



*Renewal requires opening yourself up to new ways of thinking and feeling. – Deborah Day*

## Our Future Is at Stake on August 27— Please Attend the Village Gathering

Come help BAH celebrate our successes and craft our future from 2-5 pm on Sunday, August 27 at BSAC. There will be entertainment. There will be refreshments. But more important, there will be a conversation about what BAH should become—and how to get from here to there. Mayor Kelli Linville will be there to address us. We'll break up into small groups to talk about different aspects of the organization and brainstorm new ideas. We'll have fun. But honestly, if members don't come and pitch in, our future will be so much less than it could be.

This is your chance to make your voice heard about how BAH can better meet your needs. What can we do to make your life easier? More fulfilling? How do we build a more age-friendly Bellingham? Come with your vision and leave with a plan!

Invitations are being mailed at the end of July. Please call the office at 746-3462 or email [info@bellinghamathome.org](mailto:info@bellinghamathome.org) to RSVP. Need a ride? We can make that happen.

## Leslie Checks in

*By Leslie Jackson, Program Coordinator  
leslie.jackson@bellinghamathome.org*

Now the real work begins! This past month of training has been a whirlwind of faces, procedures, laughter, and learning, and I am grateful to all who have helped me get settled in. I so admire your dedication, commitment, and especially your volunteer spirit--you truly inspire me. Each of you that I have worked with and spoken with on the phone has reinforced my belief that volunteering as part of a dynamic, cooperative community gives purpose and meaning to our busy lives. BAH is run on volunteer energy and without it... For those of you already volunteering, THANK YOU! For those of you interested in volunteering, please call me or sign up online. By becoming a volunteer, you strengthen the BAH community and enrich your life and those around you.

And a big thank you goes out to PeaceHealth for the donation of our much-needed and lovely new cupboards and file cabinets. I'm so excited that all the pieces fit!



(Left) New office furniture, courtesy of PeaceHealth. (Lookin' good, BAH!)

(Right) Volunteer furniture movers Howard Evans, Mark Hallmark, and Rick DeFehr. (Not pictured: Bob Marshall.)



## Senior Day in the Park is Wednesday, August 9th

Here's your chance to learn about more than 30 local resources for Whatcom County seniors, including event sponsors Alderwood Park Health and Rehab, Bellair Charters, Kaiser Permanente, and Vibrant USA. Everyone is invited to the 19<sup>th</sup> Annual Senior Day held by Meals on Wheels and More from 10 am to 2 pm at beautiful Hovander Homestead Park in Ferndale.

In addition to the Resource Fair, the event features BBQ lunch, live music, bocce, fitness demos, door prizes, and more to enjoy with old friends and new. There is a suggested donation of \$5 and free shuttle service is available from BSAC. For more information, call 360-733-4030 x1025 or Email: [jmeyers@wcco.org](mailto:jmeyers@wcco.org).

## Under Advisement: Healthcare Advocates

By Nanette Davis

Bellingham At Home has organized an eight-person study group to assess the feasibility of providing a personal advocacy service for members going through a medical crisis. Trained volunteer advocates could accompany members to doctor's visits, post-surgical care, and rehabilitation. The proposed goal is to help members navigate the healthcare system and to provide a support structure: a firm hand to hold onto, a companion to help alleviate the worry, frustration, and uncertainty that often cloud healthcare issues. The personal advocate would in no way provide actual healthcare services but would instead offer an empathetic presence during encounters at appointments.



The Study Group, which convened in early June, has been examining a wide range of research, as well as interviewing professionals such as palliative care providers, social workers, elder care lawyers, direct care providers, and personal caregivers. Caring for a loved one can be especially daunting, and caregivers often mention how much easier it would have been to have the extra support of an advocate. Not everyone needs an advocate, of course; members with nearby family or close friends may have sufficient assistance.

Advocates will receive training that includes a Code of Ethics, specific do's and don'ts of assistance, and strategies to empower members to "do for themselves."

Privacy issues are a major concern as the Advocacy Group maps out the best possible program to serve ailing members. It has targeted mid-September for submitting a preliminary proposal to the BAH Leadership Council. Member input is especially welcome; call me with your ideas and comments at 360-671-1686.

*Study Group on Personal Advocacy: (from left) Anne Mikkelsen, Joan Dow, Susan Vaughan, Nanette Davis, Judith Koontz, Barbara Lancaster and Carie Patterson (intern) Missing: Jan Claussen and Marilyn Gran.*

## Potluck Picnic an Evening of Fun and Good Eats

Close to 40 members, guests, and volunteers enjoyed good food and good company at our potluck picnic in Fairhaven Park Pavilion on July 14, with Burl Harmon playing guitar as people arrived and mingled and later leading us in singing old favorites. BAH provided chicken and beverages from Haggen and everyone else provided everything else.

Thanks to Leadership Council member Nanette Davis for organizing the event and to volunteer Rebecca Brown for leading the setting up and cleaning up.



(Left) Members and friends sing along with Burl Harmon on guitar.

(Right) Jan Claussen (garbed appropriately in purple) reads poems from the anthology “When I am an Old Woman I Shall Wear Purple.”



## Who Knew? Website Training Turns out to Be Fun

By Janet Simpson

I'm often computer phobic; saying I need a password is enough to stop me in my tracks. Although I use a computer, starting something new never seems easy. So I approached the BAH website training with trepidation. Spoiler alert: It was great!

I didn't really feel prepared. I got my password in a frantic email the night before and came with nothing but my iphone. But once I arrived everything went smoothly. There was lots of one-on-one help, the loan of an ipad, excellent slides to look at, and an easy pace. We all helped each other--plus there's a clear, easy-to-follow manual to take home.

