



# WALLA WALLA SENIOR CENTER

THE CENTER AT THE PARK

Serving Seniors since 1971

MARCH 2022

## *The Bottom Line*

### Walla Walla Senior Center Current Hours/Operations:

While we have various activities happening at the Center, we are not yet open for Congregate Dining.

Please see our website for updates at [wallawallaseniorcenter.org](http://wallawallaseniorcenter.org)

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11am - Noon  
Senior-to-go-Meals  
See menu for serving days.

11am - Noon  
Free Pet Food  
Distribution every Monday.

Meals on Wheels  
(509) 527-3775  
ext 1

VoiceCare Emergency Response Buttons  
By appt, call  
(509) 527-3775 ext 2  
see ad on last page.

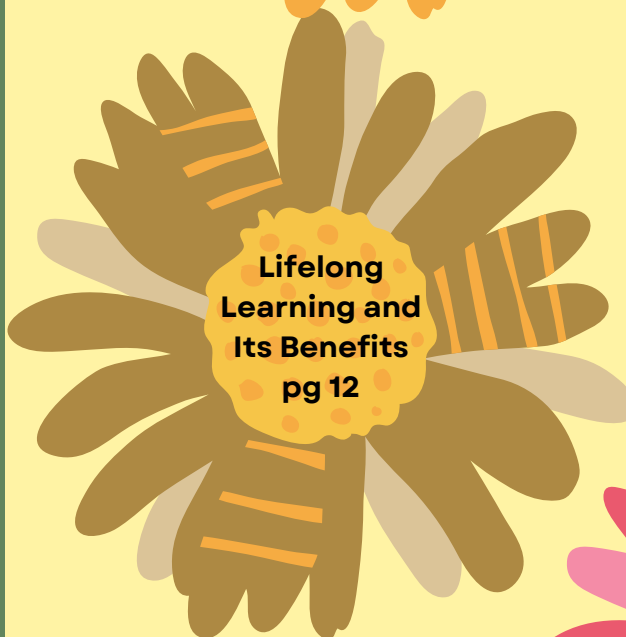
Adult Day Center - Respite Care  
(509) 527-3775 ext 3  
see page 12 for more info.



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# ANNOUNCEMENTS

## **THE WALLA WALLA OLD TIME MUSIC MUSICIANS ARE BACK!**

The Walla Walla Old Time Music Musicians are back at the Senior Center every 1st and 3rd Tuesday of the month. See page 10 for more details.

## **CONTRIBUTE TO THE MONTHLY NEWSLETTER**

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

## **SUSTAINING THE CENTER'S FUTURE**

Please consider the Walla Walla Senior Center when making your estate plans or considering memorial donations. We hope you choose to help keep the Center vibrant for years to come.

## **SWITCH TO THE DIGITAL NEWSLETTER**

If you haven't yet (and are interested) please consider switching to our new easy-to-read digital newsletter. View it on your computer or tablet. Why switch over? The colors and photos are clearer and brighter, and you'd be saving paper and ink, helping us be better stewards of our environment.

Give us a call at (509) 527-3775 or email us at [admin@wallawallaseniorcenter.org](mailto:admin@wallawallaseniorcenter.org) and let us know.

## **VOICE CARE PROGRAM**

Do you have a loved one who lives alone? Consider getting them set up with a Personal Emergency Response System so that they can have access to emergency support if necessary. These systems allow seniors to live independently in their homes.

Call Richard Clark at (509) 527-3775 ext 2 for more information.

## Monthly Donations Made Easy

Showing your support and donating is easy!  
By signing up for our monthly donation program, you don't need to remember to write the check.

Pledge an amount and it will automatically be donated each month.

Sign up today at  
[wallawallaseniorcenter.org/donate](http://wallawallaseniorcenter.org/donate) or give us  
a call at (509) 527-3775.

Scan me with your  
Smartphone!



## **WALLA WALLA SENIOR CENTER, INC.**

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

### **BOARD OF TRUSTEES**

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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 empower older adults to live healthy and happy lives through programs that work to combat hunger and social isolation.

## MEET OUR STAFF



**LILY KAMINSKY**  
MARKETING MANAGER

Lily grew up in Walla Walla and started volunteering at the Senior Center by delivering for Meals on Wheels once she was old enough to drive. She attended Portland State University and studied Marketing and Spanish. When the pandemic started in 2020, she moved back to Walla Walla where she found herself graduating from college from her parent's couch (this was not part of the plan). She then started working at the Senior Center (also not part of the plan) with her mom, Jane, the Nutrition Director. She worked in the kitchen, as an assistant to the nutrition program, as an assistant to the Director, and in marketing and communications. She learned that, often, veering from "the plan" turns out to be a blessing.

