



Bellingham  
At Home

## Your Village Voice – January 2020

*Cheers to a new year and another chance to get it right. – Oprah Winfrey*

**Our Next Open House is January 29<sup>th</sup>, 1-2 pm, in Room 16. Invite everyone you know—and come on down to share your BAH experience with prospective members!**

### Help Yourself by Helping Others in 2020

*By Janet Simpson, LC Chair*

I hope you all welcome the New Year as a gift of opportunity and life. One of the gifts of age for me is the gratitude I have for each day. I no longer take them for granted. And at any age, the New Year is seen as a time to reflect, to think about plans for the future, and to set new goals. Often those goals revolve around health and well-being – how we eat, how we exercise, how we structure our time, and how we interact with others. It's also a time to think about how you treat yourself.

On December 13th, the *Bellingham Herald* published an article titled “Doing Good Is Good for You, Too.” They reported on research showing that “for seniors who volunteer, there are also physical and psychological benefits.” For one thing, they live longer; for another, they are happier.

So as you think about next year, please consider volunteering for Bellingham At Home as one of your health-building activities. It's good for the body, the brain, and the soul—which makes me glad for all our wonderful volunteers. One of the important goals of Bellingham at Home is to offer people this life-enhancing opportunity for meaningful volunteering.



### Classical Music Lovers, This Note's for You

*By Joan Dow*

A small group of music lovers has been meeting irregularly since BAH first opened, mostly in the home of Susan Jay. Susan has been involved with classical music groups her entire life, and has an encyclopedic knowledge of composers and musicians.

I have attended most of these meetings, and love everything about them. The biggest difficulty we face is narrowing down our choices to a single selection to focus on at a given session. At our last meeting we watched part of the opera

Pearl Fishers by Bizet. (Interestingly, this first opera of Bizet's was a colossal flop. The composer of the most famous opera ever written – Carmen – almost threw in the towel after Pearl Fishers, and indeed even contemplated suicide.)

Whichever person has chosen the piece we will listen to that month gives us a little talk about the composition, the soloist if there is one, or the composer. These small bits of info are lots of fun and add to the pleasure we take in listening to the performance. (Have no fear, it is rarely opera.)

Do join us. For more information call me at 360-592-4345.



## FROM THE LC

We welcome Joan Dow as an Acting Member of the Leadership Council until she is confirmed at our next Annual Meeting. We appreciate her for taking on yet another role in BAH.

When you call in your requests for volunteer help, please tell the office volunteer what your deadline is for knowing whether we will be able to meet that request. Some people want to know by two days before if no volunteer has stepped up; others need one day; for some the last minute is OK. We'll keep working to fill the request until your deadline and let you know either way.

### Membership in the Senior Center

Hopefully you all know that membership in the Senior Center is included in your BAH membership. You receive a one-year BSAC membership from the date you join BAH. BSAC is currently enrolling new members for 2020. Although you don't need to pay an additional fee for the 2020 membership, **you will need to fill out a new BSAC card, get a copy of the BSAC code of ethics, and pick up your new parking sticker at the BAH office.** You will then be enrolled until 2021 as long as you remain a BAH member. (Questions? Please call the BAH office.)

### A Big Shout-out to Marilyn Glenn

Marilyn took it on herself to do a little fundraising for BAH on Facebook—"as an experiment." She posted an appeal using this adorable picture, guessing that her "dog friends" at least would find this irresistible. She was right—altogether they donated \$215!!

Thank you, Marilyn; the sound you hear is all BAH dogs wagging their tails.

*Watch this space for upcoming information about how you can appeal for funds for BAH from your FB friends.*

Sometimes you just  
need a hug 🤗



## BAH Members Celebrate in December



Above: "Gardening for Wildlife," Marilyn Glenn's winning tree at BSAC's Festival of Trees



Below and right: Singing and schmoozing at the Bellwether at BAH's 2019 Holiday Party



Right: Sharing goodies at our cookie exchange



## Next Stop on the Slow-Mo Brewery Crawl...



...is Kulshan Brewery's Sunnyland Beer Garden, 2238 James Street. Join us Monday, January 14, 4-6 pm. The regular Monday food truck at Kulshan is Hot Mess. Y'all come!





