



WALLA WALLA  
SENIOR CENTER

THE CENTER AT THE PARK

MAY 2021

# The Bottom Line

## WALLA WALLA SENIOR CENTER

### Current Hours/ Operations:

♦ **11am - Noon**

**Senior-to-go-Meals**

See menu for serving days

♦ **11am - Noon (Mondays)**

Free Pet Food  
Distribution

♦ **Meals on Wheels**

(509) 527-3775 ext 106

♦ **VoiceCare Emergency  
Response Buttons**

By appt, call  
(509) 527-3775 ext 110  
(see ad last page)

All other services are currently closed until further notice. The Senior Center will re-open when the Governor's office declares it is safe to do so. Please check our website for updates at:

[wallawallaseniorcenter.org](http://wallawallaseniorcenter.org)



WALLA WALLA  
SENIOR CENTER

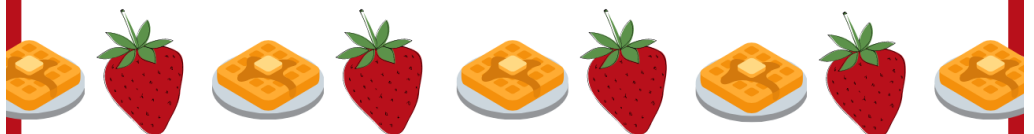
Join us for an evening of delicious Strawberry Waffles and a 50-50 Raffle to raise money to support senior programs in Walla Walla.



**WHEN** June 17, 2021  
Seatings at 5pm and 6pm

**WHERE** Dining Room,  
The Walla Walla Senior Center

**TICKET PRICE** \$7.00 per person



**\*Reservation Required\***

**Please call (509) 527-3775 to reserve your spot.**

*Masks are required whenever you are not at your table.*

# Announcements

## We Have a New Website!

We invite you to explore our newly designed website. All of our programs, events, volunteer opportunities, ways to donate and more are easy to find and use! Our address is the same at: [www.wallawallaseniorcenter.org](http://www.wallawallaseniorcenter.org)

## Tis the Season for Farmers Market Vouchers!

If you haven't gotten an application yet, you can find one in our "Little Library" at the east end of the Center. If you qualify, you can get a \$40 voucher to use at our local Farmers Market!



**Maybe we have something  
in common.**

“

**Dream BIG.  
Start small.  
But most of all...  
start**

- Simon Sinek

Ever thought of  
starting a Book Club,  
Coffee Club, Widow's  
Only Club, Limited  
Mobility Club,  
Dementia Friends  
Group? Did you ever  
wonder where to find  
more like minded  
individuals to meet  
with once a week?

As we head into re-opening the Center, we are tasked with 'starting small'. This means we are looking at how we can make comfortable spaces for groups to gather inside or out. We can even provide your group with a 'Grab n' Go' lunch (free for those over 60).

We need your help to move the center forward to be the place that you want it to be. If you have ideas, call Tania at 509-527-3775

## Sustaining the Center's Future

Please consider the Walla Walla Senior Center when making your estate plans or considering memorial donations and keep us vibrant for years to come.

### 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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##### Secretary

Sarah Zessin

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Jan Alexander

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Shirley Azeltine

Louise Boyer

Ron Wheeler

Kathy Hedine

Leigh Anne Adkins

Jessica Morlan

Merrikay Locati

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 end hunger and social isolation in seniors, through programs that improve the mental, physical and emotional well-being of seniors in our community.

## Meet our Board!



**Shirley Azeltine**  
Board Member

Shirley was raised in Kennewick and married her high school sweetheart right out of school. They raised their three children Lee, Sandy and Ty in Kent, WA, who have blessed them with 10 grandchildren and 13 great grandchildren.

After their children were grown, Jerry and Shirley moved to Anchorage for 12 years and Homer Alaska for 3 years. Jerry worked all over the state so they got to see a lot of Alaska. Jerry and Shirley retired in Walla Walla in 2000. They became active in their church and the Senior Center. They were elected to the board at the Center and did a lot of volunteering.

Jerry passed away in 2014 and Shirley has remained very active in the Senior Center and also spends her time volunteering at the hospital.



