



# WALLA WALLA SENIOR CENTER

THE CENTER AT THE PARK

Serving Seniors since 1971

FEBRUARY 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.

### *In this issue...*

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HAPPY  
Valentines  
DAY

*This time last year...*



# ANNOUNCEMENTS

## CRAFT GROUP & QUILTING

The craft group will be returning next month in March! And, a new quilting group will also start up. Stay tuned for more info.

## REMINDER - CENTER CLOSED EVERY FRIDAY STARTING IN 2022

The Senior Center is closed every Friday as of January 1st, 2022.

## 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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#### VICE PRESIDENT

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Merrikay Locati

Skip Winchester

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.



## SKIP WINCHESTER BOARD MEMBER

## MEET OUR BOARD

Skip was born into an Air Force family in North Carolina. He lived out of the country five of his first seventeen years, two in Japan and three in Colombia, South America. By the time he finished school he had attended twenty-eight different schools including Clemson and Furman Universities, South Carolina. His mother made it all a great adventure.

The travel didn't stop there as he worked primarily for consulting engineering companies and continued traveling about fifty percent of the time in corporate offices and job sites around the country. It was no big surprise that Skip would move to Waitsburg eighteen years ago to marry Lois. They had met in South Carolina thirty-five years before as family friends and stayed in loose touch over the years. They are blessed with a wonderful marriage.

The travel didn't stop here either. Skip continued to work about six months a year on engineering projects on a contract basis around the country as well as, in November and December each year for eighteen years, in New York as the jolly old fellow in the red suit with the natural white beard. Another great adventure.

When Skip moved to Waitsburg, he was drawn to the Walla Walla Senior Center one day to look around and found 6 people playing bridge. A couple of weeks later he ran into Olive Robertson at the Little Theater who recognized him from his visit to the WWSC and encouraged him to come on and start playing bridge, which he did. Skip has been in and out due to work and Santa obligations but now is concentrating on keeping all of his activities at the local level and looking forward to becoming an integral part of WWSC in whatever capacity he may serve... his next Great Adventure!

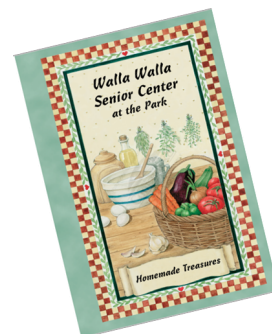
Great  
gift idea!

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 49) By Vicki Anderson*

# Porcupine Meatballs with Sweet and Sour Sauce

## MEATBALLS

- 1 lb hamburger
- 1/2 lb of ground pork/sausage
- 1/2-3/4 c. minute rice
- 1/2 c. chopped onion
- Salt and pepper to taste
- 1/4-1/2 c. of pineapple juice from canned pineapple
- 1/4-1/2 c. 3-minute oatmeal or 10 ground crackers (your choice)

Shape into balls and cook in the oven at 325 F until brown, about 50 minutes, turning over halfway through. Or you can fry the meatballs over medium heat in a skillet until golden brown.

## SWEET AND SOUR SAUCE

- 1-8 3/4 oz pineapple tidbits, drain and reserve syrup
- 1/4 c. brown sugar
- 2 T. cornstarch
- 1/2 c. water
- 1/4 c. cider vinegar
- 1 tsp. soy sauce

Combine brown sugar and cornstarch, blend in remaining ingredients. Cook over low heat until thickened and bubbly. Add tidbits and remove from heat. Pour over meatballs. Sweet and sour sauce also goes well with stir-fry and chicken.







# Adult Day Center & Family Support

(509) 527-3775 ext 3

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

Alex Sanchez,  
Program Manager



## Join Us!

The following prompts are a step-by-step guide on how to go about joining us here at the Walla Walla Adult Day Center.

## How to Join

The joining and application process is quick and simple.

First, initial contact must be made if not affiliated with ALTC or VA.

