



WALLA WALLA
SENIOR CENTER

THE CENTER AT THE PARK

MARCH 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



March is National Nutrition Month®!

In this issue, learn about foods that improve eye health, the wondrous world of pulses (edible seeds in the legume family), and more!

We share our favorite recipes of the season and even include a fun food-related crossword to test your knowledge of nutrition.

Announcements

IMPORTANT NOTICE FOR MEALS ON WHEELS CLIENTS

If we have snowy or icy conditions this winter but we have NOT closed down the meal delivery service, you may experience a time delay in receiving your meal. I always give our drivers the option of not driving if they feel uncomfortable either driving or walking up to your doors in any given weather condition. If they opt not to drive on a certain day, the staff will drive the route, but we are not able to start the route until after 12:00PM due to our drive - thru meal pick-up service. We appreciate your patience!

Substitute Meals on Wheels Drivers Needed Through the Winter Months



We are looking for a few substitute drivers who are comfortable driving and walking in snowy and icy conditions to cover from time to time for some of our permanent drivers who are not comfortable driving in certain winter conditions. If you are able to help during the winter months, please contact Jane at 509-527-3775 ext 106.

Interested in Continuing Education for 50+?

Check out the link to continuing Education through the Walla Walla Community College on our website at www.wallawallaseniorcenter.org

Alzheimer's Association HELPLINE

24/7 Helpline: Through this free service, specialists and masters level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

Call 1.800.272.3900

alzheimer's association®

24/7 Helpline
800.272.3900

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

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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.

Do Not Ask Me To Remember (Alzheimer's Request)

Do not ask me to remember,
Don't try to make me understand,
Let me rest and know you're with me,
Kiss my cheek and hold my hand.
I'm confused beyond your concept,
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.
Do not lose your patience with me,

Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different though I try.
Just remember that I need you,
That the best of me is gone,
Please don't fail to stand beside me,
Love me 'til my life is done.

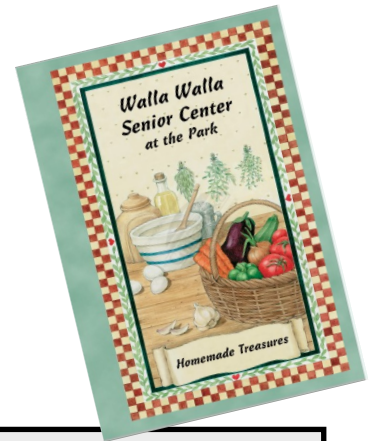
—Owen Darnell



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 84)

Wacky Cake

1 1/3 cups flour	1/4 cup oil
1 cup sugar	1 Tbsp vinegar
2 Tbsp cocoa	1sp vanilla
1 tsp baking soda	1 cup cold water
1/2 tsp salt	

Preheat oven to 350 degrees. Grease or spray Pam on a 9x9 square inch pan. Mix everything together and pour into pan. Bake for approximately 30 minutes or until a toothpick inserted comes out clean. This is a very moist cake and does not need icing. Best served with ice cream!

*By Jane Kaminsky,
our very own Nutrition Director.
This is her husband's favorite cake!*



Home Health vs. Home Care

What is the difference between Home Health care and other home care service? The terms “Home Health” and “Home Care” are frequently used incorrectly making it hard to know which is best suited for a specific situation. Although both types of care are provided in the home, they are different in the services they provide, how you receive them, and who pays for them. Let’s see how we answer these questions below.

What is Home Health?

Home Health services like St Mary Home Health are delivered to their residence (home, apartment, adult family home, assisted living, memory care or independent living community) by licensed medical professionals for the purpose of treating or managing an illness, injury or medical condition. A clinician team is made up of Nurses, Physical, Occupational, Speech and Respiratory Therapists as well as Medical Social Workers and Home Health Aides. The skilled services provided are ordered by your physician and paid for **100%** by **Medicare, Medicaid and VA benefits**. For Home Health to be covered, a Medicare Licensed Agency like *St Mary Home Health* must be utilized. Home Health is designed to help a patient recover at home for a short time in coordination with your doctor.

