



THE BSAC CONNECTION

January 2019 Programs, Services, and Activities



HERE'S WHAT'S NEW:

- Cyber Security and Fraud Protection (p.7)
- Seniors and Cannabis (p.9)
- Stress & Worry Management (p.9)
- Rodney's Jammers Bluegrass Band (p.7)
- and more!

Bellingham Senior Activity Center Presents:

What's Next:

Housing Options

FREE

OPEN TO
THE PUBLIC

As We Age

Whatcom County offers a wide-range of housing options from shared-housing and in-home attendants, to adult family homes, rehabilitation, and independent and assisted-living facilities.

This event aims to assist individuals in making informed decisions that work for them, and to help families talk with their loved ones about viable housing options.

360.733.4030 ext. 1035

Wed. February 20, 10am-3pm • 315 Halleck St. Bellingham



Welcome

Our mission is to offer a wide range of classes, activities and services for persons 50 years of age and over to encourage emotional, mental, and physical wellness for a healthy, active, and independent lifestyle.

Fitness & Health	3
Writing & Discussion	4
Artistic Opportunities	4
Card Games	5
Music & Dance	5
Recreation	5
Weekly Schedule	6
Special Events	6
Featured Programs	7
Trips & Tours	10
Nutrition	12

315 Halleck Street
Bellingham, WA 98225
(360) 733-4030

Closures

The BSAC will be closed on:

- Tuesday, January 1st
- Saturday, January 19th
- Monday, January 21st
- Saturday, February 16th
- Monday, February 18th

Director's Greeting

Hello!

Greetings and happy 2019! Have you made a resolution? Are you wanting to try something new? I hope you will look to the many classes, activities and presentations offered at BSAC! If you have a suggestion for something new, please let me or Eric know.

Membership is required for all on-going classes and activities starting this month. Of course, lunch will still be open to all community members 60+, no membership required as well as a variety of special events and health services. When you become a member at BSAC you support active aging in Bellingham. BSAC Membership helps to:

- Foster a sense of pride in our Center
- Reinforce that we are an activity center for individuals 50+
- Provide operating funds that allow us to continue the current level of programming
- Keep things fair for all participants
- Provide safety and accountability of who is in the building

Scholarships and quarterly memberships are available. The scholarship form is available at the front desk and quarterly memberships are just \$15 per quarter. Our goal is to be an inclusive and welcome senior center. We want you to be here!

Sending you my best wishes for a happy & healthy new year.

Warmly,

Molly

Volunteer Spotlight

We are very fortunate to have a volunteer such as Mel Taylor. He usually can be found at the hospitality desk. Mel has a happy demeanor and a contagious smile. Mel is originally from Tacoma, WA. Mel shares that although he was quite the wild child in 60's, he also attended the University of Washington early in life, and then worked in the hospitality industry for a number of years. He eventually finished his degree and specialized in working with those who struggle with chemical dependency and HIV. He also used his skills and education to start working with seniors and people with disabilities. Mel likes volunteering to get away from home and help others. When he is not here at BSAC, he enjoys traveling and being with his two dogs, Molly and Ernie. A special thank you to Mel for everything he does here, and for sharing a little about himself with us!



Mel

Discover Classes and Activities



Fitness & Health

Paying for fitness classes: Punch cards can be purchased at the front desk and can be used for ANY BSAC fitness class. Classes are ongoing.

Punchcard of 10 classes: \$45 for members. If you wish to pay for an individual class, the cost is \$5.00.

EnhanceFitness

EnhanceFitness is an evidence-based class developed by experts in physical therapy and exercise physiology which includes aerobic activity, strength training, and flexibility and balance exercises. The class is interactive and filled with variety, allowing you to work at your own pace following the best choice for you as offered by your instructor.

Mon., Wed., Fri. 9:30-10:30am
Auditorium

Zumba

Zumba Gold is for active older adults who are looking for a modified Zumba® class that recreates the original moves at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion, and coordination.

Instructed by Christina Winkler.

Tues & Thursdays 9:30-10:30am
Auditorium

Yoga-Iyengar

The Iyengar style yoga emphasizes the development of strength, stamina, flexibility, balance and mental concentration. This is accomplished by practicing poses that engage specific areas of the body with a focus on physical alignment and breathing. Class limited to 14 participants.

