



Every election is determined by the people who show up. —Larry J. Sabato

Even During COVID, Volunteer Services Are Still Available (And Volunteers Are Still Needed!)



When so many things are still out of reach because of the pandemic, it's good to remember that BAH volunteer support is very much within reach!

Volunteers are available to run errands for you and to work on projects outside the home. And great news, in accordance with WA State Health Department guidelines, they may now also make limited in-home visits to help with necessary tasks such as replacing lightbulbs or carrying groceries into the house. (Standards such as self-screening prior to the visit, wearing masks, maintaining distance, and using hand sanitizer will all apply.)

Volunteers are also still driving members to medical appointments. However, their number is limited, so please call the office to request a driver just as soon as you make that appointment.

Clearly, there's never been a better time to become a BAH volunteer: not only will your support be especially appreciated in today's trying circumstances, but the LC has put in place a new policy to pay vetting fees for new volunteers. Sign up today!

Health Partners Transitions to Support Buddies

Iris Parker

Health Advocacy.... Health Partners... Support Buddies. Bellingham At Home is nothing if not flexible when it comes to meeting our members' needs. After much discussion it was decided that Support Buddies would be a working group of the Membership Committee. With help from the Membership and Volunteer Committees, Support Buddies will each be matched with one member who needs additional assistance with daily living needs.

BAH Members who might benefit from a Support Buddy include those who:

- Live alone with limited or no family support
- Have multiple or changing medical conditions
- Have limited mobility or other impairments such as limited vision
- Experience cognitive impairment
- Are transitioning to an assisted living or rehabilitation facility
- Would benefit from medical note-taking

The role of Support Buddies can range from making weekly phone calls, to helping identify and link the member to BAH and other community resources, to navigating medical appointments, to liaising with family members if requested, and meeting other needs as they arise. Support Buddies may spend a short time (up to 30 minutes) in a member's home, using specific guidelines to keep both parties safe.

Any BAH member may request a Support Buddy at any time, starting right now. Additionally, the Membership Committee may recommend this service when they meet a new member. Or a Cluster Contact may notice that a member has developed higher needs as a result of changes such as giving up driving or a having a partner requiring daily care that suggest higher needs. Some needs may be ongoing, some may be short term.



Source: onlinewebfonts.com

Support Buddies will receive extra training for this role after they have been vetted and trained as BAH volunteers. The training will include the parameters of involvement and how to be a liaison with family when needed; those who wish to be able to provide medical-note taking will be trained specifically in that skill. We will also have ongoing meetings (Zoom meetings for now) to provide support for the volunteers and to see how the program is working out for both all parties.

Please let us know if you are interested in this new role of Support Buddy; we would love to have you on board! And members, you are encouraged to request a Support Buddy whenever you feel the need. You can call the office at 360-746-3462 to speak with an office volunteer or email us at servicerequests@bellinghamathome.org.

And a big shout-out to the Support Buddies team, headed by Linda Feltham and including Nanette Davis, Judy Perry, Ann Mikkelsen, and Susan Vaughan, who have worked diligently for many months to develop this proposal for giving one-on-one assistance to members who want or need on-going support. Thank you for all your hard work and for your compassionate hearts.



Vote Early

Your vote is your voice—and making your voice heard has never been more important to our democracy. Voting is easier in Washington than almost anywhere else in the country; ours is one of only five states that vote exclusively by mail.

All registered Washington voters will get a ballot automatically in the mail between October 14 and October 21. If you have any doubts about your registration, state election officials urge you to check your status with the Auditor's Office online (<http://www.co.whatcom.wa.us/1732/Current-Election>) or by mail (311 Grand Avenue, Suite 103, Bellingham 98225) now, while there's plenty of time to make address corrections or other changes. After October 27 you will need to come into the office in person.



Source: clipartmax.com

You can vote as soon as you get your ballot through 8 pm on Election Day, when the Auditor's Office closes to in-person ballot drop-off and ballot drop-off boxes are locked. Remember: if you're mailing your ballot, it must be postmarked by November 3—and there are always long lines at the Auditor's Office and at drop-off boxes during the final hours of the election.