What is Home Care?

Home care services (sometimes referred to as companion, elder, homemaker or personal care) is supportive care not involving medical skill. Staff are generally referred to as caregivers, providing help with transportation, companionship, housework, meal preparation and activities of daily living (mobility assistance, dressing, bathing or eating). Home care does not require a physician’s order and is paid for privately by the client, long-term care insurance or sometimes **Medicaid**. (Home Care is not covered by **Medicare**). A client can hire any home care agency they desire, for as long as they want and for as many hours per day as can be afforded. Your doctor is usually not involved with home care and rarely does the agency have contact or coordinate care with them.

In short, **Home Health** is a Medicare, Medicaid and VA benefit designed to help you recover at home post hospital stay, illness or injury ordered by your doctor and the care is delivered by licensed medical professionals. Home care is assistance at home provided by caregivers to support you with transportation, laundry, housekeeping, meals and activities of daily living (mobility, dressing, bathing, eating). These services can be used together in support of a client but do not provide the same service.

It’s important to understand and recognize the differences in order to make sound decisions for your care needs. Please contact your physician or St Mary Home Health with questions to determine which may work best for you.

Did You Know?... Fun facts about foods that you probably didn’t know!

Watermelons and bananas are technically berries.

Rhubarb has the ability to grow as much as one inch per day, a rate so fast that you can actually hear it creak and pop as it gets bigger.

Despite its name, white chocolate doesn’t, in fact, contain any chocolate solids. Instead, it’s a mix of sugar, cocoa butter, milk products, vanilla and lecithin.

The easiest way to tell if a bunch of cranberries is truly ripe is to toss one on the floor. Seriously. Ripe dry-harvested cranberries are known to bounce back like a rubber ball, which is how you’ll know if they’re ready to be eaten.

Ears of corn generally have an even number of rows, which is usually 16.

Carmine, also known as carminic acid, is a common red food dye that can be found in Skittles, maraschino cherries, raspberry and strawberry-flavored junk food, and even lipstick...

Carminic acid also happens to be made from the crushed carcasses of a beetle known as the *Dactylopius coccus*.

The ham's on your pillow,
The egg's in your sheet,
The bran muffin's rollin',
Down under your feet,
There's milk in the mattress,
And juice on the spread--
Well, you said that you wanted
Your breakfast in bed.

-Shel Silverstein, Sorry I Spilled It



alzheimer's association®

Did You Know?!?!?

Did you know that everything we do at the Alzheimer's Association is volunteer led/staff supported? This means we need people like you to volunteer, so together, we can help more people facing Alzheimer's disease and all other dementia.

According to the BBB Wise Giving Alliance, nonprofit organizations should spend at least 65 percent of its total expenses on program activities, with remaining funds going to administrative and fundraising expenses. The national Alzheimer's Association organization continues to meet and exceed these minimum standards with 78 percent of our total annual expenses going to care, support, research, awareness and advocacy activities!

Upcoming Programs

Staying Connected

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

Physical Fitness at Home

An online 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 for our full listing of programs available to you. You are not in this alone, we are here to help!



Join the Fight! Register today!

act.alz.org/wallawalla

VOLUNTEER TODAY!

**Join the walk
planning committee!**

Call, text or email Erica Grissmerson
509-552-7026 emgrissmerson@alz.org

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

PROGRAM VOLUNTEERS NEEDED!

Contact: Julie Hooley
509.412.2371 | jmhooley@alz.org

Stews for Every Occasion!

There's nothing better than a warm, hearty stew on a chilly day. Here are some of our favorites to get you through the winter weather and out the other side into spring.

