



You are never too old to set another goal or to dream a new dream. — C.S Lewis

Beauty All Around and Within Each of Us

By Angela Mercy

Buddha and I were enjoying basking in the sun along the Nooksack River a short walk from where we were camped. A beautiful young woman approached and asked if I'd like her to take my picture, saying something about looking beautiful. I was taken by surprise. As an older woman in our culture, I don't expect to be seen, much less to be seen as beautiful. One can only imagine the beauty of the soul behind the eyes that saw me. Thank you, dear Rosie.



This would have been a great story if it ended right here, but it gets better. Because of COVID 19, instead of handing her my phone to take the picture, I asked Rosie if she would take the picture on her phone and text it to me. As I walked through the day, I realized how deeply touched I was by our encounter. Because I received the picture by text, I was able to send Rosie my appreciation and an offer of friendship. Her response was a sheer delight, and we hope to meet in person soon.

But that's not all. We older people are quick to point out our flaws and blemishes, and slow to see our own beauty. In this way we contribute to ageism. We often make the mistake of accepting the common image of beauty as youthful beauty. A large part of the beauty in this picture is the beauty that surrounds me and the beauty of my four-legged companion.

I would love to see a calendar with photos of BAH members and volunteers in beautiful settings celebrating both our own beauty and our eye for the beauty around us. Because of my other commitments, I cannot be the lead on this project, but I would love to collaborate with

others excited by this opportunity to claim and capture beauty in its many forms. Who's in? Contact Angela at angela.mercy@bellinghamathome.org.

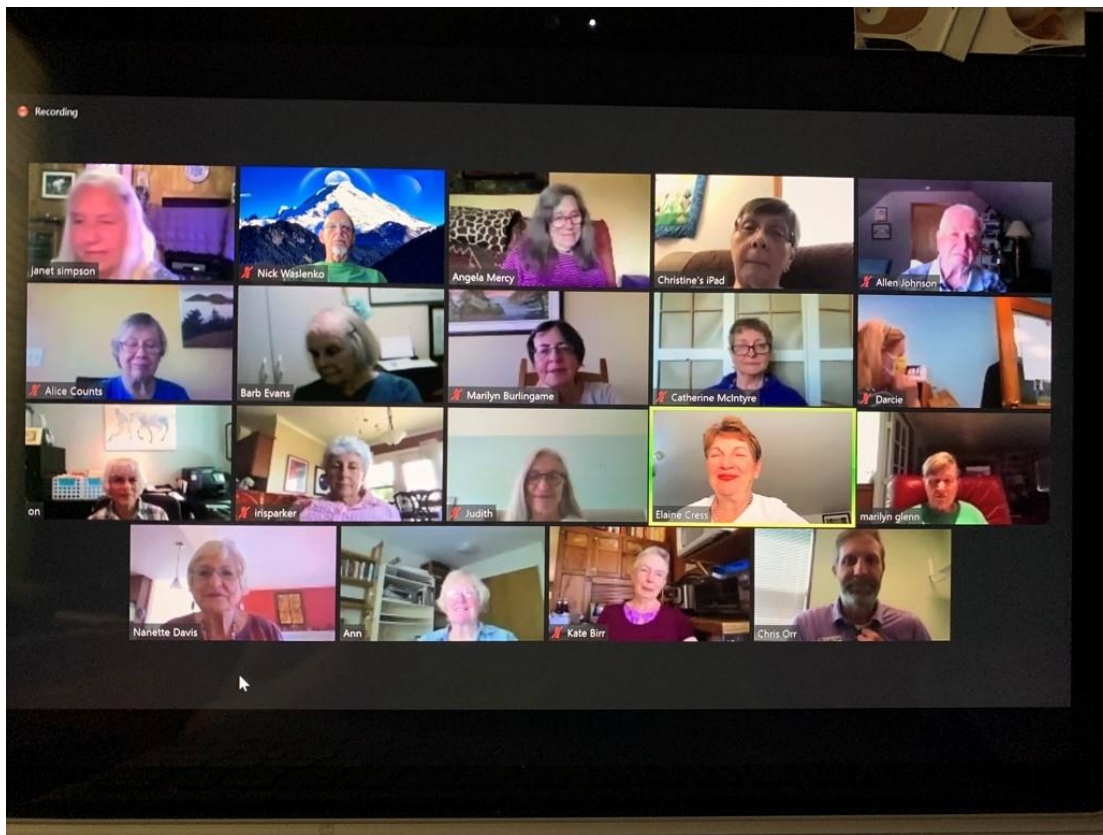
Lastly, please notice how much joy the simple offer to take a photo of a stranger has created. Now, more than ever, we need the kindness of strangers. We also need to pay it forward, and to share our stories so the goodness keeps rippling through our community. It would be great to share stories of kindness given and received in these pages and other BAH venues. Let's infect the world with beauty and kindness.