Mondays 10:45am-12:15pm
Thursdays 9:45-11:15am
Room 16



Longevity Stick

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

Tues & Thurs 8:15-9:30am
Mon & Thurs at The Leopold
10:00-11:30am

Strength Training Classes

This one-on-one interactive class provides a comprehensive overview of how to gain both muscular strength and muscular endurance, improve joint range of motion and avoid injury in both gaining fitness and in everyday function.

Cost: \$60 (BSAC member) for the 8-session class. To be placed on the waiting list, please complete and return the Physician's Clearance Form, available at the Front Desk. We will call you to register for the next class.

Open Gym

Available during open hours for those who have completed the Strength Training class (see above). Donation \$1.00/use.

Smiles for Life

Elder Care Dental Hygiene Services offers a monthly oral hygiene program. Services include: oral health evaluations, cancer screening, and routine and deep cleanings. Sign up at the Front Desk.

Massage Therapy

Tovah Rainsong of "Aah, Massage!" provides table or chair massage for \$1.00/minute. Sign up at the Front Desk and come a bit early for your first session for pre-interview.

Tuesdays 10:00am-3:00pm
Room 3

Foot Care

Keep your feet healthy and happy. Come in and see Suzanne Shrock, RN, Certified Foot Care Specialist. Please stop by the Front Desk or call for an appointment on the *3rd Wednesday of the month*. \$35/members, \$45/non.

Writing & Discussion

Brainpower and So Much More!

This dynamic group shares history and current events, and is a magical blend of art, music, theater, science, trends, news and philosophy. It's a wonderful sampling of trivia and a whole lot of fun. Newcomers always welcome.

*2nd & 4th Wednesdays 1:45pm
Room 1*

Personal Writing

Anything goes shared writing! Poetry, prose, whimsy, experiences--a writing commons. Read and discuss your writing!

*Tuesdays 9:30-11:00am
Room 1*

Memoir Writing Group

Are you a writer who would enjoy sharing your writing and hearing what other writers are working on? Come meet us and see if you enjoy our interchange.

*Wednesdays 9:30-11:00am
Room 9*

Great Books Discussion

If you like important books, big ideas and interesting conversation, The Great Books Foundation provides selections of books with both classic and modern works of prose, poetry, and drama to discuss.

*4th Monday, 10:00 - 11:30am
Room 2*

Discussion that Crosses Divides

This group will bring people together to discuss government, industry, education, technology, social justice, and other subjects of interest. Listen and learn. Talk and be heard. The discussion group will be facilitated for lively participation and understanding between attendees with no discrimination.

*Fridays 1:00-3:00pm
Room 1*

Spanish Conversation

¿Hablas Español? Join us and practice your Spanish skills! Express yourself and learn from other fellow Spanish speakers at BSAC.

*Wednesdays 10:45-11:45am
Room 2*

Artistic Opportunities

Painting For Fun

Learn the art of watercolor painting. Free for members.

*Fridays 9am - 12pm
Room 1*



Portrait Drawing

Any experience welcome. Bring your own drawing materials. Participants share the cost of a model fee. Bring \$5 to class.

*Thursdays 10:00am-12:00pm
Room 1*

Play-Reading Group

Play readings and radio theatre.

*1st & 3rd Tuesdays 1:30pm-3:00pm
Room 1*

Rug Hooking

Learn how to make beautiful hooked rugs/hangings. Materials not provided.

*Tuesdays 9:00am-3:00pm
Room 9*

Quilting

Bring your own materials and machine. Space is limited, so check with group prior.

*Thursdays 12:00pm-4:00pm
Room 9*

Painting

Oil painting with instruction. Suggested donation of \$5 to instructor.

*Thursdays 1:00 - 4:00pm
Room 2*

Woodcarving

Join others with interest in woodcarving. Materials not provided.

*Thursdays 8:30-11:00am
Room 9*



Card Games

Bridge

Party Bridge (Contract Bridge) for people with basic knowledge of the game. \$1 to play. Paul Hess for info email:

hesspk@comcast.net for reservations.

*Tuesdays 12:00pm-3:00pm
Room 18*

Cribbage

Cribbage Boards and cards are located on the bookcase near the puzzle table in the Lobby area.

Mah Jongg

A tile game similar to Rummy. Beginners welcome!

Mondays 12:30-4:00pm

Wednesdays 9:30am-12:30pm

Room 1

Pinochle

Double Deck. \$2 to play.

