
INFORMATION & RESOURCES

Winter 2018

Living Long on Lopez - the Physical Balance Program

On Saturday, November 4, Lopez Island Hospice & Home Support sponsored an interdisciplinary panel presentation on physical balance which was attended by over 50 people. If you were present, you know how informative and useful the program was. If you happened to miss it, here are some highlights...

By way of introduction, Levanne Hendrix, R.N., spoke about the mind-body pathway and research on the benefits of several modalities in improving equilibrium and well-being.

Kim Foley, a Lopez physical therapist, spoke about the importance of fall prevention, with so many, especially elders, who find themselves on a downward trajectory after a fall, after even a simple slip. Maintaining and improving balance can be accomplished with exercises as simple as walking a straight line.

Nikyta Palmisani teaches many levels and styles of yoga at Down Dog Studio on Midnight's Farm. She led the audience in a balancing breath exercise that helps to decrease anxiety and relax tension.

Terry Marshall spoke about the Tai Chi class she facilitates on Wednesday mornings at the Lopez Community Center. Tai Chi, through a series of gentle, graceful movements with calming breath, has been shown to support joint stability and improve balance. Terry encouraged everyone to attend a class.

Heidi Strong and White Bear Woman spoke on behalf of Lopez Fit, especially the popular Silver Sneakers program. White Bear talked about how her own severe vertigo has been greatly helped by exercise practices. Lopez Fit classes are lively,

fun, and open to all levels of physical abilities. Individual coaching is also available.

Susie Teague, at Lopez at Healing Arts of Lopez (HEAL), offers Reiki and Neurological integration methods. She also has expertise in herbal and nutritional health. Susie led us in a visualization for relaxation and self-love.

Dr Gayle Isbell, a chiropractor and neurofeedback practitioner, spoke about body alignment and the importance of regular movement, and she offered several helpful demonstrations.

Presentations were followed by a chance for attendees to receive individual help and instruction from the panel. If you are interested in learning more about our local resources or in obtaining our practical hand-out, call the LIHHS office at 360-468-4446.

THE NINTH ANNUAL **JINGLE BELL DINNER**

What a night! November's Jingle Bell Dinner, proceeds to benefit Lopez Island Hospice & Home Support, was a rousing success this year, netting more than \$36,000 from sponsorships, ticket sales, and a silent auction.

The Lopez Community Center was transformed into a winter wonderland, with centerpieces of lanterns filled with sparkling white lights and holiday ornaments. Mamatamba thrilled the guests once again, and Haven provided a spectacular dinner of local oysters and halibut, with crème brulee for a wonderful finish. Spirited bidding surrounded the auction tables.

Great thanks to all who sponsored, attended, and donated their time and talents. Next year's Jingle Bell Dinner is scheduled for November 24 – see you there!

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How We Help the Island

Lopez Island Hospice & Home Support averages over 3,400 volunteer hours per year, allowing more than 25 clients annually to remain in their homes or in the care of family through assisting with shopping, providing relief for primary caregivers, grief and caregiver support counseling, and other support services.

We help defray the costs of aging, disease, and medical challenges by providing, free of charge, durable medical equipment such as wheel chairs, walkers, canes, crutches, etc.

We help educate Lopez Islanders about medical and healthcare options through the community-guided Living Long on Lopez series of seminars, providing a library of reference materials for public use, and workshops on a variety of medical and health care topics.

None of this could happen without the help of our volunteers. We thank them for their service to Lopez Island Hospice & Home Support, and to the Lopez Island community.

Fresh

To move
Cleanly.

Needing to be
Nowhere else.
Wanting nothing
From any store.
To lift something
You already had
And set it down in
A new place.

Awakened eye
Seeing freshly.

What does that do to
The old blood moving through
Its channels?

~ Naomi Shihab Nye ~

More than Twenty Years of Service to the Community