



The Great Swendini Magic Show

Prepare to be dazzled by an unforgettable magical spectacle at Orcas Senior Center on **Monday, July 22nd at 1 p.m.** Swen Nater is an American and National Basketball Association player who played for eleven seasons. As a basketball player, Swen performed for millions of spectators and he is still performing today, but as a magician. He has appeared around the world, including at Hollywood's Magic Castle.

Fasten your seatbelts as Swendini makes metal go through metal, unravels knots from ropes in the blink of an eye, delves into the depths of thought with mind-reading feats, unveils playing cards in the most unexpected places, and much more! All are welcome. Don't miss out!



Marti Monroe and Donna Lee attend an art class at Orcas Senior Center, Art with Carla meets every Friday at 1.00 p.m.

Transportation Vouchers

The Transportation Voucher Program (TVP) is accepting applications starting July 1. New clients and those who have previously received vouchers are welcome to apply. This program provides eligible low income individuals with \$300 worth of vouchers to access local participating taxis/shuttles, water taxis, and ferry tickets for travel. Your income must be under \$25,000/year per person. If you don't need the full \$300 worth of vouchers but need to travel off-island for medical appointments, individual medical trip ferry ticket vouchers are often available year-round.

Information is available online at www.sanjuancountywa.gov. You can apply in-person at Orcas Senior Center or at the Orcas Community Resource Center. Please bring your ID and proof of income (e.g., social security statement, bank statement, and/or tax return) to show the person assisting you. Once approved, a voucher letter will be mailed to you. Supplies are limited so we recommend you apply soon.

Celebrating 53 Years of the Senior Nutrition Program: More Than a Meal, It's a Lifeline

Part of the Older Americans Act, the Senior Nutrition Program just started its 53rd year! More than a meal service, it's also a lifeline of connection in our community.

As we saw during COVID, older adults are at increased risk of loneliness and social isolation, which studies show can negatively affect mental and physical health. A lack of social connection increases our risk for high blood pressure, heart disease, and cognitive decline.

Studies show that people who dine with others regularly eat healthier and report better quality of life. Program participants are not simply receiving a meal; they are engaging as valued members of a connected community.

San Juan County, Whatcom Council on Aging, and Orcas Senior Center (OSC) work together to provide senior meals and Meals on Wheels prepared at OSC. Many volunteers support their commitment to continue nurturing connections and, in turn, individual and community health. Thank you!

What's inside...

Monthly Financial Q&A

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Yoga with Sam

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And much more!

Quote for the Month

"Champions keep playing until they get it right." — Billie Jean King



San Juan County Staff

Jami Mitchell

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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. Feedback forms are available by contacting Jami Mitchell at 360-376-7926 or JamiM@sanjuancountywa.gov.

The newsletter is published by San Juan County Senior Services with a grant from the Northwest Regional Council. 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

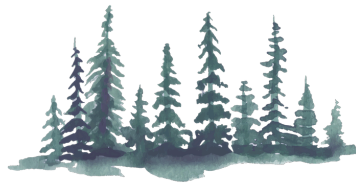
Meals provided through a partnership with the nonprofit organization Whatcom Council on Aging. Meals on Wheels are delivered **Mon., Wed., and Fri.** Contact Steven Ziegler at stevencz@sanjuancountywa.gov or 360-370-7525 for eligibility.

Ian Cassinos

Food Services Manager

Kevin Gregus & Mike Knight

Kitchen staff on Orcas



ORCAS SENIOR CENTER

Age Well on Orcas

**Monday through 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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Got Bags?

Want to recycle your clean paper bags for re-use by our Meals on Wheels program? You can drop them off at the Orcas Senior Center during our **open hours of Monday through Friday, 9 a.m. to 3 p.m.** Thank you!

ORCAS SENIOR CENTER Welcomes New Members!

Amanda Tarkington and Kathi Giles

**Not a member or
need to renew?**

Go to orcasseniors.org/member

VOLUNTEERS NEEDED

Seeking Volunteer Drivers for Off-Island Medical Transportation

The Orcas Senior Center is currently seeking volunteer drivers to support our off-island medical transportation program. We provide a small stipend to volunteer drivers based on the destination. Join our team of dedicated drivers today! For more information, please contact Edy Hansen at 206-413-6167 or email edy@orcasseniors.org.