# Getting Around the Smart Way

By Lauren Phillips



If you're like me, you may be vaguely aware of the Whatcom Smart Trips program—a partnership between local government, public agencies, employers, and schools to promote alternatives to drive-alone car trips—but never bothered to look into it. I knew it had some worthy goals (e.g., reducing traffic congestion and greenhouse gas emissions, upping mobility while lowering costs, and providing health benefits to individuals) but I just didn't make the connection to my own life. Until now.

After doing a bit of research, I'd like to propose that we all get on board! Here's why and how:

## What's a Smart Trip?

Any time you walk, bike, share a ride, or ride the bus instead of driving by yourself to or from any destination in Whatcom County for any purpose, you're being smart about your health and that of your community. But when you log these trips online at [www.whatcomsmarttrips.org](http://www.whatcomsmarttrips.org), you become eligible for more tangible rewards.

## What kind of rewards?

Whenever you make five trips a month, you're eligible to win cash and prizes that are awarded monthly. After 10 trips in a year, you'll get a discount card (typically 10% off) good at scores of businesses and professional services in town.

## What do I need to do?

Register on the Smart Trips website, then start recording your trips (date and mileage) using the Trip Diary. (Paper entry forms are available for people who don't have internet access.)

While you're there, you can download the Smart Trips Map of Bellingham, which shows trails, bike routes, bus routes, and bus stops as well as destinations that can be accessed on foot, bike, and bus. You can also get a Whatcom County Bike Map to scope out trails and bike routes throughout the county and tons of other cool resources.

## Does this really work?

You bet. Since 2006, 21,469 county residents have made 4,728,086 Smart Trips, for a total of 71,612,438 miles—that's 300 trips to the moon! In the process, they saved 2.99 million gallons of gas and \$8,958,715.94, all the while reducing heart disease, depression and anxiety, arthritis pain, and slowing down dementia.

More information is available at [www.whatcomsmarttrips.org](http://www.whatcomsmarttrips.org).

## Learn How to Ride WTA Buses at These Free Smart Trips Events

*Thursday, January 16<sup>th</sup>, from 9:50 am-12 pm, join Smart Trips Winter Walk at Bellis Fair Bus Trip.* Starting at BSAC, the group will walk to the nearest bus stop on Cornwall and catch the bus to the mall. There you can take a stroll around the mall or sit down with Smart Trip representatives for coffee and they'll answer all your questions about riding the bus—including other great places to walk that you can get to by bus. Bus passes provided! (Or you can use your Gold Card if you have one, free at the downtown bus depot for those 75 and older.) Everyone is welcome!

***Tuesday, February 18<sup>th</sup>, from 9:50 am-2:25 pm, join the Lunch in Lynden Bus Trip.*** Meeting once again at BSAC, the group will ride the WTA to Lynden, where you'll have 90 minutes to have lunch (on you), visit the Jansen Art Center, or shop.

Space is limited, so call and reserve your spot or ask for more information at 360-756-8747 or at [info@WhatcomSmartTrips.org](mailto:info@WhatcomSmartTrips.org).

## Getting Started with Windows 10 (Part 3 of 3)

By Kate Birr

What's new in Windows 10? Is it very different from Windows 7? Is it going to be a big change?

Well, define "big" I guess. Windows 10 won't be totally unfamiliar, and it's somewhat intuitive. New is the lock screen that appears before you log in, but this is just a matter of swiping a finger forward (if you have a touch screen), clicking a mouse, or pressing any key. Once you're in, there's the mostly familiar desktop and start menu.

The new stuff includes voice recognition ("Cortana") and the Edge browser, neither of which you have to use. You also have the option of making Windows 10 look more like Windows 7. If you're used to solitaire, Windows 10 has several games, but you'll have to pay (\$10/year) for the ad-free version or wait through annoying ads almost every time you play. (Alternatively, you can plunk <https://cardgames.io/solitaire/> in your browser and play for free with no ads ;-). Many laptops allow you to use a touch screen to navigate, which is a big but fairly intuitive change.

