



WALLA WALLA  
SENIOR CENTER

THE CENTER AT THE PARK

JUNE 2021

# *The Bottom Line*

## WALLA WALLA SENIOR CENTER Current Hours/ Operations:

### ♦ 11am - Noon

#### Senior-to-go-Meals

See menu for serving days

### ♦ 11am - Noon (Mondays)

Free Pet Food

Distribution

### ♦ Meals on Wheels

(509) 527-3775 ext 106

### ♦ VoiceCare Emergency Response Buttons

By appt, call

(509) 527-3775 ext 110

(see ad last page)

All other services are currently closed until further notice. The Senior Center will re-open when the Governor's office declares it is safe to do so.

Please check our website for updates at:

[wallawallaseniorcenter.org](http://wallawallaseniorcenter.org)

## In this issue...

- The Top 10 Most Common Chronic Conditions in Older Adults (And How to Manage Them)... pg 6
- 10 Reasons to Support Farmers Markets... pg 10
- Walla Walla Senior Center 50th anniversary... pg 15

## The Center is slowly re-opening!

See pg 5 for what we have planned for June and for the coming months.




# Announcements

## We Have a New Website!

We invite you to explore our newly designed website. All of our programs, events, volunteer opportunities, ways to donate and more are easy to find and use! Our address is the same at: [www.wallawallaseniorcenter.org](http://www.wallawallaseniorcenter.org)

alzheimer's  association®

### Wellness Wednesdays

 The Alzheimer's Association and UW Memory and Brain Wellness Center are pleased to offer Wellness Wednesdays, a free weekly webinar series for people with memory loss and their families. Join us online and enjoy dynamic speakers exploring topics and resources to help you thrive on your memory loss journey.

 Learn More and Register at: [alzwa.org/wellness](http://alzwa.org/wellness) or Call 1(800)272-3900

#### Upcoming Programs

##### **Staying Connected 6/2/2021**

A small group seminar for people with early stage memory loss and their care partner.

##### **Physical Fitness at Home**

An online fitness class presented on Zoom for persons living with Early Stage Memory Loss and their care partners. **Tuesdays 10-10:30am**

**Pre-registration required.**

Phone Aging and Disability Resource Center at (855) 567-0252.

Visit [alzwa.org](http://alzwa.org) for our full listing of programs available to you. You are not in this alone, we are here to help!

Questions? Contact Julie Hooley (509)412-2371



Join the Fight! Register today!  
[act.alz.org/wallawalla](http://act.alz.org/wallawalla)

#### **VOLUNTEER TODAY!**

Join the walk  
planning committee!

Call, text or email Erica Grissmerson  
509-552-7026 [emgrissmerson@alz.org](mailto:emgrissmerson@alz.org)

Donations can be mailed to: Alzheimer's Association  
19031 33rd Ave W #301, Lynnwood, WA 98036

**Alzheimer's Association - 24/7 Helpline**  
**800.272.3900**

## Contribute to the Monthly Newsletter

Do you have a story, a recipe, a resource to share? Send us an email at [admin@wallawallaseniorcenter.org](mailto:admin@wallawallaseniorcenter.org) and we will consider adding it to the next newsletter! Let this newsletter be a place of enjoyment and inspiration, created for you, by you.

## Sustaining the Center's Future

Please consider the Walla Walla Senior Center when making your estate plans or considering memorial donations and keep us vibrant for years to come.

### **Walla Walla**

#### **Senior Center, Inc.**

720 Sprague St.

Walla Walla, WA 99362

509-527-3775/ Fax: 509-527-3776

[wallawallaseniorcenter.org](http://wallawallaseniorcenter.org)

#### **Board of Trustees**

##### **President**

Libby McCaw

##### **Vice President**

Brad Riordan

##### **Secretary**

Sarah Zessin

##### **Treasurer**

Jan Alexander

##### **Members**

Shirley Azeltine

Louise Boyer

Ron Wheeler

Kathy Hedine

Leigh Anne Adkins

Jessica Morlan

Merrikay Locati

The Walla Walla Senior Center does not discriminate on the basis of disability in admission, access to, treatment or employment in its programs and activities.

Southeast Washington Aging and Long Term Care Council of Governments is a funding agency. Walla Walla Senior Center, Inc. does not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, or the presence of any sensory, mental, or physical disability.

#### **Walla Walla Senior Center Mission Statement**

Our mission is to end hunger and social isolation in seniors, through programs that improve the mental, physical and emotional well-being of seniors in our community.



## Meet our Board!



**Brad Riordan**  
Vice President

Brad was an Army brat, the oldest of 6 boys. He spent 4 years in Germany right after WWII, celebrating his 6<sup>th</sup> birthday on the ship taking them back to the U.S. The ship was the actual vessel that carried his grandfather's (mother's father) Army division to France in WWI.

Brad met Ruth while working in Milwaukee the summer of 1967 to make tuition for the next year. Two months later he proposed and thus began an incredible journey! They have two children, Hannah Rose and Fernando (their adopted son). They have two granddaughters.