Mondays 12:30-2:30pm

Room 16

Pinochle Party, Deck & 1/2. \$2

Fridays 12:30-2:30pm

Room 16

Music & Dance

Tuesday Dance

Enjoy dancing to the great tunes by Good Vibrations. Donations to the band accepted.

Tuesdays 2:00-4:00pm

Auditorium

Saturday Ballroom Dance

Couples, singles, and all levels invited. \$5 Donation to BSAC.

2nd & 4th Saturdays

7:00pm-9:00pm

Auditorium

The Senior Singers

This group gives performances around the area. We sing for fun and for others. Newcomers welcome. Maggie Malone. (425) 747-8684.

Mondays 2:30pm-3:30pm

(no mtg. on 12/31) Auditorium



Singing for Fun

Join others who like to sing for fun! Songs are provided.

Tuesdays 11:15am-12:15pm

Room 2

Rhythm Band

If you have an instrument stashed away, find it and come join us! Mary VanderVeen 647-5334.

Thursdays 10:30am-11:30am

Auditorium

English Country Dancing

Gentle dancing to beautiful music. Free. Newcomers welcome. (360) 834-2674 or sounds.trad@gmail.com

Thursdays 1:30-3:00pm

Auditorium



Senior Steppers

Welcomes new tap dancers. Classes are free. Bev 392-7417

Mondays 1:30-2:30pm

Thursday 3:00-4:00pm

Fridays 1:30pm-3:00pm

Auditorium

Line Dance

Lessons in Line Dance, instructed by Emily Percival. FUN!

Tuesdays 4:15-5:15pm

Auditorium

Recreation

Ping Pong

Ask at Front Desk for help with set up. Paddles and balls are available.

Monday-Friday 9:00am-10:30am

Tues & Thurs 2:30pm - 4:30pm

Room 15

Pool

Please place a donation in the box to help with maintenance and upkeep of the tables and cue sticks. Thanks!

Pool room is available during open hours

The Button Walkabouts

Join us for a social, easy-paced walk. Please stay with a partner on designated trails. Most walks contain dirt trails which are not conducive for portable walkers. \$1.00 minimum gas donation. Need more information? Call Jim 360-312-9490.

Tues & Thurs 9:30am-11:00am

Meet in Coffee Bar

Senior Trailblazers

The hikes range from 6-10 miles and are moderate to difficult. Current schedule of hikes available at the Front Desk or online at wccoa.org. Carpooling is used to share the expense with the drivers. Contact: Alan Heezen (360) 738-9311.

Tuesdays 8:30am

Thursdays 8:00am

Meet in Coffee Bar

Bocce Ball

Mondays and Thursdays at 10am at the Sportsplex.

Cheryl Kelly (360) 527-2901

Tech Help

one-on-one assistance with computers, tablets, and phones. sign up at the Front Desk.

Fridays 1:00-3:00pm

		January Programs and Events		
M O N D A Y	9:00 Ping Pong	1/1	CLOSED - <i>Happy New Year!</i>	---
	9:30 EnhanceFitness	1/9	Cyber Security Seminar	10:30
	10:00 Bocce Ball	1/9	Men's Shed	1:00
	10:45 Iyengar Yoga	1/11	TED Talks	10:30
	12:30 Mah Jongg	1/14	Paper Crafting: Gift Wraps	10:00
	12:30 5-handed Pinochle	1/14	Book Buzz	10:30
T U E S D A Y	1:30 Senior Steppers	1/15	Strength Training Refresher	10:00
	2:30 Senior Singers	1/16	Stress & Worry Management Skills	10:30
	8:15 Longevity Stick	1/16	"Rodney's Jammers" Bluegrass Band	1:30
	9:00 Senior Trailblazers	1/18	Wonders of Whatcom	11:00
	9:00 Rug Hooking	1/18	Traveling in Place	1:00
	9:00 Ping Pong	1/19	CLOSED	---
	9:30 Button Walkabout	1/21	CLOSED - MLK Jr. Day	---
	9:30 Personal Writing	1/23	Seniors & Cannabis: Let's Talk	1:00
	9:35 Zumba	1/25	TED Talks	10:30
	11:15 Singing for Fun	1/28	Great Books Discussion	10:00
W E D N E S D A Y	11:45 Party Bridge	2/8	English Country Dance w/live music	3:00
	2:00 Ballroom Dance			
	2:30 Ping Pong			
	4:00 Trail Hoppers			
	4:15 Line Dance			
T H U R S D A Y	9:00 Ping Pong			
	9:30 Memoir Writing			
	9:30 EnhanceFitness			
	9:30 Mah Jongg			
	10:45 Spanish Conversation			
	1:45 Brainpower! (2nd & 4th Weds)			
	8:00 Senior Trailblazers			
	8:15 Longevity Stick			
	8:30 Woodcarvers			
	9:00 Ping Pong			
	9:30 Button Walkabout			
	9:35 Zumba			
	9:45 Iyengar Yoga			
	10:00 Bocce Ball			
	10:00 Portrait Drawing			
10:30 Rhythm Band				
12:00 Quilting Group				
1:00 Tole Painting				
1:00 Scrabble Group				
1:30 English Country Dance				
2:30 Ping Pong				
3:00 Senior Steppers				
F R I D A Y	9:00 Painting for Fun			
	9:00 Ping Pong			
	9:30 EnhanceFitness			
	12:15 Deck & 1/2 Pinochle			
	1:00 Tech Help			
S A T	1:00 Discussion that Crosses Divides			
	1:30 Senior Steppers			
S A T	9:00 Open Gym (9am-1pm)			
	10:30 Bridge Game			