Lily's favorite—Via thefirstmess.com

Ginger Sweet Potato Coconut Milk Stew with Lentils & Kale

- 1 Tbsp coconut oil
- 1 medium yellow onion, small diced
- ½-1 tsp dried chili flakes
- ½ tsp ground coriander
- ½ tsp ground cumin
- ½ tsp ground turmeric
- 2-inch piece fresh ginger, peeled and minced
- 3 cloves garlic, peeled and minced
- sea salt and ground black pepper, to taste
- 1 ½ lbs (690 grams) sweet potatoes, peeled and diced into 1-inch pieces
- ½ cup brown lentils, picked over
- 4 cups vegetable stock
- 13.5 oz (400 ml) can full fat coconut milk
- 1 small bunch kale, stems removed and leaves chopped (about 4 cups chopped kale)
- To garnish: chopped cilantro, extra chili flakes, lime wedges, nigella seeds



Heat a large, heavy-bottomed soup pot over medium heat. Add the coconut oil to the pot and let it melt. Add the onions to the pot and stir. Sauté the onions, stirring occasionally, until translucent and quite soft, about 5 minutes. Add the chili flakes, coriander, cumin, and turmeric. Sauté spices until very fragrant, about 1 minute. Add the ginger and garlic to the pot and cook for another minute. Add a pinch of salt and pepper.

Add the sweet potatoes to the pot and stir to coat in the spices. Add the lentils to the pot and stir once more. Season everything liberally with salt and pepper. Add the vegetable stock and stir, scraping up any browned bits on the bottom of the pot. Place the lid on top of the pot and bring to a boil.

Once the stew is boiling, lower the heat to a simmer and set the lid slightly askew on top of the pot so that there's a couple inches available for steam to escape. Simmer until the sweet potatoes are almost falling apart and the lentils are tender, about 30 minutes. The liquid should also be reduced by almost a third.

Add the coconut milk and kale to the pot and stir. Place the lid on top and continue to simmer the stew until the kale is wilted and bright green, about 3-4 minutes. Season the sweet potato and coconut milk stew again with salt and pepper. Bring the stew back up to a strong simmer and check for seasoning. Adjust with more salt, pepper, chili etc. if necessary.

Serve the sweet potato and coconut milk stew hot with chopped cilantro, extra chili flakes, lime wedges, and Nigella seeds (if using).

Tania's favorite

Granny's Lamb Prune Stew

- 1.5 lbs lamb
- 2 1/4 cups carrots, chopped
- 1 lemon
- 1 tsp caraway seeds
- 3 Tbsp oil
- 1 1/3 cups prunes, chopped
- 1 cup onion, chopped
- 3 cloves garlic

Trim fat off lamb and cut into cubes.

Peel onions and slice.

Cut carrot into pieces then mix in lemon peel and spices.

Fry meat briefly, add vegetables and spice mixture and cook for 5 minutes.

Add broth, bring to a boil and let simmer for 1 hour.

After 1/2 hour, add prunes.



Libby's favorite

Easy Beef Stew with Beer and Walnuts

- 3 ½ lbs. boneless beef (chuck or round)
- 1 Tbsp Kitchen Bouquet
- 1 12oz. can of beer
- 1 envelope Lipton onion soup
- 1 ¾oz. envelope brown gravy mix
- 1 tsp Worcestershire sauce
- 1 10oz. can cream of mushroom soup, undiluted
- 4 c. assorted frozen vegetables of your choice
- 4 oz. walnut pieces for garnish



Trim away all fat from the beef and cut it into 1 ½ inch cubes. Place them in a 4 quart ovenproof pot or slow cooker and stir in the Kitchen Bouquet and stir to coat each piece of beef. This will tenderize and color the meat. Add the beer, onion soup mix, brown gravy mix, and Worcestershire sauce and stir to blend. Cover the pot tightly and either leave it overnight (8-10 hours) in a 200 or 225 degree oven or cook it in the slow cooker for 10 hours on low setting. Stir in the undiluted mushroom soup and let cook for another 30-45 minutes at the same temperature, just until the vegetables are done.

It is fun to serve this stew in a hollowed out round loaf of French bread for each serving. Sprinkle each with walnut pieces for garnish.

Recipe serves 6 people. I have also substituted goat meat for the beef with excellent results. The stew may be frozen successfully but do so BEFORE adding the mushroom soup and vegetables. Reheat in a heavy saucepan or 350 degree oven for 20 or 30 minutes.

