



THE BSAC CONNECTION

May 2022 Programs, Services, and Activities

Whatcom County Senior Centers present:

What's Next: Planning Ahead

Making Choices
For Your Legacy
& Health Care

Let's talk about it! Planning your legacy and healthcare before something happens can give you peace of mind for not only you but your loved ones as well.

This informative fair is free to attend and open to the entire community. This important to discuss topic will focus on:

OPEN TO
THE PUBLIC

- Advance Directives
- Palliative care
- Wills & trusts
- Durable powers of attorney
- End-of-life choices
- and more

FREE

Each event date will feature presentations on Advance Care Planning and end-of-life legal planning and other considerations that help you protect your assets and reduce the burden on your loved ones.

Representatives from organizations and businesses to help with your planning will be on-hand to assist you and answer questions.

Choose a date and location that works best for you!

- May 6th, 10am-2:30pm ● Bellingham Senior Activity Center
315 Halleck Street, Bellingham
- May 13th, 10am-2:30pm ● Blaine Senior Center
763 G St, Blaine
- May 20th, 10am-2:30pm ● Lynden Community/Senior Center
401 Grover St, Lynden
- May 27th, 10am-2:30pm ● Ferndale Senior Center
1999 Cherry St, Ferndale

Proof of COVID-19 vaccination required at Bellingham Senior Center

HERE'S WHAT'S NEW:

Learn about voice-to-text features on your phone (p.11)

Learn about and provide feedback for Bellingham's Urban Forestry Management Plan (p.12)

Senior Farmers Market Nutrition Program (p.17) and more!



Senior Community Meals return to BSAC in June.

Coffee Bar now open!

A fun and social way to stay active!



BSAC
Bike Groups

Let's Ride!



See page 9



Welcome

Our mission is to offer a wide range of classes, activities and services for persons 50 years of age and over to encourage emotional, mental, and physical wellness for a healthy, active, and independent lifestyle.



BSAC will be closed on Memorial Day:
Monday, May 30th

Senior Community Meal Update

After more than two years we are excited to welcome you back to Senior Community Meals at the BSAC in June! Starting Thursday, June 2nd we plan to offer lunch on Monday, Tuesday, and Thursday from 11:30-12:30.

We will continue to offer bags of frozen Senior To-go meals in the parking lot on Wednesdays from 11:30-12:00pm in June. However, there will be no hot meal provided. Starting Wednesday, May 18 the number of frozen meals in each bag will be reduced from six to five. (There will be a hot meal provided on 5/18 and 5/25).

All senior meals are available on a donation-only basis to people age 60 and older. Others eligible for a donation-based meal include: the spouse/domestic partner of an eligible senior, the unpaid caregiver of an eligible senior, the disabled dependent of an eligible senior, and volunteers of any age who support the meal program. The suggested donation is \$5 per meal or whatever is affordable. No eligible person will be turned away due to the inability to donate. Others under age 60 who wish to participate in the meal program will be charged \$8.50.

Bellingham Senior Activity Center membership is not required to participate in the Senior Community Meals or Senior To-go Meals. However, proof of COVID-19 vaccination is currently required to enter the Center. We are still working out the details, but we will provide a hot meal to-go to interested seniors who are unvaccinated on Senior Community Meal days.

Questions? Contact Julie at jmeyers@whatcomcoa.org or 360-733-4030 x1025. Got menu ideas? Send them to Ian at icassinis@whatcomcoa.org or drop them off at the front desk. Interested in volunteering at the Senior Community Meals? Contact Tim at x1024 or tvanbeek@whatcomcoa.org

See you at lunch!



BSAC Hours to expand again. Starting Monday, May 23rd, BSAC will open up at 8:00am for the gym and hiking groups. More programs and activities may be added in the future for the early morning hour.

The coffee bar will reopen on a limited basis in May. We are still looking for volunteers, if you are interested in volunteering, please contact Tim VanBeek, tvanbeek@whatcomcoa.org, x1024.

Discover Classes and Activities



Current BSAC membership is required to participate in all classes and activities unless otherwise noted.

Fitness

Paying for fitness classes: Punch cards can be purchased at the front desk and can be used for fee-based BSAC fitness class.

Classes are ongoing. Punchcard of 11 classes: \$45. Individual classes cost \$5. At this time, virtual classes are free.

Zumba

Zumba Gold is for active older adults who are looking for a modified Zumba® class that recreates the original moves at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion, and coordination.

Tues & Thursdays 9:30–10:30am
\$5/class - Auditorium

Saturdays 9:00–10:00am
No charge - Virtual

Strength Training for Balance

An exercise class focusing on balance while building strength. Instructed by Dr. Elaine Cress. This class is intended for the vast array of abilities in older adults.

Mon & Wed 1:00–2:00pm
No class 5/4, 5/11 - Virtual (free)

Yoga

Instructor Mary Byrne has studied Iyengar, Kundalini, Ashtanga Vinyasa and other disciplines. Her style is a compilation of what is most meaningful and useful.

Mondays 10:00 - 11:30am
\$5/class - Room 16

Wednesdays 10:00 - 11:30am
No charge - Virtual

Longevity Stick

Low-impact exercise using a one-inch diameter dowel in a series of movements designed to improve balance, flexibility, and strength.

