



WALLA WALLA SENIOR CENTER

THE CENTER AT THE PARK

Serving Seniors since 1971

JULY 2022

The Bottom Line

Walla Walla Senior Center Current Hours/Operations:

Please see our website for
further updates at
wallawallaseniorcenter.org

.....

11:30 - 1pm

Congregate dining. See
menu for serving days
(pg. 8)

Tuesdays ONLY

10:30am - 11:30am

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

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.



PG 12
Ways To Find
Good Books

PG 7
Watermelon
Gazpacho
Recipe

PG 14
You Can
Beat The
Heat

Recent Changes to the Nutrition Program:

Congregate Dining:
11:30AM - 1 PM
Monday - Thursday

Drive-Thru
10 :30AM - 11:30AM
Tuesdays ONLY

You may pick up up to 3 meals a week

**Meals are free to those 60 or older,
although donations are gladly accepted and greatly appreciated!
Meals are \$7 for those under 60.**

We ask everyone to keep in mind that we are still in a pandemic:

- please do not come inside the Senior Center if you have any symptoms at all such as headache, cough, runny nose, sore throat, fever, nausea, or diarrhea
- please wash hands frequently and before eating
- please respect others' space and practice safe distancing
- please protect yourself if you have any high risk or underlying health issues since there is no longer a mask mandate in place

ANNOUNCEMENTS

START A GAME GROUP

Interested in starting a new card or game group? Please call the center to set up days/times for more games! (509) 527-3775. See page 10 for current card groups.

CONTRIBUTE TO THE MONTHLY NEWSLETTER

Do you have a story, a recipe, a resource to share? Send us an email at admin@wallallaseniorcenter.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@wallallaseniorcenter.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
wallallaseniorcenter.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
wallallaseniorcenter.org

BOARD OF TRUSTEES

PRESIDENT

Libby McCaw

VICE PRESIDENT

Brad Riordan

SECRETARY

Jan Alexander

TREASURER

Sarah Zessin

MEMBERS

Louise Boyer

Ron Wheeler

Leigh Anne Adkins

Merrikay Locati

Skip Winchester

Maria Scafariello

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.



**TERA DAVIS
VOLUNTEER**

Tera is a Walla Walla Native, born and raised. She is the mother of 4 beautiful children and her husband is a Principal of an Elementary school here in our valley. She started delivering Meals on Wheels when the pandemic hit. She is fortunate to be healthy and in a position where she could take on the risk to help make sure those who could not were able to still thrive thru those trying times. Her original intent was to fill the need and drive temporarily until many of the regular drivers could come back. But she found it so rewarding that she continued and honestly can't imagine not volunteering with the Senior Center for many many years to come. She is a strong believer in giving back to our community and she understands how daunting it can seem to find the time. She knows firsthand - not only is she a full time mom but also has had a full time career for the past 19 years. She says that delivering these meals takes less than 2 hours out of her life each week and those hours are spent doing something good for others, which is incredibly rewarding and fulfilling.

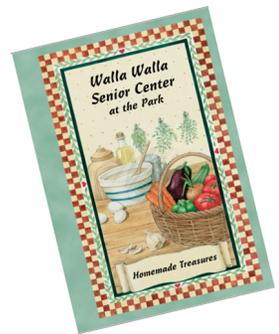
*Great
gift idea!*

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 48)

By Libby McCaw

Mushroom Pecan Burgers

- 1 1/2 c. chopped onions
- 1 T. vegetable oil
- 1/4 t. chopped thyme
- 4 c. chopped mushrooms
- 2 t. soy sauce
- 1 c. whole wheat breadcrumbs
- 1 c. cooked rice
- 3/4 c. rolled oats
- 1 t. chopped dill
- 1 t. miso
- 16 oz firm tofu
- salt and pepper to taste



Preheat oven to 350 degrees. Generously oil baking dish. Sauté onions in oil in medium skillet. Cook at medium heat until they are softened. Add thyme and mushrooms. Cook, stirring often, until mushrooms are tender, 5-10 minutes more. Spoon mixture into bowl, add pecans, soy sauce, breadcrumbs, rice, oats, dill, and miso. Mix in tofu, mashing it with your hands or a potato masher. Season with salt and pepper and mix well. Shape into six patties and place them on the prepared baking sheet. Bake for 30 minutes, until golden brown. Serve on toast of a bun.

