



WWURA NEWS



June 2018

www.wwu.edu/wwura

Serving Retired Faculty and Staff

President Elect's Note

We are wishing Peggy good weather and interesting connections on her trip to Peru and Ecuador so we'll have guest comments this month.

This year June is starting as a perfect weather month, sunny but not too hot, making it a great time to stroll from Taylor Street Dock to Boulevard Park.

The annual WWU Retirement Dinner was held on May 31st in the Wilson Library Reading Room. It was a great space for celebrating the people who have given years of service to the University. The food was good, the remarks were short, and pictures were taken. Connecting with old colleagues was well worth a visit to the campus.

July is coming quickly and that means it is time for the Annual WWURA Picnic. This year we will be in a new site having moved to Fairhaven Park. As always there will be good cheer among old and new friends, chicken, and a potpourri of side dishes brought by members. Details are included on page 4 of this newsletter. We know that Bellingham has a reputation as a "late sign-up" town, but I encourage you to register and pay early. This is very helpful in ensuring there is enough chicken. Apparently Ron and Chris came up with a "chicken piece to person formula" a few years ago and the better the information on people attending...the better accuracy for the number of pieces (It is unclear how the breasts to thighs ratio is determined).

The Board will be meeting in early August for the annual planning session at Lakewood. If there are topics you believe should be a part of that conversation, please send them via email to either Peggy (Peggylou99@gmail.com) or myself (majkut.kevin@gmail.com). All items submitted will be considered by the Board at the planning session.



Fairhaven Park
107 Chuckanut Drive N.
Tuesday, July 3, 2018, 11:30 a.m.

WWURA has reserved the *upper picnic shelter* at Fairhaven Park for our Summer Picnic/Annual Meeting. This shelter has restrooms inside and limited parking in the back. There is also parking at the adjacent tennis courts and near the entrance to the park. There are hiking trails nearby.

*We encourage you to pull out your favorite recipe for a dish you would like to share—salads, hot dishes, desserts, etc. You'll find the alphabetic breakdown of which dish to bring on the Reservation Form (page 4). Chicken, coffee and tea will be provided by WWURA. **Please bring your own table service and your favorite non-alcoholic beverage.***

The WWURA picnic is a *great time to visit*, pick up your new membership cards (*if you renew by June 22nd*), and enjoy the park.

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Wishing everyone good health, beautiful flowers, healthy food, and generally short visits by relatives this summer.

-Kevin Majkut, President Elect

2018 June Health Notes by Evelyn Ames

Bellingham At Home's New Advocacy Program and Other local Older Adult Sources

One of the most important parts of life for older adults is the ability to stay in their homes rather than moving to an assisted living facility or living with a family. **Bellingham At Home**, a non-profit membership organization, modeled on The Village program, was started in Boston 17 years ago. There are now over 250 Villages across the country. The idea of neighbors helping neighbors empowers older adults to stay active and engaged while living in their own homes and neighborhoods. The Bellingham At Home is a program of the Whatcom Council on Aging. Its office is located at the Bellingham Senior Center on Halleck Street.

The new advocacy program is available for those who are members of Bellingham At Home. The program's purpose is to support patient and doctor/medical provider relationships. The chosen health advocates are trained (including vetting) to use a medical note taking form developed by BAH for BAH members with physicians and other health and medical personnel. Member disclosures are held in the strictest of confidence. Individuals requesting an advocate must give their full consent to allow a Bellingham At Home Health Advocate to take medical notes during appointments and with the physician's approval. The advocate does not give medical advice or treatment. The volunteer health advocacy handbook includes these sections: Confidentiality issues; Monthly Health Advocate Check-in Form; Issues for discussion; Code of Ethics; Neglect; what Health Advocacy does for members; Communication; Boundaries; Resistance; Health Issues; Self-Determination; Self-Care Solutions for the Health Advocate; Understanding Conflicts; Working with Third Parties; Losses for the Elderly; and Termination of advocacy.. Bellingham At Home is using some material with permission from the Northwest Neighbors Village, in its 2017 manual for medical note taking. This information is available at the BAH web site:

http://bellinghamathome.clubexpress.com/content.aspx?page_id=22&club_id=41544&module_id=28778

Beginning June 15, Health Advocacy will be extended to assisting members at pre-and-post surgery, hospitalization, rehabilitation and palliative care. To gain access to PeaceHealth facilities and provide more informed care, advocates have completed a two-month training course, offered by the Health Ministries Network, a group of certified community nurses.