Schehera's favorite

Italian Chicken Stew

- 2 Tbsp oil
- 3 lb boneless skinless chicken, cubed
- 1 large onion, diced
- 2 cloves garlic, minced
- 3 cups cooked or canned white beans (1 cup dry beans = 3 cups when cooked)
- 4 cups diced tomatoes
- 1/2 cup wine or chicken stock
- 2 Tbsp fresh basil, minced, OR 1 Tbsp dry basil
- 1 Tbsp fresh rosemary, minced, OR 1 Tbsp dry rosemary
- 1.5 tsp fresh oregano, minced, OR 1/2 tsp dry oregano
- Salt and pepper to taste
- 1 package (12 oz) baby spinach



Heat oil in a large skillet on medium-high heat. Cook chicken until browned. Remove chicken.

Add onions and garlic to skillet and cook until tender.

Leaving out the chicken, add remaining ingredients to skills, stirring frequently. Bring to a boil.

Reduce heat to low, cover and let simmer for about 3 minutes.

Return chicken to the skillet. Stir in spinach and cook until wilted. Enjoy!

Senior Round Table Menu

MARCH







2021
FRIDAY

TUESDAY

WEDNESDAY

THURSDAY

MONDAY

1	CHICKEN FETTUCCINE ALFREDO VEGETABLE (CHEF'S CHOICE) BROCCOLI SALAD BREAD FRUIT		2	LASAGNA ITALIAN BLEND VEGETABLES COLESLAW GARLIC BREAD FRUIT	3	BBQ CHICKEN SANDWICH VEGETABLE (CHEF'S CHOICE) SWEET POTATO TOTS FRUIT	4	CHICKEN FRIED STEAK MASHED POTATOES VEGETABLE (CHEF'S CHOICE) CARROT SALAD BREAD CAKE	5	CHILI POTATO VEGETABLE (CHEF'S CHOICE) CORN BREAD FRUIT COOKIE
8	FIESTA CORNBREAD PIE VEGETABLE (CHEF'S CHOICE) POTATOES BREAD FRUIT		9	PINEAPPLE HAM SCALLOPED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD BROWNIE	10	BAKED CHICKEN MASHED POTATOES VEGETABLE (CHEF'S CHOICE) FRUIT JUICE BREAD CAKE	11	SLOPPY JOE SANDWICH POTATOES VEGETABLE (CHEF'S CHOICE) FRUIT	12	CLOSED
15	ROAST BEEF POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE		16	SPAGHETTI & MEAT SAUCE VEGETABLE (CHEF'S CHOICE) COLESLAW GARLIC BREAD FRUIT	17	CORNER BEEF CABBAGE VEGETABLE (CHEF'S CHOICE) IRISH SODA BREAD FRUIT COOKIE	18	BEEF STEW VEGETABLE (CHEF'S CHOICE) PEA SALAD CORN BREAD BROWNIE	19	CLOSED
22	BEEF & BROCCOLI OVER RICE VEGETABLE (CHEF'S CHOICE) BREAD FRUIT		23	SALISBURY STEAK MASHED POTATOES VEGETABLE (CHEF'S CHOICE) FRUIT BREAD COOKIE	24	TURKEY & GRAVY STUFFING MASHED POTATOES GREEN BEANS BREAD PUMPKIN BAR	25	MEATBALL SUBMARINE SANDWICH POTATOES VEGETABLE (CHEF'S CHOICE) FRUIT	26	CLOSED
29	CHICKEN & DUMPLINGS VEGETABLE (CHEF'S CHOICE) GREEN SALAD JUICE BROWNIE		30	HAMBURGER WITH BUN VEGETABLES (CHEF'S CHOICE) TATER TOTS FRUIT	31	BAKED FISH VEGETABLE (CHEF'S CHOICE) CORN BREAD COLESLAW FRUIT JELLO BREAD				Free pet food handed out on Mondays during drive thru lunch pick up from 11AM to noon.

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, our food may 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
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509-527-3775
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srt@wallawallaseniorcenter.org



Foods for Eye Health

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma and other sight woes? Read on to learn about some of the top foods to promote eye health. But don't count on popping a pill to reduce your risk! To get these nutrients — your best sources of vitamins, minerals and antioxidants are from whole foods, since it may be a combination of nutrients within that provide these benefits.

[Kale: See the Light](#)

This leafy green is a source of lutein and zeaxanthin, which are related to vitamin A and beta-carotene, and may help protect eye tissues from sunlight damage and reduce the risk of eye changes related to aging. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, papaya and pistachios. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of unsaturated fat such as a drizzle of olive oil or a few slices of avocado. And kale also contains vitamin C and beta-carotene, other eye-friendly nutrients.

[Sweet Potatoes: The Color of Health](#)

Beta-carotene gives these tubers their orange color. Your body converts beta-carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Sweet potatoes not your favorite? For beta-carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk and eggs are also sources of vitamin A.

And, similar to lutein and zeaxanthin, beta-carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

[Strawberries: Help You "C" Better](#)

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that may help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit) and cantaloupe.

[Healthy Fats: Include sources of Omega-3s](#)

Besides helping with the absorption of certain nutrients, some healthy fats also contain omega-3s. Salmon is an excellent source of omega-3 fatty acids, which may be beneficial for eye health. Include salmon or other types of fatty fish two to three times per week. Other foods that include this type of healthy fat are walnuts (which also contain eye-healthy vitamin E), flax and chia seeds.

Getting your Legal House in Order: Part One of Three

By Tony Leahy

www.SeniorMoneyProject.org

Although legal matters can be very daunting to deal with, you must take care of these matters while you are of sound mind. **The following is a list of legal documents you should discuss with your lawyer. Know the documents can be person and state specific.**



CENTS
CONSUMER EDUCATION
AND TRAINING SERVICES

Warning! Be cautious about using on-line forms to create the legal documents. If the on-line legal document you created isn't valid in your state, it won't be worth the paper it's printed on!

Will or Will-Substitute: A **last will and testament** is the legal document by which you identify those individuals (or charities) that are to receive your property and possessions on your death. These individuals and charities are commonly referred to as the beneficiaries under your **last will and testament**. In Washington, if you don't have a will, your property will pass as the Washington statute directs. See RCW 11.04. A **Will-Substitute** is a legal document that allows you to transfer property to your beneficiaries outside the probate process. For example, in Washington, you may execute a community property agreement or a living trust (most states permit living trusts but few permit community property agreements). What tool is best for you depends upon your estate size, marital status, estate tax issues, etc. You should discuss this with your estate attorney.

Beneficiary Designations: **Beneficiary designations** are needed on life insurance policies, retirement plans, IRA's, and other types of retirement contracts. Check each beneficiary designation to be sure it reflects your wishes and is consistent with your overall estate plan. In most cases, you are permitted to name a primary and a secondary beneficiary. If you do not name a beneficiary, most life insurance policies and retirement plans designate a beneficiary for you-which may or may not be the one you want. Generally, your will does not control distribution of life insurance policies and retirement plans; you need to designate the beneficiaries. Have your lawyer help you integrate your beneficiary designations into your overall estate plan.

Part Two will overview Power of Attorney and Jointly-held assets and Part Three will overview Living Wills and Advanced Directives.

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

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

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

A Few Reasons We Love Food...

1. It brings people together.

There's nothing better than having your whole family home around the same table for dinner. Food is a wonderful thing that can bring people together and can help you keep the ones you love close.

2. It's social.

Tons of social events are centered around food. People bond over food they it's a great way to get friends together and to connect with others!

3. It's fun to make

Getting recipes online, from a cookbook, or even making your family's traditional Christmas cookie recipe is so enjoyable. There's nothing more satisfying than pulling your gooey, homemade, and delicious smelling creation of out the oven.

4. It allows you to learn about a new country/culture in a new way.

Traveling to new countries and trying their native food is so interesting and fun. It allows you to understand the culture more without anyone even having to say anything—it gives you more or a glimpse into the lives of people living in different parts of the world and can even help you appreciate their culture a little more.

5. It shows people that you care.

Taking someone out to dinner at your favorite spot, surprising someone with chocolates, bringing an appetizer to a dinner party, food is a great way to show people that you care.

6. It tastes good!

Adapted from Spoonuniversity.com

eat right. Academy of Nutrition and Dietetics

National Nutrition Month® 2021

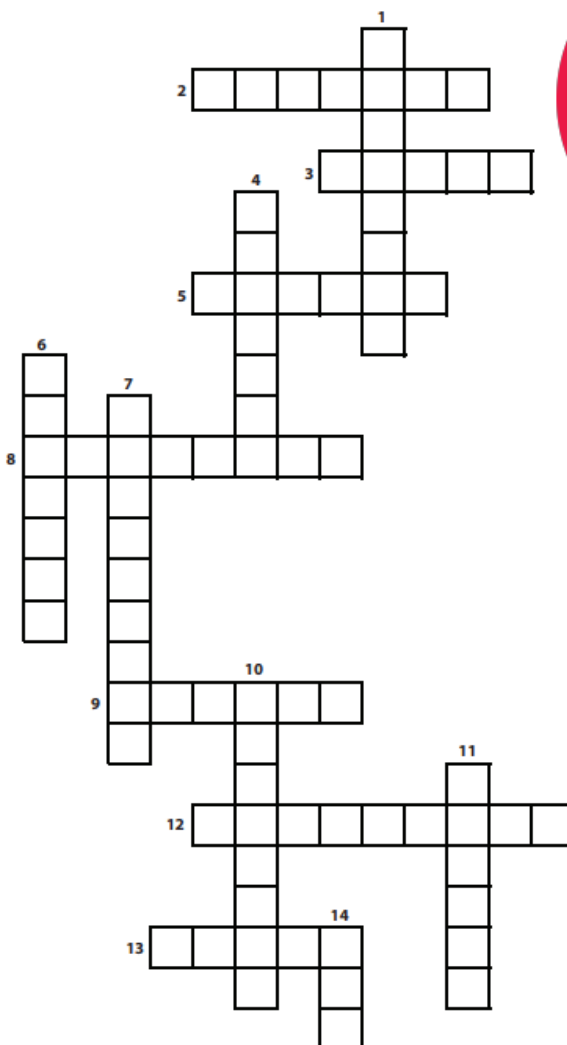
Crossword Puzzle

Across

2. Soups and dal are made with this legume.
3. A tropical fruit that is orange in color after the peel is removed and contains a large pit.
5. This dairy food is made with live cultures of healthful bacteria.
8. A tiny, round form of pasta that may be used in North African and Middle Eastern dishes.
9. A type of fatty fish that is a good source of omega-3 fatty acids.
12. Another name for garbanzo beans.
13. This term refers to grains that are not refined.

Down

1. This fresh herb is used as an ingredient or as a condiment in a variety of cuisines.
4. The main ingredient in guacamole.
6. A soft cheese used as a filling in lasagna and raviolis.
7. A dish made with lima beans and corn.
10. The name for a type of fungi that is part of the vegetable group.
11. A vegetarian source of protein made from fermented soybeans.
14. This protein food is a source of vitamin D.



See page 15 for answers.



Adult Day Center & Family Support

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

Alex Sanchez,
Program Manager



As the pandemic struck our little valley, there were decisions made concerning the health and wellbeing of our participants at the Adult Day Center. The uncertainty of the pandemic made it hard for us to move forward with the program, meeting in our building face to face. Since March 2020 when closure orders were suggested the ADC has been in a hibernation mode, but not shut down, knowing that we will reconvene when safe to do so.

We have been in “pandemic season” for a while now, we know that the need for social interaction is vital for seniors (or any age for that matter). But with social distancing in play most of us have been keeping to ourselves and our immediate family. **Together with ALTC of Southeast WA and the Walla Walla Veterans Administration, we are working to put together a virtual ADC Program for the second quarter of 2021. The core of this program will be tablet based, where participants can meet with other ADC members and staff, virtually, from the safety and security of their home. Tablets will be provided to seniors by ALTC or the VA, depending on the affiliation/funding source of each client...for FREE.**

The program will include but not be limited to...counseling, interactive activities, health education, music therapy, memory games (enhancers), sitting exercises, etc.

