



*Pull up a chair. Take a taste. Come join us. Life is so endlessly delicious. –Ruth Reichl*

### Reserve Your Space Now at BAH’s Holiday Party

You always remember the first one, right? Of course we’re talking about the first annual BAH holiday party. To make sure it’s memorable, party planners have come up with something really special that you won’t want to miss.

The Bellingham High Showstoppers, a small a cappella vocal ensemble that sings classical, pop, jazz, and gospel music, has won 1<sup>st</sup> place in the regional Solo/Ensemble Choral Contest held by the Washington State Music Educators in 16 of the last 17 years; in 2015 they walked away with the state title, as well.



As you can imagine, the group is much in demand to perform at community events—and December 7, they’ll be performing at the Bellingham Country Club for us. The highlight of their after-dinner program will be their annual choreographed medley, “Disney Dazzle,” which they will also be performing at--where else?--Disneyland.

Before and during dinner, the Prawns Jazz Trio, a popular local group featuring bassist John Flancher, pianist Lou Lippman, and drummer Warren L. Palken, will provide music to mingle and munch by.

Call the office soon (360 746-3462) to save your spot for this festive and tuneful occasion (\$30/person). Specify your entrée, chicken or vegetarian, and let us know if you’ll need a ride.

### Stats! Hot Stats! Get Your Stats Right Here!

- 113 Number of members
- 87 Number of households
- 69 Number of total volunteers
- 10 Number of office volunteers

## BAH Goes to the National Village-to-Village Gathering



Bob Baker and Elaine Cress attend a session of the 2016 Village to Village Gathering in Columbus, Ohio.

The annual gathering of the “village people” took place in Columbus, OH, in October, and we sent four stalwart representatives from Bellingham At Home to soak up as many great ideas as they could in three days. There were some very cool sounding keynote presentations we’re look forward to hearing about, among them a “Master’s Level Class on Aging with Purpose” and one on the “boomer opportunity” to influence businesses and elections through the power of virtual villages—of which there are now 190, with that many again in development. There were also a ton of sessions on things like branding and marketing, fundraising, and community outreach.

Watch this space in November’s Village Voice for a report from our travelers, Bob Baker, Elaine Cress, Howard Furst, and

Lorraine Barnes. Maybe you’ll want to go yourself next year...

### Attention Shy and/or Lonely People—Call Us, OK?

We’re delighted that members are calling the office with service requests. We’ve completed 74 requests so far, the majority of which have been for rides and indoor services. We can’t help noticing, however, that few people are requesting friendly visits or phone calls, which is something many of our volunteers would very much like to do. There are volunteers who would enjoy reading to someone, too.

The overwhelming majority of our members live alone. Most probably have some family or friends around and many of them lead very active lives. But some don’t. We know that some of our members are homebound and we’re guessing that some people who still get around just fine, thank you, are shy. And let’s face it, most of us get lonely sometimes.

Do you see where we’re going with this, folks? If the people who could use a little company—volunteers and members—could get together occasionally, or even regularly, it could be a beautiful thing. Is that the phone we hear ringing?

### Who’s in the Hospital?

We don’t always hear when a member is in the hospital, but we’d like to be notified when it happens. Please call us when you know about a member who’s been hospitalized. We’d like to send a get-well card. And we want to do our best to help during the recovery period when the member returns home.

## Membership Matters

### *Spotlight on Marian Yunghans*

At heart, says educator, writer, and volunteer Marian Yunghans, “I’m an activist. I was born with a fire in my belly.” When she was younger, Marian taught school in Sri Lanka, India, Germany, and Nigeria, where she established a school for the deaf. When she and her husband retired to Sudden Valley 30 years ago—into the model home in Gate 1, where she lives today—the fire was still burning strong.

“So I threw myself into all kinds of projects,” she said, some of them addressing challenges facing seniors. She became BSAC’s Advisory Board president, wrote a column on senior issues for the Bellingham Herald, helped found and then edited *Pacific Northwest Retirement Magazine*. She worked as a state communications specialist and a safe driving instructor for AARP and was state coordinator of AARP’s tax assistance program. She was a Red Cross volunteer, serving during floods, fires, hurricanes, and 9/11; she established a disaster preparedness committee in her



Marian Yunghans

community; and she served as the public information officer for the local fire district. Fittingly, in 2008, AARP awarded Marian the AARP Andrus Award for Community Service in Washington.