July 7th is National Tell the Truth Day

But is lying always bad? This essay entitled *Lying* by Tim C. Mazur examines this question. What do you think?



"I don't dig into people's private lives. I never have." Ross Perot's brief statement on ABC News in July 1992 was meant to end allegations that he secretly investigated his presidential campaign volunteers. The allegations ended, but not the way Perot intended. Within hours, irrefutable evidence appeared that proved Perot had hired others to probe his people's pasts. By the next day, there was no question on anyone's mind: Ross Perot lied.

So what? It wasn't the first time a politician lied and it won't be the last. Sometimes a lie, a false statement made with deliberate intent to deceive, seems the perfect response: a brother lies about his sister's whereabouts to the drunken husband threatening to harm her, a doctor tells a depressed patient that he has a 50-50 chance of long-term recovery when she is confident he'll live only six months, a son gives his late mother's estate to the poor after promising to honor her demand that the money be placed in her coffin. When trying to do the right thing in a difficult situation, perfect honesty may seem second best next to values like compassion, respect, and justice. Yet many philosophical and religious traditions have long claimed that rarely, if ever, is a lie permissible. What, then, is the truth about lying?

The philosopher Immanuel Kant said that lying was always morally wrong. He argued that all persons are born with an "intrinsic worth" that he called human dignity. This dignity derives from the fact that humans are uniquely rational agents, capable of freely making their own decisions, setting their own goals, and guiding their conduct by reason. To be human, said Kant, is to have the rational power of free choice; to be ethical, he continued, is to respect that power in oneself and others.

Lies are morally wrong, then, for two reasons. First, lying corrupts the most important quality of my being human: my ability to make free, rational choices. Each lie I tell contradicts the part of me that gives me moral worth. Second, my lies rob others of their freedom to choose rationally. When my lie leads people to decide other than they would had they known the truth, I have harmed their human dignity and autonomy. Kant believed that to value ourselves and others as ends instead of means, we have perfect duties (i.e., no exceptions) to avoid damaging, interfering with, or misusing the ability to

make free decisions; in other words - no lying.

A second perspective, virtue ethics, also maintains that lying is morally wrong, though less strictly than Kant. Rather than judge right or wrong behavior on the basis of reason and what people should or should not do, virtue ethicists focus on the development of character or what people should be. Virtues are desirable qualities of persons that predispose them to act in a certain manner. Fairness, for example, is a virtue we may choose to strive toward in pursuit of fulfilling our human potential. In virtue ethics, to be virtuous is to be ethical.

Though the nature of virtue ethics makes it difficult to assess the morality of individual acts, those who advocate this theory generally consider lying wrong because it opposes the virtue of honesty. There is some debate whether a lie told in pursuit of another virtue (e.g., compassion: the brother's lie to his sister's drunken husband is motivated by compassion for her physical safety) is right or wrong. This apparent conflict between virtues is managed by most ethicists through a concept called the unity of the virtues. This doctrine states that the virtuous person, the ideal person we continuously strive to be, cannot achieve one virtue without achieving them all. Therefore, when facing a seeming conflict between virtues, such as a compassionate lie, virtue ethics charges us to imagine what some ideal individual would do and act accordingly, thus making the ideal person's virtues one's own. In essence, virtue ethics finds lying immoral when it is a step away, not toward, the process of becoming the best persons we can be.

According to a third perspective, utilitarian ethics, Kant and virtue ethicists ignore the only test necessary for judging the morality of a lie - balancing the benefits and harms of its consequences. Utilitarians base their reasoning on the claim that actions, including lying, are morally acceptable when the resulting consequences maximize benefit or minimize harm. A lie, therefore, is not always immoral; in fact, when lying is necessary to maximize benefit or minimize harm, it may be immoral not to lie. The challenge in applying utilitarian ethics to everyday decision making, however, is significant: one must correctly estimate the overall consequences of one's actions before making a decision. The following

example illustrates what utilitarian decision makers must consider when lying is an option.

