



WALLA WALLA
SENIOR CENTER

THE CENTER AT THE PARK

FEBRUARY 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 (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



How to Celebrate Valentine's Day in your Community

1. Give a Little

Donate a dollar a day to a cause you care about. Sometimes a little can go a long way.

2. Send Love Letters

And not just to that special someone. Send thank you cards to the organizations that make a difference in your community. Take time to thank your local public service organizations like your police, EMS, and fire departments. Thank area nonprofits that make a difference. Write them and tell them why you appreciate them. And if you're feeling extra loving, send them a donation too.

3. Reach Out to Those in Need

Why should Valentine's only be for your beloved? Send cookies and cards to the homeless, the ill, and the elderly and the people and organizations that care for them. Call your local nursing home, shelter, or hospice and ask how you can volunteer an hour or two of your time.

4. Remember Those Who Serve You

Remember the people who help you every day. Give a thank you card to your mail-person or barista who serves you your fancy coffee drink. Leave your waiter an extra tip. Smile big at that worker in the drive-thru. Thank a veteran for his or her service to our country.

5. Take Time To Tidy

Clear that dusty and cluttered closet, attic, or garage space and bring a collection box of used clothing, toys, or winter gear to your local Goodwill, Salvation Army, or shelter.

6. Celebrate Random Acts of Kindness

Valentine's Day isn't the only loving day of the year; in fact, there's a whole week devoted to it. February 14-20, 2021 is Random Acts of Kindness Week. Take time to say hello to someone on the street, pay for someone's coffee, or give directions to someone who is lost. You can find more ideas at www.randomactsofkindness.org/.

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.

Meet our Board!



c. '84/'85 when Libby was the Information & Assistance Case Manager at the Senior Center.

Libby McCaw
President

Libby moved to Walla Walla in 1973, after spending her formative years in Illinois, Montana, Texas, Arkansas, Florida and New York. Formative years take longer for some folks. Washington was the next stop and she settled in Walla Walla with ease. She met this wonderful man who wanted to play tennis with her. Loser had to make coffee. That went well. We still don't drink coffee together after 40+ years.

After working for the Walla Walla Public Library, Educational Service District, Odd Fellows Care Facility, Benton Franklin Chore Service, she fell into her ideal and long lived relationship with the Walla Walla Senior Center as Information and Assistance Case Manager. That led to many adventures, local and statewide—Senior Services of Washington representative, DSHS/COPES task force, ARC advocate. Next came Elder and Special Needs Advocate as a private provider. After retiring she was living in Prescott, the Center of the World, and was chosen as Mayor. This was a wonderfully rewarding time with forever memories. She is blessed with spectacular family and friends who help make her life an exciting journey.

This story covers a very long lifespan in Walla Walla County. 48 years. Who knew? Never anticipated this! This life has given her many caring, loving relationships and she welcomes more with all of you.



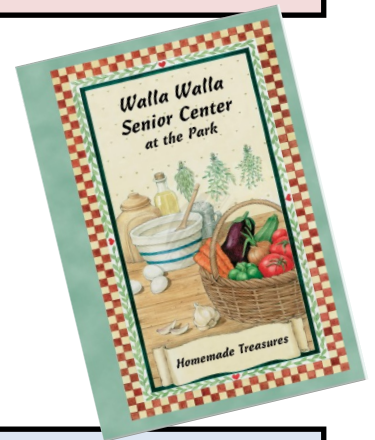
Walla Walla Senior Center Cookbook

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 . . .

BLT Chicken Salad

- 1/2 c. mayonnaise
- 3-4 T. barbecue sauce
- 2 T. finely chopped onion
- 1 T. lemon juice
- 1/4 tsp. pepper
- 8 c. torn salad greens
- 2 large tomatoes, chopped
- 1 1/2 lbs. boneless chicken breasts, cooked and cubed
- 10 bacon strips, cooked and crumbled
- 2 hard boiled eggs

In a small bowl, combine the first 5 ingredients for dressing; mix well. Cover and refrigerate until serving. Place salad greens on a large serving platter. Sprinkle with tomatoes, chicken and bacon; garnish with eggs. Drizzle with dressing.



A Beginner's Guide to Reducing Waste



Every year, the average American sends over 1,000 pounds of everyday household refuse to landfills and/or incinerators. Aside from the fact that landfills and incinerators emit hazardous toxins and greenhouse gases into the environment, destroy wildlife habitats, and pose a major threat to human health, trash is also a waste of the natural resources, energy, water, labor, and money used to produce the discarded materials and items. For example, a 2014 study found that the amount of electronic waste discarded worldwide in one year was worth an estimated \$50 billion in precious metals and resources.

