

# THE BSAC CONNECTION



*January 2023 Programs, Services, and Activities*

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Happy  
New Year

## **Here's What's New:**

"Your voice, Your Choice" Advance Care  
Planning workshop (p.7)

Monthly "Sound Journey" Sessions (p.7)

Memoir Readings (p.8)

AARP Tax-Aide Appointments (p.10)

and more!

## Director's Greetings

Happy New Year!

I am so glad that you are joining us for another year at BSAC! I know many of you have made a resolution for the new year and if you are looking to get more exercise, learn a new skill, make a new friend, or try a new activity BSAC is here to help. We have a wide variety of activities and programs designed just for the mature adult and our dining room and coffee bar are great places to meet new friends. Looking through our bulletin I'm confident that you will find an activity or two that is of interest.

If you haven't yet renewed your BSAC membership for 2023, please consider doing so at your earliest convenience. Your membership truly makes a difference in multiple ways. Membership is our single largest funding source, membership numbers help show the need for funding programs, activities, and updates to the senior center when we apply for grant funding, membership helps maintain our vibrant center. We are maintaining membership at \$50 annually per person (less than a \$1 a week!) or you can choose to join on a quarterly basis for \$15 per quarter. Thank you in advance for renewing!

Best wishes to you for a happy and healthy 2023,

*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:

**January 2**  
*Happy New Year*

**January 16**  
*MLK Jr. Day*

**February 20th**  
*Presidents Day*

**As we enter the winter months a note on inclement weather closures.** At times it can be unsafe to drive and BSAC may need to close for the day or open later than usual to give the roads time to thaw and clear the parking lot. Closures and delays will be reported by 7am on, our website ([whatcomcoa.org](http://whatcomcoa.org)), our BSAC Facebook page and on the outgoing message which can be heard by calling 360-733-4030. If in doubt please stay home and stay safe! If you are in need of emergency food in case of inclement weather please call the Meals on Wheels & More office at 360-746-6480.

# 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 (\$10 for Yoga). 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.

*Mon & Thurs 10:00 - 11:30am*  
\$10/class - Room 16  
*Register for class - see pg 12.*

### Longevity Stick

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

*Wed (3:00-4:00pm)*  
*Fri (8:15-9:15am)*  
No charge - Auditorium  
*Tue, Thur, Sun 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

### 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

*\*See pg.14 for a note on class schedule*

### 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*

### 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 & 4th Fridays 1:00-3:00pm  
In-person & Virtual*



### Civil Discussion that Crosses Divides

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.

*1st & 3rd Fri. 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 9:00-11:00am*

*Virtual*

*Thursdays 11:00am-12:00pm*

*Room 2*

## Book Buzz

A monthly book discussion group. "Bee" a part of the discussion!

*2nd Mon. (resumes in Feb. 2023)  
10:30am - 12:00pm*



## Artistic Opportunities

### Watercolor Painting

Signup at the front desk to be placed on waitlist.

*Wednesdays 9:00am-11:00pm &  
1:00-3:00pm*

### Open Art Time

Bring your painting or project and work with others.

*Mondays 1:00-4:00pm  
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 12:15-4:00pm  
Room 1*

## 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*

### 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*

### Bunco

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

*Thursdays 1:00-3:00pm  
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*

### Scrabble

Drop-in and play with others.

*Tuesdays 1:00-3:00pm  
Coffee Bar*



## Music & Dance

### Tuesday Dance

Enjoy dancing to the great tunes by Sentimental Journey. \$5 to band.

*Tuesdays* 2:00-4:00pm  
Auditorium



### English Country Dancing

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

*Thurs* 2:00-3:15pm (all invited)  
3:15-4:00pm (dance by invitation only, observers welcome)  
Auditorium

### Senior Steppers

We welcome new tap dancers. Tap shoes available to loan and classes are free. Michelle: 927-1365.