Brad spent 10 years flying Air Force Rescue helicopters, the last 6 in Portland, Oregon. He worked for Pacific NW Bell and retired from AT&T. He then worked for Cisco Systems and Verizon before moving to Walla Walla in 2003.

Brad and Ruth opened and ran a winery for 10 years, then really retired. Brad volunteers for the Senior Center and Hospice. His most important job these days is being a caregiver to his 95 year old mother who resides at Odd Fellows.



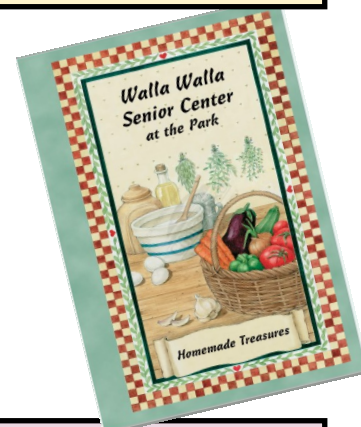
### Walla Walla Senior Center Cookbook

**Pick up your copy today!**

**\$10.00 each**

**A great Gift Idea**

**(Pick up your copy in the meal drive-thru line or give us a call at 509-527-3775)**



## From our Senior Center Cookbook . . . (pg 100)

### Grandma's Pickled Eggs

- 8 medium eggs
- 1/2 c. cider vinegar
- 1 c. of water or use juice from beets
- 1 T. pickling spices
- 1/2 c. sugar
- 2 (15 oz) small whole beets



Place eggs in a saucepan, cook on medium high heat till boil. Turn off the burner, cover the pot and let the eggs sit in the pot for 5-7 minutes. Then empty warm water and fill saucepan with cold water to cool eggs to touch so you can peel them. Meanwhile, cook pickling solutions—vinegar, water, spices and sugar to a boil then lower heat to simmer for 5 minutes. Pour hot solution over the peeled eggs. Pack a few hard cooked eggs loosely into a quart jar, then a few beets alternating to have an easy serving. There needs to be plenty of pickling solution, and enough to completely cover the eggs. Pour the hot pickling solution over the eggs and beets in the jar, cover, and refrigerate.

## Hygge: What We Can Learn About Happiness from the Danish People

*Hygge* (pronounced hue-guh not hoo-gah) is a Danish word used when acknowledging a feeling or moment, whether alone or with friends, at home or out, ordinary or extraordinary as cozy, charming or special.

*Hygge* doesn't require learning "how-to", adopting it as a lifestyle or buying anything. It's not a thing—you can't buy a 'hygge living room' and there are no 'hygge foods' to eat.

It only requires consciousness, a certain slowness, and the ability to not just be present – but recognize and enjoy the present. That's why so many people distill 'hygge' down to being a 'feeling' – because if you don't *feel* hygge, you probably aren't using the word right.

Another definition of *hygge* is "an art of creating intimacy" (either with yourself, friends and your home). While there's no one English word or simple definition to describe *hygge*, several can be used interchangeably to describe the idea of *hygge* such as coziness, charm, happiness, 'contentness', security, familiarity, comfort, reassurance, kinship, and simplicity.

By creating simple rituals without effort (such as brewing real tea with a little china cup every evening to stopping at the flower shop every week) the Danes see both the domestic and personal life as an art form and not every drudgery to get away from. They incorporate *hygge* into their daily life, so it becomes a natural extension rather than a forced and stressful event.

Whether it's making coffee a verb by creating a ritual of making it every morning to a cozy evening in with friends where you're just enjoying each other's company to the simple act of lighting a candle with every meal, *hygge* is just about being aware of a good moment. *Hygge* is simple, it's just the awareness of it that can seem hard to an outsider.

## Danes explain what hygge means to them:

Alvin, a 7 year old Danish boy, shyly explained *hygge* as an evening with the family playing games, "not video games" he clarified, but board games and reading books.

Carsten, the owner of a traditional & age-old, Danish candle-making company, spoke of *hygge* as a sense of togetherness. Slowing down and spending quality time with loved ones, more often than not with good food and conversation around a dining table. Spending a cozy winter day inside in pajamas is one of his families' favorite *hygge* pastimes.

Louise & Marie, designers, explained that overall, *hygge* is feeling at ease, having a good time, and enjoying the moment. A moment that makes you stop & think, "this is something special." It's when the pace of life slows down and you are there in the moment enjoying the nice ambience. To Marie & Louise, *hygge* is also about cozy, soft clothing and a comfy chair.

Nils, Malou & Josephine own a home goods line. Nils reminisced about warm days on his boat with nice friends, a fresh drink in hand and sunshine. He also told stories of relaxing summer nights outside around the campfire, sitting on a sheepskin and enjoying good company. On winter nights, his most *hyggelig* moments are spent inside with good food & once again, good company.

Malou described *hygge* as good times spent inside with candlelight, a fireplace and nice food. She explained that the winter season in Copenhagen is long and dark and the key to surviving the winter is being together. Nils & Malou's daughter, 7 year-old Josephine, associates *hygge* with making a drawing.

Let's all bring more *hygge* into our lives!

*Information compiled from articles by hyggelife.com and hyggehouse.com*

## COMING IN JULY!

**Lunch Bunch Groups:** Free lunch for those 60+; themed groups designed to make new friends and spend time with old ones.