Tues & Fri 11:00am - 12:00pm
No charge - Auditorium

Tues, Thurs, Sun 11:00am
No charge - Virtual

Tai Chi Qigong (Shi-bashi)

This is a gentle and strengthening whole body exercise routine; It introduces key principles of weight shifting, mindfulness, and coordination of movement and breath with mindful awareness.

Wednesdays 1:30–2:30pm
\$5/class - Auditorium

5 Treasures QiGong

Beautiful and harmonizing practice set. An introduction to the healing art of energy cultivation. The movements are sim-

ple and can be easily modified to fit individual circumstances.

1st Sat. of month 10:00–11:00am
\$5/class - BSAC Lawn

Class will be cancelled if it is rainy or windy. contact: Lee: willilee@comcast.net

EnhanceFitness

A lively and interactive hour-long class filled with variety that combines the three key components of fitness: strength training, flexibility, and cardiovascular conditioning.

Mon, Wed, Fri 9:30–10:30am
\$5/class - Auditorium

Register for Wed. class - see pg 17

Open Gym

Available during open hours for those who have completed the Strength Training 101 class.

Strength Training 101

This small group interactive class provides a comprehensive overview of how to gain both muscular strength and muscular endurance, improve joint range of motion, and avoid injury in both gaining fitness and in everyday function. Cost: \$60 for the 8-session class.

To be placed on the waiting list, please complete and return the Physician's Clearance Form, available at the Front Desk. We will call you to register for the next class.

Writing & Discussion

Brainpower & Much More!

Brainpower is a group of thoughtful, caring, dynamic people who love to be creative, introspective and engaged in fun experiences and assignments. More than a discussion group, this group aims for camaraderie through sharing memories and mental challenges from the day in history. Newcomers are always welcomed with open arms.

1st Wed./month 1:30 - 3:00pm
Room 16
3rd Wed./month 1:30 - 3:00pm
Virtual

Personal Writing (on hold)

Share your own unique story or writings and come meet with us to hear our writings. No experience needed. We welcome all who wish to share.

TED Talk Discussions

We invite you to join us to view and discuss selected TED Talks that will facilitate discourse on important subjects. Each viewing will feature a different topic from which two TED talks will be viewed and discussed.

2nd Fridays 1:00-3:00pm
Room 2
4th Fridays 1:00 - 3:00p
(Virtual)

Civil Discussion that Crosses Divides

Join us for a weekly discussion group, hosted by BSAC members Miale and Daniel. Join the conversation to listen and learn. Talk and be heard. The discussion will be facilitated for lively participation and

understanding between attendees.

1st & 3rd Fri. of month 1:00-2:30pm
Room 2 or Virtual

Spanish Conversation

¿Hablas Español? Join us and practice your Spanish skills! Express yourself and learn from other fellow Spanish speakers at BSAC.

Wednesdays 9:00am - 11:00am
(Virtual)
Thursdays 11:00am - 12:00pm
Room 2

Book Buzz

A monthly book discussion group. "Bee" a part of the discussion!
3rd Mon. 10:30am - 12:00pm
Room 1



Artistic Opportunities

Watercolor Painting

Classes are currently full.
Wednesdays 9:00am-11:00pm &
1:00-3:00pm
Room 1

Open Art Time

Bring your painting or project and work with others.
Mondays 9:00am - 12:00pm
Room 9

Portrait Drawing (on hold)

Any experience welcome. Bring your own drawing materials. Participants share the cost of a model fee. Contact Eric at 733-4030 x1035 if you are interested in participating.

Thursdays 10:00am-12:00pm
Room 1

Rug Hooking

Learn how to make beautiful hooked rugs/hangings. Materials not provided.

Tuesdays 9:00am-3:00pm
Room 9

Quilting

Bring your own materials and machine. Space is limited, so check with group prior.

Thursdays 12:15pm-4:00pm
Room 1

Woodcarving (on hold)

Join others with interest in woodcarving. Materials not provided.

Thursdays 9:00-11:00am
Room 9

Knitting Group

All levels, beginners to advanced knitters are welcome. Some instruction is available.

Wednesdays 1:00-3:00pm
Room 9

Card Games

Bridge

Party Bridge (Contract Bridge)
Tuesdays 12:30-3:30pm
Room 16

Hand & Foot

Thursdays 1:00-3:00pm
Room 16

Bunco

Thursdays 10:00am-12:00pm

Mah Jongg

A tile game similar to Rummy. basic knowledge of the game is recommended.

Mondays 12:30-4:00pm
Tuesdays 9:30am-12:30pm
Room 1

Pinochle

Double Deck

Mondays 12:45-3:00pm
Room 16

Deck & a half

Fridays 12:45-3:00pm
Room 16

Music & Dance



Tuesday Dance

Enjoy dancing to the great tunes by Sentimental Journey. Donations to the band accepted.

Tuesdays 2:00-4:00pm
Auditorium

The Senior Singers

We are a group that likes to sing all kinds of songs. We sing for fun and we're happy to have new members.

Tuesdays 11:00am-12:00pm
Room 16

Rhythm Band (on hold)

If you have an instrument stashed away, find it and come join us!

English Country Dancing

Learn the country dances of England, gentle dances to beautiful music. Everyone is welcome and no partner is needed. For information contact (360) 715-1768.

