



Bellingham  
At Home

## Your Village Voice – July 2017

*Coming together is a beginning, staying together is progress, and working together is success. – Henry Ford*

### **We Need You!**

*By Steve Morris, BAH Leadership Council Member*

...to help Bellingham at Home celebrate its first anniversary. After all, without you there would be no reason to celebrate 😊.

We'd like to mark this auspicious occasion by hosting a community conversation regarding the future of Bellingham as an age-friendly place to live and the role of Bellingham at Home in helping realize that vision.

Bellingham at Home is already changing the way we age in community and is transforming the way the community ages as well. And we are just getting started. What does the future hold for us as we age together? Come and be a part of these landmark discussions while meeting fellow members of Bellingham at Home. Better yet, bring along a friend or two to join in the dialogue with us. After all, the future belongs to everyone. So let's get started!

***We have the space*** - BSAC on Sunday, August 27, 2017 2-5pm

***We have the program*** - a world cafe-styled format that promotes collaborative conversation

***We even have the VIP*** - Mayor Kelli Linville will be joining us.

***What we need are volunteers to help us organize and deliver the proceedings.***

If you can commit a few hours here and there to help us prepare for the event and/or can join us as helpmates on the day, then together we can make this dream a reality.

A ***planning and information meeting is scheduled for Wednesday, July 5***, 11am-12 at the BSAC (Room 16). Please come and see how you can help us help you and your neighbors to age in place with dignity and grace!

Call the office (746-3462) or email Linda Knudsen McAusland ([linda.knudsen-mcausland@bellinghamathome.org](mailto:linda.knudsen-mcausland@bellinghamathome.org)) for more information and/or to offer your services. Any help is help appreciated.



## Leslie Checks in

By Leslie Jackson, Program Coordinator  
[Leslie.jackson@bellinghamathome.org](mailto:Leslie.jackson@bellinghamathome.org)

Hello and thank you to all those I have met for your warm welcome. I look forward to getting to know each and every one of you at some point. The last two weeks have been a whirlwind of learning and listening, and I thank my wonderful trainers—Linda Knudsen McAusland, Barb Evans, Bob Baker, Elaine Cress, and Kate Birr so far—and all the volunteers who have shared with me all their invaluable knowledge about BAH.

I hope I will be able to live up to the expectations you have for my new position—and go beyond them! I ask each of you to please feel free to contact me if you have any ideas, questions, or concerns you'd like to talk with me about. I welcome the conversation.

In any event, do stop by the office and say hello! I'll be there from 10 am to 2 pm most days.



*Joanne Knittel (left) shows Leslie the ins and outs of BAH's web-based system.*

### A Quick Study

Leslie's mentors are unanimous in reporting that she is enthusiastic, very perceptive, and a quick study. "By the end of her first week," said Bob Baker, responsible for covering computer and office procedures, "she had exhausted most of the expected six-week training topics!" She is learning everything from how to input checks into our software to how to create and send an e-blast.

Best of all, as she learns about BAH, her own responsibilities, and the work others in the organization are doing, Leslie will be developing our first Policies and Procedures Manual, which will bring everyone in line and keep us on the same page. She also will be taking on some of the jobs task force members are now doing, freeing them up to focus on improving, changing, and/or expanding their own areas of expertise in response to our growing organization.

## Renewing Your Commitment to our Village

We are delighted to report that early renewals for second-year BAH memberships are coming in at a good rate. Your membership officially began in the month when you were interviewed. If you were interviewed in July, you should have received your second-year invoice in June.. If you haven't received your invoice yet, you can expect yours in the month before your membership started. Once it arrives, please get your check in as soon as possible.

You can also pay by credit card at [www.bellinghamathome.org](http://www.bellinghamathome.org): Just log in and click the red Payment Due icon in the upper right. (Can't remember how to log in? Call the office.) If you don't see the icon, it's because your payment isn't due yet!

## Neighbors Meet Neighbors in Columbia Neighborhood

By Kate Birr

Having a city-wide organization is great, but smaller, neighborhood-centered groups can give us more of a social connection. That's why we (my partner John Lawler and I) decided to have a coffee for the BAH members who live in our Columbia neighborhood and nearby areas—to get to know each other in a casual setting. There are 18 members in the Columbia, Birchwood, Lettered Streets, and Cornwall Park neighborhoods and 11 of us were there on May 25.

