



# WALLA WALLA SENIOR CENTER

THE CENTER AT THE PARK

Serving Seniors since 1971

APRIL 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.

Earth Day  
2022!  
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Heighten  
Your Senses  
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Job  
opportunity  
for 55+  
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# ANNOUNCEMENTS

## OVER 55, UNEMPLOYED AND LOOKING FOR WORK?

SCSEP is a 60 year old program through the Department of Labor that helps seniors get back into the workforce. You will earn \$14.49 an hour putting in 18-25 hours a week at a nonprofit. If you're 55+, outgoing, and have knowledge of computers. I can use you!

For info: Sandra Moore, Project Director – [sjmoore@aarp.org](mailto:sjmoore@aarp.org) – 1-888-325-7712

## 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 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](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 VOLUNTEERS



**ANNETTE BOWKER**  
VOLUNTEER

Annette was born in Colfax, WA and grew up in Everett, WA. She spent most of her weekends and summers in Colfax working and spending time with family. After getting married, she moved to Lake Stevens, WA, then to Camano Island, and lastly to Longbeach peninsula. She settled in Walla Walla seven years ago. Annette owned and operated a cleaning business that specialized in cleaning new construction projects.

In her spare time she really enjoys fishing - she has fished all over WA state and up into British Columbia. She enjoyed backpacking, hiking, and camping all over the state with her family. When her kids were little, she took them camping and taught them to pack their own gear. She has fond memories of boating, fishing and camping with her family. Annette still enjoys going charter fishing and goes as often as she can. Annette also played slow pitch softball in her 30's and traveled around to play college level teams. She then transitioned to bowling and got to travel as far as Las Vegas to bowl.

When her husband passed away, Annette started volunteering at the Senior Center and volunteered for two years. After that, she volunteered at Pantry Shelf of Walla Walla. She returned to the Center this year to volunteer in the kitchen. She enjoys meeting new people at the Center and giving back to the community.

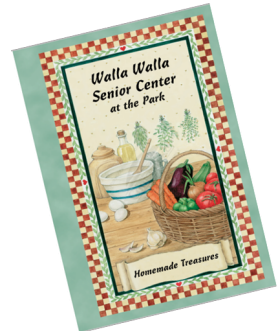
*Great  
gift idea!*

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 41)*

*By Barb Milbrand*

## Crust-less Quiche

- 8 beaten eggs
- 1 1/2 c. mozzarella cheese
- 3/4 c. cottage cheese or sour cream
- 2 c. baby leaf spinach
- 1 c. cut up asparagus or choice of veggies
- 1 whole tomato diced

Pre-heat oven to 375 degrees and place oven rack to center position. In a bowl, combine all ingredients and pour into mold. Bake 45-55 minutes until center is lightly golden. I like to add cheddar 1/2 c. + mozzarella cheese and chiles to mine instead of all mozzarella cheese.





# Adult Day Center & Family Support

(509) 527-3775 ext 3

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

Alex Sanchez,  
Program Manager



## Adult Day Center Volunteer Spotlight: Ron Wheeler

Around here he's known by many titles: part of the Board of Directors, Nutrition Program volunteer, Meals on Wheels driver, meal bag collector, Adult Day Center volunteer and card shuffler. If you've never met Ron, you've never been at the Senior Center, plain and simple he is one of the gears that makes our engine run. After packing a couple hundred meals for homebound seniors in our community and delivering a few, he makes his way to the Adult Day Center to spend some time with our participants.

From the moment he walks in our doors he is ready to serve, making sure to greet everyone, leaving no stone unturned. Cracking jokes, a listening ear, providing a comforting response, and making everyone feel alright are some of the many reasons we love having Ron around.

As a retired guard out of Walla Walla Penitentiary, his only task is now bringing smiles to our participants and caring for our community, which he does extremely well.



Thank you from all of us at the adult day center, participants and staff included! We truly don't know what we would do without you.

*If you'd like to volunteer for the Adult Day Center program here at the Walla Walla Senior Center, please contact the Senior Center office, or call Alex directly at (509) 527-3775 ext. 3.*



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!



# HOW TO HEIGHTEN YOUR SENSES

Leonardo da Vinci suggested heightening the senses to enhance your life experiences. Great advice!