Thursdays 2:00-4:00pm
Auditorium

Senior Steppers

Welcomes new tap dancers. Classes are free. Michelle 927-1365

Mondays 1:30-3:30am

Thursdays 11:00am-1:00pm
Auditorium

Dance Fusion

Dance Fusion is a mix of Belly Dance, Bollywood Style (Hindi Folk), and Modern Jazz.

Fridays 1:30pm-2:30pm
Auditorium

Recreation

Ping Pong

Fun to play and gets you moving! Paddles and balls are available.

M-F 9:00-10:30am & 1:30-4:30pm
Room 15

Pool

Please place a donation in the box to help with maintenance and upkeep of the tables and cue sticks. Thanks! Pool room is open during open hours (except Wed: 11am-3pm)

Ladies Pool

Let's chalk up the cue sticks and rack 'em up for weekly ladies pool group.

Wednesdays 1:00pm-3:00pm

The Button Walkabouts

Join us for a social, easy-paced walk. Please stay with a partner on designated trails. Most walks contain dirt trails which are not conducive for portable walkers. \$1.00 minimum gas donation. Need more information? Call Scott (812) 371-6005.

Tues & Thurs 9:30am-11:00am
Meet in Coffee Bar or trailhead

Senior Trailblazers

The hikes range from 6-10 miles and are moderate to difficult. Carpooling is used to share the expense with the drivers. Contact: Alan Heezen (360) 738-9311.

Visit geezerhiker.com/trailblazers/



Bocce Ball & Cornhole

Available to checkout for use during open hours.



Tech Help

One-on-one assistance with computers, tablets, and phones. Sign up at the front desk for a 30-minute appointment.

Fridays 1:00-3:00pm



M O N D A Y	9:00	Open Art Time
	9:00	Ping Pong
	9:30	EnhanceFitness
	10:00	Yoga
	12:30	Mah Jongg
	12:45	Pinochle
T U E S D A Y	1:00	Strength Training for Balance (Virtual)
	1:30	Senior Steppers
	8:15	Senior Trailblazers
	9:00	Rug Hooking
	9:00	Ping Pong
	9:30	Button Walkabouts
W E D N E S D A Y	9:30	Mah Jongg
	9:30	Zumba
	11:00	Longevity Stick
	11:00	Senior Singers
	12:30	Bridge
	2:00	Ballroom Dance
T H U R S D A Y	1:30	Ping Pong
	9:00	Spanish Conversation (Virtual)
	9:00	Watercolor Painting (current class is full)
	9:30	EnhanceFitness - see pg. 13 for registration
	10:00	Yoga (Virtual)
	1:00	Ladies Pool Group
F R I D A Y	1:00	Watercolor Painting (current class is full)
	1:00	Knitting Group
	1:00	Strength Training for Balance (Virtual)
	1:30	BrainPower (1st Wed rm. 16, 3rd Wed online)
	1:30	Tai Chi
	7:45	Senior Trailblazers
S A T.	9:00	Woodcarvers (on hold)
	9:00	Ping Pong
	9:30	Button Walkabouts
	9:30	Zumba
	10:00	Bunco
	11:00	Spanish Conversation
F R I D A Y	11:00	Senior Steppers
	11:00	Longevity Stick (Virtual)
	12:15	Quilting Group
	1:00	Hand & Foot
	1:30	Ping Pong
	2:00	English Country Dance
F R I D A Y	9:00	Ping Pong
	9:30	EnhanceFitness
	11:00	Longevity Stick
	12:45	Pinochle
	1:00	Tech Help
	1:00	TED Talk Discussions (2nd Fri. @BSAC, 4th Fri. Virtual)
S A T.	1:00	Civil Discussion (1st & 3rd Fridays)
	1:30	Dance Fusion
	9:00	Zumba (Virtual)

BSAC Classes offered on-line with Zoom

Links to our virtual programs on Zoom are included in the weekly email from BSAC. Sign-up for our mailing list at whatcomcoa.org



Coffee Bar Reopening!

BSAC is excited to announce the coffee bar is open once again.

Coffee, treats and more will be available for purchase starting May 2nd. Items will be priced at \$1 or \$2 and coffee includes free refills! You can Purchase a \$10 punch card for coffee bar beverages & food at the BSAC front desk. For now the coffee bar will be open Monday and Thursday from 9am-3pm, and Tuesday and Wednesday from 12pm-3pm.

If you are interested in volunteering at the coffee bar or have any questions, please give us a call 360-733-4030 extension 0 or msimon@whatcomcoa.org



Extended "use-by" date for iHealth Covid-19 tests

The FDA has extended the "use-by" date on the iHealth Covid-19 self-tests (the ones we hand out at BSAC). The new Extended use-by date is 2022-09-27 (printed use-by date is 2022-06-27), so it has been extended for three months as of now.

Members-to-Members Bulletin Board

Share information to other BSAC members and see what others have shared.

Have something for sale a BSAC member could use?

Looking for a walking partner?

Want to share a community event?

Space in your house to share with another senior renter?

Located by the "free table" outside the pool room.

Whatcom County Senior Centers present:



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401 Grover St, Lynden |
| May 27th, 10am-2:30pm | ● Ferndale Senior Center
1999 Cherry St, Ferndale |

See the next page for presentations and vendors





Presentations include:

"Medical Advance Care Planning: What you need to know with a focus on planning for a dementia diagnosis."