Our Fourth Annual Meeting

For our 2020 member gathering, the Bellingham At Home name took on a whole new meaning: We met—literally—from home. In one for the books (because we hope we won't be doing it this way again next year), members got together via Zoom, the communications software that's become all-too-familiar to many of us, thanks to Covid-19. If you haven't had

the pleasure or the inclination to use it, Zoom lets you see and talk with others who connect to the same meeting on the Internet. That's what some 19 of us did on August 18. We checked in and shared some of what we've been up to since the pandemic drove us into isolation.

It was heartening to see so many faces, even if they were just on our screens.



It's not Hollywood Squares, it's the 4th Annual Member Meeting of Bellingham At Home—on Zoom.

Janet Simpson and Angela Mercy reported on the state of our village, including membership, volunteers, and finances, all in good shape. Besides the reorganization our LC is putting in place (see "Snapshot" below), we learned that we are creating a new team of the Membership Committee called "Support Buddies" to provide more one-on-one assistance. We'll find out more soon. Watch for details in a newsletter this fall.

EXTRA EXTRA EXTRA: Cat McIntyre Steps up to Fill a Significant Void

At the meeting, it was pointed out that the Membership Committee chair is currently vacant. Then and there, member and volunteer Cat McIntyre volunteered to do the job. As chair, she will pull together and coordinate the efforts of the three Membership "teams" – Support Buddies, Interviewers, and Community Clusters—and she will serve on the LC. It's a big commitment, and we're so grateful. Thank you, Cat!

Calling Contest Winners

Recent e-blasts challenged members to a pre-meeting contest to see who could contact the most members, to check in and find out something new about each other. At the meeting, winners were announced. First prize, a \$50 cash card (to be used for dining out or ordering in), goes to Chris Rudolph. Second prize, a gift certificate to Village Books, will be claimed by Angela Mercy, and third prize, a gift certificate for online movies streamed by the Pickford, goes to Lauren Phillips.

But this needn't be the end of reaching out to other members. If you feel like talking to someone, perhaps a member you don't know very well, pick up the phone and try it. Don't be discouraged if your call goes to voicemail; just leave a message (be sure to identify yourself as a BAH member). If you receive a call from another member, take it as an opportunity to do some distant socializing during this time of social distancing.

Did You Know?

Leadership Council minutes are now posted on the BAH website so you can check them out at your convenience.

BAH volunteer assistance is active and well. We are still not going into members' homes, but our volunteers will do work outdoors. And transportation to medical appointments is once again available, with restrictions.

