



None are so old as those who have outlived enthusiasm. –Henry David Thoreau.

Strength Training Course: Get Ready for the Rest of Your Life



Anni Martinek works out on the lat pulldown machine in the BSAC gym.

Few things are as central to quality of life as physical strength. Don't think body-building here; think being in shape to do whatever you like—walking, biking, canoeing, dancing, gardening—without hurting yourself, to take care of yourself, your loved ones, and your house without feeling exhausted. Muscle strains and sprains are no picnic, and the lack of muscle strength leaves us vulnerable to falls and fractures. Plus, strength is a major factor in your all-around health.

The good news: BSAC has a gym with excellent equipment for improving and maintaining your strength. It's open six days a week to those who have proper training in how to use the equipment safely and appropriately. Even better news: Elaine Cress, who has a doctorate in kinesiology, will lead a 13-session Strength Training course, Tuesdays and Thursdays, starting January 5, 3:30 to 5 p.m. The course is your entrée to the gym. (Cost is \$60.) Elaine will present a free Introduction to Strength Training at noon on January 4.

Register for the course at the BSAC reception desk and pick up your physician clearance form. Plan to have it completed in December so you can be ready to go when the class starts. Don't wait: class size is limited to 10.

No \$\$ Now, But Renew Your BSAC Membership for 2017

As BAH members, you're also paid-up members of the Bellingham Senior Activity Center. But you still need to stop by the front desk and fill out a 2017 BSAC membership card for their records. Having numbers like member statistics helps the Whatcom Council on Aging demonstrate their effectiveness when they request funding. (It's a bureaucracy, people, but it's our bureaucracy.) When you renew, you'll get a parking sticker for your car for the BSAC lots and a key tag for signing in when you visit the building. **Be sure to say you're with BAH.**

Extra incentive: Renew before December 20 and you'll be entered in a drawing for a chance to win a one-hour massage by Tovah Rainsong at Aah Massage downtown or a dinner for two at Anthony's.

Direct from the Village to Village Conference

Bellingham At Home sent Bob Baker, Elaine Cress, Howard Furst, and Loraine Barnes to the national Village to Village Gathering in Columbus, Ohio, last month, thanks to a grant from the Chuckanut Health Foundation. Here are some of the impressions they brought home for us all to think about.

"The biggest takeaway for me was an emotion: excitement. I realized that this movement is real and it's going forward! It's going to make a difference in the lives of a lot of people." (Lorraine)

“It’s important that we plan for and cultivate membership in the 50-60 age bracket and think about tapping that group for new leadership as time goes on; they’re the future. Many of these people work, so maybe instead of sit-down lunches they’d prefer a wine tasting in the evening or stand-up hors d’oeuvres in the late afternoon. We’d need to reach out to this group through multiple social media channels, such as Twitter or Snapchat. I’d love to have a hands-on workshop about social media.” (Elaine)



BAH members at the Village to Village Gathering in Columbus, OH. From left: Elaine, Howard, Bob, and Lorraine.

“There are two types of villages: grassroots and parent-sponsored, like we are. The majority of them have paid staff, even those that have only 20 or 40 members. The staff people I met were young women, very IT savvy. Some of them are social workers and I got the impression that part of what they do is sort of counseling members on the phone.” (Howard)

“I was able to get quite a bit of one-on-one time with Dan Ehrmann, president of Club Express [our village management software]. Dan reviewed some issues I had with our Club Express implementation and was able to

answer most of my questions. One example—as a result, we are now able to use the Metro Area feature of the software to track members within neighborhoods.” (Bob)

“In a chat group, I learned about Silvernest, a homesharing match-up service for empty nesters and baby boomers who want to stay where they are but need extra income, companionship, connection, and/or help in the home. Silvernest uses algorithms to match people up and offers services like online automatic rent collection, lease templates, and background screens.” (Lorraine)

“One session addressed the LGBT community and how villages can reach out to them and make sure their needs are addressed. I brought home an excellent workbook on this subject for BAH to use.” (Elaine)

“The most enlightening times for me were the breaks, lunches, and after hours gatherings when I was able to discuss topics of interest with other village representatives. I was especially encouraged by the envious reactions to our having over 100 members when we opened our doors in July.” (Bob)

All four of our attendees drew inspiration from keynoter Ashton Applewhite, author of *This Chair Rocks: A Manifesto Against Ageism* and a leading spokesperson for a movement to mobilize against discrimination on the basis of age. She got them thinking about the need to push back against ageism wherever we find it, including in our own minds. Here’s a link to the This Chair Rocks blog (<https://thischairrocks.com/blog/>). If you’re interested in an ongoing conversation on ageism, get in touch with Elaine (Elaine.Cress@bellinghamathome.org).