10:30am - 11:15am at each event date.

Advance care planning means that you plan ahead for your future health care. Even if you're healthy, it's important to make a plan in case the time comes when you aren't able to make decisions for yourself. Making decisions now about end-of-life care can make things easier for you and your family, especially if you have a health problem. Clearly stating your wishes can help ease your mind. Learn about advance care planning, so you and your family can make sure you get the care you want.

May 6th and 20th: Presented by Denise Weeks, Caregiver and author of Mantra: Repetition in the Land of Alzheimer's. May 13th and 27th: Presented by Hilary Walker, Program Coordinator for Advance Care Planning for PeaceHealth.

"End of Life Legal Planning for Retired Folks"

11:45am - 12:30pm at Bellingham, Blaine, & Ferndale Centers. 12:45pm - 1:30pm at Lynden Center.

Set yourself up for success in your retirement. Having a Will, a Power of Attorney, or a Living Will are all important, but they don't guarantee that a person won't end up running out of money due to uncovered long term care costs or become a burden on their family. We will take a holistic look at retirement and end-of-life planning to help you avoid the pitfalls of retirement. In addition to addressing legal work (Wills/POAs/Etc.), we look at all aspects of a person's life. Health, housing, finances, family dynamic; these aspects are all incorporated into a successful plan.

Presented by Phillip George, Elder Law Attorney and Counselor-at-Law.

Participating vendors include:

Whatcom Hospice, Northwest Regional Council (NWRC), PeaceHealth Advance Care Planning, Safe Harbor Legal Solutions, Eden Hospice of Whatcom County, The Whatcom Dream, VSED Resources Northwest, End of Life Washington, Right at Home, Safe@Home Elder Options, Washington Health Insurance Professionals LLC, Visiting Angels, and Edward Jones Financial Advisors.

Choose a date and location that works best for you!

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- May 27th, 10am-2:30pm** ● **Ferndale Senior Center**
1999 Cherry St, Ferndale



BSAC

Bike Groups



A fun way to stay active



*Join a group that fits your
desired ride length and terrain*



Meet new friends

Three bike groups have formed to allow BSAC members to enjoy weekly rides with other members to enjoy exercise, scenery, and socialization with others. In April, our bike groups kick-off meeting was successful in setting up different groups of varying ride distances, abilities, and preferences. We have riders in each group and are now inviting other members to join.

Group 1: 3-6 mile rides, mix of gravel paths and roads, minimal elevation gain/loss. This group is best for folks interested in shorter, slower rides. Fridays at 1:00pm, starting May 27th.

Group 2: 6-12 mile rides, mix of roads and gravel paths, moderate elevation gain/loss. This group is best for more confident riders. Saturdays at 12:00pm, starting May 21st.

Group 3: 12-20 mile rides, mostly road surfaces, varying amount of elevation gain/loss. This group is best for experienced riders interested in longer rides. Wednesdays at 9:00am, starting May 18th.

Important Guidelines:

Membership: Each rider must be a member of the Bellingham Senior Activity Center.

Transportation: Meet at the start point with your bike. Coordination with other riders if carpooling is necessary is encouraged.

What to Wear: A properly fit helmet and appropriate clothing for our fickle weather.

What to Bring: Water, bike lock, and wallet. A spare tube, sunglasses, sunscreen, snack are recommended.

Rules: Check-in with the group leader to sign the attendance/waiver sheet before the start of each ride. Follow your leader and keep together with the group.

Locales: Groups 1 and 2 will be mostly within Bellingham and include rides at parks, trails and other locations outside but nearby Bellingham. Group 3 rides are more likely to extend outside of city limits to accommodate longer routes.

Planning: Meetings will be held to determine ride schedules. All members will be notified and are encouraged to participate in the planning sessions. A June meeting will plan July and August rides. And an August meeting will plan September and October rides.

See the next page for the schedule of rides. Questions or comments?
Contact Eric at 733-4030x1035 or epierson@whatcomcoa.org.

BSAC

Bike Groups Ride Schedules

Riders must register for each ride. Visit whatcomcoa.org/bikegroups for detailed route information and registration.

Please arrive at the starting point at least 10 minutes before departure time to gear up and sign the attendance/waiver.

Group 1 3-6 mile rides, mix of gravel paths and roads, minimal elevation gain/loss. This group is best for folks interested in shorter, slower rides. **Fridays at 1:00pm.**

DATE	RIDE ROUTE	START POINT	MILES	ELEVATION	SURFACES	LEADER
5/27	BSAC, Elizabeth Park, Broadway Loop	BSAC - meet in Coffee Bar	3	+106/-106ft	Mostly Road	Clarice
6/03	Lake Padden Loop	Lake Padden basketball court	3	+97/-97ft	Gravel/Dirt path	Clarice
6/10	Cordata Loop from Julianna Park	Julianna Park parking lot	3	+50/-50ft	Gravel path/Road	Clarice
6/17	BSAC to Taylor Dock via South Bay Trail	BSAC - meet in Coffee Bar	6	+270/-270ft	Road/Gravel path	Clarice
6/24	Little Squalicum Park to Squal. Crk. Park	BTC parking lot (west side by trail entrance)	4	+155/-155ft	Gravel Path	Clarice