Special Events

Valentine's Bingo!

Wednesday, February 13th at 2:00pm

What's Next: Housing Options as We Age

Wednesday, February 20th

Irish Dinner & Silent Auction for

Meals on Wheels

Saturday, March 16th

We could use a hand, volunteer with us!

We are currently seeking volunteers for weekly positions in the Coffee Bar on Tuesday mornings and the Dining Room on Mondays. If you are interested in these volunteer opportunities or others, please contact Volunteer Coordinator, Vicki Skipper at 733-4030 x1022 or vskipper@wccoa.org



Cyber Security and Fraud Protection Seminar



Seniors are more vulnerable to cyber threats and are often targets of fraud. This seminar will uncover some common fraud schemes and teach you how to protect your information and assets.

The environment for fraud is changing and should be reviewed frequently. We will go over a checklist on cyber security so you can assess how protected or susceptible you are to fraudsters. We will dive into ways you can protect yourself and what some of the more common fraud schemes are. Presented by Austin Neufeld, Financial Advisor.

Wednesday, January 9th at 10:30am

Rodney's Jammers Bluegrass Band



This group from the Blaine Senior Center will play a mix of classical bluegrass with some spirituals and a small taste of sixties folk rock. Members and guests are welcome to attend and light refreshments will be available.



Wednesday, January 16th at 1:30pm in the Auditorium

Paper Crafting: Gift Wraps

For the January class we will be creating our own gift wrap. We will be making unique paper bows, flowers from old sheet music and atlas pages and colorful gift tags.



Monday, January 14th from 10:00am - 1:00pm in Room

1. Sign up at the Front Desk. Materials fee of \$2 to be paid to instructor.

Valentines Bingo!

Cash payouts on all 10 games!
3 bingo cards for only \$1
50/50 raffle!

Wednesday, Feb. 13th

2:00-4:00pm in the Auditorium



TED Talk Discussions

We invite you to join us to view and discuss selected TED Talks that will facilitate discourse on important subjects. Each viewing will feature a different topic from which two TED talks will be viewed and discussed.



The quest to end poverty

Friday, January 11th at 10:30 am, Room 16

- How economic inequality harms societies
- Poverty isn't a lack of character; it's a lack of cash

Ideas in Psychology

Friday, January 25th at 10:30 am, Room 16

- The biology of our best and worst selves
- 10 myths about psychology, debunked

Book Buzz: A discussion group

“Bee” a part of the discussion of *Annihilation* by Jeff Vandermeer. Four women are sent to Area X: a biologist, an anthropologist, a psychologist, and a surveyor. Part I Initiation: They find The Tower and descend. Part II Integration: The Tower breathes; the anthropologist leaves. Part III Immolation: The journals of other expedition members are found in The Lighthouse; the psychologist dies. Part IV Immersion: Area X is growing; the biologist kills the surveyor. Part V Dissolution: The Tower calls to the biologist and she hears its heartbeat and realizes she will never return home.

Monday, January 14th at 10:30am in Room 2

New phone, laptop, or tablet for the new year?

Book a half-hour session with BSAC’s own Tech Help at the Front Desk. We coach through the unfamiliar and difficult, troubleshoot problems, and get you connected. Free with your BSAC Membership.