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

### Dance Fusion

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

*Fridays*, 1:30-2:30pm  
Auditorium

### Rhythm Band

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

*Thursdays*, 10:30-11:30am  
Room 9

### Singing Group

We sing for enjoyment. Song books are provided.

*Tuesdays*, 12:30-1:00pm  
Auditorium

## Recreation

### Table Tennis

Fun to play and gets you moving! Find a partner or drop-in to play.

#### Beginners

*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.)*

### Ladies Pool

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

*Wednesdays* 1:00-3:00pm

### 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. Monthly schedule of walks is available at the front desk or whatcomcoa.org. Need more information? Call Scott (812) 371-6005.

*Tues & Thurs* 9:30-11:00am  
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 [geezerhiker.com/trailblazers/](http://geezerhiker.com/trailblazers/)



### Bike Group Rides

Resuming Spring 2023.

[whatcomcoa.org/bikegroups](http://whatcomcoa.org/bikegroups) 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	9:30 EnhanceFitness 10:00 Yoga - see pg. 12 for registration 11:00 - 1:00 Blood Pressure Checks 11:30 - 12:30 Lunch 12:30 Mah Jongg 12:45 Pinochle 1:00 Strength Training for Balance (Virtual) 1:00 Open Art Time 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 10:00 Mindfulness Meditation 11:30 - 12:30 Lunch 12:30 Bridge 12:30 Singing Group 1:00 Scrabble 2:00 Ballroom Dance 2:00 Table Tennis (intermediate)
W E D N E S D A Y	9:00 Table Tennis (beginners) 9:00 Spanish Conversation (Virtual) 9:00 Watercolor Painting 9:30 EnhanceFitness 11:30 - 12:30 Lunch 1:00 Ladies Pool Group 1:00 Watercolor Painting 1:00 Strength Training for Balance (Virtual) 1:30 BrainPower (1st & 3rd Wed.) No 1/4 meeting 1:30 Tai Chi 3:00 Longevity Stick
T H U R S D A Y	7:45 Senior Trailblazers 9:30 Button Walkabouts 9:30 Zumba 10:00 Yoga - see pg. 12 for registration 10:30 Rhythm Band 11:00 Spanish Conversation 11:00 Longevity Stick (Virtual) 11:30 - 12:30 Lunch 12:15 Quilting Group 1:00 Bunco 2:00 Table Tennis (intermediate) 2:00 English Country Dance
F R I D A Y	8:15 Longevity Stick 9:00 Table Tennis (beginners) 9:30 EnhanceFitness 11:30 - 12:30 Lunch 12:45 Pinochle 1:00 Tech Help 1:00 TED Talk Discussions (2nd & 4th Fri.) 1:00 Civil Discussion (1st & 3rd Fri.) 1:30 Dance Fusion 3:00 Senior Steppers
SAT.	9:00 Zumba (Virtual)
SUN.	11:00 Longevity Stick (Virtual)

## BSAC Classes offered online with Zoom

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



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

Visit [whatcomcoa.org/virtualprograms](http://whatcomcoa.org/virtualprograms) for the complete schedule.

Sign-up for our email list at:  
[whatcomcoa.org](http://whatcomcoa.org) or call 733-4030 x1035 for instant access to all virtual programs.

## The Rhythm Band

The Rhythm Band is made up of members and staff who love to play music and sing! We will be practicing every Thursday (starting January 5th) from 10:45am to 11:30am on the Auditorium stage, and we welcome other members to join us with their instrument.

Music books are provided.

The Rhythm Band will also perform on the last Thursday of each month at 12:30pm in the Coffee Bar.

## Mindfulness Meditation Group

Here is an opportunity to join a drop-in mindfulness meditation group, facilitated by BSAC member Judith, a longtime meditator who has also completed the Mindfulness Teacher Training Program (MTTP) through Mindfulness Northwest. While recent research has highlighted many benefits of meditation, Judith reminds us to “let the practice do the teaching” and encourages all levels from first-timers to daily practitioners to join. **Tuesdays, 10:00 - 10:45am. Register at the front desk.**

\*Strength Training Gym closed on Mondays & Thursdays from 11am-12pm to accommodate Strength Training classes.

