



WALLA WALLA SENIOR CENTER

THE CENTER AT THE PARK

Serving Seniors since 1971

DECEMBER 2022

The Bottom Line

Walla Walla Senior Center Current Hours/Operations:

Please see our website for
further updates at
wallawallaseniorcenter.org

.....

Congregate dining.

11:30 - 1pm

See menu for serving
days (pg. 8)

Senior-to-go-Meals via Drive-thru.

Tuesdays ONLY. You may
pick up 1 hot meal and 2
frozen.

10:30am - 11:30am

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.

Valley Giving Guide
2022 is here!

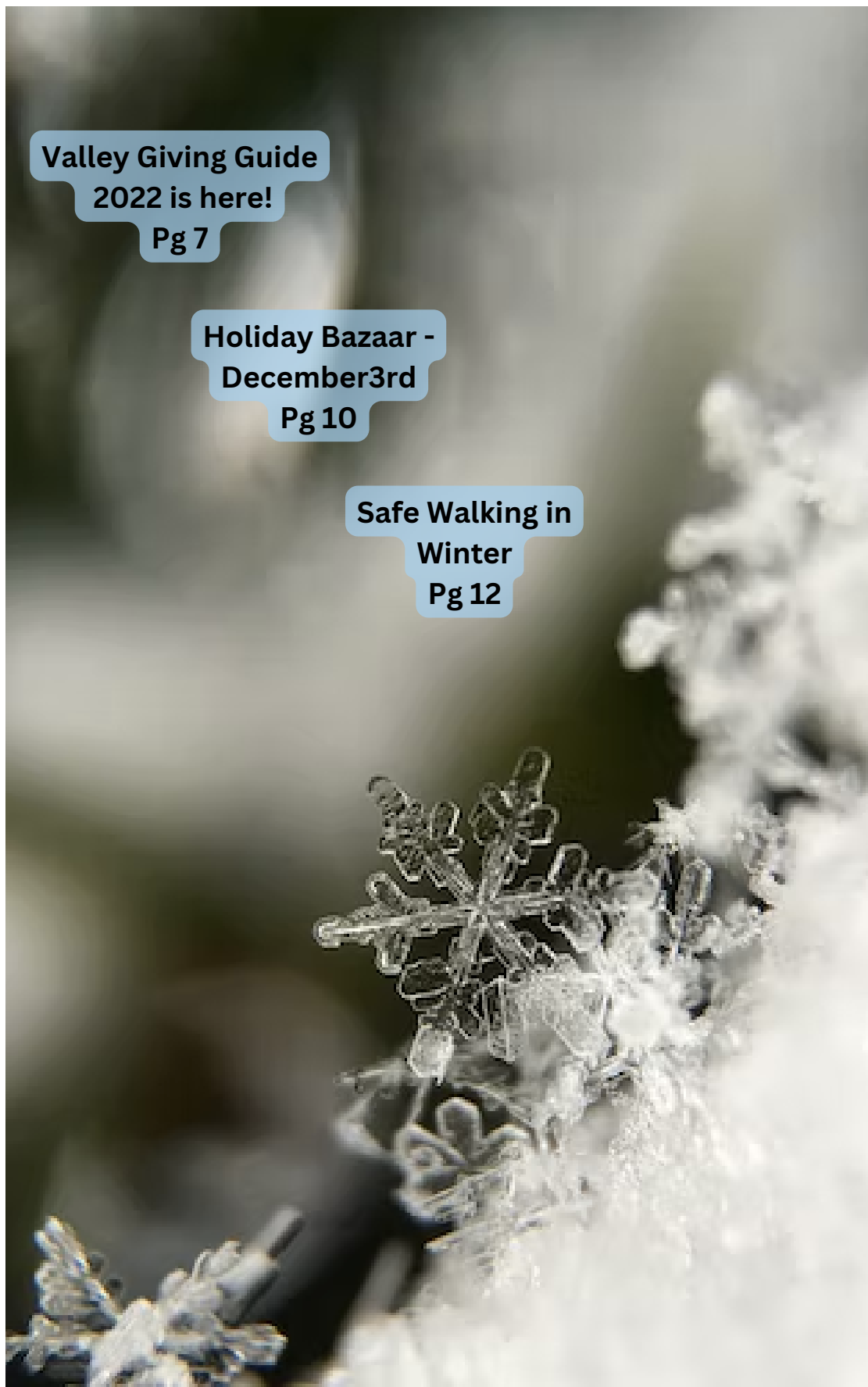
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Holiday Bazaar -
December 3rd

Pg 10

Safe Walking in
Winter

Pg 12



ANNOUNCEMENTS

THANK YOU ANONYMOUS DONOR!

