Wings Collaborative Art Project 2020

For some it may represent the wings of an angel or large bird. It could even be the wings of a phoenix rising from the ashes. It sounds dramatic but it is really a friendly and welcoming piece of art. The wings were made from many feathers which were colored and decorated by our participants, volunteers, staff and family members close to the Brighter Days Program.

Months ago we started the Wings Project, which I predicted we would complete in July. Having never done an art project by mail with the Brighter Days team, I had no idea what to expect. This project was done individually, from home with all supplies being sent by mail. Every time a package was delivered to the Virgil Clarkson Lacey Senior Center, I was ecstatic to see what was inside and to see what you all had done with the feathers.

Today, I can say we have completed the Wings Project! I am so proud of the results and thank all of the volunteers and participants who made the effort to color, cut and mail your work to complete this project!

Please come see the final piece! The Wings Collaborative Art Project will be displayed at the following locations, dates, and times:

- **Virgil Clarkson Lacey Senior Center** / 6757 Pacific Ave SE Lacey, WA
  August 14, 2020 From 12 - 4pm
- **Olympia Senior Center** / 222 Columbia St. NW Olympia, WA
  August 21, 2020 From 12 - 4pm
- **Faith Lutheran Church ELCA** / 1212 Connection St. Shelton, WA
  August 28, 2020 From 12 - 4pm

We will have the piece displayed outdoors, where you may get your photo taken with it, and find the feathers you created and say hello to some of our staff. Please wear a mask and maintain 6 ft. between yourself and others. We cannot offer a reception or social time due to safety concerns.

Again, thank you all so much for your efforts to complete the wings, you did a great job, be proud!

*By Jen Allen, Lacey Site Manager*

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Thank you to our Agency Partner:

Kaiser Permanente

Virgil Clarkson Lacey Senior Center • 6757 Pacific Ave SE Lacey, WA 98503
Faith Lutheran Church • 1212 Connection St, Shelton, WA 98584 360.407.3967
Wings Collaborative Art Project Artists

<table>
<thead>
<tr>
<th>Ann S</th>
<th>John &amp; Pat A</th>
<th>STEP Group</th>
<th>Joey T</th>
<th>Thomas R</th>
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<tr>
<td>Marc H</td>
<td>Kathy L</td>
<td>Linda T</td>
<td>Julie T</td>
<td>Dave &amp; Elinor S</td>
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<td>Carol W</td>
<td>Flo P</td>
<td>Jill R</td>
<td>Sam T</td>
<td>Larry L</td>
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<tr>
<td>Tony &amp; Mary B</td>
<td>Robin W</td>
<td>Crafting Group</td>
<td>Fay G &amp; Barbara</td>
<td>Don A</td>
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<td>Jen M</td>
<td>Liz N</td>
<td>Doreen H</td>
<td>Curtis S</td>
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<tr>
<td>Leon &amp; Alaya G</td>
<td>Ellen W</td>
<td>Paul T</td>
<td>Jen A</td>
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If your name is not on the list and you would like to be identified as an artist on this piece, please send an email to Jen Allen at jallen@SouthSoundSeniors.org

Participant Spotlight: Doug A.

Doug A., a 7th generation Arizona native, born April 24th, 1963, has been a participant in the Brighter Days program for a long time. He is a quiet man with a beautiful smile and heart, who has brought lots of joy to other participants and staff.

Doug has been married to his wife Barb, for nearly 40 years. Barb describes Doug as an amazing and wonderful husband, father and friend. Doug and Barb have two sons; Doug Jr. and Jesse. Doug Jr. is married to Dani, and the two of them have given Doug and Barb a grandson named Tristin. Doug also has two other children from a previous relationship, Josh and Jamie, and a granddaughter, Lili. Doug and Barb also have a “daughter” in Japan that they were host parents to from 2003-2004. They have stayed very close to Natsu and consider her two children, Riku and Sara, their grandchildren as well.

Doug started driving when he was about 17 years old, even before he could get his CDL. In 1989 he started driving for Shuck’s/Kragen, and drove for them until moving to Washington in 1994. Eventually, he retired from CWX in 2011 after nearly 17 years of service.