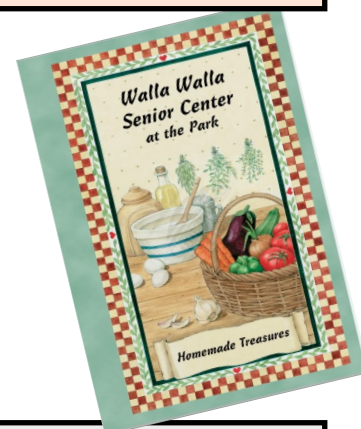
### Walla Walla Senior Center Cookbook

**Pick up your copy today!**

**\$10.00 each**

**A great Gift Idea**

**(Pick up your copy in the meal drive-thru line or give us a call at 509-527-3775)**



## From our Senior Center Cookbook . . . (pg 46)

### Hawaiian Meatballs

*By Floth Family*

#### Meatballs:

- 1 1/2 lbs. hamburger
- 1 sm onion minced
- 1 1/2 c bread crumbs
- 1 1/2 tsp corn start
- 1 egg
- 1 1/2 tsp salt
- 1 c milk

#### Sauce:

- 1/4 c brown sugar
- 2 T corn starch
- 1/2 c water
- 1 tsp salt
- 1 c pineapple juice
- 1 T soy sauce
- 1/3 c vinegar
- 1/2 c green pepper
- 1/4 c sliced onion
- 1 c pineapple chunks



Combine sugar, corn starch, salt, water, pineapple juice, vinegar and soy sauce. Cook over low heat until thick, stirring constantly. Pour over meatballs and let stand for ten minutes. Add peppers, pineapple and onion. Cook 5 minutes more. Serve over rice. Serves 12.

## *Blessings in Disguise*

This month we asked you what the best thing that happened for you was during the pandemic... something that ended up being a blessing in disguise. Your answers made us smile and filled our hearts. Here is what you said:

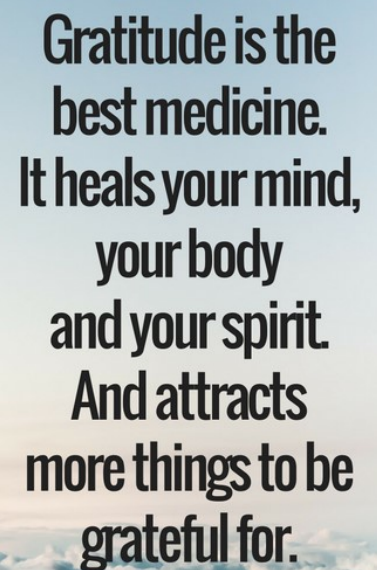
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We got our city to recognize our seniors and to support our senior nutrition program and come in to partnership with us.

- My 2 adult(ish) children got to move home for a year and my husband and I got to enjoy them on an adult basis (take turns cooking, etc.) for an extra year.
- Ordering groceries online instead of going to the grocery store makes me spend less money.
- Home deliveries, zoom meetings, neighbors checking in on each other more often, more home cooked meals, took up bread baking.
- Staying home caused me to come up with more home projects and catch up with cleaning out files, cleaning closets and getting rid of clothes.
- I found new ways to volunteer my time, make new friends, and help others.
- I feel gratitude for learning how big the world can be if major problems develop and how we cope, learn & grow in the experience.
- It gave me time to reflect on what's truly important in life and what I want to spend my time and energy on. Live for now!
- Not having to cook for my wife. Being a full-time caregiver, it was a relief [getting meals from the Senior Center and] not having to prepare meals.
- I started eating better and more regularly! Thanks to the Senior Center crew!
- Haiku: "Solace" Covid brought solace, peaceful creativity, time to write haiku.
- Haiku: "Peeking Tulip" Dusty lavender, rock ponds of swimming turtles, peeking tulip buds, shouting sunshine brings neighbors, scented air beckons.
- We have started doing Jigsaw Puzzles like we did when we were first married with no money—Now it's new entertainment!
- I got to spend real quality time with my family and get to know my son better.
- My granddaughter started walking!
- It has brought everybody closer together, mostly. That is what the world needs now.
- Brought families closer together.
- Since I learned to wear a mask, I didn't catch a cold or flu all year long!
- I found out about the Senior Meals Program. I appreciate the good food and work that the Center is doing. Also, I found out how important friendships are.
- I rebuild my bucket list! I learned how to do home & car repairs from YouTube! And... the first time I played golf I got a "hole-n-one" (35 years ago),

then was too busy with life to play golf, so, pandemic times made me target practice and I discovered that doctors and nurses laugh (during my visits) because I throw paper balls at trash cans (in their offices) across the room and never miss! Lol.