Now, she lives in Madrid, Spain, and teaches English at a high school. She is still doing remote work for the Senior Center, helping with marketing, the newsletter, and various other projects. She is thankful she still gets to be a part of the Senior Center even from over 5,000 miles away.

She is passionate about helping others and is glad that in her work as a teacher and with the Senior Center she is able to give back. She now plans to stay in Madrid for a while longer to continue to improve her Spanish skills and await the next "change of plans".

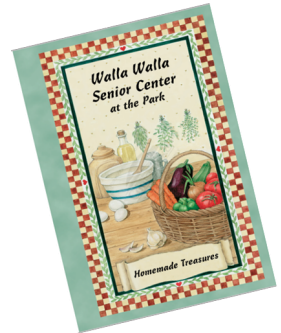
*Great  
gift idea!*

Walla Walla Senior Center Cookbook

**PICK UP YOUR COPY TODAY!**

\$10.00 each

Purchase your copy in the drive-thru line or give us a call at (509) 527-3775



**FROM OUR SENIOR CENTER COOKBOOK... (PG 42)**

### Florentine Spaghetti Bake

*By Sherrill Clark*

- 8 oz uncooked spaghetti
- 1 lb. bulk Italian sausage
- 1 c. chopped onion
- 1 garlic clove, minced
- 1 jar (28 oz) spaghetti sauce
- 1 can mushrooms, drained
- 2 c. (16 oz) small curd cottage cheese
- 1 egg, slightly beaten
- 1 package (10 oz) frozen chopped spinach, thawed & squeezed dry
- 1/4 c. grated Parmesan cheese
- 1/2 tsp. seasoned salt
- 1/2 tsp. pepper
- 2 c. shredded mozzarella cheese



Cook pasta per package instructions. In large skillet, cook sausage, onion, and garlic until sausage is no longer pink. Stir in spaghetti sauce and mushrooms. Bring to a boil. Reduce heat, cover for 15 minutes. Drain the pasta. In a bowl, combine the egg, cottage cheese, spinach, Parmesan cheese, salt and pepper. Spread 1 c. sausage mixture in a greased 13 x 9 x 2 inch baking dish. Top with spaghetti and remaining sausage mixture, layering with spinach mixture and mozzarella cheese. Cover and bake at 375 degrees for 45 minutes. Uncover and bake for 15 minutes longer or until lightly brown. Let stand for 15 minutes before cutting. Yields 9 servings.





# Adult Day Center & Family Support

Adult  
Day Center

(509) 527-3775 ext 3

[adc@wallawallaseniorcenter.org](mailto:adc@wallawallaseniorcenter.org)

Alex Sanchez,  
Program Manager



## The Walla Walla ADC is up and running!

With a new year upon us, us at the Walla Walla Adult Day Center hope that the worst of times are over with. Staff, volunteers and clients have been enjoying each other's company while still maintaining light restrictions, such as: mask wearing, staying home when possible contact occurred and physical distancing.

"Knock on wood"! We have had only one individual come into contact with covid-19 and its variants since reopening, the individual was asked to stay home and the spread ended there. We can responsibly say that our restrictions have been helpful in not spreading "the love" in our program or community.

Light at the end of the tunnel comes on March 21st when the indoor mask ordinances will be out the window, with that we hope we are able to reconvene all of our activities: group activities, outside visitors and group games. While we have been open since mid October, we had to put such activities on hold, keeping the health of our clients in mind.

To stay living at home, keeping as much independence as possible is our goal for all of our participants. It is our hope that everyone who is needing to access us and our program is able to do so without any barriers.

**Come visit us, you might enjoy making new memories and new friends.**



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!



# FREE INCOME TAX PREPARATION

The AARP Tax-Aide Program will provide free income tax preparation and e-filing in Walla Walla starting on Tuesday, February 1 at our two Walla Walla area sites, SonBridge Community Center and Walla Walla Senior Center. For each client, we will use one of two methods of tax preparation: Same-day No-scan Service or Two-visit Scan Service. Appointments are required and can be made by calling 443-499-3622 starting on January 17. Callers will hear a recording telling them to leave a message with their names, phone numbers with area code, and good times to call back. A volunteer will call them back and set up an appointment. For both types of service, clients will be required to wear masks inside the building. Clients having Two-visit Scan Service will be given two appointments, scheduled a week apart.

