



If you ask what is the single most important key to longevity, I would have to say it is avoiding worry, stress and tension.
And if you didn't ask me, I'd still have to say it. – *George Burns*

THANK YOU...

To all of BAH's members who have renewed their commitment to the organization—and to each other—by paying their dues in a timely manner. We are heartened by your response and value every one of you!

From the Leadership Council

Restarting Transportation Assistance

The Leadership Council has voted to restart transportation assistance to needed medical services during Phase II of the pandemic. While getting into a car with someone outside of your household is not without risk, neither is postponing necessary medical appointments. So we've established a set of safety protocols to protect both volunteers and members by keeping risk as low as possible.

You can download the new protocols here: [Transportation Policy](#) and the Consent Form we're asking volunteers and members to sign here: [Consent Form](#). Just call or email to make a request the way you normally do. Our office is still being covered remotely from volunteers' homes, so we'll call back to walk you through the process. We can't promise we'll have volunteers in the numbers we normally would, but we'll do our best to meet your need.

A Big Thank you to Elaine Cress—

for her years of work leading the Membership Committee. As a founder & prior LC member, Elaine has chaired this central committee from our beginning. She's now decided it's time to step down. We are grateful for all the time, heart, inspiration, and support she's given to members and to Bellingham At Home.



Elaine with members of the Membership Committee (left to right): Elaine, Edie Norton, Janet Simpson, Karen Lauckhardt, Lorraine Barnes, and Maxine Reid

Elaine also wanted to offer her own gratitude:

“I wish to acknowledge all those volunteers who brought their expertise, life experience, and heart to serving on this committee with me, as interviewer or scribe. Around my kitchen table, these volunteers dedicated themselves to creating Bellingham At Home boundaries, application for membership, initial fees, a Member Handbook, the interview process, confidentiality agreements, and procedures for frail members. They carried the mission of Bellingham At Home into the homes of our members, often nurturing those relationships long after the interview to optimize the member's experience. I had the honor to serve next to them in laughter, candor, and always with immense caring. Over the past six years volunteers that served on Membership include: Lorraine Barnes, Karen Lauckhardt, Catherine Huhndorf, Maxine Reid, Edie Norton, Marcie Schumaker, Joan Dow, Janet Simpson, Richard Abbott.”

Coping with Stress in This Stressful Time

It's common to feel stressed or anxious during this time. Recognizing how you're feeling can help you care for yourself, manage your stress and cope with difficult situations. Even when you don't have full control of a situation, there are things you can do. Here are some tips from the National Alliance on Mental Illness.

Manage how you consume information

Having some limits on your news consumption can help. One suggestion: Set limits on when and for how long you consume news and information, including through social media. It may help you to choose a couple of 15-minute blocks each day when you will check news/social media and limit your news consumption to that time.

Follow healthy daily routines as much as possible

Your daily habits and routines can help you feel more in control of your own well-being. Even simple actions can make a difference. Some suggestions: making your bed, getting dressed, moving your body, eating nutritious food as much as possible, and connecting with loved ones

Take care of yourself through exercise and movement

It's important to keep movement as part of your daily life, whether it's exercise or light movement like stretching and making sure you're not sitting down too long. Exercise is a powerful way to improve both your physical and mental health. Research suggests that when we exercise, our brain releases chemicals that help us better manage stress and anxiety. Some suggestions: do yoga, do low-impact cardiovascular exercise, look for free exercise videos on the web.

Practice relaxing in the present moment

Mindfulness is a way of practicing awareness that can reduce your stress. It involves focusing your attention on the present moment and accepting it without judgment. Many medical organizations support mindfulness as a research-based way to lower your stress and boost your physical and emotional health. Here are some resources: Mayo Clinic: [Tips for mindfulness & coping with anxiety](#); UMass Memorial Center for Mindfulness

Meditation: There are many types of meditation, but in general, they involve finding a quiet, comfortable place where you can observe your thoughts and focus on your breath. Meditation can help you feel calmer and more relaxed.

Breathing exercises can help calm your body and your mind. These exercises often involve [controlling and slowing](#) your breath. They may be especially helpful in managing feelings of anxiety and panic.

Do meaningful things with your free time

When you can, do things that you enjoy and that help you relax. Some suggestions: Read/listen to a book, learn a new skill, create art, journal or write, play puzzles/games, take an online course, cook something with new ingredients, do tasks around your home (e.g., gardening, organizing).

Stay connected with others and maintain your social networks

Build a feeling of connection with friends and family using the phone, email, social media, video calls, and/or when you feel it is safe, in small outside gatherings of a few people wearing masks and social distancing. Ask for help when you need it, and offer it when you can. Suggestions for virtual activities you can do together: at-home crafts/activities over a video call; watch a virtual concert together; read the same book or watch the same movie and talk about it; join an online exercise class; or play online multi-player video games.