- I grew up in a small town and learned to amuse myself when I wasn't playing with friends. The best thing that happened to me in the pandemic was to return to my small town ways. I read books, did some watercolor paintings of sunsets, wrote a letter, called my family, walked every day, meditated, and visited a friend who had Alzheimer's. It was a good year. I stayed safe and well.
- The warmth and kindness of Meals on Wheels volunteers bringing joy and comfort. Delicious meals prepared by the Meals on Wheels team. Lack of traffic noise and pollution when Covid lockdown began. Was thrilled hearing birds singing and breathing cleaner air. Learned to appreciate Union Bulletin news online rather than paper edition.
- I am very grateful, especially to God, for giving me one more year of life and also to you (Senior Center team) for having given me food for the entire previous year in this terrible pandemic—and I thank you from the bottom of my heart!
- My door bell rang at the beginning of the February blizzard. There stood my 80-year-old "baby brother". He had driven from Kansas to surprise me for my birthday. The snow kept falling for the whole week he was here. Isn't family wonderful? Such devotion!
- I have met some wonderful people from Meals on Wheels. Thank you!
- I have discovered how important friends and family are. I also found my creativity during all the time in isolation. And discovering Center at the Park meals!



**Gratitude is the  
best medicine.  
It heals your mind,  
your body  
and your spirit.  
And attracts  
more things to be  
grateful for.**

”



“

- I turned 86 years old. This was the time Covid was taking hold of the USA. I decided to start taking piano lessons and am in my second year now and have an appreciation for anyone who has made the effort to learn. If you must stay indoors, I can't think of a better way to spend your time.
- Our family helped us with shopping and were careful, so nobody got sick!
  - I learned during the pandemic the value of family! My amazing family showed me thoughtfulness, kindness and most of all love by their words and deeds to help me through this difficult time. Thank you.
  - Not having to wait very long at the vaccine clinic at the fairgrounds.
  - I got to go to Church (via TV) in my pajamas!
  - The pandemic reminded me that people rise to the occasion to care for family and community members.
  - No colds or flu!
  - I got back into knitting and crocheting again. I really am enjoying doing this.
  - I was able to rest and not miss out on many things. Now I have more energy and can be out without being so tired.
  - Puzzle Mania—buying puzzles and working them out together. After 53 years of marriage, we got to know each other even more which was an extra blessing. We also passed the love of puzzles onto another shut-in couple that couldn't get out.
  - I learned how to cut my own hair!

”

## alzheimer's association®

### 24/7 Helpline

The Alzheimer's Association 24/7 Helpline (800.272.3900) is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public.

#### Upcoming Programs (free of charge)

##### Staying Connected

A small group seminar for people with early stage memory loss and their care partner. Classes starting soon.

##### Physical Fitness at Home

An online class presented on Zoom for persons living with Early Stage Memory Loss and their care partners. **Tuesdays 10-10:30am**

**Pre-registration required.**

Phone Aging and Disability Resource Center at  
(855) 567-0252.

Visit [alzwa.org](http://alzwa.org) for our full listing of programs available to you. You are not in this alone, we are here to help!



Join the Fight! Register today!  
[act.alz.org/wallawalla](http://act.alz.org/wallawalla)

#### VOLUNTEER TODAY!

Join the walk  
planning committee!

Contact Cory Townsend  
206-825-6095 [cdtownsend@alz.org](mailto:cdtownsend@alz.org)

Donations can be mailed to: Alzheimer's Association  
19031 33rd Ave W #301, Lynnwood, WA 98036

## One on One Zoom tutorials

**Are you interested in a program but don't have experience on Zoom?**

**We provide a one on one tutorial for all new participants before the start of your program.**

**Call Julie Hooley for more information (509)412-2371**

# The Best Mobile Apps For Healthy, Social Seniors

*Adapted from seniorlifestyle.com*

Today's seniors are more active than ever. And there are plenty of apps to help maintain social interaction, track health and wellness, and sharpen the mind all while on the go.

Below are a few apps seniors will love to help them do just that.



## Best Health Apps for Seniors

- ShopWell (free for iOS and Android)

Following a healthy diet is another way to help keep your brain in top shape. Foods that are high in antioxidants are particularly helpful in reducing cell damage. The ShopWell app will help you match foods to all of your health needs. Once you set up a profile, this app will help you make nutritious shopping lists that you can take to the store. It will also show you healthy alternatives to some of your favorite foods.

- Pill Monitor (free for iOS)

Staying active is great for your health. But skipping important medications can lead to health problems that keep you from enjoying your favorite activities. The Pill Monitor app can help make sure you don't forget about any medication. This app allows you to schedule reminders by day, date, and time. You can even send your doctor a log of medications taken.

For an Android alternative, consider Medisafe Meds & Pill Monitor.

## Best Entertainment Apps for Seniors

- Words With Friends (free and paid versions for iOS and Android)

The Words With Friends app and Words With Friends 2 allows you to play a quick word game online with loved ones or new players anywhere in the world. The game itself is similar to Scrabble. Each player uses his or her own mobile device to take a turn building a word on the board. There's even a feature to send messages to keep the game social.