At the beginning of the appointment, clients will fill out an intake form and participate in a brief interview. After the interview, clients having Same-Day No-scan Service will wait while their return is prepared and quality reviewed, whereas clients having Two-visit Scan Service will wait while their documents are scanned and then leave the site, taking their documents with them. Tax returns of Two-visit Scan clients will be prepared and quality reviewed later, using scanned documents accessed online.

After their returns are prepared and quality reviewed, clients will review their return and sign a form accepting responsibility for the information on the return and authorizing us to e-file their return. This will happen on the same day for Same-day No-scan Service and at the second appointment (a week later) for Two-visit Scan Service. After signing, clients will leave with a printed copy of their tax return and all their tax documents.

Clients should bring with them all documents relating to income and possible deductions; photo identification for the taxpayer and spouse; Social Security cards or ITIN papers for the taxpayer, spouse, and all dependents; and, if possible, a copy of last year's tax return. They should also bring a mask and a pen or pencil to fill out the intake form. Clients who do not speak English should be accompanied by a friend or relative who is bilingual and can assist with the interview.



## Walla Walla Senior Center

# SALON



### Haircut

- Women - \$30
- Men - \$18
- Cut, shampoo, and blow dry - \$35-\$40

### Perm

- Starts at \$60

### Nails

- Basic (cut and file) - \$10
- Manicure - \$20
- Foot care (soak, cut, and file) - \$18

Gift certificates available!

**\*Prices are for ages 60 and over**

**Schedule your appointment by calling (509) 240-6034**



# 5 SPRING CLEANING TIPS

In less than a month, spring will be sprung! The change of seasons often motivates a fresh start, and for many, that means one thing: spring cleaning.

As the temperatures begin to rise, now's the perfect time to pull back the curtains, open up the windows and let the fresh air in while taking care of the tedious tasks that you neglected all winter. Check out these helpful tips below to make the process a little easier on yourself:

## 1. Ask your loved ones for help

Cleaning an entire home on your own can be overwhelming. Don't tackle the chores by yourself - instead, reach out to some of your family members for assistance. Not only will this make the cleaning day more efficient, it's also the perfect opportunity to bond with your loved ones, according to Senior Outlook Today. You can dig up old family photo books to look through, and find toys and trinkets from your kids' childhood to pass on to your grandchildren.

***"An extra helping hand can take care of the chores you can't complete."***

An extra helping hand can also take care of the chores that are difficult for you to complete on your own, such as dusting in hard-to-reach places, or rearranging large, bulky pieces of furniture.

## 2. Make a spring cleaning checklist

Once your loved ones have arrived for the day, sit down and create a checklist of all of the tasks you'd like to complete. Spring cleaning generally consists of sanitizing and organizing rooms, but there are a dozen other chores that are typically overlooked. Aside from mopping and vacuuming the floors, cleaning the windows, dusting and reorganizing, consider the following tips from CaregiverStress.com:

- Medicine cabinet - Remove all medications and prescriptions that are expired, as well as ones that you no longer use.
- Refrigerator and pantry - Eliminate all food that is expired.
- Smoke and carbon monoxide detectors - Replace all dead batteries.

- Rooms and hallways - Replace all broken light bulbs. Also, eliminate area rugs that pose a tripping hazard.
- Bathroom - Consider installing grab bars in the bathtub, shower and near the toilet.

Taking care of these additional tasks can reduce physical health threats in your living space.

## 3. Eliminate the clutter

It may be difficult to part with the items you've accumulated over the years, but hoarding the things that you rarely use takes up space, and has the potential to negatively impact your physical and mental health. Talk to your family members about helping you tackle the room with the most clutter first. Make three separate piles: yes, no and maybe. Place all of the items you use often in the yes pile, and turn items that are just taking up space in your home to the no pile. For items you're unsure of parting with, place them in the maybe pile. For all of the things that you're willing to part with, determine the condition and either throw them in the trash, or donate them to charity.

## 4. Reorganize before you cleanse

Once you've eliminated the clutter in your home, you'll have a fresh slate for cleansing and organizing. For your first task, The Huffington Post recommends gathering all of your important financial, health and legal documents and organizing them in one space. This will save you time, money and stress in the event of an emergency.

After gathering these critical documents, continue organizing. Make the items you use regularly easily accessible, and place items you rarely use tucked out of your way. Once your living space is arranged, you can start taking care of the traditional spring cleaning tasks: sanitizing, mopping, vacuuming and dusting.