Tentative Lunch Bunch groups starting in July:

- ◇ Beginner's Chess
- ◇ iPhone/Technology Coaching

Let us know what kind of Lunch Bunch group you want to see! Give us a call at (509) 527-3775 and ask for Lily, or email us at [admin@wallallaseniorcenter.org](mailto:admin@wallallaseniorcenter.org).

## COMING IN THE FALL!

The Walla Walla Community College will be restarting their classes.

Stay tuned for which classes will be offered in person!



**Walla Walla**  
Community College

# JUNE

## What's happening at the Walla Walla Senior Center?

### MONDAY

**LUNCH:** 11am-noon Drive-thru pick-up only.  
Meals on Wheels operating as normal.  
*Congregate dining returning soon!*

**Ukulele Classes:** 6:30-7:30pm  
Register at [wwpr.us](http://wwpr.us)

**STARTING  
JUNE 1ST**

The Salon is re-opening June 1st!  
*Service is LIMITED.*

Please call Teresa Hinchliffe at (509) 240-6034 for information about available services and prices.

### TUESDAY

**LUNCH:** 11am-noon Drive-thru pick-up only.  
Meals on Wheels operating as normal.  
*Congregate dining returning soon!*

### WEDNESDAY

**LUNCH:** 11am-noon Drive-thru pick-up only.  
Meals on Wheels operating as normal.  
*Congregate dining returning soon!*

**T'ai Chi:** 6-7pm  
Register at [wwpr.us](http://wwpr.us)

### THURSDAY

**LUNCH:** 11am-noon Drive-thru pick-up only.  
Meals on Wheels operating as normal.  
*Congregate dining returning soon!*

### FRIDAY

**LUNCH:** 11am-noon Drive-thru pick-up only.  
Meals on Wheels operating as normal.  
(Closed every-other Friday)  
*Congregate dining returning soon!*

### SATURDAY

**Fencing Classes:** 11-11:50am  
Register at [wwpr.us](http://wwpr.us)



WALLA WALLA  
SENIOR CENTER

### Featuring a 50/50 Raffle Fundraiser



with sausage,  
coffee and tea!

**\*RESERVATION REQUIRED\***

Please call (509) 527-3775

by June 16th to reserve your spot.

**WHEN** June 17, 2021  
Seatings at 5pm and 6pm

**WHERE** The Walla Walla Senior Center  
Dining Room  
720 Sprague St, Walla Walla

**TICKET PRICE** \$7.00 per person

Masks are required whenever you are not at your table.

*Don't forget to reserve your spot by June 16th!*



# The Top 10 Most Common Chronic Conditions in Older Adults (And How to Manage Them)

Via [ncoa.org](http://ncoa.org)

## Number 10: Chronic obstructive pulmonary disease (COPD)

Chronic obstructive pulmonary disease (COPD), a chronic disease that includes two main conditions—emphysema and chronic bronchitis. COPD makes it hard to breathe and causes shortness of breath, coughing, and chest tightness.

The number one way to prevent COPD—or slow its progression—is to quit or avoid smoking. Also try to avoid secondhand smoke, chemical fumes, and dust, which can irritate your lungs.

If you already have COPD, complete the treatments that your doctor has prescribed, get the flu and pneumonia vaccines as recommended by your doctor, and continue to remain active.

## Number 9: Alzheimer's disease and dementia

Alzheimer's Disease is one specific type of dementia—a condition that causes memory loss and difficulty thinking or problem-solving to the point that it interferes with every day activities. Dementia is not a normal part of aging and is caused by changes in the brain over time.

The biggest risk factors for these chronic conditions are things you often can't control, including age, family history, and genetics, but studies have suggested incorporating the following habits into your lifestyle could slow or prevent onset:

- Exercise. Staying active isn't just good for your heart; it's also great for your brain.
- Sleep. Your brain does important stuff while you are sleeping, so getting at least 7 hours of deep sleep a night is crucial.
- Be smart about your diet. Research suggests that some foods can negatively affect your brain.

## Number 8: Depression

Depression is a treatable medical condition that is not a normal part of aging. Depression causes persistent feelings of sadness, pessimism, hopelessness, fatigue, difficulty making decisions, changes in appetite, a loss of interest in activities, and more.

Steps you can take to help with depression include:

- Manage stress levels. Reach out to family and friends during rough spells and consider regular meditation.
- Eat a healthy diet. What you put into your body can affect your mood, so focus on foods that are high in nutrients and promote the release of endorphins and those "feel good" chemicals, and limit consumption of things like alcohol, caffeine, artificial sweeteners, and highly processed foods

- Routine exercise. Exercise has a number of physical and psychological benefits, including improving your mood through the release of endorphins and other "feel good" brain chemicals, boosting self-confidence and self-worth through meeting goals and improving your physical appearance, and increased socialization through interactions at gyms and group classes.
- Talk to your doctor. If you've experienced any of the warning signs of depression, talk to your doctor, and ask about your treatment options. Antidepressant medications or psychotherapy could be right for you.

