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Living

IN THE COUVE

**SENIOR
LIVING
EDITION**

SEPTEMBER 2020

 **The Columbian**

Living

IN THE COUVE

What is The Couve?

The Couve geographical name

\ 'thē cōv \ rhymes with 'move'

(noun)

1 —Nickname for Vancouver, Washington.

2 —The original Vancouver.

3 —A small city with vibrant communities, urban attractions, and natural recreation areas.

See Also: Greater Couve, Clark County, Southwest Washington

Current issue published September 20, 2020

Find past issues archived online at
www.livinginthecouve.com



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Living In The Couve is a monthly publication of the advertising department of The Columbian Publishing Company. For advertising opportunities call 360-735-4497. For submission information email: kristin.dorsett@columbian.com.

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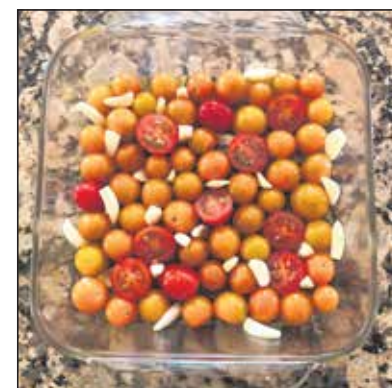


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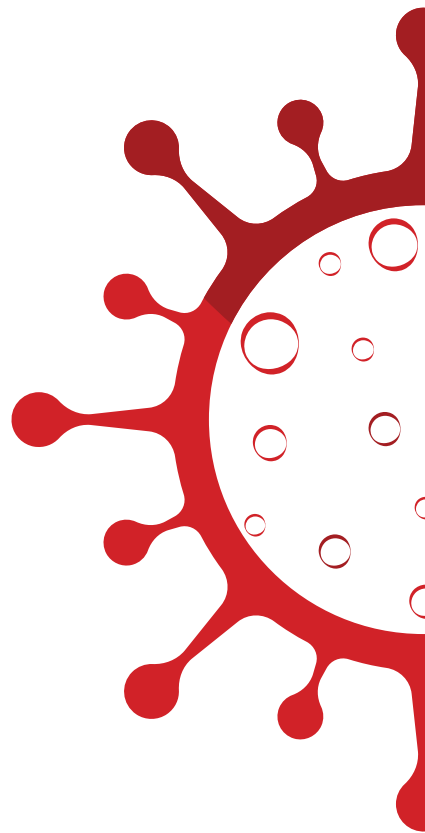
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How to Safely Receive Medical Care During the *pandemic*

by JOAN HUNTER, MD

Many people are wary of receiving medical care during the pandemic. This can be particularly true for seniors, who are at higher risk of experiencing complications from COVID-19. However, it's important for patients to know that even in uncertain times their health is a priority.

Anyone experiencing a medical emergency, heart attack, or stroke should call 911. Patients who have a medical need should call their provider. Medical groups across Southwest Washington, including Vancouver Clinic, have procedures in place to keep people healthy. Delaying care can create bigger, more complex health problems so it's better to be seen.



ONLINE TOOLS

Individuals who are concerned about coming in should know that not all health concerns require an in-person visit. Many issues can be resolved online. For example, Vancouver Clinic's MyChart allows patients to message their doctor with questions, request prescription refills, receive test results, and book appointments. It's a great way to stay in touch with a provider.



VIRTUAL OPTIONS

Patients can also connect through video visits. Most providers in Clark County offer video visits—including Vancouver Clinic. We started offering them in the early days of the pandemic and continue to encourage our patients to try this option. These modern day house calls allow people to visit with their doctor via a tablet, phone, or laptop with a built-in video camera and microphone.

Video visits have a number of benefits:

- + They allow doctors and patients to connect when it's difficult or uncomfortable for a patient to leave the house.
- + They encourage more frequent check-ins, which can promote better health.
- + They reduce stress for individuals who are afraid of coronavirus exposure.

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At the Vancouver Plaza Neighborhood Clinic video visits have been a great way to stay connected with patients, particularly for routine follow-ups. This clinic was specifically designed to serve adults with complex and chronic health conditions. Patients enjoy longer, and often more frequent, visits with their doctor. Video visits help provide the ongoing care they need to feel their best.