Fortunately, we have the power to do something about this. There are many easy ways to reduce household waste. With a little planning, thought, and creativity, you can significantly reduce your impact on the environment (and likely your wallet!) by cutting down on trash. Want to reduce your waste, but not sure how? We have compiled a list of easy ways to reduce household trash.

1. Reduce your food waste

According to the U.S. Environmental Protection Agency (EPA), the largest component of municipal solid waste sent to landfill is food. Therefore, the most effective way to reduce your household waste is to reduce and divert food scraps! Planning is key; make sure to shop with a list, take inventory of your fridge, use your leftovers, and store food properly. Additionally, certain food scraps are actually edible! After making efforts to reduce food waste, any residual food scraps can be diverted in a number of ways! You can feed food scraps to animals like chickens (although we discourage feeding food scraps to pigs), start a compost pile in your backyard, compost indoors with a worm bin, contact your trash and recycling hauler about curbside food scrap collection, or bring food scraps to your town's drop-off.

2. Paper or plastic? Neither!

Use reusable bags instead for all of your shopping needs. Don't just limit this to grocery shopping—bring reusable bags when shopping for clothes, books, household goods, etc. You can also use reusable produce bags to purchase loose food items (such as fruits and veggies) from the grocery store.

If you find yourself forgetting your bags at home, try storing bags in your car. Or, purchase folding reusable bags and keep them in your purse, on your keychain, or in your pocket at all times. For a more extreme solution, you can force yourself to return home for your bags if you catch yourself forgetting, or make yourself carry your purchases out of the store without a bag. Chances are, you will remember this unpleasant experience and be significantly less likely to forget your bags next time!

3. Say no to bottled water

Instead, carry a reusable water bottle. It is a myth that bottled water is healthier than tap water—although both tap and bottled water are federally regulated in the U.S., tap water actually has stricter quality and health standards than bottled water. Benefit the environment, your health, and your finances by embracing the tap and going reusable!

4 Buy foods with little or no packaging

Fresh fruits and veggies are typically offered loose in the produce section, and you can also buy many dry foods package-free in the bulk section of grocery stores. Bring your own reusable produce bags, containers, or flour sacks to purchase bulk items and produce instead of the plastic produce bags supplied at the stores.



Adapted from addisoncountyclecyles.org

5. Rethink food storage

Use reusable containers and reusable food wrap instead of plastic baggies, aluminum foil, and cling wrap. Side note: You can also use a reusable silicone baking mat in place of aluminum foil/parchment paper for baking!

6. Recycle right

Recycling keeps materials out of the landfill by repurposing used materials into new products that can be used again. By recycling right, you are keeping material out of the landfill, and also reducing contamination in the recycling stream.

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 or give us a call.

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 CHECKLIST TO HELP GET YOUR FINANCIAL HOUSE IN ORDER BY TONY LEAHY

CENTS: www.SeniorMoneyProject.org

This article is part of CENTS' *Senior Money Project* to help people identify and avoid scams. Organizing your finances is a great "New Year" activity to help you avoid getting scammed.

Assemble all the important documents concerning your assets and debts; put them in a safe and secure location (lock box, safety deposit box, lockable file cabinet, or secure online folder):

- ☐ house deed and motor vehicle titles and registrations
- ☐ mortgage notes, car loans
- ☐ safety deposit and lock box information
- ☐ list of investments, with broker and account number information
- ☐ insurance information (life, health, long-term care, home, umbrella liability, car) with policy numbers and agent contact info
- ☐ pension, retirement and social security, deferred compensation, IRA, and death benefits
- ☐ trust agreements or benefits
- ☐ list of credit cards
- ☐ list of checking and savings accounts
- ☐ employment agreements, partnership agreements
- ☐ Income tax returns for most recent 7 years

Assemble other personal information:

- ☐ birth certificate, military discharge papers, marriage certificate, divorce/separation records
- ☐ list of associations and organizations of which you are a member
- ☐ passports, social security information
- ☐ funeral and burial instructions
- ☐ list of medications taken regularly
- ☐ names and phone numbers of religious contacts
- ☐ education records and employers with dates of employment
- ☐ save medical expense records! You may need documentation of medical expenses for your taxes and insurance-you can't have too much info!