## How can you heighten your senses?

Below are 25 ways to bring more presence to your daily activities. These experiences may be very new to you. When you read and experiment with the suggestions try not to be spooked by how brilliant you are! You will start to become much more aware of your amazing body and what it is capable of.

With each suggestion try also sensing the experience in 360° For example: if I say listen to a close sound and one far away, listen to sounds all around you not just in front of you. See for yourself how simple it is to have a richer more rewarding life experience!

### 1. Close your eyes to enhance your hearing

Focus solely on the listening – notice every sound, close, far, loud, quiet. Listen for rhythms, beats and repetitive noises. Pick out distinct sounds like individual birdsong. Notice also the sounds come from silence and return to silence. Be aware of the gaps as much as the sounds. Listen to music with your eyes closed. Try following two separate sounds individually. For the ultimate test try listening to two different recordings on headphones: one in each ear! See if you can follow and understand both recordings.

### 2. Focus totally on your breath

Slow your breathing right down. Breathe deeply, gently and fully and pay attention to the air passing in and out of your lungs – see how it slows or stops your thinking. As you do so try closing your eyes and also listen acutely. Sense the life in your body and feel air on your skin as you breathe slowly. Feel the buzz of life within you and on the outer parts of your skin.

### 3. Pinpoint experiences such as eating; concentrate on taste

Closing your eyes can help you detect and enhance specific experiences. If drinking be aware of holding the pencil, if drinking sense the holding of the cup. Notice complete body experience – sense with every cell as you go about your activities. Even simple tasks such as brushing your teeth: become totally immersed in the

activity and slow your thinking. Pay greater attention and realization to what you are doing.

### 4. Listen to a plant, tree or flower

A brilliant meditation and relaxation exercise is to simply sit with and listen to a plant, tree or flower. Pay alert attention without analysis. Sense the life in the plant – the peace – the way it grows from silence and stillness. Sense its contentment at living. Notice the colors, shapes and growth. Notice how the leaves grow in different directions without fighting each other; seeking out light and air. Imagine the roots – sense the strength and how they intertwine with the planet. Imagine also the following question – could I have made this? Marvel at its beauty!

### 5. Watch clouds drift and listen intently to birdsong

Another great technique for silencing the mind and becoming relaxed. Watch clouds drift, listen intently to birds singing and sense the wind.

### 6. Look at a close object then a distant one and alternate focus

A great eye exercise; alternating your focus. See how quickly your eyes can adjust to light, detail, sharpness and how quickly it recognizes shapes and objects. Look all around rather than simply up and down; slow your gaze, drink in the surroundings and notice minute detail in objects.

### 7. Study your hand – explore the detail and aging!

Closely explore the detail on your hands; sense the intricate marks, scars, lines, hairs. Notice the aging, browning and wrinkles! Sense the temporary nature of your skin and body. Think back to a time when it looked smoother (assuming you are older!) Move your fingers and hands slowly and observe the fascinating way everything works and start to appreciate how incredibly complex and fortunate we are! Could you make what you are seeing any other way than through being human?

### 8. Smell deeply – differentiate between subtle odors

Acknowledge strong smells, light fragrances, smells coming and going. See how many you can identify. Breathe slowly, deeply and “knowingly” – become aware of air.

### 9. Touch with eyes closed – explore textures, surfaces, shapes

A great way to explore shapes and textures – simply

sense with the hands. Feel hardness, smoothness, softness, flexibility, bumpy, flat, curvy, elasticity.

**10. Close eyes and feel temperature of objects with hands**

Sense the coolness or heat of objects; such as the coolness of tables and ornaments.

**11. Close your eyes and sense individual body parts**

With eyes closed think around your body – name body parts and sense them

**12. Close your eyes and identify objects solely by touch**

Place objects before you or for an even better test get someone else to do it for you and see how many items you can identify simply through touch.

**13. Close your eyes and try observing your pulse or blood flow**

A subtle way to slow the mind and become relaxed is to try to observe your blood flow and pulse. Sense the life within you and how everything is being taken care of inside.