Find mental health resources

Being in contact with people who can relate to your experiences can be helpful. It can help you learn information, find resources that suit you, and feel supported by people who understand. Visit your [local NAMI Affiliate or NAMI State Organization](#) for information on programs in your area.

Gather information about ways you can get help in a mental health emergency or when you want immediate support at [Warmline directory](#) (non-crisis, emotional and preventive care support over the phone) or [NAMI HelpLine](#): call (800) 950-NAMI (6264) Monday through Friday between 10:00 a.m. and 6:00 p.m. ET for mental health resources or email info@nami.org.

This article is excerpted from the NAMI COVID-19 Resource and Information Guide. You can read the full article at <https://www.nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources/COVID-19-Resource-and-Information-Guide#q3>.

Cooking in the Time of Covid-19

The spread of the pandemic in meat packing centers is just one of the reasons many BAH members have cited for shifting to a less meat-intensive diet. Vegetarian and vegan options have been on the table for a long time, and even if we're just interested in cutting back on meat, it can be a challenge to plan meatless meals. BAH volunteer Lorraine Barnes suggested an interest group to focus on this topic, and she led a Zoom meeting on June 15 with a demonstration worthy of a TV chef.



Lorraine set up her tablet in her kitchen and prepared all her recipes on camera for the Zoom meeting. It was better than YouTube!

A recipe for one of the (7!) dishes that Lorraine prepared:

Herby Hemp & Cauliflower Rice Tabbouleh:

Tabbouleh:

1 cucumber diced into 1/2 inch pieces
1 large shallot, minced
1 cup diced tomatoes
1/3 cup shelled pistachios
3/4 cup raw, shelled hemp seeds
1 1/2 bunches fresh parsley, chopped
1/3 cup chopped, fresh mint
1/2 large head of cauliflower, cored and roughly chopped

Dressing:

Juice of 2 lemons
1/2 teaspoon ground allspice
1 1/2 teaspoons sea salt
Pinch ground black pepper
1/3 cup cold pressed olive oil

Make cauliflower rice and combine with tabbouleh mixture.
In a small bowl, whisk together lemon juice, allspice, salt and pepper.
Slowly add oil in a thin, steady stream, whisking continuously until emulsified.
Pour dressing over tabbouleh and toss to coat.

Feedback from participants:

From Angela Mercy:

A BIG SHOUT OUT to Lorraine Barnes for giving a wonderful demo of preparing vegan/vegetarian/raw food dishes. She showed us how to prepare 7 different items together with tips on enzymes, young coconuts and where to shop for quality and price. All of this in just over an hour. BUT that's not all - She packaged samples for all the participants and delivered them to their homes. THANK YOU LORRAINE!

From Elaine Cress:

Lorraine's talents, professionalism, and generosity were all brought together in a symphony of cooking culminating in the food of which we each got to partake. A rare thing indeed in Covid! I'm glad you're doing this, Lorraine. Thank you!

Interested? Lorraine's going to try it again, 4 p.m., July 6. Here's what she wrote:

Nuts! We should talk about nuts. They play an extremely diverse role in the lives of most vegans and vegetarians. Nuts can provide us with healthy mylks.....breakfasts....lunchesdinners and tasty snacks. Let's have some fun with nuts....

Watch for a Zoom link in an upcoming e-blast.

Adventures with BAH Check-ins

By Lelia Coyne

As a BAH member, I wanted to share a pleasant experience I just completed with a new type of assistance BAH offers us: scheduled "wellness checks" from a BAH volunteer.

Members are already getting occasional calls from a member in our neighborhood "cluster," just to see if we are still out there, and whether we need any help from BAH. These are thoughtful and pleasant, but sporadic.

I recently needed something a bit more "official."

I needed to update the blood pressure medication I have used for 20 years. Blood pressure can be unstable for 4-6 weeks after such a change. During the transition, which, by pure chance, also occurred during an exceedingly high-stress period for me, I experienced a couple of scary falls.

I requested scheduled check-ins to make sure I was not lying for days broken on my shower floor, or some similar imagined catastrophe.

There were a few bumps getting things set up at first: For instance, the designated assistance provider did not know to call me in advance to agree on the designated days and times. Coming home from a walk, I was greeted by a call from 911, on their way to break down my door if I did not pick up. Then, still unused to such surveillance, I forgot about my first scheduled call, and set off for Nooksack earlier than I normally am able to get out of the house. My volunteer reached me on my cell phone in my car. Whew!

However, the upshot is that my volunteer was a fabulous person, and I found a lovely new friend with whom I share several interests that are not of interest to anyone else I know.