An anonymous donor at our meal site in **Clarkston** paid for all of the meals for their Thanksgiving dinner lunch. What a wonderful and generous gesture. Thank you! We hope you all had a lovely Thanksgiving.

CONTRIBUTE TO THE MONTHLY NEWSLETTER

Do you have a story, a recipe, a resource to share? Send us an email at 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 and we will make the switch!

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 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

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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



JAYDAN
ADC ASSISTANT

Hi! My name is Jaydan. I am 18 years old. I was born and raised here in Walla Walla. I like to paint, draw and crochet. I've been making hats for this winter. I also like to spend time with my family and friends. I graduated from WWHS last spring. Next fall I'm going to get my certification for medical coding.

Right now I am taking a gap year to save up for next fall. I enjoy spending my time at the senior center because the people here have lots of stories and wisdom to share. Before I started working here I had some anxiety about talking to people I didn't know but they helped me come out of my shell.

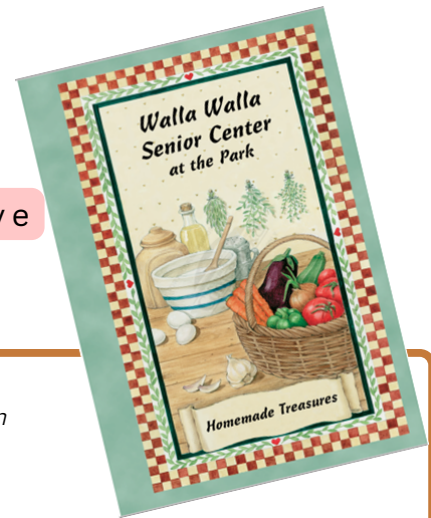
Great
gift idea!

Walla Walla Senior Center Cookbook

PICK UP YOUR COPY TODAY!

\$10.00 each

Purchase your copy at the Center or give
us a call at (509) 527-3775



FROM OUR SENIOR CENTER COOKBOOK... (PG 41)

By Susan

Chili-Rice Casserole

- 10 oz jack cheese
- 1 lg. carton sour cream
- 2 cans (4 oz) green chilies, diced
- 2 c. cooked rice
- 1 c. sharp cheddar cheese, grated

Cut jack cheese in strips. Mix sour cream, chilies, salt, and pepper to taste. Butter casserole dish. Layer rice, sour cream mixture and jack cheese, finishing with rice. Top with cheddar cheese. Cover and bake at 350 degrees for 30 minutes.



Time travel is theoretically possible, new calculations show. But that doesn't mean you could change the past.



Imagine you could hop into a time machine, press a button, and journey back to 2019, before the new coronavirus made the leap from animals to humans. What if you could find and isolate patient zero? Theoretically, the pandemic wouldn't happen, right?

Not quite, because then future-you wouldn't have decided to time travel in the first place. For decades, physicists have been studying and debating versions of this paradox: If we could travel back in time and change the past, what would happen to the future?

A new study offers a potential answer: Nothing.

"Events readjust around anything that could cause a paradox, so the paradox does not happen," Germain Tobar, the study's author and a student at the University of Queensland, told IFLScience. His work, published in the journal *Classical and Quantum Gravity* last week, suggests that according to the rules of theoretical physics, anything you tried to change in the past would be corrected by subsequent events. Put simply: It's theoretically possible to go back in time, but you couldn't change history.

The grandfather paradox

Physicists have considered time travel to be theoretically possible since Einstein came up with his theory of relativity. Einstein's calculations suggest it's possible for an object in our universe to travel through space and time in a circular direction, eventually ending up at a point on its journey where it's been before – a path called a closed time-like curve. Still, physicists continue to struggle with scenarios like the coronavirus example above, in which time-travelers alter events that already happened. The most famous

example is known as the grandfather paradox: Say a time-traveler goes back to the past and kills a younger version of his or her grandfather. The grandfather then wouldn't have any children, erasing the time-traveler's parents and, of course, the time-traveler, too. But then who would kill Grandpa?