## “Your Voice, Your Choice” Advance Care Planning Workshop



Advance Care Planning – Conversations can make all the difference! Making your wishes known in advance of a crisis is one of the most profound gifts you can give yourself, your family and your friends.

“Your Voice, Your Choice” is an interactive discussion that will guide you through completing your advance directive and durable power of attorney for healthcare.

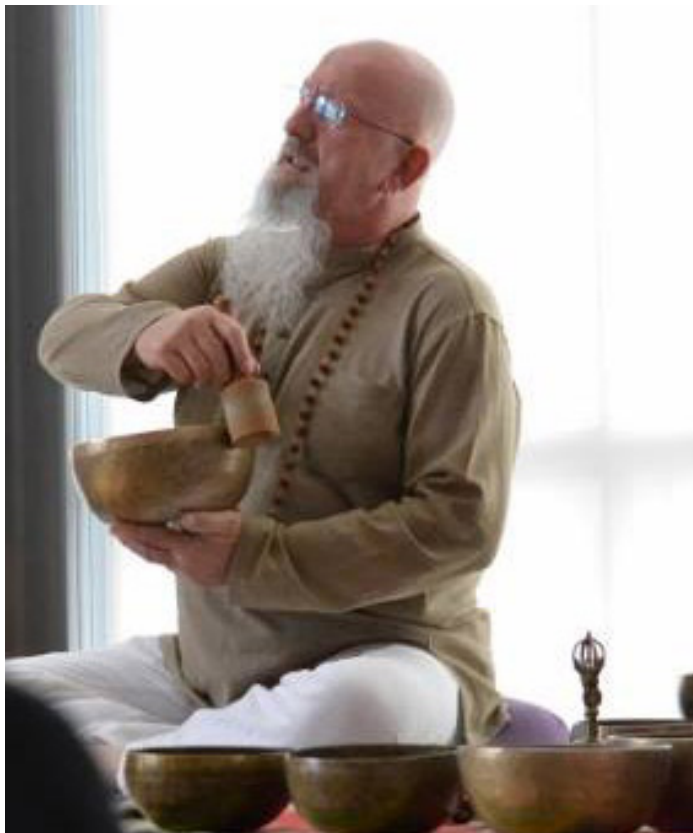
Advance care planning involves making decisions about the care you would want to receive if you were unable to speak for yourself because of illness or accident. The decisions are based on your personal values, preferences and discussions with your loved ones and health care providers. Putting your wishes in writing helps to minimize confusion of conflict in times of crisis or uncertainty.

Presentation, time for Q & A, and notarization of completed documents. Presented by the PeaceHealth Advance Care Planning Program.

**Friday, February 3rd, 10:00 - 11:30am. Register at the Front Desk.**



AN INITIATIVE OF



## Sound Journey Session using Himalayan and Crystal Bowls

A Sound Journey is a guided sound experience where participants comfortably lie (or sit) on the floor (or chair) with their eyes closed to obtain a relaxed state. Often referred to as a “sound bath” because of the feeling of being bathed in sound – this is an experience that you must feel to truly believe.

The session includes breath work and listening to a variety of instruments in which frequencies assist the body in activating the parasympathetic nervous system, which controls the body’s ability to relax. Once in this relaxed state, the parasympathetic nervous system naturally decreases blood pressure, slows breathing, and focuses on internal healing processes such as stimulating the immune system. In this way, sound therapy can reduce stress and anger, and increase mental and emotional clarity, promoting happiness and wellbeing.