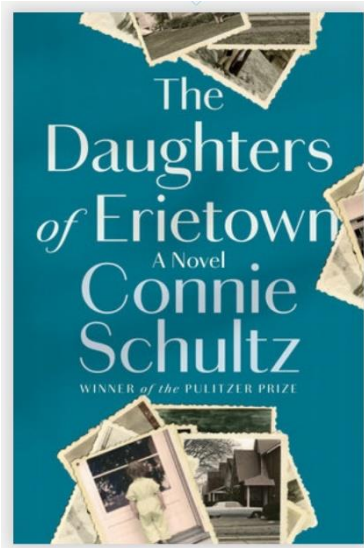
So don't wait—vote early!!!!

To find the nearest dropbox location, visit <http://www.co.whatcom.wa.us/1863/Ballot-Drop-Box-Locations>.

Book Group Is Reading *The Daughters of Erietown*

The BAH Book Group invites everyone to join its next Zoom gathering, October 28 at 2 p.m.

This month's book is *The Daughters of Erietown*, the debut novel from Connie Schultz, who is a Pulitzer Prize-winning writer, a professional-in-residence in the journalism school at Kent State University, and the author of two memoirs: *...And His Lovely Wife* and *Life Happens*.



According to the *Philadelphia Inquirer's* review, "everything changes for 12-year-old Samantha McGinty in the summer of 1969. Her father, Brick, stops fussing over his Chevy each weekend, no longer spritzing the windows with water and vinegar and wiping them clean with old pages of the Erietown Times. This small change to the routine flags a more painful development set in motion four years earlier, when Brick made a wrong turn and headed into 'the biggest regret of his life.'

"*The Daughters of Erietown* begins in the mid-1940s and hopscotches through the century, tracking four generations of women in a hardscrabble northeast Ohio town. Schultz captures the rhythms of daily life in this blue-collar community, weaving in standard historical punctuation marks: the 1963 Kennedy assassination, the 1970 shootings at Kent State University, and the burgeoning women's movement."

Publishers Weekly says Schultz "delivers a sweeping, heartfelt tale that... packs its plot with enough bitter pills to fill a Bruce Springsteen album."

Winter is Coming, Let's Have Some Fun

While the cold weather and rain can make staying safe seem even lonelier, there are plenty of enjoyable pursuits to help pass the time in a pleasant way—and sharing them is a great way to overcome isolation.

Do you have a talent or an interest that you'd like to share? It may be something you could teach others or a topic that you'd like to explore with like-minded folks; maybe one time only, maybe once a week or once a month. Bellingham At Home can support you with Zoom connections, help you reach out to our many members and volunteers, and provide office support to make everything run smoothly.



Lorraine Barnes, for one, is offering demonstrations of cooking different kinds of cuisine over Zoom. But you can never have too many cooking demonstrations! Here are a few other ideas:

- Watch a sports, cultural event, or a movie with a small group
- Playing Trivia—sports, movies, music, Seinfeld, etc.
- Harmonica Music—learn it, play it together
- Scrapbooking
- Talking about old TV favorites
- Knitting/Crochet circle
- Water color painting
- Indoor gardening

Or, whatever strikes your fancy!

Email the BAH office at servicerequests@bellinghamathome.org and let us know your interest and what you will need to start a group. We'll get back in touch with you shortly!

Fall/Winter ALL Courses Open for Registration

The Academy for Lifelong Learning at Western Washington University is offering 17 courses for the Fall/Winter term—well, two of them already took place in September—and registration is open. All of the classes are offered online via the Zoom platform, which you can access with your PC, Mac, tablet or cell phone. Click on any course to get a description, a bio for the instructor, and a link to registration at

https://oce.wvu.edu/all/courses?utm_source=OCE+Master+List&utm_campaign=22324fce1d-EMAIL_CAMPAIGN_2018_04_10_COPY_01&utm_medium=email&utm_term=0_da9bd699da-22324fce1d-283788961&mc_cid=22324fce1d&mc_eid=59b86a4d08.