- Apple Books and Kindle (available for iOS and Android)

If you're a voracious reader but find lugging heavy tomes around burdensome, it's easy to get unlimited books right on your device. For Apple users, Apple Books offers digital texts and audiobooks on your iPhone, iPad, iPod touch, or Apple Watch. If you are an Android user, the Kindle app allows you to browse millions of books from the comfort of your own home.

- Old Time Radio 24 (available for iOS)

Do you miss the old tunes and radio shows of yesteryear? This app offers 35 stations of music and radio plays from the 1920s all the way through the 1970s. No matter what era you're looking for, this app likely has the sounds of your younger years. The app can run in the background of your device so you can still use it to send messages and surf the web while listening.

## Best Budgeting and Personal Finance Apps for Seniors

- AARP (available for iOS and Android)

The AARP mobile app, available for both Android and iOS, makes keeping up with news and special offers for seniors easy. As an AARP member, you can access your digital card in the app anytime. The app also makes joining and renewing simple. Other features include daily news stories, nearby event listings, and members-only benefits and discounts.

- Sciddy App — Senior Savings (available for iOS and Android)

The Sciddy app uses your location to help you find local businesses that offer deals for those over 50. Discounts consist of food, entertainment, home services, travel, health, and a number of others in hundreds of cities across the country. The app is available via iOS or Android and has an easy to use interface.

## Best Fitness Apps for Seniors

- Map My Run (free for iOS and Android)

Whether you're taking a stroll through the mall, at the park or on your favorite trail, this app can map your progress while allowing you to track your personal goals. And it gives you the proof when your friends and family don't believe you!

- Tai Chi for Seniors (available on iOS)

Many seniors enjoy the meditative aspect of tai chi, which is an ancient Chinese practice of thoughtful movement. Studies show tai chi improves flexibility, increases muscle strength and helps with balance and aerobic conditioning. This app offers 64 demonstration videos with step-by step instruction from a tai chi master, and audio guides.

## Other Great Apps for Seniors

- Magnifying Glass with Light (available for iOS and Android)

This app is ideal for seniors who experience difficulty reading small print. The user just positions a mobile device's camera over the text and moves the screen slider. The text is automatically illuminated and enlarged for easy reading. This is a great option for anyone who struggles to read menus, maps or other fine print in daily life.

# Missing benefits in your health plan? Complete it



## Get UnitedHealthcare® Dual Complete

Get extra benefits at no cost to you. UnitedHealthcare Dual Complete® (HMO D-SNP) is a special type of plan. It works together with your Medicaid plan. You'll keep all your Medicaid benefits and add more. You could get extra benefits and features like these, for a \$0 plan premium:



Up to \$3,000 for covered types of preventive and comprehensive dental services



\$0 drug copays on all tiers of covered medications with option for home delivery



\$0 copay for 48 one-way rides to or from a doctor's office or pharmacy



\$0 copay for virtual provider visits for medical or general mental health help

**See if you can get this plan. Call today.**



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[UHCCommunityPlan.com/WA](http://UHCCommunityPlan.com/WA)

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid program. Enrollment in the plan depends on the plan's contract renewal with Medicare. \$0 copay may be restricted to particular tiers, preferred medications, or home delivery prescriptions during the initial coverage phase and may not apply during the coverage gap or catastrophic stage. OptumRx is an affiliate of UnitedHealthcare Insurance Company. You are not required to use OptumRx home delivery for a 90-100 day supply of your maintenance medication. Depending on your level of Medicaid eligibility, costs may vary. Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply.

