



“All human wisdom is summed up in two words – wait and hope.” ~ Alexandre Dumas Père

Notes from the Leadership Council

By Janet Simpson, LC Chair

We hope everyone is continuing to thrive, taking care of yourselves, and making connection with others by phone or computer. I know some people have said it's not that much different than normal since they regularly stay at home. For others it's a bigger change.

As you know, we have ramped up phone calling through our new Community Cluster team, we have volunteers available for important errands/delivery runs, and have even continued some interest groups on-line. We've also been doing more E-blasts about helpful resources. And a couple of people have offered to make masks for members and volunteers if you put in a request. If you think of other ways we might help you, please let us know. Remember, by asking for help, you actually stay more independent.

We do know that people have different feelings about the shutdown, but hopefully everyone knows that our members can be at high risk and that we're working together to keep everyone safe. People who connect with other seniors need to be especially careful in order to protect everyone. If you're a member or a volunteer, please use a mask and safe distancing when connecting with other members. You can ask the member or volunteer what precautions they're taking so you know what situation you're facing. We're still asking volunteers to avoid going into homes and transporting members, and to maintain safe distancing.

In the background, our leadership council, committees and volunteers are continuing their good work to keep things flowing. We've even trained some new volunteers online! We expect lockdown to continue for some time but we'll continue to evaluate what we can provide based on the best information available. If you have questions, please contact the office or call any of the LC members.

Our Gifts of Age group has been pondering some questions that might interest you: Are there changes you've made because of the lock-down that you might want to continue? Have you learned anything important about yourself and/or your community? If you want to share your thoughts, send them to us at info@bellinghamathome.org.

I know that I feel blessed to be close to nature even in the city, to have a home to enjoy, and to still feel part of a caring community.

Zoom



BAH has purchased an account with Zoom for video connections. So far we've used it for administrative and committee meetings, some interest groups, and even the Brewery Crawl. It's exciting to actually “see” each other even if we can't be in person. And while it's not the same, it does help us feel connected and involved. It's also an opportunity to see people whose names you might know but have never met. You need a computer with camera/microphone, laptop, pad, or smart phone to join in an event.

There's even a way to participate by phone, without the video part.

Zoom was developed to be easy to use—and has recently added a few things to make it more private and secure—and we do have a couple of volunteers who can help walk you through how to do it if you request assistance. Since lots of things are being offered through BSAC and other groups, it's a great skill to learn. Angela Mercy is our primary host for the BAH account, but if you'd like to use our account for a BAH-related event, please call the office and let us know when you'd like to have it. You can also download the Zoom app and register for a free private account that lets you meet for 45 minutes per event at <https://zoom.us/support/download>.

You can also download the Zoom app and register for a free private account that lets you meet for 45 minutes per event at <https://zoom.us/support/download>. (The free accounts don't handle the phone-only participation as well.)

Here's a good article with tips for a good Zoom experience: <https://www.usatoday.com/story/tech/2020/03/18/zoom-10-tips-how-get-most/5073581002/>. Have more questions about Zoom? Look for answers here: <https://support.zoom.us/hc/en-us/articles/206175806-Frequently-Asked-Questions>

Modified Bellingham Farmers Market Reopens



Source: Bellinghamfarmers.org

On Saturday, April 11, the Bellingham Farmers Market (BFM) launched its 2020 season, with certain restrictions. This is great news for several reasons.

Farmers markets were recently listed as “essential infrastructure” in Governor Inslee’s proclamation on March 23rd, recognizing that shopping at farmers markets helps to support agricultural producers, ensure food access for all, and builds connections between producers and consumers.

The BFM is a community icon for all these reasons. In response to Covid-19, the Bellingham Farmers Market was suspended on March 16. Since then, the organization has been working diligently with the Whatcom County Health Department and other local partners to create a modified market that ensures the health and safety of its 100+ local vendors and shoppers.

You can now expect to see some of your favorite vendors every Saturday from 10 am to 3 pm, but the market will look and operate differently than normal. Key changes include:

- The market will only be offering farm produce and some other grocery staples, like bread, meat, and cheese.
- There will be fewer vendors to ensure that booths are adequately spaced to allow for social distancing among vendors and shoppers.

- Social distancing standards will be strictly enforced. Only a limited number of shoppers will be allowed to enter at a time and they will not be allowed to touch produce or products – vendors must bag items at point of sale.
- Increased measures for health and safety include extra handwashing stations.
- Entertainment, music, and eating areas have been suspended until further notice.
- Entry and exit points will be limited. The shopper entrance will be located at the SW corner of the Depot Market Square by the goat statue.

The BFM asks that you follow these guidelines to keep the market safe and open:

1. Stay home if you are sick.
2. Identify if you are in a “high-risk group” and consider having someone else shop for you.
3. Wash hands frequently with warm soapy water. Cover coughs and sneezes.
4. Customers are not allowed to handle produce/products before buying, allow the vendor to bag purchases.
5. Keep six feet distance from others at all time (except those in your family or immediate household)
6. Make a shopping list and complete shopping as quickly as possible.
7. This is not a social hour! Limit interactions with other customers and vendors. When possible, please only have one person per household at market to make social distancing easier for others.
8. Be prepared with small bills to offer exact change to vendors when possible. Some vendors may also accept alternative hands-free payments like Venmo or Apple Pay.

So head on down one of these Saturdays to help support our wonderful farmer’s market.

A Big Shout-out to Cluster Coordinators

By Joan Dow

Several months ago, we divided the Bellingham at Home membership into eleven clusters—groups of people who live in the same or nearby neighborhoods. When we asked for volunteers to serve as cluster contacts and keep in touch with individuals in their group via periodic phone calls, 11 people stepped forward. Here are our cluster coordinators:

Janet Simpson	<i>Fairhaven, Edgemoor</i>
Lauren Phillips	<i>Chuckanut, South</i>
Judy Breitman	<i>Sehome, Samish</i>
Judy Perry	<i>Happy Valley, South Hill</i>
Nanette Davis	<i>Puget, Geneva</i>
Sandra Stanton	<i>Sunnyland, Roosevelt, Lettered</i>
Susan Vaughan	<i>Birchwood</i>
Jan Claussen	<i>Cornwall Park</i>
Marijke Abbott	<i>Columbia</i>
Christine Rudolph	<i>Alabama Hill, Silver Beach, Barkley</i>
Mary Lee Fenton	<i>Cordata, Meridian, King Mtn.</i>
Joan Dow, Chair	<i>Out of Area District</i>



About that time along came Covid-19, and I don’t have to tell you about THAT! Recently cluster coordinators have been calling their groups more frequently than the usual 4-6 weeks, just to be sure all is well—and to let us know if someone is in need of anything. We greatly appreciate these warm folks taking on the extra responsibility while we wait for our crazy world to get back to something resembling normal.

If you haven’t received any calls, give me one at 360-592-4345 and I’ll check into it!

BAH PEOPLE ON THE GO

My Trip to the Grocery Store

By Kate Birr

I chose to go to Trader Joe's during the hour designated for senior shoppers, 8-9 a.m. The first thing I noticed was that the parking lot was less than half full, a first. Then I saw the line. Those in our demographic have to go through the same routine as other shoppers these days, waiting at 6' intervals outside the store.

Nobody had brought bags, despite our conditioning; the store would provide clean paper bags at no charge. There wasn't much talking; everyone was wearing a mask, and it didn't seem like the thing to do. Interesting note: a number of folks in line were wearing N95 masks, the kind that are supposed to be reserved for health care workers. We watched as store employees cleaned carts and policed traffic in and out – you can't go in until someone comes out, so they limit the number of shoppers inside.

Once I made it through the door, I found the shelves were stocked (they even had TP!) and shoppers were well separated. Although occasionally there would be a traffic jam as a semi-conscious person would stand in front of a shelf while others waited for them to move, mostly, folks were very accommodating and careful to maintain distance. The stand where TJ's hands out samples was closed, and there was no free coffee.



Masked shoppers line up at six-foot intervals.

I stocked up more than usual so I don't have to go again soon. Got almost everything on my list! When it was time to check out, I noticed that every other check stand was closed, for distancing, and again we had to wait, 6' from the checker. I usually do my own bagging, but I was happy to let the checker do it; he did a fine job, though he wasn't chatty as they usually are.

I loaded my trunk, took off my mask, drove home, unloaded, and brought stuff inside to the laundry room. Once there, I washed my hands, armed myself with disinfecting wipes, and put perishables in the fridge; then I wiped down cellophane bags and cartons (somewhat haphazardly, I confess). I will leave the stuff that goes into cupboards in bags in the laundry room for a couple of days, depriving any living virus of a ride onto my kitchen shelves.

How are you doing your shopping these days? Are you having someone do it for you? Are you ordering online? Using a pick-up service? Are items you want in stock? Share your story, please. Maybe it'll end up in the history books when people of the future study the era of coronavirus.

Next Step on the Slo-Mo Brewery Crawl...

By Lorraine Barnes

...is on Zoom! On April 13th, our very popular, monthly brewery crawl morphed into a virtual gathering.

We were able to congregate safely thanks to Zoom video, an electronic meeting app that you can easily download to your computer, iPad, phone or other device. To be honest, we had no idea how many people would join us. Happily, we had a great turnout. We even had someone hopping on in Eastern Washington!

Yes, some folks experienced glitches but we will get that sorted before the next gathering. Everyone brought a beverage of their choice for an hour of merry camaraderie.

May 11th will be our next get together. Please consider coming online and joining us. We'll send you the link to register for the meeting a few days before.

CHILDHOOD MEMORIES

Biking to School

By Ingeborg Paulus

We lived three miles from my elementary school in a tiny border station between Germany and France called St. Germanshof. Therefore, at age 5½ I got my first bicycle so I would be ready to ride it to school when I turned six.

I had many small accidents, ending up in ditches, at the bottom of small embankments, falling off the bike, etc.

Once, in second grade, I ended up in the brook alongside the road on my way home from school. That was the only time my Mama had to rescue me by car, because my bike needed major repairs. Another time I fell off my bike and was seriously hurt when I rode down a hill no hands, with my feet on the handlebars; the bike ended up in better shape than I was.

A few years into WWII, after having lived with my grandmother for a few years following my Mama's death, I moved back to our little border station. Again I needed a bike to ride to school, this time in the opposite direction into German territory that before the war was French. This school in the Alsace was also about three miles from my home. During those last war years, tires were hard to get. My major memory of that time consists of fixing flat tires. I got very good at it. But when I moved away again at 16 years old, I was finished with bikes.

Except for a two-year period before I moved to Canada in 1952, I have not owned a bike since then. My bike was my only means of getting to school. After the need for one was over, I associated a bike so much with WWII, and all its hardships, I just did not want another one to remind me of them.

Thank you, Inge, for sending this in. Who's next? Contact me at 360-714-0054 or at lauren-don-phillips@comcast.net for help with your submission. Hope to hear from you soon – Lauren Phillips



Ingeborg at age 14

A very sweet offer from member Rena Blauner:

Rena will deliver a dozen home baked cookies to members and volunteers who request them. You can take her up on it by leaving a message for her at the office. An office volunteer will pass it along to her so she can get in touch with you.

STYLE

Who are Those Masked People, Anyway?

Have you developed your mask personality? Have you acquired a new collection of wardrobe accents? See if you can figure out who is making the following fashion statements:



The Classics



The Rebel



The Smiling Minimalist



The Exotic



The Siren

Who's who? Answers on page 8.

