle **1:15 pm** Ukulele	**15** **10 am** Chair Yoga **11 am** Feldenkrais **11 am** Sound Bath **11 am & 12 pm** Ukulele **1:15 pm** Living Alone Group **1:30 pm** Bridge	**16** **10 am** Grief **11:30 am Lunch!** **12:30 pm** Spite & Malice **1 pm** Fidget Quilt **1 pm** Karma **1 pm** Emergency Preparedness Workshop	**17** **10 am** Chair Yoga **11 am & 12 pm** Ukulele **12:30 pm** Pinochle **1:30 pm** Etch A Sketch **2 pm** Drumming	**18** **1 pm** Art w/ Carla **1 pm** Tech Help **1:30 pm** Needlework	**19** **10:30 am** Tara Plank Yoga Workshop
20	**21** **11 am** Partners in Care **11:30 am Lunch!** **12:30 pm** Pinochle **1 pm** Caregiver Group **1:15 pm** Ukulele	**22** **10 am** Chair Yoga **11 am** Sound Bath **11 am & 12 pm** Ukulele **1:15 pm** Living Alone Group **1:30 pm** Bridge **2 pm** Good Death/Good Life Cafe	**23** **10 am** Grief **11:30 am Lunch!** **12:30 pm** Spite & Malice **1 pm** Karma	**24** **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	**25** **OSC & SJC CLOSED** Happy Holidays	**26**
27	**28** **9:30 am** Watercolor **11 am** Partners in Care **11:30 am Lunch!** **12:30 pm** Pinochle **1 pm** Caregiver Group **1:15 pm** Ukulele	**29** **10 am** Chair Yoga **11 am** Feldenkrais **11 am** Sound Bath **11 am & 12 pm** Ukulele **1:15 pm** Living Alone Group **1:30 pm** Bridge	**30** **10 am** Grief **11:30 am Lunch!** **12:30 pm** Spite & Malice **1 pm** Karma	**31** **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		

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.

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
Looking for an affordable home to rent or own? OPAL Community Land Trust may be able 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.

Know Your Options: Planning for Future Care Needs

By Orcas Island Public Library

Planning for future care needs can feel overwhelming, especially when families are faced with unfamiliar services, complex eligibility rules, and difficult decisions about where and how care will be provided.

The Orcas Community Resource Center will present Know Your Options: Plan Your Care on **Wednesday, December 9 at 1:15 p.m**. at Orcas Senior Center as part of the Orcas Talks Money workshop series. No registration is required.

This workshop will help older adults, family members, and caregivers better understand long-term care options, including in-home care, assisted living, adult family homes, skilled nursing facilities, Medicare coverage, Medicaid long-term care programs, and caregiver support resources.

For more information, please contact OCRC by calling 360-376-3184 or visit orcascrcfinance.org.



Ready, Set, Prepare! Emergency Prepardness Workshop

By Orcas Senior Center

Join us at Orcas Senior Center on **Wednesday, December 16, at 1 p.m.** for an important emergency preparedness workshop led by Brendan Cowan, Director of San Juan County Department of Emergency Management and sponsored by Orcas Community Resource Center.

Learn how to prepare for at least two weeks following a disaster, including building emergency supplies, planning for power outages, managing medications and medical equipment, and staying connected when communication services are unavailable. Come learn, prepare, and be ready! Free and open to everyone.



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 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.

Based in Anacortes and Bellingham, Phil George is an experienced estate planning and elder law attorney. This presentation offers valuable guidance for anyone interested in planning ahead and protecting their assets. Everyone is welcome to attend.

Or Current Resident

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