Create a balance sheet and income/expense statement

- ☐ balance Sheet (also called an Assets and Liabilities document)
- ☐ income/expense statement (also called a budget)

Next month's article will be a checklist to get your legal house in order



American Heart Association.
Healthy for Good™

BLUE & PURPLE

blackberries
blueberries
black currants
dates
eggplants
grapes
plums
prunes
purple figs
raisins

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
radicchio
red radishes
red apples
red grapes
red peppers
red potatoes
rhubarb
strawberries
tomatoes
watermelons

EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers
kale
kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

ORANGE & YELLOW

acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
grapefruit
lemons
mangoes
nectarines
oranges
orange peppers
papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

WHITE

bananas
cauliflower
garlic
Jerusalem
artichokes
mushrooms
onions
potatoes
parsnips
shallots

EAT SMART

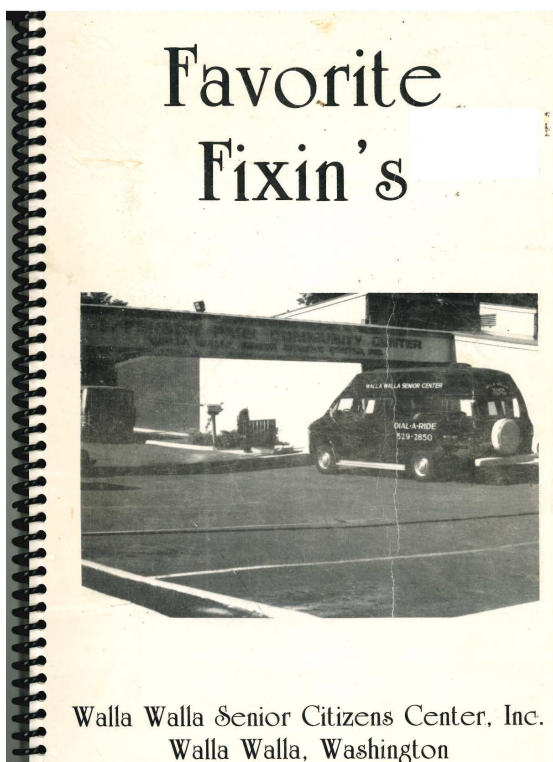
MOVE MORE

BE WELL

heart.org/HealthyForGood

©American Heart Association 2020 DS16480 8/20

TEN COMMANDMENTS FOR GOOD LIVING



1. **SPEAK TO PEOPLE**—there is nothing so nice as a cheerful word of greeting.
2. **SMILE AT PEOPLE**—it takes 72 muscles to frown, only 14 to smile.
3. **CALL PEOPLE**—the sweetest music to anyone's ears is the sound of his own name.
4. **BE FRIENDLY** and helpful, if you would have friends, be a friend.
5. **BE CORDIAL**—speak and act as if everything you do is a genuine pleasure.
6. **BE GENUINELY** interested in people—you can like almost everybody if you try.
7. **BE GENEROUS** with praise—cautious with criticism.
8. **BE CONSIDERATE** with the feelings of others—there are usually three sides to a controversy: yours, the other fellow's, and the right side.
9. **BE ALERT** to give service—what counts most in life is what we do for others.
10. **ADD TO THIS** a good sense of humor, a big dose of patience and a dash of humility, and you will be rewarded many-fold.

From the WWSC Favorite Fixin's cookbook.

JUST IN CASE

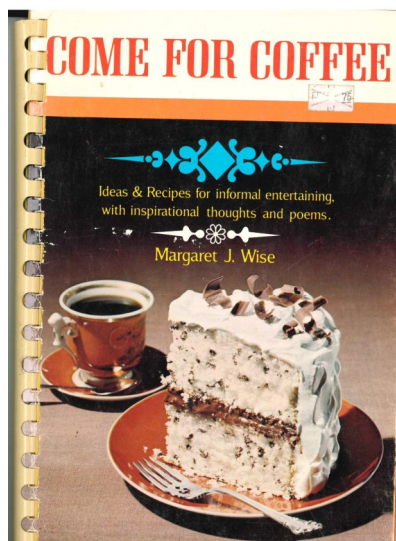
If I knew that tomorrow there
would be
No dawn on earth for me;
That I should have gone in the
dark of night
Into eternity—
I should do so many things
For those I love,
But, lo, I should be happy, too,
With those above!
So—just in case I might be
viewing
Morning in celestial skies,
Lord, bring me those who need
my love today,
For, otherwise,
The night may close a door
On words I meant to say,
And morning find my empty
house—
With me away.