Recall the son and his dying mother described earlier. On careful reflection, the son reasons that honoring his mother's request to settle the estate and deposit the money in her coffin cannot be the right thing to do. The money would be wasted or possibly stolen and the poor would be denied an opportunity to benefit. Knowing that his mother would ask someone else to settle her affairs if he declared his true intentions, the son lies by falsely promising to honor her request. Utilitarianism, in this example, supports the son's decision on the determination that the greater good is served (i.e., overall net benefit is achieved) by lying.

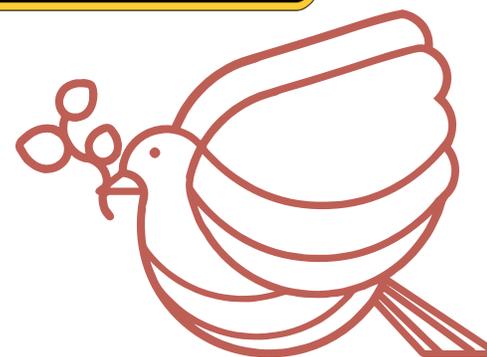
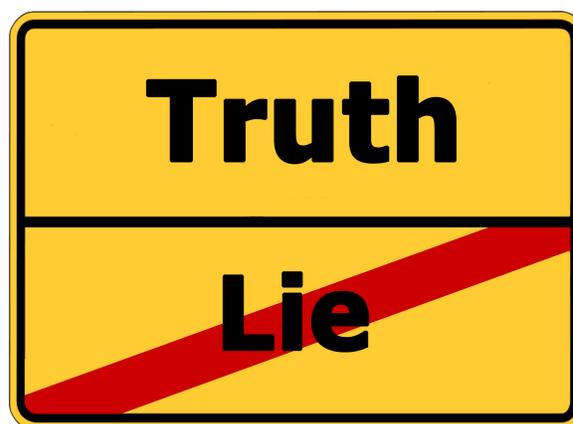
Altruistic or noble lies, which specifically intend to benefit someone else, can also be considered morally acceptable by utilitarians. Picture the doctor telling her depressed patient that there is a 50 percent probability that he will recover, when in truth all tests confirm the man has only six months to live. The doctor knows from years of experience that, if she told this type of patient the truth, he would probably fall deeper into depression or possibly commit suicide. With the hope of recovery, though, he will most likely cherish his remaining time. Again, utilitarianism would seem to support the doctor's decision because the greater good is served by her altruistic lie.

While the above reasoning is logical, critics of utilitarianism claim that its practical application in decision making is seriously flawed. People often poorly estimate the consequences of their actions or specifically undervalue or ignore the harmful consequences to society (e.g., mistrust) that their lies cause. Following the examples above, the son's abuse of his mother's faith in him and the doctor's lie undermine the value of trust among all those who learn of the deceptions. As trust declines, cynicism spreads, and our overall quality of life drops. In addition, suggesting that people may lie in pursuit of the greater good can lead to a "slippery slope," where the line between cleverly calculated moral justifications and empty excuses for selfish behavior is exceedingly thin. Sliding down the slope eventually kindles morally bankrupt statements (e.g., "Stealing this man's money is okay because I will give some to charity.") Those who disagree with utilitarianism believe that there is potentially great cost in tolerating lies for vague or subjective reasons, including lies in honor of "the greater good."

Critics of utilitarian justifications for lying further note how difficult it is for anyone, even honorable persons, to know that a lie will bring more good than the truth; the consequences of actions are too often unpredictable. Lies frequently assume "lives of their own" and result in consequences that people do not intend or fail to predict. Moreover, it is very difficult for a person to be objective in estimating the good and the harm that his or her lies will produce. We have a vested interest in the lies we tell and an equally vested interest in believing that the world will be better if we lie from one instance to the next. For these reasons, critics claim, lying is morally wrong because we cannot accurately measure lies' benefits and harms.

Clearly, lying is an issue worth examining, as many people believe it is a bigger problem today than it has ever been. A recent Time magazine cover story concluded, "Lies flourish in social uncertainty, when people no longer understand, or agree on, the rules governing their behavior toward one another." Maybe social uncertainty abounds because we are a mixture of Kantians, virtuosists, and utilitarians who share no common ground. More likely, the problem is that too few persons adequately consider any ethical perspective when facing a situation that tempts a lie. Either way, it seems that the solution to our dissatisfaction begins with acknowledging the value of ethical reasoning and ends with a commitment to follow through with what we determine is the right thing to do.