A take on this paradox appears in the movie "Back to the Future," when Marty McFly almost stops his parents from meeting in the past – potentially causing himself to disappear.

To address the paradox, Tobar and his supervisor, Dr. Fabio Costa, used the "billiard-ball model," which imagines cause and effect as a series of colliding billiard balls, and a circular pool table as a closed time-like curve.

Imagine a bunch of billiard balls laid out across that circular table. If you push one ball from position X, it bounces around the table, hitting others in a particular pattern. The researchers calculated that even if you mess with the ball's pattern at some point in its journey, future interactions with other balls can correct its path, leading it to come back to the same position and speed that it would have had you not interfered. "Regardless of the choice, the ball will fall into the same place," Dr. Yasunori Nomura, a theoretical physicist at UC Berkeley, told Business Insider.

Tobar's model, in other words, says you could travel back in time, but you couldn't change how events unfolded significantly enough to alter the future, Nomura said. Applied to the grandfather paradox, then, this would mean that something would always get in the way of your attempt to kill your grandfather. Or at least by the time he did die, your grandmother would already be pregnant with your mother.

Back to the coronavirus example. Let's say you were to travel back to 2019 and intervene in patient zero's life. According to Tobar's line of thinking, the pandemic would still happen somehow.

"You might try and stop patient zero from becoming infected, but in doing so you would catch the virus and become patient zero, or someone else would," Tobar told the University of Queensland.

Nomura said that although the model is too simple to represent the full range of cause and effect in our universe, it's a good starting point for future physicists.

Article via [businessinsider.com](https://www.businessinsider.com)





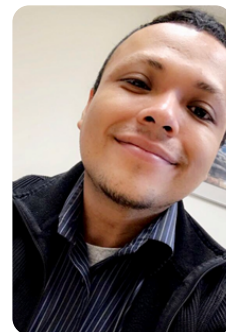
Adult Day Center & Family Support

Adult
Day Center

(509) 527-3775 ext 3

adc@wallawallaseniorcenter.org

Alex Sanchez,
Program Manager



FAMOUS
BY
NAOMI SHIBAB NYE, 1952

~

The river is famous to the fish.

The loud voice is famous to silence,
which knew it would inherit the earth
before anybody said so.

The cat sleeping on the fence is famous to the
birds
watching him from the birdhouse.

The tear is famous, briefly, to the cheek.

The idea you carry close to your bosom
is famous to your bosom.

The boot is famous to the earth,
more famous than the dress shoe,
which is famous only to floors.

The bent photograph is famous to the one who
carries it
and not at all famous to the one who is pictured.

I want to be famous to those shuffling
who smile while crossing streets,
sticky children in grocery lines,
famous as the one who smiled back.

I want to be famous in the way a pulley is
famous,
or a buttonhole, not because it did anything
spectacular,
but because it never forgot what it could do.

With lots of new faces on all fronts, participants, staff and volunteers, the proof is in the pudding. The Adult Day Center is a beacon of hope and help to those with mental, physical and/or emotional needs. 2022 was a great year for us. Our in-person services stayed open for the whole year, avoiding covid outbreaks and other pesky viruses. Families are all so grateful to be able to rely on the ADC regarding the wellbeing of their relatives knowing we will always have their best interest in mind.



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!

Valley Giving Guide 2022



Maximize
your
year-end
giving!

Support your
favorite
nonprofits!

**Donate
Now!**

[valleygivingguide.org/
profile/s/walla-walla-
senior-center](https://valleygivingguide.org/profile/s/walla-walla-senior-center)

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thanks to generous
Valley Giving Guide
sponsors!