Initial Process: call, set up a meeting, visit the ADC and receive paperwork to help establish familiarity. All intake paperwork is done by the program director.

## Call or Email

Give us a call or email us your questions on how to join our Adult Day Service Center.

**Phone:** (509) 527-3775 ext 3. Call directly to the Senior Center, and a friendly staff member will direct your call to the ADC.

**Email:** [ADC@wallawallaseniorcenter.org](mailto:ADC@wallawallaseniorcenter.org)

## Initial Meeting

Once initial contact is made the program director will make a home visit to the potential client and family if applicable. Program evaluation/intake paperwork will be performed and provided at this time.

## Intake Paperwork

Intake paperwork consists of program consents, signatures and program information. If fitting, referrals to community agencies will be provided to facilitate the funding of our adult day services to each new potential client.

## Program Visit

After all forms are filled out and initial home visit is performed, participants can then experience the adult day program for one service day free of charge, to see if it's something the individual enjoys and can benefit from.



# ***Join us!***

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**

# A GLIMPSE BACK IN HISTORY

# SHACKLETON'S VOYAGE

Sir Ernest Henry Shackleton was an Irish-born British explorer who was a principal figure of the period known as the Heroic Age of Antarctic Exploration.

## Who Was Ernest Shackleton?

Sir Ernest Shackleton was an explorer who in 1901 joined an expedition to the Antarctic. He was sent home early due to bad health. Devoted to creating a legacy, he led the Trans-Antarctic Expedition. Disaster struck when his ship, the *Endurance*, was crushed by ice. He and his crew drifted on sheets of ice for months until they reached Elephant Island. Shackleton eventually rescued his crew, all of whom survived the ordeal. He later died while setting out on another Antarctic expedition.

## Early Career

Ernest Henry Shackleton was born on February 15, 1874, in County Kildare, Ireland, to Anglo-Irish parents. The second of 10 children and oldest son, he was raised in London, where his family moved when Shackleton was a young boy.

Despite the urging of his father that he follow in his footsteps and go to medical school, the 16-year-old Shackleton joined the merchant navy, achieving the rank of first mate by the age of 18, and becoming a certified master mariner six years later.

Those early years in the merchant navy saw Shackleton travel extensively. In 1901, he joined noted British naval officer and explorer Robert Falcon Scott on a difficult trek to the South Pole that placed the two men, plus one other, closer to the pole than anyone else previously. The trip, however, ended poorly for Shackleton, who fell seriously ill and had to return home.

Upon his return to England, Shackleton pursued a career in journalism. Later he was tapped to be the secretary to the Scottish Geographical Society. He also made an unsuccessful attempt at becoming a member of Parliament.

## The 'Endurance'

Shackleton's South Pole expedition with Scott sparked within the young explorer an obsession to reach the

Antarctic. In 1907, he made another attempt at achieving his goal, but again he fell short, coming within 97 miles of the pole before brutal conditions forced him to turn back.

In 1911, Shackleton's dream of becoming the first person to set foot on the South Pole was shattered, when Norwegian explorer Roald Amundsen reached the earth's most southerly point. The achievement forced Shackleton to set his sights on a new mark: crossing Antarctica via the South Pole.

On August 1, 1914, the same day Germany declared war on Russia, Shackleton departed London on the ship *Endurance* for his third trip to the South Pole. By late fall, the crew had reached South Georgia, an island in the southern Atlantic. On December 5, the team departed the island, the last time Shackleton and his



*“Difficulties are just things to overcome, after all.”*  
—Ernest Shackleton



men would touch land for an astonishing 497 days.

In January 1915, the Endurance became trapped in ice, ultimately forcing Shackleton and his men to vacate the ship and set up camp on the floating ice. After the ship sank later that year, Shackleton embarked on an escape in April 1916, in which he and his men crowded into three small boats and made their way to Elephant Island, off the southern tip of Cape Horn.

