



Friendly Visitors is a program of Visiting Nurse Home Care, a non profit charitable organization helping people live at home.

Thank you to these generous supporters of our program:

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How Privileged We Are...

One of our seniors has shared many stories of life during WWII, including her harrowing escape from Germany on the bottom of a moving coal train. Her volunteer, Becky, recently shared this with us:

"While visiting with "Inge" at her new residence we attended an ice cream social in the common room, and the fact that Inge was from Germany came up. A woman at the table said, "My husband fought the Germans!" and another piped in "My husband fought the Japanese!" and they launched into a discussion about how much better it was to fight Germans than Japanese, etc. Poor Inge was obviously uncomfortable, said something about how terrible Hitler was, and I turned the conversation to something else. It wasn't until then that I realized how difficult it might be for her to be surrounded by Americans of her generation. Nothing earth shattering, but just not something I had considered before. I consider WWII to be history, and they consider it to be present."

Becky's story reminded me how privileged we are to share in the life experiences and history of our senior friends. Whether their story is one of adventure, or of having lived through the depression struggling to make ends meet, the challenges of raising their family on a small farm, or the quiet heroism of everyday life in a small corner of the country, our senior friends open a window into their hearts and lives for us, and sometimes, into a different world. Unfortunately, family members often don't think about asking about these stories and then it becomes too late. If you have often thought that she/he should really record these for their grandchildren, etc., then maybe you might be interested in helping them do so. Contact our office for information and support in recording your senior's stories. The gift would be yours, theirs, and all of the generations to come.

Janie Pemble



Welcome to These New Matches

Dale and Malcolm
Lois and Margit
Mary Ann and Delphina
Mindy and Elvira

Match Anniversaries Congratulations!

May

Sandford & Verna 6 yrs
Phyllis and Iva 5 yrs
Darlene and Norma 4 yrs
Ruby and Ivy 4 yrs

June

Don and Larry 2 yrs
Cindy and Gladys 1 yr



What is Friendly Visitors?

Friendly Visitors matches screened, trained volunteers with lonely and isolated seniors in Whatcom County.

Seniors benefit emotionally and physically from the warm, caring connection, closer ties to the community, and more access to services to help them stay safe and independent.

Washington Seniors Living on the Edge

With state and federal budget cuts threatening key services for the state's seniors, a new economic measure details how much income WA seniors need to cover their basic expenses. On average, the Elder Economic Security Standard™ Index estimates WA's older renter needs \$21, 492 a year to live independently.

A range of programs WA

state seniors rely on are facing significant cuts in proposed state and federal budgets. Under a bill passed by the US House, WA State could lose more than \$30 million in funding for affordable housing, and access to the Low-Income Home Energy Assistance Program, which helps some seniors pay their heating bills, could be curtailed. At the state level, critical Medicaid health services,

home care options and local services are threatened. The report is available online at www.wowonline.org.

Senior citizen advocates should call state legislators to discuss the importance of programs that seniors rely on through Medicaid and the state Senior Citizens Services Act. Don't wait! Call soon and be a voice to protect our most vulnerable citizens.

Coffee Hour ~ Changing Location!

We have found a better location for our volunteer monthly coffee hour. The **last Thursday** of each month (**April 28, May 26, and June 30**), at **9:30am**, we will be meeting at the NEW Woods Coffee store which is located at **10 Prospect Street**, downtown Bellingham. In the "triangle building" between Rocket Donuts and Bayou on Bay restaurant, we get to have our own private room on the first floor – so no more noise issues or climbing stairs. You are responsible for purchasing your own drinks/treats, but come and enjoy meeting other volunteers and sharing your thoughts. Either Janie or Sue will join you each month. Hope to see you there!

Other Community Programs

Adult Day Health is presenting a lecture "Parkinson's 101" on Thursday, May 19, at 7pm at St. Luke's Health Education Center, 3333

Squalicum Parkway in Bellingham. Dr. Mackay with PeaceHealth Medical Group will be speaking. No RSVP is necessary.

Quarterly Training

Depression affects people of all ages, but in the elderly it shows up a little differently, and may also be hard to recognize. Come to our next **Quarterly Training** and join in our discussion on "**Depression and Seniors.**" We will have a small panel of volunteers and others who have experience visiting someone who is dealing with this challenge. Bring your questions, stories, or just interest. Training is set for **Tuesday, June 21st, 6:30-8:00 pm**, at St. Luke's Health Education Center, 3333 Squalicum Parkway. Call our office for more info or to RSVP: 756-5179.



Puns for educated minds

1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian .
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering.
7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
8. Two silk worms had a race. They ended up in a tie.
9. Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says 'Are you sure?' The first replies, 'Yes, I'm positive.'
10. Time flies like an arrow. Fruit flies like a banana.
11. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
12. Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'
13. I wondered why the baseball kept getting bigger. Then it hit me.
14. A backward poet writes inverse.
15. There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.

How to Donate

Friendly Visitors offers its services at no charge to participants and, as part of a nonprofit organization, depends on donations from individuals and local businesses who care about seniors in our community.

Please consider the Friendly Visitors program when determining where to allocate your charitable contributions. Every dollar of your donation goes to provide matches and support to isolated Whatcom County seniors.

Two ways to donate:

Make checks payable to VNHC, write in the memo line “Friendly Visitors Program” and mail to: VNHC, 600 Birchwood Ave Suite 100, Bellingham, WA 98225.

Donate conveniently at our website: www.vnhomecare.org

Goodbyes

Roberta was a senior in our program since 2008. “Bobbie” was an army and then career nurse and shared a lot with us about the true art of caring for

others. She loved her visits with **David Gallion**, and we extend our condolences to David and to her family.

*From a newly matched senior about her FV:
"We're discovering more and more what we have in common...he's turning out to be quite a fellow of interest!"*

*"What should...people do with their lives today? Many things, obviously. But the most daring thing is to create stable communities in which the terrible disease of loneliness can be cured."
Kurt Vonnegut, Jr.*

Important Dates to Remember

Coffee Hour

Thursday, May 26th, 9:30am, **Thursday, June 30th**, 9:30am, Woods Coffee Shop –
NEW LOCATION: 10 Prospect Street (downtown Bellingham)

Orientation and Training for New Volunteers

Thursday, May 5th, 1:00 – 4:00pm and **Tuesday, June 14th**, 1:00 – 4:00pm
Call our office for more info or to RSVP: 756-5179.

Quarterly Training

Tuesday, June 21st, 6:30-8:00 pm,
St. Luke's Health Education Center, 3333 Squalicum Parkway.
Call our office for more info or to RSVP: 756-5179.

Parkinson's 101

Thursday, May 19, 7:00pm
St. Luke's Health Education Center, 3333 Squalicum Parkway in Bellingham.

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friendly visitors
A PROGRAM OF VISITING NURSE HOME CARE 

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