E. Pearle Sloatman

KEEP A'GOIN'

If you strike a thorn of a rose,
Keep a'goin'.
If it hails or if it snows,
Keep a'goin'.
'Taint no use to sit and whine
When the fish ain't on the line.
Bait your hook and keep on tryin':
Keep a'goin'.
When the weather kills your crop,
Keep a'goin'.
Tho' it's work to reach the top,
Keep a'goin'.
S'pose you're out of every dime,
Getting' broke ain't any crime.
Tell the world you're feeling
prime!
Keep a'goin'.
When it looks like all is up,
Keep a'goin'.
Drain the sweetness from the
cup,
Keep a'goin'.
See the wild birds on the wing.
Hear the bells that sweetly ring.
When you feel like singing, sing.
Keep a'goin'.

Avis Burgeson Christiansen



From Come For Coffee

by Margaret J. Wise

FEBRUARY

Senior Round Table Menu






2021
FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

1 PHILLY CHEESESTEAK SANDWICH POTATOES VEGETABLE (CHEF'S CHOICE) FRUIT 	2 LASAGNA ITALIAN BLEND VEGETABLES COLESLAW GARLIC BREAD FRUIT	3 BAKED CHICKEN MASHED POTATOES & GRAVY VEGETABLE (CHEF'S CHOICE) FRUIT JUICE BREAD CAKE	4 TUNA CASSEROLE VEGETABLE (CHEF'S CHOICE) CARROT SALAD BREAD FRUIT	5 CHILI POTATO VEGETABLE (CHEF'S CHOICE) CORN BREAD FRUIT COOKIE
8 CHICKEN FRIED STEAK MASHED POTATOES VEGETABLE (CHEF'S CHOICE) COLESLAW BREAD CAKE 	9 MEAT LOAF MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	10 SWEET & SOUR CHICKEN OVER RICE VEGETABLE (CHEF'S CHOICE) PEA SALAD FRUIT BREAD	11 ROAST BEEF POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	12 CLOSED
15 CLOSED	16 TURKEY & GRAVY STUFFING MASHED POTATOES GREEN BEANS BREAD PUMPKIN BAR	17 SPAGHETTI & MEAT SAUCE VEGETABLE (CHEF'S CHOICE) COLESLAW GARLIC BREAD FRUIT	18 SALISBURY STEAK MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	19 SWEDISH MEATBALLS OVER EGG NOODLES VEGETABLE (CHEF'S CHOICE) SPINACH BROCCOLI SALAD CAKE
22 TATER TOT CASSEROLE VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE 	23 CHICKEN & DUMPLINGS VEGETABLES (CHEF'S CHOICE) COLESLAW JUICE BROWNIE	24 BAKED FISH VEGETABLE (CHEF'S CHOICE) CORN BREAD PEA SALAD FRUIT JELLO BREAD	25 BEEF STEW VEGETABLE (CHEF'S CHOICE) GREEN SALAD ROLL CAKE	26 CLOSED
Free pet food handed out on Mondays 			 <i>Happy Valentine's Day!</i>	

Free for persons 60+ years. Donations appreciated, under 60 years \$ 7.00 required 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**

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



TAKE CHARGE OF YOUR NUTRITION

A healthy dietary pattern is designed to meet food group and nutrient recommendations while staying within calorie needs. To achieve these goals, the pattern is based on consuming foods and beverages in their nutrient-dense forms—forms with the least amounts of added sugars, saturated fat, and sodium.

LIMIT ADDED SUGARS

The major sources of added sugars in typical U.S. diets are sugar-sweetened beverages, desserts and sweet snacks, sweetened coffee and tea, and candy. Together, these food categories make up more than half of the intake of all added sugars while contributing very little to food group recommendations.

LIMIT SATURATED FATS

The main sources of saturated fat in the U.S. diet include sandwiches, including burgers, tacos, and burritos; desserts and sweet snacks; and rice, pasta, and other grain-based mixed dishes (Figure 1-11). Saturated fat is commonly found in higher amounts in high-fat meat, full-fat dairy products (e.g., whole milk, ice cream, cheese), butter, coconut oil, and palm kernel and palm oil.

LIMIT SODIUM

Because sodium is found in so many foods, multiple strategies should be implemented to reduce sodium intake to the recommended limits. Careful choices are needed in all food groups to reduce intake. Strategies to lower sodium intake include cooking at home more often; using the Nutrition Facts label to choose products with less sodium, reduced sodium, or no-salt-added, etc.; and flavoring foods with herbs and spices instead of salt based on personal and cultural foodways.

LIMIT ALCOHOLIC BEVERAGES

Emerging evidence suggests that even drinking within the recommended limits may increase the overall risk of death from various causes, such as from several types of cancer and some forms of cardiovascular disease. Alcohol has been found to increase risk for cancer, and for some types of cancer, the risk increases even at low levels of alcohol consumption (less than 1 drink in a day). Caution, therefore, is recommended.