Seven hard days on the water culminated in the team reaching their destination, but there was still little hope in getting rescued on the uninhabited island, which, because of its location, sat far outside normal shipping lanes.

Seeing that his men were on the precipice of disaster, Shackleton led a team of five others out on the water again. They boarded a 22-foot lifeboat and navigated their way toward South Georgia. Sixteen days after setting out, the crew reached the island, where Shackleton trekked to a whaling station to organize a rescue effort.

On August 25, 1916, Shackleton returned to Elephant Island to rescue the remaining crew members. Astonishingly, not a single member of his 28-men team died during the nearly two years they were stranded.

### **Later Years and Death**

In 1919, Shackleton published *South*, his detailed account of the journey and its miraculous ending. Shackleton, however, was not through with expeditions. In late 1921 he set off on a fourth mission to the South Pole. His goal was to circumnavigate the Antarctic. But on January 5, 1922, Shackleton suffered a heart attack on his ship and died. He was buried in South Georgia.

Reverence for Shackleton's heroism and leadership didn't immediately follow. But over the last half-century, as his story became the subject of more historical research, the account of the Endurance and how Shackleton averted total disaster has elevated his standing and made him a principal figure of the period known as the Heroic Age of Antarctic Exploration.

*Article from biography.com*



# FEBRUARY






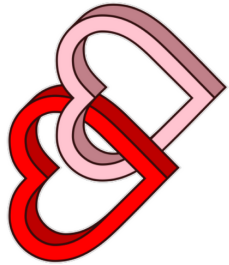


## Senior Round Table Menu

2022  
FRIDAY

THURSDAY

TUESDAY

MONDAY

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| <b>1</b><br><br><b>Free pet food handed out on Mondays</b>  | <b>1</b><br>LASAGNA<br>VEGETABLE (CHEF'S CHOICE)<br>COLESLAW<br>GARLIC BREAD<br>FRUIT                              | <b>2</b><br>CHICKEN FRIED BEEF STEAK<br>POTATOES<br>VEGETABLE (CHEF'S CHOICE)<br>ROLL<br>FRUIT<br>COOKIE  | <b>3</b><br>BEEF STEW<br>ROLL<br>FRUIT<br>POKE CAKE  | <b>4</b><br><b>CLOSED</b>   |
| <b>7</b><br>BAKED POTATO TOPPED WITH CHILI AND CHEESE<br>VEGETABLE (CHEF'S CHOICE)<br>BREAD<br>FRUIT<br>COOKIE  | <b>8</b><br>MEAT LOAF<br>POTATOES<br>VEGETABLE (CHEF'S CHOICE)<br>BREAD<br>FRUIT<br>COOKIE                         | <b>9</b><br>BAKED CHICKEN<br>MASHED POTATOES<br>VEGETABLE (CHEF'S CHOICE)<br>BREAD<br>FRUIT JUICE<br>CAKE | <b>10</b><br>ROAST BEEF<br>POTATOES<br>VEGETABLE (CHEF'S CHOICE)<br>BREAD<br>FRUIT<br>COOKIE           | <b>11</b><br><b>CLOSED</b>  |
| <b>14</b><br>SWEET & SOUR PORK<br>OVER RICE<br>VEGETABLE(CHEF'S CHOICE)<br>PEPPERS & ONIONS<br>FRUIT<br>COOKIE  | <b>15</b><br>SALISBURY STEAK<br>MASHED POTATOES<br>VEGETABLE (CHEF'S CHOICE)<br>BREAD<br>FRUIT<br>COOKIE           | <b>16</b><br>TURKEY & GRAVY<br>STUFFING<br>POTATOES<br>GREEN BEANS<br>BREAD<br>PUMPKIN BARS               | <b>17</b><br>TUNA CASSEROLE<br>VEGETABLE (CHEF'S CHOICE)<br>GREEN SALAD<br>ROLL<br>FRUIT               | <b>18</b><br><b>CLOSED</b>  |
| <b>21</b><br><b>CLOSED</b>   | <b>22</b><br>CHICKEN & DUMPLINGS<br>VEGETABLE (CHEF'S CHOICE)<br>POTATO SALAD<br>FRUIT JUICE<br>BROWNIE            | <b>23</b><br>SPAGHETTI & MEAT SAUCE<br>VEGETABLE (CHEF'S CHOICE)<br>GREEN SALAD<br>GARLIC BREAD<br>FRUIT  | <b>24</b><br>HAM WITH PINEAPPLE<br>SCALLOPED POTATOES<br>VEGETABLES (CHEF'S CHOICE)<br>BREAD<br>COOKIE | <b>25</b><br><b>CLOSED</b>  |
| <b>28</b><br>FIESTA CORNBREAD PIE<br>POTATOES<br>VEGETABLE (CHEF'S CHOICE)<br>BREAD<br>FRUIT                  | <b>Happy Valentine's Day</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