If you or someone you love has had thoughts of suicide, call the National Suicide Prevention Lifeline at 1.800.273.8255 (TALK).

## Number 7: Heart failure

Heart failure is a condition that occurs when the heart cannot adequately supply blood and oxygen to all of the organs in the body. The heart might become enlarged, develop more muscle mass, or pump faster in order to meet the body's needs, causing you to feel tired, light headed, nauseous, confused, or lack an appetite. The best prevention is to follow a doctor's recommendations to decrease your risk for coronary heart disease and high blood pressure.

## Number 6: Chronic kidney disease (CKD)

Chronic kidney disease (CKD) is a slow loss in kidney function over time. People dealing with CKD have an increased risk for developing heart disease or kidney failure. You can do the following to prevent or diminish symptoms of CKD:

- Understand what damages your kidney. Diabetes and high blood pressure are the greatest risk factors for kidney damage, so taking steps to prevent these diseases is your best strategy.
- Early detection and treatment. Talk to your doctor regularly, stay current on screenings, and keep up on prescriptions you need to diminish symptoms.

## Number 5: Diabetes

Diabetes is a disease that occurs when your body is resistant to, or doesn't produce enough, insulin. Insulin is what your body uses to get energy from food, and distributes it to your cells. When this doesn't happen, you get high blood sugar, which can lead to complications such as kidney disease, heart disease, or blindness. Chances of having diabetes increases after age 45.

To keep you from developing diabetes or to manage this condition, your doctor may suggest:

- Eating a healthy diet, including monitoring your carbohydrate and calorie intake, and talking to your doctor about alcohol consumption.
- Exercising for 30 minutes five times a week to keep your blood glucose levels in check, and to control

weight gain.

- Safely losing 5-7% of body weight if you are diagnosed with pre-diabetes.

#### **Number 4: Ischemic heart disease (or coronary heart disease)**

Ischemic heart disease is a condition that is caused by a build-up of plaque that narrows the arteries leading to the heart. Narrow or blocked arteries decreases the amount of oxygen-rich blood delivered to the heart. This can cause other complications like blood clots, angina, or a heart attack.

Habits you can incorporate to help:

- Refrain from saturated and trans fats, and limit sugar and salt intake
- Get seven to eight hours of sleep each night
- Keep your stress levels in check
- Do regular cardio exercises
- Abstain from smoking
- Talk to your doctor about the major risk factors, including high cholesterol and high blood pressure.

#### **Number 3: Arthritis**

Arthritis is an inflammation of your joints, which causes pain and stiffness and is more common in women. There are steps you can take to delay the onset of arthritis or manage the symptoms, including:

- Exercise at least 5 times per week, for 30 minutes each time, to improve function and decrease pain. Try to include a mixture of aerobic, strength-building, and stretching movements.
- Stay within the recommended weight for your height—losing one pound can remove four pounds of pressure on your knees.
- Make sure your back, legs, and arms are always supported.
- Take precautions to avoid joint injuries.
- Do not smoke.

#### **Number 2: High cholesterol**

High cholesterol is a condition that occurs when your body has an excess of bad fats (or lipids), resulting in your arteries getting clogged, which can lead to heart disease.

- Lifestyle factors you can control when it comes to preventing or managing high cholesterol include:
- Abstaining from smoking and excessive alcohol consumption
- Being active each day
- Managing your weight
- Minimizing saturated fats and trans fats in your diet

#### **Number 1: Hypertension (high blood pressure)**

Hypertension is a common condition that involves both how much blood your heart pumps, as well as how resistant your arteries are to the blood flow. When your heart pumps a lot of blood, and you have narrow arteries which resist the flow, that's when you get high blood pressure, also known as hypertension. The danger of hypertension is not only that you can have it for years and not know it, but it can cause other serious health conditions, like stroke and heart attacks.

Things you can do to try to prevent, or reduce, high blood pressure include:

- Maintaining a healthy weight. Losing just 10 pounds can reduce blood pressure
- Regulate your stress levels
- Limit salt and alcohol consumption
- Exercise daily, including a combination of moderate to vigorous-intensity aerobic activities, flexibility and stretching, and muscle strengthening
- Check your blood pressure regularly—the quicker you catch pre-hypertension, the more likely you are to prevent high blood pressure.

The above tips can help you avoid or successfully manage a chronic condition. However, if you or someone you know is struggling to manage a chronic condition, learn what other resources are out there for you at [ncoa.org](http://ncoa.org).