U.S. DEPARTMENT OF AGRICULTURE AND U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES. DIETARY GUIDELINES FOR AMERICANS, 2020-2025. 9TH EDITION. DECEMBER 2020. AVAILABLE AT [DIETARYGUIDELINES.GOV](https://www.dietaryguidelines.gov).



Adult Day Center & Family Support

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

Alex Sanchez,
Program Manager



Many of the world's holidays are regional or national, but Valentine's Day is one that's observed around the globe. In Hispanic culture, this holiday of love and affection has some unique traditions and can take place anywhere from February to October. Like in the US, Canada, and Europe, many Latin countries celebrate a holiday in February focused on romantic love between couples. February 14 is known as *El Día de San Valentín* in Mexico and Puerto Rico,

and as *El Día de Los Enamorados* (Day of the Lovers) in Chile and Argentina. Roses, chocolates, love poems, and moonlight serenades abound! In other countries, the focus is broader and it's more than just date night! These celebrations also shine the spotlight of affection on grandparents, children, friends, neighbors, and even work colleagues!

In Guatemala, Valentine's Day is called *El Día del Cariño* (The Day of Affection). All forms of love are acknowledged and people share sentimental gifts and greetings with friends, family, and co-workers of all ages. Senior citizens are a special focus of *El Día del Cariño* and they're featured in a large, colorful "Old Love" parade. In many Latin countries, Valentine's Day is known as *El Día del Amor y la Amistad*. Translated as "The Day of Love and Friendship," this day includes many expressions of love! Throughout Central and South America, friends, family, classmates, and co-workers exchange small gifts of love called *cariñitos*. In Colombia, the Dominican Republic, and El Salvador, gifts are often given anonymously as surprises. Children play a game similar to Secret Santa, drawing names and giving gifts to their *amigo secreto* (secret friend). Adults may simply give treats anonymously, as secret admirers!

It's no secret that the Hispanic culture has a warm, festive, generous spirit and that friendship is highly valued! Each stage of life holds a cause for celebration. *Fiestas* take place from an infant's presentation or baptism to quinceañeras, confirmations, weddings, and grand celebrations of grandparents' anniversaries. Friends are included in each *fiesta* and are often treated like family. In fact, some of the closest relationships at these special events are among lifelong friends known as *comadres* and *compadres*. *Compadrazgo* means "co-parenthood" and describes the lifelong bond that parents have with their children's godparents (who often are friends and not blood relatives).



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!

"Thank you for starting this, I really enjoy the Senior Center Friendship Network!"

- Bev

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!

Walla Walla Senior Center, 720 Sprague, Walla Walla, WA 99362 (509) 527-3775 (509) 527-3776 (Fax)

Wallawallaseniorcenter.org

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

I remember when...

Venture into the history of the Walla Walla Senior Center and explore past photos of our senior community.



The first foot to be cared for at our full-service salon.

Some of the first aerobics class participants ready for another workout designed to promote cardiovascular health and improve mobility.



The Senior Center greenhouse was located at the south side of the building. The greenhouse allowed for freshly grown produce year-round.

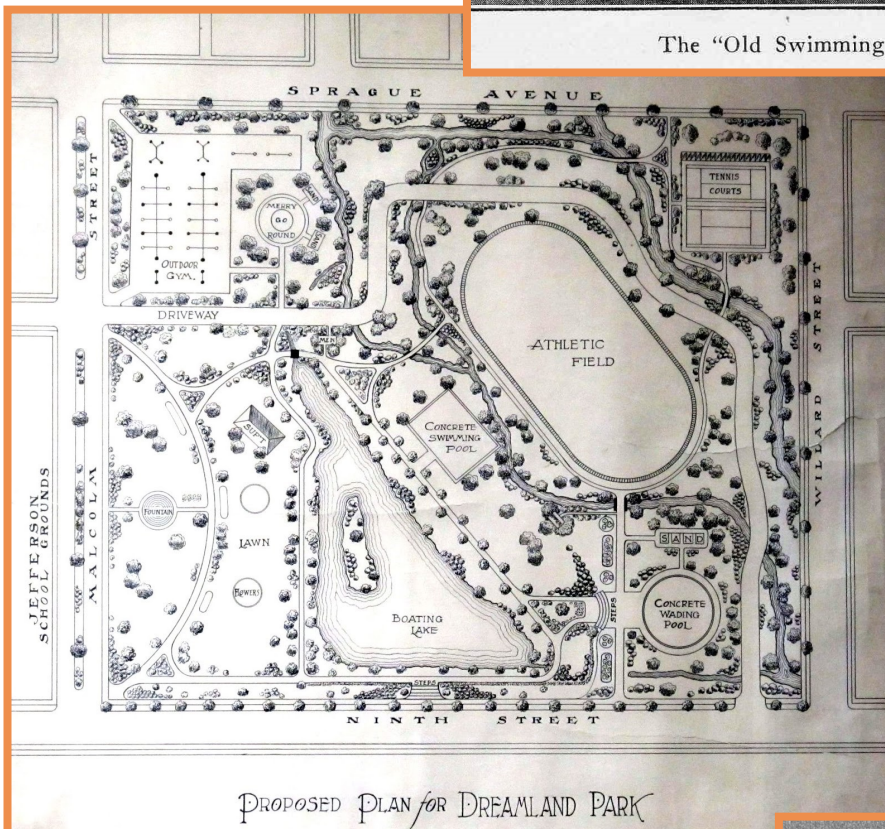
I remember when...