# ONE POT MEDITERRANEAN QUINOA SKILLET

## INGREDIENTS

- 2 teaspoons extra-virgin olive oil
- 1/2 medium onion, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- 1 14.5 oz. can fire-roasted diced tomatoes (undrained)
- 1 14.5 oz. can chickpeas, rinsed and drained
- 1 cup quinoa, uncooked
- 1 cup low-sodium vegetable broth
- 1 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon crushed red pepper flakes (optional)
- 2 cups fresh baby spinach

## FOR SERVING:

- 1/3 cup chopped Kalamata olives
- 1/3 cup crumbled feta cheese
- 1/4 cup fresh basil or parsley (optional)
- Squeeze of fresh lemon juice (optional)

## INSTRUCTIONS

1. Heat a large skillet over medium heat. Add onion and bell pepper and sauté 5-7 minutes, until soft. Add garlic, salt and pepper and sauté another 30 seconds.
2. Add diced tomatoes, chickpeas, quinoa, vegetable broth, oregano, cumin and red pepper flakes, if using. Bring to a simmer.
3. Cover and cook on medium-low, maintaining a gentle simmer, for 18-20 minutes, until quinoa is tender and cooked.
4. Stir in spinach until wilted, 2-3 minutes.
5. Serve with olives, feta cheese and fresh herbs sprinkled on top.



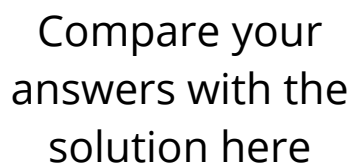
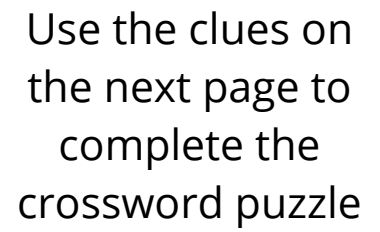
*Recipe via familyfoodonthetable.com*

## REMINDER

### **Changes to Senior Nutrition Program Schedule**

**The Senior Center and Nutrition Program is now  
closed EVERY Friday.**

**For questions, please call the Meals on Wheels desk at  
(509) 527-3775 ext. 1**





- ACROSS**  
1 Resort hotel  
4 Tempos  
9 Calorie  
12 Gust  
14 Take into one's family  
15 Wheel  
16 Singing voice  
17 Pertaining to the north or south ends of the earth  
18 Makes hot cereal  
19 Heavy and widespread snowstorm of lengthy duration  
21 On the other side  
23 Bullfight cheer  
24 Old-fashioned Fathers  
25 Hairstyle  
28 Pat lightly  
31 Ritzzy  
34 Express approval  
36 Lavatory  
38 Police officer  
40 Water film  
41 Heroism  
43 Out of bounds  
44 Decade