Getting Ready for Medicare

Is 2024 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 **Tuesday, July 23 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.

Evening Yoga Class

Join Tara Plank's active vinyasa-style yoga sessions on **Mondays and Wednesdays at 5:30 p.m.** at Orcas Senior Center. Classes emphasize the science of yoga, with attention given to moving from a place of stability. Each class addresses core strength in a neutral posture and includes moving up and down from the mat. Simply bring your mat (and yoga blocks if available). The suggested price per class is \$15 or \$12 for OSC members. For further details, explore

www.alignmovementtherapy.com

or reach out via email at tara@alignmovementtherapy.com.

Don't miss this wonderful chance to harmonize your mind and body, fostering enhanced wellbeing. All are welcome and please enter at the South door.

Virtual Movement Classes

Pam's Power Hour with Pam Evans (**Mondays/Wednesdays/Fridays, 9 a.m.**) – Low-impact strength, conditioning, and flexibility class that includes lots of stretching. \$10 per class. Contact Pam at 360-317-4636 or baca9214@gmail.com.

Zumba with Alyson Stephens (**Tuesdays/Thursdays, 9 a.m.**) – Low-impact dance fitness with songs that vary in speed. Also offered in-person at The Odd Fellows Hall. Classes are \$8 each or \$40 per calendar month. Contact Alyson at 360-298-2990 or alysonclarkstephens@gmail.com.

Zumba Gold with Mikari Kurahashi (**Saturdays, 9 a.m.**) – Low intensity dance exercise class featuring Latin and World rhythms designed to meet the needs of seniors. Free. Contact Mikari directly at mikariski@yahoo.co.jp.

Qigong with Joan Roulac (**Wednesdays, 9 a.m.**) – 15-minute sessions of Qigong to gently loosen muscles, strengthen immunity, build balance, and increase energy. Four-session series for \$40. Contact Joan at 360-298-2789 or joan@MountaintopMusings.com.

Monthly Financial Q&A with Retired CPA Michael Kulper

Join Michael Kulper, a retired CPA and college accounting instructor, for insightful monthly Q&A sessions on budgeting, saving, and investing. These sessions will take place at the Orcas Senior Center on the first Monday of every month, starting Monday, July 1, at 5:30 p.m. Topics will include mutual funds, stocks, and bonds. No preregistration required. For inquiries, reach out to Michael at 360-622-1158.

July Book Club: The Piano Lesson by August Wilson

In his second Pulitzer Prize-winner, *The Piano Lesson*, the heart of the play stands the ornately carved upright piano which, as the Charles family's prized, hard-won possession, has been gathering dust in the parlor of Berniece Charles's Pittsburgh home. When Boy Willie, Berniece's exuberant brother, bursts into her life with his dream of buying the same Mississippi land that his family had worked as slaves, he plans to sell their antique piano for the cash he needs to stake his future. But Berniece refuses to sell, clinging to the piano as a reminder of the history that is their family legacy, this dilemma is the real "piano lesson." (Amazon, n.d.)

To participate in this month's Book Club on **Tuesday, July 23 at 1 p.m.**, contact Stephen Bentley at stephen@swbentley.com or 360-376-2299.

Quilting Group

Are you passionate about quilting? If the answer is yes, we invite you to join our group every **second and fourth Thursday of each month from 1 p.m. to 4 p.m.** at Orcas Senior Center. Bring along your current quilting project and discover the inspiring creations of fellow enthusiasts. For inquiries, feel free to reach out to Edy Hansen at Edy@orcasseniors.org or call 206-413-6167. Let's stitch together and share the joy of quilting!

Needlework Circle

Are you passionate about knitting, crocheting, needlepoint, or embroidery? Join Orcas Senior Center's Needlework Circle on **Tuesdays at 2 p.m.** Grab your ongoing project and be part of a wonderful free gathering filled with camaraderie, conversation, and the exchange of tips and technical assistance. For additional details, contact Edy at 206-413-6167 or Edy@orcasseniors.org.



Art with Carla!