**Friday, January 27th at 10:00am, and continuing on the fourth Friday of each month. Signup at the Front Desk.**

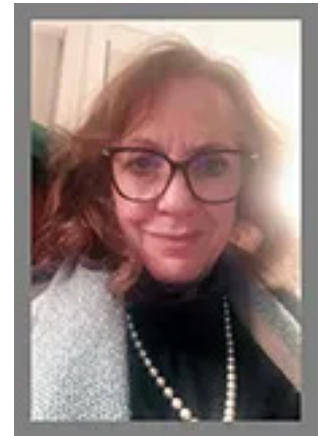


## **“Frozen Laundry” and other readings of memories of people, places, and times. Performed by Holly Witte**

These performance pieces that include displayed visual art, are about memories from times that are gone, but still powerful. They may resonate with you and bring up thoughts about your past.

Holly Witte has lived in the Northwest since 1995, having moved here from New York City where, among other things, she was a freelance writer with pieces appearing weekly in New York newspapers for 10 years.

**Tuesday, January 17th at 10:30am**




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## **Shopping and Preparing Food for Blood Pressure Management**



Eating a heart-healthy diet is important for managing your blood pressure and reducing your risk of heart attack, stroke and other health threats.

By adopting the habit of reading food labels, you can choose foods more wisely. Watch for foods that have saturated fat or trans fat, and foods that are high in sodium. With so many marketing messages being thrown at you in the grocery store, it can be difficult to know what is truly healthy

Presented by Tara Marshall, certified health coach and Blood Pressure Self-Monitoring program Healthy Heart Ambassador.

**Friday, January 13th at 11:00am, & February 10th at 11am - Heart healthy eating for life.**

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## **Combat Missions: Serving in the U.S. Army Air Corps in World War II A Memoir by Burl Harmon**

Burl Harmon will use a slide show of photos to describe the transformation of a small-town Missouri boy to adulthood under dramatic character-shaping circumstances. Some topics include military induction and training to be a flight engineer on the B-24 Liberator, a 4-engine heavy bomber airplane.

Based in Manduria, Italy, flight engineer Harmon flew 38 combat missions from May 1944 to October 1944. Taking up the role of the Tuskegee College-trained all-black pilots, he describes their prowess in the sky as they outmaneuvered the enemy and saved our bombers from disaster. A major target was the oil storage fields of Ploesti, Romania, where Hitler had the most intensive reinforcements and, for the U.S., the highest rate of loss at over 1,500 men.

The author also shows the lighter side of war, meeting and loving the Italian Tribaldi family of eight children and their parents, including two pretty daughters, hanging out with friends, and paying special homage to the outstanding officers with whom he served.

Harmon concludes with the story of his return to Manduria in 2009 with his wife, Nanette, where they discovered the statue of an American GI flyer in the city square. The townspeople recognized how Americans had saved their village and their lives.

**Wednesday, February 22<sup>nd</sup> at 1:00pm**

## Live Music!

### Kurt Aemmer

Performing on the second Wednesday of each month (Jan. 11), 12:30pm in the Coffee Bar.

Kurt 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.

### Eric & the All-Stars

Eric and the All Stars is Eric Hirst playing tenor sax and his computer-generated electronic band. Eric plays a wide variety of songs, including jazz standards from the 1920s, 30s, and 40s (Duke Ellington, Count Basie, Gershwin brothers, Jerome Kern and others), Latin, waltzes, 1950s rock 'n roll, country, gospel, plus an occasional Klezmer and Baroque piece. Eric played sax in high school but then life (college, marriage, parenting, career) created a 40-year hiatus before Eric began playing again 21 years ago. Eric has performed in many Whatcom County retirement centers, at the Jansen Art Center, Lynden Raspberry Festival, Allied Arts Holiday Craft Fair, Elizabeth Park and other local venues. Eric plays with Swing Connection and is part of a sax quartet, QuattroSax.

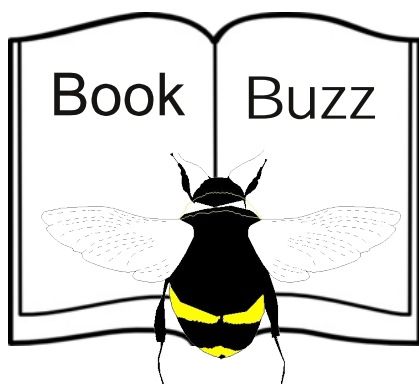
Friday, January 27th at 12:30pm Rescheduled to February 9th at 12:30pm.