Once you restore files from your Windows 7 backup, they will be accessible from the File Explorer, via the file folder icon at the bottom of the screen. You'll need to set up your email, too.

### Resources

There are several helpful YouTube **videos** for Windows 10 Beginners. An example is "Windows 10 (Beginners Guide)" - <https://www.youtube.com/watch?v=8d9FY3LpR4E>. I found it helpful to view more than one video. If you're feeling cocky, you can check out the "tips and tricks" videos, which are more advanced. You may prefer to use a **book** to proceed at your own pace or to go further into detail. There's *Windows 10 for Dummies* and *Windows 10 for Seniors* (both at the B'ham Library) – not to cast aspersions but most of us aren't geeks. We didn't grow up with this stuff, and the learning curve feels steep at times.

Don't forget the **Tech Help** folks at BSAC. Call the front desk to make an appointment for one of their Friday afternoon sessions. If you have a laptop or tablet, bring it along for hands-on help.

I strongly urge you to make the move BEFORE Windows 7 support ends on January 14, 2020. Don't risk being vulnerable to attacks that will no longer be stopped by security updates. Until you've made the switch, you can continue to use your old computer to do things like write your memoirs or play solitaire; just don't connect to the Internet.

### In Memory of Roy Potter

Long-time member and husband of Ingeborg Paulus, Roy passed away December 10th. Born December 3, 1919, Roy had just turned 100! We know that all of you who knew Roy or know Ingeborg wish her strength and comfort.

We're also very grateful to Ingeborg for making a very generous donation to BAH in memory of Roy.

His obit was in the Herald last Friday and Sunday.

## **Membership Matters**

### **Spotlight on Shirley Morlan**

*By Lauren Phillips*



Shirley Morlan has a wonderful laugh and uses it freely, making conversation with her a pleasure. Having lived in Spokane (where she was born and where she raised her two boys), Seattle (where she went to high school), and then Anacortes for almost 30 years, she is now in her fifth year as a Bellinghamster and her second as a BAH member. Like so many of us, she finds herself fighting some of the common frustrations of aging: too many doctor appointments, too much paperwork, too many health issues. BAH volunteers have been a big help on that score.

But that's not Shirley's whole story. She says she's an optimist and her ready laugh backs her up. Here are some interesting things about her life...

While she worked a lot of different jobs—for a farm machinery company, selling Avon, babysitting—her favorite was her last, as a secretary in the guidance department for the Spokane School District for 15 years. "I learned a lot about mental health. I even have some of my own!"

She makes friends easily; two of her best friends live right across the hall at Solstice Senior Living. "I like people and I'm friendly to everybody." On the other hand, she likes her time alone. "I don't enjoy being involved in clubs or organized activities." She'd rather read, thank you.

In the age of Facebook, FaceTime, texting, and Twitter, Shirley happily talks on the phone all the time, with her one surviving sister, who lives near Spokane, and "with really good friends over there, too. I'll be going to visit them in the spring." Another thing she's looking forward to in the spring is a visit from her granddaughter Naomi, who lives in London and who, according to a totally unbiased source, is both beautiful and the sweetest person you ever saw.

Aside from a wonderful trip to London to visit Naomi, Shirley hasn't traveled abroad, but she and her late husband took two five-week trips around the U.S, and saw, well, everything. "That was fun. He was really interested in war history, so we covered the map of the revolutionary and civil wars."

The two of them also loved sailing. Having been introduced to it by a friend, they decided to buy a "small boat" to sail around Lake Coeur d'Alene. That one was 30 feet. The next one, which they bought when they retired to Anacortes, was 37 feet. "First we decided we needed a boat where we could be inside—and then we realized we wanted to be able to stand up!"

Shirley comes from a big family. She herself was the youngest of seven children. (Maybe that's why she's so friendly?) Her father was one of 15, from pioneer stock. Both his grandmother and his grandfather came west on the Oregon trail, the Smiths founding Smithfield, OR, and the Hubbards founding, wait for it, Hubbard, OR. Shirley's own grandparents homesteaded in the Palouse country, where those 15 kids grew up. At some point, someone took a picture of the whole family. But nobody in Shirley's generation knew that or had a copy until much, much later.