## 5. Evaluate your current living conditions

If you've uncovered any issues in your home that make living conditions less safe, have one of your family members take care of it immediately. If your loved ones find the issue too problematic for fixing, it may be time to consider a new living arrangement.



# The True History Behind St. Patrick's Day

Modern St. Patrick's Day celebrations, at least in the United States, are likely to be characterized by commercial lucky charms and green beer—all of which has very little to do with the historical figure of the saint. As it turns out, it took centuries for the holiday to accrue the elements that now seem crucial to its celebrations.

The March 17 celebration started in 1631 when the Church established a Feast Day honoring St. Patrick. He had been Patron Saint of Ireland who had died around the fifth century—a whopping 12 centuries before the modern version of the holiday was first observed. But very little is known about who he actually was, according to Marion Casey, a clinical assistant professor of Irish Studies at New York University (and a regular marcher in the St. Patrick's Day Parade in Manhattan).

"We know that he was a Roman citizen, because Britain was Roman then, and then he was enslaved and taken to Ireland, where he either escaped or was released," Casey says. "And then he became a priest and went back to Ireland, where he had a lot of luck converting the Druid culture into Christians."

Legend says St. Patrick was actually born Maewyn Succat, but that he changed his name to Patricius (or Patrick), which derives from the Latin term for "father figure," after he became a priest. And that supposed luck of his is the root of all the themed merchandise for modern St. Patrick's Day.

It wasn't until the early 18th century that many of today's traditions were kicked into high gear. Since the holiday falls during Lent, it provides Christians a day off from the prescriptions of abstinence leading up to Easter, and around the 1720s, the church found it "got kind of out of control," Casey says. It was to remind celebrants what the holiday actually stood for that the church first associated a botanical item—customary for all saints—with St. Patrick, assigning him the symbol of the likewise lucky shamrock.

Modern-day celebrations and themes continued to take shape during the rest of the 1700s. In 1762, the first

New York City parade took place. It wasn't until 1798, the year of the Irish Rebellion, that the color green became officially associated with the day, Casey says. Up until the rebellion, the color associated with St. Patrick was blue, as it was featured both in the royal court and on ancient Irish flags. But as the British wore red, the Irish chose to wear green, and they sang the song "The Wearing of the Green" during the rebellion, cementing the color's relevance in Irish history.

As for the green beer, that's an even later addition. In fact, it wasn't until the late 20th century that Ireland repealed a law that initially kept everything—pubs included—shut down for the day. Since then, thanks to a marketing push from Budweiser in the 1980s, downing beer has become a common way to celebrate, regardless of how closely it's tied to the actual meaning of St. Patrick himself.

*Article via time.com*





# Senior Round Table Menu

## MARCH







2022  
FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

<b>1</b>  <b>Free pet food handed out on Mondays.</b>	<b>1</b> CHICKEN FRIED BEEF STEAK POTATOES VEGETABLE (CHEF'S CHOICE) ROLL FRUIT COOKIE	<b>2</b> LASAGNA VEGETABLE (CHEF'S CHOICE) COLE SLAW GARLIC BREAD FRUIT	<b>3</b> HEARTY CHICKEN & NOODLE SOUP FRUIT CAKE	<b>4</b> <b>CLOSED</b>
<b>7</b> MEAT LOAF POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE 	<b>8</b> SLOPPY JOE SANDWICH ON BUN VEGETABLE (CHEF'S CHOICE) POTATOES FRUIT	<b>9</b> BAKED CHICKEN MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT JUICE CAKE	<b>10</b> ROAST BEEF POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	<b>11</b> <b>CLOSED</b>
<b>14</b> STUFFED PEPPER CASSEROLE VEGETABLE (CHEF'S CHOICE) BAKED APPLES BROWNIE 	<b>15</b> SPAGHETTI & MEAT SAUCE VEGETABLE (CHEF'S CHOICE) GREEN SALAD GARLIC BREAD FRUIT	<b>16</b> CHICKEN FETTUCCINE ALFREDO VEGETABLE (CHEF'S CHOICE) SPINACH SALAD BREAD FRUIT	<b>17</b> CORNED BEEF & CABBAGE ROASTED VEGETABLES ROLL APPLESAUCE COOKIE	<b>18</b> <b>CLOSED</b>
<b>21</b> CHILI AND CHEESE TOPPED BAKED POTATO VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE 	<b>22</b> BEEF & BROCCOLI OVER RICE VEGETABLE (CHEF'S CHOICE) FRUIT COOKIE	<b>23</b> TURKEY & GRAVY STUFFING POTATOES GREEN BEANS BREAD PUMPKIN BAR	<b>24</b> HAM WITH CRANBERRY SAUCE SCALLOPED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD COOKIE	<b>25</b> <b>CLOSED</b>
<b>28</b> SALISBURY STEAK MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE 	<b>29</b> CHICKEN & DUMPLINGS VEGETABLE (CHEF'S CHOICE) PEA SALAD JUICE BROWNIE	<b>30</b> BAKED FISH VEGETABLE (CHEF'S CHOICE) CARROT SALAD CORN BREAD FRUIT COOKIE	<b>31</b> HAMBURGER WITH BUN LETTUCE, TOMATO & ONION VEGETABLE (CHEF'S CHOICE) POTATO PUDDING	