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# Senior Round Table Menu

MAY








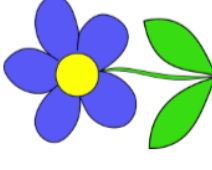
2021  
FRIDAY

TUESDAY

WEDNESDAY

THURSDAY

MONDAY

3	TUNA CASSEROLE VEGETABLE (CHEF'S CHOICE) POTATO SALAD ROLL FRUIT 	4	LASAGNA VEGETABLE (CHEF'S CHOICE) COLESLAW GARLIC BREAD FRUIT	5	BAKED CHICKEN MASHED POTATOES & GRAVY VEGETABLE (CHEF'S CHOICE) BREAD FRUIT JUICE CAKE	6	CHICKEN FRIED BEEF STEAK MASHED POTATOES VEGETABLE (CHEF'S CHOICE) ROLL FRUIT COOKIE	7	CLOSED
10	HAM WITH PINEAPPLE SCALLOPED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD BROWNIE 	11	MEAT LOAF MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	12	SWEET & SOUR CHICKEN OVER RICE VEGETABLE (CHEF'S CHOICE) PEA SALAD BREAD FRUIT	13	FIESTA CORNBREAD PIE POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT	14	CLAM CHOWDER VEGETABLE (CHEF'S CHOICE) COLESLAW ROLL CAKE
17	MEATBALL SUBMARINE SANDWICH POTATOES VEGETABLE (CHEF'S CHOICE) FRUIT 	18	SPAGHETTI & MEAT SAUCE VEGETABLE (CHEF'S CHOICE) COLE SLAW GARLIC BREAD FRUIT	19	TURKEY & GRAVY STUFFING MASHED POTATOES GREEN BEANS ROLL PUMPKIN BARS	20	ROAST BEEF POTATOES VEGETABLE (CHEF'S CHOICE) ROLL FRUIT COOKIE	21	CLOSED
24	SALISBURY STEAK MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE 	25	CHICKEN & DUMPLINGS VEGETABLE (CHEF'S CHOICE) GREEN SALAD FRUIT JUICE BROWNIE	26	BAKED FISH VEGETABLE (CHEF'S CHOICE) POTATOES BREAD FRUIT COOKIE	27	BBQ CHICKEN POTATOES VEGETABLE (CHEF'S CHOICE) COLESLAW BREAD CAKE	28	CLOSED
31	CLOSED		 Free pet food handed out on Mondays						

**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 S.E.  
Washington State  
for Over 37 Years.



**Jane Kaminsky  
Nutrition Director**

720 Sprague St  
Walla Walla, WA 99362  
509-527-3775  
509-527-3776 Fax  
srt@wallawallaseniorcenter.org



## Meet our Program Assistant, Lily!

Lily graduated from Portland State University in 2020 with a dual degree in Marketing and Spanish. She enjoys staying active, traveling, and taking naps in the grass when the weather is nice.

At the Senior Center, she helps out with the nutrition program and also runs much of our marketing and communications.

She will be with us through the summer and then will be moving to Madrid, Spain to teach English.

Check out the recipe below for one of Lily's favorite dishes!



### Roasted Sweet Potato Lentil Salad

*Via recipereunner.com*

#### SALAD

2 tsp olive oil  
1/2 tsp ground cumin  
1/2 tsp ground coriander  
1/4 tsp ground ginger  
1/8 tsp ground cinnamon  
1 clove garlic  
1 cup dry lentils, picked over and rinsed  
3 cups water  
Salt and pepper to taste  
2 cups diced sweet potato  
1/4 cup diced red onion  
1/4 cup chopped parsley  
2 tbsp. chopped cilantro

#### VINAIGRETTE

1 tbsp. olive oil  
2 tbsp. balsamic vinegar  
1 tbsp. dijon mustard  
1 tbsp. maple syrup  
1/2 tsp ground cumin  
1/4 tsp ground coriander  
Salt and pepper to taste



In a medium saucepan, heat the olive oil over medium heat and add the cumin, coriander, ginger, cinnamon, and garlic to sauté until fragrant. Add the lentils and water to the saucepan and bring to a boil. Reduce heat and simmer until the lentils are soft, about 30-35 minutes.

While the lentils cook, drizzle the sweet potato chunks with olive oil and season with salt. Place on lined sheet pan and roast sweet potato at 425 degrees F. for about 20-30 minutes until tender.

Drain lentils once cooked and pour into serving bowl.

Whisk together all vinaigrette ingredients and pour over lentils.

Add the roasted sweet potato, red onion, parsley and cilantro to the bowl and stir. Add salt and pepper if desired.

Serve.



# Adult Day Center & Family Support

509-527-3775 ext 111  
adc@wallawallaseniorcenter.org

**Alex Sanchez,**  
Program Manager



## Grandpads: Southeast Washington Aging and Long Term Care

The Walla Walla Adult Day Center's Grandpad program is up and running. The Grandpad program is designed for individuals to have direct access and engagement with the program director and in-house social worker of the Walla Walla Adult Day Center. Meetings with social services are held on a weekly basis, virtually, through the pad's video call feature. No need to download or learn any other software. During these meetings we get to catch up, provide services to clients, and connect clients to other local resources in our valley—helping our people navigate through these uncertain times.

### Frequently Asked Questions:

Q: Where do the Grandpads come from? Who pays for them?

A: Southeast Washington Aging and Long Term Care, provides Grandpads to individuals enrolled in Adult Day Center services. Grandpads are a “subscription” like service that ATLC pays for and provides to our clients. Otherwise it is a \$75.00/ month charge.

Q: Is this Grandpad for me to keep forever?

A: No, Grandpads are given on a “lend” basis. They are yours while they are with you, but still the property of Aging and Long Term Care.

Q: What if something happens and I lose or break the Grandpad?

A: No worries, though not recommended. If a Grandpad were to get lost, broken, or stolen. ALTC would replace that Grandpad with a new one at no extra charge.