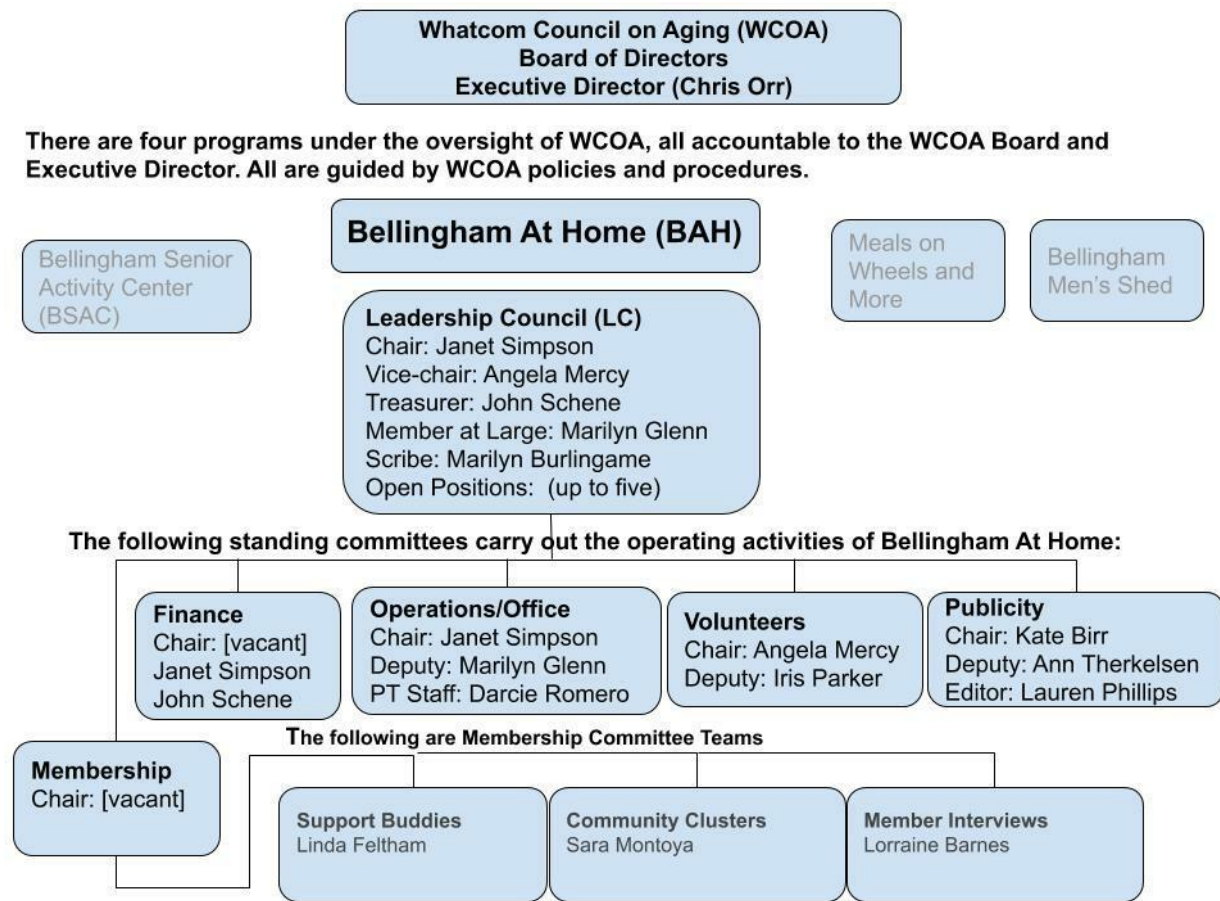
You will be asked to agree to arrangements to keep both member and driver safe.

Also, the BAH office is being staffed Tuesday afternoons and Thursday mornings. If you call then, you can speak to an office volunteer directly. At other times, leave a message and we will return your call.

Please note that, since the volunteer will be calling you from home, you will see an unfamiliar caller ID.

A Snapshot of Our Village

Here is the current organizational chart of Bellingham At Home, putting a lot of familiar names in their places. You'll notice that there are openings on the Leadership Council for as many as five more people. Also, since the production of this chart, Cat McIntyre has stepped up to become chair of the Membership Committee—thank you, Cat!



Here's a link to the org chart on our website:

https://bellinghamathome.clubexpress.com/content.aspx?page_id=22&club_id=41544&module_id=364816

Membership Matters

Spotlight on Nanette Davis

By Lauren Phillips

"In the beginning, there was no end."



Nanette is talking about the earliest days of Bellingham At Home, when she and the other founders were working nonstop.

"The constant meetings, the phone calls, the emails, the texts—we carried it all the time, we never felt finished. But the enjoyment of creating something new was so exciting."

It was also, as she saw it, a matter of filling an essential need in the community that she had identified both personally and professionally.

Following her doctorate in sociology from Michigan State and post-doc studies at Stanford, Nanette had a long career as teacher, writer, advocate, consultant, and researcher in criminology and issues relating to elders, women, families, and youth; it included teaching stints at universities in Australia (where she was a Senior Fulbright Scholar) and Portland, OR, 11 books, and more than a hundred scholarly articles. But her last academic gig, teaching gerontology as a visiting professor at WWU for 10 years, was where she began to really home in on problems of aging in contemporary society, especially among women.