### The Rhythm Band

This seven-member band will take you back in time with songs from the golden oldies, such as "Chattanooga Choo Choo", "Hello Dolly", "Blue Suede Shoes", and "Toot Toot Tootsie".

Thursday, January 26th at 12:30pm



### Book Buzz

New Day: Second Monday of each month Starting in February

February 13th, 10:30am-12:00pm: *One Night for Love* by Mary Balogh, 1999; for the month of Valentine's Day, we will read this story of enduring love that is tested to its limits

Sneak Peak at the book for March: *Meet Me at the Museum* by Anne Youngson

## The BSAC has a house band -- High Tide

The band members met as a threesome at the BSAC guitar workshop in 2022, and their debut performance was at the 2022 BSAC Craft Fair in November.

High Tide will be providing music for at least three BSAC events in 2023 -- for the **Valentine's Day "Love Potion Number-9" Dance on February 10, 2023**, for the May Day Dance and at the Fall Arts & Crafts Fair.

February is closer than you think, so plan now with your main squeeze to don your dancing shoes for the Love Potion Dance. The dance music will include calypso rhythms, Mo-Town, doo-wop, blues, rock 'n' roll, and, yes, waltzes.

As you used to say back in the day: Be THERE or be SQUARE!

High Tide member Mud Bottom Maddy is familiar to many BSAC regulars from her solo performances throughout 2022. She brings her humor, harmony, and high-spiritedness to the band's music. Tom Rooth, a recent arrival in Bellingham, is a retired high school teacher and mentor who for many years sponsored and coached high school rock 'n' roll bands. Stan Hodson has played guitar since 1962, including in various college groups and company bands down the years.

Together, they're High Tide -- making music and good memories playing songs you know by heart.




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## AARP Tax-Aide Appointments at BSAC

BSAC is pleased to once again partner with AARP Tax Aide to offer free tax preparation to seniors in our community.

AARP will have appointments available Tuesdays and Fridays from February 3rd to April 14th. Advance appointments are required and can be made on January 17th and 18th by calling (360) 733-4030 x1033 between the hours of 9am and 1pm.

Nationwide AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone free of charge with a focus on taxpayers who are over 50 and have low-to-moderate income. Tax-Aide volunteers are located coast-to-coast and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.

Those with appointments must pick up the registration forms in advance from Bellingham Senior Activity Center.



## Wonders of Whatcom

Join us on the second Wednesdays and third Fridays of each month starting in February for "Wonders of Whatcom" featuring slide show presentations on topics of art, culture, and nature in Whatcom County and beyond.

**Wednesday, February 8th at 11:00am: Victorian Architecture** - Bellingham abounds with excellent examples of these popular styles for buildings named for the reign of Queen Victoria of England, during which construction of those fashionable structures occurred.

**Friday, February 17th at 10:30am: Wonders of Hawaii** - From black sand beaches to snow topped volcanoes, tropical gardens, endemic birds, lava tubes, and more; our 50th state is packed with wondrous spectacles.



## Civil Discussion that Crosses Divides

All points of view welcome! Come to listen and learn. Talk and be heard.

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



### Friday, January 6, 1:00-2:30pm

New Year's ReVolutions - the January 6 Insurrection, Two Years Later

The January 6th Committee has released its report and referred criminal charges to the DoJ. What's the next step? Congressman Raskin says "Ours is not a system of justice where foot soldiers go to jail and the master-minds and ringleaders get a free pass." Others say such a prosecution is impractical, because the subject is "too divisive". Can we keep our union, our democracy, and our integrity?