**Age Is  
A Matter  
Of Mind  
And If  
You Don'T  
Mind  
It Don'T  
Matter!**

## Senior Round Table Menu

JUNE

2021






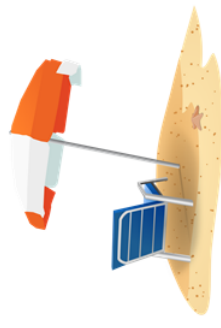
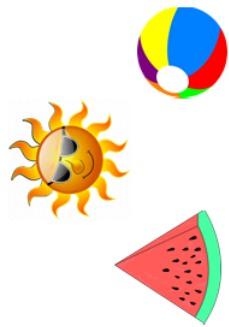
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Free pet food handed out on Mondays 	<b>1</b> LASAGNA VEGETABLE (CHEF'S CHOICE) COLESLAW GARLIC BREAD FRUIT	<b>2</b> BEEF & BROCCOLI OVER RICE VEGETABLE (CHEF'S CHOICE) BREAD FRUIT	<b>3</b> CHICKEN FRIED BEEF STEAK MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	<b>4</b> TUNA FISH SALAD CROISSANT SPINACH STRAWBERRY SALAD VEGETABLE STICKS WITH RANCH DRESSING FRESH FRUIT COOKIE
<b>7</b> SLOPPY JOES WITH BUN POTATOES VEGETABLE (CHEF'S CHOICE) FRUIT 	<b>8</b> BEEF STEW VEGETABLE (CHEF'S CHOICE) ROLL GREEN SALAD FRUIT COOKIE	<b>9</b> BAKED CHICKEN MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT JUICE CAKE	<b>10</b> HAM WITH CRANBERRY SAUCE SCALLOPED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	<b>11</b> <b>CLOSED</b>
<b>14</b> STUFFED GREEN PEPPER CASSEROLE VEGETABLE (CHEF'S CHOICE) ROLL FRUIT 	<b>15</b> SPAGHETTI & MEAT SAUCE VEGETABLE (CHEF'S CHOICE) BROCCOLI SALAD GARLIC BREAD FRUIT	<b>16</b> MEAT LOAF MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD COOKIE FRUIT	<b>17</b> CHILI POTATOES VEGETABLE (CHEF'S CHOICE) CORN BREAD FRUIT COOKIE	<b>18</b> CHICKEN PASTA SALAD CREAM CHEESE VEGGIE ROLL FRESH FRUIT "BEAT THE SUMMER HEAT" CORN
<b>21</b> ROAST BEEF POTATOES VEGETABLE (CHEF'S CHOICE) ROLL FRUIT COOKIE 	<b>22</b> CHICKEN FETTUCCINE ALFREDO VEGETABLE (CHEF'S CHOICE) BEET SALAD ROLL FRUIT	<b>23</b> TURKEY & GRAVY STUFFING MASHED POTATOES GREEN BEANS BREAD PUMPKIN BAR	<b>24</b> CHEESEBURGER WITH BUN LETTUCE, TOMATO & ONION VEGETABLE (CHEF'S CHOICE) POTATOES FRUIT	<b>25</b> <b>CLOSED</b>
<b>28</b> SALISBURY STEAK MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE 	<b>29</b> CHICKEN & DUMPLINGS VEGETABLE (CHEF'S CHOICE) PEA SALAD FRUIT JUICE BROWNIE	<b>30</b> BAKED FISH VEGETABLE (CHEF'S CHOICE) GREEN SALAD CORN BREAD FRUIT COOKIE		

Free for persons 60+ years. Donations appreciated. Under 60 years \$ 7.00 charge. Hours: Drive-thru, pick-up Lunch 11:00-12:00 Substitutions may occasionally occur. Milk served with all meals. Vegetarian option daily. \*Be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish or fish.





**Nutrition Program  
Meals-on-Wheels  
Meals in Congregate Settings**

Serving Home Delivered  
Meals-on-Wheels and  
Meals in Congregate  
Settings to Seniors in  
Walla Walla, Columbia,  
Garfield, and Asotin  
Counties of S.E.  
Washington State  
for Over 37 Years.



**Jane Kaminsky  
Nutrition Director**

720 Sprague St  
Walla Walla, WA 99362  
509-527-3775  
509-527-3776 Fax  
srt@wallawallaseniorcenter.org



## Healthy Summer Foods for Seniors

*Via [companionsforseniors.com](http://companionsforseniors.com)*

### 1.) Watermelon

Watermelon is absolutely dense with lycopene, a healthy antioxidant that has been shown to help prevent heart disease, and even ward off some types of cancer. At the same time, watermelon is a good source of potassium, vitamins A and C, and amino acids that can help lower blood pressure. Meanwhile, watermelon is extremely watery and full of fluids, which can make it a real hydrating thirst quencher on a warm day.

### 2.) Berries

Summer berries are a great source of antioxidants and vitamins.

Blueberries, for instance, are tart, delicious, and low in calories – even though they're positively bursting with healthy compounds. Blueberries are extremely nutrient-dense, and contain antioxidants that can help our bodies fight against harmful free radicals. They have also been shown to help reduce the risk of developing cardiovascular disease and diabetes, while improving brain function and memory.

Another iconic summer berry, the raspberry, is similarly low in calories but high in nutrients. Raspberries are packed with healthy fiber, which can help lower cholesterol and promote a healthy body weight. They're also a great source of vitamin C, with just one cup of berries offering up more than half of your recommended daily levels of this crucial, immunity-boosting vitamin.

### 3.) Corn

Corn is surprisingly healthy, making it a great addition to your summer menu. For seniors, corn offers a number of particularly unique benefits. This summer produce is a great source of lutein, a powerful antioxidant which can help protect your eyes, lowering the risk for age-related macular degeneration. Studies have also shown that corn contains antioxidants that may help older adults reduce their risk of heart disease and cancer.