"In 1998, my late husband had a heart attack and that's when I became aware that I was truly on my own as a caregiver. I kept looking around for a senior community but I didn't see anything in Bellingham. The people with very little income had support and the people with very high income could hire it. But the people in the middle didn't have anything. And I thought what do people do now, when all the things you worry will happen—like having to stop driving—actually happen?

"So BAH for me became a fallback position if I or my current husband, Burl, developed a need for help. But it also offered a sense of community because of the giving and receiving aspect of it. It just filled a niche like no other."

For a long time, Nanette was mainly on the giving side. She was, of course, a member of the Leadership Council. She was also the first chair of the social/educational committee and started the Book Club. And she developed and headed the Health Advocacy program, which became the Health Partners program, which has just now evolved into Support Buddies. Now she's stepping back from her leadership responsibilities.

"I'm moving to more of the receiving end. For a number of years friends would say to me 'Why aren't you taking more advantage of this organization you've put so much time and energy into?' Well, in 2018, I was the highest utilizer of services! Burl had to stop driving at 94 and that's when my life took a big shift. It took me about a year to get adjusted. At 89, I don't have the energy I had; I'm finding it takes longer for me to get through my daily routine."

Ironically, Nanette recently requested and was assigned a Support Buddy. But that person is now being treated for cancer. So Nanette and Burl have become *her* Support Buddies.

As Nanette put it, "Life has a way of surprising us!"

Also leaving the Leadership Council (Making Room for You)...

...are Judy Perry and Joan Dow. We'll miss them both! Joan has been a volunteer in almost every capacity since the early days and a great supporter of BAH. Judy joined more recently and has provided her energy and wisdom to the LC and committees. That leaves up to four empty spots; a few members have shown interest. If you're at all interested in the idea of joining the LC, why not visit (virtually, of course) the next meeting on Wednesday, September 16, at 1-3 p.m. and see what it's like—just call the office and we'll send you the meeting link.

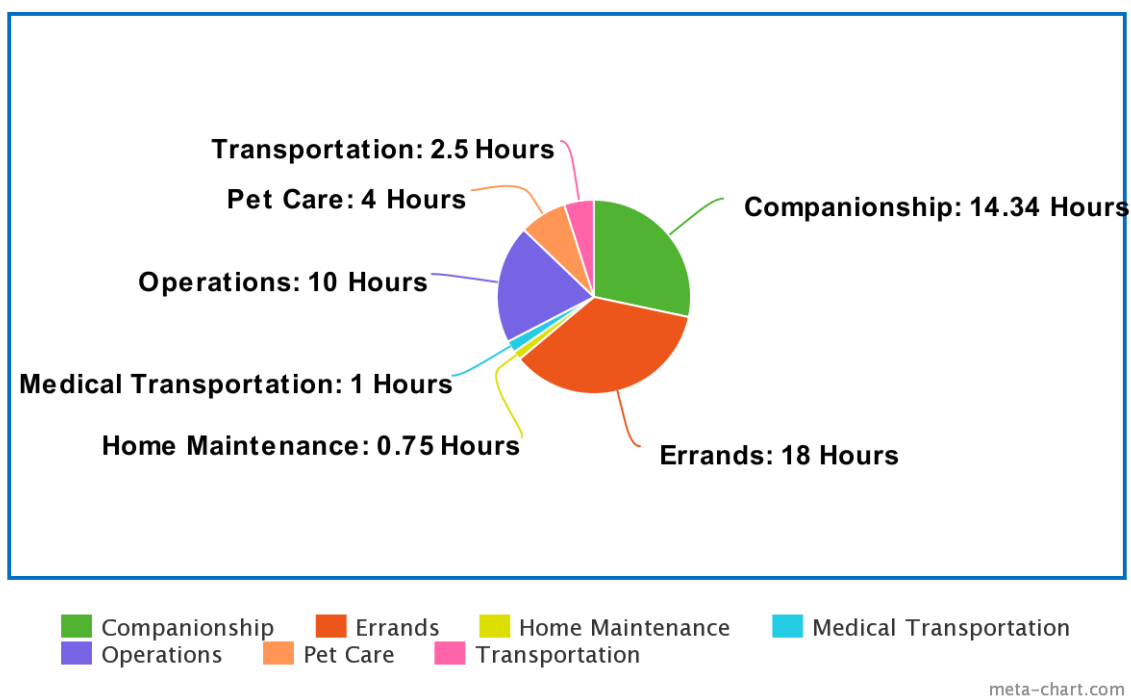
Looking for a Few Good Men

We love women, but we want diversity on the LC. John Schene is the only LC member who can offer a man's point of view at this time. How about it, guys? Are you ready to devote volunteer time to serving and re-modeling our post-pandemic community? We welcome your participation.