Come find out what our Bellingham Shed is all about

The Shed is a place where men can get together and chat, work on a project or two, create connections and gain a sense of community. The projects often are oriented towards providing service or product for the community at large, such as park benches, signs, repairing things for seniors and much more.

Join with other senior men in your community who would be interested in a startup group here in Bellingham for comradery and service to others.

Wednesday, January 9th at 1:00pm in Room 16

Contact: Marshall Gartenlaub at heyipop@hotmail.com phone: (951) 345-800 Or, Gary Lazarus at garylazarus@comcast.net phone: (360) 319-5754

Flight School

Learn to fly using the Microsoft flight simulator program. Learn about cockpit controls, aviation terminology, and how to fly the plane, including take-off and landing from pilot Paul Sorensen.

Friday, January 25th at 10:30am in Room 9

Traveling in Place: History & Culture from Around the World

Join us for a monthly presentation series focused on history and culture from around the world, presented by engineer and world traveler Kung Yin. We will explore locations and cultures through photos, stories, and video on the 3rd Friday of the month.

The mystery of Peru’s Nazca lines

Friday, January 18th at 1:00pm in Room 9

An ancient Peruvian civilization is gone, but they certainly left their mark. In fact, they left thousands of marks. Massive mythical creatures and geometric lines etched more than 1,000 years ago are preserved on the parched surface of the Nazca Desert.

Great Books Discussion

A possible New Year’s resolution: read or reread some of the greatest works of world literature. This month the Great Books discussion group will be examining Aeschylus’ play “Prometheus Bound,” a work that has been described as “a subtle and many-sided exploration of what is possible in a world bound by harsh and crushing conditions.” New members are always welcome.

Monday, January 28th at 10:00am in Room 2

Note that this group will now start at 10:00am

Wonders of Whatcom: Bird Behavior

Illustrated with pictures of birds in Whatcom County, this program shows you territorial displays, feeding, predator avoidance, nesting and many other ways that birds live, survive, and reproduce.

The Wonders of Whatcom program will continue at the BSAC in 2019 on the third Friday of the each month with slide show presentations covering various subjects on local art, history, nature, travel, and architecture.

Friday, January 18th at 11:00 am in Room 16

Wellness

Seniors and Cannabis: Let's Talk

Cannabis use is not for everyone. Nevertheless, if you're going to use it, it makes sense to do so mindfully and with knowledge. It's quite simple: Educate before you Medicate.

Lets get out from behind closed doors and talk about it in a factual, honest, way. After a long time of "just say no," let's "just say know."

Join cannabis educator Nancy Southern, MSW and Center for mindful use director Mike Hiestand for an informative presentation on the mindful use of cannabis for seniors. The pair will share their personal stories with cannabis and address some basic facts and fiction about it. The gathering will end with a Q&A/discussion.

Nancy Southern, MSW is a Creative Life Coach, Emotional Freedom Technique specialist, Reiki master. She works as a state-certified cannabis consultant at Satori. She is a Center for Mindful Use Educator and can be reached at happytapping@gmail.com.

Mike Hiestand is a First Amendment attorney and the co-foudner and volunteer director of Bellingham's Center for Mindful Use. mindfuluse.org.

Note: This discussion is intended to provide information only and should not be considered a substitute for obtaining medical advice about specific issues from a qualified healthcare provider.

Wednesday, January 23rd at 1:00pm

Strength Training Refresher Course

You're a seasoned weight lifter or maybe took the course but need to have a refresher course because you've been away a while. This two-hour course will give you a chance to ask questions and each machine will be described in depth.

Instructor: Elaine Cress, PhD, Health & Wellness Coordinator. If you have questions, contact Elaine at ecress@wccoa.org or 733-4030 x 1033

Prerequisite: Intro course to Strength Training Sign up at the Front Desk.

Tuesday, January 15th, 10:00am in the Gym

Stress & Worry Management Skills

Aging and caregiving brings a lot of changes and uncertainty. This class will provide you with a toolkit to help you manage stress and worry.

In this day and age stress and worry seem to be running rampant. We all know too much stress is unhealthy, but we don't all know how to manage it. We also don't have lives that allow us to go to the spa or exercise as much as we need to. Come and learn skills you can use at home and work, to lower your stress and calm your worries. Skills will include understanding of how the brain creates and releases stress, breathing and mindfulness, and how to notice and question thoughts that make things worse or better.

