



WALLA WALLA  
SENIOR CENTER

THE CENTER AT THE PARK

APRIL 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)

In this month's newsletter, find survey results, an article to get you excited about springtime, stories from our volunteers, and more!

Here's a little food for thought to kick us off:

*"It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack."*

*—Germany Kent*

What are you grateful for this month?



# Announcements

## Thank You to Tom & Sydnee Watson

We would like to thank Tom and Sydnee Watson for donating hand sanitizer for our staff and volunteers so that we can keep serving our participants safely!



## Thank You to the youth team at Life Church

Our neighbors at Life Church cleaned up around the Senior Center grounds to get us all ready for spring. You all make the world a better place!

**LIFE CHURCH**

## Interested in Continuing Education for 50+?

Check out the link to continuing Education through the Walla Walla Community College on our website at [www.wallawallaseniorcenter.org](http://www.wallawallaseniorcenter.org)

### Spend your Spring with Walla Walla Parks & Rec!

Fencing (Ages 8-120) April 3,10,17,24;

The Center at the Park

T'ai Chi (Ages 12 & up) April 14, 21, 28, May 5;

The Center at the Park

Ukulele Lessons (ages 12 & up) April 12-May 3;

The Center at the Park

Registration is available online at [www.wwpr.us](http://www.wwpr.us)

## 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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Kathy Hedine

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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!



**Louise Boyer**  
Board Member

Louise was born in Stratton, Nebraska. At the age of three, her family headed to Washington State during the depression. She graduated from Wa-Hi in 1950 and then worked for a short time for Jones-Scoot as a bookkeeper. She married her sweetheart, Lowell, after he came back from the Korean War. They had three children, Steven, Mark, and Rhonda. They then decided to move to the Tri-Cities where she worked at the Department of Social and Health services for 13 years, after which, they moved back to Walla Walla to be near Louise's widowed mother.

Louise loves theatre and was in the first three outdoor plays at Fort Walla Walla. She helps at the Little Theatre whenever she can and also served on their board. She is now retired and enjoys all her friends at The Center at the Park. She plays lots of Bridge, and likes to crochet lap robes for nursing homes or for whoever needs one. She tries to keep herself busy after having lost her beloved Frenchie, Piper.



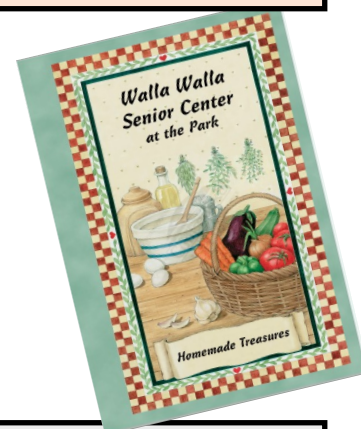
### Walla Walla Senior Center Cookbook

**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 68)

### Lemon Tea Bread

1/2 cup butter	1/2 cup milk
1 cup white sugar	2 Tbsp lemon rind,
2 large eggs	divided
1 1/2 cup all purpose	1 cup powdered sugar
flour	2 Tbsp fresh lemon
1 tsp baking powder	juice
1/2 tsp salt	1 Tbsp powdered sugar



Beat softened butter at medium speed with an electric mixer until creamy. Gradually add 1 cup white sugar, beating until light and fluffy. Add eggs, 1 at a time, beating just until blended after each addition. Stir together flour, baking powder, and salt; add to butter mixture alternating with milk, beating at low speed just until blended, beginning and ending with flour mixture. Stir in 1 Tbsp. lemon rind. Spoon batter into greased and floured 8x4 inch loaf pan. Bake at 350F for 1 hour or until a wooden pick inserted in the center of the bread comes out clean. Let cool 10 minutes. Remove bread from pan and completely cool on wire rack. Stir together powdered sugar and lemon juice until smooth; spoon evenly over the top of the bread, letting excess drip down the sides. Stir together remaining 1 Tbsp. lemon rind and 1 Tbsp. white sugar; sprinkle on top of the bread.