### 4.) Sunflower Seeds and Nuts

Many munchy, crunchy, snackable favorites – including peanuts, almonds, and sunflower seeds – come with a whole host of health benefits. The Chicago Tribune once called sunflower seeds one of the “Top Ten Underappreciated Superfoods,” celebrating these summer favorites for their abundance of healthy vitamin E. As the Tribune notes, sunflower seeds are also a great source of protein, minerals, and phytosterols, which have been shown to help lower blood cholesterol levels.

Meanwhile, almonds have earned a glowing reputation and “superfood” status, thanks to their high concentration of healthy fats, antioxidants, vitamins and minerals.

Peanuts, another summertime staple, aren't technically nuts – but they do come loaded with healthy fats, protein, and minerals such as phosphorus and magnesium.

### 5.) Iced Tea

Science has linked regular tea consumption with a lower risk for developing Alzheimer's and diabetes, as well as better oral health and stronger muscles and bones. One reason why tea should take a prominent place in your fridge? Many different types of tea – including green, oolong, herbal, and black – come loaded with healthy flavonoids, natural chemicals which have been shown to aid with bone health, cancer prevention, and heart disease protection, among other major benefits.

*Visit [companionsforseniors.com](http://companionsforseniors.com) to learn more and view 2 bonus healthy summer foods for seniors!*

# 10 Reasons to Support Farmers Markets

*Adapted from cuesa.org*

## 1. Taste Real Flavors

The fruits and vegetables you buy at the farmers market are the freshest and tastiest available. Fruits are allowed to ripen fully in the field and are brought directly to you—no long-distance shipping, no gassing to simulate the ripening process, no sitting for weeks in storage. This food is as real as it gets—fresh from the farm.

## 2. Enjoy the Season

The food you buy at the farmers market is seasonal. It is fresh and delicious and reflects the truest flavors. Shopping and cooking from the farmers market helps you to reconnect with the cycles of nature in our region.

## 3. Support Family Farmers

Family farmers need your support, now that large agribusiness dominates food production in the U.S. Small family farms have a hard time competing in the food marketplace. Buying directly from farmers gives them a better return for their produce and gives them a fighting chance in today's globalized economy.

## 4. Protect the Environment

Food in the U.S. travels an average of 1,500 miles to get to your plate. All this shipping uses large amounts of natural resources (especially fossil fuels), contributes to pollution, and creates trash with extra packaging. Food at the farmers market is transported shorter distances and is generally grown using methods that minimize the impact on the earth.

## 5. Nourish Yourself

Much food found in grocery stores is highly processed and grown using pesticides, hormones, antibiotics, and genetic modification. Some of it has been irradiated, waxed, or gassed in transit. These practices may have negative effects on human health. In contrast, most food found at the farmers market is minimally processed, and many of our farmers go to great lengths to grow the most nutritious produce possible by

using sustainable techniques, picking produce right before the market, and growing heirloom varieties.

## 6. Discover the Spice of Life: Variety

At the farmers market you find an amazing array of produce that you don't see in your average supermarket: red carrots, a rainbow of heirloom tomatoes, purple cauliflower, and much more. It is a wonderful opportunity to savor the biodiversity of our planet.

## 7. Promote Humane Treatment of Animals

At the farmers market, you can find meats, cheeses, and eggs from animals that have been raised without hormones or antibiotics, who have grazed on green grass and eaten natural diets, and who have been spared the cramped and unnatural living conditions of feedlots and cages that are typical of animal agriculture.

## 8. Know Where Your Food Comes From

A regular trip to a farmers market is one of the best ways to connect with where your food comes from. Meeting and talking to farmers and food artisans is a great opportunity to learn more about how and where food is produced.

## 9. Learn Cooking Tips, Recipes, and Meal Ideas

Few grocery store cashiers or produce stockers will give you tips on how to cook the ingredients you buy, but farmers, ranchers, and artisans at the farmers market are often passionate cooks with plenty of free advice about how to cook the foods they are selling. You can also attend free seasonal cooking demonstrations by leading Bay Area chefs and evening classes on food preservation and other kitchen skills.

## 10. Connect with Your Community

Wouldn't you rather stroll amidst outdoor stalls of fresh produce on a sunny day than roll your cart around a grocery store with artificial lights and piped in music? Coming to the farmers market makes shopping a pleasure rather than a chore. The farmers market is a community hub—a place to meet up with your friends, bring your children, or just get a taste of small-town life in the midst of our wonderful big city.





## Getting your Legal House in Order: Part Three of Three

Tony Leahy, CENTS Executive Director  
[www.SeniorMoneyProject.org](http://www.SeniorMoneyProject.org)

The following continues the list of legal documents from last month's article. You should discuss with your lawyer. Know the documents can be person and state specific and be wary of online forms.

**Living Will/Advance directives:** Also known as living wills, advance directives are a set of written instructions that communicate your treatment preferences to your healthcare team and family members in a situation where you are incapable of making the decision. This assures that your wishes are carried out and relieves some of the decision-making burden from your loved ones. You do not need to have an advanced directive to authorize a "do not resuscitate" order in your medical record, but you will need to make this known to your medical providers in order for it to be documented. Endoflifewashington.org has examples of living wills used in Washington.