### Friday, January 20, 1:00-2:30pm

The Most Potent Weapon

Dr. Martin Luther King, Jr. "...left India more convinced than ever before that non-violent resistance is the most potent weapon available to oppressed people in their struggle for freedom." Was he correct? Who is oppressed? Are they using non-violent resistance or something else?

## TED Talk Discussions

We invite you to join us to view and discuss selected TED Talks (or other similar talks & presentations) that will facilitate discourse on important subjects. The videos 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 gathering will feature two talks to be viewed and discussed. Second & fourth Friday of each month, 1-3pm at BSAC and on Zoom.

### Friday, January 13th at 1:00pm

*A moral blueprint for reimagining capitalism* - We know capitalism exacerbates injustice and inequality worldwide. So how can we fix it? Professor and social entrepreneur Manish Bhardwaj thinks we need to integrate "moral clarity".

*What capitalism gets right -- and governments get wrong* - Is capitalism a good thing? Journalist Katherine Mangu-Ward makes the case that "weirdos" left alone to innovate and explore far-out ideas in a free market system are our best hope for the future.

### Friday, January 27th at 1:00pm

*Why you feel anxious socializing (and what to do about it)* - In crowds, at parties, meetings, get-togethers with friends, everyday interactions: social anxiety can show up as an unwelcome guest at any time. But why? Psychologist Fallon Goodman digs into the source of social anxiety.

*The benefits of not being a jerk to yourself* - After more than two decades as an anchor for ABC News, an on-air panic attack sent Dan Harris's life in a new direction: he became a dedicated meditator and, to some, even a guru. In a wise, funny talk, he shares his years-long quest to improve his relationships with everyone (starting with himself) and explains the science behind loving-kindness meditation, and how it can boost your resiliency, quiet your inner critic and simply make you more pleasant to be around.

## Footcare by Jennifer Thompson, RN, BSN, CFS

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.**



## Blood Pressure Checks

High blood pressure is a common problem, but you can take an active role in diagnosing and managing it. Because this common problem raises heart attack and stroke risk, the sooner you can get your blood pressure down to a healthy range, the better.

BSAC member and registered nurse, LeAnn Clement will be offering **free blood pressure checks each Monday from 11:00am to 2:00pm in the BSAC Lobby.**

You will also be provided with a blood pressure record card to keep track of your blood pressure and resources to help you improve your blood pressure.



## Hearing Loss Consultations

Joel Bergsbaken from the Hearing Speech and Deaf Center in Bellingham will be on-site monthly at the Senior Activity Center to meet with individuals for one-on-one consultations to discuss hearing change, hearing loss, communication, community barriers, and listening technology. The Hearing Speech and Deaf Center is a non-profit organization that supports those with hearing and communication differences. Consultations and supportive services are free and available to individuals or small groups of friends or family.

By Appointment, Feb. 6, Mar. 6, Apr. 3. Visit the front desk or call (360) 733-4030 x0 to schedule.

**Register online for Yoga Classes:** 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](http://www.myactivecenter.com) or by phone 360-733-4030 x0. Scheduling online is preferred.

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 password for this account.

*\*Class Fee Update:* Starting January 1<sup>st</sup> Yoga on Mondays & Thursdays will be 2 punches or \$10 per class.

Please remember that if you register for class and do not cancel in advance, your punchcard will be punched for one full class.

**Aging is inevitable...  
but growing up?**

**That's  
optional.**

- Our Services are always FREE
- Medicare Advantage, Supplements, and Prescription Drug Plans
- Independent, Trusted, and Local

**Call us (866) 733-5111 (TTY: 711)**

Monday - Friday, 8:30 am - 5:00 pm  
Visit us online at [vibrantusa.com](http://vibrantusa.com)

3800 Byron Ave, Suite #148 Bellingham, WA 98229  
504 Front St, Suite #101 Lynden, WA 98264

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A GUIDED MEDICARE SOLUTION

**YOUR ONE STOP SHOP**

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40953 01/01/2023

## Welcome our new BSAC staff members!

Hello! My name is Annie Fairchild and I am thrilled to join the BSAC team as a Program Concierge. I moved to Bellingham from Seattle about 2 ½ years ago. For nearly 20 years, I've enjoyed multiple roles working in retirement communities. I love working with seniors! When I'm not at BSAC, I can be found having fun with my sweetie-pie, Tony, at home with my three cats—Morgan, Mister & Moxie or walking all over town. During the cold, wet winter, sitting in the tub reading a good mystery is one of my favorite things to do. I'm so excited to be joining this awesome organization!