Neither of us had planned to do more than ask: "Are you alive?" and respond, "Yes." But it always turned out to be sharing something about our common interests that really brightened my day. I so looked forward to the calls that I almost regretted when my meds got properly adjusted and I did not need check-ins any longer. In fact, something comical came up a few days later that only she would appreciate, so I called her to tell her about it. I really hope we will remain friends forever, even though I know her social circle is much larger than my own.

BAH-Zoom

By John Lawler



Source: New York Times

Zoom, the new software that facilitates video meetings, is very easy to use and fills a sudden need, so many of us have become fluent in it; BAH has its own subscription and uses it extensively for member connections and meetings. However, one hears persistent complaints about Zoom meetings. There are reasons for this, as well as simple measures one may take to reduce difficulties

Zoom is good, but it doesn't model human communication perfectly. Adjusting to the differences is the source of most of the stress experienced in use. The main difficulties are in the erratic timing of internet audio speech and its lack of coordination with the video image, Zoom's lack of eye contact (necessary for speech turn-taking), and the distraction of seeing oneself while speaking. These are all odd situations, uncommon or impossible in normal speech. Being in such a situation can induce anxiety and stress, which is fatiguing.

In normal human speech – face-to-face communication, the kind humans are biologically adapted to – we see another person, make eye contact with them (and notice when they're not looking at us), hear the sounds they make as they make them (and notice when they're not speaking). This gives us a lot of information that we don't get with Zoom.

How people decide whose turn it is to speak is one of the most complex problems in psychology. It's not easy, even in person, under the best of conditions. On the internet, as on the phone, speech timing is erratic, and so is video. More importantly, we don't make eye contact on Zoom. We are looking at a picture of a person who is not looking at our eyes, but rather looking at a picture of us. It doesn't **feel** like conversation and it's hard to know when or what to say, or where to look while saying it. Also, we're not really used to seeing ourselves while we talk. It's distracting; if we are anxious about appearance or presentation, it's worse than distracting.

Most of these are subliminal irritations, which just make for a less comfortable experience, and they can go away when we become aware of them and do something about them, for example turning off video. In general, limiting video

meetings to only those really necessary is a good policy. Probably most important, be patient and don't expect too much of Zoom. We're all learning and getting used to what works and what doesn't.

Wonder why John is so attuned to communication? As a trained linguist, he really can't help himself. For more about him, visit his website <http://www.umich.edu/~jlawler/>.--ed.

Membership Matters

Spotlight on June Hopkins

By Lauren Phillips



June Hopkins was a social worker in New York City, in charge of 10 offices dedicated to keeping kids out of foster care, and when she burned out, she decided to write a book about her grandfather, Harry Hopkins.

Originally a social worker himself, Hopkins was one of the architects of the New Deal, especially the work relief programs of the Works Progress Administration; in World War II he was Roosevelt's chief diplomatic troubleshooter and liaison with Winston Churchill and Joseph Stalin; and he also supervised the \$50 billion Lend Lease program of military aid to the Allies.

Although she had some family stories about him and a cache of letters between him and her grandmother, as well as a bachelor's degree in English lit and a master's in public administration, June quickly realized she lacked essential skills in historical research.

"I went to talk to a professor at UCLA and he said 'you'd be better off doing this in an academic environment; it's going to take you seven years to write the book—so go get your doctorate; if you get the book published, great, if not at least you'll have the degree.' I was 52 when I started and it took six years to get my doctorate in history from Georgetown University; my daughter, Alison, who is a professor of English lit at WWU, was getting her doctorate from Columbia University at the same time!"

June published her dissertation, *Harry Hopkins: Sudden Hero, Brash Reformer*, and accepted a job offer at Georgia Southern University, Armstrong Campus, in Savannah, where she taught happily in the history department until she retired in 2016.

"It was a great experience and I miss the classroom, which is why I decided to offer my services to ALL. I taught a course last year on the three WWII leaders—Roosevelt, Churchill, and Stalin—and I'm preparing one for this fall on the depression and the New Deal. I'm guessing it will be online rather than in person."

With her daughter, June co-authored an annotated collection of those letters, 1919-1946, between her grandparents.

"It's a broad history of the first half of the 20th century. So that was my second book. The third book, which I'm working on now, is Harry Hopkins' work in WWII as the president's diplomatic envoy to Churchill and Stalin."

June and her husband, who was very ill at the time, moved to Bellingham in the fall of 2017 to be close to her daughter, son-in-law, and grandchildren.

"Christopher died six months later and then I was ill for some time—and then the pandemic struck. Now, I'm just looking forward to getting out and discovering more about Bellingham. Before the lockdown, I joined a book group and a Silver Sneakers' class at the Y three times a week. I've met a lot of nice people who are interested and interesting. And I've been lucky enough to have them take me by the hand and drag me along. I'm not an especially outgoing person, so I've really appreciated that."

She is also appreciative of BAH, which she joined just after Christopher died.