We'll let Shirley tell the story. "One of my other sisters and her husband were driving down through the Palouse area one time when their car broke down. There was a farmhouse nearby, so they knocked on the door and were invited in. There on the wall was this picture—and my sister noticed that our grandmother was in it!"

Cue the laughter.

# Going to Be in the Hospital? Don't Just Lie There!

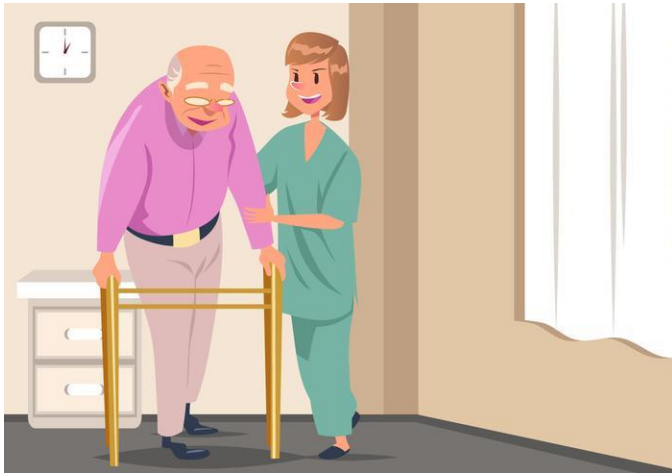
By Lauren Phillips

Falls remain the leading cause of fatal and nonfatal injuries for older Americans. Hospitals face financial penalties when they occur on their watch. But hospitals have become so overzealous in fall prevention that they are producing an “epidemic of immobility,” experts say. That’s especially dangerous for older patients; after just a few days of bed rest, their muscles can deteriorate enough to bring severe long-term consequences.

“Older patients face staggering rates of disability after hospitalizations,” said Dr. Kenneth Covinsky, a geriatrician and researcher at the University of California-San Francisco. His research found that one-third of patients age 70 and older leave the hospital more disabled than when they arrived.

This information comes to us from a KHN article (<https://khn.org/news/fear-of-falling-how-hospitals-do-even-more-harm-by-keeping-patients-in-bed/>), which goes on to say that walking even a little can pay off:

Research has found that older patients who walk just 275 steps a day in the hospital show lower rates of readmission after 30 days. Some hospitals are adopting special programs to promote mobility among elders.



Source: Vecteezy.com

But we need to advocate for ourselves when we are hospitalized. According to a particularly practical article from the Victoria State Government in Australia (<https://www.betterhealth.vic.gov.au/health/servicesandsupport/staying-active-in-hospital>), the ability of older people to do everyday activities can decline as early as the second day in the hospital. Staying physically and mentally active can help you recover faster and reduce the chance of complications.

Even if you can't get out of bed immediately, there are things you can do to improve your ability to stay mobile. Here are a few of their suggestions, with the caveat that you should always talk with your doctor or nurse about what you need to do to stay safe while still protecting yourself against disability.

- Walk around the floor every few hours, if you can. If you have been told not to walk by yourself or without supervision, then arrange to walk with a visitor or staff member.
- If the doctor has recommended that you stay in bed, change your position every one to two hours, and move your legs and ankles. You can ask staff to help you do this.
- If you spend long periods of time in bed, ask the staff to raise the headrest and knee support to put you in a more seated position, rather than lying flat.
- Sit out of bed as soon and as often as possible; change your position when you are sitting, too.
- Eat meals sitting out of bed if you are able.
- If possible, get dressed each morning in normal day clothes.
- Always use your walker, cane, or other mobility aid if one has been recommended.

If your caregivers disagree with these tips... maybe ask for a second opinion.

And now, *a very Happy Birthday* to our members celebrating a birthday in...

# JANUARY



**Marguerite Johnson**  
**Ann Nugent**  
**Judith Koontz**

#### **Bellingham At Home Contact Information**

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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.