



**Bellingham
Senior
Activity
Center**

Connect with life!

THE BSAC CONNECTION

August 2022 Programs, Services, and Activities

Proof of COVID-19 vaccination required at Bellingham Senior Center

Wednesday, August 3rd



Presents

Senior Day in the Park


**A PICNIC WITH A
PURPOSE**

Hovander Homestead Park

10:00am - 2:00pm

BBQ Lunch,

Senior Resources,

Fun & more!

WhatcomCOA.org

360-733-4030



See pages 8 & 9 for more information


**Activities &
Games &
Walking Tours**





Director's Greetings

Summer Salutations,

August is always my favorite month of the year. Sun, swimming, celebrations, and vacations are all looked forward to this August for me and my family. For the first time this month I'm taking my two girls on a multi-state road trip, wish me luck!

This month at the Center you can expect continued fun from our on-going programs and activities. This is prime time for our outdoor activities like bike riding, badminton, longevity sticks and of course hiking & walking.

Be sure to mark your calendars on Wednesday, August 3rd for Senior Day in the Park at Hovander Homestead Park. There will be a bbq lunch, games, entertainment, and many community resources for you to connect with. Please note BSAC will be closed August 3rd, we'll see you at the park! - Stay cool, Molly

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:
Wednesday, Aug. 3 (Senior Day in the Park)

Hello everyone! My name is Teddi Anshus and I am the new Volunteer Coordinator at WCOA. I am very excited to be a part of this amazing team. My husband and I moved to Bellingham in 2007 from California (the East Bay) in search of a more outdoorsy lifestyle for our family. After visiting many college towns, we fell in LOVE with Bellingham. It was love at first sight! We live near Whatcom Falls and my favorite hobbies include kayaking, gardening, and doing home repairs (yes seriously, I love doing fixit projects!) I am never afraid to rip out flooring, crack into the sheetrock or tear out cabinets, because I love putting it all back together again. I love teaching our kids how to do home repair too.



We have 3 kids (Ashley 19, Erik 16 and Lauren 10). I worked as a consultant for many years leading training programs, technical projects and technical teams, but it always felt like more of a "job" and less of a passion of the heart. I have my master's degree in Marriage and Family Counseling, so I have most recently worked for corporate clients helping their leadership teams resolve conflict. While I enjoyed working in the corporate arena, my true passion has been working with children in the Bellingham schools in a wide variety of roles. I have helped students with challenges learn how to read, write, and spell, while also leading many special events and fundraising projects. I have also started a coat exchange program for children in need to receive gently used sweaters/jackets from the unretreived "lost and found" jackets from other schools. I was also a Girl Scout troop leader for many years while teaching girls how to find confidence in the great outdoors. Since my children are a little older, I had been looking for a career that would be more meaningful to my heart. And WCOA seemed like a perfect place! I am looking forward to this new challenge, while helping our wonderful community.

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 charge - Virtual

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
Register for class - see pg 6.

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 - Lawn

Tues & Thurs 11:00am - 12:00pm
No charge - Virtual

Tai Chi Qigong (Shibashi)

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 6.

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 email 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 & 3rd Wed. 1:30 - 3:00pm
Room 16 or Virtual

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 1:00-3:00pm
Virtual



Civil Discussion that Crosses Divides

Join us for a bi-monthly discussion group, hosted by BSAC members Mialee 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.

Resumes in Sept. 1st & 3rd
Fri. of month 1:00-2:30pm

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

Open Art Time

Bring your painting or project and work with others.

Mondays 9:00am - 12:00pm
Room 9

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

Knitting Group

Join us to knit, crochet, embroider, needle point, or whatever project you have. We're a group of happy stitchers, beginners to expert.

Wednesdays 1:00-3:00pm
Room 9

Card Games



Bridge

Party Bridge (Contract Bridge). A social bridge game distinguished by the fact that overtricks do not count toward game or slam bonuses.

Tuesdays 12:30-3:30pm
Room 16

Bunco

Bunco is a social, group dice game. Fun and easy to learn!