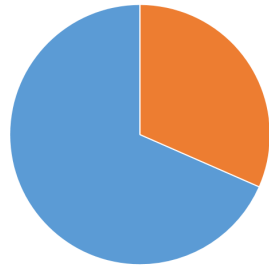
# Participant Survey Results

Thank you to everyone who took the time to share their thoughts with us about our programs. Here is what you said!

Do you plan to come to our  
congregate dining room at the center  
to eat when we re-  
open?

68% Yes

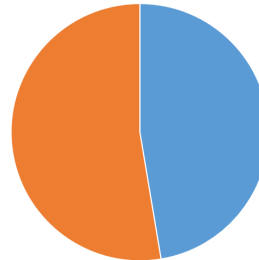
32% No



Do you plan to continue to utilize  
our drive-thru pick-up for your  
meals even after  
the community  
safely re-opens?

47% Yes

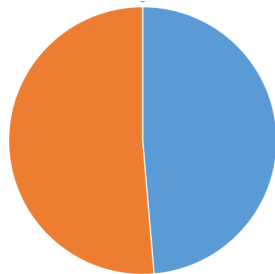
53% No



Are you interested in  
intergenerational  
programs?

68% Yes

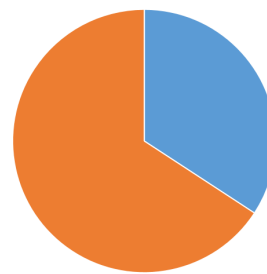
32% No



Do you consider yourself socially  
isolated?

34% Yes

66% No



What activities would you like to participate in when the center reopens?





# 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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# Friday, April 23rd is PICNIC DAY!

## The Anatomy of the Perfect Picnic

Please remember to stay safe and follow COVID guidelines when deciding to recreate.

### Food

Choose foods that aren't too messy, don't need to be heated up, and are healthy!

Try:

- Fruit salad
- Finger sandwiches
- Hummus & pretzel chips or veggies
- Deviled eggs
- Whole wheat pasta salad with tomato and Kalamata olives
- Hard salami
- Real fruit juice
- And, of course, something sweet for dessert like lemon poppy seed cookies!



### People

Like anything in life, time is best spent with those that we love. Organize a picnic for your family, close friends, or even your coworkers!

To take the stress off of yourself, ask everyone to bring one food item and turn the picnic into a potluck-style.

### Supplies

Your picnic can be as simple or as extravagant as you wish. Here are some ideas for what to bring to your next picnic:

- Picnic blanket
- Outdoor chairs
- Plates, cutlery, napkins, cups, and hand sanitizer
- Trash bag
- Shade tent
- Bug spray
- Sunscreen
- Card games or recreational sport supplies such as a Frisbee
- A guitar or other musical instrument



### Location

Here in Walla Walla, we have many places that are perfect for picnics:

- Pioneer Park
- Whitman campus
- Rooks Park / Bennington Lake
- Fort Walla Walla Park
- Jefferson Park (right here at the Senior Center!)
- Howard-Tietan Park
- ... The list goes on!



## Scientific Reasons Spring Is the Most Delightful Season

(Adapted from an article by [mentalfloss.com](https://www.mentalfloss.com))

### 1. THERE IS MORE DAYLIGHT.

Following the spring equinox, days begin lasting longer and nights get shorter. Daylight Saving Time, which moves the clock forward starting in March, gives you even more light hours to get things done. Those extra hours of sun can be a major mood-booster, according to some research. A 2016 study of students in counseling at Brigham Young University found that the longer the sun was up during the day, the less mental distress people experienced.

### 2. THE BIRDS RETURN.

Many animals migrate south during the winter, then head north as temperatures rise. For relatively northern regions, there is no better indicator of spring than birds chirping outside your window. Their northward migration can start as early as mid-February and last into June, meaning that throughout the spring, you can expect to see a major avian influx. In addition to the satisfaction of marking species off your bird-watching checklist, seeing more of our feathered friends can make you happy. In 2017, a UK study found that the more birds people could see in their neighborhoods, the better their mental health.