An extremely generous and kind individual, Doug has always enjoyed helping friends with yardwork, dump runs, car repairs and more. Now, nearly 10 years since retiring, he still gets posts on Facebook from old customers who miss his smile and sense of humor. Along with his passion for helping others, spending time with friends, fishing, quad riding and trucking, Doug absolutely loves music. He could tell you the name of every song and who it was written by in nearly all popular genres from about 1950-2015!

In 1990, Doug contracted cancerous brain tumor and has encountered various other bumps and bruises along the way. Despite the adversity he has faced, Doug continues to carry a positive attitude and a big smile with him every day. Barb celebrates Doug’s perseverance and tenacity, explaining, “he just doesn’t have any quit in him!”

Thank you Doug for sharing your life with all of us at Brighter Days!

By Kathy Peck, Shelton Site Manager
Tips for the Roller Coaster Ride that is COVID-19

While we all ride this pandemic roller coaster, life is happening in spite of the virus. As theme parks in Japan carefully reopen, authorities are asking people who ride the roller coasters to refrain from screaming out loud. “Please scream inside your heart”, they ask. I cannot imagine holding in that much excitement or terror! However, many are doing just that as they try to care for their loved ones with dementia on the pandemic roller coaster!

With respite options all but lost right now and knowing that caregiver anxiety can lead to care receiver behavior issues, many are trying to cope by screaming inside and surviving alone. Here are some tips from the Alzheimer’s Association:

1. Stay connected with those you love. In the best way that works for you; phone, virtual chats and even letters, aka, *snail mail*, help us feel less isolated. Join a virtual support group. Often those who care about us don’t mind hearing us scream outside of our hearts!

2. Maintain a routine as much as possible. You may have to re-evaluate the routine as your loved one’s disease progresses.

3. Look for the positives each day. This could be as simple as enjoying the new flowers in your garden or playing with a pet! Compliment your loved one out loud and give yourself affirmations in your heart.

4. Get exercise and natural light. Go for two short walks each day or do an exercise routine together and then have coffee outside afterwards.

5. Make a “Honey-do” list and work on those household projects in small steps. Engage your loved one’s help with easy tasks that may not help the project much, but will keep them busy and contributing to the task.

6. Feed your spirit. Whatever your soul food is, consume it every day. Pray or meditate. Sing hymns or other songs that soothe your anxiety. Cook some comfort food and reminisce about the people and places you enjoyed it with.

7. Laugh! Find funny videos on YouTube or watch an old comedy. Confess an embarrassing moment to a friend or read *Laughter is the Best Medicine* from the Reader’s Digest.

We unfortunately cannot get off this roller coaster for some time. Do what you can each day and go to bed each night reminding yourself that you are human. You are not alone! We are on this ride together.

*By Cheri Knighton, Family Support Coordinator*

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**Lifelong Learning Virtual Offerings**

Looking for a way to engage in an accessible chair yoga class from the comfort of your own home? Interested in hearing special talks from authors, travelers, poets, and more, who wish to impart their knowledge about a specific topic? Check out our Lifelong Learning Virtual Offerings page! From academic classes to Zumba, to virtual coffee meet-ups, we have offerings to fit your needs. [Click here](#) to explore.
Walk to End Alzheimer’s 2020

Although the Walk to End Alzheimer’s will not be a physical gathering this year, there are still plenty of ways to get involved! Click here to visit the Walk to End Alzheimer’s website where you can find a walker, team, and a walk near you!

The Alzheimer’s Association also provides a number of Alzheimer’s and dementia courses available online, 24 hours a day. Some course offerings include 10 Warning Signs of Alzheimer’s, Challenging Conversations about Dementia, Effective Communication Strategies, and Healthy Living for Your Brain and Body: Tips from the Latest Research. To learn more about these courses and explore additional listings, click here.

Online Support Groups

Bereavement Support Groups normally held at the Olympia and Virgil Clarkson Lacey Senior Centers on the 2nd and 4th Fridays of the month, will now be offered on Zoom from 2–3:30 pm on the same days, until our centers re-open. If you are interested in attending the group on smartphone, tablet, or computer, please contact EssentialSpiritCounseling@protonmail.com or call Jill Komura at 360.539.1230.

