



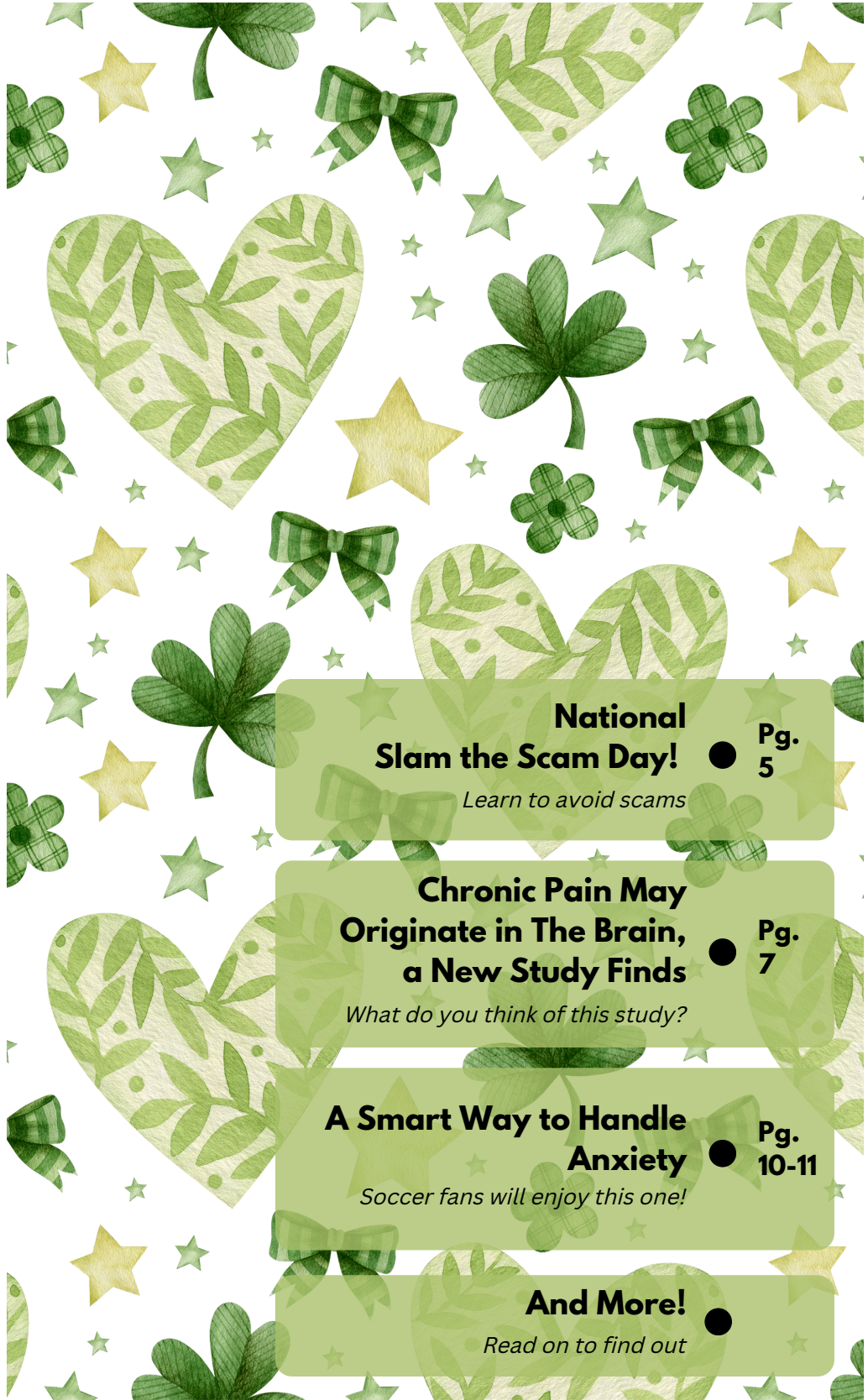
The Bottom Line

Walla Walla Senior Center Current Hours/Operations:

Please see our website for further updates at wallawallaseniorcenter.org



- **CENTER OPENING HOURS**
8am-3pm
Monday through Thursday.
- **CONGREGATE DINING**
11:30am - 1pm
See menu for serving days (pg. 8).
- **SENIOR-TO-GO-MEALS VIA DRIVE-THRU**
10:30am - 11:30am Tuesdays ONLY. You may pick up 1 hot and 2 frozen meals.
- **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.



National Slam the Scam Day! ● Pg. 5
Learn to avoid scams

Chronic Pain May Originate in The Brain, a New Study Finds ● Pg. 7
What do you think of this study?

A Smart Way to Handle Anxiety ● Pg. 10-11
Soccer fans will enjoy this one!

And More! ●
Read on to find out

ANNOUNCEMENTS

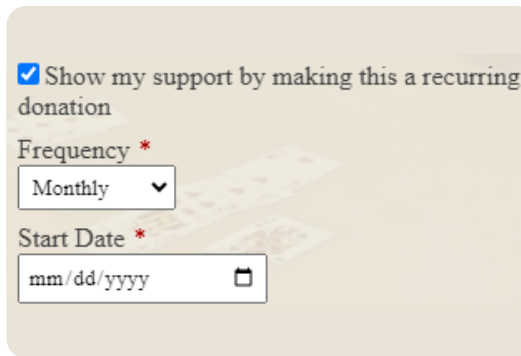
SEEKING BOARD OF DIRECTORS APPLICATIONS



We are now accepting applications to join the Walla Walla Senior Center Board of Directors. This is a great opportunity to get involved with your community and be a part of an important cause. You do not need to be a Senior Center participant to apply - everyone is welcome! For more information, please go to our website at wallawallaseniorcenter.org/board and if you are interested, download an application on that same page or pick one up at our Center at 720 Sprague St.

WE ♥ MONTHLY DONORS

Become a Walla Walla Senior Center CHAMPION with our new recurring donation option. You select how often (weekly, monthly, quarterly, yearly), the start date (this is helpful for you to organize your finances!), and the amount (even \$10 makes a difference). We hope you will consider signing up today on our website at: wallawallaseniorcenter.org/donate.



AARP TAX AIDE IS BACK!

Tax season is here and now's the time to make an appointment for AARP's Tax Aide services online. Book your appointment now by going to this link on your smartphone or computer: <https://tinyurl.com/wwta23> or contact 509-593-8257



Or, scan this code with your smartphone's camera to make your appointment.



AARP Foundation
TAX-AIDE
Free tax assistance for those who need it most

WALLA WALLA SENIOR CENTER, INC.

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

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Southeast Washington Aging and Long Term Care Council of Governments is a funding agency. The Walla Walla Senior Center does not discriminate in admission, access to, treatment or employment in its programs on the grounds of race, color, religion, national origin, sex, gender identity or expression, sexual orientation, age, marital status, pregnancy, status as a parent, economic status, political affiliation, expunged juvenile record, mental or physical disability, military service or veteran status, family medical history or genetic information, and/or any other characteristic or status protected by national, federal, state or local law. This policy applies to all employees, clients, volunteers, and any other individuals that may wish to become involved in the organization. We are committed to providing an inclusive environment for all.

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.



Music



Education



Fitness



Community



Art



OLD TIME MUSIC MUSICIANS (\$3 AT THE DOOR)

MARCH 5TH, AND 19TH, 6:30-8:30PM IN THE DINING ROOM AT THE SENIOR CENTER

Do you miss the music from the good ole days? Join the Old Time Music Musicians at the Senior Center and be taken back in time with the music that you love. We hope to see you there!



MAD FOR LAUGHTER YOGA (FREE)

MARCH 5TH AND 12TH, 3:30-4:15PM, IN THE DINING ROOM AT THE SENIOR CENTER

This fitness class is for anyone wanting to reduce their stress, work on breathing techniques, and laugh more! You do not need to attend all sessions to benefit from this class. We would recommend coming with an open mind and a willingness to learn a new technique. This class may be extended for more sessions in March. Keep an eye on the Walla Walla Parks and Rec website! **While this class is free, you must sign up on the Walla Walla Parks & Rec website. Please call 527-4527 for questions.**



M.E.L.T FITNESS CLASS (\$40/MONTH OR \$12 PER CLASS)

MARCH 6TH, 13TH, 20TH, AND 27TH, 6-7PM, IN THE DINING ROOM AT THE SENIOR CENTER

Sign up for this gentle fitness class and feel your body relieve its aches and pains. Learn how to rehydrate connective tissue and balance the nervous system using soft rollers and rubber balls. MELT helps reduce inflammation, ease chronic neck and lower back pain, improve alignment, and strengthen muscles. Participants must be able to get down onto the floor and back up since the majority of the class is on the ground. Participants can use the help of the instructor or chairs.

You must sign up on the Walla Walla Parks & Rec website. Please call 527-4527 for questions.



COFFEE SOCIAL WITH VETERANS HOME RESIDENTS (FREE)

MARCH 19TH, 9:30AM IN THE DINING ROOM AT THE SENIOR CENTER

Join us Tuesday morning, March 19th, from 9:30-10:30am for a coffee social with our community of Senior Center participants and Walla Walla Veterans Home residents. This is a great opportunity to chat with others, share stories, and get your day started with a nice hot cup of coffee. Open to the community! Coffee and treats will be provided.



WATERCOLOR CLASSES (\$129+ FOR SESSION)

CLASSES WILL BE APRIL THROUGH MAY IN THE DINING ROOM AT THE SENIOR CENTER

Registration opens in March. Visit wwcc.edu/academics/continuing-education/quest/



MORNING COFFEE

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

**MONDAY-THURSDAY
8AM-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
8AM-3PM**



Every week

At the Walla Walla Senior Center...

BRIDGE!

Tuesdays and Thursdays at 1pm



CARD GROUPS

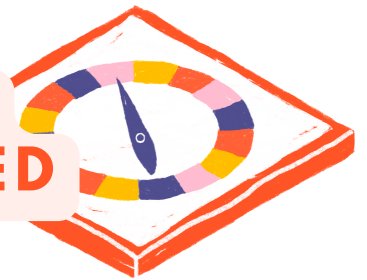
PINOCHLE!

Mondays at 1pm - Experienced players
Wednesdays at 1pm - Learners*

**Sign up for the learners group by
Tuesday at the front desk**

NEW! LEARN TO PLAY PINOCHLE!

GAMES WITH FRED



Do you like playing card and board games? Fred hosts a game event in which he brings different games to play and to teach. Play old favorites and learn new ones! This program is free and open to all.

CALL FRED AT 509.676.8103 FOR HIS WEEKLY GAME SCHEDULE

SCAM ALERT

March 7th is National
Slam the Scam Day!

Watch out! Scammers
target everyone.



Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit ssa.gov/scam for more information. Please also share with your friends and family.

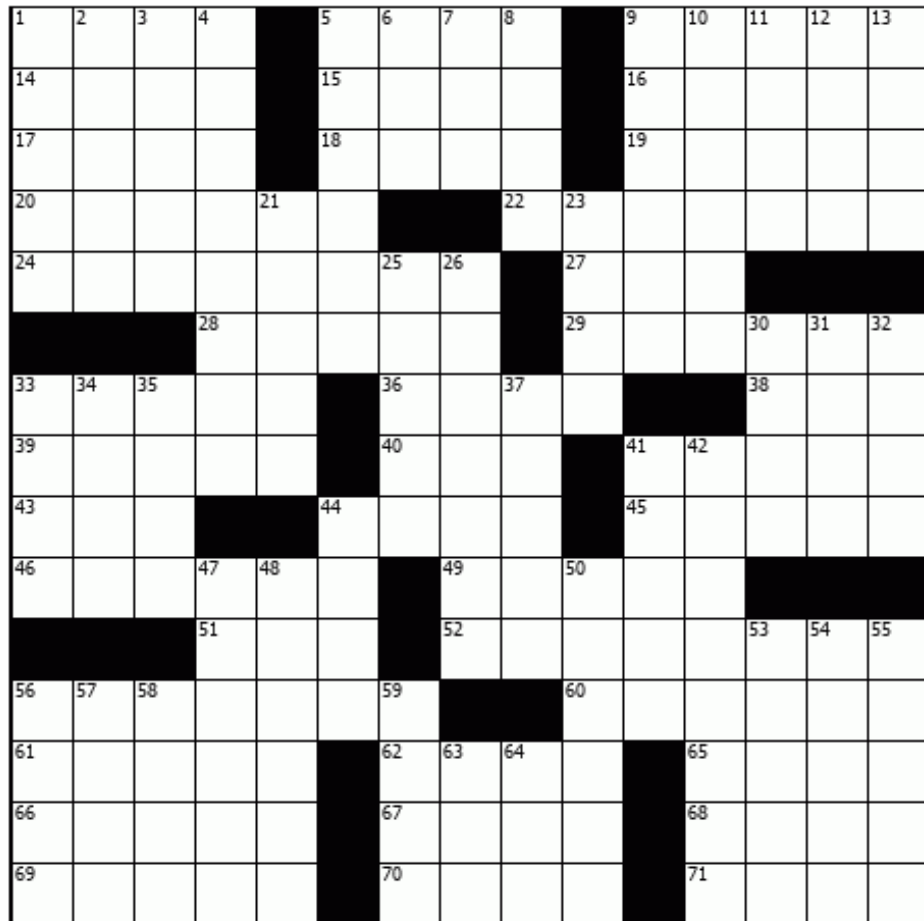
March Crossword Challenge

Crossword via onlinecrosswords.net

Find solutions on page 15

Across

1. Sombreros
5. On a cruise
9. Airborne
14. District
15. Recipe instruction
16. Speed checker
17. Raise
18. Peel
19. Wear away
20. Infuriate
22. Person on a pension
24. "The Texas Chainsaw
___"
27. Eureka!
28. Water mammal
29. Baby's toy
33. Snapshot
36. ___ and void
38. Ventilate
39. Of the moon
40. President after HST
41. Juliet's love
43. Madrid cheer
44. Korea's continent
45. Kilns
46. Pale color
49. Indian group
51. Christmas ___
52. Surround
56. Thinnest
60. Involve
61. Poe's middle name
62. Inspiration
65. Military supplies
66. Incline
67. Breathing organ
68. Retain
69. Quizzes
70. Forfeit
71. If not

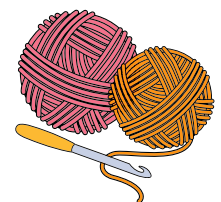


Down

- | | | |
|--------------------------|-------------------------------|------------------------|
| 1. Sheik's wives | 21. Croc's kin | 44. Pub offerings |
| 2. Sports site | 23. English nobleman | 47. Renter |
| 3. Pulls apart | 25. Tears apart | 48. Incidents |
| 4. Florida city | 26. Learned | 50. Cold era (2 wds.) |
| 5. Facet | 30. Not wild | 53. Desert beast |
| 6. Train depot (abbr.) | 31. Legal hold | 54. Green fruits |
| 7. Browning's "always" | 32. Greek god | 55. Marry secretly |
| 8. Copycat | 33. Drop heavily | 56. Final |
| 9. Vocalist ___ Franklin | 34. ___-Hoop | 57. ___ Macpherson |
| 10. Cowboy's rope | 35. Washington bills | 58. Exclamation of woe |
| 11. Fragrance | 37. Acquire knowledge | 59. Cash drawer |
| 12. Whiten | 41. Batman's sidekick | 63. Pair |
| 13. Family diagram | 42. Catch up with and
pass | 64. Naval rank (abbr.) |

Do you crochet?

Garrison Middle School is searching for volunteers to teach small groups of students to crochet! Wednesdays, 11:15am-12:30pm. If you're interested, please contact Grace at gfritzke@wwps.org or call 503-970-9720



Understanding that chronic back pain originates from within the brain could lead to quicker recovery, a new study finds

Article via theconversation.com

Most people with chronic back pain naturally think their pain is caused by injuries or other problems in the body such as arthritis or bulging disks. But our research team has found that thinking about the root cause of pain as a process that's occurring in the brain can help promote recovery. That is a key finding of a study my colleagues and I recently published in *JAMA Network Open*, a monthly open-access medical journal.

We have been studying a psychological treatment called pain reprocessing therapy that may help “turn off” unhelpful and unnecessary pain signals in the brain. To do this, we carried out a study in which some people were randomly chosen to receive the pain reprocessing therapy treatment, while some got a placebo injection into their backs.

We included 151 adults ages 21 to 70 years old with chronic back pain. We found that 66% of participants reported being pain-free or nearly pain-free after pain reprocessing therapy, compared with 20% of people who received a placebo.

These results were remarkable because previous trials of psychological treatments rarely led to people reporting full recoveries from chronic pain. So we needed to better understand how this treatment worked: What changed in people's thinking that helped them recover from chronic back pain?

WHY IT MATTERS

Chronic pain is one of the biggest health problems today. It is the leading cause of disability in the U.S., and it has an economic cost greater than that of diabetes or cancer.

The most common chronic pain condition is back pain. Many patients – and doctors – are focused on identifying different back problems that they suspect may be causing the pain. So they try all sorts of treatments, often to no avail.

A growing number of scientists now believe that many cases of chronic back pain are caused primarily by brain changes. Pain can originate with an injury, but then the pain system can get “stuck” and keep firing long after injuries have healed.

Pain is the brain's alarm system, letting us know

about injuries or other threats to our body. Much of the time, the system works well, accurately warning us that a part of our body is injured and needs to be protected. But when a person has been in pain for months, years or even decades, pain processing pathways are more likely to fire, and brain regions that typically are not involved in pain start to be involved. Chronic pain also leads to increased levels of activity in glial cells, which are part of the brain's immune system. All these changes in the brain then serve to “entrench” the pain, making it persist.

People, very understandably, think that if their back hurts, there must be a problem in the back – even though we researchers know this is often not the case.

It's critical to note that just because the signal originates in the brain, the pain is not any less real. The pain is always real, no matter what. But to treat it effectively, one needs to accurately identify the root cause.

HOW WE DO OUR WORK

In our study, we asked people to tell us in their own words what they think is the cause of their chronic back pain. It is a simple question, but few studies have asked their participants to describe the source of their pain.

Participants in our study described injuries, weak muscles, arthritis and other bodily factors as the causes of their pain. Almost no one mentioned anything about the mind or brain.

One of the main goals of pain reprocessing therapy is to help people think differently about the causes of their pain. After we treated participants with pain reprocessing therapy, about half the causes of pain that people described were related to the mind or brain. They said things like “anxiety,” “fear” or “neural pathways” were the causes of their pain.

The more that people shifted to this kind of understanding, the more their back pain went down. We think this shift in understanding reduces fear and avoidance of pain, which can tamp down pain pathways in the brain and promote healthy, pain-reducing behaviors like exercise and socializing.

MARCH 2024

Senior Round Table Menu

Walla Walla Senior Center

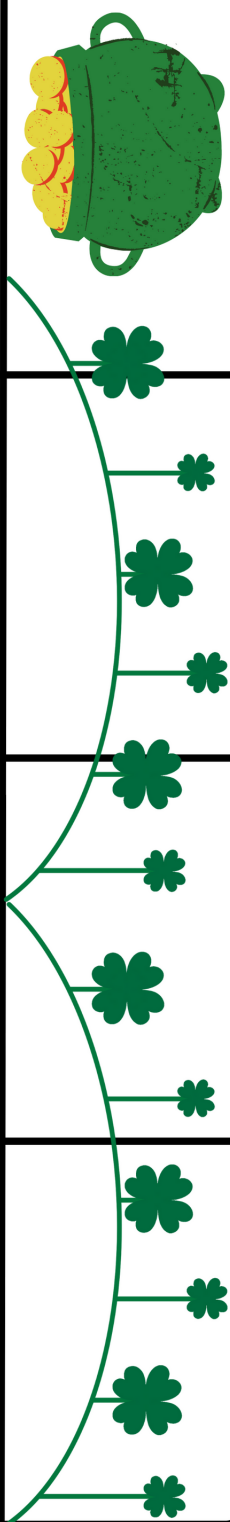
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>4 BELL PEPPER CASSEROLE VEGETABLE ROLL FRUIT COOKIE</p>	<p>5 CHICKEN FRIED BEEF STEAK POTATOES BREAD, COOKIE MOW: VEGETABLE FRUIT IN HOUSE: SALAD BAR</p>	<p>6 HAMBURGER WITH BUN LETTUCE, TOMATO, ONION VEGETABLE POTATOES CAKE IN HOUSE: ICE CREAM</p>	<p>7 THREE BEAN CHILI ROLL, FRUIT COOKIE MOW: VEGETABLE CORN SALAD IN HOUSE: SALAD BAR</p>	<p>8 CLOSED</p>
<p>11 MEATLOAF & GRAVY POTATOES VEGETABLE BREAD FRUIT COOKIE</p>	<p>12 SPAGHETTI & MEAT SAUCE GARLIC BREAD FRUIT MOW: VEGETABLE COLESLAW IN HOUSE: SALAD BAR</p>	<p>13 ROAST BEEF POTATOES VEGETABLE ROLL FRUIT COOKIE</p>	<p>14 BEEF AND BARLEY SOUP ROLL, FRUIT COOKIE MOW: VEGETABLE GREEN SALAD IN HOUSE: SALAD BAR</p>	<p>15 CLOSED</p>
<p>18 SWEET & SOUR CHICKEN OVER RICE BEETS VEGETABLES FRUIT COOKIE</p>	<p>19 SALISBURY STEAK POTATOES BREAD COOKIE MOW: VEGETABLE, FRUIT IN HOUSE: SALAD BAR</p>	<p>20 TURKEY & STUFFING MASHED POTATOES GREEN BEANS ROLL PUMPKIN BAR</p>	<p>21 CREAMY CHICKEN SOUP ROLL, FRUIT COOKIE MOW: VEGETABLE GREEN SALAD IN HOUSE: SALAD BAR</p>	<p>22 CLOSED</p>
<p>25 HAM WITH APPLES SCALLOPED POTATOES VEGETABLE BREAD COOKIE</p>	<p>26 CHILI & CHEESE TOPPED POTATO BREAD COOKIE MOW: VEGETABLE, FRUIT IN HOUSE: SALAD BAR</p>	<p>27 MOW: BAKED FISH VEGETABLE CORN BREAD GREEN SALAD IN HOUSE: HAYSTACKS FRUIT, COOKIE</p>	<p>28 CHICKEN AND DUMPLINGS BREAD, FRUIT MOW: VEGETABLE PEA SALAD IN HOUSE: SALAD BAR</p>	<p>29 CLOSED</p>
				
<p>MOW = MEALS ON WHEELS IN HOUSE = CONGREGATE DINING ROOM</p>				

Free for persons 60+ years. Donations appreciated. Under 60 years \$7 charge. Hours: Mon-Thur 11:30-1:00. Substitutions may occasionally occur. Milk served with all meals. Vegetarian option daily. *Be advised that our food may have come into contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish or fish.



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

Serving 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



French Onion Pasta

Recipe & photo via wanderingchickpea.com

Ingredients: (serves 4-6)

- 1/4 cup olive oil
- 3 yellow onions, thinly sliced
- 4 garlic cloves, minced
- 8 oz cremini mushrooms, sliced
- 1 tbsp fresh thyme
- 1/2 cup dry white wine
- 2 tbsp all purpose flour
- 2 cups beef broth (or vegetable broth)
- 2 cups water
- 12 oz dried orecchiette or other short cut pasta
- 1 tbsp sherry vinegar
- Salt and freshly ground black pepper to taste
- Fresh herbs and toasted breadcrumbs for serving (optional)

Directions:

1. Heat oil over a large skillet over medium heat. When shimmering, add the onions and a generous pinch of salt. Cook, stirring frequently until deeply caramelized. About 25-30 minutes.
2. Add the garlic, mushrooms and thyme. Sauté for 3-4 minutes or until the mushrooms begin to soften. Add the wine to deglaze the pan and add the flour. Cook for another 2-3 minutes, until thickened.
3. Pour in the beef stock (or vegetable stock) and water. Season with salt and freshly ground black pepper. Bring to a boil then add the pasta and cook for 8-10 minutes or until al dente. (Keep in mind that other pasta shapes will have different cook times).
4. Turn off the heat and stir in the sherry vinegar. Serve warm.