Hi, my name is Anna! I'm so excited to be involved at the BSAC as a program concierge. I moved to Bellingham four years ago to go to Western Washington University. I recently graduated with a degree in psychology with a future career goal of becoming a social worker. I enjoy working with seniors and would love to specialize in senior mental health someday. I love to be outdoors and spend a lot of my free time going for walks or hiking. My favorite walking route in Bellingham is the South Bay trail to Boulevard Park. I also enjoy drawing and spending time with my two cats. I have so enjoyed getting to know members of the center so far. I look forward to meeting more of you!

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## Are Plant-Based "Meats" Healthier than Meats?

Unfortunately, there's not one simple answer to this question. Each type of plant-based meat contains different nutrients. Let's speak generally for a moment. Here are a few positive aspects of replacing traditional meats with plant-based meat alternatives:

- Plant-based meats contain fiber, while animal meats do not. Fiber is found only in plants and promotes a healthy digestive tract as well as reducing the risk of heart disease, diabetes, and diverticular disease.
- There is a strong scientific link between consuming red and processed meats and several types of cancer as well as heart disease.
- Replacing red and processed meat with plant-based meat is associated with a 25–40% reduction in greenhouse gas emissions, a 40% reduction in nitrogen emissions, and a 23% per capita reduced use of cropland for food production.
- Plant-based meats tend to be lower in total fat and harmful saturated fat than red meat and processed meats.

There are also some negative aspects of replacing meats with plant-based meat alternatives:

- Animal meats are good sources of zinc, iron, and vitamin B12; not all plant-based meat makers add these nutrients to their products.
- Plant-based meats tend to be higher in sodium than red meats, while most processed meats (sausage, lunch meat, hot dogs, etc) typically are high in sodium.
- Some plant-based meats include added sugars that are never found in red meat; some types of processed meats, however, may contain added sugars.
- All plant-based meats are processed to some degree, and some are highly-processed.

So, what's a person to do? Here's what we suggest:

- Choose plant-based meats that contain legumes, vegetables, nuts, and seeds – whole foods that contain a variety of nutrients that are crucial for good health.
- Avoid products that contain more than 800mg sodium per serving.
- If you are allergic to soy, nuts, or seeds read the ingredient lists carefully to make sure you're purchasing products that do not contain these items.
- Choose plant-based products with additional iron, zinc, and B12 to more closely replace the nutrients naturally found in meat.

By Lynn Grieger, RDN  
Food and Health Communications



## Senior Meals at BSAC

Senior Community Meals are back in-person 5 days a week, Monday through Friday, 11:30-12:30. Check out the menu on page 15. To-go meals are also available.

We will continue to offer bags of 5 frozen “To-go” meals by donation for those 60 and over each Monday from 10:00-11:00am with drive-up and walk-up lines (see image below). We ask that you choose to participate in **either** the frozen To-go Meal program or the Senior Community Meals on a weekly basis (up to 5 meals per week). If you feel that you have a need for both the fresh and frozen meals, please contact Julie Meyers at 360-733-4030 x1025 or [jmeyers@whatcomcoa.org](mailto:jmeyers@whatcomcoa.org).

All senior 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. Donations can be made by cash, check, or online at <https://whatcomcoa.org/donate/>. 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. Bellingham Senior Activity Center membership is not required to participate in the Senior Community Meals or Senior To-go Meals.