Unleash your creativity every **Friday, 1-3 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. Carla's lifelong passion for drawing, backed by an Associate of Arts degree in Visual Communications from The Art Institute of Seattle, makes her the perfect guide for a fun and inclusive artistic journey.

With a background in teaching classes at the Funhouse Commons, Orcas Island Parks and Recreation, Poppie's, and Orcas Island School District and a history of art contest victories, most recently for the San Juan County Luci B Community Wellness Van, Carla brings a wealth of experience. The class is \$10 (or \$8 for OSC members). Contact Carla at onlyonorcas@gmail.com or 360-317-5652 to secure your spot. Uncover your artistic potential and join us for creative Fridays at Orcas Senior Center!

Bridge Club

Discover the joy of playing bridge! Join us at Orcas Senior Center every **Tuesday at 1:30 p.m.** for an engaging session with the Bridge Club. Forge new friendships and enjoy the strategic thrill of bridge. For more details, reach out to Edy Hansen at edy@orcasseniors.org or 206-413-6167. See you there!

Card Club

Come join the Card Club at Orcas Senior Center every **Monday and Thursday at 12:30 p.m.** Whether you're a seasoned pinochle player or have a new game to share, we'd love to have you join in the fun. For additional details, please reach out to Edy Hansen at 206-413-6167.



Strength and Conditioning Class

Eva-Maria Petri, a seasoned certified trainer with 15+ years' expertise, leads an accessible strength and conditioning class on **Thursdays at 11 a.m.** Targeting back and abdominal muscles, this workout incorporates stabilizing and mobilizing exercises to fortify and support your spine, enhancing overall posture. Tailored for everyday life, it adapts to varying fitness levels. Beyond strengthening, the session concludes with essential stretches to alleviate muscle tension. Addressing common imbalances caused by daily activities, regular participation in these exercises can alleviate discomfort and positively influence individual movement patterns. Eva-Maria's expertise centers on seniors and core training. There is a suggested donation of \$15 per class (\$12 for OSC members), but no one will be turned away due to financial constraints. For more information contact Eva-Maria directly at info@shaniipriya.com or 406-609-6706.



Feldenkrais/Eurythmy

Join Andrea Preiss, a seasoned Feldenkrais practitioner and therapeutic eurythmist, for a relaxing movement class at Orcas Senior Center, **Tuesdays at 11 a.m. (no class Tuesday, July 23).**

Emphasizing a seated position, these subtle exercises rooted in the Feldenkrais Method and eurythmy aim to improve your mobility, stability, balance, and vision. Please wear comfortable attire and non-slip shoes. Session fees are \$12 per class (\$10 for OSC members). Andrea, a dedicated physical therapist with almost four decades of experience, obtained certification in Germany in 2002. She has taught in various Seattle locations and established a private practice in 2019. For inquiries, contact Andrea directly at soundmovement@hotmail.com or 206-383-7705. Explore more about Andrea's expertise at www.soundmovement.org.

Spite and Malice Card Group

Come on over and spice up your Wednesdays with "Spite and Malice" card group at Orcas Senior Center! Join us **after lunch on Wednesdays** for some lively games and great company. Don't let the name scare you away! We'd be thrilled to welcome you into the fold. For more information, please contact Maggie Kaplan at mkaplan@centurytel.com or 360-376-5372. Let's make Wednesdays the highlight of your week!

Show and Tell: Unveil Your Treasures!

Embrace the chance to share your prized possessions in our captivating Show and Tell session! Whether it's stamps, coins, action figures, or vintage books, bring in your cherished collection or hobby item. Delve into its story and why it holds significance for you.

Join us **after Senior Lunch on Wednesday, July 10**, as we unravel the tales behind each unique possession. This month's theme celebrates the unexpected treasures within our community.

From painting to gardening, musical instruments to crafting, let your passion shine as you showcase your favorite hobby. We eagerly await the unveiling of your extraordinary items and the fascinating narratives they hold!



Chair Yoga

Join us for Chair Yoga, a soothing practice tailored for seniors and those with disabilities, held every **Tuesday and Thursday from 10:00 a.m. to 10:45 a.m. (no Chair Yoga July 16 & 18)**. This gentle technique incorporates the use of a chair for support, enabling participants to explore balance poses without the concern of falling.

Susie Frank, an Orcas resident of over 30 years, brings her expertise, having practiced yoga since 2009 and completed her yoga teacher training at 8 Limbs Yoga in Seattle in 2016. While Susie suggests a \$15 donation per class (\$12 for OSC members), no one will be turned away due to financial constraints. For inquiries, reach out to Susie directly at 360-298-4484 or sissooz@yahoo.com.

July Menu

Senior Lunch In-Person on Mon. and Wed.

Salads served at 11:30 am and hot entrees served at noon.
\$5 suggested donation for ages 60+.

MONDAY

JULY 1

Chicken Pot Pie
Garden Salad
Fruit Cocktail

JULY 8

German Schnitzel
Linguni Pasta
Mixed Veggies
Garden Salad
Sliced Peaches

JULY 15

Chicken Tenders
w/ Cream Sauce
Nantucket Veggies
Garden Salad
Dessert

JULY 22

Baked Ham
Scalloped Potatoes
Capri Veggies
Garden Salad
Cookie

JULY 29

Irish Bangers
Potatoes Colcannon
Cabbages & Leeks
Garden Salad
Dessert

WEDNESDAY

JULY 3

Turkey Meatloaf
Mashed Potatoes
Green Beans
Dinner Roll
Dessert

JULY 10

Pesto Salmon
Rice Pilaf
Garden Salad
Dessert

JULY 17

Pork Enchilada
Spanish Rice
Refried Beans
Garden Salad
Dessert

JULY 24

Crab Cake
Tomato Corn Salad
Oatmeal Bread
Dessert

JULY 30

Thai Red Curry w/
Chicken
Jasmine Rice
Asian Slaw
Spring Rolls



Island Rides Available

IslandRides is available to island residents for free rides and deliveries. If you would like a ride to the senior center, to an appointment, to buy groceries, or to run errands, call 360-672-2201. During inclement weather, IslandRides service may be unavailable, so please plan ahead and have plenty of food and other supplies on hand. If you are interested in being a volunteer driver, call that number or visit www.IslandRides.org.











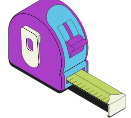














Ukulele Kanikapila and Beginners' Ukulele

Experience the joy of making music at Ukulele Kanikapila, Hawaiian for "play music," every **Monday from 1 p.m. to 3 p.m.** at Orcas Senior Center. This gathering is open to everyone with an interest in playing music for two hours each week. If you're a player looking to dive into the world of ukulele playing, join Kathy Collister's twice weekly for ukulele class on **Tuesdays and Thursdays from 12 p.m. to 1 p.m.** If you are a true beginner Kathy has an **11a.m. class on Thursdays** that will get you up to speed in no time!

Kathy, an experienced instructor, will guide you through the basics of introductory chords and strumming techniques. The class is free of charge, but make sure to bring your own ukulele. For inquiries about the ukulele sessions, including information on borrowing a ukulele, feel free to reach out to Kathy at kcollister15@gmail.com. Beginners and adults of all ages are welcome to join the musical journey!

All menus subject to change due to food cost and availability.