Thursdays 1:00pm-3:00pm
Room 16

Mah Jongg

American Mah Jongg, following the rules of the National Mah Jongg League. Basic knowledge of the game is recommended.

Mondays 12:30-4:00pm
Room 1

Tuesdays 9:30am-12:30pm
Room 2

Pinochle

A classic card game with bidding, melds and taking tricks to score points. All are welcome to drop-in.

Mon & Fri 12:45-3:30pm
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



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

We welcome new tap dancers. Classes are free. Michelle: 927-1365.

Mondays 1:30-3:30pm
Fridays 3:00-4:30pm
Auditorium



Dance Fusion

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

On hold, resumes in September. Fridays, 1:30pm-2:30pm

Recreation

Table Tennis

Fun to play and gets you moving! Sign up in the lobby to play with other beginners, or drop-in to play with the intermediate group.

Beginners
Mon, Wed, Fri 9:00-10:30am
Intermediate
Tues & Thurs 2:00-3:30pm

Pool

Suggested donation of \$1 per play to help with maintenance and upkeep of the tables and cue sticks.

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. Sign up at the front desk or drop-in.

Wednesdays 1:00pm-3:00pm

Badminton

Join us for casual badminton games with other members on our lawn.

Thursdays 1:00pm-2:00pm

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. Monthly schedule of walks is available at the front desk or what-

comcoa.org. Need more information? Call Scott (812) 371-6005.

Tues & Thurs 9:30am-11:00am
Meet at trailhead

Senior Trailblazers



Our philosophy is to promote fellowship and camaraderie in addition to keeping our bodies healthy and in shape. The hikes are mostly in the lowlands during the colder months and into the regions near Mt. Baker in the summer. The hikes range from 4-10 miles and are moderate to difficult. Carpooling is used to share the expense with the drivers. Contact: Alan Heezen (360) 738-9311.

Tues & Thurs 8:00 and 8:30am
Visit geezehiker.com/trailblazers/

Bocce Ball & Cornhole

Equipment is available to check-out for use during open hours.

Bike Group Rides

See page 7 for information.

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 Table Tennis (beginners) 9:30 EnhanceFitness 10:00 Yoga 11:30 - 12:30 Lunch 12:30 Mah Jongg 12:45 Pinochle 1:00 Strength Training for Balance (Virtual) 1:30 Senior Steppers |
| T U E S D A Y | 8:15 Senior Trailblazers 9:00 Rug Hooking 9:30 Button Walkabouts 9:30 Mah Jongg 9:30 Zumba 11:00 Longevity Stick 11:30 - 12:30 Lunch 12:30 Bridge 2:00 Ballroom Dance 2:00 Table Tennis (intermediate) |
| W E D N E S D A Y | 9:00 Bike Group 3 Ride 9:00 Table Tennis (beginners) 9:00 Spanish Conversation (Virtual) 9:00 Watercolor Painting (current class is full) 9:30 EnhanceFitness - see pg. 13 for registration 1:00 Ladies Pool Group 1:00 Watercolor Painting (current class is full) 1:00 Knitting Group 1:00 Strength Training for Balance (Virtual) 1:30 BrainPower (1st& 3rd Wed.) 1:30 Tai Chi |
| T H U R S D A Y | 7:45 Senior Trailblazers 9:30 Button Walkabouts 9:30 Zumba 11:00 Spanish Conversation 11:00 Longevity Stick (Virtual) 11:30 - 12:30 Lunch 12:15 Quilting Group 1:00 Bunco 1:00 Lawn Games: badminton, bocce, cornhole 2:00 Table Tennis (intermediate) 2:00 English Country Dance |
| F R I D A Y | 9:00 Table Tennis (beginners) 9:30 EnhanceFitness 11:00 Longevity Stick 12:45 Pinochle 1:00 Tech Help 1:00 TED Talk Discussions (2nd & 4th Fri.) 1:00 Civil Discussion (1st & 3rd Fridays) 1:00 Bike Group 1 Ride 3:00 Senior Steppers |
| SAT. | 9:00 Zumba (Virtual) 12:00 Bike Group 2 Ride |

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

myactivecenter.com

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 x0. Scheduling online is preferred.