IN-PERSON SERVICES

Of course patients may still need to come into the clinic for labs and imaging, or so that caregivers can attend to health concerns in-person. Procedures across all Vancouver Clinic sites help maximize safety:

- + Social distancing markers are in place.

- + Masks are distributed at building entrances and provide a protective barrier for patients and our care team.
- + Temperature checks ensure any patient with a fever is moved to a private space.
- + Temperatures are taken daily before our care team starts their shifts.
- + Patients with respiratory and COVID-19 symptoms are asked to call first, so that we can make a plan to care for them safely.
- + We evaluate the latest medical recommendations every day to ensure we adhere to the most current guidance from the CDC and our state and local health departments.

All of Vancouver Clinic sites follow these procedures, including the new Camas location, opening October 20, 2020, and the Evergreen Place Clinic, opening November 2020. Like Vancouver Plaza, Evergreen Place is also designed for adults with complex medical needs.

If you have questions about the best way for you to receive care given your unique medical situation, be sure to reach out to your doctor or provider.

Dr. Joan Hunter is an internist at Vancouver Clinic. She enjoys working with patients to help them take control of their health and finds it rewarding to watch small changes lead to better wellness. She has a special interest in women's health, lifestyle medicine, and palliative care.



Gratitude coach, Cajun food enthusiast. Internist.

Meet Joan

tvc.org/meet-joan





Fruit Trees:

Recommendations for Seasonal Pruning

by SUSAN COX, WSU Extension Clark County Master Gardener

For many, fruit tree pruning conjures images of pouring rain and warm hats, cold fingers and red noses. While late winter is an important time to perform this essential task, pruning fruit trees in the summer provides a different set of benefits we can't achieve in the winter.

To assess the impact of winter versus summer pruning, we need to understand how fruit trees grow. During the sunny spring and summer months, trees use sunlight to photosynthesize and store sugars in their leaves. As the weather cools in autumn, the sugars move from the dying leaves into the wood (mostly the bark of the trunk) and the roots, where they are stored as fuel in readiness for next year's growth.

On a side note, though removing dead or diseased branches is technically pruning, don't worry about the calendar for these and take them out as soon as you see them. Be sure to properly dispose of diseased or infested plant matter so you don't spread the problem.

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Pruning in late winter or very early spring, when a tree is dormant and without leaves, provides an opportunity to see the “bones” of a tree – its woody structure – and prune to create a strong skeleton to support the size and shape you desire.

This is when old played-out branches can be removed to allow newer growth to replace them. At this time, you can also easily identify and mitigate problems associated with crossing or rubbing branches.

Winter cuts stimulate vegetative growth (the branches and leaves of the tree), because it reduces the number of branches that will tap into those stored sugars; thus more energy is available to push into the remaining structure.

Don't remove more than 25-30% of the branch structure in the winter or the tree will put all its efforts into replacing vegetative growth at the expense of fruit production, since it needs vegetative growth for photosynthesis. This is when you'll get all those waterspouts - the spindly upright branches growing straight up from the top of the tree.

In contrast, summer pruning can't spur much vegetative growth because the tree no longer has that large stockpile of energy to tap into. This is when we can do corrective pruning to remove crisscrossing branches, those pesky waterspouts, or branches that are keeping the sun from penetrating sufficiently into the tree.

Trees need light to set fruit buds, so reducing the canopy to allow more sun in can help set buds for future fruit growth. Prune at the top of the tree first so that you can focus on opening up the structure. In summer, you can also see and remove the older branches that are no longer bearing fruit.

If you have trees that are larger than you'd like, focus on summer pruning. Research has confirmed that summer pruning slows trunk and overall growth, so size can be better controlled. Summer pruning can be especially beneficial for espaliered trees in order to keep them contained to their support structure.

While you can summer prune apples or pears in August or early September (don't cut too late or the tree may not be able to fully heal the cuts before the cooler and rainier weather), it's recommended not to prune peaches and nectarines past July. Some experts advise pruning cherries and apricots only in the summer because they can become diseased if pruned in rainy weather.