This first effort at bringing neighbors together was fun; I'd definitely do it again. We did, indeed, get to know each other and shared thoughts and experiences about our greater "village". Some of us have been involved with Bellingham At Home as volunteers and attended BAH social events; some had limited or no direct experience but were planning to get more involved or to request volunteer help.

It was interesting to hear what different people had to say when we talked about what we'd like to see the organization do. Here are some of the ideas our BAH neighbors came up with:

- Reviews on the noise level of local restaurants, and, on a related note...
- A workshop with practical communication advice for couples dealing with hearing loss
- Check business licenses and insurance for recommended commercial service providers (who haven't completed the paperwork that BAH requires to become vetted providers)
- Tool sharing
- A bike club
- An evening bridge group
- More coffee klatches!



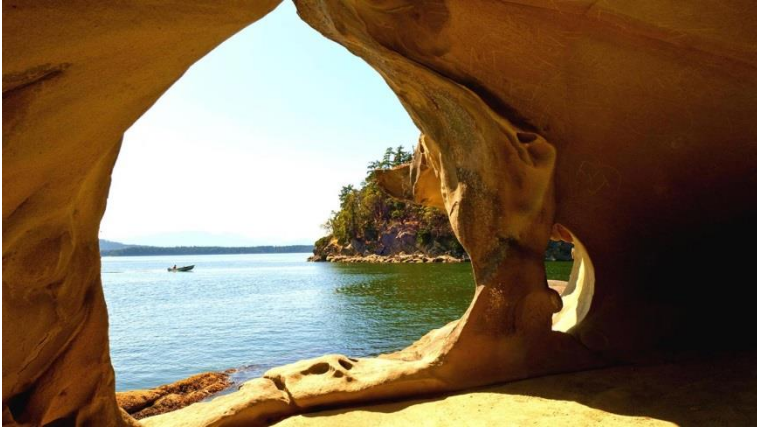
*BAH members from the Columbia area getting to know each other at Kate and John's coffee klatch*

## **Setting Sail for Galiano Island**

White-shelled beaches, stunning views, and dazzling marine trails make beautiful Galiano Island, which hugs BC's Wild West Coast close to Vancouver, a magical place. Come and see for yourself on Thursday, July 27; the bus leaves BSAC at 8 am.

The \$195 fee includes transportation and ferry fees; a guided shore walk on Grey Peninsula, featuring tidal lagoons and giant rocks carved into rippling patterns by moving glaciers thousands of years ago; a two-course lunch at the Hummerbird Inn; stops at Marcia Devicque Glassworks and Cedar Grove Pottery Studio to meet local artisans; and afternoon dessert at Galiano Oceanfront. You'll have time to explore Montague Harbour Provincial Marine Park before heading out for a 6:30 pm arrival back at BSAC. (Final payment due July 13; passport or enhanced drivers ID required.)

The tour is sponsored by the Whatcom Senior Tour Program, our sister program with offices in room 3B at BSAC. Contact them at (360) 733-4030, ext. 1015.



*Galiano Island is the least tamed of the major Gulf Islands due to its rocky topography.*

## Sign up Today for a Tech Tools Class

BAH has launched its two-hour, small-group website training classes, in which all is revealed! By which we mean, come and learn how to easily find and use all our online member resources, including:

- Logging on
- Making Connections
  - Finding people
  - Finding events
  - Finding *Your Village Voice*
  - Interest Groups
  - Forums
  - Blogs
- Managing Your Personal Information
  - Profiles
  - Membership renewal
- Logging out

The first class will be given three times on Wednesday, July 19. If you have a basic comfort level with your computer and know how to use email and connect to the internet, call the office to reserve your spot for one of these sessions: 9:30-11:30, 12:30-2:30, or 3:30-5:30. You will be given the class location when you call. If you need a ride, please request one.