### 3. YOU CAN GO OUTSIDE.

Warmer temperatures mean you can spend more time outside without freezing your feet off, which is great for mental health. Across the seasons, research has found that taking walks in nature slows your heart rate and makes you more relaxed, but some research indicates that there is something special about spring's effect on your brain. A 2005 study from the University of Michigan linked spending 30 minutes or more outside in warm, sunny spring weather to higher mood and better memory. But the effect reverses when spring ends, since being outside in the warmest days of summer is usually pretty uncomfortable.

### 4. THE LEAVES COME BACK.

Spring brings green growth back to plants and trees. Depending on where you live, trees may begin sporting new leaves as early as mid-March. That successful spring leaf growth ensures a cool canopy to relax under during the hot summer—a hugely important factor in keeping cities comfortable. According to researchers, vegetation plays a big role in mitigating the urban heat island effect. When trees release water back into the air through evapotranspiration, it can cool down the areas around them by up to 9°F, according to the EPA.

### 5. GROWING PLANTS ABSORB CARBON DIOXIDE.

It's amazing what a little sun can do for plants and grass. Through photosynthesis, plants convert sunlight, carbon dioxide, and water into food, releasing oxygen in the process. That means as plants start to grow in the spring, they pull carbon out of the atmosphere, providing an important environmental service. Plants take in roughly 25 percent of the carbon emissions humans produce, absorbing more than 100 gigatons of carbon through photosynthesis each growing season. Because of this, the amount of carbon dioxide in the atmosphere drops each spring and summer. (Unfortunately, it rises in the winter, when most plants aren't growing.)

### 6. IT'S EASY TO FIND FRESH PRODUCE.

Many vegetables and some fruits are harvested in the spring. 'Tis the season to get your local asparagus, greens, peas, rhubarb, and other fresh produce. Getting more fruits and vegetables into your diet isn't just good for the body; it's good for the soul. A 2016 study of more than 12,000 Australians found that when people increased the amount of fruits and vegetables in their diet, they

felt happier and had higher rates of life satisfaction. If they increased their intake by eight portions a day (a tall order, we know) the psychological gains were equivalent to the change in well-being people experience when they go from being unemployed to having a job, the researchers found.

### 7. FLOWERS ARE IN BLOOM.

After months spent conserving energy, flowers bloom in the spring, once they sense that the days have grown longer and the weather has turned warmer. That's good for humans, because several studies have shown that looking at flowers can make you happy. A 2008 study of hospital patients found that having flowers in the room made people feel more positive and reduced their pain and anxiety. Another study from Rutgers University found that when participants were presented with a bouquet of flowers, it resulted in what scientists call a "true smile" a full 100 percent of the time. Seeing flowers had both "immediate and long-term effects" that resulted in elevated moods for days afterward, according to the researchers.

### 8. YOU CAN TAKE YOUR EXERCISE ROUTINE OUTDOORS.

While it's important to keep moving no matter what the weather, research shows that working out can be more beneficial if you do it outside. A 2011 study found that, compared with an indoor workout, exercising outdoors in nature increased energy levels, made people feel revitalized, and decreased tension, among other positive effects. People who worked out in the fresh air also tended to say they enjoyed the experience more and would be likely to repeat it, suggesting that using nature as your gym might help you stick with your exercise regimen. While those benefits probably extend to winter, too, it's a whole lot easier to stomach the idea of a run once the weather warms up.

### 9. YOU CAN GET YOUR VITAMINS NATURALLY.

Sunlight triggers your body to produce vitamin D, which keeps your bones strong. At northern latitudes, it's extremely difficult to get enough sun exposure naturally to maintain healthy vitamin D levels during the winter—even if you did want to expose your skin to the elements—but that starts to change during the spring. One Spanish study found that in Valencia (which shares a latitude with Philadelphia, Denver, Baltimore, Kansas City, and several other major U.S. cities), people only need 10 minutes outside with a quarter of their bodies exposed to the spring sunshine to get an adequate daily dose of vitamin D.