How many of you would be interested in being part of the group?

Who wouldn't like to build new relationships, from the comfort and safety of their home?

“It'll be like a party line, but with faces and everyone participating all at once.”



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!

Senior Center Friendship Network!

We have been so excited to share in the experience of connecting with others, especially during this time when we are all in lockdown!

**NOTHING MORE
EXCITING THAN
MEETING NEW
PEOPLE, HEARING
THEIR STORIES,
AND BEING
INSPIRED.**

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

We've established the Friendship Network as a way to connect our senior center family through telephone, email or USPS mail. This program provides a safe place to develop friendships and support systems. This program builds one-to-one friendships between people with similar experiences, offering social interactions while improving our quality of life.

Did you know that 49% of participants at the senior center live alone? While independence is to be celebrated, we've discovered something during the COVID19 crisis. What started out as a call to our participants to 'check on them,' ended up in friendships being made. We look forward to talking together, seeing how you are, sharing our activities for the week and learning what keeps you busy.

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.

We are in this together!

LOVE PULSES

IN 2016

MAINTAIN A HEALTHY WEIGHT

Pulses are high in protein, virtually fat-free, and have a low Glycemic Index.

PROTECT AGAINST DISEASES

Pulses help protect against type 2 diabetes, high cholesterol and certain cancers.

ENJOY A DELICIOUS, NUTRITIOUS DIET

Pulses are affordable, full of fiber and rich in iron, potassium, magnesium, zinc and B vitamins.

HELP THE ENVIRONMENT

Pulse crops are incredibly water-efficient, and they help keep soils fertile and healthy.

Eat More Peas, Beans, Chickpeas and Lentils for People and the Planet!

www.pulses.org
#LovePulses
@LovePulses



What are Pulses?

"Pulses are the edible seeds of plants in the legume family. Pulses grow in pods and come in a variety of shapes, sizes and colors. The United Nations Food and Agriculture Organization (FAO) recognizes 11 types of pulses: **dry beans, dry broad beans, dry peas, chickpeas, cow peas, pigeon peas, lentils, Bambara beans, vetches, lupins and pulses nes** (not elsewhere specified – minor pulses that don't fall into one of the other categories)." As you can see in the infographic above, they are awesome!

Try this recipe full of pulses:

Locro: Originally from Argentina. Makes 4 servings

- 2 cups dried, broken hominy
- 1 cup dried lima beans
- 1 cup dried chickpeas
- 3/4 cup olive oil
- 1 1/2 tsp sweet paprika
- 1/2 tsp crushed red chili flakes
- 8 cloves garlic, minced
- 1 lb veal shoulder, cut into 1 in pieces
- 1 lb pork shoulder, cut into 1 in pieces
- kosher salt and freshly ground black pepper, to taste
- 10 oz cured chorizo, cut into 1/2 in slices
- 1 large yellow onion, minced
- 1 tbsp tomato paste
- 1 tsp dried oregano
- 1/2 tsp ground cumin
- 1 bay leaf
- 1 small acorn squash, peeled, seeded and finely chopped
- 1 lemon, juiced
- 1 cup finely chopped scallions



Rinse hominy under running water until the water runs clear; place in a bowl with lima beans and chickpeas.

Cover with water, and soak at least 8 hours or overnight; drain.

Whisk 1/2 cup oil, paprika, chili flakes, and 1/4 of the garlic in a bowl; set sauce aside.

Heat remaining oil in an 8-qt. saucepan over medium-high heat.

Season veal and pork with salt and pepper; working in batches, add to pan, and cook, turning, until browned all over, about 5 minutes.

Transfer to a plate.

Add chorizo; cook until fat renders, about 2 minutes.

Add remaining garlic and onion; cook until soft, about 3 minutes.

Add tomato paste, oregano, cumin, and bay leaf; cook for 2 minutes.

Return meat to pan with hominy, beans, chickpeas, squash, and 10 cups water; boil.

Reduce heat to medium-low; cook until hominy and beans are tender, about 2 hours.

Stir in juice; season with salt and pepper.

Divide among bowls; drizzle with sauce.