There are some lively looking entries, including one being taught by BAH member June Hopkins: Alphabet Soup: FDR's Solution to the Miseries of the Great Depression. Some are especially timely—The U.S. Census: 240 Years of Controversy; Securing Your Digital Life—while others sound just plain fascinating: An Introduction to the Kabbalah, ALSIB—America's Secret WWII Air Route, and Dogs and Humans: An Evolutionary Love Story. Would-be memoirists will want to check out Heirloom Storytelling: Passing on Your Family Stories.

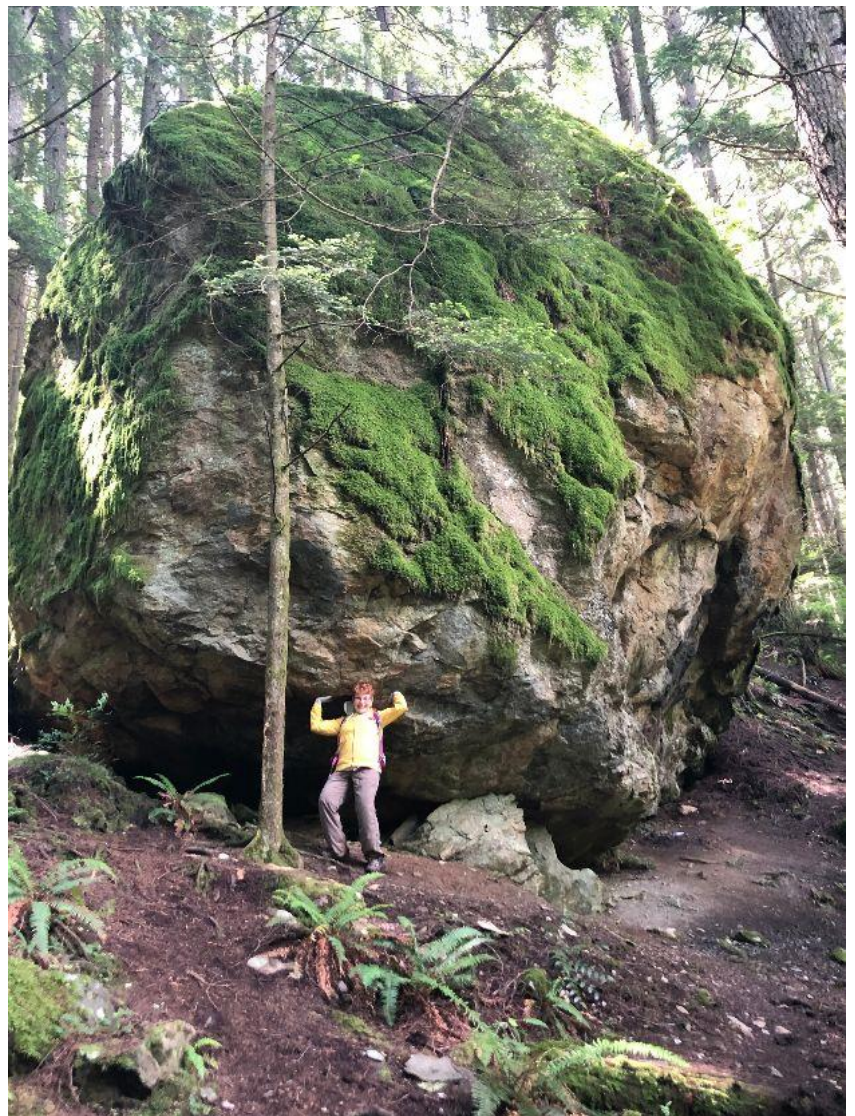
As always, ALL members get a 20% discount on any and all courses (as well as a 10% discount at Village Books).