"I've used their volunteer help quite a bit. I think it's a wonderful organization."

In Memory...

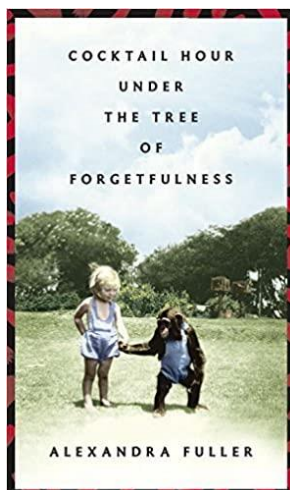
Jean Gross

Jean Gross, a charter member of BAH, died on May 22 in Bellingham, at age 93. Jean grew up in New Orleans, where family gatherings were memorable for their creole cuisine. During WWII, at a USO dance, she met her husband Ernie, who was in the Army at the time. They married in 1946 and settled eventually in Port Orchard, WA, where they owned the town's clothing store, Blanchards, for 30 years and raised four children. Jean was widowed in 1987, and moved to Bellingham in 2001. Her passions included cooking, gardening, entertaining, her Catholic religion, and family. Her final wish was to remain in her home until the end. She could be found working in her garden until a week before her death.

Book Report

Cocktail Hour under the Tree of Forgetfulness

By Sandy Stanton



Alexandra Fuller, born in England in 1969, moved with her Scottish mother, Nicola, and English father, Timothy, to a farm in southern Africa in 1972. She grew up there and in adjacent areas of Africa before moving with her husband Charlie to Wyoming in 1994. Her first book, *Don't Let's Go to the Dogs Tonight* (2001), is the story of her childhood in Africa from her eyes.

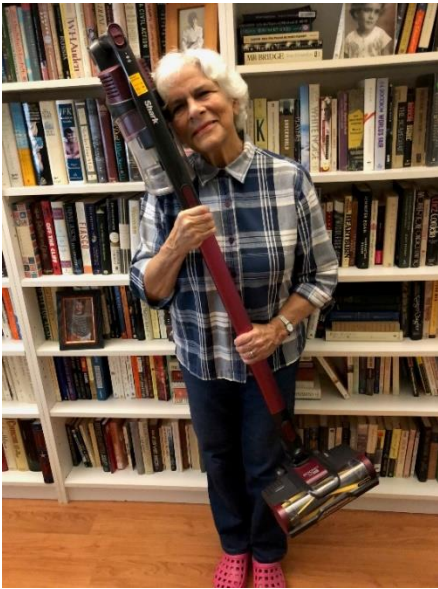
This 2011 sequel centers on her mother Nicola--her remembered childhood and the story of how she and Timothy managed to keep their family alive and well in the midst of civil war and during times of illness, financial hardship, and the sorrow of losing Alexandra's younger sister, Olivia. Reminiscing with her mother during a visit to her parents' Zambian home in 2010 inspired this colorfully written, entrancing, though sometimes heartbreaking account of the family's life in Africa during the late twentieth century.

Vacuuming: A Love Story

By Lauren Phillips

One of the many changes COVID-19 has made in my life is that I am once again cleaning my own house. I freely admit that I have been spoiled rotten by having someone come in to clean for me every other week. In between, I would clean the kitchen and the bathrooms in a somewhat slapdash fashion and do my best not to look down at the floors--because my vacuum was the bane of my existence.

In all fairness, the vacuum did a decent job if you were able to push it around. And I was able to push it around—*just*. But it took all my strength and energy, racked up my back every time, and left me panting and cursing. Even on bare floors, the thing was klutzy because it still weighed 1073 pounds and it still had that nightmarish cord, which required stopping and readjusting every few steps. Oh the cord—I have dreamt about that cord trying to trip (read kill) me more than once.



Now that I have been cleaning on my own since March, I realized something had to give. It was the vacuum cleaner or me. So I ventured online to see if science had come up with something better in the last eight years. And boy howdy, had it—there were now cordless vacuum cleaners!! How was I not informed about this immediately? There were also lightweight stick vacuum cleaners that a small child could push around! There were even, wait for it, cordless stick vacuum cleaners.

The instant I realized Bed Bath & Beyond was open for business, I zipped over, masked and gloved up and demanded to see these miracles of technology. Twenty minutes later, I staggered out with my new Shark Rocket Pet Pro Cordless Stick Vacuum, dazed and in love. This is no puppy love, people. This is the real thing: I told my family and friends about it immediately and explained that, in the future, I would still love them but that my stick vac was now first in my heart. I believe they understand.

What's brought you joy in the last weeks? Let us know!

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

July



Mary Carlson
Barbara Machtey
Beverly Blair

Lauren Phillips
Iris Parker
Merrily Lawson
Edwina Norton

Wayne Deming
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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.