Sprinkle with scallions.

65+ years old or 50+ years old in a multigenerational home and need a **COVID vaccine** appointment?

¿65+ años o 50+ años en un hogar multigeneracional y necesitan una cita para la **vacuna COVID**?

No computer or internet access?

¿Sin computadora o Acceso al internet?

Call Walla Walla Department of Community Health at **(509) 524-2647**

Llame al Departamento de Servicio a la Comunidad del Condado de Walla Walla (509) 524-2647

Please leave your name, date of birth, phone, and state your lack of access.

Deje su nombre, fecha de nacimiento, número de teléfono y indique su falta de acceso.



Recreational Activities are Now at The Senior Center Building!

Sign up for Fencing Lessons and/or Ukulele Lessons today!

Fencing for Adults:

Saturdays 11-11:50am

Ukulele for

Beginners:

Mondays from 6:30-7:30pm

Visit

[https://](https://www.wallawalla.gov/government/parks-and-recreation/recreation-programs)

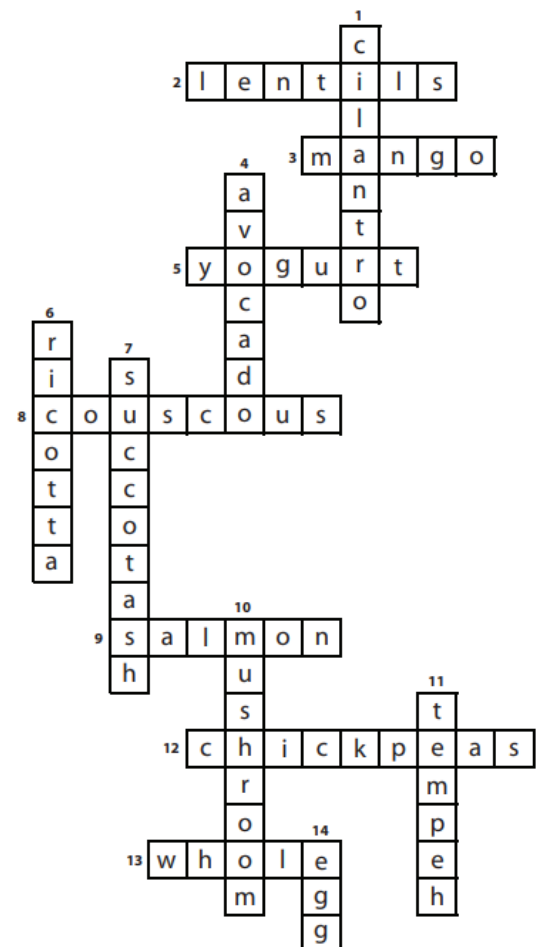
www.wallawalla.gov/government/parks-and-recreation/recreation-programs and select 'Jefferson Park' as the location for more information and to register.

eat right. Academy of Nutrition and Dietetics

National Nutrition Month® 2021

Crossword Puzzle

Solution:



Walla Walla Senior Center

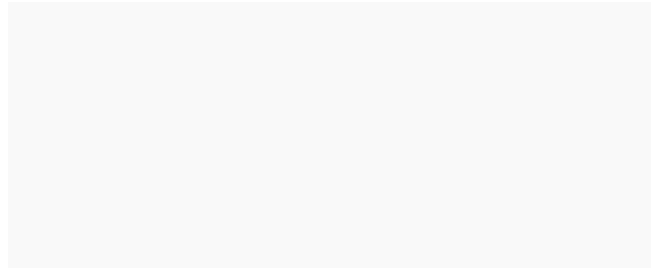
720 Sprague St.
Walla Walla, WA 99362
(509) 527-3775
FAX- (509) 527-3776
wallawallaseniorcenter.org



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



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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



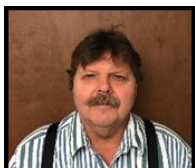
WA # DOYLEEEI277CL OR # CCB 19588

Walla Walla Senior Center - Voice Care

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Richard Clark to find out more.



Richard Clark
Voice Care Coordinator
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— Sweta Kumari