**14. Gently pull your ears out and listen!**

An incredible way to enhance your hearing is to gently pull your ears outwards – see how little you have to move them to increase your hearing ability! The skin appears to deflect sounds into your ears more. If using a telephone close the other ear and notice the improvement in clarity in the ear you are using for the call.

**15. Feel the wind – really feel it with all the senses**

Watch the wind, feel the wind, smell the wind, sense the wind. See how it turns grass, trees, flowers and other objects. Sense how it moves and swirls and everything is seemingly being “ordered” into place. Notice moisture in the wind. Notice temperature. See how it moves the clouds and how birds float and twist and turn in the wind. Really feel the wind with all your senses.

**16. Close your eyes and pass your hands through water**

Notice the strength in water, the heat or coolness, sense ripples and waves. Watch water and observe the way it moves, the way it rises and falls and calms into stillness. Observe also flotation and how we are waterproof! Remember we are 75% water! Remember to drink plenty of water!

**17. Drink and focus solely on the drinking**

Sense the liquid, the taste and notice the thickness or not of the fluid. Notice flavors, observe still or sparkling, hot or cold? Really taste the drink and follow it down as you drink. Be fully present on the drinking and the connection with your hands also. Notice also the aroma. Try drinking a cup of coffee with your eyes closed! (Side note & quick joke: If you ever order still water and the waiter repeats “Still Water?” say: “Yes, still Water – I haven’t changed my mind”)

**18. Eat slowly and taste every mouthful; flavors, seasoning, herbs, spices**

Savor every mouthful and really taste – sense the ingredients and perhaps even ponder the country of origin and the journey, the connections that made it possible to eat what you are eating. Eating rice? Picture the rice fields and the life of the grower! Notice the aromas and textures also.

**19 Identify foods with your eyes closed**

A great test of the palate!

**20. Close eyes and brush fingers lightly over arms sensing hairs not skin**

Sense the static feel, the tingling sensation, and temperature.

**21. Do the same on your face and hover slowly**

Sense the connection, even without touch; sense the heat and life.

**22. Walk barefooted on carpets – sense each step**

Sense the thickness of the carpet, any heat or coolness and notice how you can change the temperature with your feet! Become aware of how your toes and feet interact with the material.

**23. Walk barefooted on grass or concrete – sense each step**

Gently place each foot and really feel the entire experience.

**24. Walk and be conscious of every step as you plant your feet**

Wherever you walk try to be conscious of the walking, notice your feet – perhaps even count your footsteps! Try walking backwards and see the effect on your muscles and orientation. Take different routes and sense your surroundings fully as you observe your new environment.



**25. Become aware of your entire body and “feel” with every cell**

In whatever you do, whether you are sitting, standing, walking, running, relaxing – in fact, everything! Try to become fully aware of your body and sense the life in every cell.

**26. Bonus idea!**

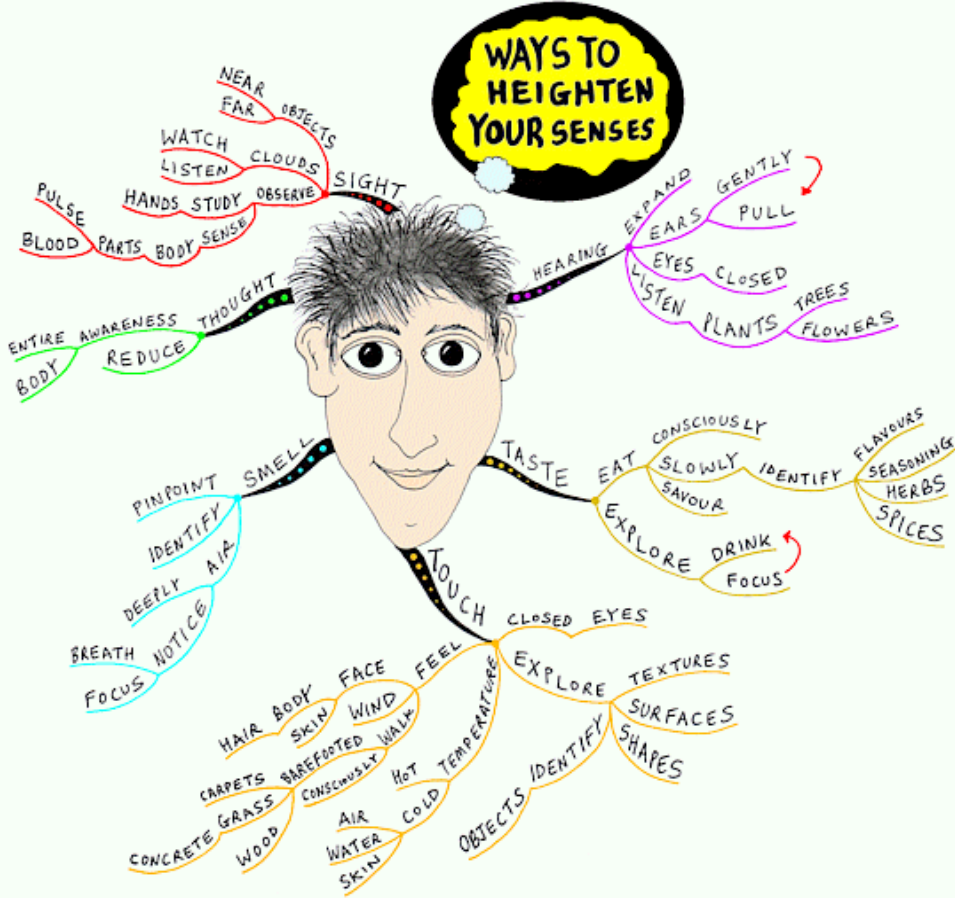
For an incredible experience try every activity throughout your day with no thought and see how it heightens the experience!

See how brilliant you are?

I hope you find these suggestions useful.

One final tip; try combining as many of these ideas as you can.

Article & graphic via [mindmapinspiration.com](http://mindmapinspiration.com)



**Support Group Facilitator Needed!**

Become a support group facilitator and make a difference in a caregivers life! Provide help and hope in a trusting place. We are currently recruiting facilitators for dementia specific support groups in Walla Walla. We provide trainings, ongoing support, resources, and continuing education opportunities.  
For more information or to get started volunteering please call Michelle Larson at (208)666-2996

**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](mailto: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**

**BRIDGE!**

Join us every Tuesday and Thursday at 1 pm at the Senior Center to play Bridge. Hope to see you there!



**CARD GROUPS**



**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!

# APRIL

## Senior Round Table Menu




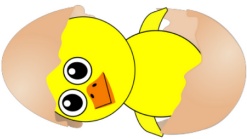




2022  
FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

 <b>Free pet food handed out on Mondays.</b>				<b>1</b>  <b>CLOSED</b>
<b>4</b> CHICKEN FRIED BEEF STEAK MASHED POTATOES VEGETABLE ROLE FRUIT COOKIE 	<b>5</b> LASAGNA VEGETABLE PEA SALAD GARLIC BREAD FRUIT	<b>6</b> TERIYAKI CHICKEN OVER RICE VEGETABLE STEAMED GREENS THAI SLAW SALAD BROWNIE	<b>7</b> MEAT LOAF MASHED POTATOES VEGETABLE BREAD FRUIT COOKIE	<b>8</b>  <b>CLOSED</b>
<b>11</b> PHILLY CHEESESTEAK SANDWICH ON BUN VEGETABLE POTATOES PUDDING 	<b>12</b> TATER TOT CASSEROLE VEGETABLE BREAD FRUIT COOKIE	<b>13</b> BAKED CHICKEN MASHED POTATOES & GRAVY VEGETABLE BREAD JUICE CAKE	<b>14</b> ROAST BEEF POTATOES VEGETABLE BREAD FRUIT COOKIE	<b>15</b>  <b>CLOSED</b>
<b>18</b> ENCHILADA CASSEROLE REFRIED BEANS VEGETABLE BREAD FRUIT 	<b>19</b> SWEDISH MEATBALLS OVER EGG NOODLES VEGETABLE GREEN SALAD BREAD FRUIT	<b>20</b> TURKEY & GRAVY STUFFING POTATOES GREEN BEANS BREAD PUMPKIN BAR	<b>21</b> HAM WITH APPLE SAUCE SCALLOPED POTATOES VEGETABLE BREAD COOKIE	<b>22</b>  <b>CLOSED</b>
<b>25</b> FRANKFURTER WITH BUN POTATOES VEGETABLE FRUIT 	<b>26</b> CHICKEN & DUMPLINGS VEGETABLE SPINACH SALAD JUICE BROWNIE	<b>27</b> SPAGHETTI & MEAT SAUCE VEGETABLE CAESAR SALAD GARLIC BREAD FRUIT	<b>28</b> BAKED POTATO WITH CHILI & CHEESE VEGETABLE BREAD FRUIT COOKIE	<b>29</b>  <b>CLOSED</b>