Group 2 6-10 miles, mix of roads and gravel paths, moderate elevation gain/loss. This group is best for more confident riders. **Saturdays at 12:00pm.**

DATE	RIDE ROUTE	START POINT	MILES	ELEVATION	SURFACES	LEADER
5/28	Whatcom Falls Loop	BSAC parking lot	9	+440/-440ft	Road/Gravel path	Dorothea
6/04	Fairhaven Fun Ride Loop	BSAC parking lot	8	+420/-420ft	Road/Gravel path	Dorothea
6/11	Hovander/Tennant Lake Loop	Pioneer Park (baseball flds.) in Ferndale	7	+110/-110ft	Mostly Road	Dorothea
6/18	Marine Dr. to Birchwood & Columbia Loop	BSAC parking lot	9	+300/-300ft	Road/Gravel path	Dorothea
6/25	Interurban Trail to Larabee State Park	North Chuckanut Mt. Trailhead	8.5	+350/-350ft	Gravel path	Dorothea

Group 3 10-20 miles, mostly road surfaces, varying elevation gain/loss. This group is best for experienced riders interested in longer rides. **Wednesdays at 9:00am.**

DATE	RIDE ROUTE	START POINT	MILES	ELEVATION	SURFACES	LEADER
5/25	Hot Laps Loop	BSAC - meet in Coffee Bar	15	+402/-402ft	Road	Merdie
6/01	BSAC, Marine Park, Clark's Point	BSAC - meet in Coffee Bar	15.5	+798/-798ft	Road	Merdie
6/08	Birch Bay to Semiahmoo Loop	Birch Bay State Park - meet at Heron Center	20	+588/-588ft	Road	Merdie
6/15	Lynden to Everson Loop	Bender Fields Lynden - meet at bocce area	15.5	+264/-264ft	Road	Merdie
6/22	Lake Padden to Lake Samish Loop	Lake Padden - meet at shelter by bball court	15	+960/-960ft	Road	Merdie

Questions about the rides or routes? Contact Eric at 733-4030 x1035 or epierson@whatcomcoa.org

A Word About Riding: When riding your bike, you are required to follow the rules of the road. That means stopping at signals and using directional hand signals. When we are on trails, pedestrians always have the right of way, and it's up to you to alert pedestrians when you pass, preferably with a bell and your voice saying, "passing on the left". We will carry a basic first aid kit for minor injuries. It is your responsibility to alert your ride leader if you are feeling unwell or have been involved in a crash/mishap on the bike.

Whatcom Smart Trips is a great resource for biking in Bellingham. They offer free bike classes, safety videos, and maps and brochures. Visit whatcomsmarttrips.org/bike or contact Kirsten Wert, Smart Trips Program Coordinator, for more information. 360-685-8387.

Civil Discussion that Crosses Divides

All points of view welcome! Conversation is where many ideas take shape. And sometimes where they get blocked. In conversations with people who hold opposing views, being able to cross divides empowers you both. The art of crossing divides enables you to take your opponent's side and find that it agrees with yours. Come engage in productive conversation.



Join us for a monthly discussion group, hosted by BSAC members Miale and Daniel. Join the conversation to listen and learn. Talk and be heard. The discussion will be facilitated for lively participation and understanding between attendees.

Civil Discussion that Crosses Divides will meet on the first & third Fridays of each month from 1:00 - 2:30pm.

Friday, May 6, 1:00-2:30pm

Why Can't They Be Reasonable??? Amicable relationships are more fun than fraught ones. Where are you trying to be heard and failing? Bring the arguments you get stuck in. Let's listen to each other until they're resolved, amicably.

Friday, May 20, 1:00-2:30pm

Making Bellingham a Better Place to Live. A community center? More stop signs? Get everyone housed? Part of crossing divides is being creative. You need to think about things in new ways to understand opposing views. You need to come up with new, good ideas to collaborate with diverse people. Let's get creative about what we would collaborate on to make Bellingham a better place to live.

Please register for this meeting. Visit the front desk, call us at 733-4030. Would you like to attend virtually through Zoom? Registration link is included in the weekly Enews.

Is there an issue or problem - personal or global - that is not being solved to your satisfaction? Have an idea for a topic of future discussion? Bring your ideas to the group. We'll exercise our peace muscles and identify new approaches that can improve the situation. (This will likely involve crossing divides!) Leave with new insights and inspiration to be more intentionally peaceful in how we go about things.

Live performances from Kurt Aemmer

Kurt Aemmer is one of the most celebrated Blues singers to come out of Bellingham in decades, having garnered 7 Best Blues Award Nominations from the Washington Blues Society between 2003 - 2008. He has produced or co-produced 9 full CDs, and has a songwriter's credit on a 10th.

Second Wednesday of each month, 12:30-1:30pm in the Coffee Bar.
Next Dates: May 11 & June 8th.



Learn about voice-to-text features on your phone

Try voice over or another speech-to-text assistance on your phone. If you have trouble seeing fine print this will interest you or a loved one. One-on-one appointments are available on May 6, May 13, and May 20 in 15-minute sessions from 1-2pm. Call or visit the front desk to sign up.