Additionally, there are other agencies that provide information about health services and housing in Whatcom County. A short listing includes:

1. Vibrant Senior Options Resource Guide – Health, Housing, and Happenings is available (free) at local libraries, senior citizens centers in Whatcom, Skagit, and North Snohomish

<https://vibrantsenioroptions.com/>

Vibrant Senior Options provides advisory and research services for housing and care options. It provides a Resource Guide with articles and senior directories. See more "About Us" at web site. Vibrant Senior Options is a locally-owned business. It reports that the business is dedicated to serving seniors who live in or would like to relocate to Northwest Washington.

2. Whatcom Health (published by The Bellingham Herald.

<http://www.bellinghamherald.com/living/health-fitness/> Is a compilation of health and medical providers advertising their agencies and programs as well as several articles about health issues (e.g., shingles, exercise, COPD). It appears to be once a year publication.

3. Prime Time is published six times a year by The Bellingham Herald. The focus is on assistance and resources for Whatcom County senior citizens. Web site: www.bhamherald.com/seniors-aging.

Movie Review

RBG. A Documentary Film on the Life and Career of Ruth Bader Ginsburg: A Review

No doubt some later effort will produce a more detailed look at RBG, but probably none will be as powerful and moving. It starts with voice-over slurs of RBG, the nicest one being “vile,” then segues into creating a narrative of the exceptional and nationally important life of this wonderful legal scholar, law professor, advocate for women’s rights, and influential Supreme Court Justice.

Using a wide variety of materials—family photos and film, newsreel, interviews, headlines—the co-directors fashion their compelling story. We learn that Ginzburg’s mother, with whom she was very close and who died on the day before Ginzburg’s high school graduation, gave her two imperatives that shaped her life: “Be a lady [and don’t waste time being angry]” and “Be independent.”

RBG met Martin Ginzburg on a blind date when she was a freshman at Cornell. It was a match of opposites. She diminutive, shy, sober; Marty tall, outgoing, witty, and occasionally something of clown—both dauntingly bright. Their marriage was of storybook caliber. They loved and supported each other for over 50 years. Both went to Harvard Law School, where RBG made Harvard Review. When Marty graduated and took a job in New York, RBG transferred to Columbia Law School, where she made Columbia Law Review also and graduated tied for first in her class. She applied for work to 41 New York law firms. None offered her a job.

So she taught law at Rutgers and Columbia, founded ACLU’s Women’s Rights Project, from which base she argued 6 cases before the Supreme Court, winning 5 and changing the world for many women. In 1980 President Carter appointed her to the Court of Appeals for the District of Columbia; in 1993 President Clinton completed the job by appointing her to the Supreme Court. She has been an eloquent voice for justice, especially women’s rights and civil rights.

This splendid documentary also illuminates her human side, revealing her love of opera and her perplexing-to-some friendship with fellow justice Antonin Scalia.

I recommend this fine documentary without reservation.

- Bob McDonnell

A Worthy Project: Safe Storage PNW

The Bellingham Herald identifies this organization as a non-profit. It appears not to have a Website. When I Googled it, I was led to a page on GoFundMe. Safe Storage is an important part of the effort to address the needs of local homeless people, and they have identified safe storage of their belongings as one of their most critical needs. Being able to store their belongings safely allows them, according to a story in the Bellingham Herald June 3 issue, “to go to work, go to school, look for a job, take the bus to an appointment,” etc. The current effort by Safe Storage PNW is by partnering with the City of Bellingham to provide, as a pilot effort, 12 storage lockers for local homeless people. To have real impact doing something meaningful for our own homeless Google Safe Storage PNW, go to the GoFundMe site, and make a contribution.

- Bob McDonnell

JUNE 2018 INTEREST GROUPS

If you are interested in one of the groups please call or email the contact person.

BOOK GROUP--Donna Moore, 360-733-5769 dfmoore12@gmail.com

We will meet on Tuesday at 2:30 pm June 19, at the home of Donna Moore 1200 Birch Falls Dr., 360-733-5769 dfmoore12@gmail.com

June's book is *Hillbilly Elegy* by J. Jance; discussion leader-Inge Paulus, snacks-Inge.

July's book is *Sapiens: A Brief History of Humankind* by Yuval Harari; discussion leader-Gail Adele, snacks-Evelyn Ames.