Alzheimer’s Association Support Groups will be held on Zoom every Tuesday at 1:00 pm. Email Cheri Knighton at cknighton@SouthSoundSeniors.org.

Your Brighter Days Staff

Information & Admin: Paul Taylor, Program Manager, 360.407.3967 ext. 207 (left)

Lacey Attendance & Daily Operations: Jen Allen, Lacey Site Manager, 360.407.3967 ext. 209 (right)

Shelton Attendance & Daily Operations: Kathy Peck, Shelton Site Manager 360.878.1189 (right)

Enrollment, Support & Momentia: Cheri Knighton, Family Support Coordinator 360.586.6181 ext. 111 (left)
Meet our Client Services Director, Bryan “BC” Hildebrand

Bryan Hildebrand is one of the newest members of the Senior Services family—even newer than our Executive Director, Brian Windrope! Since March 2020, Bryan has performed in the role of Client Services Director. In addition to Brighter Days, he oversees Care Connection, Transportation, SHIBA, Inclusion, and the Resource Specialist Programs. His main focus is providing each program’s manager with the support they need to make every program the best it can be!

Bryan is a recent retiree from the U.S. Army. In his twenty-six years serving as an Army Musician, First Sergeant (Retired) Bryan Hildebrand performed with a variety of Army Bands. In addition to the Eighth Army Band in Seoul, South Korea, he has served tours with the Military Intelligence Corps Band at Fort Huachuca, Arizona; the Signal Corps Band at Fort Gordon, Georgia; the US Army Europe Band and Chorus at Heidelberg, Germany; and the 4th Infantry Division Band at Fort Carson, Colorado.

Bryan concluded his military service as First Sergeant and Acting Commander of The America’s First Corps Band, I Corps, at Joint Base Lewis McChord, Washington. He led the First Corps Band in concert at both Freedom Fest July 4th Celebrations and the Holiday Concert in December, 2018.

Attending the U.S. Army School of Music at Little Creek Naval Amphibious Base, Virginia Beach, Virginia, Bryan has held the Musician military occupational specialty (MOS) in both euphonium and trombone since 1987, performing in concert, jazz and ceremonial bands, traditional and popular brass bands, and a variety of other ensembles. He has long served as a vocalist for both ceremonial and patriotic events. With the Eighth Army Band he sang We Go Together in 2002, celebrating the South Korea-US alliance, and more recently performed as a featured vocalist at the Namsan Tower and at Seocho Community Center in 2015 in downtown Seoul.

A highlight of his military service was his time as the enlisted leader of the overseas version of the U.S. Army Soldiers’ Chorus, at the US Army Europe Band and Chorus in Germany. He helped recruit a diverse group of talented vocalists drawn from a wide range of military jobs, and helped them perform as a team in over a hundred community relations and four-star general’s reception events.

Bryan hails from Las Vegas, Nevada. He earned a Bachelor’s degree in Music Education from Texas Christian University, where he performed as a featured soloist with the TCU Wind Ensemble. He received teaching certifications in both Texas and Arizona, teaching instrumental music for five years in Sierra Vista public schools in Arizona.

When he retired to Lacey, Washington, he and his wife Angelle were both looking for their next big challenge. Angelle won a Government Service position as employment counselor for the Army, while Bryan was thrilled to join the team at Senior Services for South Sound in his new adventure, serving seniors!

*By Bryan Hildebrand, Client Services Director*
## Brighter Days
### August 2020

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All activities occur virtually through Zoom meeting platform. Please contact Paul Taylor at [ptaylor@SouthSoundSeniors.org](mailto:ptaylor@SouthSoundSeniors.org) for meeting information and passwords.

### Feeling Ill?
We encourage those who are experiencing symptoms or are at highest risk of complications from the virus to follow recommendations from health providers and experts.

### Transportation Service
If you are 60 or older and need transportation to medical appointments, grocery stores, professional appointments or other essential services, please call 360.586.6181 ext. 128.

Thank you to our Agency Sponsor: