



The one thing that unites all human beings, regardless of age, gender, religion, or ethnic background is that we all believe we are above-average drivers. – Dave Barry

Bellingham At Home Hires a Program Coordinator

After an extensive search, the BAH leadership council is pleased to announce the hiring of a part-time coordinator to guide the administration of our organization. Leslie Jackson (see article below) will start in the office on June 5. A detailed training plan is being developed to bring her up to speed on village operations. Linda Knudsen McAusland of the leadership council will coordinate training, and various task force leaders will provide specifics. As program coordinator, Leslie will oversee office volunteers and provide continuity in the delivery of services and other aspects of the BAH program.

As a bonus, training our new employee will give us an opportunity to develop a central repository of documentation for everything we do.

If you are visiting BSAC after June 5, please stop by the office and say hello to Leslie.

Welcome, Leslie Jackson!

By Janet Simpson

A warm welcome to Leslie Jackson, Bellingham At Home's new, paid, part-time Program Coordinator.



Leslie has lived in Bellingham off and on since 1989 and is just completing a master's degree at Western Washington University in Adult and Higher Education. She sought this degree because she thought it would provide diversity and flexibility of work and experience. After 25 years in K-8 and administrative activity, she wanted to work with adults. So she's come to us.

With first-hand experience in observing and caring for her mother during her last years, Leslie knows the many needs and challenges seniors face. Hearing about BAH and the Village concept, she was attracted to the idea of meeting those needs through a supportive community. "It just seems an excellent idea."

With a history of volunteering at the Whatcom Museum and the Whatcom Literacy Council, Leslie also likes the notion that many BAH members are also volunteers, ready to support each other. For her, that seems to create more connection than just "outside" volunteers.

Leslie has raised two children and has a giant Malamute. Like many of our members she likes to garden--calling herself an "avid gardener"--and raises a lot of her food. She also likes to travel to Hawaii as often as she can. She's obviously a woman with good sense!

Saying that she is generally a private person, Leslie shared that she is a breast cancer survivor, now healthy. She also shared that she has many friendships that have lasted 35-40 years and that people often comment on this.

Leslie will first be learning the ropes at BAH but also looks forward to meeting people in person and learning who we are. "That's so different than just words."

I know we all look forward to meeting and welcoming Leslie in person!

BSAC FUNdraiser



Be sure not to miss the **Wednesday, June 14** special performance of Michael Frayn's hilarious play-within-a-play, *Noises Off*. The occasion is "Night at the Theatre," presented by the Bellingham Senior Activity Center in partnership with the Bellingham Theatre Guild. All proceeds from the evening will benefit the programs of BSAC.

The beautiful Bellingham Theatre Guild, 1600 H Street, has recently undergone renovations to make it more accessible to patrons, including the addition of an elevator to the auditorium level.

The festivities will begin at **6:30 pm** with wine, dessert, and a silent auction; the curtain rises at **7:30**. At intermission we will have another opportunity to enjoy dessert and place final bids on auction items.

Tickets for this evening of fun and laughter are \$25 and available for purchase at Village Books in Fairhaven, the Food Co-ops, BSAC, or online at brownpapertickets.com. "Night at the Theatre" is the biggest fundraiser of the year for the Bellingham Senior Activity Center!

For more information, call BSAC at (360) 733-4030.

10 Essentials for Outdoor Enthusiasts

Outdoor adventures are often better with some planning and preparation. Even with a good plan, nature frequently delivers outdoor surprises. The 10 Essentials are basic items every outdoor enthusiast should know and consider in the planning process. Join one of REI's Outdoor School instructors for a talk on why the 10 Essentials are carried by most outdoor enthusiasts and when they use them.

When: On Tuesday, June 6th 10am-11:15 a.m. at Bellingham REI

Where: REI, 400 36th Street in the Sehome Shopping Center. In the Community Room (look for the shoe department).

Open to all BSAC members at no charge. (That's all BAH members, too!)

Patient Advocacy Program is Proposed

By Nanette Davis

BAH continues to provide a much-demanded variety of volunteer services, especially housekeeping, gardening and transportation for our members. Over the next three months, a special Committee on Patient Advocacy will be meeting to assess the possibility of offering a new set of services during a member's health crisis or intervention. The advocacy volunteers will provide support, encouragement and backing to members by attending doctor appointments, visiting in the hospital and making regular calls during rehab or nursing home stays.