Article via scu.edu





Adult Day Center & Family Support

Adult Day Center

(509) 527-3775 ext 3

adc@wallallaseniorcenter.org

Alex Sanchez,

Program Manager



Activity Spotlight

This month we are taking the time to spotlight one of the Center participants' most exciting and liked activities... bowling! Once or twice a month we pull out our set of eight-ft tables, a couple 2x4's that we use as "gutters", put on some classic tunes and get to bowling. We play a full set of ten frames usually starting at 12:30pm, and the length of the game usually depends on participant attendance.

Games can get pretty competitive and loud as we cheer for one another. The room is spread out and space is made available for participants to go to and from the "bowling lane" without any barriers in the way. Not only do participants get a good amount of physical exercise during this activity, but staff may break a sweat too as pin setting is no easy task, especially when bowlers hit strike after strike and pins go down faster than we can keep up with.

This particular match was a barn burner! The lowest score was a 130 and the top score was nearly a perfect game from Mr. Bill M. with 277!

Individual safety is our first priority with any of our activities we do at the Center. For bowling, individual mobility is taken into account. If falling is a risk, bowling is done while sitting down. Those able to stand no matter the case will always have staff at standby in case they are needed.



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!

Watermelon Gazpacho

Cool off this summer with our favorite chilled soup. Gazpacho is a classic Spanish soup made of seasonal fruits and vegetables and served cold. Think of it as eating a fresh salad that's been blended to form a smooth, creamy, and rich base.

When the sweltering heat demands hydrating and refreshing foods, turn to summer's superfruit—watermelon. Not only is biting into a juicy watermelon like tasting summer in the South, but it's also good for you, too, with its high-water content, soluble fiber, and vitamin C. And with this watermelon gazpacho recipe, you get to enjoy both summertime and watermelon in a bowl all season long.

While most gazpacho recipes are typically prepared using tomatoes, cucumbers, grapes, bread, jalapeños, and chopped onion, we decided to swap the tomatoes for watermelon. You still get the same bright color and flavorful bite, but the watermelon just adds a slightly sweet and tangy depth of flavor to the dish.

Here, we balance out watermelon's sweetness with a little salt and apple cider vinegar, which are then combined with watermelon, cucumber, red onion, and jalapeño in a blender and pureed until smooth. Cover and chill for at least 30 minutes to allow the gazpacho to get really cold. You want to make sure the flavors and ingredients meld together.

Before serving this crowd-pleaser at your next gathering, you can spruce it up even more, much to your guests' delight, by adding texture and colorful garnishes such as minced vegetables, a dollop of sour cream, croutons, seafood, avocado, or cilantro. This classic riff on tomato gazpacho is perfectly spoonable on its own, but it's far more satisfying when served with a light green salad or toasted slices of bread for dipping. Finally, a party-worthy meal that makes braving the summer heat a little more bearable.

INGREDIENTS

- 5 cups cubed watermelon (from 1 watermelon)
- 1 cup peeled, seeded, and diced cucumber
- 1/4 cup chopped red onion
- 1/2 jalapeño chile, seeded and minced
- 2 tablespoons apple cider vinegar
- 1 teaspoon kosher salt

DIRECTIONS

Process watermelon, cucumber, onion, and jalapeño in a blender until smooth. Stir in vinegar and salt. Cover and chill at least 30 minutes. Serve in small bowls or glasses.