Maureen is a Licensed Mental Health Counselor Associate in private practice specializing in anxiety, panic, life changes, illness, caregiving, and couples.

Wednesday, January 16th at 10:30am in Room 16

Molina Healthcare

Rafael Ayala, a Molina representative, will be in the lobby to help people who have Medicare and that are low-income in getting extra benefits that are usually not covered by their regular Medicare like: dental, vision, transportation, over the counter medication and supplies, podiatry, acupuncture, hearing coverage etc. at no extra cost. Rafael will give information about the plan, enroll prospects in the plan and help people who already have Molina with any questions they may have.

Tuesday, January 8th from 1:00-4:00pm in the Lobby

Hearing & Communication Consultations

With Joel Bergsbaken of the Hearing Speech and Deaf Center. Sign up for a free consultation for individuals, caregivers, and families to receive support and education to help communication in your everyday life.

Continuing on the second Wednesday of each month from 9:00am - 12:00pm. Sign up at the Front Desk for a consultation time.



BSAC Travel & Tour Opportunities

Sign up early to reserve your seat

Upcoming Extended Travel

Harrison Hot Springs, Canada

March 5—7, 2019

Cost \$465 double; \$663 single

Scotland & Northern Ireland Explorer (seats still available)

March 18—March 27, 2019

\$4245 double; +\$700 single supplement

Colorado Rockies, Rails & Western National Parks

June 16-24, 2019

\$3025 double; +\$1000 single supplement

Washington Lighthouse Trail

April 14-18, 2019

\$976 double; \$1294 single

San Antonio Getaway

May 5, 2019

\$1375 double; +\$550 single supplement

Great Canadian Cities

June 19-28, 2019

\$3399 double; +\$950 single supplement

Alaska Discovery Land & Cruise

July 23—August 4, 2019

Prices starting at \$5114

Danube & Black Sea River Cruise

October 19—30, 2019

Booking Discount Available

Interested in any of these trips? Contact Darcie Romero at 360-746-3457 or by email at dromero@wccoa.org. You can also check our website at wccoa.org/tours.

Upcoming Day Trips

The Illusionists, January 19 2019

Vancouver BC

\$139

Bavarian Ice Fest, January 20, 2019

Leavenworth WA

\$70

Northwest Flower & Garden Show, February 21, 2019

Seattle WA

\$64

Seattle Chinatown, March 13, 2019

\$117

Emerald Downs, March 17, 2019

Auburn, WA

\$113

Tea, Tulips & Antiques, April 10, 2019

Skagit Valley

\$92

A Midsummer Night's Dream (ballet)

April 13, 2019

Seattle, WA

English Country Dancing with Live Music from “Up in the Air”

A local group of musicians, Up in the Air, will be on hand Friday, February 8th for a live performance accompanying an afternoon of English Country Dancing. This special dance event is being sponsored by the Bellingham English Country Dance group that meets every Thursday at the Bellingham Senior Activity Center. The dance starts at 3 pm and ends at 5 pm. Light refreshments will be served. The event is free although donations would be gratefully received.

As always, newcomers are welcome and gentle dances will be featured. Also, partners are not necessary. The dance is for people who are 50 years of age and older, Senior Center members and their guests. Attendees are encouraged to wear comfortable indoor walking type shoes.

English Country Dancing is based on a traditional form of social dancing that was first written down and published in the middle of the 17th century. It is often seen today in historical movies, particularly those recreating the Jane Austen novels. However, there are new dances being written all the time and English Country Dancing has a large following not only in the United Kingdom but in the United States, Canada and many other countries around the globe. It is so popular because it is fun, the music is beautiful and it doesn't take years of training to dance proficiently.

Friday, February 8th from 3-5pm in the Auditorium



BSAC is looking for YOU!

Are you interested in sharing your talent? skill? hobby? We are planning for new activities this year and would love to get you involved as a volunteer leader.

Perhaps you love current events and are interested in starting an article club. Maybe a knitting circle is more your speed. Do you love cribbage or canasta? Please consider sharing your time with BSAC members!

Groups meet weekly, bi-weekly or monthly. We have room in our schedule in the afternoon Tuesdays, Thursdays and morning till early afternoon Saturdays!

