



Bellingham  
At Home

## Your Village Voice – June 2016

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*Imagine how the world would be changed if we valued “go-givers” as much as “go-getters.”—Arianna Huffington*  
**Bellingham At Home values go-givers!**

### **A Reminder: We’ve Extended Charter Membership!**

In case you missed the good news, the Leadership Council has extended the deadline for Charter Membership until June 30. Join Bellingham At Home by then and you lock in the initial membership fee of \$350/year for the first three years. The fee will go up annually as more services are added, but Charter Members will pay the same rate through 2018! Stop by our office or visit our website for an application today. (Contact information below)

### **You Submitted an Application for Membership. Now What?**

Someone from the Membership task force will contact you to set up an in-home interview at a time of your choosing. We are currently waiting to complete volunteer vetting by Verified Volunteers, which must be in place before we can come into your home. We will do our best to get to everyone as quickly as possible so you'll be eligible for services after our launch date.

The Membership task force is currently seeking volunteers to help with the interviews. If you would like to volunteer in this capacity, please contact Elaine Cress ([elaine.cress@bellinghamathome.org](mailto:elaine.cress@bellinghamathome.org)).

### **Volunteer Training Is Under Way—And We Need You!**

Our Volunteer Task Force is hard at work, recruiting, vetting, and training volunteers to support the organization and its members. Obviously, we can't make Bellingham At Home work without them; less obvious perhaps (but just as important), we can't deliver member service that is anything less than competent, compassionate, appropriate, and reliable—in short, professional. That's what training is all about: giving people with a lot of heart the skills and confidence to back up their generosity. All volunteers will also get our Volunteer Handbook.

Training takes about 2½ hours and covers topics like working with people who have mobility issues, how to spot signs of elder abuse, maintaining boundaries, and procedures and forms. The next session will be held in mid-June; watch for an invitation with details if you have applied to volunteer. Note: All volunteers are expected to submit an application.

Remember, we need three types of volunteers to run the organization—*Service*, *Task Force*, and *Office*—so you can pick the slot that's right for your schedule and interests. Visit our Website to read volunteer job descriptions and get a volunteer application. Or stop in the office between 9 am and 4 pm and pick one up.

Here are some of our current *task force* needs:

- **Social-Educational** Task Force needs people to help us plan the fun and the learning, programs that will engage our members. Individuals will organize and plan events and then follow through with putting them on.
- **Volunteer** Task Force needs more help with recruiting and training service volunteers.
- **Service Provider** Task Force needs volunteers to contact local businesses and help us build our list of referrals for our members.
- **Publicity** Task Force wants a person with software tools and skills to help with occasional graphic design projects.

***Sign up today, so we're ready to serve all our members come our launch date of July 1!***

## **Coming Soon to a Theater near You: A Picture of Leadership**

The next time you go to the Pickford Film Center or the Limelight, keep an eye out for this terrific photograph of our Leadership Council. Bellingham At Home is joining the regular rotation of ads that show before the film, and we decided to put these smiling faces front and center.



***Thanks so much to journalist and WWU Professor Emeritus R.E. Stannard, Jr., better known as Ted, for donating his professional photographic skills.***

Leadership Council members, left to right: Elaine Cress, Richard Abbott, Steve Morris, Nanette Davis, Allen Johnson, Kate Birr, Bob Baker, and Barb Evans.

## **Strength Building and Ukulele Lessons and Picnics, Oh My! The Social-Educational Planning Scene**

We checked in with Bellingham At Home's Social-Educational Task Force to see what they were up to and ran into a flurry of ideas. According to leader Nanette Davis, here's what's in the hopper:

### ***Mark your calendars:***

- A Lunch Bunch on the third Tuesday of every month. The inaugural lunch will be June 21, 12:30 pm at the Colophon in Fairhaven.
- Special recognition of Bellingham At Home members at the Bellingham Senior Activity Center-sponsored performance of "Anything Goes" at the Bellingham Theatre Guild, Wednesday, June 15 at 6:30 pm.
- Bellingham At Home Launch Picnic, August 27, 1-4 pm.

### ***Selected but not yet scheduled:***

- Travel Talks, including Afghanistan and the South Pacific, by Richard Abbott (Leader, Operations and Finance Task Forces)
- A Bellingham on the Bay boat ride
- A Food Trends class
- Quarterly wellness presentations by Steve Morris (Leader, Strategic Partners and Service Providers Task Force) at BSAC's Wellness Wednesdays

***If there's interest:***

- Private guitar and ukulele lessons by Burl Harmon (Social-Educational Task Force)
- A class on creative non-fiction by Nanette Davis in October
- A classic movie club
- A singing group

Don't see what you're looking for? Ready to share a skill or knowledge set? Interested in leading a field trip? One of the benefits of Bellingham At Home membership is the chance to put forward your own ideas for the group! Just to get the creative juices flowing, here are some activities from other villages across the country: guest speakers, potluck suppers, movie outings, volunteering at local elementary schools, spring cleaning social, walks in the park/hikes on the trail. Contact Nanette ([drnanettej@gmail.com](mailto:drnanettej@gmail.com)) with suggestions.