Information & photos via
wallawalladrazanphotos.blogspot.com

Did you know that Jefferson
Park, the Walla Walla
Senior Center's neighbor/
backyard, used to be
known as Dreamland Park?



The "Old Swimming Hole," Dreamland Park, Walla Walla



The Dreamland Park monument,
dedicated on July 21, 2001, reads:
"Dreamland Park was created in 1901
and operated until circa 1909 by
Chas. W. Phillips.

Attractions included a wild animal
zoo, exotic birds, dance hall,
museum, and a man made lake
surrounding an island reached by
crossing an arched bridge. Also
featured were a spraying fountain,
flower beds from Phillips Floral Co.,
and an officer's cabin from Fort Walla
Walla.

The City of Walla Walla acquired this
site and enlarged the park between
1910 and 1917, renaming it Jefferson
Park in 1931."

More on Chas. W. Phillips:
"1855-1922

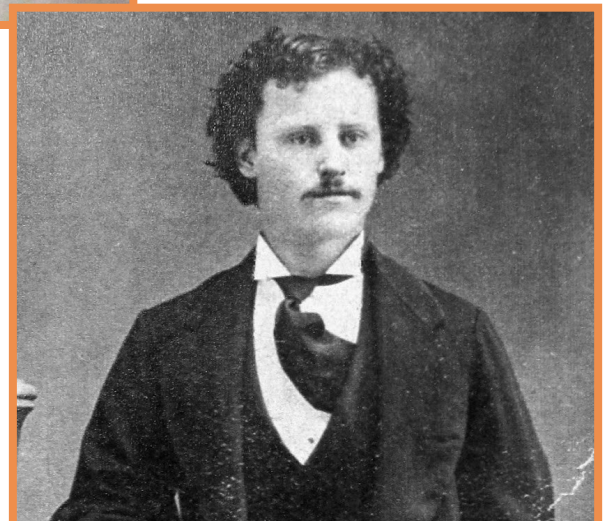
Arrived in Walla Walla in 1860 with parents and
siblings.

Educated at Whitman Seminary.

Courier and scout in the Indian wars of 1877 &
1878.

Florist, nurseryman and a designer and decorator
of the Walla Walla Fair for many years.

Above all, a dreamer, envisioning this park as early
as 1888."



I remember when...

A glimpse into "remedies dating back before the turn of the century." Do you have any old cures that you swear by?

Teething Babies

Kill a mole, cut off one of its feet, tie a string around the foot; then tie the string around the baby's neck as a necklace. Teeth will pop through the gums without pain.

Leg Ache

Rub leg in kerosene, eases the pain every time.

Neuralgia

A piece of nutmeg tied around the neck will prevent neuralgia.

Sore Throat

A dirty sock worn around the neck when going to bed will cure a sore throat.

Asthma

Keep a Chihuahua dog around the house.

Toothache

To relieve toothache, put drops of paregoric on cotton ball, place on tooth and press down.

Bleeding

Use a mixture of soot from the chimney and lard or oil.

Place a spider web across the wound.

If cut is small, wet a cigarette paper and place over the cut.

Bed Wetting

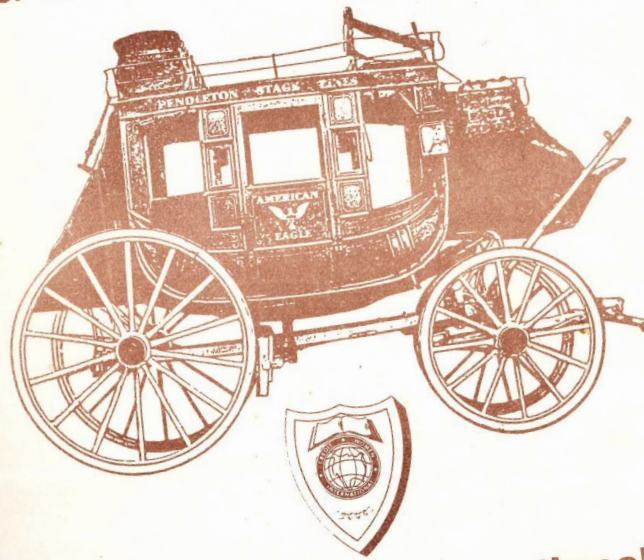
Kill and skin a big barn rat as you would a squirrel. Cut it up, flour and fry as you would a chicken and feed to the victim. They never will wet the bed again.