BRIDGE GROUP—Caryl Hinckley, 360-739-1036, carylhinckley@hotmail.com

The bridge group will not meet over the summer months. We are looking for a few more bridge players.

If you would like to join our friendly, fun bridge group, please call Caryl and let her know.

HAPPY HOUR—Claire Bowden, 360-540-2122 clairebowden14@gmail.com

This is a new group and will meet on Wednesday, June 27th, time to be announced.

If you are interested, please call or email Claire.

INFORMAL DINING -- Janet Berg, 360-733-4654, janetlila@hotmail.com

Informal dining will start meeting again in October. *Let Jan Berg know if you interested in joining.*

OPERA GROUP--Evelyn Ames, 360-734-3184, evelyn.ames@wwu.edu

Contact Evelyn if you want information about scheduled dates and locations for the Metropolitan Opera and Skagit Opera.

Web site for The MET HD: <https://www.metopera.org/Season/In-Cinemas/>.

Skagit Opera: <http://skagitopera.org/performances/> (now Pacific Northwest Opera)

Web site for Vancouver Opera: <https://www.vancouveropera.ca/>

Seattle Opera: <https://www.seattleopera.org/>

Pacific Opera Victoria: <http://www.pov.bc.ca/>

(cont'd on page 6)

Reservation Form WWURA Picnic /Annual Meeting Tuesday, July 3, 2018 Fairhaven Park

Reservations Due by June 27, 2018

Name(s) _____ Number of reservations _____

Cost: \$4 per person if bringing a dish to share that will feed 8.

Last names beginning with **A-H** bring a **Side Dish**, **I-Q** bring a **Dessert**, and **R-Z** a **Salad**

\$8 per person if not bringing a dish

Amount Enclosed _____

Mail your check (made payable to WWURA) to Chris Gerhold, 829 Racine St., Bellingham, WA 98229

(Phone: Chris at 360-733-9265 OR email at chrisandgeorge@comcast.net if you have questions)

WWURA Membership Application or Renewal Form for 2018-2019

(Those who have joined since March 2018 need not apply. Your dues are paid through June 2019)

Name _____ Spouse/Partner's Name (if applicable) _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Year Retired _____ Years of WWU Service _____ Department/Unit _____

If not a WWU retiree, check one: WWURA Friend Spouse/Partner of Retiree

Retired from what institution/organization _____

Select Membership (includes spouse or partner)

- Contributing Membership \$ 50.00 or more
- Regular Membership \$ 25.00
- Surviving Spouse or partner \$ 6.00

Contribution to WWURA Scholarship fund \$ _____

Total amount Enclosed _____ Signature _____ Date _____

Please mail this application and check (*made payable to WWURA*) to WWURA Membership, c/o Barbara Evans, 715 North Garden Street, #502, Bellingham, WA 98225. (Contributions are deductible.)

A membership table will be at the picnic. *If you renew your membership by June 22, your membership card will be available at the picnic. If you wait to renew at the picnic, your card will be mailed to you.*

WWURA Calendar

July 2018

3—Picnic & Annual Meeting, Fairhaven Park



Upper Picnic Shelter

August 2018

7—Board Planning Session at Lakewood

September 2018

4—Board Meeting

19—Travelogue—Squalicum Yacht Club- “Lighthouses of New England”
a slide show by **George Kriz**



October 2018

2—Board Meeting

Interest Groups—Opera Group, *cont'd from page 4*

MET HD Schedule for 2018-2019:

October 6-- Verdi's "Aida"

October 27—Puccini's "La Fanciulla del West"

December 15—Verdi's "La Traviata"

February 2—Bizet's "Carmen"

March 10—Wagner's "Die Walkure"

October 20—Saint-Saens' "Samson et Dalila"

November 10—Muhly's "Marnie"

January 12—Cilea's "Adriana Lecouvreur"

March 2—Donizetti's "La Fille du Regiment"

May 11—Poulenc's "Dialogues des Carmelites"

PLAY READING—Margaret Woll, 360-734-8427, mhildeb408@aol.com

Play Reading is not meeting this summer. There will be a sign-up sheet at the Annual Meeting/Picnic for those who might be interested in forming a group in the Fall.

WRITER'S GROUP - Troy Faith Ward, 425-299-8710, troyfaithward@gmail.com.

Meets twice a month. Groups are kept small so there is time for reading and critiquing each other's work.

Western Washington University

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