45 Stretch to make do  
46 Slovenly  
48 Sprint  
51 Central nervous system  
53 Stare at  
54 Net  
56 Greedy person  
58 Short open jacket  
61 Runnerless sled that is curved upwards  
66 Waterless  
67 Fatty vegetable  
69 World organization  
70 Strong wind  
71 Sounds with reference to pitch, strength, or duration  
72 Experts  
73 Wily  
74 Inscribed stone  
75 Observe secretly

**DOWN**  
1 Wash with a mop  
2 Tablet  
3 Opposed  
4 From the pope  
5 Worshiped  
6 Frigid  
7 Government agency  
8 Tie down  
9 See ya!  
10 Branch of learning  
11 Fewer  
13 Dozen (abbr.)  
15 Upper body  
20 Where animals are kept  
22 Head cover  
25 Curved  
26 Animals in a region  
27 Boundary  
29 Type of wrench  
30 Ghost's greeting  
32 Frown angrily  
33 Provide housing for  
34 Pacific Time  
35 Evening  
37 Sphere  
39 Wooden sheet

42 American Kennel Club (abbr.)  
43 Cloudlike mass made up of tiny water droplets suspended in the air near the ground  
47 Company symbol  
49 Swedish citizen  
50 Possessive pronoun  
52 Large, long-handled scoop for digging or scooping heavy material  
55 Coverings for the feet worn for protection  
57 Overly fat  
58 Containers  
59 Spoken  
60 Spring flower  
61 Prong  
62 Gross national product (abbr.)  
63 Long fish  
64 A spinning toy (2 wds.)  
65 Prying  
68 Large number

# alzheimer's association®

## Educational Webinars

Did you know the Alzheimer's Association provides Free Education about Alzheimer's and other Dementias? We have programs for those just starting their journey with memory loss. "Know the Ten Warning Signs" and "Understanding Alzheimer's and Dementia" We also have programs for those who have been living with Dementia and memory loss for a while. "Effective Communication Strategies" and "Legal and Financial Planning"

TO LEARN MORE OR TO REGISTER,  
PLEASE CALL 800.272.3900 OR VISIT US  
ONLINE AT: ALZWA.ORG/EDUCATION

### 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

Alzheimer's Association - 24/7 Helpline  
800.272.3900



**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!

# Use It or Lose It:

## Preventing Cognitive Decline

Changes in cognitive function, such as slow speed of information processing, are common in normal aging. However, each person is different and cognitive decline is not inevitable for everyone.

In fact, many older adults appear to avoid cognitive decline into their ninth decade of life, and some even beyond. The best news of all is that some risk factors for cognitive decline may be manageable.