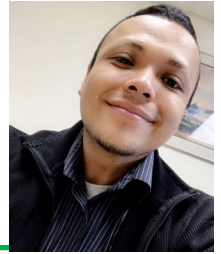




# Adult Day Center & Family Support

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

**Alex Sanchez,**  
Program Manager



## Grandpads: Southeast Washington Aging and Long Term Care.



It has been exactly one year since we opened last, though we miss and would love nothing else then to see you once again in our building, safety is still our number one priority. Reopening plans are in the works as we move closer to the clearing phases. In the meantime, and in between time, our area Aging and Long Term Care agency has made it their goal to facilitate communication with our seniors through a tablet, Grandpad Program.

The purpose of these tablets is to keep in touch, not only with us at the Adult Day Center, but also your loved ones that might be too far to visit. The Grandpad allows you to share pictures, video, and voice messages with ease. Play games to pass the time like... Solitaire, hang man, memory games, crosswords, Sudoku, & slots. Browse the web, with its safety filter, only preapproved websites will display. Read articles about your favorite topic or anything you can think of. Listen to music, with its built-in streaming service, any song and artist are just a search and push of a button away. Music plays a key role here at the Center, bringing us memories and smiles throughout the day. The call feature allows for only pre-approved contacts to have access to the individual with the Grandpad. Avoiding scammers and spammers that might call non-stop otherwise. Giving you the peace of mind knowing that no stranger can contact the Grandpad without your approval. The Grandpad is simple and easy to use. The minimalistic home menu leaves no room for confusion and wild searches.

Grandpads will be available 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. The Pandemic has done a number on all of us, it's about time we come back. For more information or for questions please call Alex at (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

# APRIL

## Senior Round Table Menu

2021  
FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>Free cat and dog food handed out every Monday</b>			<b>1</b> CHICKEN FRIED STEAK MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT JUICE COOKIE	<b>2</b> CREAMY CHICKEN CASSEROLE VEGETABLE (CHEF'S CHOICE) BREAD CARROT SALAD FRUIT
<b>5</b> MEAT LOAF MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE 	<b>6</b> LASAGNA ITALIAN BLEND VEGETABLES COLESLAW GARLIC BREAD FRUIT	<b>7</b> HAM WITH BAKED APPLES SCALLOPED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD BROWNIE	<b>8</b> TATER TOT CASSEROLE VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	<b>9</b> <b>CLOSED</b>
<b>12</b> TERIYAKI CHICKEN OVER RICE VEGETABLE (CHEF'S CHOICE) FRUIT BREAD 	<b>13</b> ROAST BEEF POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE	<b>14</b> BAKED CHICKEN MASHED POTATOES & GRAVY VEGETABLES (CHEF'S CHOICE) FRUIT JUICE BREAD CAKE	<b>15</b> CABBAGE ROLL CASSEROLE VEGETABLE (CHEF'S CHOICE) PEA SALAD BREAD BROWNIE	<b>16</b> CHILI POTATO VEGETABLE (CHEF'S CHOICE) CORN BREAD FRUIT COOKIE
<b>19</b> FRANKFURTER WITH BUN CABBAGE POTATOES FRUIT 	<b>20</b> SPAGHETTI & MEAT SAUCE ITALIAN BLEND VEGETABLES COLESLAW GARLIC BREAD FRUIT	<b>21</b> TURKEY & GRAVY STUFFING MASHED POTATOES GREEN BEANS BREAD PUMPKIN BAR	<b>22</b> SWEDISH MEATBALLS OVER EGG NOODLES VEGETABLE (CHEF'S CHOICE) POTATOES BREAD FRUIT	<b>23</b> <b>CLOSED</b>
<b>26</b> SALISBURY STEAK MASHED POTATOES VEGETABLE (CHEF'S CHOICE) BREAD FRUIT COOKIE 	<b>27</b> CHICKEN & DUMPLINGS VEGETABLE (CHEF'S CHOICE) PEA SALAD JUICE BROWNIE	<b>28</b> BAKED FISH VEGETABLE (CHEF'S CHOICE) CORN BREAD POTATO SALAD FRUIT JELLO BREAD	<b>29</b> PHILLY CHEESESTEAK SANDWICH VEGETABLE (CHEF'S CHOICE) POTATOES FRUIT	<b>30</b> BEEF STEW VEGETABLE (CHEF'S CHOICE) GREEN SALAD ROLL CAKE

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, our food may 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



## Mini Quiche Cups—Yield: 18 mini quiche cups

These mini quiche cups are perfect to make in advance and reheat for a quick, healthy, breakfast. Add whatever you have in the fridge, and enjoy!