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.

Summer Lawn Games Thursdays, 1-3pm

We will have Badminton, Bocce Ball, and Cornhole (beanbag toss) setup on the lawn.



BSAC Classes offered online with Zoom

Links to our virtual programs on Zoom are included in the weekly email from BSAC.



Sign-up for our email list at: whatcomcoa.org or call 733-4030 x1035 for instant access to all virtual programs.

Weekly classes include: Yoga, Strength Training for Balance, Zumba, and more!

Live Music



“Mud Bottom Maddy” is a local singer/songwriter who performs folk music for the express purpose of having fun. Mud, as she is known by her friends, can currently be found performing every Friday evening at the Welcome Grocery on the Mt. Baker Highway. Maddy’s songlist comprises music from several decades and an occasional original.

Performing in the BSAC Coffee Bar.

*August 18th
12:30 to 1:30pm.*



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 performance:
August 10th, 12:30 to 1:30pm*

Thank you to our donors and volunteers who helped to make our July Bunco Bash great fun!



Sponsors & volunteers include:

Village Books, Bellingham Bells, Eclipse Bookstore, Acme Ice Cream, Seasons Boutique, Silverado Memory Care Community, Fairhaven Runners, Drizzle, Dorothy Tenk-hoff, Bree Sherrer, Cheryl Kelly, Patty Clifton



A fun and social way to stay active!



BSAC
Bike Groups

Let's Ride!



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

Questions or comments? Contact Eric at 733-4030x1035 or epierson@whatcomcoa.org.



WhatcomCOA.org
360-733-4030

Presents

Senior Day in the Park
A PICNIC WITH A PURPOSE

A resource fair and cookout for older adults and their adult children.

Wednesday, August 3rd
Hovander Homestead Park
10am-2pm



Senior Support Services



Visiting Angels



Activities & Games & Walking Tours



**WEDNESDAY, AUGUST 3RD
10AM-2PM
HOVANDER HOMESTEAD PARK**

HOVANDER GARDEN TOURS

SIGN UP FOR A 20-MINUTE SMALL-GROUP TOUR

TOUR TIMES:
10:30AM
11:00AM
11:30AM

WALK TO FRAGRANCE GARDEN & LOOKOUT TOWER

TAKE 30 MINUTES TO STROLL OVER TO THE FRAGRANCE GARDEN.

LED BY THE KNOWLEDGABLE, MARILYN B.

10:30AM & 11:30AM

LONGEVITY STICK DEMOS

PARTICIPATE IN AT 15-MINUTE LONGEVITY STICK EXERCISE

DEMO TIMES:
10:15AM
10:45AM
12:15PM
12:45PM

TAI CHI DEMO

PARTICIPATE IN A TAI CHI DEMONSTRATION WITH THE LYNDEN SENIOR CENTER

**DEMO TIME:
1:00PM**

BOCCE BALL

COME PLAY BOCCE BALL! SETUP FOR PLAY 10AM-2PM.

LEARN TO PLAY:
INSTRUCTION TIMES:
10:30AM
1:00PM

CORNHOLE (BEANBAG TOSS)

COME PLAY CORNHOLE! SETUP FOR PLAY 10AM-2PM.

**LIVE MUSIC:
THE BLAINE SENIOR CENTER BLUEGRASS BAND
11:30 - 12:30**

THANK YOU TO ALL THE VOLUNTEERS AND INSTRUCTORS PROVIDING THESE ACTIVITIES!

Group Bike Ride to Senior Day in the Park Cordata bus station to Hovander Park

For those looking to get a bit of exercise and enjoy a group ride to Senior Day in the Park. We will meet at the Cordata Bus Station for at 9:30am departure and head north on Aldrich Road (minimal car traffic) for an 8-mile ride to Hovander Park led by Ronald Peterson.

Sign up at whatcomcoa.org/bikegroupsschedules or call 733-4030.