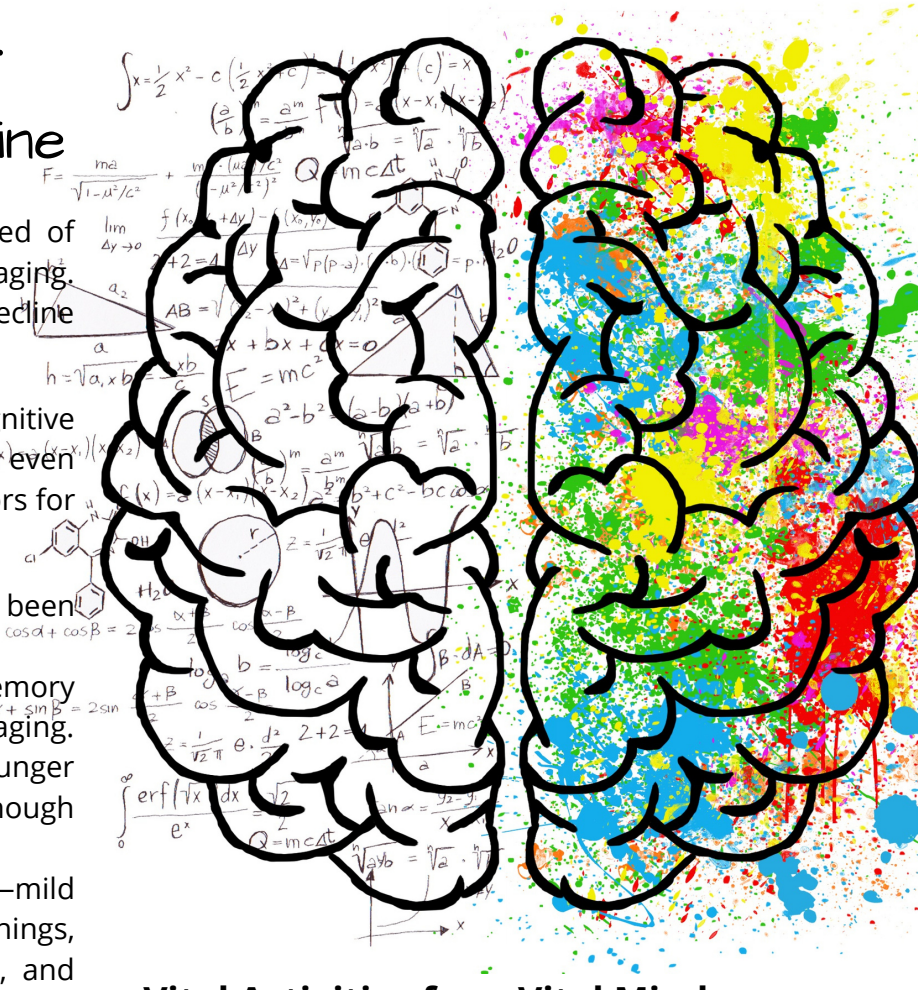
Three types of cognitive decline with aging have been recognized:

- Age-related changes in memory—mild memory impairment that can occur with normal aging. However, older adults can do as well as younger patients on memory tests if they are given enough time.
- Amnesic mild cognitive impairment (MCI)—mild memory loss; signs include misplacing things, forgetting important events or appointments, and having difficulty coming up with the right words
- Dementia (includes Alzheimer's disease)—chronic, progressive, irreversible, global cognitive impairment and memory loss that are severe enough to affect daily functioning

## Risk Factors for Cognitive Decline

A number of research studies have identified common risk factors for cognitive decline. Some of these risk factors include:

- Increased age
- Having a specific gene (APOE-e4) linked to Alzheimer's disease
- Lack of mental activity
- Substance use and abuse
- Lack of physical exercise
- Malnutrition
- Chronic stress
- Certain medical conditions, such as:
  - High blood pressure
  - Diabetes
  - High cholesterol and atherosclerosis (hardening of the arteries)
  - Depression
  - Impairment in vision and hearing
- Lack of involvement in social activities.



## Vital Activities for a Vital Mind

As you age, changes occur throughout your body, including in your brain. But while it may take older adults longer than younger people to do certain cognitive activities, like complex memory tests, some areas of mental ability may even improve, such as vocabulary. Certain activities can assist older adults in increasing their capacity to learn and adapt as they age.

### Stay Socially Active

One study has found that having a limited social network is a risk factor for dementia in older persons. Risk factors include living alone or not having any close social ties. Therefore, maintaining many social connections and participating in social activities are advised. Researchers suggest that social activities help prevent cognitive decline by stimulating the mind and challenging people to communicate.

### Keep Learning

Participating in leisure activities like reading, playing board games, and playing musical instruments are associated with decreased risk of dementia. One study, published in the Journal of the American Medical Association, found that frequent participation



in mentally stimulating activities are associated with a reduced risk of Alzheimer’s disease. Mental stimulation is not limited to formal education and can include everyday activities such as:

- Reading books, newspapers, or magazines
- Playing games such as cards, checkers, and crossword puzzles
- Going to museums

However, while these things can prevent memory loss, a systematic review of 36 trials found that improvements in memory couldn't be attributed specifically to mentally stimulating activities.