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☎ A LEISURE CARE COMMUNITY





During Pandemic Clark Public Utilities Expands Assistance to a Wide Range of Customers

by DAMEON PESANTI for Clark Public Utilities

The coronavirus pandemic has affected people across our community and brought countless unforeseen personal hardships and expenses. Some of those financial challenges come immediately, while others take time to manifest. Regardless of when they come, the difficulty can be overwhelming—and make life's tough times feel so much worse.

Every single day, Clark Public Utilities customer service representatives speak with customers who've found themselves or someone they live with without a job or struggling with a sudden reduction in their personal income. To make the situation more complicated, their personal expenses for necessities like food and electricity may have gone up because they're spending more time at home.

The utility recognizes that many in our community are enduring unprecedented personal challenges these days and is offering assistance as part of its Emergency Community Response.

The utility believes that no one should have to worry about losing water or electric service during a pandemic. For that reason, Clark Public Utilities put an end to service disconnections for the duration of this public health emergency; a decision that was made early in the crisis and weeks before the Governor mandated it.

Also, the utility has made adjustments to its financial assistance programs to give customers greater flexibility during the qualification process. Income qualifications didn't change for any program, but the timeframe used to determine eligibility for

several of them has changed to reflect the abruptness of the crisis. Under the Response, if a household is ineligible based on the four-month economic snapshot typically considered, customer service representatives may be able to evaluate their eligibility based on the last 30 days.

The Senior Rate Credit program offers up to a 75 percent credit (up to \$500) on the previous winter's electric heating bills to income-qualified households with at least one person 62 or older.

Operation Warm Heart is a unique program. It helps limited-income families in financial crisis pay electric bills. For the duration of the crisis, the maximum benefit offered by the program has been raised from \$300 to \$500, based on the balance on a customer's account.

Operation Warm Heart is entirely funded by customer and employee donations. If you're looking for a way to support your friends and neighbors during this crisis

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a donation to the program will make a difference. Every dollar given goes directly to customers in need. Donations may be tax-deductible. Contributions are easy to make. Simply add a designated amount to your monthly utility payment, call the customer service department or make a one-time donation on the utility's website.

Finally, the Low-Income Heating Energy Assistance Program (LIHEAP), which the utility administers on behalf of Clark County, can now grant recipients a larger benefit.

To find out if your household may qualify for financial assistance or to make a contribution to Operation Warm Heart, call the utility at 360-992-3000. Customer service representatives are available 24 hours a day, seven days a week. Information is also available at clarkpublicutilities.com

The utility has also taken steps to help customers who are in a financially sound position and stimulate local economic activity. The utility has substantially raised incentives for the installation of heat pumps, ductless heat pumps and double- and triple-pane window replacements in electrically heated homes.

Clark Public Utilities customers can save about 30 percent on their electric heating costs when they switch from



zonal heating (like cable ceiling or wall heaters) to a ductless heat pump. Not only are heat pumps more efficient, they heat quieter, quicker and more comfortably than resistance heaters. Plus, they offer air conditioning for year-round climate control.

The specific rebate one may receive will depend on the home's current electric heating system. They range from \$500 for the installation of a basic heat pump up to \$2,000 for a customer currently heating their home with an electric furnace who chooses to install a variable speed heat pump.

Double- or triple-pane windows offer up to three times the insulating value of their single pane counterparts. Modern vinyl window frames lose significantly less heat than metal frames. New windows will also reduce external noise, hold indoor temperatures steady longer and reduce heating and cooling costs. Homeowners with single pane or metal framed windows may qualify for \$6 and \$8 per square foot rebate on double- or triple-pane windows, respectively.

Certain conditions apply to qualify for a rebate. For more information, call the Clark Public Utilities Energy Counselor of the Day at 360-992-3355 or email ecod@clarkpud.com.

New incentives for insulation and windows



Save money and increase the comfort of your home

For a limited time, we've doubled rebates for insulation upgrades and window replacements in electrically heated homes. A properly weatherized home will be more comfortable in winter and summer, and you'll save money on your electric bill, too.

Heating and cooling account for about half of the typical utility bill, so if you want to save money, this is the place to start.