**"Do Not Resuscitate" and "Do Not Intubate" and "Allow Natural Death" directives:** A "do not resuscitate" (DNR) order is specific kind of advance directive.

A DNR is a request not to have cardiopulmonary resuscitation (CPR) if your heart stops or if you stop breathing. Unless given other instructions, hospital staff will try to help any patient whose heart has stopped or who has stopped breathing. Similarly, a "do not intubate" directive permits hospital staff to use chest compressions and cardiac drugs, but prohibits the insertion of a breathing tube. An "Allow Natural Death" order is a term used at some hospitals as an alternative to the more traditional DNR order. Discuss the options with your medical team and trusted person and document your wishes for treatment.

**Organ donation, funeral and burial instructions:** In Washington, as in many other states, you have the right to determine whether you want to donate your organs at your death, and what burial and funeral arrangements you prefer. You must, however, include these instructions in a written document signed in the presence of a witness. While these matters are difficult to address, if you do not state your wishes your loved ones will be left to handle these matters at what will be a very difficult and emotional time for them.

**If you cannot afford a lawyer, there are free resources in Washington to help you (note eligibility requirements):** Contact your local bar association.



Photo by Ivars Utināns  
on Unsplash

## Advice from a River

By Ilan Shamir

Go with the flow  
Be thoughtful of those downstream  
Slow down and meander  
Be clear  
Follow the path of least resistance  
Delight in life's adventure around every bend  
Let difficulties stream away  
Live simply and gracefully in your own true nature, moving flowing allowing, serene and on course  
Rough waters become smooth  
If you find yourself babbling, just smile  
Go around the obstacles  
Stay current

## Digital Newsletter

We now have an **easy-to-read digital version of our monthly newsletter!** This online newsletter is perfect to browse on your computer or iPad.

Why switch over? Help us reduce our carbon footprint and be better stewards of our environment by minimizing printing and mailing.

If you'd like to switch over, send us a message at [admin@wallawallaseniorcenter.org](mailto:admin@wallawallaseniorcenter.org)

## Advertise Here

Our newsletter reaches approximately 850 households each month. Advertising in our newsletter is a great way to get information out to seniors in Walla Walla.

For information call Tania at 509-527-3775 or email [hr@wallawallaseniorcenter.org](mailto:hr@wallawallaseniorcenter.org)

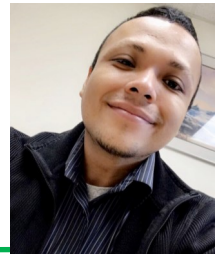




# Adult Day Center & Family Support

509-527-3775 ext 111  
adc@wallawallaseniorcenter.org

Alex Sanchez,  
Program Manager



Ever wondered what really goes on in the  
Adult Day Center?

Well... wonder no more! Our new website for the Adult  
Day Center is up and running!!! Check us out!  
[www.WWADC.org](http://www.WWADC.org)



Home Services Funding Daily Activities Join Us! Get Involved

## Walla Walla Adult Day Center and Family Support



The Adult Day center Grandpad (virtual) Program is going strong. Grandpad intake and availability are still open through Southeast WA Aging and Long Term Care. 65+ years of age or older to qualify.



Special Fathers Day Shout-out to all our father participants. We miss you and hope you have a blessed day with your loved ones. Enjoy the time off, we will be back in our room soon enough. We want to hear all of your stories and experiences that have occurred throughout this wild pandemic year.



The Adult Day Center is located at the Center at the Park in Walla Walla. Our facility serves adults who have memory challenges, physical disabilities, and socialization needs. We provide a safe and stimulating environment. Call us or email us!

### ***Wanted:***

People ages 55+ for paid positions available through AARP/ SCSEP program.

55+, looking to enhance skills to help secure employment? SCSEP is a 60 year old program that helps seniors get back into the workforce. Earn 13.69 an hour putting in 18-20 hours a week at a non-profit.

For more information, contact Sandra Moore, Project Director – [sjmoore@aarp.org](mailto:sjmoore@aarp.org) – (509) 325-7712.



## **Sponsor a Senior**

For as little as \$28 a month, you can help cover the cost of hot meals for a Senior in Walla Walla.

Learn more and donate today at

**[wallawallaseniorcenter.org/donate](http://wallawallaseniorcenter.org/donate)**

## **Senior Center Friendship Network!**

We have been so excited to share in the experience of connecting with others in a safe and supportive environment!

*“Thank you for starting this, I really enjoy the Senior Center Friendship Network!”*

- Bev

### **GET INVOLVED**

Social interaction is hard to come by and what the future holds especially for high risk populations is unpredictable. Making a new friend or being a support for someone else is the best gift to have and give. If you would like to be a part of your friendship network, please provide your information below and mail it back to us or drop this form in our black mail-box by the front entrance of our building.