Recipe from southernliving.com

JULY

Senior Round Table Menu

2022
FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

				<p>1</p> <p>CLOSED</p>
<p>4</p> <p>CLOSED</p>	<p>5</p> <p>SWEDISH MEATBALLS OVER NOODLES VEGETABLES (CHEF'S CHOICE) BAKED BEANS BREAD FRUIT</p>	<p>6</p> <p>BAKED CHICKEN MASHED POTATOES VEGETABLES (CHEF'S CHOICE) BREAD FRUIT JUICE CAKE</p>	<p>7</p> <p>TUNA SALAD SANDWICH PEA SALAD COLESLAW FRUIT</p>	<p>8</p> <p>CLOSED</p>
<p>11</p> <p>HOT DOG WITH BUN SAUTEED ONIONS VEGETABLE (CHEF'S CHOICE) FRUIT COOKIE</p>	<p>12</p> <p>SPAGHETTI & MEAT SAUCE VEGETABLE (CHEF'S CHOICE) COLE SLAW GARLIC BREAD FRUIT</p>	<p>13</p> <p>CHICKEN PASTA SALAD COWBOY CAVIAR CORN TORTILLA POTATO SALAD FRUIT JUICE</p>	<p>14</p> <p>CHILI AND CHEESE POTATO VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE</p>	<p>15</p> <p>CLOSED</p>
<p>18</p> <p>MEAT LOAF MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE</p>	<p>19</p> <p>SWEET AND SOUR PORK OVER RICE VEGETABLE (CHEF'S CHOICE) PEA SALAD ROLL FRUIT</p>	<p>20</p> <p>CHICKEN FRIED BEEF STEAK POTATOES VEGETABLE (CHEF'S CHOICE) ROLL FRUIT COOKIE</p>	<p>21</p> <p>PHILLY CHEESE STEAK SANDWICH WITH BUN VEGETABLE (CHEF'S CHOICE) POTATOES PUDDING</p>	<p>22</p> <p>CLOSED</p>
<p>25</p> <p>ROAST BEEF POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE</p>	<p>26</p> <p>HAMBURGER WITH BUN LETTUCE, TOMATOES, ONIONS POTATO SALAD VEGETABLE (CHEF'S CHOICE)</p>	<p>27</p> <p>TATER TOT CASSEROLE VEGETABLE (CHEF'S CHOICE) ROLL FRUIT CRUMBLE</p>	<p>28</p> <p>BAKED FISH VEGETABLE (CHEF'S CHOICE) CORN BREAD GREEN SALAD FRUIT / COOKIE (HAYSTACKS , IN HOUSE ONLY)</p>	<p>29</p> <p>CLOSED</p>

Free for persons 60+ years. Donations appreciated. Under 60 years \$ 7.00 charge. Hours: In house 11:30-1:00, Drive-Thru: Tuesday only 10:30-11:30. 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



Black Bean and Corn Salad

Perfect for a hot summer day!

Ingredients

- 2 medium tomatoes
- 6 green onions
- 1 jalapeño, seeded if desired
- 1/2 cup cilantro, chopped
- 2 15oz cans black beans, drained and rinsed
- 1 1/2 cups frozen corn
- 1 avocado
- 1 red bell pepper

Dressing

- 1/3 cup lime juice
- 1/2 cup water
- 1-2 garlic cloves, minced
- 1/8-1/4 tsp cayenne
- 1 tsp salt

Directions

Chop all veggies and combine in a bowl. Mix dressing and pour over veggies. Stir well and serve with corn chips. Store in the fridge.



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

ALZHEIMER'S ASSOCIATION®

VOLUNTEER OPPORTUNITY WITH THE ALZHEIMER'S ASSOCIATION

Staying Connected Facilitator

Staying Connected is a 4-week class for those with Early Stage Memory Loss. We are looking for 2 volunteers to complete the facilitator training so we can hold regular Staying Connected classes in Walla Walla! The training is 4 hours and can be held over zoom or in person! Please contact Julie Hooley for more information or to get signed up as a volunteer!

(509)412-2371 or jmhooley@alz.org

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.



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

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!

EVENTS

at the Walla Walla Senior Center

JULY 2022

UKULELE



Fridays at 12pm. Join us to play ukulele music and enjoy each other's company. All are welcome.

THE WALLA WALLA OLD TIME MUSICIANS



July 5th and 19th

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



Ways To Find Good Books

Summer is the perfect time to sit in a chair and read a good book. Here's how to find your next favorite book!

1. The Book Seer

Ask bookseeker.com what to read next, and based on your preferences, he'll kindly suggest a similar author and book.

2. Goodreads

Goodreads.com is a nifty community website that allows you to connect with literature fans around the world. Millions of books are rated on Goodreads; sign up, read the reviews, see the high scores, and find good books within minutes.

3. Head for Nobel Prize Winners

Anyone who's won a Nobel Prize in Literature knows what they're doing. Think Jean-Paul Sartre, Albert Camus, Pearl S. Buck, Alexander Solzhenitsyn, and many other luminaries.

