



*If you go out and make some good things happen, you will fill the world with hope,  
you will fill yourself with hope. –Barack Obama*

## The Volunteer Prize—Everybody Wins!

Joan Dow has never won anything before. But she hit the jackpot when we pulled her name out of the hat the day of the drawing for the service/office volunteer prize. And what a prize! Take a look:



This is the Chuckanut Bay HideAway (aka [www.vrbo.com/396883](http://www.vrbo.com/396883)), a studio apartment owned by Howard Furst, himself a Bellingham At Home member who serves on the Task Force for Strategic Partners and Service Providers. Four years ago, Howard turned his woodshop into a Vacation Rental by Owner and has since generously donated two-night prize packages to three other not-for-profit organizations. And now it's BAH—and Joan—who got lucky.

It's easy to imagine that Joan might need a get-away-from-it-all break at some point. As a volunteer, she's a triple threat: a Task Force volunteer (Strategic Partners and Service Providers), a service volunteer who's been pulling a lot of garden duty recently (weeding and helping people arrange their gardens), and an office volunteer who puts in a morning a week.

We asked her why BAH is close to her heart. She said she was close to her grandmother growing up and thinks we throw old people like that "on the trash heap" today. Well, not on her watch.

"Isolation can kill people, so we need to make sure our members aren't isolated."

Thanks, Joan and Howard.

## King 5 Story

Speaking of garden duty, it was volunteer Joan Dow who co-starred with member Ann Moon in the August 30<sup>th</sup> story on Bellingham At Home that appeared on King 5 TV. If you missed the telecast, you can still catch our moment in the spotlight on the King 5 website at <http://www.king5.com/news/local/bellingham/volunteers-needed-to-help-bellingham-seniors/311320272>.

## Timely Topics: Mark Your Calendar for These BSAC Events

- Prepare for the Medicare Open Enrollment period (October 15-December 7) at *What's Next: Exploring Your Medical Choices*, a health and wellness fair from 9 am-3 pm., Thursday, October 6, at BSAC. Find out

what kind of Medicare plans make the most sense for you and how to find a Medicare doctor, plus information on early signs of dementia, managing medications and chronic disease, preventing diabetes, dental care, and more.

- The *Candidates Forum*, Wednesday, October 12, 1-3 pm, is your chance to meet and question candidates for state senator and state representative in the 40<sup>th</sup> District and state representative in the 42<sup>nd</sup>. Hear what they have to say about disruptive politics on the national level and what they can do in Washington State, in counties, and at the local level to enhance and maintain our special way of life.

For more information or to sign up for these events at BSAC, check with the BSAC Front Desk or call 733-4030. If you need a ride, call Bellingham At Home.

**Simply Lunch: Don't forget to look for the "Bellingham At Home Members and Friends" table at BSAC at noon, on Tuesday, October 11. Check our calendar for Simply Lunch in the future. Great meals, great price (\$5 suggested donation), great company.**

## News from the (Volunteer) Front

Here's an idea for people who don't want to volunteer at the moment but think they might want to down the road: Turn in your application *now* and get vetted and trained. That way all the pieces are in place if and when the time comes and you'll be ready to spring into action.

If you are on the ready roster now but haven't been called to action yet, please be patient. We're finding that many members are slow to ask for services—we're a pretty independent group of people, you know—but this should pick up fairly quickly, if the experiences of other virtual villages are anything to go by.

***Shout-out:* Please consider serving on our Leadership Council! We're looking for individuals who have time and energy for this important work. Contact [info@bellinghamathome.org](mailto:info@bellinghamathome.org) to find out more.**

## Picnic Features Salmon and Service Recognition

As promised, BAH's First Annual Picnic, held at Bloedel Donovan Park on August 26, served up some great barbecued salmon, provided and served by John Moles and son, of Moles Farewell Tributes. (Thank you, Moles!) Besides the salmon, there was an array of yummy potluck dishes, including Andouille Sausage in Whiskey and Cajun Sauce, Shrimp in Plum Garlic Sauce, and Pad Thai; as well as a shameful number of irresistible desserts, among them Blueberry Lemon Muffin Bread and Daiquiri Cheesecake. Music was provided by Burl Harmon and Bob Sanders. (Thanks again, fellows!) About 30 members showed up to mingle and munch and everyone met at least one new person.

It was the perfect occasion to present Richard Abbott, one of our most generous movers and shakers, with a handsome plaque etched with thanks from the entire organization for his tireless work on our behalf.