**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



# Ultimate Avocado Toast

Avocados are high in fiber and are known to contain more than 20 different vitamins and minerals. They provide 10 grams of fiber, along with nutritious B-Vitamins, Vitamin C, potassium, and magnesium—just to name a few!

But what makes avocados even better is throwing them on some toast! Check out this recipe for a delicious version of avocado toast. Modify it to your liking - you can add almost anything to your avocado toast and make it that much more tasty.

## INGREDIENTS

- 2 slices of sourdough bread or any hard-crusted bread
- 1 ripe avocado
- 1 egg
- olive oil
- 1 clove of garlic, peeled
- salt
- pepper
- Worcestershire sauce
- small handful of walnuts

## DIRECTIONS

Place bread in the toaster and toast until slightly golden or to desired toastiness. Heat a bit of olive oil in a pan on medium heat and crack an egg into it. Fry the egg for a few minutes, flipping halfway through. Turn off heat.

Once bread has finished toasting, rub the peeled garlic onto the bread. Open the avocado and spoon it out onto the bread, using a fork to mash it into an even layer. Cut the fried egg in half and place one half on each slice of avocado toast. Drizzle with Worcestershire sauce. Season with salt and pepper to taste. Lastly, top with a few walnuts for extra flavor and nutrients.

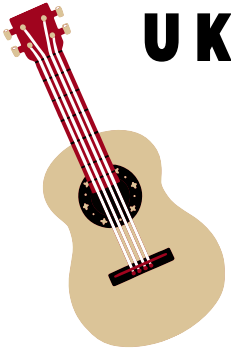


*Did you try this recipe? Did you modify it? What did you think? What is your favorite avocado toast topping?*

# EVENTS

at the Walla Walla Senior Center

APRIL 2022



## 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



**April 5th and 19th**

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

## BEFORE LUNCH CRAFTERS + QUILTING



**Wednesday, April 13th from 11am-3pm with lunch break included**

Join fellow art-lovers for a fun afternoon of crafts. After, feel free to stay for some sewing and quilting! This activity is free to attend.



# 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**

# EARTH DAY 2022!

**Friday, April 22nd**

Earth Day was founded in 1970 as a day of education about environmental issues, and Earth Day 2022 will occur on Friday, April 22. The holiday is now a global celebration that's sometimes extended into Earth Week, a full seven days of events focused on green living. The brainchild of Senator Gaylord Nelson and inspired by the protests of the 1960s, Earth Day began as a "national teach-in on the environment" and was held on April 22 to maximize the number of students that could be reached on university campuses. By raising public awareness of pollution, Nelson hoped to bring environmental causes into the national spotlight.

## Earth Day History

By the early 1960s, Americans were becoming aware of the effects of pollution on the environment. Rachel Carson's 1962 bestseller *Silent Spring* raised the specter of the dangerous effects of pesticides on the American countryside. Later in the decade, a 1969 fire on Cleveland's Cuyahoga River shed light on the problem of chemical waste disposal. Until that time, protecting the planet's natural resources was not part of the national political agenda, and the number of activists devoted to large-scale issues such as industrial pollution was minimal. Factories pumped pollutants into the air, lakes and rivers with few legal consequences. Big, gas-guzzling cars were considered a sign of prosperity. Only a small portion of the American population was familiar with—let alone practiced—recycling.