4. Take a Look at Best Books Ever Lists

There are plenty of them, but this Top 100 Books of all Time list was voted for by writers from around the world. You can find the list online—100 books are sure to keep anyone busy for a considerable amount of time.

5. WhichBook

Another impressive online resource, WhichBook.net “enables millions of combinations of factors and then suggests books which most closely match your needs.”

6. Avoid Best Sellers

This may sound like odd advice, but the books you see at the top of the charts may not exactly be riveting reads. Books can succeed merely on an author's name, or through a massive advertising campaign. If you really want to read a best-seller, check out a few reliable reviews beforehand (from critics and readers); otherwise, give lesser-known authors a try.

7. Penguin Classics

The Penguin's Classics selection is very impressive indeed and can easily fill a bookshelf with great novels. What's just as good are the suggestion lists you'll find at the back of Penguin books which offer new titles for you.

8. Head to Bookstores

Commercial and independent bookstores often have well received old and new texts placed around the store, so have a read of their synopses and see if any of them are for you. You can also try reading several random pages as this can be a good indication of the quality of writing.

9. Talk to Staff

Staff do tend to be big literature fans, so if you're after something on a whim, talk to them for their recommendations. They should well be versed in the quality of recently released books, so ask for guidance on new or old authors.

10. Ask Friends and Family

Chances are, someone in your family or circle of friends is a literature fan—ask them for any books which are must-reads. They'll probably even lend you some for free.

11. Study Literature

Take up a free online literature course and you'll soon have canonical literature to read and deconstruct for essays. It's a great way to come across new authors and texts, as well as allowing you to achieve something. Sites such as Learn Out Loud have free courses, whilst Bibliomania offers free study guides.

12. The Library

The benefits of a library are much like those of bookstores, except everything's free. Talk to staff for ideas on what to check out, or simply pick an interesting-looking book at random. The joy of libraries is the ability to be able to sit down and read a large portion of the book in the building. There's no sales pressure as with book stores, and if you enjoy the text, you can rent it.

13. Head for Obvious Classics

You may have heard of 1984, The Old Man and the Sea, Crime and Punishment, and Mrs. Dalloway, but have you read them? Think of all the canonical literary classics you can and head out to read them—your local library will more than likely have them in stock.

14. Go to Book Fairs

There are plenty of them in local areas, as well as national events. You can go along to these literature conventions and meet authors and talk to them directly about their book(s). Head straight to the source to see if you'd like to read a new book. The Publishers Association book fair list is a good place to start, but there will be more localized events if you do a community search.

View 3 more ways to find books by reading the rest of this article at lifehack.org. Happy reading!

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





You Can Beat the Heat



After age 65, your body can't adjust to changes in air temperature—especially heat—as quickly as it did when you were younger. That puts you at risk for heat-related illnesses.

You also may be at greater risk for heat-related illnesses if you have a long-term (chronic) health condition or take certain medicines that interfere with how the body normally responds to heat. Some medicines also restrict the body's ability to sweat. But you can still enjoy a safe summer by being careful when it gets hot.

Unless your healthcare provider has told you to limit your fluids, drink plenty of cool liquids such as water, sports drinks, or fruit and vegetable juices. Don't wait until you're thirsty. Don't drink alcohol, because you'll lose much of the fluid it offers. Also don't have large amounts of caffeine.

Ways to keep cool

If you can't afford air conditioning:

- Open your windows at night.
- Create a cross breeze by opening windows on opposite sides of the room or house.
- Cover windows when they're in direct sunlight. Keep curtains, shades, or blinds drawn during the hottest part of the day.
- Dampen your clothing with water and sit in the breeze from a fan.
- Spend at least 2 hours a day (the hottest part, if possible) in an air-conditioned place such as a library, senior center, or friend's house.

Other ideas:

- Ask a friend or family member to drive you to a cool place on very hot days if you don't drive. Many towns or counties, area agencies, religious groups, and senior centers also supply these services. Don't stand outside waiting for a bus.
- Dress for the weather. Some people find natural fabrics such as cotton to be cooler than synthetic fibers. Light-colored clothes feel cooler than dark colors. If you aren't sure what to wear, ask a friend or family member for help.
- Don't try to exercise, walk long distances, or do a lot when it's hot.