A smart way to handle anxiety — courtesy of soccer great Lionel Messi



What separates the very best in the world from the remaining 7 billion of us? Exceptional talent often looks like an act of revolution — a person doing something in a way no one has ever done it before — but many revolutionary talents are actually built on a foundation of evolutionary tweaks. These tweaks develop over time, often compensating for weaknesses and anxieties that might derail a lesser talent.

Take the world's best soccer player, an Argentinean named Lionel Messi. Messi has won more Ballon d'Or trophies, awarded to the best soccer player of the year, than any other player. He has scored more goals in a calendar year than any other living player, is the top all-time scorer in Spain's La Liga, and has the highest goal ratio in the sport today, scoring almost once every match.

For all his brilliance, though, he's famously anxious. For several years, Messi habitually vomited on the field before big matches. After a string of disappointing national-team losses, another former Argentinean giant of the game, the late Diego Maradona, uncharitably criticized Messi by suggesting that it was “useless trying to make a leader out of a man who goes to the toilet twenty times before a game.”

Being incredibly talented doesn't immunize you against anxiety, and many of the world's best grapple with anxiety precisely because they expect so much from themselves. But Messi hasn't allowed his anxiety to diminish his brilliance because he's mastered a coping mechanism that also doubles as the secret behind his tactical brilliance.

A soccer match runs for 90 minutes (plus a few minutes for “injury time”), and most players are active in the game from the first minute. As soon as the whistle blows, they implore their teammates to pass the ball and pursue the tactics their coaches laid out before the game.

But Messi is famous for not playing the game during its opening minutes.

This is his evolutionary tweak, which developed as he played the game at progressively higher levels. For the opening minutes, Messi ambles back and forth near the middle of the field and almost never engages with his teammates. Whereas other players run and sometimes sprint, Messi spends much of his time walking, rarely breaking into more than a slow jog.

Messi does two things during these first few minutes. First, he calms himself. Easing into the game is Messi's way of ensuring he's fully engaged for the remainder of the game. His on-field vomiting has resolved itself, in part perhaps because he's found a more effective way to calm his nerves. Second, he spends this time scoping out the opposition. His legs move slowly, but his eyes dart from player to player, assessing his opponents' strengths, weaknesses, and tactics, and monitoring his own team's movement with and around the ball. Messi is less valuable to his team early in the game, but this tactical pause elevates his value for the remaining 95 percent of the game.

If you split soccer game play into “preparatory” and “engaged” components, Messi leans heavily on preparation. During one classic game between Messi's Barcelona and archrivals Real Madrid, in 2017, Messi ran for just four minutes and walked for more than eighty of the game's ninety minutes. When he was engaged, though, he was dynamic, creating nine chances, scoring one goal, and feeding the ball to a teammate who scored another goal.

That pattern isn't unusual for Messi, and it's often in the biggest games that he accentuates his in-game preparation. That preparation also explains his ability to find himself in the right place at the right time, over and over. Though his positional play appears otherworldly, it isn't a miracle; it's that he's learned, minute by minute, that a particular defender leaves a particular square of pitch uncovered or that two midfielders leave a small corner of the pitch open when they gravitate to the middle of the field.

The lesson for the rest of us is clear: When you're anxious, whether in athletics or in life more broadly, pause. Slow down. Prepare.

As you might imagine, pausing is harder than it sounds. In the face of silence and anxiety, our instinct is to act. Judson Brewer, a psychiatrist and neuroscientist, has spent much of his career thinking about how to do nothing.

About fifteen years ago, Brewer developed a mindfulness-based treatment for addiction.

His approach instructs addicts to resist the waves of anxiety during moments of craving by following the four steps of an approach that goes by the acronym RAIN:

Recognize what is arising.

Allow it to be there.

Investigate your emotions and thoughts (e.g., "What is happening in my body now?")

Note what is happening from moment to moment.

Brewer has said that his approach was inspired by clinical psychologist Tara Brach's. To test the approach, Brewer worked with smokers who were struggling to quit. Nicotine addiction is notoriously stubborn – more so than many harder drugs that produce stronger immediate responses in users.

Before unleashing the program on smokers, Brewer wanted to test the system on himself. The problem was "I was a nonsmoker," Brewer wrote, "who needed to be able to relate to patients who felt as though their heads were going to explode unless they smoked."