Please contact Eric for more information. epierson@wccoa.org, 733-4030 x1035



CARMICHAEL CLARK PS
ATTORNEYS AT LAW

COLIN R. MORROW

Assisting Seniors with:

Wills • Trusts • Estates • Elder Law

1700 D St. • Bellingham

carmichaelclark.com

(360) 647-1500



Plan Comparison and Enrollment Center



I would welcome the opportunity to help you navigate the complexities of Medicare.

My promise:

I will assist you in finding the Medicare plan that best fits your needs.

Robbie Swensen
Licensed Insurance Agent

360-201-0663

MedicareCompareUSA is an independent insurance agency and not affiliated with the federal Medicare program

Hungry?

Julie Meyers, MS, RD

It's 2:00pm in the afternoon and my lunch is still digesting as I walk through the Meals on Wheels offices to make a photo copy. Food is the last thing on my mind. Whoa, what is that amazing smell? One of our awesome volunteers brought us a delicious looking chocolate cake- my favorite. And, there just happens to be plates and a knife on the counter. Although my gut is trying to tell my brain that I am actually quite full, I override that thought and help myself to a nice big slice.

Most of us can probably recall a time or two when the senses overruled the stomach. Maybe for you it wasn't a piece of cake, but a second helping of mashed potatoes or a third slice of pizza. With so many delicious foods available at our fingertips, how do we prevent overindulging in our favorite not so healthy foods on a daily basis? Many powerful factors, including sight, smell, time of day, portion size, sleep, and exercise affect what, when and how much food we consume. Research studies have shown that sleep-deprived people tend to report increased desire to eat and tend to eat well beyond their caloric/energy needs.

Just how big of an influence does portion size have on our calorie intake at a given meal? In a study by Barbara Rolls PhD, 51 men and women were fed macaroni and cheese for lunch once a week for four weeks. The meals were identical except for the portion size, which varied from 16.5oz to 33oz (big to huge). On average, subjects consumed 30% more calories when served the largest portion compared to the smallest portion. Multiple other studies have found similar results. Think about how many more chips we tend to eat when eating out of the bag versus taking a handful and putting the bag away. Sometimes just using a smaller plate or bowl can help keep portion sizes down.

Despite the many factors which contribute to the super-sizing of our food intake (and our waistlines), we are not necessarily helpless to the sensory appeal of our favorite foods. Below is a simple tool to help us become conscious of our hunger and satiety signals before we overeat, called "The Hunger and Fullness Scale." There are many similar tools out there, but this one is based on the scale found in the older but still relevant book, "Intuitive Eating" by Evelyn Tribole and Elyse Resch.

Hunger and Fullness Scale:

- 0 Empty/ Famished
- 1-2 Stomach rumbling hungry
- 3-4 Ready for a snack or small meal
- 5 Neutral
- 6-7 Satisfied
- 8-9 Full to
- 10 Ready to burst or hibernate for the next few months



The scale is pretty self-explanatory. The goal is to stay between 3 and 7 as much as possible. Get too close to 0, and we are likely to eat everything in sight until it's tough to keep the pants fastened. So the next time you pass by that cake on the counter, take a moment to consciously tune into your hunger level. Already at a 6 or higher? Well, then it's probably best to remove yourself from the sensory appeal of the food. Still got "cake brain?" Try distracting yourself with a fun activity. If you give in to the temptation, don't beat yourself up about it. Savor each bite and maybe you will realize that you don't even need the entire slice to be satisfied.

January is Poverty Awareness Month

By Patty Clifton

Greetings from the BSAC Task Force on respect, equality and inclusion. Every month we select a topic for the newsletter in reference to different topics of interest, and for January we are bringing attention to Poverty Awareness Month to spread awareness of the poverty problem we have in our country, and to advocate for change and make change of our own.

I can't help but think of how important that topic has become, especially at this time of the year with Christmas and the New Year of 2019. Being born and raised in the Hawaiian Islands, it did not seem to be a worry for me...or so I thought...with one brother and a sister. My parents were both hard working and taught us the value of a dollar and although we didn't have much in the way of extras, there was always a lot of love to give and share. I grew up with strong principals that were taught to us by my mom and dad. My mom being the disciplinarian of the family, her mantra was always respect and care for your family, especially your elderly grandparents as they aged, but most of all to have compassion for those that didn't have much in the way of the basic daily necessities; that being shelter, clothing and food! It saddens me today to see how so prevalent that has become, even here in our own part of America and Whatcom County.

We are so thankful to have the support of the Meals on Wheels program that services many in our county, even out to the San Juan Islands, and the staff that works so diligently for their needs. This is why after 11 years, I will continue to be a volunteer for BSAC, and to do my part to share information that is available from the task force.