Q: Will the program continue with the tablets indefinitely?

A: No. The tablet program is an “in the meantime” way to stay connected with us at the Adult Day Center. Once we are able to reopen, tablets will go back to ALTC, and we will continue regular Adult Day Center activities safely and in person.

Q: How long does it take to receive and set up Grandpad services?

A: In most cases, once we are made aware that you are interested in the Grandpad program, it takes about a week or two for the Grandpad to be delivered through mail. The Program Director would then come to your home to set it up and fill out the program intake.

Grandpad availability is reliant on funding, eligibility, and need through Southeast Washington ALTC. 65+ years of age to qualify, living alone or solely with spouse, having the need for engagement and interaction. For more information Call Alex Sanchez (509) 527-3775 ext. 111



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!

# Senior Center Friendship Network!

We have been so excited to share in the experience of connecting with others, especially during this time when we are all in lockdown!

**"Thank you for starting this, I really enjoy the  
Senior Center Friendship Network!"**  
- Bev

**THE GREAT THING  
ABOUT NEW  
FRIENDS IS THAT  
THEY BRING NEW  
ENERGY TO YOUR  
SOUL**

S H A N N A R O D R I G U E Z

We've established the Friendship Network as a way to connect our senior center family through telephone, email or USPS mail. This program provides a safe place to develop friendships and support systems. This program builds one-to-one friendships between people with similar experiences, offering social interactions while improving our quality of life.

Did you know that 49% of participants at the senior center live alone? While independence is to be celebrated, we've discovered something during the COVID19 crisis. What started out as a call to our participants to 'check on them,' ended up in friendships being made. We look forward to talking together, seeing how you are, sharing our activities for the week and learning what keeps you busy.

## GET INVOLVED

Social interaction is hard to come by and what the future holds especially for high risk populations is unpredictable. Making a new friend or being a support for someone else is the best gift to have and give. If you would like to be a part of your friendship network, please provide your information below and mail it back to us or drop this form in our black mail-box by the front entrance of our building.

## YOUR INFO

Yes, I would like to be involved in your 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.

**We are in this together!**

Walla Walla Senior Center, 720 Sprague, Walla Walla, WA 99362 (509) 527-3775 (509) 527-3776 (Fax)  
Wallawallaseniorcenter.org



## Alzheimer's Association HELPLINE

24/7 Helpline: Through this free service, specialists and masters level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

**24/7 Helpline**  
**800.272.3900**

**Wanted:**  
People ages 55+ for paid positions available through AARP/SCSEP program.

55+, looking to enhance skills to help secure employment? SCSEP is a 60 year old program that helps seniors get back into the workforce. Earn 13.69 an hour putting in 18-20 hours a week at a non-profit. For more information, contact Sandra Moore, Project Director – [sjmoore@aarp.org](mailto:sjmoore@aarp.org) – 1-888-325-7712.



### Advice from a Tree

By Ilan Shamir

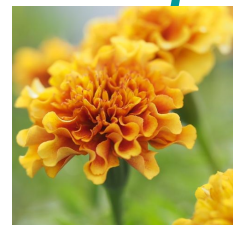
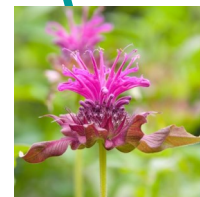


Dear Friend,  
Stand Tall and Proud  
Sink your roots deeply into the Earth  
Reflect the light of a greater source  
Think long term  
Go out on a limb  
Remember your place among all living beings  
Embrace with joy the changing seasons  
For each yields its own abundance  
The Energy and Birth of Spring  
The Growth and Contentment of Summer  
The Wisdom to let go of leaves in the Fall  
The Rest and Quiet Renewal of Winter  
Feel the wind and the sun  
And delight in their presence  
Look up at the moon that shines down upon you  
And the mystery of the stars at night.  
Seek nourishment from the good things in life  
Simple pleasures  
Earth, fresh air, light  
Be content with your natural beauty  
Drink plenty of water  
Let your limbs sway and dance in the breezes  
Be flexible  
Remember your roots  
Enjoy the view!



April Showers Bring  
May Flowers... Plant  
these flowering plants  
to attract bees and  
other pollinators!

- Bee Balm
- Black Eyed Susan
- Borage
- California Poppies
- Lupine
- Liatris
- Marigold
- Pansy



### Digital Newsletter

We now have an **easy-to-read digital version of our monthly newsletter!** This online newsletter is perfect to browse on your computer or iPad.

Why switch over? Help us reduce our carbon footprint and be better stewards of our environment by minimizing printing and mailing.

If you'd like to switch over, send us a message at [admin@wallawallaseniorcenter.org](mailto:admin@wallawallaseniorcenter.org)

### Advertise Here

Our newsletter reaches approximately 850 households each month. Advertising in our newsletter is a great way to get information out to seniors in Walla Walla.

For information call Tania at 509-527-3775 or email [hr@wallawallaseniorcenter.org](mailto:hr@wallawallaseniorcenter.org)



# Fresh or frozen produce? The health benefit is all in the mix

Via [health.harvard.edu](http://health.harvard.edu)

*Relying on a mix of fresh and frozen can help you get your five-to-nine daily servings of fruits and vegetables.* Fresh produce is best because it offers the greatest quantity and variety of nutrients. But how fresh is your produce?

The carbohydrate, protein, fiber, and mineral content do not differ much between fresh or frozen fruits and vegetables. But vitamins and beneficial plant-derived chemicals (phytonutrients) may be lost when produce sits on the supermarket shelf or in your refrigerator before being eaten. That means unless you buy fruits and vegetables harvested locally—and recently—the ones you eat may contain fewer vitamins and phytonutrients than you think.

The good news is that frozen fruits and vegetables have plenty of nutritional value. The choice between fresh and frozen requires you to weigh price and convenience as well as nutrient value.

"Frozen is a great, healthy alternative to fresh, especially if your fresh produce isn't so fresh anymore," says Dr. Michelle Hauser, a clinical fellow in medicine at Harvard Medical School and a certified chef and nutrition educator. "But if freshly picked produce is easy for you to come by, then it may be slightly higher in nutrients than its frozen counterparts."

It's also good to remember that your body needs fairly small amounts of essential nutrients for good health. If you are eating a variety of fruits and vegetables daily, chances are you will get what you need whether you buy fresh, frozen, or some combination of the two.

## Fresh or frozen: What's the difference?

How do fresh and frozen produce stack up in terms of nutritional content? Here is what researchers at the University of California–Davis found:

- The carbohydrate, protein, fiber, and mineral content are similar between fresh and frozen.
- Fresh produce can lose half of its vitamins and phytonutrients during storage or cooking.
- Fewer of the fat-soluble vitamins A and E are lost in the frozen packaging process compared with water-soluble vitamins like C.
- Frozen produce may contain more vitamins and phytonutrients than days-old fresh items, though additional cooking and storage after defrosting may close that gap.

## What is fresh?

How fresh is your produce? It's in the eye of the beholder. "Clearly, wilted lettuce and peppers with soft spots on them at a supermarket are much less fresh than picked-this-morning fruits and veggies from the farmer's market," Dr. Hauser says.

But even produce that looks fresh and unblemished in the store may have been picked unripe so it could be stored for months and shipped with minimal damage. Before it got to the grocery shelf, it may have been speed-ripened artificially. As a result, it may be less nutritious than naturally matured fruits and vegetables.

For example, the B and C vitamins in fruits and vegetables are highly sensitive to heat, light, and exposure to oxygen. Within a week of refrigerated storage, carrots can lose close to 80% of their vitamin C.

The alternatives to fresh produce come in a bag, box, or can:

**Frozen.** The produce is picked ripe, sometimes blanched minimally in hot water, and frozen by a processor in or near the fields. This helps to preserve its nutritional value. Interestingly, some frozen produce may be enhanced with vitamin C during the packaging process to prevent browning. So you may end up getting more of this vitamin than you get from fresh produce.

**Canned.** The produce is picked ripe. It's cooked a bit more than frozen produce is. Many canned vegetables have added salt as a preservative, and canned fruit may come in sugary syrup laced with various additives. Removing the skin can reduce mineral content of canned produce. The chemistry of the water used in processing also affects mineral content.

## What should you eat?

People make food choices for complex reasons. For you, taste, price, and convenience may trump perceived nutritional value. But there's no doubt that for taste and nutrient quality, you can't beat recently fresh-picked local produce.

Whole, unrefined plant foods are the foundation of any healthy diet.

On the other hand, if fresh produce is unavailable, inconvenient, out of season, or beyond your budget, frozen products provide plenty of nutrition. When all else fails, cracking open a can of peas never hurt anyone—unless you cut your thumb in the process. Just watch the sodium content.



## **FREE SCAM PREVENTATION PRESENTATION**

CENTS is partnering with the Vashon Island Senior Center to host a free remote presentation on Friday, May 21, 2021 at 1:00 PM. It is open to anyone regardless of your location or senior center affiliation. Access information is below.