## Who Started Earth Day?

Elected to the U.S. Senate in 1962, Senator Gaylord Nelson, a Democrat from Wisconsin, was determined to convince the federal government that the planet was at risk. In 1969, Nelson, considered one of the leaders of the modern environmental movement, developed the idea for Earth Day after being inspired by the anti-Vietnam War "teach-ins" that were taking place on college campuses around the United States. According to Nelson, he envisioned a large-scale, grassroots environmental demonstration "to shake up the political establishment and force this issue onto the national agenda."



Nelson announced the Earth Day concept at a conference in Seattle in the fall of 1969 and invited the entire nation to get involved. He later recalled:

"The wire services carried the story from coast to coast. The response was electric. It took off like gangbusters. Telegrams, letters and telephone inquiries poured in from all across the country. The American people finally had a forum to express its concern about what was happening to the land, rivers, lakes and air—and they did so with spectacular exuberance."

Denis Hayes, a young activist who had served as student president at Stanford University, was selected as Earth Day's national coordinator, and he worked with an army of student volunteers and several staff members from Nelson's Senate office to organize the project. According to Nelson, "Earth Day worked because of the spontaneous response at the grassroots level. We had neither the time nor resources to organize 20 million demonstrators and the thousands of schools and local communities that participated. That was the remarkable thing about Earth Day. It organized itself."

On the first Earth Day on April 22, 1970, rallies were held in Philadelphia, Chicago, Los Angeles and most other American cities, according to the Environmental Protection Agency. In New York City, Mayor John Lindsay closed off a portion of Fifth Avenue to traffic for several hours and spoke at a rally in Union Square with actors Paul Newman and Ali McGraw. In Washington, D.C., thousands of people listened to speeches and performances by singer Pete Seeger and others, and Congress went into recess so its members could speak to their constituents at Earth Day events.



The first Earth Day was effective at raising awareness about environmental issues and transforming public attitudes. According to the Environmental Protection Agency, “Public opinion polls indicate that a permanent change in national priorities followed Earth Day 1970. When polled in May 1971, 25 percent of the U.S. public declared protecting the environment to be an important goal, a 2,500 percent increase over 1969.” Earth Day kicked off the “Environmental decade with a bang,” as Senator Nelson later put it. During the 1970s, a number of important pieces of environmental legislation were passed, among them the Clean Air Act, the Water Quality Improvement Act, the Endangered Species Act, the Toxic Substances Control Act and the Surface Mining Control and Reclamation Act. Another key development was the establishment in December 1970 of the Environmental Protection Agency, which was tasked with protecting human health and safeguarding the natural environment—air, water and land.

**What Do You Do For Earth Day?**

Since 1970, Earth Day celebrations have grown. In 1990, Earth Day went global, with 200 million people in over 140 nations participating, according to the Earth Day Network (EDN), a nonprofit organization that coordinates Earth Day activities. In 2000, Earth Day focused on clean energy and involved hundreds of millions of people in 184 countries and 5,000 environmental groups, according to EDN. Activities ranged from a traveling, talking drum chain in Gabon, Africa, to a gathering of hundreds of thousands of people at the National Mall in Washington, D.C.

Today, the Earth Day Network collaborates with more than 17,000 partners and organizations in 174 countries. According to EDN, more than 1 billion people are involved in Earth Day activities, making it “the largest secular civic event in the world.”

*Article via History.com*



**Earth Day is April 22nd!**

***Your challenge:***

*Spend some time out enjoying our beautiful earth this Earth Day!  
Go for a walk, visit a park, work in the garden, or however you want to  
celebrate!*

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

*"To know thyself is the beginning of wisdom"*  
-Socrates

Sit down for an hour or two or however long you want and reflect on 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!

**When was the last time you tried something new?**

**What is the difference between living and existing?**

**What activities make you lose track of time?**

## Senior Center Friendship Network!



WALLA WALLA  
SENIOR CENTER

*Connect with others in a safe and supportive environment!*

### GET INVOLVED

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.\*

**The great thing  
about new  
friends is that  
they bring new  
energy to your  
soul.**



# 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
- Modern commercial kitchen
- 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**



## 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**



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

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Email: info@doyleelectric.com



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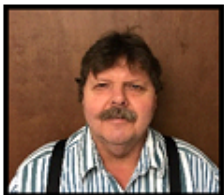
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You shop. Amazon gives.

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



KINDNESS  
MATTERS