TED Talk Discussions

We invite you to join us to view and discuss selected TED Talks that will facilitate discourse on important subjects. TED Talks are designed to help students, professors, researchers and self-guided learners explore important topics from science & the environment to social sciences & humanities. They serve as a great jumping-off point for discussion and sharing of ideas, and we welcome suggestions for topics to explore together. Join us!

Each viewing will feature a different topic from which two TED talks will be viewed and discussed. Second Friday of each month, 1-3pm at BSAC, and fourth Friday of each month, 1-3pm on Zoom.

Friday, May 13th at 1:00pm at BSAC - Should we tap into geothermal energy in the Earth's core?

The untapped energy source that could power the planet - Deep beneath your feet is a molten ball of energy the same temperature as the surface of the sun -- an immense clean energy source that could power the world thousands of times over, says technologist and climate activist Jamie C. Beard. How do we tap it? She lays out a surprising solution, and an unlikely alliance, to harvest geothermal energy from the Earth's core and get it to anywhere in the world.

How to heat your home without hurting the planet - Of all the mundane yet astonishing marvels of human ingenuity, knowing what it takes to heat a room to a comfortable temperature is TED Fellow Kathy Hannun's favorite. She takes us on a journey across the planet and under the sea to emphasize the dangers of modern heating, and offers a safer, planet-friendly alternative that taps into the geothermal energy right below our feet.

Friday, May 27th at 1:00pm on Zoom - How reason helps us overcome our biases to create a better world

Can prejudice ever be a good thing? - We often think of bias and prejudice as rooted in ignorance. But as psychologist Paul Bloom seeks to show, prejudice is often natural, rational ... even moral. The key, says Bloom, is to understand how our own biases work -- so we can take control when they go wrong.

Why you think you're right -- even if you're wrong - Perspective is everything, especially when it comes to examining your beliefs. Are you a soldier, prone to defending your viewpoint at all costs -- or a scout, spurred by curiosity? Julia Galef examines the motivations behind these two mindsets and how they shape the way we interpret information, interweaved with a compelling history lesson from 19th-century France. When your steadfast opinions are tested, Galef asks: "What do you most yearn for? Do you yearn to defend your own beliefs or do you yearn to see the world as clearly as you possibly can?"

The City of Bellingham seeks to engage older adults for feedback on the Urban Forestry Management Plan

Diamond Head Consulting is working with the City of Bellingham to develop a comprehensive Urban Forest Management Plan (UFMP) that identifies the community's values and priorities for the urban forest.

Phase 1 of the project will provide Bellingham with an assessment of the extent, characteristic and changes in key aspects of its urban resource through the production of an accurate canopy map and street tree inventory. This information will then be used to carry out analyses of canopy change, forest structure, wildlife corridors, and wildland-urban interface.

Phase 2 of the project is focused on community engagement to establish values, goals, and objectives for urban forest management utilizing a 50-to-100-year time frame. This is an opportunity for you to learn about the project and help guide it.

Monday, May 16th, 4:00 – 5:30pm in the Auditorium. Open to the public (proof of vax required).



Book Buzz

The Alchemist by Paul Coelho

Is this a myth? Allegory? Fable? Or is it about Destiny? Or Self Realization?

Questions to ponder:

1. Alchemy is the process of changing one substance into another; what changes occur during this story? 2. A reviewer called this story an allegory, an abstract idea represented by real things; what was the main idea of this story? 3. The Boy is repeatedly robbed; what is the allegorical significance of those encounters? 4. This book has events in common with Per Gynt, Star Trek and Harry Potter; how are each of these four stories similar?

Buzz on in, May 16th at 10:30am in Rm. 1

Sneak Peak at the book for June: Outlawed by Anna North, 2021.

Midwifery, Witchery and Banditry are woven into a story of evasion, survival and determination.



Wonders of Whatcom

Join us on the third Friday of each month at 10:30am for “Wonders of Whatcom” featuring slide show presentations on topics of art, culture, and nature in Whatcom County and beyond.

Awesome Caves: Explore the astonishing underground world of stalagmites, stalactites, and other breathtaking wonders of caverns throughout the world. Friday, May 20th, 10:30am

Wonders of Whatcom Originals

By Request! Wonders of Whatcom will present illustrated programs about our wonderful county. Starting at the beginning, Marilyn will reprise the slide shows of architecture, travel, nature, art, and history, with her own photographs and well researched narratives. These programs will occur on the:

Second Wednesdays of every month through November, 11:00am - 12:30pm, in Room 16.

Birds! Marilyn will project images of our feathered friends while imparting fascinating facts about our native birds. May 11th, 11:00am - 12:30pm

Senior Singers Group to resume in May

We are a group that likes to sing all kinds of songs. We sing for fun and we're happy to have new members. Weekly practice is on Tuesdays, 11:00am - 12:00pm in Room 16.

Pumped Bellingham Rolls to BSAC

Tuesday, May 10th from 12:00 - 2:00pm

Pumped Bellingham is a mobile refillery offering home and self-care essentials such as dish soap, laundry detergent, shampoo and more! Bring your own container or grab one of ours and buy as much or little as you like. We also carry other low-waste items such as reusable paper towels and refillable floss. Our goal is to help you reduce waste in your home in ways that are easy and fun!



Are we humans predictably irrational? When we make decisions we think we're in control, but are we?