Presented by

Cape Flattery Foundation

Premier Sponsors

 **COFFEY**
COMMUNICATIONS

Anonymous




www.valleygivingguide.org

Senior Round Table Menu

DECEMBER

2022
FRIDAY

MONDAY TUESDAY WEDNESDAY THURSDAY

			1 CHICKEN FRIED BEEF STEAK POTATOES VEGETABLE (CHEF'S CHOICE) ROLL FRUIT COOKIE	2 CLOSED
5 ROAST BEEF POTATOES & GRAVY VEGETABLE (CHEF'S CHOICE) ROLL FRUIT COOKIE	6 SWEET & SOUR CHICKEN OVER RICE VEGETABLE (CHEF'S CHOICE) PEA SALAD BREAD FRUIT	7 BAKED CHICKEN MASHED POTATOES & GRAVY VEGETABLE (CHEF'S CHOICE) BREAD FRUIT JUICE CAKE	8 CHILI & CHEESE TOPPED BAKED POTATO VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	9 CLOSED
12 HAM WITH APPLES SCALLOPED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD CAKE	13 CHICKEN FETTUCCINE ALFREDO VEGETABLE (CHEF'S CHOICE) CARROT SALAD ROLL FRUIT	14 SALISBURY STEAK POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	15 SLOPPY JOE WITH BUN VEGETABLE (CHEF'S CHOICE) POTATOES FRUIT	16 CLOSED
19 MEATLOAF POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	20 LASAGNA COLESLAW VEGETABLE (CHEF'S CHOICE) GARLIC BREAD FRUIT	21 TURKEY & GRAVY STUFFING POTATOES GREEN BEANS BREAD PUMPKIN BAR	22 HAMBURGER WITH BUN LETTUCE, TOMATOES, ONIONS POTATOES VEGETABLE (CHEF'S CHOICE) PUDDING	23 CLOSED
26 CLOSED	27 STUFFED PEPPER CASSEROLE VEGETABLE (CHEF'S CHOICE) ROLL FRUIT	28 BAKED FISH VEGETABLE (CHEF'S CHOICE) CORN BREAD GREEN SALAD FRUIT/ COOKIE (HAYSTACKS, IN HOUSE ONLY)	29 CHICKEN & DUMPLINGS VEGETABLE (CHEF'S CHOICE) PEA SALAD FRUIT BROWNIE	30 CLOSED

Free for persons 60+ years. Donations appreciated. Under 60 years \$ 7.00 charge. **Hours: Mon-Thur 11:30-12:30** 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



Warm Beverages to Keep You Hydrated and Healthy

Directions

1. HOT LEMON WATER

Water is the best hydrator because it is the simplest and, therefore, easiest fluid for the body to process. Adding a twist of lemon adds flavor and some vitamin C. The steam from the water held close to the face may help loosen clogged sinuses, and the water aids digestion, as well as hydration.

2. HERBAL TEA

Switch your regular tea to herbal teas. These can be prepared at home and will not contribute to the overconsumption of caffeine. There are plenty of herbal teas available, including: Chamomile, Ginger, Green, and Lemongrass.

3. COFFEE

Coffee gets a bad rap because drinking more than one cup a day has not traditionally been recommended, but studies show that drinking black coffee has many health benefits. It is naturally rich in many nutrients, and is high in antioxidants. The caffeine in coffee provides a short-term brain boost, and studies indicate lowers the risk of developing Alzheimer's disease. Coffee drinkers have also demonstrated a reduced risk for developing Type 2 diabetes.

4. WARM APPLE CIDER WITH CINNAMON

For many, apples are the flavor of fall – and there is nothing like a glass of sweet, warm apple cider to quench your thirst and help with your sweet tooth. Apple cider is a great source of vitamin C and iron, which helps with tissue repair and is a boost to the immune system. Cinnamon is loaded with antioxidants, has anti-inflammatory properties, and tends to lower blood sugar. This is one of the great warm beverages for someone seeking healthy hydration and flavor.

5. HOT COCOA

Dark chocolate has been shown to lower blood pressure and increase serotonin levels, which produce a calming, soothing effect. And cocoa contains powerful antioxidants that reduce inflammation. The key is to look for cocoa mixes that list dark chocolate as their first ingredient (at least 70 percent cocoa). To make your hot cocoa even healthier, make it with low-fat milk.

Adapted via bethesdahealth.org

HOLIDAY BAZAAR

Saturday, December 3rd

9am-3pm



Vendors • Raffle Baskets
Lunch • Holiday Cheer
And More!

See you there!

Lunch Menu:

Hamburger and potato salad or soup for \$7.
Dessert will be an additional \$2.



720 SPRAGUE ST., WALLA WALLA, (509) 527-3775

MORE ANNOUNCEMENTS!

DECEMBER 2022

THE WALLA WALLA OLD TIME MUSIC MUSICIANS



December 6th and 20th

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

HEALTH TALKS WITH BROOKDALE

Thursday, December 15 at 12:30 PM

Come be a part of a larger discussion with professionals from Brookdale Senior Living, discussing the topic of "Wellness" as we head into the holiday season. As we approach the holidays, let's gear up to bolster both our physical and mental well-being. Join Brookdale and learn together the best practices of "staying well" during the holidays.



BROOKDALE
SENIOR LIVING

ALZHEIMER'S ASSOCIATION®

Memory Café Volunteers Needed!

A Memory Café is a regular social gathering for people living with dementia and their loved ones, in a comfortable community setting such as a coffee shop or café. While some include education or structured activities, Memory Cafés primarily provide the simple joy of being together in a welcoming, stigma-free environment. We are hoping to start a Memory Café in Walla Walla soon and need volunteers to help us hold this great community resource. If you are interested in volunteering or have a host site for the café, please contact Julie Hooley at (509)412-2371

Powerful Tools for Caregivers

A Free 6 week series for family caregivers! Are you helping a parent, spouse, or friend? This educational program is designed to help you take care of yourself!

Join us to learn about:

- Identifying and reducing personal stress
- Communication types and strategies
- Taking care of you
- Making tough caregiving decisions and family meetings

Call ALTC to Register (855)567-0252



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

Alzheimer's Association - 24/7 Helpline
800.272.3900

Walla Walla Senior Center



SALON



Gift certificates available!

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

*Prices are for ages 60 and over

Schedule your appointment by calling (509) 240-6034

Safe walking in winter for older people

Dressing in layers, adding grip to footwear and using a stick that's the right height are all helpful ways to make going out in cold weather safe and enjoyable. The chilly bite of winter is on its way and the drop in temperature and icy conditions can pose a challenge to those who are more fragile and less stable.

On the other hand it's good for anyone of any age to continue to get out and about for at least 20 minutes each day. Not only is it healthy but research has found that a 20-minute walk on a daily basis can contribute to a happier lifestyle for older individuals.

That said, it is of course important to make sure that you are well equipped for any wintry conditions to prevent suffering from cold or injury. Here are a number of ways in which to prepare you for winter walking, so you can continue to enjoy the outdoors and make the most of the frosty season.

Prevent hypothermia with the right clothing

Hypothermia occurs when an individual's body temperature drops to worrying levels, which usually happens when they have been in the cold for too long. Elderly people are much more susceptible to hypothermia than younger individuals, especially if they have poor circulation. Symptoms to watch out for include:

- Cold and pale skin
- Feeling overly tired
- Appearing confused and weak
- Struggling to walk
- Slowed breathing

The threat of developing the condition over winter can be reduced through appropriate clothing. Three thin layers of clothing are recommended rather than one thick one. Your parents might also want to consider investing in some thermal clothing to wear underneath their everyday clothes. Keeping dry will help as well.

To further prevent the risk of hypothermia, make sure indoor heating stays at 18°C at the very least.

Protection from frostbite

Frostbite usually develops on parts of the body that are furthest away from the heart, such as fingers and toes, ears, the nose, and the chin, after long exposure to freezing temperatures.

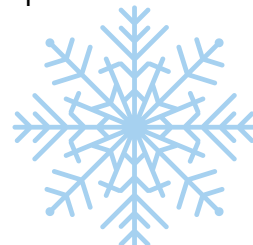
As with hypothermia, those with circulation problems are more likely to suffer from frostbite than others, as are those with heart disease. Anyone with these conditions would be well advised to make sure they are completely covered by warm, insulating clothing.

If you are outside and your skin turns a dark red and is starting to feel sore, you need to get inside promptly. Other symptoms include hard, numb, waxy skin with a white or grey tone. If you experience any of the above, a medical professional should be consulted as soon as possible.

Prevent falls with a little preparation

When there's ice, snow or sleet about a little preparation can help to reduce falls. If the doorway of your home has steps leading up to it, it's well worth investing in an outdoor grabrail to support you during icy weather. Any paths or driveways should have salt grit scattered over them as often as possible, and this might be something a family member or a local friend need to take care of, as the bags can be heavy.

Boots with thick, non-slip soles are imperative when heading outdoors, and if you live in an area that's heavily affected by snow and ice, then attachable ice and snow grips that sit on the bottom of boots and shoes will come in handy. While out walking on icy ground, taking short and flat steps can also provide more stability.



A well measured walking stick

Walking sticks are a fantastic mobility aid to support you when walking in winter, but it's important to ensure that the walking stick is measured correctly and adjusted accordingly for the best results.