This year, consider making a donation to the Food Bank, Meals on Wheels, United Way of Whatcom County, or other organizations that help ease the struggles of those in need in our community. For more information on poverty in America and what you can do to help, visit povertyusa.org



January Lunch Menu

Lunch served: 11:30 am - 1:00 pm

Age 60+: suggested donation: \$5.00

Age Under 60: \$7.00.

1/1	Tue	<i>Happy New Year! - BSAC CLOSED</i>
1/2	Wed	Sloppy Joes on Multi-Grain Bun, Rainbow Potatoes, Garden Salad, Rainbow Sherbet
1/3	Thur	Baked Fish, Roasted Yam, Green Beans, Garden Salad, Fresh Fruit
1/4	Fri	Roasted Turkey, Mashed Potatoes & Gravy, Cranberry Sauce, Veggies, Pumpkin Pudding
1/7	Mon	Meat Lasagna, Italian Veggie, Caesar Salad, Sliced Pears
1/8	Tue	Tuna Casserole, Broccoli Florets, Garden Salad, Fruited Jell-O
1/9	Wed	Bratwurst served, w/ Red Sauerkraut, Tri Colored Potatoes, Green Beans, Apple Slices
1/10	Thur	BBQ Pulled Pork, Brown Rice & Roll, Crinkle Cut Carrots, Pineapple Coleslaw, Banana
1/11	Fri	Lemon Herb Chicken, Rosemary Red Potatoes, Brussels Sprouts, Garden Salad, Chocolate Ice Cream
1/14	Mon	Ham w/ Pineapple, Potatoes Au Gratin, Baby Carrots, Garden Salad, Coconut Fruit Salad
1/15	Tue	½ Grilled Cheese, Tomato Veggie Soup, Garden Salad, Cookie
1/16	Wed	Chicken & Dumplings, Steamed Veggies, Spinach Salad, Fruit
1/17	Thur	Turkey Meatloaf, Mashed Potatoes & Gravy, Normandy Veggies, Salad, Apple Cake
1/18	Fri	Sweet & Sour Meatballs over Brown Rice, Asian Veggies, Salad, Mandarin Oranges
1/21	Mon	<i>MLK Jr. Day - BSAC CLOSED</i>
1/22	Tue	Chicken Cobb Salad, Oatmeal Bread, Fruit
1/23	Wed	Beef Tamale, Spanish Rice, Refried Beans, Garden Salad, Tropical Fruit
1/24	Thur	Chicken Cordon Bleu, Sweet Potato, Caribbean Veggies, Spinach Salad, Fruited Jell-O
1/25	Fri	Salmon Filet, Wild Rice Pilaf, Baby Carrots, Garden Salad, Fruit
1/28	Mon	Beef Burgundy w/Brown Rice, Capri Veggies, Garden Salad, Fruit
1/29	Tue	Pub Style Fish & Chips, Oven Potato Wedges, Coleslaw, Fresh Melon
1/30	Wed	Denver Omelets, Roasted Potatoes, Sautéed Squash, Wheat Roll, Fruit & Yogurt
1/31	Thur	Veggie Lentil Soup, ½ Turkey & Havarti on Whole Wheat, Garden Salad, Fresh Fruit

Bellingham Senior Activity Center

315 Halleck Street
Bellingham, WA 98225

Return service requested

PRESORTED
STANDARD
U.S. POSTAGE
PAID
BELLINGHAM, WA
PERMIT NO. 135



Bellingham Senior Activity Center & Whatcom Council on Aging

Phone: (360) 733-4030 Fax: (360) 647-7952 Web: wccoa.org

Hours: Monday-Friday, 8:00am-4:30pm (6:30pm on Tuesdays) & Saturday, 9:00am-1:00pm

- BSAC Front Desk Reception ext: 1015
- BSAC Office, Barbara Miller ext: 1016
- BSAC Director, Molly Simon ext: 1020
- BSAC Prog. Coordinator, Eric Pierson ext: 1035
- BSAC Volunteer Coord., Vicki Skipper ext: 1022
- BSAC Tour Coord., Darcie Romero ext: 1019
- WCOA Nutrition (Meals on Wheels & More) ext: 1030
- WCOA Executive Director, Mary Carlson . . . ext: 1026
- Bellingham at Home ext: 2602