I'm no longer intimidated by the website! I've already used it to look up some phone numbers. And I don't have to remember it all because of the handy manual. So jump in and sign up. It was fun—really.

## Membership Matters!

### *Spotlight on Mary Froderberg*



“When I was young,” said Mary Froderberg, “I drew with my friends. We were all drawing women with long legs and long eyelashes. When everybody else stopped, I kept drawing.

“Then my husband got me a set of colored pencils, so I did that. And then I went to pastels and finally to oil paints. And that’s what I’m doing now, although I’m going to have to start using bigger canvases because I can’t see very well.”

Mary and her husband, Al, grew up in Ballard, graduated from UW—she in art, he with a PhD in math—and spent some time in Gothenberg, Sweden and British Columbia before landing in Bellingham when Al got a job teaching at WWU in 1968.

“It felt like coming home and I’ve loved it ever since. I think it’s the most beautiful place in the world, a landscape painter’s paradise. I never run out of things to paint.”

But she has changed her perspective as she has aged. At first, she said, she was painting the water and mountains but now she really loves the towns.

“I’m ill now but before that I was painting in alleys. People really live in the back of their houses, so the last few years that’s what I was painting. I really like houses.”

Her own house, a charming log structure off Chuckanut Drive with steps leading down to the water’s edge, has amazing views out the many windows, especially in her studio. Widowed now and with her only daughter, a physician, in Denver, Mary is living at the Parkway Chateau at the moment, but she doesn’t plan on staying very long. “I am determined to go home in August no matter what.”

If you search for her name on YouTube, you can see Mary sitting by the windows in her studio and talking about her life as a plein air painter, and it’s easy to understand her determination. The video also shows a number of her paintings and it’s the only place you can see them right now, although she has been in many galleries—the Blue Horse, Lucia Douglass, Smith & Vallee—over the years.

It’s hard to be older and ill when there’s no family around, Mary acknowledges (although her oldest grandson starts at UBC in September!)—especially with failing eyesight. But Mary has help, including longtime friends and new ones she’s made through BAH.

“I have a regular driver but I’ve used several BAH drivers, too: Barbara Lancaster, who’s become a good friend, and Janet Simpson, she’s a lovely person. Janet’s been to visit me when I was in the nursing home recently, too.”

She may not be able to drive anymore, but that seems unlikely to stop Mary from going home sooner rather than later—and getting back to her painting.

## Got Something to Say? Here’s a Place to Say It

The BAH Leadership Council has adopted a new policy opening up *Your Village Voice* to occasional contributions from members. Here goes:

“Members are invited to contribute content (up to 300 words) for the newsletter. No advertising is allowed but an event of general interest may be promoted. The publicity committee has the ultimate say as to whether a piece is acceptable and the right to edit all contributions. Contributors may review before publication.”

Note to interested members: Before you put in a lot of effort, please check with publicity [kate.birr@bellinghamathome.org] so we can head off inappropriateness, duplication, overloading, etc.

***Your Village Voice* will be taking a brief vacation in September; look for us in October.**

### **Bellingham At Home Contact Information**

Location: Bellingham Senior Activity Center, Room 14, 315 Halleck Street, Bellingham, WA 98225

Phone: 360 746-3462 E-mail: [info@bellinghamathome.org](mailto:info@bellinghamathome.org)

Website: <http://BellinghamAtHome.org>

Bellingham At Home is a program of the Whatcom Council on Aging, which is a 501(c)(3) organization, and a member of the Village to Village Network.



Bellingham  
At Home

## Member Notices – August 2017

Please follow these guidelines when submitting a notice:

- Share non-political news and items of interest to you: ask questions, start a conversation, see if someone wants to join you on that upcoming trip to Seattle. Promoting events is OK, selling goods or services is not. (Use the BAH Member Forums on the website if you have something to sell);
- No more than 100 words per posting. Include a brief subject at the beginning, any dates or contact information, and your name.
- Limit one posting per month per member. We will publish up to 6 postings per month.
- Send posting via email to [info@bellinghamathome.org](mailto:info@bellinghamathome.org) with “Member Notice” in the subject. Or mail to Bellingham At Home, 315 Halleck St., Bellingham 98225.
- Deadline for submitting a posting is the 15th of the month preceding publication of the newsletter. We will accept the first six notices that meet these criteria. If your submission doesn't make the next edition, you may re-submit for the following month.
- BAH reserves the right to refuse postings. We will contact you if we think your posting isn't appropriate or if it needs to be modified.

***Just a reminder: After the October issue, Member Notices will be available exclusively online.***

### **The Challenge of Hearing**

I'm a member of BAH and I've enjoyed many of its social functions. One problem, though, is that the noise level gets too high for those of us with hearing problems and hearing aids, especially inside. Human conversation is all pretty much pitched at the same frequencies, and in crowds it rapidly gets difficult to sort out talk you want to hear from noise you don't; the problem is magnified indoors by multiple sound reflections from flat surfaces. I'm not sure what to do about it, but it certainly detracts from my ability to interact, and I don't think I'm unique in this. -- John Lawler (jlawler@umich.edu)

### **Expanding End of Life Choices and a Workshop**

Phyllis Shacter, author of *Choosing to Die*, will speak about Expanding End of Life Choices at BSAC on Friday, August 25, from 10-10:45 a.m.

On Wednesday September 27, from 11-12:30 p.m., Phyllis will share her personal story and give a workshop at BSAC. Bring your questions. – Phyllis Shacter (pshacter@comcast.net)