### Ingredients:

- 2 eggs
- 2/3 cup low-fat milk
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 green onion, gently rubbed under cold running water
- 1 cup cooked vegetable(s) and/or cooked meat (such as broccoli, potato, mushroom, bell pepper, bacon, ham, sausage)
- 1/4 - 1/2 cup shredded low-fat cheese

### Directions:

1. Wash hands with soap and water.
2. Preheat the oven to 350°F. Spray mini muffin cups liberally with cooking spray and set aside.
3. Crack eggs separately into a small bowl then pour into a larger bowl. Wash hands with warm water and soap.
4. Add the milk, salt and pepper to the eggs; beat until blended.
5. Finely chop the green onion, vegetable(s) and/or meat.
6. In a medium bowl, combine the onion, vegetable(s), meat and cheese. Divide evenly into each muffin cup.
7. Pour egg mixture over vegetable(s), meat and cheese.
8. Bake for 15 - 17 minutes or until filling is puffed and golden. Remove from oven. Cool for a few minutes, then carefully lift out and transfer to a wire rack. Serve warm or cold.
9. Store leftover mini quiches in a covered container in the refrigerator or freezer.

### Nutrition Information:

- Calories 73
- Total Fat 3.7g
- Sodium 223mg
- Total Carbohydrates 3.8g
- Protein 6.2g



## Alzheimer's Association HELPLINE

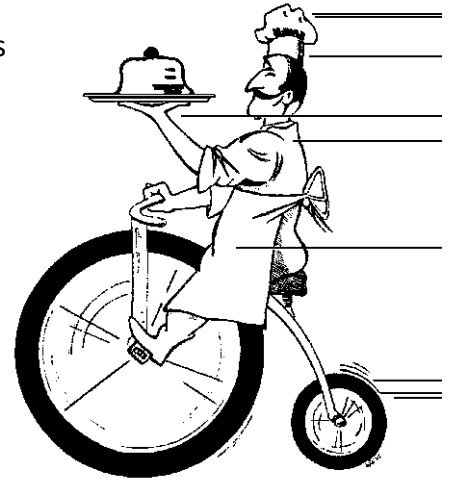
24/7 Helpline: Through this free service, specialists and masters level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

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

Recognize this Meals  
on Wheels logo?

This is an old Senior  
Round Table logo  
from here at the  
Walla Walla Senior  
Center.

We still think it's  
pretty cool!



65+ years old or 50+ years old in a multigenerational home and need a **COVID vaccine** appointment?

¿65+ años o 50+ años en un hogar multigeneracional y necesitan una cita para la **vacuna COVID?**

No computer or internet access?

¿Sin computadora o Acceso al internet?

Call Walla Walla Department of Community  
Health at **(509) 524-2647**

[Llame al Departamento de Servicio a la Comunidad del Condado de Walla Walla \(509\) 524-2647](#)

Please leave your name, date of birth, phone, and state your lack of access.