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, August 12th at 1:00pm at BSAC - Luck, Hard work, and Opportunity

What role does luck play in your life? - Chance plays a far bigger role in life than we're willing to admit, says psychologist Barry Schwartz. Of course, working hard and following the rules can get you far -- but the rest could boil down to simple good fortune. Schwartz examines the overlooked link between luck, merit and success, offering an intriguing solution to equalize opportunity -- starting with college admissions.

The little risks you can take to increase your luck - Luck is rarely a lightning strike, isolated and dramatic -- it's much more like the wind, blowing constantly. Catching more of it is easy but not obvious. In this insightful talk, Stanford engineering school professor Tina Seelig shares three unexpected ways to increase your luck -- and your ability to see and seize opportunities.

Friday, August 26th at 1:00pm on Zoom - Suffering and Happiness

Life isn't supposed to be good...all the time - After experiencing some unexpected obstacles in life, Dr. Countermine went on a journey of personal growth, learning that it's okay to not always be happy. She discusses how our brains aren't wired for constant positivity and how we can live a fulfilling life through mindfulness.

Dr. Countermine redefines what it means to be happy and how we can achieve this sought after state.

Happy Brain: How to Overcome Our Neural Predispositions to Suffering - Twenty years ago, Dr. Amit Sood, a Professor of Medicine at Mayo Clinic, came to the U.S. thinking he was coming to the Disneyland of the world. He expected everyone here to be very happy. What he saw surprised and shocked him. In this funny, fast-moving, and deeply insightful talk, Dr. Sood shares his journey over two decades and across two continents, finding a way to help us outsmart our neural predispositions to suffering. In the process, he takes us on a back-stage tour of the human brain and outlines the gist of a structured program he is taking globally to decrease stress and improve focus, resilience, and happiness.

Book Buzz

A monthly book discussion group

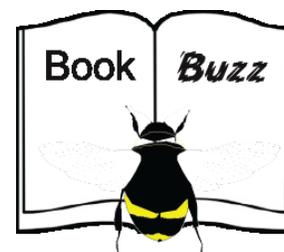
Medicus by Ruth Downie.

Ancient Roman Empire stretched from the Mediterranean Sea to Britain.

Points to Ponder: 1. Ruso, an army surgeon, battles money lenders, administrators, women, dogs and mice; has anything changed since Ancient Rome? 2. The Romans brought law, order, roads and running water to Britain; why were some of the natives not appreciative? 3. Tilla is a native peasant; Ruso is a Roman doctor; why are they drawn to each other?

Buzz on in Monday, August 15th at 10:30am

Sneak Peak at the book for September: Bird's Eye View by Elinor Florence, 2014; are our expectations ever met?



Guitar Tips & Tricks with Stan

A hands-on guitar workshop tailored to those who play guitar and wish to add to their skills and techniques of playing particular songs. This ongoing workshop takes place on the 2nd & 4th Fridays of each month.

Drop-ins are welcome. *Next workshop dates: Aug. 12th & Aug. 26th, 1:00 - 3:00pm.*

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.



Roses & Trees of Peace Arch Park

Discover the beautiful blooms and terrific trees of our State Park on the Canadian Border.

Friday, August 19th, 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.

Famous Houses, Famous Owners

Featuring photographs of homes and people who figured prominently in the history of this area.

Wednesday, August 10th, 11:00am - 12:30pm.



Civil Discussion that Crosses Divides

This group is taking a summer break and will resume in September on the first & third Fridays of the month from 1:00 - 2:30pm.

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. The discussion will be facilitated for lively participation and understanding between attendees.

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.



To be placed on the email list for this group, contact Mialee at mialee@stirc.org.

Senior Community Meals are back at BSAC!

Senior Community Meals are back in-person three days a week. Lunch will be served each Monday, Tuesday, and Thursday from 11:30am-12:30pm. A different meal will be served each day and there will also be a vegetarian option. The June menu is on the next page.

All meals are available on a donation-only basis to anyone 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. Those under age 60 who wish to participate in the meal program will be charged \$8.50.

We will continue to offer bags of 5 frozen meals by donation for those 60 and over each Wednesday from 11:30-12:00pm in July, however, there will be no hot meal provided on those days. Those receiving the frozen meals on Wednesdays are also welcomed to join us for the Senior Community Meal on Mondays, Tuesdays, and Thursdays.

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. On the Senior Community Meals days, to-go meals will be available from 11:30am-12:00pm to those who are not vaccinated or those who are not comfortable dining in a congregate setting.

Questions? Contact Julie at jmeyers@whatcomcoa.org or 360-733-4030 x1025. Have menu ideas you'd like to share with us? Send them to Ian at icassin@whatcomcoa.org or drop them off at the front desk. Interested in volunteering at the Senior Community Meals? Contact Molly at x1020 or msimon@whatcomcoa.org.

See you at lunch!



Senior Community Meals Menu - August 2022

| MONDAY | TUESDAY | THURSDAY |
|--|--|--|
| 1 Spaghetti w/ Meatballs *Veggie Meatballs Green Beans Caesar Salad Fresh Melon | 2 Orange Chicken *Veg Chicken Egg Fried Rice Egg Roll Sesame Mandarin Slaw Fortune Cookie | 4 Homestyle Chili *Vegetarian Chili Cornbread Garden Salad Ice Cream |
| 8 Beer Braised Brats *Veggie Brat Red Sauerkraut Roasted Potatoes Glazed Parsley Carrots Peach Crisp | 9 Steak Fajitas Over Rice *Veggie Fajitas Black Beans Roasted Cilantro Lime Corn Chips w/ Pico de Gallo Sherbet | 11 Pineapple Chicken Salad Wrap *Garden Wrap w/ Multigrain Chips Fresh Grapes Sherbet |
| 15 Salmon Filet *Veggie Patty Wild Rice Pilaf Green Bean Almondine Fruit Ambrosia w/ Coconut | 16 Chicken Apple Walnut Salad w/ Feta, Craisins and Bal- samic Dressing *Veggie Apple Walnut Salad Oatmeal Bread Fresh Fruit | 18 Country Fried Steak *Veg Fried Steak Yukon Mashed Potatoes Country Gravy Peas & Carrots Garden Salad Apple Crisp |
| 22 Lemon Oregano Roasted Chicken Quarters *Veggie Chicken Greek Lemon Potatoes Spinach Pear Bacon Salad Banana Cream Pudding | 23 BBQ Pulled Pork *BBQ Tofu Brown Rice Kale Cabbage Slaw Fruited Jell-O | 25 Chicken Pot Pie *Mushroom Pot Pie Garden Salad Birthday Cake |
| 29 Beef Stroganoff *Veggie Stroganoff Rotelle Pasta Garden Fresh Salad Fresh Melon | 30 Shrimp Louis Salad *Garden Salad Wheat Roll Blueberry Crisp | Kitchen Team: Esmeralda O. Christina M. Ian C. *Vegetarian option in <i>Italics</i> |

Food Safety – Lettuce Edition

Leafy green vegetables like [lettuce](#) are nutrient powerhouses, packed with fiber, Vitamins A and K, folate and antioxidants. They are also low in calories and contain no fat, saturated fat, or cholesterol and are very low in sodium. Yet foodborne illness is a real and dangerous possibility if food safety guidelines aren't followed during growing, harvesting, transporting lettuce, both at the grocery store and in your own kitchen.

According to the Centers for Disease Control and Prevention (CDC) each year 31 known foodborne pathogens (bacteria, viruses, and parasites) cause an estimated 9 million illnesses. Unspecified agents account for an additional estimated 37 million illnesses, for a total of 48 million illnesses.

In 2019-2021, there were 9 multistate foodborne illness outbreaks related to [lettuce](#).

Harmful germs often found on lettuce include E. coli, Salmonella, Listeria, norovirus, and Cyclospora.