### **This presentation will cover:**

- How to safely handle "robo" calls
- Reducing the likelihood of identity theft
- The prevalence of imposter scams and how to avoid them
- The most common scams
- Identifying tactics used by scams new and old
- A mental framework that will help you identify and avoid scams
- What to do if you are victimized
- The presentation will also have time for questions and answers



CENTS Executive Director Anthony Leahy will be the presenter. Mr. Leahy has designed several financial education curricula aimed at adults, including *Senior Money*. He has designed several programs to help people build and protect their financial situation. He is also the Chair of the Outreach & Education Committee of the Student Loan Work Group, which was informally convened by the Washington Attorney General's Office. He received his Juris Doctor degree at the University of Washington School of Law.

## **PRESENTATION LOGISTICS**

Friday, May 21, 2021 at 1:00 PM

Join Zoom Meeting:

<https://zoom.us/j/91051481261?pwd=Mk9LQXByNUZEQ3lydC9MU0hycGd1QT09>

Meeting ID: 910 5148 1261

One tap mobile

+12532158782,,91051481261#,,, US (Tacoma)

### **IF YOU DON'T HAVE ZOOM INSTALLED:**

Enter the Zoom link above and follow the prompts. You have the option of watching on your screen and using your phone audio, which is recommended for weaker Internet connections.

### **IF YOU HAVE ZOOM INSTALLED:**

Please type in the Meeting ID into the "Join a Meeting" option.

### **TO ACCESS WITHOUT INSTALLING:**

Go to <https://zoom.us/join> on the internet and type in the Meeting ID.

### **TO DIAL IN:**

Dial 12532158782. When prompted for Meeting ID, dial 91051481261#.

If you have questions\*, please email: [info@centsprogram.org](mailto:info@centsprogram.org)

\*Unfortunately, CENTS does not have the resource to provide technical support. If you need assistance accessing the presentation, please contact your local senior center or a trusted friend or family member.

## ***The Month of May... Did you know?***

- In any given year, no month ever begins or ends on the same day of the week as May does.
- The Empire State Building opened on May 1, 1931.
- On May 20, 1932 Amelia Earhart flew across the Atlantic Ocean, marking the first solo flight by a woman.
- May is National Stroke Awareness Month.
- May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day".
- No US president has ever died in May, which might not sound like that big of a deal, but it's the only month of the year that can make that claim.





# Walla Walla Senior Center Bulletin Board

## MAY 2021

At the Center Right Now:

- City of Walla Walla Parks & Rec is hosting Ukulele, Fencing, and T'ai Chi classes. Visit [wwpr.us](http://wwpr.us) to sign up.



have  
a  
nice  
day

May 16th, 11am-5pm

Walla Walla Iris Society Tall Bearded Iris and Spring Flower Show. FREE! At the Walla Walla Senior Center.



Save the Date: 09-25-21  
Walk to End Alzheimer's  
in Walla Walla



Soon: Get excited for the re-opening of the Senior Center! Start thinking about what you'd like to do at the Center - Classes? Crafts? Book club? The possibilities are endless!

OPENING  
SOON

Just To  
Let you  
Know, I am  
missing  
you

Take this as a sign to send a letter to a loved one this month! If even just to tell them that you miss them. Here are some more ideas of things to send in an envelope along with your letter:

- A packet of your favorite tea
- A cut-out from your favorite magazine or newspaper
- A sketch, drawing, or painting you made
- A stick of gum or other flat candy
- A fortune from a fortune cookie
- A map of your recent excursion, even if it's just a map of the plants in your neighborhood
- A pressed leaf or flower from your yard

## Walla Walla Senior Center

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



### Senior Center Hours

Monday - Friday

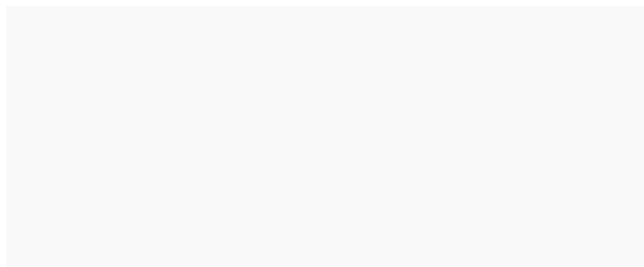
To-go Lunch served from:

11:00 am—12:00 pm

In the Parking Lot by the loading dock

See menu for Friday closure days.

**Return Service Requested**



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



WA # DOYLEEEI277CL OR # CCB 19588

Support us with  
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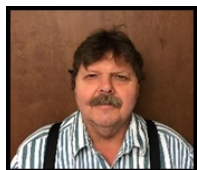
EVERY DAY  
MAY NOT BE  
GOOD...  
BUT THERE IS  
SOMETHING  
GOOD IN  
EVERY DAY.

## 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 110

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**ConnectAmerica**<sup>®</sup>  
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