



*Home is a shelter from storms—all sorts of storms. —William J. Bennett*

### Special Membership Renewal Offer

For many of us, it's time to renew our membership in Bellingham At Home. Invoices are mailed out about three weeks before your anniversary date—which, of course, is different for everyone. It just so happens that a lot of us originally joined in June, right before BAH's launch in July 2016.

Whatever your anniversary date—and you can check this by logging into the website and viewing your profile or calling the office—both your commitment to the organization and your financial support in the form of dues are critical to our ability to survive, thrive, and continue to meet your needs.

For some of us, however, the COVID-19 pandemic has imposed financial restrictions that make it difficult to pay dues right now. In line with our philosophy that “life happens,” we are offering an opportunity to postpone your membership renewal—*while still continuing as a member with full benefits*. Just let us know that you'd like to exercise this option when you receive your invoice.

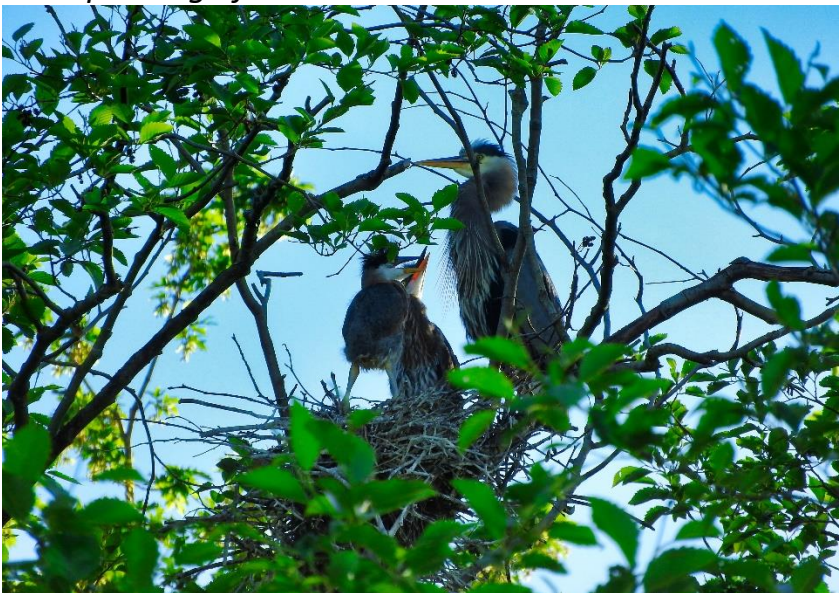
#### Current Dues

\$365 for full membership  
\$225 for social membership  
\$50 for each additional household member  
Payable in a lump sum or  
monthly installments

How long can we afford to offer postponement? Frankly, we don't know. Like you, we will make that assessment as more information is available.

For those of you who feel financially secure, we encourage you to renew on your current date. It is also a wonderful time to increase your support by making a donation.

### And Speaking of Renewals...



Great blue herons nest in Post Point Park in Fairhaven. Herons return each spring to raise their families in this special Bellingham spot. Thanks to member Nick Waslenko for this great shot of a nest with two chicks and a parent!

## Car Picnics, No Tablecloth Needed

*By Susan Vaughan*

Covid-19 car picnics offer a lot of the same benefits other picnics do (fresh air, fun food, scenic spots, good companionship), but without the perils of contagion—like sharing food with a bunch of other people. Here's how it works.

I call a friend and we plan our menu and select a time and a scenic spot. Once we get there, we park our vehicles six feet apart, driver's window to driver's window. Then we tune our car radios to the same music station and voilà—a picnic.

One picnic featured classical music and Coconut Kenny's gourmet sandwiches at Boulevard Park; 2½ hours flew by in a leisurely fashion. At another waterfront park, we enjoyed individual shrimp salads, focaccia, and chocolate truffles while listening to jazz. On that occasion we each brought our dogs and they were able to have their own visit (and treats) through their open windows in the back seats.