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9 am Power Hour 11:30 am Senior Lunch! 12:30pm Card Club 1 pm Ukulele 5:30 pm Yoga 5:30 pm Financial Q&A	2 9 am Zumba 10 am Chair Yoga 11am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 2 pm Needlework	3 9 am Power Hour 9 am Qigong 11:30 am Senior Lunch! 12:45 pm Spite & Malice 5:30 pm Yoga 	4 SJC and OSC Closed 	5 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 	6 <i>National Fried Chicken Day</i> 9 am Zumba 
7 <i>National Macaroni Day</i> 	8 9 am Power Hour 11:30 am Senior Lunch! 12:30pm Card Club 1 pm Ukulele 5:30 pm Yoga 	9 9 am Zumba 10 am Chair Yoga 11am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 2 pm Needlework	10 9 am Power Hour 9 am Qigong 11:30 am Senior Lunch! 1 pm Show & Tell 12:45 pm Spite & Malice 5:30 pm Yoga	11 9 am Zumba 10 am Chair Yoga 11am Strength 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting	12 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 	13 <i>National Rock Day</i> 9 am Zumba 
14 <i>National Tape Measure Day</i> 	15 9 am Power Hour 11:30 am Senior Lunch! 12:30pm Card Club 1 pm Ukulele 1 pm Caregiver Group 5:30 pm Yoga 	16 9 am Zumba 11am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 2 pm Needlework 	17 9 am Power Hour 9 am Qigong 11:30 am Senior Lunch! 12:45 pm Spite & Malice 5:30 pm Yoga	18 <i>Island Hearing by Appointment</i> 9 am Zumba 11 am Strength 11 am & 12 pm Ukulele 12:30 pm Card Club 	19 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 	20 <i>National Lollipop Day</i> 9 am Zumba 
21 <i>National Ice Cream Day</i> 	22 9 am Power Hour 11:30 am Senior Lunch! 12:30pm Card Club 2 pm Ukulele 1 pm Magic Show 1 pm Caregiver Group 5:30 pm Yoga	23 9 am Zumba 10 am Chair Yoga 10:30 am SHIBA 12 pm Ukulele 1 pm Book Club 1 pm Meditation 1:30 pm Bridge 2 pm Needlework	24 9 am Power Hour 9 am Qigong 11:30 am Senior Lunch! 12:45 pm Spite & Malice 5:30 pm Yoga 	25 9 am Zumba 10 am Chair Yoga 11 am Strength 11 am & 12 pm Ukulele 12:30 pm Card Club 1 pm Quilting	26 9 am Power Hour 11:30 am Yoga w/ Sam 1 pm Art w/ Carla 	27 <i>National New Jersey Day</i> 9 am Zumba 
28 <i>National Tree Day</i> 	29 9 am Power Hour 11:30 am Senior Lunch! 12:30 pm Card Club 1 pm Ukulele 1 pm Caregiver Group 5:30 pm Yoga	30 9 am Zumba 10 am Chair Yoga 11am Feldenkrais 12 pm Ukulele 1 pm Meditation 1:30 pm Bridge 2 pm Needlework 	31 9 am Power Hour 9 am Qigong 11:30 am Senior Lunch! 12:45 pm Spite & Malice 5:30 pm Yoga 	<p>In-person lunches are hosted on Mondays and Wednesdays. Suggested donation is \$5 for 60+. Salads served at 11:30 am and hot entrees are served at Noon.</p>  		

Vibrant Stitches: Quilters' Showcase at Orcas Senior Center

Step into the Orcas Senior Center any weekday between 9 a.m. and 3 p.m. to delve into a magnificent display of quilting artistry! Throughout the months of July and August, we invite you to explore the dynamic Quilters' Art Exhibition, featuring captivating works by our community's talented artisans. Revel in the kaleidoscope of hues and intricate patterns meticulously crafted by local hands. Each quilt tells a story, exuding the heartfelt dedication and creativity of its maker. Don't miss this opportunity to witness the harmonious fusion of color and form at our vibrant showcase.



Hearing Services with Island Hearing

Stacie Nordrum, Au.D., CCC-A, from Island Hearing Healthcare, provides hearing care at Orcas Senior Center every **first Thursday of the month (in July Hearing Healthcare will be on Thursday the 18th)**. Schedule your appointment in advance, as availability fills up rapidly. The range of services offered includes hearing assessments, personalized consultations, hearing aid programming, and various other hearing aid services. Additionally, complimentary clean and checks for hearing aids, along with general consultations, are available. For scheduling appointments and all other inquiries, reach out to Stacie directly at 360-378-2330 or islandhearing@gmail.com. Learn more about Island Hearing Healthcare by visiting www.islandhearing.net.



Yoga with Sam

Join Samantha Fisher in a holistic movement practice suitable for all experience levels. With over three years of teaching, she draws from her training in Hatha Yoga and Integrated Movement Therapy.

Classes take place on **Fridays at 11:30 a.m.**, with a suggested donation of \$15 (\$12 for OSC members). No one will be turned away due to financial constraints. Participants are encouraged to bring their own mats and, if available, blocks and blankets. For inquiries or supply needs, contact Samantha at 360-600-7372 or samantharichellefisher@gmail.com.