Nicotine has a half-life of around two hours, so to begin, smokers need to resist the urge to light up for two hours at a time. Brewer reasoned that smokers who could last two hours without a cigarette would cultivate new nonsmoking habits, extending those stretches till they no longer felt the urge to smoke at all.

He simulated these periods of resistance by learning to meditate for two-hour stretches without moving. During moments of restlessness, he followed the RAIN steps – recognize, allow, investigate, note – and if he moved his body, the clock would reset, and he'd have to start again.

This might sound easy, but two hours is a long time to sit still without entertainment.

"Surprisingly it wasn't the physical pain of not shifting for a long time that got me," Brewer wrote. "It was the restlessness ... Those cravings shouted, 'Get up!'"

For many months, Brewer would get close, then restlessness would defeat him. "Then one day," he wrote, "I did it. I sat for the full two hours ... Each subsequent sit got easier and easier because I had the confidence that it could be done. And I knew that my patients could quit smoking. They simply needed the proper tools."

Brewer was right. His patients had been stuck, incapable of quitting one of the most addictive substances on earth. But when he ran study after study, pitting his RAIN mindfulness method against the most effective addiction treatment approaches of the day, his approach was more than twice as effective.

Months later, when most of the patients on other treatment plans had relapsed, his mindfulness group stayed clean. They were more than five times as likely to have shaken their addictions using an approach that essentially taught them to pause at the moment their bodies were most urgently driving them to act.

Of the four steps in Brewer's RAIN approach, the second – allowing – is perhaps the most critical. Allowing an experience to wash over you sounds disarmingly easy because it doesn't require you to do anything. But that's exactly the point. It's difficult because you're forced to do nothing despite the urge to act.

For all the benefits of pausing and preparing, though, sometimes the main event doesn't go to plan. Messi has lost countless matches, and not all of Brewer's nicotine addicts stayed quit weeks or months after his experiments ended.

Mastering the anxiety and discomfort that follow these failures is essential, and it's one of the major differences between people who achieve breakthroughs and those who stay mired indefinitely.



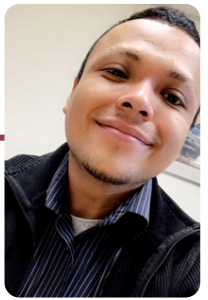
Article via
ideas.ted.com



Adult Day Center & Family Support

(509) 527-3775 ext 3
adc@wallawallaseniorcenter.org
wwadc.org

Alex Sanchez,
Program Manager



“So long, farewell, to you, my friends, goodbye for now, until we meet again..”

We love having all of our participants around, but recognize that there may come a time when our program no longer meets their needs. So, today, we want to give a big farewell to three of our participants that have been so delightful, but who will now be seeking care elsewhere.

Marlene, Bryce and Hack. All three of these individuals had been part of our program for over a year and made the program their own. We wish them all the best with future endeavors, and hope they know that they are and will continue to be missed.

One thing that gives us peace of mind though, is knowing that all three are receiving the right scope of care that they need and deserve. Marlene is a retired teacher whose energy and compassion you could feel when you'd engage with her. She loved going out for walks and checking in on the senior center garden. Bryce was our resident scientist. He worked at Hanford nuclear site, loved reciting poetry to other ADC participants, and salad bar days were his favorite. Hack was our retired Milton-Freewater high school principal. Hack would make a point to not only greet everyone in the ADC but would go out to our main congregating dining room to greet each and every individual in the building. Hack's dining room visits became so routine that folks would anticipate and look forward to him coming over to visit. He would make the day of many by simply greeting and making each individual feel welcomed.

These three individuals made a difference in our Adult Day Center and in our community!



The Adult Day Center is located at the Walla Walla Senior Center. Our facility serves adults who have memory challenges, physical disabilities, and socialization needs. We provide a safe and stimulating environment. Call or email us!

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serengeticare.com

briannad@serengeticare.com

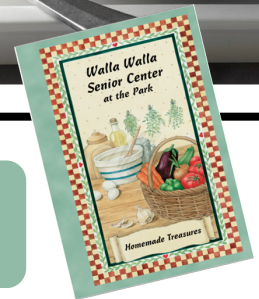
Fennel Carrot Soup

By Anonymous

FROM OUR SENIOR CENTER COOKBOOK... (P. 16)

- 1 T. butter
- 1/2 tsp. fennel seed
- 1 1/2 lbs carrots, sliced
- 1 medium sweet potato, peeled and cubed
- 3 cans (14 1/2 oz. each) vegetable broth
- 2 T. uncooked long grain rice
- 1 bay leaf
- 1/4 tsp. curry powder
- 1 T. lemon juice
- 1 tsp. salt
- 1/4 tsp white pepper
- 2 T. minced fresh parsley
- 1 medium apple, peeled and cubed

In a large saucepan, melt butter over medium high heat. Add fennel; cook and stir 2-3 minutes or until lightly toasted. Add carrots, sweet potato and apple; cook and stir 5 minutes longer. Stir in broth, rice, bay leaf and curry powder; bring to a boil. Reduce heat; simmer, cover for 30 minutes or until vegetables and rice are soft. Remove from heat; cool slightly. Discard bay leaf. Process in botches in a blender until smooth; return to pan. Stir in lemon juice, salt, and pepper. Cook over medium heat 5 minutes or until heated through, stirring occasionally. Sprinkle with parsley.