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



**NUTRITION PROGRAM  
MEALS-ON-WHEELS  
MEALS IN CONGREGATE  
SETTINGS**

Serving Home Delivered, Meals-on-Wheels and meals in Congregate settings to Seniors in Walla Walla, Columbia, Garfield, and Asotin Counties of SE Washington State for 50 years.



**Jane Kaminsky**  
**Nutrition Director**

720 Sprague St  
Walla Walla, WA 99362  
(509) 527-3775 ext. 1  
(509) 527-3776 Fax  
srt@wallawallaseniorcenter.org



# Egg Breakfast Cups

Having a healthy and high-protein breakfast ready to go will make your mornings more peaceful and ensure that you start your day off with the right nutrition. Try making a batch of this veggie egg-bake and save in the fridge for up to 5 days.

When you are ready to eat one in the mornings, re-heat in the microwave for about 30 seconds and enjoy!

*Makes 6 servings*

## Ingredients

- 5 eggs
- salt, to taste
- pepper, to taste
- spinach, chopped
- tomato, diced
- onion, diced fine
- 1 bell pepper, diced fine
- 1 head broccoli, cut into small florets
- parmesan cheese
- cheddar cheese

## Directions

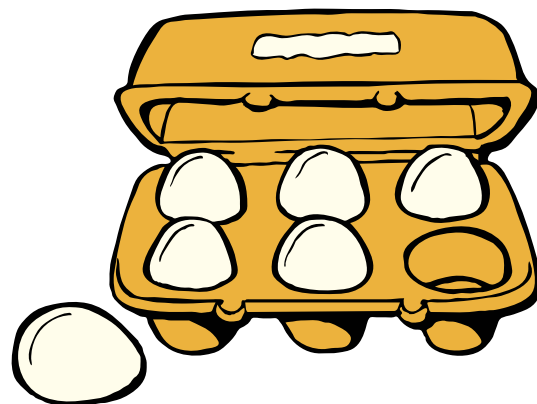
1. Preheat oven to 350°F (180°C).
2. In a measuring cup, beat the eggs until smooth. Set aside.
3. In a greased muffin tin, place your desired combination of fillings into each muffin cup.
4. Season each cup with salt and pepper.
5. Pour the beaten eggs into each muffin cup until the liquid almost reaches the top.
6. Bake for 20 minutes, until set.
7. Enjoy!

## Nutrition Information

- Calories 98
- Fat 5g
- Carbs 5g
- Fiber 1g
- Sugar 2g
- Protein 7g

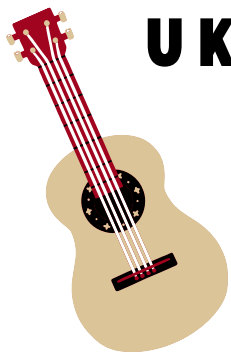


*Recipe via tasty.co*



# EVENTS

at the Walla Walla Senior Center



## UKULELE

Friday's in March at 12pm. All are welcome. Learn more and sign up at [wwpr.us](http://wwpr.us)

## THE WALLA WALLA OLD TIME MUSIC MUSICIANS



### March 1st and 15th

1st and 3rd Tuesday of each month from 6:30-8:30pm. \$3 admission at the door. Donations appreciated.