Warts

Make the wart bleed. Put a drop of blood on grain of corn and feed it to the rooster.

Rub wart with a piece of garlic every day.

**A Century
Of
HOME REMEDIES**
For Entertainment And Historical Value



**Credit Women International
Pendleton, Oregon**

****These remedies are shared for entertainment and historical value only.
Please consult your doctor if you are seeking medical advice****

alzheimer's association®

Did You Know?!?! Red + Blue = Purple

We are very excited and pleased to announce a \$300 million increase for Alzheimer's and dementia research funding at the National Institutes of Health (NIH) was signed into law, bringing the annual federal investment to \$3.1 billion. This is a more than seven-fold increase since the National Alzheimer's Project Act (NAPA), legislation championed by the Alzheimer's Association, was signed into law in 2011 when annual funding was just \$448 million.

We also celebrate the enactment of the Promoting Alzheimer's Awareness to Prevent Elder Abuse Act (S.3703/H.R. 6813). Signed into law on December 22nd, the bipartisan legislation will improve the quality of interactions and assist professionals supporting victims of abuse living with Alzheimer's and other dementias.

Upcoming Programs (free of charge)

Staying Connected

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

Held in 4 sessions: February 1st, 3rd, 8th and 10th.

Monday's & Wednesdays 10am-11:30am

Powerful Tools for Caregivers:

Learn strategies, reduce stress and enhance quality of life for you and your loved one.

Fridays: Jan. 15 to Feb. 19 10am-11:30 a.m.

Call 1-855-567-0252 to register.

More classes are offered throughout the year, call for more information!

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

Interested in volunteering?!?!?

Join the walk planning committee today!

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

You're Invited!

February 11, 2021

Join us for a kickoff party to
learn more about
The Longest Day!



Do what you love while making a difference!

RSVP to: Janet Callahan jacallahan@alz.org

The Prescott distribution will be taking place once per month on the 1st Tuesday of every month beginning Feb. 2nd. Distributions will be held in Waitsburg every Thursday beginning Feb. 4th.

Prescott, Tuesdays, 10am-11am
B St. in front of the Tennis Courts
Jan. 19th, Jan. 26th, & Feb. 2nd.

Waitsburg, Thursdays, 1:30pm-4:30pm
Waitsburg Christian Church Resource Center, 106
Preston Ave.
Feb. 4th, 11th, 18th, & 25th.

BMAC: **FOOD DISTRIBUTION**

Other BMAC food giveaways options include:

- Burbank, 44 4th Ave., Wednesdays 9am-11am
- Touchet, 49 Touchet-Gardena Rd., Wednesdays 1pm-2pm
- Walla Walla, at the fairgrounds, Friday 5pm-7pm

If you have questions, please see
www.bmacww.org or call us at 509-529-3561

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

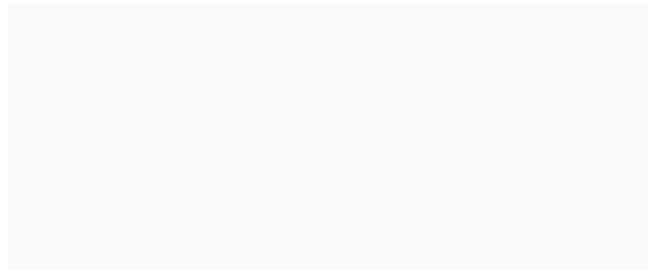
To-go Lunch served from:

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

Doyle ELECTRIC Inc.

1421 Dell Ave Walla Walla, WA

Business: 509-529-2500 Fax: 509-525-6865

Email: info@doyleelectric.com

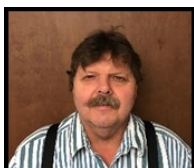


Walla Walla Senior Center - Voice Care

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



Powerful Tools for Caregivers



- Learn strategies.
- Reduce stress.
- Enhance quality of life for you and your loved one.
- Attend this VIRTUAL valuable 6-session workshop!