Pandemic Shpandemic, Our Volunteers Have Been Busy

Undaunted by COVID-19, BAH volunteers contributed 50.5 hours of direct assistance in July, as you can see below. *In addition*, there are projects and planning meetings going on behind the scenes: office, committee, and leadership volunteers logged just over 100 hours during the month. Are they just the best, or what? (They're just the best.)

Volunteer Assistance for July 2020 Total = 50.58 hours



What Seniors Can Expect as Their New Normal in a Post-Vaccine World

By Bruce Horovitz

Imagine this scenario, perhaps a year or two in the future: An effective COVID-19 vaccine is routinely available and the world is moving forward. Life, however, will likely never be the same — particularly for people over 60.

That is the conclusion of geriatric medical doctors, aging experts, futurists, and industry specialists. Experts say that in the aftermath of the pandemic, everything will change, from the way older folks receive health care to how they travel and shop. Also overturned: their work life and relationships with one another.

Here's a preview of post-vaccine life for older Americans:

Medical Care

- Time to learn telemed. 1 in 3 visits will be virtual.
- Drugstores will do more vaccinations, so older patients can avoid the germs in doctors' offices.
- Your plumbing will be your doctor, for the same reason. In the not-too-distant future — perhaps just a few years from now — older Americans will have special devices at home to regularly analyze urine and fecal samples.

Travel

- Punch up the Google Maps. Many trips of 800 miles or less will likely become road trips instead of flights.
- Regional and local travel will replace foreign travel.
- Demand for business class will grow. Older travelers will more frequently book roomy business-class seats.
- Buying three seats for two (to keep the middle seat empty) .
- Hotels will market medical care. For example, some hotels will advertise a doctor on-site — or one close by.
- Disinfecting will be a sales pitch, particularly on cruises that host many older travelers.
- Cruises will require proof of vaccination.



*Source:
Clipground.com*

Eating/Shopping

- Neighborhood and small-market restaurants will draw loyal customers — mainly because they know and trust the owners.
- Safety will be a bragging point. To appeal to older diners in particular, restaurants will prominently display safety-inspection signage and visibly signal their cleanliness standards.

Home Life

- The homecoming. More seniors will leave assisted living facilities and nursing homes to move in with their families.
- The fortress. In-person shopping will become much less common.
- Older workers will stay home.

Gatherings

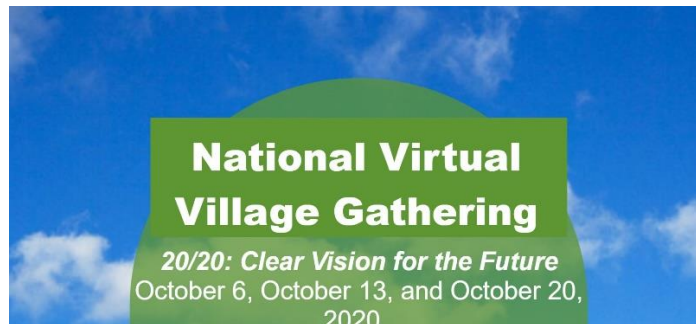
- Forced social distancing. Whenever or wherever large families gather, people exhibiting COVID-like symptoms may not be welcomed under any circumstances.
- Older folks will disengage, at a cost. Depression will skyrocket among older people who isolate from family get-togethers and large gatherings.
- Public restrooms will be revamped, featuring no-touch toilets, urinals, sinks and entrances/exits.

This article was gratefully adapted from an article in KHN News dated August 3, 2020. To read the full article, visit <https://khn.org/news/what-seniors-can-expect-as-their-new-normal-in-a-post-vaccine-world/view/republish/>

The Village to Village Gathering This Year Will Be Virtual—and Affordable!