We also welcome your feedback on the meals. Please send us a note or complete this single meal survey: <https://whatcomcoa.org/meal-evaluation-survey/>





**NEW DRIVE-UP MEAL DISTRIBUTION PLAN BEGINNING MONDAY, JANUARY 9, 2023!**

**DAY: MONDAYS      TIME: 10:00 – 11:00 AM**

*PLEASE HELP US WITH A SMOOTH DISTRIBUTION BY SPREADING OUT YOUR ARRIVAL OVER THE 60 MINUTE DISTRIBUTION TIME.*

**BSAC, Blaine, Ferndale Senior Community Meals**  
January 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Chicken Pot Pie *Veggie Pot Pie Spinach Salad Cantaloupe	3 Homestyle Cheeseburger w/ Lettuce & Tomato *Veggie Burger Potato Wedges Coleslaw Ice Cream	4 Ginger Chicken *Ginger Tofu Over Jasmine Rice Sesame Broccoli Veggie Spring Roll Mandarin Orange Gelatin	5 Pork Chop w/Onion and Mushroom Gravy *Veggie Cutlet Roasted Yams Peas and Carrots Applesauce	6 Salmon Filet *Tofu w/ Wild Rice & Tartar French Cut Green Beans Garden Salad Fruit Crisp
9 Chicken Pot Pie *Veggie Pot Pie Spinach Salad Cantaloupe	10 Seafood Chowder *Vegetarian Chowder Fresh Mixed Green Salad Baked Wheat Roll Chocolate Pudding	11 Bavarian Bratwurst *Vegetarian Brat w/ Red Sauerkraut Hot Potato Salad Dill Carrots Fresh Apple Slices	12 Beef Stroganoff *Veg Stroganoff Over Egg Noodles Peas & Carrots Garden Salad Peach Crisp	13 Chicken Fajitas *Veggie Fajitas Salsa & Sour Cream Spanish rice Fiesta Corn Spinach Salad Fresh Pineapple
16 	17 Tuna Casserole *Veggie Casserole Broccoli Garden Salad Tapioca Pudding	18 Chicken Curry Salad Served w/ Croissant *Veggie Chicken Salad Vegetarian soup Sliced Peaches	19 Shepherd's Pie *Vegetarian Shepherd's Pie Roasted Zucchini Quinoa Salad Berry Crisp	20 Mushroom Veggie Frittata Breakfast Potatoes Orange Juice Yogurt Parfait
23 Chinese New Year BBQ Pork *BBQ Tofu Veggie Fried Rice Asian Vegetable Blend Sesame Ginger Slaw Fortune Cookie	24 Savory Roasted Chicken *Veggie Cutlet Root Veggie Medley Brussels Sprouts Spinach Salad Orange Slices	25 Vegetarian Baked Ziti Italian Vegetables Garlic Toast Caesar Salad Birthday Cake	26 Salisbury Steak *Veggie Patty Mashed Potatoes Mixed Vegetables Ambrosia	27 Indian Butter Chicken *Veggie Stir-Fry Basmati Rice Normandy Veg Garden Salad Tropical Fruit
30 French Dip *Roast Veggie Dip Au Jus Sweet Potato Fries Kale Citrus Salad Fresh Grapes	31 Veracruz Tilapia *Veracruz Tofu Brown Rice Pilaf Veggie Medley Pineapple Craisin Coleslaw Raspberry Sherbet	Kitchen Team Melody P. Esmeralda O. Tom M. Carmen G. Ian C.	Alternative Meal in *Italics	

Menus are subject to change due to food cost and availability. Meals on Wheels and More is a program of the Whatcom Council on Aging.

**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](http://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 Volunteer Coord., Teddi Anshus . . . . . ext: 1024
- BSAC Prog. Concierges Anna & Annie . . . . . ext: 1016
- Meals on Wheels & More . . . . . ext: 1030
- WCOA Executive Director, Chris Orr . . . . . ext: 1026
- Bellingham at Home . . . . . ext: 2602