- Stay out of the sun.
- Take cool baths or showers.
- Don't go to crowded places when it's hot outside.
- Listen to weather and news reports. In times of extreme heat, there will often be local sites where people can go to cool down.

Who's at risk?

Your health and lifestyle may raise the threat of a heat-related illness. These health factors may increase your risk:

- Poor circulation, inefficient sweat glands, and changes in the skin caused by normal aging.
- Heart, lung, and kidney diseases, as well as any illness that causes weakness or fever.
- High blood pressure or other conditions that need changes in diet. For example, people on low-salt diets may face an added risk (but don't use salt pills without asking your healthcare provider).
- The inability to sweat caused by some medicines. These include water pills (diuretics), sedatives, tranquilizers, and some heart and blood pressure medicines.
- Taking several medicines at once for different conditions. Don't just stop taking them. Always talk with your healthcare provider.
- Being substantially overweight or underweight
- Drinking alcohol
- Limited mobility, such as problems with walking that can make it hard to move out of hot environments.

How to handle heat illnesses

Heat stress, heat tiredness, heat cramps, heat exhaustion, and heat stroke are all forms of hyperthermia. This is the general name for a range of heat-related illnesses. Symptoms may include:

- Headache
- Nausea
- Heavy sweating
- Skin that is dry (no sweating), hot, and red
- Muscle spasms
- Extreme tiredness after exposure to heat

If you think someone has a heat-related illness:

- Get the person out of the sun and heat and into a cool place—if possible, one that is air-conditioned.

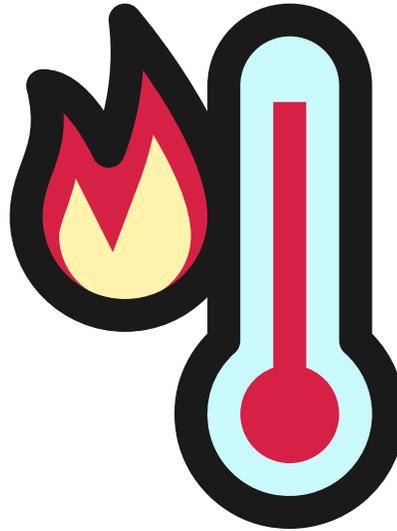
- Offer sips of fluids, but not alcohol or caffeine. Water, sports drinks, and fruit and vegetable juices are best.
- Encourage the person to sponge off with cool water.
- Urge the person to lie down and rest, if possible in a cool place.



Call 911

Call 911, or get emergency medical care right away if you suspect heat stroke. Possible symptoms of heat stroke include:

- Headache
- Dizziness
- Confusion or agitation
- Sluggishness or extreme tiredness
- Seizure
- Hot, dry skin that is flushed but not sweaty
- High body temperature
- Very fast heartbeat
- Hallucinations
- Fainting (loss of consciousness)



Article via urmc.rochester.edu

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!

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

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.

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

YOU ARE LOVED

Return Service Requested

Find us on social media!

facebook.com/walla
 wallaseniorcenter
 .org 

 @wwseniorcenter

Commercial | Residential | Wiring & Repair | UL 508A
 Fire | Security | Pump & Motor

24 hour emergency service

Doyle ELECTRIC inc.

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

 Find us on:
facebook

WA # DOYLEEEI277CL OR # CCB 19588

Support us with
amazon smile
 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:

 Help at the Push of a Button



I really, really think
 the secret to
 being loved is love.

And the secret to
 being interesting
 is to be interested.

And the secret to
 having a friend
 is being a friend.

- UNKNOWN | | TheMindsJournal



WALLA WALLA
SENIOR CENTER
THE CENTER AT THE PARK
Serving Seniors since 1971

Strawberry Waffle Dinner

with sausage, coffee and tea!

Featuring a 50-50 Raffle to raise money to support senior programs in Walla Walla.

July 22nd, 5-7pm

**Dining Room,
The Walla Walla Senior Center
720 Sprague St, Walla Walla, WA**

\$7.00 per person

**All ages welcome!
Bring your family,
grandkids, or neighbors!**

See you there!