To set your walking stick to the right height, you can follow these simple instructions:

- Stand upright, wearing the shoes you would expect to head outside in. Relax with your arms down by your sides.
- Have someone else flip the walking stick around and rest its handle on the ground by your parent's side.

Adapted from whentheygetolder.co.uk

Vitamin D has many roles in the body and helps processes such as maintaining a healthy immune system. It also helps maintaining normal blood levels of calcium and phosphorus, in order to help form and maintain strong bones (which is especially important for the elderly and young children).

While there are many great vitamin D sources, we know that simply being outside in sunlight is the easiest (and of course the cheapest!) way of getting your fix, however during the

- Where the walking stick meets the bottom of your wrist bone, make a small mark and adjust the length of the walking stick to meet this mark, by pushing in the two buttons and sliding up or down.
- If you have purchased a wooden walking stick, a small saw will be able to cut the stick down to the right length.

Having your walking stick the right length will prevent you from hunching over or having your shoulder pushed upwards, as well as providing as much stability as possible when out and about. Keep an eye on the ferrule of the walking stick – the rubber tip that comes between the stick and the ground. Replace the ferrule whenever it is worn down and smooth looking. You could also fit an ice spike that fits over the ferrule for additional support during the winter months.

While supplements are great, it's also important to eat a great amount of vitamin D rich foods during winter months. Vitamin D can be found in some dairy products such as eggs, as well as fruits and vegetables like mushrooms. However, some of the bigger food groups to consider are:

HOW TO GET VITAMIN D IN WINTER

winter months this can be a little tougher. As our seasons change, the clocks go back, we have less

daylight hours. Make sure you put aside the time within your daily routine to leave the house and catch some sunlight when you can.

To be sure you are getting enough vitamin D, you may want to take a supplement. Talk to your doctor about whether or not this would be a good idea for you.

- Oily fish foods & fish liver oils: such as salmon, sardines, herring, tinned tuna, and

mackerel. If you don't like fish, an alternative can be to take cod liver oil supplements which are a great source of vitamin D.

- Fortified foods: cow's milk, soy milk, orange juice, breakfast cereal and some fat spreads.
- Red meat: beef, lamb, pork, veal, venison.

Adapted from spatone.com



Morning Coffee

Join us for your morning coffee here at the Center. Donations appreciated.

**MONDAY-THURSDAY
7AM-10AM**

Game Area



Join others at the East end of the dining room for games and cards. Choose from those supplied by the Center, or bring your own!

**Monday-Thursday
7am-3pm**



Every week

At the Walla Walla Senior Center...

BRIDGE!

Join us every Tuesday and Thursday at 1 pm at the Senior Center to play Bridge. All are welcome.



CARD GROUPS



PINOCHLE!

Join us every Monday at 1 pm at the Senior Center to play Pinochle. Bring a friend!

GAMES WITH FRED



Do you like playing card and board games? On Wednesdays, Fred hosts a game event in which he brings different games to play and to teach. Play old favorites and learn new ones!

This program is free and open to all

**WEDNESDAYS
10AM-3PM
(INCLUDES A BREAK FOR
LUNCH FROM NOON TO
1:00PM.)**

LIVE INDEPENDENTLY AT HOME

with a Personal Emergency Response System



These wearable pendants will give you and your loved ones peace of mind and keep you in your home for longer.

Learn more about our VoiceCare program by calling Richard at (509)527-3775 ext. 2.

RENT A SPACE AT THE SENIOR CENTER PRICES START AT \$50.00 AN HOUR.

Need a place for your next meeting, wedding, reception, party, church group, dinner, or family reunion? Whatever the occasion, our spaces can meet your needs.

- Rooms available with various capacities ranging from 20-200
- Portable A/V system for presentations, movies, etc.
- Wi-Fi access
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- Fully handicapped accessible facility
- Onsite parking and easy access
- Park setting and playground
- Clean and reasonably priced
- Catering available

**GIVE US A CALL AT (509) 527-3775
FOR MORE INFORMATION
OR FOR A TOUR**



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

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



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Support us with
amazon smile
You shop. Amazon gives.

let us live like flowers

wild and beautiful
and drenched in sun

-Ellen Everett

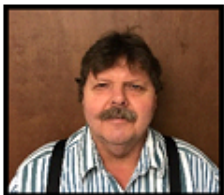


Walla Walla Senior Center - Voice Care

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. 2

In partnership with:
Connect America
Help at the Push of a Button