So here it is 2016, and the fire is still burning, “but as you get older, your energy level goes down and you have to choose your activities more carefully.” Marian has chosen BAH, never mind that Sudden Valley is outside the organization’s borders, making her eligible for our social and educational events but not for volunteer services. “I saw the value of the program and just wanted to support it. I’m 87 and I live alone and I’m very independent, but who knows what next year will bring?”

In the back of her mind, Marian said, she sees that BAH could be “like a gift” to Sudden Valley, where a lot of her neighbors are seniors. They could easily recruit seven or eight local volunteers of their own to serve the immediate community, she figures. On November 7, BAH will hold an information meeting about membership in Sudden Valley. Marian, we’re pretty sure, will see to it that it’s well attended.

## **Meet Club Express. It’s Your Entree to Special Member Content on Our Website**

If you have Internet access, we hope that you’ve checked out our website, which is powered by the Club Express (CE) platform used by many volunteer organizations. If so, you know you’ll find the basics about BAH: what, why, where, when, and how, including downloadable applications for both membership and volunteering. You can also see our events calendar. (And donate!) So it’s a great place to refer interested people and prospects for commercial service providers.

But there’s another whole layer to the website that’s open only to members, and to access that, you need to sign in. To sign in, of course, you need a password--which is right where many of us have come to a screeching halt. Don’t panic. If you still have the email you received from BAH when you joined (subject: “Bellingham At Home - Welcome New Member”), you’ll find it gives you a user name and a temporary password. Even if you don’t, you can call the office and ask for one. Please be patient when you request help with Club Express; we’ll be referring questions to our computer gurus.

Once you have a user name and temporary password, you can sign in by clicking on the link in the upper right hand corner of the website home page, using the assigned user name and password from the email. The first thing to do when you’ve signed in is to establish a permanent password, which CE will prompt you to do. You can also change your user name if you like. Now you’re good to go.

### ***What’s in your profile?***

Click on your name, which has now replaced the “sign in” link at the top right, then click to open your profile. You’ll see sections for Personal Information, Financial/Historical Data about your membership, and Forums, where you can indicate your preferences for participating in conversations with other BAH members. You can update these sections any time, putting in more or less information.

You’ll also see a link to the CE User Manual, which you can download as a pdf or Word document. Want to know how to renew your membership online? Add a new photo to your profile? Register for an event? Email another member? Comment on a Forum entry? The manual will tell you how: Just click on that function in the manual’s table of contents and presto, you’re on the right page.

*The thing is, many of these functions aren’t yet operating—but they will be soon.* We are still learning CE ourselves and many of our administrative leaders are, frankly, pretty whipped from working around the clock to get the organization itself up and fully functioning. Keep checking back in to see what’s newly available!

Watch for an announcement of a special member meeting to introduce Club Express and get you started and help you with some of the features of our website.

### **What can you do now?**

Click on "About Memberships" on the home page and you can...

- Read—or write!—a *Blog*. Thanks to Steve Morris for starting things off. Read his post and enter a comment. The CE manual will tell you how to post your own blog.
- Read *Personal Stories* of members. Get in touch with Kate Birr ([kate.birr@bellinghamathome.org](mailto:kate.birr@bellinghamathome.org)) if you'd like to submit something about your own life or interests.
- Check out our *Interest Groups*—sign up, contact the coordinator, learn about meeting information, start your own group!
- Find out if a specific address is within our *Boundary Map*.
- Find out about specific categories of *Memberships*.

Again, the offerings will expand as we grow—surveys, news articles, forums. Don't miss a thing—sign in today to get the full benefits of membership.

### **Do You Need Some Help with Electronics?**

**One-on-one assistance with a computer, tablet, or smartphone  
is available at the BSAC Computer Lab, Fridays from 1:00-3:00 pm.  
Please call the BSAC Front Desk (360) 733-4030 to reserve your spot.**

### **Office in Transition**

It's not that we don't like room 17, really. It's just that it's a bit, well, small for a fast growing outfit like BAH. Happily, our new office, room 14 at the same BSAC address, will be a much better fit. We'll be making the move during the month of November. Stop in and watch our volunteers at work spiffing up the new space to make it ready for operation. For now, we'll be working out of our old cubby, so please continue to come to room 17 if you have business to conduct.



Volunteer Joan Dow takes a call in the old office.

### **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](#).