Please be sure you are able to log in to the Bellingham At Home website (<http://bellinghamathome.org>). Call the office or email us if you don't have your login. You'll need to bring your own device—phone, tablet, or laptop—to class so that you can try out what you learn in a comfortable setting where help is immediately available.

There is also a Bellingham At Home website manual, *How to Connect with Bellingham At Home*, chock-full of helpful screen shots and detailed instructions. If you'd prefer to work at your own pace at home, stop by the office to pick up a copy.

## Top-ranked Cars for Seniors

According to *Consumer Reports*, the following cars top the list in accommodating the special needs of aging drivers with features like easy front-seat access (think low door sills, wider openings, etc.), visibility, easy-to-read gauges and intuitive controls, and powerful headlights. Other desirable features are a backup camera and automatic emergency braking or forward collision warning.



- Subaru Forester
- Subaru Outback
- Kia Soul
- Subaru Legacy
- Kia Sportage
- Toyota Highlander
- Toyota Prius V
- Toyota RAV4
- Honda Odyssey (2017)
- Nissan Rogue
- Honda Accord
- Ford C-Max Hybrid
- Hyundai Sonata

This information comes from the July 2017 issue of the magazine, which has a wealth of useful information about how to drive safely as cognitive and physical capabilities diminish—and how to know when it's time to turn in the keys, never an easy decision. (But a lot easier now that you can call on BAH volunteers for a ride!)

A good way to refresh your driving skills and save money is to take the AARP Smart Driver™ course, which is designed specifically for drivers aged 50+. It's available online ([aarpdriversafety.org](http://aarpdriversafety.org)) as well as in a classroom ([aarp.org/findacourse](http://aarp.org/findacourse), or 877-846-3299). It's an afternoon well spent.

## Membership Matters

### *Spotlight on Edwina Norton*

Zen Buddhism teaches that the way to reduce our suffering is to sit in the present and accept whatever is going on even when it makes us unhappy, assuming it's something we can't fix; to go with the flow and simply experience it instead of resisting it. "It's an odd concept for Americans," says Edie Norton, "because we're always trying to fix things in our minds, to arrange things the way we want them to be, but a very helpful concept—especially as we age."

Even physical and emotional pain has its own course and will subside if we accept it, she explains, and "there's more and more that is limiting or unpleasant to accept as we get older."



Accepting things we can't change in no way precludes trying to better your life and your community. Edie has been a student of Zen for more than 40 years, moved to Bellingham in 2003 from northern California specifically because it had an active Zen group, and was ordained as a priest four years ago. And yet as soon as she retired in 2000, she started working almost nonstop as a volunteer to improve conditions for herself and others, drawing on the many skills she gained as an English teacher, mostly in community colleges, and then as a management and organizational consultant.

"For the first 10 years or so of being here, I was involved in neighborhood association development and on the boards of the neighborhoods where I lived. I was also a part of the Greenways Committee for four years and on the Planning Commission. I was a hospice volunteer for seven years."

Today she is a volunteer for BAH, interviewing new members and helping the Membership Taskforce in its planning. She herself has only asked for volunteer help once so far, installing a new DVD player. "I have to get to thinking about things people could do for me!"

In recent years, Edie has focused on her Zen Buddhist group but is trying to pull back a bit "because I'm running out of energy in my old age. I still participate in our mentoring program and I sometimes teach a class, but a major part of our practice is to periodically spend long days sitting in really serious meditation and that's too much for my back now."

Edie is also a published poet. You could have seen her poem Northwest Nightlife in front of the library a while back when it won a Sue C. Boynton Poetry award. (*In deepest stillness the owl--/ downy interrogatory.*) But right now she is focused on a memoir of her Zen life experience.

She's also involved with political issues right now, which, she points out, "uses a different side of the brain than poetry."

## **Well Hello, Molly!**

A warm welcome to Molly Simon, the new manager of the Bellingham Senior Activity Center. Molly is a long time Whatcom County resident and a Western Washington University graduate. She brings to BSAC a wealth of experience, having served for almost 15 years as program director and branch director at the Ferndale Boys & Girls Club.

### **Member Notices – none this month**

*Just a reminder: After the September issue, Member Notices will be available exclusively online.*

### **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.