Advocates provide no medical intervention or advice, but can serve as additional eyes and ears for members when confronting medical providers or procedures. To prepare for this new service, advocates will be trained in supportive care, as well as liability issues. Additionally, the Patient Advocate Committee plans to examine the degree of assistance

volunteers can feasibly provide and determine appropriate guidelines. To volunteer for this exciting new service, call Nanette Davis, 360-671-1686.

Membership Renewal Process Begins

July 1 will mark one year since Bellingham At Home volunteers started delivering services to members. Charter members, who joined our village during the 2016 start-up period, will soon receive a statement for their second-year membership dues. Charter member dues will remain unchanged: \$350 for a primary member plus \$50 for secondary members in the same household. Of course, your BAH membership also includes annual membership in BSAC.

Speaking up: Janice Claussen Appreciates Community

By Alina Vilaysom, intern for BAH Social-Educational Task Force

“The most important part for me about Bellingham At Home is the feeling of community and sharing.” Member Jan Claussen’s introduction to the companionship offered by Bellingham At Home was the great potluck held at Bloedel Donovan Park in July 2016. She met others who also felt the need for a Village organization and planned to use it.



Jan is an appreciative user of BAH services. While she was in rehab at Shuksan Healthcare Center for several months, she had regular visits from member volunteers. After she returned home, she had two more volunteers, who led the job of moving household belongings from rooms into closets so a new carpet could be put down.

When her knee replacement gets done, Jan plans to lean heavily on volunteers for transportation to and from rehab visits at the Joint Gym. She hopes the Pickford Movie Night group will soon improve, and she will make every effort to get it truly organized, since she is a fan of member groups. Through BAH, she joined a grief support group which offered help and insights following the death of her husband early last year. Jan is a regular at the monthly Lunch Bunch events, and she reports that the Holiday Party was “simply marvelous.” Jan expresses her gratitude for the friendships she’s formed, and the amazing events she has attended. She also likes the savings from belonging to BAH. Jan hopes to give back to our community when her knees and leg support her once again.

Would you like to share a great volunteer experience? Call Nanette Davis at 360 671-1686.

Save the Date: Sunday, August 27

Plans are under way for a special Bellingham At Home event. Sorry, details are still top secret. We can say when (**Sunday, August 27, 1-5 p.m.**) and where (**Bellingham Senior Activity Center**), but you’ll have to read next month’s newsletter to find out more. We invite members to set aside the date and plan to spend the afternoon with us.

Help Wanted

- **VOLUNTEERS!** Our corps of loyal service volunteers is strong, but we need to continue to recruit and train more helpers. Volunteer training is scheduled as needed and is open to both members and non-members who complete volunteer applications. You can find the application on our website (<http://BellinghamAtHome.org>) or pick up a printed form in the office. Once you have completed an application, you'll get a call from our Volunteer Task Force.
- **GOT LEADERSHIP?** Do you have a passion to serve our mission to transform Bellingham into an age-friendly community while supporting our neighbors' desires to age in their own community? If so, we are looking for new Leadership Council members to help lead Bellingham At Home into its next stage of development. Specifically, we need volunteers to step into leadership roles as Task Force heads and/or Co-heads in these areas: Finance, Fundraising, Membership, Volunteers, Outreach, Publicity, Events, Community Partnerships, Organizational Development, Governance, and Member Advocacy. Please contact Barb Evans (barb.evans@bellinghamathome.org).
- **WORD!** Do you have word processing skills and time to help us revamp the BAH member manual? The Member Task Force would like to hear from you. Please contact Elaine Cress (elaine.cress@bellinghamathome.org).
- **EXCEL!** Our membership interview form, developed in Excel, needs work. We are looking for a volunteer to help us redo it. We will provide the content, but we need someone to re-enter and format it. Please contact Elaine Cress (elaine.cress@bellinghamathome.org).

What's it OK to Ask a Volunteer to do?

On the Village to Village Network, village leaders around the country take advantage of the experience of other villages and pose questions to each other. A recent question was "How does your village define *light housework*?" The answer: Is it something you would you ask a neighbor to do? If so, it's probably something a village volunteer would be willing to take on.

Think about what you'd like to have done around your house. If it's something you might ask a neighbor for help with, call the BAH office, and we'll see if we can find a volunteer for you.

Lauren, we miss you! Our newsletter writer, Lauren Phillips, had to take the month off, owing to health and work concerns. We appreciate her style and sense of humor and look forward to her return in July.

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

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 – June 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 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.

Thank You!

I'm so pleased with the response to my request for a house and cat sitter. I have excellent leads now, and one I'm already sure will be right for us when we leave on vacation. What do you think? Should BAH keep a list of house and pet sitters for member reference? Kate Birr
(kate.birr@bellinghamathome.org).