## SPRING WATERCOLORS

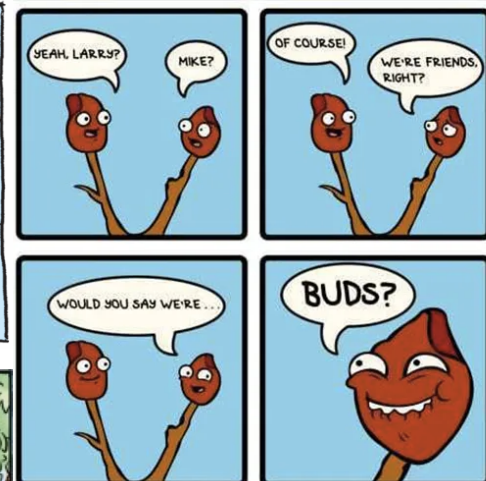
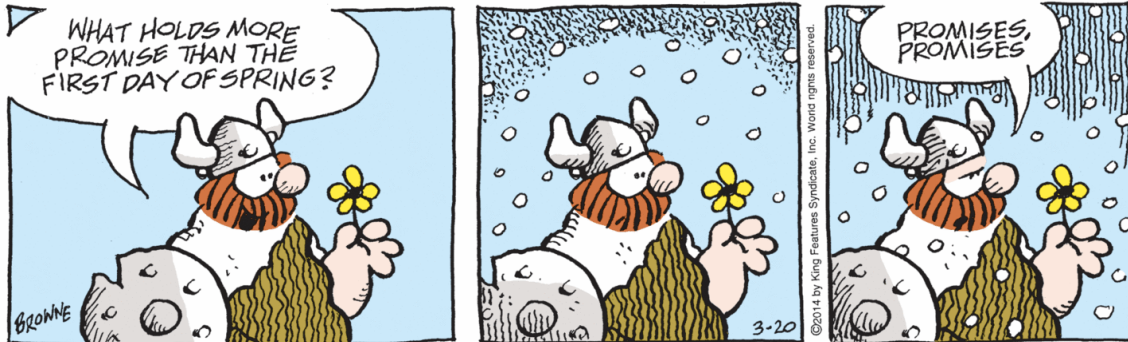


### Begins in April. Register by March 24th.

Explore the properties of this unique medium. This class is for those with some watercolor experience who want to continue learning and growing as an artist.

More info: [wwcc.edu/community/continuing-education/](http://wwcc.edu/community/continuing-education/)





## Your challenge this month!

Create your own comic about springtime! Here are a few ideas to get you started...

## alzheimer's association®

### Community Educators Needed!

The Alzheimer's Association is in the midst of building a volunteer leadership team here in Walla Walla to help support our community efforts in the fight against Alzheimer's. The team would be involved in supporting our education programs, support groups, and Early Stage Memory Loss programs by helping build awareness and connections to others in the community. For more information or to get started volunteering please call Michelle Larson at (208)666-2996 or Julie Hooley at (509)412-2371

#### Staying Connected

Staying Connected is a 4-session class for those with early stage memory loss and their care partner. It covers topics such as communication, safety, depression, family connections, and staying active in things you love to do. This class meets in a comfortable, support group type setting so participants can connect with others with similar experiences. We also provide resources for the participants to use as they begin their journey with memory loss.

#### Pre-registration required.

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

Questions? Call Julie Hooley @ (509)412-2371



#### 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



## PINOCHLE!

Join us every Monday at 1 pm at the Senior Center to play pinochle. Bring a friend! Call the office at (509) 527-3775 to give us a head count. See you there!

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

# Lifelong Learning Is Good for Your Health, Your Wallet, and Your Social Life

In 2015 Doreetha Daniels received her associate degree in social sciences from College of the Canyons, in Santa Clarita, California. But Daniels wasn't a typical student: She was 99 years old. In the COC press release about her graduation, Daniels indicated that she wanted to get her degree simply to better herself; her six years of school during that pursuit were a testament to her will, determination, and commitment to learning.

Few of us will pursue college degrees as nonagenarians, or even as mid-career professionals (though recent statistics indicate that increasing numbers of people are pursuing college degrees at advanced ages). Some people never really liked school in the first place, sitting still at a desk for hours on end or suffering through what seemed to be impractical courses. And almost all of us have limits on our time and finances — due to kids, social organizations, work, and more — that make additional formal education impractical or impossible.

As we age, though, learning isn't simply about earning degrees or attending storied institutions. Books, online courses, MOOCs, professional development programs, podcasts, and other resources have never been more abundant or accessible, making it easier than ever to make a habit of lifelong learning. Every day, each of us is offered the opportunity to pursue intellectual development in ways that are tailored to our learning style.