### **YOUR INFO**

Yes, I would like to be involved in your Friendship Network:

Name: \_\_\_\_\_

I prefer : \_\_\_\_\_ Telephone: (your number) \_\_\_\_\_  
\_\_\_\_\_ Email: (your email address)

\_\_\_\_\_ USPS Mail: (your address) \_\_\_\_\_

\* Your personal information will only be shared with who you are paired with.

Walla Walla Senior Center, 720 Sprague, Walla Walla, WA 99362 (509) 527-3775 (509) 527-3776 (Fax)  
[Wallawallaseniorcenter.org](http://Wallawallaseniorcenter.org)

**THE GREAT THING  
ABOUT NEW  
FRIENDS IS THAT  
THEY BRING NEW  
ENERGY TO YOUR  
SOUL**

S H A N N A R O D R I G U E Z

# Missing benefits in your health plan? Complete it



## Get UnitedHealthcare® Dual Complete

Get extra benefits at no cost to you. UnitedHealthcare Dual Complete® (HMO D-SNP) is a special type of plan. It works together with your Medicaid plan. You'll keep all your Medicaid benefits and add more. You could get extra benefits and features like these, for a \$0 plan premium:



Up to \$3,000 for covered types of preventive and comprehensive dental services



\$0 drug copays on all tiers of covered medications with option for home delivery



\$0 copay for 48 one-way rides to or from a doctor's office or pharmacy



\$0 copay for virtual provider visits for medical or general mental health help

**See if you can get this plan. Call today.**



**Ryan Fadness**  
Licensed Sales Agent  
**5098959903, TTY 711**  
ryan.fadness9429@gmail.com  
[www.MyUHCagent.com/ryan.fadness](http://www.MyUHCagent.com/ryan.fadness)



[UHCCommunityPlan.com/WA](http://UHCCommunityPlan.com/WA)

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid program. Enrollment in the plan depends on the plan's contract renewal with Medicare. \$0 copay may be restricted to particular tiers, preferred medications, or home delivery prescriptions during the initial coverage phase and may not apply during the coverage gap or catastrophic stage. OptumRx is an affiliate of UnitedHealthcare Insurance Company. You are not required to use OptumRx home delivery for a 90-100 day supply of your maintenance medication. Depending on your level of Medicaid eligibility, costs may vary. Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply.

© 2020 United HealthCare Services, Inc. All rights reserved.

Y0066\_210105\_091248\_M

21CST30600\_H5008-002-000



# 2021 Marks 50 Years Since the Walla Walla Senior Center Opened!

## Remember what Walla Walla was like in 1971?

Photos from [wallawalladrazanphotos.blogspot.com](http://wallawalladrazanphotos.blogspot.com), provided by Mark Spinks.

Bus Depot, Rose St.  
looking East from City  
Hall, Oct 1971



Sassoon's, Main St. by  
Soper's, Oct 1971



Liberty Theatre, Klute  
on Marquee, Oct 1971



We would love to see your photos from 1971—no matter where you were in the world!  
Send them to [admin@wallawallaseniorcenter.org](mailto:admin@wallawallaseniorcenter.org) and we will share some in our  
upcoming newsletters!

**Stay tuned for our Anniversary Celebration scheduled for October 2021!**

## Walla Walla Senior Center

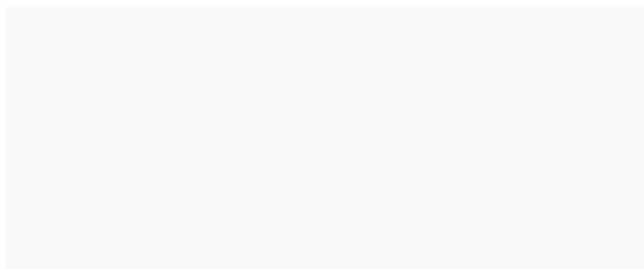
720 Sprague St.  
Walla Walla, WA 99362  
(509) 527-3775  
FAX- (509) 527-3776  
wallawallaseniorcenter.org



### Senior Center Hours

Monday - Friday  
To-go Lunch served from:  
11:00 am—12:00 pm  
In the Parking Lot by the loading  
dock  
See menu for Friday closure days.

## Return Service Requested



Commercial | Residential | Wiring & Repair | UL 508A  
Fire | Security | Pump & Motor  
**24 hour emergency service**

**Doyle ELECTRIC inc.**

1421 Dell Ave Walla Walla, WA  
Business: 509-529-2500 Fax: 509-525-6865  
Email: info@doyleelectric.com



WA # DOYLEEEI277CL OR # CCB 19588

Support us with  
**amazon smile**  
You shop. Amazon gives.



feel what you need  
to feel and then let  
it go. do not let it  
consume you.

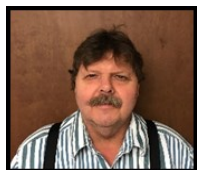
- D h i m a n

## Walla Walla Senior Center - Voice Care

### Emergency Response System

**LIVE INDEPENDENTLY AT HOME**

We have pendants that connect to landline phones,  
and pendants that do not require a landline. Call  
Richard Clark to find out more.



Richard Clark  
Voice Care Coordinator  
509-527-3775 ext 110

In partnership with:  
**ConnectAmerica®**  
Help at the Push of a Button