Fridays, Jan. 15 to Feb. 19, 2021
10:00 to 11:30 a.m.

Virtual meetings (must have a computer or iPad with Internet, a camera and audio). Training on joining a Zoom meeting will be provided prior to the start of classes and details are available at registration.

Are you stressed by caregiving?

Learn strategies to reduce stress, communicate well, and navigate family dynamics while making tough decisions. Build confidence in your decisions as you learn effective problem-solving skills and connect with helpful resources. Learn to give yourself credit, not guilt. You don't have to do it alone. **Presented free of charge**, Powerful Tools for Caregivers is an award-winning program that has helped thousands of family caregivers.

Advance registration is mandatory. Class size is limited.
Phone the Aging and Disability Resource Center at (855) 567-0252

**For more information
or to register
phone (855) 567-0252**

alzheimer's 
association®

ALTC Aging &
Long Term
Care
Southeast Washington
Aging & Disability Resource Center

Join Us!

Virtual Social Hour

Join us for some fun, social engagement. Grab a snack and something to drink during our virtual Social Hour. We will visit with others who are currently experiencing memory loss and their loved ones.

For more information or to sign up call Julie Hooley at (509)392-8571

Physical Fitness at Home!

Join us for an ongoing exercise program for people living with early stage memory loss and their care partners. Sessions meet once a week for 30-45 minutes and are open to all ability levels. Pre-registration is required. For more information or to sign-up, **please call the Aging and Disability Resource Center at 1-855-567-0252.**

Powerful Tools for Caregivers

Learn strategies to reduce stress, communicate well, and navigate family dynamics while making tough decisions. Build confidence in your decisions as you learn effective problem-solving skills and connect with helpful resources. Powerful Tools for Caregivers is an award-winning program that has helped thousands of family caregivers.

Advance registration is mandatory. Class size is limited.
Phone the Aging and Disability Resource Center at (855) 567-0252

Staying Connected

Staying Connected is a small group seminar for people with Early Stage Memory Loss and a care partner. The seminar is held in 4 virtual sessions. We discuss topics such as coping with daily challenges, staying engaged with things you love to do, the importance of family and having a support system.

Our next class begins February 1st and more classes are being scheduled for 2021! Pre-registration is required, **please call the Aging and Disability Resource Center at 1-855-567-0252.**

Not confident on Zoom?

We can help get you all set up prior to the start of our classes with 1:1 assistance.

WE LOVE OUR SENIORS!

Volunteer at SonBridge

Donations Intake
Donations Sorter
Warehouse Processer
Linens • Linen Processing
Translator • Interpreter
Driver • Pick Up • Delivery
Clothing Specialist
Furniture Specialist
Shoe Corner
Book Nook
Craft Room
Landscaping
Fix It Shop
Laundry
Pricing
Cashier

EIGHTY
is the new
SIXTY ♥



DOUGLAS VENN

Volunteer Coordinator

douglasvenn727@gmail.com

509•629•8808



1200 SE 12th Stret
College Place, WA 99324
509•529•3100
sonbridge.org

VOLUNTEER APPLICATION

PERSONAL INFO

Name _____ Date of Birth _____

Address _____
Street City State Zip

Home Phone # _____ Cell Phone # _____ DL# _____

Email _____

Emergency Contact _____ Phone # _____

THREE REFERENCES (NON-RELATIVES)

Name _____ Phone # _____

Name _____ Phone # _____

Name _____ Phone # _____

VOLUNTEER INFO

Please list any preferred or necessary restrictions (such as lifting, etc.)

Work experience? _____

Any hobbies, skills, or special interests? _____

Numbers of hours available per week? _____

Days available? ☐ Sunday ☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ AM ☐ PM

AREAS OF INTEREST

<input type="checkbox"/>	Maintenance	<input type="checkbox"/>	Rack Items	<input type="checkbox"/>	Pick-up • Delivery Assistance
<input type="checkbox"/>	Reception	<input type="checkbox"/>	Driver • Errands	<input type="checkbox"/>	Education Support
<input type="checkbox"/>	Store Cashier	<input type="checkbox"/>	Computer • Technology	<input type="checkbox"/>	Construction
<input type="checkbox"/>	Donation Sorting	<input type="checkbox"/>	Event Support	<input type="checkbox"/>	Other
<input type="checkbox"/>	Donation Pricing	<input type="checkbox"/>	Landscaping	<input type="checkbox"/>	

Any computer experience? ☐ Great ☐ Good ☐ OK with help ☐ Some ☐ None

Do you read, speak, or write any language other than English? ☐ No ☐ Yes, _____

DATE _____

SIGNATURE _____