Note that ALL has three free discussion groups that meet monthly that are currently on Zoom: World Affairs, History, and Contemporary Readings. To get on the mailing list for any of these groups, email and your name and email address to Michou Yenokida at mmyenokida@gmail.com.

Questions? You can get answers at AcadLL@wwu.edu or 360-650-4970.

A Daring Rescue

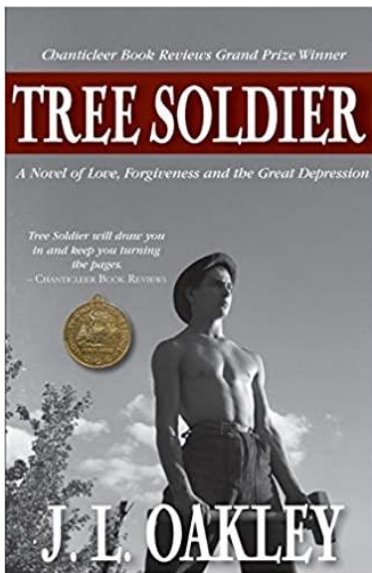
Elaine Cress, hiking with her friend Annette Holcomb, drank in the fresh air, embraced the exertion, and forgot about the news as they followed the Lily and Lizard Lake Trail (<https://www.wta.org/go-hiking/hikes/lily-lizard-lake-loop>). The trail was sparsely used, and they were delighted to come upon a mom and her kids camping at Lily Lake. Elaine, seeing this boulder, fantasized that she could save the valley below from the disaster of a runaway rock.



Book Report

The Tree Soldier: A Novel of Love, Forgiveness, and the Great Depression

By Sandy Stanton



Written a decade ago by Janet Oakley, an award-winning author of historical fiction, this novel offers good reading for those interested in the history of the Northwest—specifically, Washington—and the work of the Civilian Conservation Corps in the early-20th-century development of the state's wilderness areas.

The book's fictional component lies in its young CCC recruits—in particular, Pennsylvanian Park Hardesty, who arrives at Camp Kulshan in the summer of 1935. The camp is not far from the village of Frazier, which is the closest thing to civilization that the recruits have for recreation and female companionship. There aren't many young ladies, but Park takes no time in finding lovely, but feisty Kate Alford.

Competition for Kate from other recruits, encounters with wild animals, a tumble over the ledge of a waterfall, and a forest fire round out this exciting story, which ends on a happy note.

Are You Bathing Too Often?

Showering every day may be a habit, but unless you're grimy or sweaty, experts say you may not need to bathe more than a few times a week—and probably shouldn't. Here's why: washing removes healthy oil and bacteria from your skin, so bathing too often could cause dry, itchy skin and allow bad bacteria to enter through cracked skin. Plus, when you expose your body to normal dirt and bacteria, it actually helps strengthen your immune system. (Not to mention, showering too often wastes water.)

As long as we're on the subject, you may be using the wrong soap, too. Antibacterial soaps can kill too much bacteria, including the good kind. This can allow bad bacteria that's resistant to antibiotics to move in. Harsh soaps are another contributor to dry skin, so choose mild soaps with added oils, gentle cleansers, or shower gels with added moisturizers. If you have eczema or sensitive skin, scented soaps can irritate your skin, so stick with fragrance-free instead.

And then there's hot water. A long, hot shower feels soooo good, especially in winter, but hot water removes your skin's natural oils and can leave you, again, dry and itchy. You can protect your skin by sticking with warm water and keeping your shower to 5 to 10 minutes. (This is especially important if you have a skin condition like eczema or psoriasis.)

Also, not all areas of your body actually need soap in order to get clean! Limit soap to your armpits, groin, feet, hands, and face, and stick to warm water for the rest of your body. This will help keep your skin from getting too dry.



So now you know how to keep your skin healthy and moist when showering. Keep it like that by applying moisturizer within a few minutes of drying off. That way, the lotion or cream will trap the moisture in your skin.