To prevent foodborne illness while enjoying lettuce, follow these recommendations:

- Prewashed greens don't need to be washed again if the label states:
 - Ready-to-eat
 - Triple washed
 - No washing necessary
- Wash all other leafy greens before cutting, eating, or cooking with them. Follow these steps:
 - Wash your hands with soap and water.
 - Remove and throw out the outer leaves of the plant.
 - Remove and throw out any torn or bruised leaves.
 - Rinse everything under cool, running water and gently rub the leaves to remove germs and dirt.
 - Dry the clean lettuce on a paper towel or in a salad spinner.
- Store lettuce in a clean refrigerator with the temperature set to 40°F or colder.
- Use separate cutting boards and utensils for produce and for raw meat, poultry, seafood, and eggs. If that isn't an option, prepare produce before working with raw meat.
- Wash utensils, cutting boards, and kitchen surfaces with hot, soapy water after each use.
- Refrigerate cooked or cut produce, including lettuce, within 2 hours (1 hour if the food is exposed to temperatures above 90°F, like a hot car or picnic).

FAQ:

Is organic lettuce safer?

No. Organically grown lettuce can still be contaminated by parasites, bacteria and viruses.

Is lettuce grown in a greenhouse (or hydroponically) safer?

No. It's always possible for lettuce to become contaminated.

Should I soak lettuce before washing?

No. If you soak lettuce in a sink, germs in the sink can cause contamination. If you soak lettuce in a bowl, germs on one leaf can spread to another leaf.

Should I wash lettuce with vinegar, lemon juice, soap, or produce wash?

It's fine to use vinegar, lemon juice, or produce wash but there aren't any studies that show these remove more germs than plain running water. It's not recommended to use soap or bleach to clean lettuce or any other type of produce.

How do I keep lettuce in my garden safe to eat?

- Plant your garden away from compost bins, manure piles, and animal pens. Animal waste can contain harmful germs that can contaminate growing lettuce.
- Water your garden with clean, drinkable water.
- Keep storm runoff or any other type of dirty water away from the parts of plants you will eat.

Including a variety of different types of nutrient-dense lettuce into your weekly food choices is an important way to reduce chronic health risk. It's essential to make sure that you clean, prepare, and store lettuce in ways to reduce the risk of foodborne illness. An ounce of prevention is worth a pound of cure!

By Lynn Grieger, RDN, CDCES, CPT, CHWC

<https://foodandhealth.com>

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.

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.

Meals on Wheels client in need of freezer

If you have a freezer of any kind you would like to donate to help this person store frozen meals, please contact Julie at jmeyers@whatcomcoa.org or (360) 733-4030 x1025.

Covid Precautions

After two years of mitigations to reduce COVID-19 infections we are currently seeing an increase in cases due to highly transmissible variants. We strongly encourage you to stay up to date with your COVID-19 vaccinations and booster shots. Being vaccinated (and boosted) reduces your risk of serious illness.

How can we continue to protect ourselves and each other at this time?

- Home test if feeling ill. Stay home while your symptoms last. BSAC has home tests available, and we recommend you keep some on hand. Have symptoms but testing negative? Try testing again in a day or two.
 - If you have been at BSAC within 10 days of testing positive for Covid-19 please let us know.
- If test is positive, you may be eligible for the antiviral medication Paxlovid. Check with your health care provider. This drug can help shorten the length of illness but must be taken quickly after symptoms begin/testing positive.
- If you must quarantine and have difficulty getting groceries or meals, please contact the Meals on Wheels office 360-746-6480.
- Wear a well-fitting mask when indoors with people outside your household.

Thank you for continuing to help take care of each other.

The BSAC Advisory Committee is now accepting new members



If you are looking to make a difference at BSAC and help shape the future of our programs and activities, please consider joining the advisory committee. Meetings are held the 3rd Thursday of each month at 3:30pm. Currently our meetings are hybrid (virtual & in person). If you are interested in attending or learning more about joining the committee please talk with Molly.

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40537 03/21/22

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 8:00am 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
- Meals on Wheels & More ext: 1030
- WCOA Executive Director, Chris Orr ext: 1026
- Bellingham at Home ext: 2602