You can explore these subjects and more online: Many presentations are available on the Village to Village website at <http://vtvnetwork.org/>. Click on Conference, then on “Click here to access 2016 presentations.” Don’t forget to look at the bottom of your screen for the PowerPoint downloads.

Wanted!

- A volunteer recorder at meetings of the Events Task Force, held once a month on a Wednesday afternoon. This person will serve as liaison to the office and the Publicity Task Force, so we can all be on the same page.
- Recommendations for service providers. We're eager to build up the roster. Please email the office with the name and contact information.

Stats! Hot Stats! Get Your Stats Right Here!

116	Number of members
90	Number of households
74	Number of volunteers (total)
53	Number of service volunteers

Membership Matters

Spotlight on Milt and Judy Krieger

Both Northwesterners (Vancouver, BC, and Portland, respectively), Milt and Judy came to Bellingham in 1970, where he taught African studies and she taught anthropology and sociology at WWU, retiring in the early 2000s. Between them they have six academic degrees. But other passions emerged in retirement.



Milt and Judy Krieger

For Milt, it's jazz. He was a member of the Pacific Northwest Jazz Alliance and in 2012 published *The Less Subdued Excitement: A Century of Jazz in Bellingham and Whatcom County, Washington*, filled with insights, stories, and pictures reflecting his deep love of jazz history as well as the music. For Judy, it's birding and gardening and her "canine companions in crime," currently an Aussie named Venture and the indescribable but lovable Flash. Naturally, when they spent 100 days circling the globe in a 2006 Semester at Sea program, Milt taught and Judy brought her binoculars and took an ornithology class.

Their home is filled with fascinating, colorful art—paintings, sculpture, masks, and other artifacts—from their many travels and work in Africa, including three months each in Nigeria and Kenya and two years in Cameroon. Judy did her doctoral dissertation on women's work and child health in Cameroon, where she was affiliated with a village midwife. She also worked with Bread for the World Institute, which provides nonpartisan policy analysis on hunger and strategies to end it.

Like many members of Bellingham At Home, the Kriegers have yet to request any help, but that's about to change. They travel a lot—to visit their Denver and San Francisco families, and to their family cabin in Loon Lake,

BC—and plan to request a ride to the airport for their next trip. They’re also looking for a window washer. (Sound familiar?)

For them, BAH is an investment for their future, a way to “hook into a network of mature people” with many of the same needs. As Milt says, “more hands make less work.”

Look for them at our holiday party on December 7—it will be their first BAH outing. You’ll know them by their great laughs, Milt’s soft, Judy’s uninhibited, and both of them frequent.

Getting Rid of an Old Car?

Let us do it for you! You get the tax deduction and BAH gets the money. We already have one car from a generous donor and we’d love to have a fleet of them. Of course, any donation to BAH in any form (including cash 😊) is tax deductible. The end-of-year clock is ticking...

Improvisation Isn’t Just for Laughs

Most of us have enjoyed an evening of improvisation on TV (Remember *Whose Line Is It*, with Ryan Stiles?) or on the stage (Bellingham’s Upfront Theater, founded by Ryan Stiles, features improv every Thursday, Friday, and Saturday nights). We laugh our heads off while thinking, “Wow, I could never do that.” Well now you can, December 7 at BSAC, in a workshop called Improv with Seniors and led by... Sheila Goldsmith! (You thought I was going to say Ryan Stiles, didn’t you?)

The thing is, improv is a wonderful way to discover the fun and creativity that come when you embrace the unexpected—in life as well as on the stage. This means learning to trust your own voice and change your attitude about mistakes, something Sheila is especially well qualified to teach; her background is in counseling, psychology, and group facilitation. Under her expert guidance, you can look forward to a life-enriching experience that will help you gain confidence, poise, communication and teamwork skills, focus, and creative expression. (Who needs Ryan Stiles?)

And the timing is great. December 7, you’ll remember, is the date of BAH’s First Annual Holiday Party at 6:30 p.m. The workshop is in the morning, from 10:45 am-12:00 noon (Room 16, BSAC). This means you can go home, rest up, and waltz into the party in a great mood, loaded with social confidence and joie de vivre.

No registration is needed for the workshop, but be sure to call BAH to reserve your spot for the party.

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.