[Deje su nombre, fecha de nacimiento, número de teléfono y indique su falta de acceso.](#)



## 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)

# What Can You Do to Prevent Heart Attack and Stroke?

The American Medical Association suggests the following steps for improving heart health and reducing the risk of heart attack and stroke:

- Know your blood pressure numbers— understand your blood pressure numbers and take necessary steps to get your high blood pressure, also known as hypertension, under control. Doing so will reduce your risk of heart attack or stroke.
- Commit to a treatment plan to manage high blood pressure—work with your doctor to create an individualized treatment plan that includes healthy lifestyle changes that you can realistically stick to long-term to help you maintain a lower blood pressure and lower your risk for negative health consequences.
- Be more physically active—regular physical activity can help reduce the risk of developing high blood pressure. It is recommended that healthy adults 18 to 65 years of age should get at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.
- Reduce your intake of processed foods, especially those with added sodium and sugar—making simple dietary changes can help you manage or prevent high blood pressure, including eating less sodium, red meat and processed meats, reducing the amount of packaged, processed foods you consume—especially those with added sodium and sugar, and reducing consumption of sugar-sweetened beverages. Eat foods that are rich in potassium and add more plant-based foods, such as olive oil, nuts and seeds to your diet.
- Maintain or achieve a healthy weight—take steps to lose weight, if overweight. Being 20 pounds or more overweight could put you at increased risk of developing high blood pressure.
- If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans—up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

Via Ama-assn.org



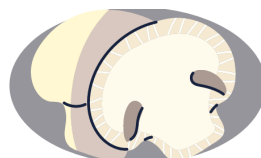
Who else is ready for Springtime? After a chilly winter, there's nothing better than sunshine, warmth, and flowers!

Thank you to Terry and Susie Westmoreland for donating to and working on our flower barrels! We appreciate you so much! The Center is looking more and more Spring-y every day.

**Did you know about these food holidays in April?**



**Raisin Day**  
Friday, April 30



**Day of the Mushroom**  
Friday, April 16

(Visit page 11 for a mini quiche recipe with mushrooms!)



# WHY DO YOU VOLUNTEER?

This month we are sharing stories from the very people who help keep the Senior Center going. These are the people who donate their time to serve our community. How they ended up joining the Senior Center family is a journey in itself. Thank you to all of our volunteers and to those that shared their story.

Some of my greatest childhood joys were interactions with elderly people, especially my grandparents. I grew up not far from here in Weston, Oregon; Addie Kiser was our next-door neighbor. She was one of the most fascinating, tiny but indomitable women I knew. She was a widow in her twilight years living on her own. She grew a large garden for her summer and winter food and an acre or so of grain. She hand-dug, planted, weeded, and harvested her small acreage. She scythed the ripened grain stocks, tied them into sheaves to dry, and stored them for winter chicken feed and bedding. She always had time to answer my young girl's unquenchable questions. Ah, the history you can learn from the elderly. If I could sum up what I learned from her it is, resiliency and "When life gives you lemons, make lemonade."

The neighbors beyond were the Mouser's. This elderly couple was always involved in creating and crafting. And again, they were a fountain of answers to all my questions, while creating in me a lifelong love of crafting.

The elderly town Librarian, Margaret Southerland, lived with her mother down from us on Broad Street. They had the most beautiful rose garden around their old house. She introduced me to reading and authors, and she instilled in me a lifelong love of finding answers in books. Oh, the adventures you can take between the outside covers of a book, and the anticipation of reading more books written by authors you loved. *Old Yeller*, the *Yearling*, and tears I shed; the innocence of life in books by Jean Stratton Porter and Eleanor Porter, adventures lead by John Steinbach and Jack London... all memories I hold dear.

I remember Mom asking them, if I was being a pest

with all my questions and continual stopping by. They would say, "No, she brings joy to our life." I don't think at that time I realized exactly what they meant except I knew they liked me, and I liked them. Honoring them, I strive to be kind, giving and patient with children as they were to me.

It seems impossible that I almost forgot Miss Ida Moore. She was a retired, "Old maid," Missionary Nurse in her 70's. She and her two widowed sisters lived across the street from the Sutherlands. She fascinated me with her adventure in a faraway mission field and service to God by serving humanity. Miss Moore attended the same small church we did. She dedicated one evening a week to driving the youth of our church to Pathfinders in Milton-Freewater. One winter evening returning home, down in the corner of the bend on the Highway close to Winn road as you start climbing the hill to the Weston turn off, it became icy and snow fell so fast the windshield wipers couldn't keep up. She suddenly said, "Everybody pray that I can continue to see the road and we get home safely." With our noses pressed to the side windows helping her look for the lines on the road, we all fervently prayed for sight and safety and we were blessed with it. Some of life's greatest lessons were learned from her. "Pray" and "Make a difference in the lives of others."