So why don't more of us seize that opportunity? We know it's worth the time, and yet we find it so hard to make the time. The next time you're tempted to put learning on the back burner, remember a few points:

**Educational investments are an economic imperative.** The links between formal education and lifetime earnings are well-studied and substantial. In 2015 Christopher Tamborini, ChangHwan Kim, and Arthur Sakamoto found that, controlling for other factors, men and women can expect to earn \$655,000 and \$445,000 more, respectively, during their careers with a bachelor's degree than with a high school degree, and graduate degrees yield further gains. Outside of universities, ongoing learning and skill development is

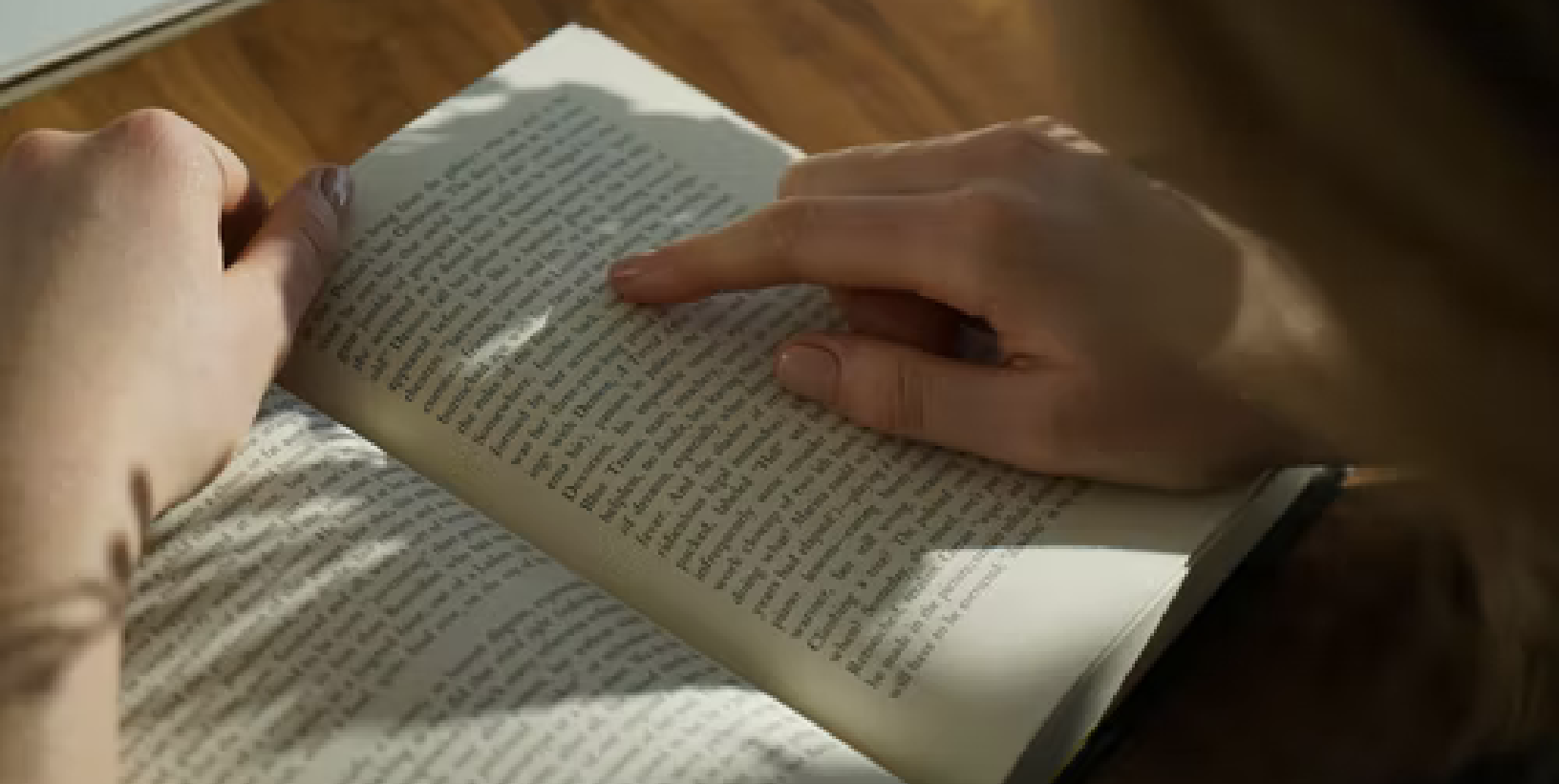
essential to surviving economic and technological disruption. The Economist recently detailed the ways in which our rapidly shifting professional landscape — the disruptive power of automation, the increasing number of jobs requiring expertise in coding — necessitates that workers focus continually on mastering new technologies and skills. In 2014 a CBRE report estimated that 50% of jobs would be redundant by 2025 due to technological innovation. Even if that figure proves to be exaggerated, it's intuitively true that the economic landscape of 2017 is evolving more rapidly than in the past. Trends including AI, robotics, and offshoring mean constant shifts in the nature of work. And navigating this ever-changing landscape requires continual learning and personal growth.