The human brain is capable of incredible things, but it's also extremely flawed at times. Science has shown that we tend to make all sorts of mental mistakes, called "cognitive biases", that can affect both our thinking and actions. These biases can lead to us extrapolating information from the wrong sources, seeking to confirm existing beliefs, or failing to remember events the way they actually happened!

To be sure, this is all part of being human—but such cognitive biases can also have a profound effect on our endeavors, investments, and life in general. Join us to learn about and discuss various cognitive biases and how they affect our society.

May 13th, 10:30am - 12:00pm in Room 16. Please register at the front desk.

Dear Members, Volunteers & Friends of BSAC,

As of April 18th, the Whatcom Council on Aging removed our mask mandate at the Bellingham Senior Activity Center (BSAC) volunteers and employees in the building. I know this is a cause for excitement for some and others may feel fear or trepidation as our community continues to open up after the last two years.

While masks are now optional, we do strongly encourage continued mask use at BSAC. If you have compromised immunity, or live with someone who does, it's a good idea to continue to wear a mask and maintain social distance around strangers, especially in indoor areas with standing air where the virus may collect. Masks are also important if you spend time with others who are unvaccinated. Unvaccinated people are at overwhelmingly higher risk of hospitalization and death from Covid-19.

At this time, we will continue to require individuals in the Center to be fully vaccinated. If you have not yet received your booster dose(s) I encourage you to do so.

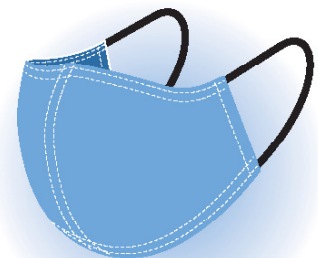
Free Covid-19 at-home test kits are readily available at the Bellingham Senior Activity Center. Please take them home to have on hand in case you need a test due to a possible exposure or if you are experiencing Covid-19 symptoms. If you test positive Covid-19 therapeutics are readily available if you work quickly with your healthcare provider. If you test positive and have been at BSAC during your contagious period, please give us a call so we can let your close contacts know they should also test.

I appreciate everyone's commitment to providing the safest environment possible all these many months. I know that you will continue to take measures to care for each other, especially those at higher risk for COVID-19. Please stay home when you are sick, test if you have been exposed or have any COVID-19 symptoms and be kind to those who continue to wear their masks as well as to those who choose not to wear them.

As always, our top priority is your safety and well-being. Please reach out if you have any questions or concerns.

Take care,

Molly Simon, BSAC Director, 360-733-4030 ext 1020, msimon@whatcomcoa.org



**MASKS
OPTIONAL**

**WHILE THIS ESTABLISHMENT
NO LONGER REQUIRES MASKS
TO ENTER, PLEASE BE KIND
TO THOSE WHO CHOOSE TO
WEAR A MASK.**

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Footcare

Jennifer Thompson, RN, BSN, CFS offers footcare services each month.

Jennifer is a certified foot care specialist with professional training to provide medically essential trimming of thick, long, or ingrown toenails and calluses for adults, seniors, and the diabetic population.

With more than 30 years' experience as a public health nurse providing services in the homes of individuals and families in the Bellingham area, she is passionate about providing appropriate foot and nail care to maintain mobility and to promote health and quality of life.

Routine foot care is the key to early identification and treatment of potentially serious problems that arise in people with poor circulation to their legs and feet.

Appointments are required and can be made at the BSAC front desk or by calling 360-733-4030 ext. 0. \$30 for members, \$35 for non-members payable by check or cash to the provider.

Register online for EnhanceFitness (Wednesday's class), Yoga (Monday's Class) & Bike Group Rides

Due to increase in class sizes and limited space, we ask that you please register in advance for these classes. Reservations can be made up to a month in advance.

Reservations must be made in advance online www.myactivecenter.com or by phone 360-733-4030. Scheduling online is preferred.

myactivecenter


A tutorial on how to set-up your www.myactivecenter.com account can be found at mytutorialcenter.com/myactivecenter. Please note you will need your BSAC Keytag, the phone number we have on file for you and an email address. You will be asked to create a new password for this account. Class reservations that are no shows or not cancelled 24 hours in advance will be charged to a punch card if a card is on file.

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40537 03/21/22

Activity Schedule Changes coming in June for Longevity Stick, Senior Steppers

Longevity Stick - In-person classes: We will continue with the current schedule, and starting in June, the in-person classes will be held outside on the lawn at BSAC. Tuesdays & Fridays, 11am-12pm. Class will be cancelled if it's raining.

Virtual Classes: Keeping the current schedule, but cancelling the Sunday class starting in May. Tuesdays & Thursdays, 11am-12pm on Zoom. Intro class on 2nd & 4th Saturday of each month at 10:30am.

Senior Steppers - Starting in June the Thursday at 11am time will be moved to Fridays from 3:00-4:30pm. The Monday 1:30pm time will remain the same.

Check your Vitamin B12 levels for Better Health

By Susy Hymas

Several months ago when my husband was due for his annual checkup, I recommended that he add a vitamin B12 check to his blood work. Like so many of us over the age of 60, he does not have the energy he used to for his physical outside work, which he continues to do part-time. However, he had been unusually tired in the evenings.