Mindful Tranquility: Weekly Meditation

Julia Summers leads a weekly meditation group at Orcas Senior Center every **Tuesday at 1 p.m.** Regardless of prior experience, Julia extends a warm invitation to all, emphasizing inclusivity by operating the sessions on a donation basis. With open hearts, she embraces everyone, cultivating a community dedicated to the profound journey of self-discovery and tranquility.

Julia's own transformative journey began amidst the nomadic families of Nepal, where she discovered profound solace in spirituality, choosing inner richness over material pursuits. Imbibing the teachings of Buddhism and seeking wisdom from spiritual mentors, Julia later shared her expertise at the Spirit Rock Meditation Center. In 2013, fueled by a passion to spread the transformative power of mindfulness, she founded Spirit House, a haven for spiritual retreats. Email Julia at spirithouseojai@gmail.com for more information. All are welcome!

Current Services Provided

Community Lunch is served in person at the Orcas Senior Center on Mondays and Wednesdays. Please join us! \$5 suggested donation for ages 60+. Salads are served at 11:30 am and hot entrees are served at Noon.

Home delivered meals are available for eligible seniors on Mon., Wed., and Fri. Please contact Steven Ziegler at 360-370-7525 or StevenZ@sanjuancountywa.gov for eligibility, 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.

Transportation assistance for off island medical appointments may be available. To request a ride or to volunteer as a driver contact Edy Hansen by calling 206-413-6167 or email Edy@orcasseniors.org.

Home Maintenance & Repair program helps seniors and adults with disabilities secure contractors and assure that work is done well and in a timely manner. Subsidies are not available at this time. Inquire by calling 360-643-4419 or emailing HomeRepair@orcasseniors.org.

Foot care services are provided by Footcare with a Heart, LLC by appointment only. To make an appointment or to inquire about the fee, please contact Erica Bee at 360-622-8234.

Programs and activities are listed on the enclosed calendar, or you can go to the Calendar of Events page at www.orcasseniors.org for the latest offerings. For more information, please contact Edy Hansen at Edy@orcasseniors.org or call 206-413-6167.

Companion Services are available. Buddy Check-In volunteers are calling their buddies for enriching conversation and companionship for seniors. Are you interested in being matched up with a Buddy volunteer? Contact Edy Hansen at 206-413-6167 or Edy@orcasseniors.org to learn more!

Lions Club Mobility Equipment

Mon., Wed., & Fri. 10 to 11 am.

Orcas Island Food Bank

Tuesdays and Fridays 11 am 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 pick up 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 works to ensure that all Orcas Islanders have access to services and support for their well-being. Call 360-376-3184 or email info@orcascrc.org.

Orcas Door to Door

Call 360-622-2929 for on-island transportation assistance.

Weatherization

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

Medicare/SHIBA

Volunteers assist with Medicare enrollment, choosing secondary plans, and affordable healthcare. Medicare help is available FREE by appointment. Call 360-376-5892 or email orcasshiba@yahoo.com.

Energy Assistance

Need help with electric bills? Call OPALCO at 360-376-3500 for eligibility and to apply.

Veterans Administration

Call 1-800-827-1000 or 360-370-7470 or email veterans@sanjuancountywa.gov.

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.

Mobile Integrated Healthcare (MIH)

Call 360-762-5035, email MIH@orcasfire.org, or see orcasfire.org for information.

Caregiving Information

OrcasCaregivingConnection.org is an online directory of local caregivers and resources for caregiving on Orcas. Call 1-888-685-1475 for more information.

IslandRides

Daily rides and deliveries by donation. Call 360-672-2201. Volunteer drivers welcome!

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.

Hearing Screenings

Stacie Nordrum of Island Hearing Healthcare. Call 360-378-2330.

Social Security

Call 1-800-772-1213 or go online to www.socialsecurity.gov/myaccount.

Mental Health Crisis hotline

Call the 24-hour mental health crisis line at 1-800-584-3578 or go to www.imhurting.org.

Please contact the service for the most updated information.

Bulk Rate
U.S. Postage
PAID
Permit #2
Eastsound, WA
98245

Or Current Resident

Phone: 360-376-2677
Location: 62 Henry Rd
Email: stevenz@sanjuancountywa.gov
Issue: July 2024
Website: www.orcasseniors.org

PO Box 1146
Eastsound, WA 98245

San Juan County Health & Community Services