



*Volunteers do not necessarily have the time; they just have the heart. –Elizabeth Andrew*

## Are We Having Fun Yet? We Are

If you've been a bit hesitant to stick your toe in the social and educational waters, not sure what you'll find, here are two reports of events that, by all accounts, offered an easy way to connect with others, interesting information, and just plain fun.

### ***Learning from Our Elders (in Experience)***

Andy Gaines, executive director of Berkeley's Ashby Village, came to town in August to introduce the village concept and encourage volunteer involvement by sharing Ashby's experience over six years. A group of 32 members and nonmembers—some from other area villages under construction—soaked up Gaines' well-earned wisdom (*Start with a core of services and expand as members clarify needs; 60% of service requests are for transportation; Members may join thinking about the services they're paying for but end up getting more out of their relationships with volunteers and other members*) and, especially, his stories.



After enlightening us, Andy Gaines checks out the Food Co-op's Bakery, next to the downtown Connections classroom on Holly Street. Maybe you are looking at this picture and going "Aaaaahhh, *that's* where the Connections Classroom is," which should make it a bit easier to find the next time we hold an event there.

Like the one about the woman with macular degeneration who joined a writing interest group and found a volunteer to help her get her thoughts on paper. It turned out both were Yiddish speakers and together translated her manuscript, becoming friends in the end. Or the one about the group of volunteers who met with a man whose wife was in the hospital; they helped him create a plan to guide the couple through the transition from hospital to nursing home and then, with support from the village, back home again.

Both of which illustrate Gaines' answer to a question—one of many the group asked—about services: How do you decide what qualifies as a service that the village can provide? There are no clear lines, he said, with the exception of no in-home health care. "Is it safe for the volunteer? Is a volunteer willing to do it? Then go for it."

### ***Sailing into the Sunset (Literally)***

BAH planned for 20 members to join the August 9<sup>th</sup> Whatcom Museum's History Sunset Cruise but there were 23 of us when the 100-foot Victoria Star left the Bellingham Cruise Terminal with local historian Brian Griffin narrating.

[Photos follow.]



Left: As you can see from this shot of Janet (left) and Jessica Simpson, smiles overrode the overcast skies and, truth be told, laughter and conversation sometimes overrode Griffin's engaging stories.



Right: Carl McGrath (left to right), Howard Evans and Richard Abbott keep a weather eye out for the sun, which appeared just in time to set, picturesquely, over the bay.

## Volunteers Build up Aging Karma

Would you believe that hundreds of volunteers are flocking to Bellingham At Home? OK, we're exaggerating, but we've truly had a heartening response to our appeals and are happy to report that we're moving steadily towards our goal of having one volunteer for each member. Current count: 17 applied, 38 vetted and trained, plus leadership council and task force volunteers.

Here's a very cool way to think about what our volunteers are doing (to be honest, we borrowed from it from Ashby Village): They're building up their aging karma! This is true even if you're old enough to be a BAH member. If you're able to remain in your own home without help right now, more power to you. But most of us eventually reach a point where we need some support if we want to remain independent as we continue to age. (You might point that out to the young people in your life.) Membership dues are an investment in that support, and so is volunteering.

*Here's another shout-out to people with skills in graphics, website management, and photography—all areas where we could sure use some help right now.*

Watch this space in the next issue for the winner of the service volunteer drawing on September 1.

## You May Be Interested in These Special Groups

Kayaking, anyone? You already know that Bellingham At Home is serving up both educational and social events almost every week of the month. But you may not have realized that we already have four special interest groups, launched by individual members who are looking for like-minded folks to join them, to wit:

- The Book Group. Contact: Willy Toperosky, 360-739-2111, willyt@comcast.net. *First Meeting: September 29*
- Pickford Movie Group. Contact: Jan Claussen, 360-738-0316, Janice@janice32.com.
- Knitting/Sewing/Crocheting. Contact: Joan Dow, 360-592-4345, china@oo.net.
- The Grief Support Group. Contact: Debbie Brosten, 209-329-4479, dbrosten@sbcglobal.net.

If you'd like to start a group of your own, get in touch with Nanette Davis (email [drnanettej@gmail.com](mailto:drnanettej@gmail.com) or call 360 671-1686) and put your idea out there; there are bound to be other members whose interest you can pique.