Well my husband's B12 blood test came back quite low. His doctor recommended a series of vitamin B12 shots to boost his levels. So far he has received 3 injections and I am quite impressed with the results. Does he still get tired? Yes. But he definitely has more energy and just feels better.

Vitamin B12 plays important roles in the human body, primarily the formation of red blood cells and proper function of nerve cells. Vitamin B12 deficiency can result in the following:

- ☐ Anemia- Low B12 levels can lead to anemia (low red blood cell count) causing fatigue or shortness of breath.
- ☐ Neuropathy- Because it is related to formation of nerve cells, low levels can lead to neuropathy including tingling, numbness, burning, poor balance and trouble walking.
- ☐ Memory problems- Because B12 affects nerve function, cognitive function can be impacted.

Natural dietary sources of vitamin B12 animal foods, including meats, dairy, and seafood. Some processed grains are B12 fortified. It can be particularly challenging for vegetarians (particularly vegans) to get enough B12. However, even older adults who regularly consume animal foods are at risk for B12 deficiency.

As we age the body's ability to absorb vitamin B12 from food decreases. Stomach acid and enzymes are necessary for our bodies to absorb B12. As we get older, we have less stomach acid and lower levels of enzymes. B12 absorption is not just impacted by aging, but also by antacids and other medications, alcoholism, GI surgeries, and other health conditions that impact absorption, such as colitis and Crohn's disease.

The good news is, vitamin B12 deficiency is very treatable. First get a blood test. If your levels are low your doctor will prescribe supplementation. Intramuscular shots are a good solution because they bypass any concerns for absorption problems in the stomach. Oral supplements can also be used to treat B12 deficiency B12 levels, but they rely on absorption in the GI track and may take longer to work than intramuscular shots. Sometimes oral supplements are recommended following shots to maintain blood levels. Although toxicity from B12 supplements is unlikely, ask your medical provider before taking B12 supplements.

At our house we continue to eat a balanced diet and will get our Vitamin B12 levels checked regularly. If you have questions feel free to contact me at shymas@whatcomcoa.org.

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Senior Community Meals

Wednesdays, pick up time 11:30am-12:00pm

Each Wednesday the Bellingham Meals on Wheels cooks will provide 1 fresh meal and 6 frozen meals for pick-up. These meals are available by donation for anyone in the community who is 60 or older. Vegetarian meals now available! Let us know if you would like this option when you drive or walk up. This meal pickup will continue each Wednesday until the congregate meals return.

May Fresh Meal Menu (each week a fresh meal will be included with 6 frozen meals):

May 4th: Shrimp Alfredo Pasta, Nantucket Veggies, Spinach Salad, Strawberry Shortcake

May 11th: Chicken Salad Wrap, Sun Chips, Garden Salad, Chocolate Chip Cookie

May 18th: Baked Cod, Au Gratin Potato, Baby Carrots, Berry Crisp, Garden Salad

May 25th: Cobb Salad, Fresh Grapes, Oatmeal Bread



2022 Senior Farmers Market Affidavits (Applications) will be available this May!

Funded by the USDA, the Senior Farmers Market Nutrition Program (SFMNP) provides low-income seniors with coupons/ vouchers that can be exchanged for fruits, vegetables, honey, and fresh-cut herbs at approved farmers markets and farm stores. This year eligible seniors will receive up to \$80 in vouchers. To be eligible to receive Senior Farmers Market Vouchers, you must meet all of the following:

- ☐ Be 60 years old or older (55+ if Native American or Alaska Native)
- ☐ Be a resident of Washington State
- ☐ Have an income below:
 - \$25,142 Annual / \$2,096 Monthly for 1 person, or
 - \$33,874 Annual / \$2,823 Monthly for 2 people
 - Add \$728 monthly for each additional person in the household.

Senior Farmers Market Coupons can be redeemed starting June 1st at The Bellingham, Ferndale and Lynden Farmers Markets.

To apply for Senior Farmers Market Coupons, pick up an Affidavit at the Bellingham Senior Activity Center (BSAC) starting in early May. Return it to a staff member or to our office via mail, email, or fax:

Address: Meals on Wheels and More, 315 Halleck Street, Bellingham, WA 98225

Fax: 360-647-7952

Email: jmeyers@whatcomcoa.org

The Affidavit will also be available to download at <https://whatcomcoa.org/meals-on-wheels-and-more>

Senior Farmers Market Coupons will be distributed by mail starting in late May or early June.

*One set of vouchers per person. *Proof of income not required. *Supplies are limited.

Bellingham Senior Activity Center
315 Halleck Street
Bellingham, WA 98225

Return service requested



Bellingham Senior Activity Center & Whatcom Council on Aging
Phone: (360) 733-4030 Fax: (360) 647-7952 Web: whatcomcoa.org
Hours: Mon - Fri from 9:00am to 4:30pm

BSAC Front Desk Reception ext: 1015
BSAC Director, Molly Simon ext: 1020
BSAC Prog. Coordinator, Eric Pierson ext: 1035
BSAC Prog. Concierge, Kay & Teresa ext: 1016
WCOA Nutrition (Meals on Wheels & More) ext: 1030
WCOA Executive Director, Chris Orr ext: 1026
WCOA Volunteer Coordinator, Tim Van Beek . x:1024
Bellingham at Home ext: 2602