This is a great time to change your bathing routine because, believe it or not, here comes the cold weather.

This article was sourced from WebMD. Read more on the subject at <https://www.webmd.com/a-to-z-guides/ss/slideshow-shower-bath-mistakes>.

Babies, Boomers & Zoomers

How can grandparents and grandchildren stay connected when separated by distance and/or pandemic? That was the topic of recent Village to Village webinar about Grandparenting in the Digital Age. It featured the work, still in progress, of academics from four universities and was presented by Dr. Rachel Barr of Georgetown University.

The researchers studied how babies and young children can transfer understanding from media, including books, and computer and phone screens, to real life. It turns out kids are amazingly good at this. Now Dr. Barr and her group have turned to coaching families in effective electronic communication. Although children can participate in telephone conversations, they don't really catch on to using the phone until age 7 or later. They do, however, pick up on talk with images, and after several sessions, will recognize people other than their parents on a screen, so it makes sense to keep trying if you're wanting to keep this line of communication open.

Several tips for more rewarding grandparent-grandchild interaction:

- Have a plan for the call. Schedule a time that works at both ends.
- Arrange for a parent to be present.
- Keep it short.
- If you have technical difficulties, explain what's happening and how you're trying to fix it.
- Do something fun: play a game, check out a zoocam, read together (works best with two copies of the book)
- Or you can record reading a book and save it for them to play later (works well when your schedules don't mesh).

Stay Safe During Halloween This Year



Do you look forward each year to giving out candy and admiring the cute costumes of little trick-or-treaters? There will certainly be fewer takers this time around, but with careful planning, you may still be able to enjoy this Halloween ritual during the pandemic. Here are a few tips to keep you and your little visitors safe.

Put candy in individual baggies. Passing candy to a child or having kids reach into a big bowl of sweets can cause cross-contamination in the middle of a pandemic. Instead, put small, sealed plastic baggies of candy out on your front porch or stoop.

Stay behind the storm door or front window. Enjoy the show from inside, relying on big smiles and waves to communicate with kids.

Or sit outside behind a table. Mask up and put your chair at least six feet from the table. (This makes it a bit easier to continually restock the bags of candy.) Put hand sanitizer out. Ideally, trick-or-treaters will have hand sanitizer with them, but you can also supply a pump bottle for those grabbing candy bags.

Planning to opt out this year? This may be the best advice for those at high risk. Maybe put out a sign asking people to skip your house because of the virus.

This information in this article was adapted from an article by Carolyn Menyes posted on the msn.com website. You can read her full posting, which includes extensive tips for trick-or-treaters, at <https://www.msn.com/en-us/health/wellness/tips-for-trick-or-treating-safely-during-the-coronavirus-pandemic/ss-BB18bTer#image=18>.

Remembering...

Iris Jones

Iris Jones, who joined BAH as a charter member, died on July 8 in Bellingham at age 88.

Born Iris Eileen Sanderson in Winnipeg, Manitoba, Iris attended the University of British Columbia and worked for The Province newspaper before marrying Michael 'Micky' Jones in 1952. After many decades as a professional writer, she committed to completing her higher education and was graduated from WWU in 2006. She traveled the world, first as a wife and mother, and later as an award-winning travel writer and author of several books under the professional name 'Iris Sanderson Jones'. She was a lifetime member of the Society of American Travel Writers and served as the group's historian from 2005-2010. While living in Michigan during the 1960-80s she was a contributing editor for the Detroit News and Detroit Free Press, had a nationally syndicated travel column, and was a frequent lecturer at Wayne State University and Oakland University.

Iris spent her last 27 years in Bellingham WA. She was active in the community and wrote weekly travel pages for the Bellingham Herald for twelve years. Her husband of 66 years, Micky Jones, with whom she joined BAH, died in 2018.

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



*Janet Simpson
Francine Kitchen*

*Joseph Hashmall
Elka Fink*

*Angela Mercy
Allen Johnson*

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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.