**Exercise**

Some studies show improved cognitive functioning in older adults who exercise. It is possible that exercise may contribute to cognitive vitality by improving mood and reducing stress and other risk factors that contribute to cognitive decline. Although more research is needed, data suggest that engaging in physical exercise, including enjoyable leisure activities, may help prevent cognitive decline.

**Ask Your Doctor About Herbs and Supplements**

Vitamins and other herbal supplements get lots of attention as possible cures or ways to prevent cognitive decline. But are supplements really helpful in people who are not deficient in certain vitamins? Researchers have studied whether antioxidants, like vitamin E, are able to slow the progression of Alzheimer’s disease. The results have not clearly shown that they are of any benefit. Ginkgo biloba has also gotten a lot of attention as researchers try to find out if this herb has any effect on age-related mental decline. As with vitamin E, there has been no proven benefit for Ginkgo in studies. Nor has there been any benefit on cognitive performance found in people taking fish oil supplements.

If you are considering herbs and supplements, talk to your doctor first. There may be safety issues related to other conditions that you have and other medications that you are taking.

**Eat a Low-Fat Diet**

A nutritious, low-fat diet may protect against cognitive decline by providing necessary nutrients and reducing the risk of diseases that contribute to cognitive decline, such as high blood pressure, type 2 diabetes, high cholesterol, and atherosclerosis.

**Get Help for Sleep Disorders**

Sleep disorders and sleep disruption are common in older people. These may affect cognitive function, particularly memory and learning. Daytime sleepiness, which may be a symptom of a sleep disorder, has been associated with an increased risk for dementia. Older adults may benefit from good sleep strategies, such as going to bed and waking up at the same time each day.

**Seek Help for Other Conditions**

Cognitive decline in older adults is often associated with underlying medical conditions, such as high blood pressure. Furthermore, many have more than one of these conditions, which may increase their risk for cognitive impairment. Cognitive decline may be slowed when these conditions are treated.

**Talk to Your Doctor**

If you are concerned about memory loss or other cognitive impairment, do not try to diagnose or treat yourself. Your doctor can provide assessment, counseling, and treatment.

*Adapted from an article by Michael Woods, MD, from  
winchesterhospital.org*







**Another Valley Giving Guide  
has come and gone!**



**Thank you to everyone who donated  
and helped spread the word.  
We appreciate your support SO  
much and couldn't do what we do  
without you!**

**Thank you!**

# 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.\**

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

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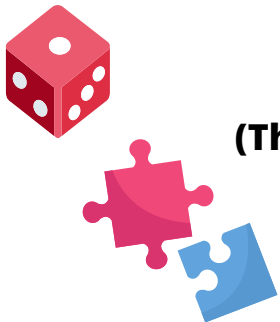
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## Game Area - Open!

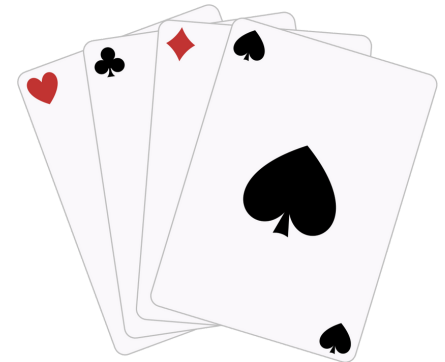
**Join others at the East end of the dining room  
for games and cards. Choose from those  
supplied by the Center, or bring your own!**



### Monday-Friday

**(The Center is closed every-other Friday.  
Please see menu for closure days)**

**7am-3pm**



## Morning Coffee

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

**MONDAY-FRIDAY  
7AM-10AM**

**(WE ARE CLOSED EVERY-OTHER FRIDAY, PLEASE SEE OUR  
MENU FOR CLOSURE DAYS)**

Walla Walla Senior Center  
720 Sprague St  
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