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

110	Number of members
84	Number of households
40	Number of service volunteers
20	Number of leadership council and task force volunteers
10	Number of office volunteers

## Membership Matters



### *Spotlight on Nanette Davis & Burl Harmon*

She taught sociology for 40 years, he taught English for 40 years. Her passion is for her flower garden. His is for music, for playing guitar and singing at nursing homes and assisted living facilities. Oh, and he also plays in BUG jams and in the BUG Song Circle. (What, you never heard of the Bellingham Ukulele Group? It's 150 ukes strong. Burl started it.) They're both VERY social and love to open their home for parties.

By the time Burl retired in 1989 and moved from Kansas City, MO, to Bellingham ("It was a paradise—no humidity!"), Nanette had been here for 25 years. For 16 of them, she commuted to Portland State because her husband, Jim, was Dean of Arts and Sciences at Western, and universities wouldn't hire couples back then. "Those were the old days," Burl says, "before the ACLU got those laws changed."

For much of her career, Nanette's focus was criminology, and she wrote a number of scholarly books on the subject. But then Jim became ill and Nanette—who had "no inkling until then about what being old and sick meant in this country"—became his caregiver and then his widow. "We found there was a lack of facilities, resources, and community involvement for people like us. Women, mainly, had to figure everything out for themselves if they hoped to avoid ending up in institutions."

So the scholar turned her attention to gerontology and ended up writing four popular books about caregiving. (You can find them at Village Books or at the library.)

Nanette and Burl married in 2004. She was organizing a group to travel to Spain and Portugal and he signed up; it turned out to be their honeymoon. Bellingham At Home was a natural for the couple, and Nanette joined the Leadership Council as head of the Social & Educational Task Force early on.

"We're so grateful that we're still alive (at 85 and 92) and in good health," says Burl. "We see BAH as a way to promote the kind of good life we're enjoying." And you can take it from Nanette: "\$350 a year for membership is a lot cheaper than \$3500 a month for assisted living."

## Calling All Commercial Service Providers

Have you talked to your favorite plumber or painter or hair stylist about applying to get on BAH's Preferred Provider List? If so, you might want to check back with them to see if they followed through. Most haven't, apparently, which is why our list is still pretty sparse.

One reason we've run into again and again is that the best professionals are often really busy and thus reluctant to take on more clients. It's hard to argue with that. But we do want to be able to point our members to service providers that we have fully vetted and can confidently recommend. Give us a call if there's someone you'd like us to approach.

And when you do use someone on the list, please remember to mention that you got to them through Bellingham At Home, so they will come to appreciate us as a valued source of business.

Right now, there seems to be a great demand for window washers, so if you happen to know one...

## Getting to Know You

*A report from Janet Simpson, Outreach Task Force volunteer and member interviewer*

Interviewing new members has been delightful—and a real learning experience. We've been welcomed into homes in neighborhoods I never even knew existed and have discovered all kinds of living options in Bellingham: from park-like villages near Lake Padden, to houses in Barkley Hills or South Hill with beautiful vistas, to modular home communities, to snug spots tucked into interesting areas all over town. We've admired beautiful gardens, walls hung with wonderful art (often done by members), unique and fascinating antiques, and a variety of pets.

Most rewarding, of course, was finding out about our members, each with a fascinating life story. We found out about careers in the foreign service, academics, computing, engineering, social work, home remodeling, medicine..... raising llamas! Some people have chosen not to enter cyberspace; others are experts. Many people have cared for and lost loved ones. There are a lot of artists, a lot of gardeners, a lot of musicians (especially jazz musicians). There are walkers and readers and people eager for community. Some need services right now and others are "paying it forward." And almost everyone knows it's time to stop climbing ladders!! I'm so glad to be part of this organization.

## Member Activities

Our members are taking the plunge and proposing activity groups that they're willing to lead. This month's calendar includes a list. Please check it out, and sign up for the group that interests you. Or contact Nanette Davis and create one of your own.

## Elaine Cress Dons Yet Another Hat

You've probably met Leadership Council Member Elaine Cress at one of our Bellingham At Home informational meetings. As leader of the Membership Task Force, she's played a key role in launching our village. Watch for her now at BSAC, where she's taken the job of Wellness Coordinator. You can read about Elaine's impressive career on page 2 of BSAC's September Bulletin. Fortunately, she's not leaving us; serving Bellingham At Home will continue to be a priority.

## Holidays are Coming: Save the Date

Bellingham At Home will have its Annual Holiday Party at the Bellingham Country Club on **Wednesday, December 7**, at **6:30 p.m.** Members, volunteers and friends are invited to come for a smashing good time, with fine food and music by the Prawns. Pull out your favorite party-going outfit and join us for an evening of merrymaking. After dinner, expect a musical delight with the Show Stoppers, a talented Bellingham High School choir that will warm your heart. Cost is \$30. Chicken or vegetarian options. **Call BAH office to reserve, 360 746-3462.**

### 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](#).