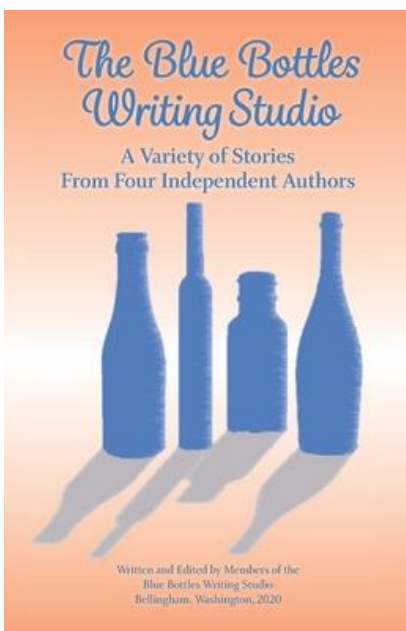
This year's VtoV Annual Gathering will be held virtually, on October 6, 13, and 20, from 8 a.m. to 1 p.m. each day. Because we had budgeted to send several people to the physical convention in 2020, we can afford to send a lot more to the virtual one, which is just \$40 per person—and no travel costs!

This is a great opportunity to share ideas, information, and inspiration with other senior villagers around the country working toward the common goal of changing how Americans age. If you've ever wished you could attend, now is your chance. Visit https://www.vtvnetwork.org/content.aspx?page_id=22&club_id=691012&module_id=380526 to learn more and see the full program, including sessions, roundtables, and speakers. If you're interested in participating on one or more days, call Janet Simpson (360-671-9713) or the BAH office as soon as possible so we can get the group rate.



Blue Bottles Writing Studio Publishes Its First Book

The Blue Bottles Writing Studio, which began life as a BAH activity group and includes several BAH members, meets in the home or garden of Elizabeth Jane Pryce, their leader and a BAH volunteer. The Studio has just published its first book, a collection of 68 very short pieces by four members of the group: Jane, Sandy Stanton, George Francis Edward, and Sita Amba-Rao.



The book is divided into five sections: Creative Memoirs, Stories from a Photograph, Short Stories, Scribbles, and The Newspaper Challenge. Some pieces are purely fictional, others are autobiographical, all are very personal. Reflecting the contributors' very different backgrounds, the stories are hugely diverse even though they started with the same writing prompts. It's a fun read and may even inspire you to join or start a writing group yourself (this one is full-up) or give you new ideas for writing prompts if you are already a creative writer.

The book is \$20 at Village Books, Amazon, and Barnes & Noble, but if you buy it directly from Jane Pryce, she will contribute 25% of the price to Bellingham At Home. You can reach Jane at harmoniousgardens@gmail.com or at 360-676-2732; please leave a message with your name and phone number.

You can enjoy a reading from the book at Village Books on September 20 at 5 p.m. via Crowdcast. Call the store or follow this link for more information: <https://www.villagebooks.com/event/litlive-blue%20bottles-092020>

Remembering...

Mary Froderberg

Mary Froderberg, a member of BAH since 2017, died on June 26 in Bellingham, at age 83. Mary grew up in the Ballard neighborhood of Seattle. She graduated with a degree in art from UW, where she met her husband Albert Froderberg.

She moved with Albert, a university professor in mathematics, to Sweden, Canada, and California, before settling in Bellingham in 1968. "It felt like coming home and I've loved it ever since," Mary told this newsletter in 2017. "I think it's the most beautiful place in the world, a landscape painter's paradise. I never run out of things to paint."

For some 50 years, they lived in a log structure on Chuckanut Drive, close to the water's edge, where Al built Mary an art studio with a view of the bay and islands. Working in colored pencil, pastels, and oils, Mary chose local landscapes and towns as her subjects. She was active in the Bellingham art community and had many close friends among the local artists. Her work was displayed in area galleries.

As her health declined during the last months of her life, her daughter, Annie, and grandson, Kieran, cared for her in her home.

And now, *a very (belated!) Happy Birthday* to our members celebrating a birthday in...

AUGUST

*Marilyn Gran
Kate Birr
Lelia Coyne*

*Jeanne Uhles
Chris Rudolph
Marilyn Glenn*

*Jane Albrecht
Jim Stanton
Judy Perry*

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

SEPTEMBER

*Milt Krieger
Alannah LaMothe*

Margaret Miller

*Judy Brightman
Alice Ellingson*

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

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.