**Learning is positive for health.** As I've noted previously, reading, even for short periods of time, can dramatically reduce your stress levels. A recent report in Neurology noted that while cognitive activity can't change the biology of Alzheimer's, learning activities can help delay symptoms, preserving people's quality of life. Other research indicates that learning to play a new instrument can offset cognitive decline, and learning difficult new skills in older age is associated with improved memory.

What's more, while the causation is inconclusive, there's a well-studied relationship between longevity and education. A 2006 paper by David Cutler and Adriana Lleras-Muney found that "the better educated have healthier behaviors along virtually every margin, although some of these behaviors may also reflect differential access to care." Their research suggests that a year of formal education can add more than half a year to a person's life span. Perhaps Doreetha Daniels, at 99, knows something many of us have missed.

**Being open and curious has profound personal and professional benefits.** While few studies validate this observation, I've noticed in my own interactions that those who dedicate themselves to learning and who exhibit curiosity are almost always happier and more socially and professionally engaging than those who don't. I have a friend, Duncan, for example, who is





almost universally admired by people he interacts with. There are many reasons for this admiration, but chief among them are his plainly exhibited intellectual curiosity and his ability to touch, if only briefly, on almost any topic of interest to others and to speak deeply on those he knows best. Think of the best conversationalist you know. Do they ask good questions? Are they well-informed? Now picture the colleague you most respect for their professional acumen. Do they seem literate, open-minded, and intellectually vibrant? Perhaps your experiences will differ, but if you're like me, I suspect those you admire most, both personally and professionally, are those who seem most dedicated to learning and growth.

**Our capacity for learning is a cornerstone of human flourishing and motivation.** We are uniquely endowed with the capacity for learning, creation, and intellectual advancement. Have you ever sat in a quiet place and finished a great novel in one sitting? Do you remember the fulfillment you felt when you last settled into a difficult task — whether a math problem or a foreign language course — and found yourself making breakthrough progress? Have you ever worked with a team of friends or colleagues to master difficult material or create something new? These experiences can be electrifying. And even if education had no impact on health, prosperity, or social standing, it would be entirely worthwhile as an expression of what makes every person so special and unique.

The reasons to continue learning are many, and the weight of the evidence would indicate that lifelong learning isn't simply an economic imperative but a social, emotional, and physical one as well. We live in an age of abundant opportunity for learning and development. Capturing that opportunity — maintaining our curiosity and intellectual humility — can be one of life's most rewarding pursuits.

*By John Coleman via hbr.org*

### Take a moment to think about your relationship with learning

- How do you challenging yourself?
- Are you learning new skills, new facts, or new ideas?
- What's a hobby or habit you can add to your routine to continue to learn new things?
- What is something new that you have learned recently?
- What is your preferred method of learning? Reading? Watching? Hands-on?
- What is something you've always wanted to learn but haven't yet? What's stopping you?
- How does learning new things make you feel? How does it benefit you?



# THOUGHT PROVOKING QUESTIONS FOR YOU TO PONDER THIS MONTH...

Sit down for an hour or two or however long you want and go over these questions. Write down your answers if you want. Share your answers with a friend, a family member, or even send them back to us!

**What life lesson did you learn the hard way?**

**If you had to teach something, what would you teach?**

**What makes you smile no matter what? How can you include more of that in your life?**

## Senior Center Friendship Network!



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Social interaction can be hard to come by especially at a distance. Making a new friend or being a support for someone else is the best gift to have and to give. If you would like to be a part of the friendship network, please provide your information below and mail it back to us or drop it in our mailbox. We will then match you with another participant!

### YOUR INFO

Yes, I would like to be involved in the 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.\*

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about new  
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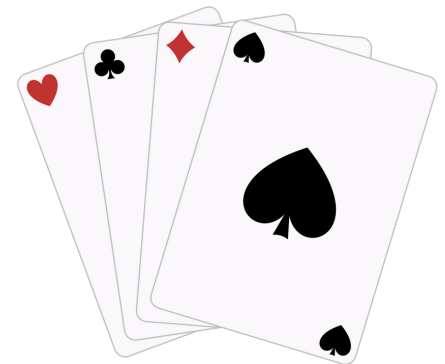
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**Monday-Thursday  
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