All too soon time passed, I grew up, married, moved away, raised a family. Looking back, one of my favorite outside-the-home jobs was being a home health aide. It was almost like being a child again and the friendship and joy I felt back then. I also found joy and fulfillment in my faith, family, being a member of Soroptimist—an International Women's Service Organization—and serving on Community Boards.



As friends retired and others lost spouses, they occasionally said how lonely their days were. I would glibly say, “You need to start volunteering. Get out in the community, spend a few hours a week helping others and life will be brighter.” Then it became my husband’s and my turn to retire and I realized I was now one of the “old people”. We retired to the region of my youth leaving friends, and a loved community 1000 miles away. Many lonesome tears later, I realized it was much easier to dish out advice to friends than live by it. But, if I wanted things to change, change had to start with me. Looking back on my life, I realized elderly and handicap people had been such a special part of my life, they should be a part of my aging world as well.

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I have always admired Senior Centers, and their mission. I decided to start my volunteerism by inquiring there. In February of 2019, I started delivering MOW in a snowstorm. My husband soon joined me by driving while I walked deliveries to the door. I love seeing the smiling faces as I deliver a warm meal. This past year with COVID-19, face masks, and social distancing, I hope and pray everybody can see the joy I have in my eyes at seeing them answer their door, even though they can’t see the smile hidden behind my mask. I look forward to the days when we can again be face to face and chat a few words of greeting. AND I am so happy I was able to break that fear of reaching out to connect in a new community by volunteering.

*Linda Bradbrook, Meals on Wheels driver*

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My Aunt Dorothy Davison was an inspiration for volunteering, as were many members of Pioneer United Methodist Church (PUMC) where I was secretary for five years. Through the years I’ve taken watercolor classes from Joyce Anderson. One was at the Sr Center where I met and talked with Steve who, at that time drove Route 1 Monday through Friday. Since my mother had benefited from Meals on Wheels (MOW), I decided to become a driver.

Over the ten years I’ve been delivering (since August 2010) Route 1 has changed a lot. At first I had an assistant, gentle and quiet Gerald Graves who was in his 80s. Since Gerald had helped Steve on Route 1 for many years, he became my assistant when I took over Thursday deliveries. It got him out of his apartment and a free meal during the week. Gerald took the meals up to the homes except for when the snow was too deep or it was too icy, so I didn’t get to know the clients very well. Sadly Gerald passed away in the spring of 2016 at 92. That’s when I got to know the people receiving the meals.

Before COVID-19 I enjoyed chatting a bit with them, realizing the MOW delivery people might be the only time they had contact with a person that day. Some have passed away; some have moved to where they can be taken care of. It was/is always interesting to get to know these individuals who were still in their own homes.

They are often an inspiration for me. Right now I have an older couple on my route for whom mobility is a problem so they have a stool just inside their front door that I put their meals on. She sits on the sofa by the front window and sees me walking up the steps to their front porch. Once I’m inside, we always have a nice chat. When I admired the lovely paintings on the wall above the sofa she let me know she had painted them. She now has macular degeneration, has had several eye surgeries, and can only see shapes, not details. Somehow she always has a smile on her face when she greets me, as does her husband.

I am grateful I can bring nourishment to them. In the future it might be me, benefiting from receiving MOW!

*Lynn Davison-Suckow, Meals on Wheels driver*

## Walla Walla Senior Center

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



Find us on  
**facebook**

### 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

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**Doyle ELECTRIC** inc.

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



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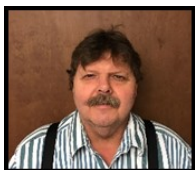
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## Walla Walla Senior Center - Voice Care

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We have pendants that connect to landline phones,  
and pendants that do not require a landline. Call  
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Richard Clark  
Voice Care Coordinator  
509-527-3775 ext 110

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