Another car picnic during the hot weather was at Silver Lake Park, which was cool, quiet, rejuvenating, and absolutely beautiful. The menu was simply fruit, cheese, and crackers, and our dinner music was favorite oldies on CDs each of us brought along.

Best of all, I was able to continue my important connection with three different friends.

## Need a Mask?

We have  
volunteers and  
members who can  
make one for you.

Please call the  
office and leave us  
a message if  
you're interested  
and we'll see to it  
that a homemade  
mask is delivered  
to you.



## Next Stop on the Slo-Mo Brewery Crawl—and Vegan Cooking Event! (Huh?)

*By Lorraine Barnes*

Our next brewery stop is again on Zoom, at 4 pm on Monday, June 8. At our last get-together, we peppered our conversation with trivia questions, which got our brains working. John Lawler scored the highest (with Barbara Balfour a close second), which means he gets a beer of his choice delivered to him for the next gathering. Everybody else will have to provide their own, as usual...

Even virtually, we're finding, it's good to see familiar faces. We hope one of them will be yours!



## Vegetarian Possibilities



In addition to being fun, our May pub crawl meeting was fruitful. (Pun intended—read on ;-)  
One thing we ended up talking about is the anticipated drop in the availability of meat due to the COVID-19 problems in meat-packing plants—and the anticipated rise in meat prices. Turns out many of our group members share an interest in eating more vegan and vegetarian fare. So we thought we would try learning from each other by taking turns preparing v/v recipes for all BAH members who are interested. Somehow I have been elected to go first...

This means that, as soon as we settle on a date, I will be welcoming all comers into my virtual kitchen via Zoom and demonstrating how to cook, well—frankly, I haven't decided on a dish yet, but I'm sure it won't contain any meat! Be sure to read upcoming e-blasts for an announcement of the date and time.

*Source: Clipartpanda.com*

## My Garden: In Praise of BAH Volunteer Marilyn Glenn

*Nanette J. Davis*

This spring I have been enjoying the new Zen garden created for me largely by Marilyn Glenn last year. Marilyn is an accredited master gardener, and knows and loves the garden—all gardens, but especially one filled with the simple lily. Although my garden has only a few lilies, what it possesses is a sense of quiet and balance. The open space offers a plentitude of sunshine, capable of bringing bursting buds to blooming bushes, and a soft hush of greens and other colors amongst the blue ceramic water and plant containers.

Marilyn has her rules, although I'm not sure I've followed them as scrupulously as I should. Among them: plant types can be repeated, but only in odd numbers (1, 3, 5, 7, etc.), requiring constant adjustments if a plant dies, or a new bush, flowering plant, or container enters the scene. I'm still waiting for the rhododendrons we planted last year to bloom, but other pink flowers will suffice for now, some in containers, others on bushes brushing against the greenery. The garden background now has luxuriously expansive growth, a large cedar brushing overhead protecting the new growth, old and new plants mingling in harmony, and the softness of mature growth surrounding it.



All of this had to be invented. Last year, my ragtag hydrangea bushes were no longer producing flowers, just limp leaves endlessly demanding water. This was only one of a multitude of sad conditions. My grandson Timmy was helping me

before leaving for Beijing for graduate school, but we had no plan, no design. So we did what comes naturally in BAH: we contacted the office to find out who could give us a hand. Marilyn arrived with an entire holster of tools and a treasure house of advice.

She enthusiastically coached Timmy in moving rocks, placing containers, purchasing plants, gathering stones, spreading mushroom soil—an amazing assembly of artifacts to create the perfect garden. A place of calm and quiet, of joy and serenity, and above all, solace against the confusions and disruptions of our current struggle with COVID-19.

With BAH volunteers like Marilyn, our world can be set right and we can move forward, even in the sadness of seeing our loved ones only in masks and six feet away.

## **Zoom, Zoom, Zoom!**

**Do you need help joining Zoom meetings?** It's really pretty easy but hard to explain to a group, simply because what you see and do differs depending on what device you are using. Rather than opt out of what can be a fun and supportive experience, we encourage members to call the office and ask for technical help. We have a number of volunteers ready, willing, and able to walk you through it by phone.

## **'No Intubation': Seniors Fearful Of COVID-19 Are Changing Their Living Wills**

*By Judith Graham*

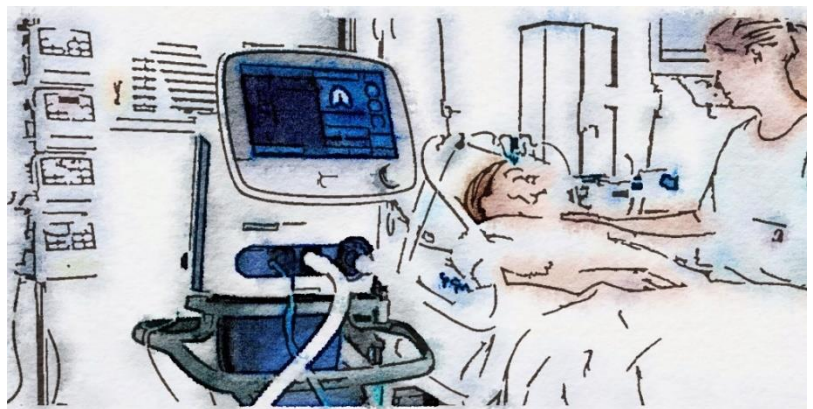
DENVER — Last month, Minna Buck revised a document specifying her wishes should she become critically ill. “No intubation,” she wrote in large letters on the form, making sure to include the date and her initials.

Buck, 91, had been following the news about COVID-19. She knew her chances of surviving a serious bout of the illness were slim. And she wanted to make sure she wouldn't be put on a ventilator under any circumstances.

“I don't want to put everybody through the anguish,” said Buck [...].

For older adults contemplating what might happen to them during this pandemic, ventilators are a fraught symbol, representing a terrifying lack of personal control as well as the fearsome power of technology.

Used for people with respiratory failure, a signature consequence of severe COVID-19, these machines pump oxygen into a patient's body while he or she lies in bed, typically sedated, with a breathing tube snaked down the windpipe (known as “intubation”).



For some seniors, this is their greatest fear: being hooked to a machine, helpless, with the end of life looming. For others, there is hope that the machine might pull them back from the brink, giving them another shot at life.

“I'm a very vital person: I'm very active and busy,” said Cecile Cohan, 85, who has no diagnosed medical conditions and lives independently in a house in Denver. If she became critically ill with COVID-19 but had the chance of recovering and being active again, she said, “yes, I would try a ventilator.”

[Dr. Douglas White, a professor of critical care medicine at the University of Pittsburgh] has observed that older COVID patients are spending considerably longer on ventilators — two weeks or more — than is the case with other critical illnesses. If they survive, they're likely to be extremely weak, deconditioned, suffering from delirium and in need of months of ongoing care and physical rehabilitation.

"It's a very long, uphill battle to recovery," and many older patients may never regain full functioning, said Dr. Negin Hajizadeh, an associate professor of critical care medicine at the School of Medicine at Hofstra/Northwell on New York's Long Island. "My concern is, who's going to take care of these patients after a prolonged ventilator course—and where?"

In St. Paul, Minnesota, Joyce Edwards, 61, who is unmarried and lives on her own, has been wondering the same thing. "I have to think about what the quality of my life is going to be," Edwards said. "Could I live independently and take care of myself — the things I value the most? There's no spouse to take care of me or adult children. Who would step into the breach and look after me while I'm in recovery?"

But the choice isn't as black-and-white as go on a ventilator or die.

"We can give you high-flow oxygen and antibiotics," Cox said. "You can use BiPAP or CPAP machines [which also deliver oxygen] and see how those work. And if things go poorly, we're excellent at keeping you comfortable and trying to make it possible for you to interact with family and friends instead of being knocked out in a coma."

"People are thinking about what could happen to them and they want to talk about it," said Dr. Rebecca Sudore, a professor of medicine at the UCSF. "It's opened up a lot of [discussions](#)."

Rather than focusing on whether to be treated with a ventilator, she advises older adults to discuss what's most important to them — independence? time with family? walking? living as long as possible? — and what they consider a good quality of life. This will provide essential context for decisions about ventilation.

Sudore helped create [Prepare for Your Care](#), a website and a set of tools to guide people through these kinds of conversations. Recently it was updated to include a section on COVID-19, as have sites sponsored by [Compassion & Choices](#) and [The Conversation Project](#). And the Colorado Program for Patient Centered Decisions has published a [decision aid](#) for COVID patients considering life support, also available in Spanish.

This article is excerpted from an article by Kaiser Health News, an editorially independent program of the Kaiser Family Foundation, which is not affiliated with Kaiser Permanente. The full article is available at <https://khn.org/news/no-intubation-seniors-fearful-of-covid-19-are-changing-their-living-wills/>. You can contact Judith Graham at [khn.navigatingaging@gmail.com](mailto:khn.navigatingaging@gmail.com), [@judith\\_graha.m](mailto:@judith_graha.m).

## Meals on Wheels Adds Temporary Eligibility for Active Seniors



To their usual criteria for eligibility—i.e., homebound people who are 60 or older and have difficulty shopping or preparing meals or their partners, unpaid live-in caregivers, and disabled dependents—Meals on Wheels has added active seniors who are sheltering in place during the pandemic. There are two options:

**Option 1:** Home delivery of frozen meals. Meals are delivered by dedicated volunteer and staff drivers using COVID-19 practices. Call 360 746-6480 to sign up.

**Option 2:** Meal pickup by eligible seniors or someone on their behalf, such as a BAH volunteer or family member. Drive-up lanes are open Wednesdays 11:30 am-

12:30 pm at BSAC, where seniors who have chosen this option receive one hot meal and six frozen meals, along with



one quart of 2% milk, half a loaf of bread, and fresh produce. With this option, you don't get any choice of menus but the food is prepared inhouse at the Meals on Wheels own kitchen at BSAC.

To sign up for Option 2, contact Darcie Romero at [dromero@whatcomcoa.org](mailto:dromero@whatcomcoa.org) or 360-733-4030 x1019.

Payment is by donation only and no eligible senior is turned away for inability to pay. Checks/cash can be dropped off on Wednesdays during the drive-through process or put in the mail.

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### *Don't Be Too Quick to Judge* **Letter to the Editor**

*Thanks for another great newsletter; I enjoyed reading it a lot. I had to pause for a moment, however, when I read Kate Birr's article on her visit to Trader Joe's in the last issue. She wrote: "Interesting note: a number of folks in line were wearing N95 masks, the kind that are supposed to be reserved for health-care workers."*

*Well, I have an N95 Air Mask with reusable filters, as well. I bought that mask in 2015 and used it during trips to Asia (for air pollution & autoimmune issues) and when I visited dear ones at the oncology ward in the hospital. So maybe we should not hastily judge people who wear those masks in public. Judgmental looks and comments actually have made me NOT wear that particular mask in public anymore. Instead I now wear a homemade fabric mask when I leave the house every seven or nine days for a grocery run.*

*Do not get me wrong – I do not want to criticize the article, just give you feedback and some food for thought.*

*Do you have a response to something in the BAH newsletter that you would like to share? We'd love to hear from you! Please send it along to Lauren Phillips at 360-714-0054 or at [lauren-don-phillips@comcast.net](mailto:lauren-don-phillips@comcast.net).*

***And now, a shout out to  
our members celebrating a  
birthday in...***

***JUNE***



***Carl McGrath  
Elaine Cress  
Vickie Knechtel  
Nanette Davis***

***Ann Therkelsen  
Judith Krieger  
Barry Mason***

#### **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