**Counting Down and Counting Up (as of May 31, 2016)**

Current membership: 31  
 Current volunteers: 23 service, 18 task force  
 Days left to join as a charter member: 31  
 Days until launch: 31

**Come Help Us Celebrate at  
 The Bellingham At Home Launch Party**

We're planning a picnic—our first annual—for Saturday, August 27, 1-4 pm. Watch for details in our July newsletter!

**More Information Meetings:  
 Pick Your Spot**

If you haven't yet attended one of our 90-minute presentations and you still have questions about Bellingham At Home—*What kinds of services will volunteers provide? Can I get services if I live just outside Bellingham? How often can I ask for help? How can my mechanic brother-in-law get on the preferred provider list?*—plan to join us at one of these scheduled meetings:

| Date   | Time | Organization           | Location   |
|--------|------|------------------------|--|
| 8-Jun  | 11am | Bellingham At Home     | Bellingham Senior Activity Center 315 Halleck Street |
| 14-Jun | 7pm  | Cordata Neighborhood*  | Birchwood Presbyterian Church 400 Meadowbrook Drive  |
| 14-Jun | 7pm  | Edgemoor Neighborhood* | Lairmont Manor 405 Fieldstone Road                   |

|        |     |                    |  |
|--------|-----|--------------------|--|
| 16-Jun | 1pm | Bellingham At Home | Community Food Co-op - Downtown Connections Building - 405 E. Holly (parking behind the Co-op Bakery, off the alley) |
| 30-Jun | 2pm | Bellingham At Home | Community Food Co-op - Cordata Local Roots Room (upstairs) 315 Westerly Road   |

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\*These are neighborhood association meetings. Bellingham At Home is not featured for the entire meeting.

***Food Co-op Parking Notes:***

**June 8 - Downtown Food Co-op** – Connections Building 405 E. Holly Street: Please park in the lot *behind* the Holly Street building (alley access).

**June 30 - Cordata Food Co-op** – Please carpool or take alternative transportation if possible.

If you would like us to come and speak to your community organization, apartment complex, faith community, or book club, or if you’d like to host a gathering, please reach out to our Outreach Task Force! You can email [Allen.Johnson@bellinghamathome.org](mailto:Allen.Johnson@bellinghamathome.org) or call the office at 360-746-3462.

**Why Membership Matters:  
*Spotlight on Maxine Reid***



In the beginning, Maxine Reid was a volunteer on Bellingham At Home’s Membership Task Force—but not a member. As someone who had 12-plus years as a caregiver for members of her own family and almost that much experience living in one form or another of senior housing, Maxine knows and cares about seniors. She was particularly interested in helping other caregivers tap into support systems.

So as soon as she heard about it, she was completely convinced that Bellingham At Home was “a perfect organization for seniors” and she started talking it up to them “nonstop.” But she wasn’t convinced that she herself should join. As she puts it, “I am an independent person who can do a lot for myself. I thought \$350—nah.” And then one day, Elaine Cress, the head of the Membership Task Force, pointed out that Maxine might actually need some help at some point.

“And I came home and thought wait a minute, I sure could use somebody to vacuum my rug, hang some pictures, and do some yard work—things I can’t do right now because of my back problem. If I had professionals come in, those costs would really add up. As a member, I can call this number and have someone come take care of these problems and it doesn’t cost me a thing except a thank you.”

She also liked the fact that she would have access to a list of preferred providers that had been vetted by the organization and had agreed to give members a discount. “That way, you know they’re going to be honest.” And just like that, Maxine talked herself into joining.

When we talked with Maxine, she was busy drumming up interest among her neighbors in Lakeway Estates to attend a presentation on Bellingham At Home that she helped arrange. Talking to them nonstop, no doubt.

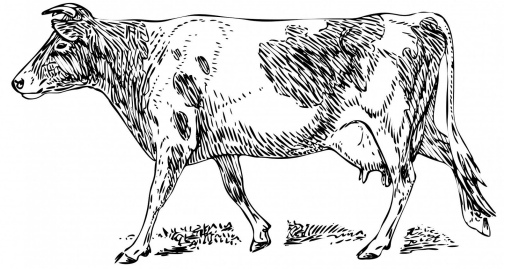
## Aging in Place—in Dairy Country

New member Lelia Coyne writes:

To help me consider options for long-term aging, my daughters suggested that we explore assisted living facilities on their next visit to Bellingham. I had just moved into my beautiful new house that they had built for me!

With some help from my computer's spell checker, I retorted by email: "You will carry me out of this house on a Guernsey!"

Of course I had meant to write "gurney," but that expressed my point of view even better.



### Need a Brochure?

The Bellingham At Home brochure is available at the Senior Center on the publications table in the lounge. If you need more than a couple, or if the supply is empty, please email or call us (see contact info below).

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

**Location:** Bellingham Senior Activity Center, Room 17, 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](#).

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