## Tap into Wellness Activities at BSAC

The Bellingham Senior Activity Center, in partnership with the Northwest Regional Council, is sponsoring a six-week course for people with chronic disease who want to learn how to better manage symptoms in a supportive environment. The Chronic Disease Self-Management Program, developed by Stanford University, starts Monday, September 19, 9:30 am-12 pm, and continues for the next five Mondays, through October 31. The fee for the six weeks is \$60 for non-members and \$30 for members of the BSAC (which, as a member of Bellingham At Home, you are) and includes a copy of the companion book, *Living a Healthy Life with Chronic Conditions*, 3rd edition, and an audio relaxation tape.

BAH Leadership Council member Elaine Cress and Rosann Pauley, both certified trainers, will lead the sessions, which will cover:

- Techniques to deal with problems such as frustration, fatigue, pain, and isolation
- Appropriate exercise for maintaining/improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition
- How to evaluate new treatments

For more information, call 360-733-4030 x1035 or email [epierson@wcco.org](mailto:epierson@wcco.org).

You may not realize that BSAC sponsors a ton of health and wellness activities, all of which you are welcome to attend at member prices. For example, there are Strength Training Classes (three days a week for six weeks); Balance and Bone Health (Levels I and II) Wednesday mornings and Tuesday late afternoons, respectively; and Gentle Chair Pilates and Stretch classes Monday mornings.

Check the BSAC Bulletin for lots more health and wellness opportunities.

## Membership Matters

### *Spotlight on Ingeborg Paulus*



When Inge first moved from Germany, her birthplace, to Canada in 1952, she was interviewed, as part of a project on immigrants, by a young woman studying sociology at the University of British Columbia (UBC). They talked about the sociology program and years later, in 1959, remembering their conversation, Inge signed up for a sociology course in her second year at UBC. "I was hooked on it," she says, and went on to get her bachelors, masters, and doctorate in the subject and then teach it for 20 years at Western Washington after settling in Bellingham in 1971.

These were years when she and her husband, avid hikers, were traveling "pretty much everywhere," which turns out to be pretty much accurate—they hiked in Germany, England, Scotland, Wales, New Zealand, Croatia,

Japan... Although their hiking days are over now, Inge stays in shape at the gym at Western, where she lifts weights three days a week; once a week she goes to yoga.

“At my age, you’ve got to keep fit, otherwise you lose what you’ve got. That’s very very important, I think.”

Her age, by the way, is 86, something that surprises most people because, not surprisingly, she looks and seems a lot younger. This is something you’ll find out if Inge, a vetted and trained service volunteer, turns up one day to help with your light housework or gardening or shopping, perhaps to read to you; Inge herself reads a lot— history, fiction, murder mysteries for relaxation.

Inge joined Bellingham at Home, she says, “because I thought I would like to stay in my home when I get older and aren’t able to do as much.”

Look for Inge at the next BAH social event. She’s the tall one with a charming accent and a glorious shock of short white hair who looks fitter than you.

## **Making Life a Little Easier: Delivery & Pick-up Services**

You’re feeling rotten and there’s no way you’re getting out of bed today. There’s certainly no way you’re up to driving. But you need to get that prescription filled. Happily, there are two pharmacies in town that offer same-day delivery: Hoagland Pharmacy (360-685-5009) and Custom RX Shoppe Pharmacy (360-685-4282).

And speaking of delivery... Did you know there’s a company in town that will deliver dairy, produce, bread, eggs, and other products from local producers right to your door? You can arrange for one-time service or schedule a regular delivery every two weeks or every month. It’s called Sound Harvest Delivery and here’s their website: <http://soundharvest.deliverybizpro.com/p-27-the-particulars.html>. Or call them at 360-354-0715.

Alas, there’s no full-service grocery in town that delivers. But Fred Meyer is now offering an easy-peasy pick-up service at both Bellingham locations. It’s called ClickList and it reduces shopping time from hours to minutes— you place your order online, book a time to pick it up, drive into the special ClickList pickup section of the parking lot, call them to say you’re there, and presto, they come out and load your groceries into your car for you! This does not include prescriptions but it does include every other department and there are pictures of every item online, including non-groceries like towels and socks and socket wrenches. You can check it out and sign up at <https://www.fredmeyer.com/onlineshopping>.

### **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](#).