Lauren's Bookshelf

By Lauren Phillips

News of the World. Paulette Jiles. After the civil war, 72-yr old Capt Jefferson Kyle Kidd, former printer—and one of my favorite characters ever—is drifting through northern Texas performing live readings from newspapers to audiences hungry for news of the world, when he is offered a large sum to deliver a young orphan girl to her relatives. Having been captured by the Kiowa, who killed the rest of her family four years ago when she was six, the 10-year-old has now been

sold back by them to the government. The problem is that Johanna is now totally Kiowa, with no memory of white life and no desire to return to it—as happened often in real life. *A short book but a real treasure.*

Flight Behavior. Barbara Kingsolver. Millions of monarch butterflies, displaced by climatic disaster from Mexico, move into the mountains on a farm in Tennessee, bringing with them faith, hope, greed, dissension, publicity, sightseers—and a scientist who helps the farmwife, poor and uneducated, claim new territory for herself. *Kingsolver at her best.*

Republic of Love. Carol Shields. He's a thrice-divorced late-night talk-show host. She's an unmarried folklorist obsessed with mermaids. He lives for the present. She lives in the past. Both are leery of commitment. By the time Fay and Tom



meet, three-fourths of the way through this wonderful book, we are as ready as they to fall head over heels in love. One of the most satisfying aspects of Shields' writing is the connectedness of her characters, who, unlike so many of their contemporaries in fiction, come complete with parents and siblings and friends and co-workers. The *Toronto Sun* called it "A valentine for all seasons . . . delightful, funny, touching . . . romance for grown-ups of either sex."

cathedral roof, socialist ideals in an aging town councilor, power lust in the henpecked Dean, and love between the organist and a chorister's mother. *Very British, very fun.*

The Choir. Joanna Trollope. Goings on in the close at the Aldminster Cathedral in the small English town of the same name, where the boy's choir is threatened with closure because of damp in the

Note: One way to get these and other used books while the library is closed is through www.abebooks.com, which is a clearinghouse for used dealers around the country and the world. They make it super easy to find an author or specific work and they show you all the copies available, describe what condition they're in, and list the prices—which are highly affordable. You make a single purchase of everything in your cart and Abe Books gets the order to the proper dealers.

Make a "Facts of Life" Book

By Kate Birr

If this story looks familiar, it's because we ran it several years ago. It seemed, well, timely to share the idea again...



Need a project? Here's one that will take a bit of effort on your part but could be a real gift for your loved ones or for someone who's trying to help if you're ill and can't take care of your own affairs. We're talking about organizing your important papers and related information into a single, comprehensive collection, with everything in one place. Having your "facts" together can make it easier for someone to step in and take over if the need arises. It's also a boon for your partner or your estate executor in the event of your death.

Start with the basics:

- Current medications and pharmacies
- Doctors (names and phone numbers)
- Insurance policy numbers and location: (Medicare, supplemental health, life, auto, etc.)
- Health Care Power of Attorney
- Advance Directive / Living Will
- Will

- Trust documents
- Mortgage documents
- Birth and marriage certificates
- Safety deposit box (location, codes)
- Bank accounts
- Credit card accounts
- Retirement accounts
- Social Security account
- Stocks, bonds, annuities
- Broker, financial advisor (names and phone numbers)
- Attorney (name and phone number)
- Accountant, tax advisor
- Email account
- Computer accounts and passwords

You needn't include the important papers themselves, but provide account numbers and directions as to where the originals can be found. Also, things change. We recommend updating the book at least annually and whenever information changes.

You can store everything in a 3-ring binder. If you prefer to use a computer, you can put information in a document file and store it on your hard drive, on a memory stick, or in the cloud; just be sure there's more than one copy and that they're all protected.

And maybe the most important thing: Let the appropriate people know that you're doing this and where you're putting your "book"—and LABEL IT CLEARLY.

Thanks to Gretchen Rubin for the idea, which comes from her podcast (<https://gretchenrubin.com/podcast-episode/185-facts-of-life>).

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



Verna Bomont

*Barbara Barnes
Plourde*

Cat McIntyre

BAH Members Behind the Masks (page 6): Burl Harmon & Nanette Davis, Marilyn Burlingame, John Lawler, Kate Birr, Janet Simpson

Bellingham At Home Contact Information

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