Great gift idea!

Walla Walla Senior Center Cookbook

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For more information call Alexis Bonoff at (509)312-4579

Memory Café Open!

We are very excited to announce that the Walla Walla Memory Café is now open! At a Memory Café, persons living with Alzheimer's or other dementias and their loved ones enjoy socializing in a relaxed café setting. There is no set agenda. Families and friends meet and socialize in an environment that is accepting and non-judgmental. No RSVP required.

The Memory Café will meet the 2nd Monday of the month
10am – 12pm



Hot Mama's Espresso
1447 W Pine St, Walla Walla, WA 99362
Facilitator Kay Lehmann (509)520-1046

Alzheimer's Association - 24/7 Helpline
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***Prices are for ages 60 and over. Schedule your appointment by calling (509) 240-6034**

No-Bake Coconut Truffles

Recipe & photo via eatright.org

A an easy-to-make treat for when you need something sweet! These truffles are a great healthier option for when you're craving some afternoon sugar.

Ingredients:

- 12 medjool dates, pitted
- 2 tablespoons water
- 4 tablespoons unsweetened cocoa powder
- ½ cup puffed brown rice
- ½ cup shredded unsweetened dried coconut

Directions:

1. In food processor or blender puree dates and water until a sticky paste/ball forms. Pulse in cocoa powder until solid dough forms. Stir in puffed brown rice.
2. With small scoop, form mixture into 14 tablespoon-sized balls. Roll each ball into coconut to lightly coat.
3. Refrigerate for 30 to 60 minutes to set.

You can store refrigerated balls in an airtight container for up to two weeks.

Serving size: 1 truffle; Serves 14

Calories: 70; Total Fat: 2.5g; Saturated Fat: 2g; Cholesterol: 0mg; Sodium: 0mg; Total Carbohydrate: 13g; Dietary Fiber: 2g; Sugars: 10g; Protein: 1g; Vitamin A: 0%; Vitamin C: 0%; Calcium: 2%; Iron: 2%.



Puzzle solution for crossword on page 6

H	A	T	S		A	S	E	A		A	L	O	F	T			
A	R	E	A		S	T	E	P		R	A	D	A	R			
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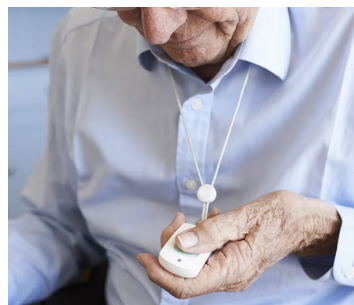
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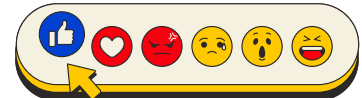


MONTHLY BRAIN TEASER

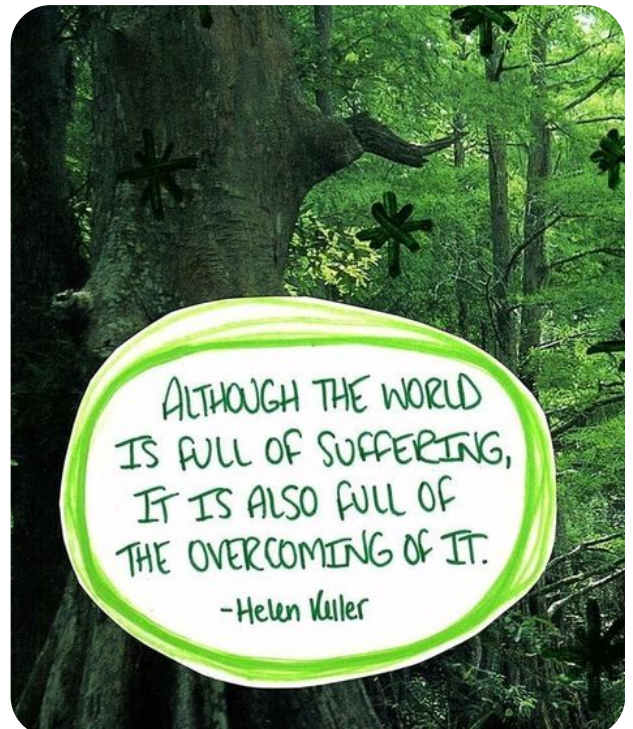
The more of this there is, the less you see. What is it?

*See the bottom left side of this page for the answer. No cheating!
Riddles via parade.com*

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Brain teaser answer: Darkness