For more information: clarkpublicutilities.com/rebates
360-992-3355 • ecod@clarkpud.com



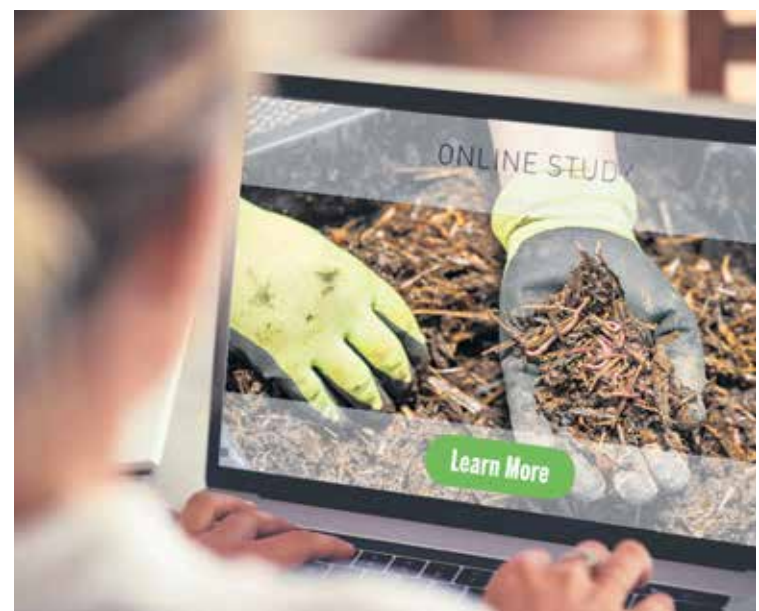
Learn How to Save
Money and Reduce Waste:

FALL MASTER COMPOSTER RECYCLER WORKSHOPS

by KALEY MCLACHLAN-BURTON
for Clark County Public Health Solid Waste and Environmental Outreach

If you're spending more time at home, you may have noticed just how much waste your household produces. Reducing waste saves money and reduces your environmental footprint. Get tips and answers to your questions about waste reduction during the **Master Composter Recycler** fall workshops, live via Zoom starting in October. These workshops discuss ways to save money and protect the environment by reducing chemical use, composting at home, recycling right and cutting down on how much food you waste. Joining a live session allows you to ask questions of our experts and get advice.

There are three different composting workshops to help you find the composting system that works best for you. **Backyard Composting** is a great workshop to start with; it covers the basics of composting, different types of compost bins, what you can compost, what you should leave out, how to prevent pests and how to finish and use your compost.



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Lasagna Garden Composting is a favorite of mine. This workshop covers a specific type of composting where instead of using a compost bin, you layer materials (as if you were making giant lasagna!) including kitchen scraps, yard debris and shredded paper to build a raised bed. These are items you probably have around the house already, making this a low-cost way to build a garden bed without any digging, turning or tilling. Lasagna garden beds can be built right on top of grass, gravel or even concrete. Fall is a great time to build a lasagna bed, cover it and let it sit over the winter. Come spring you'll have the ultimate, nutrient-rich garden bed ready to be planted, no potting soil or bags of compost required!

The **Red Worm Composting** workshop explores using red wiggler worms to compost food scraps in a small plastic bin. This method is great for those with little or no yard space. You'll learn how to set up and care for a worm bin, and how to harvest and use the extremely nutrient-rich compost made by your new wiggly pets! This method is a favorite with kids and is great for making houseplant fertilizer.

We've all heard a lot about plastic waste and recycling in recent years, and for good reason. In just three decades we've consumed more than a third of the earth's available resources. Recycling is one important way to prevent overuse of natural resources. Recycling also prevents pollution and saves energy. But for the recycling system to function effectively we all need to do

our part to recycle right. During the **Recycling Done Right** workshop you'll learn about the economics of recycling, Clark County's recycling system, what items are accepted in your curbside recycling, how to recycle other items, and the issues caused when nonrecyclable



items are tossed in the recycling bin. This workshop includes a question and answer session with a panel of local and national recycling experts. Take the knowledge you get from this workshop and become the recycling guru in your neighborhood!

In addition to composting and recycling the Master Composter Recycler program helps our community

make choices around the house that are better for the planet and for our health. Many cleaning products available for purchase can cause irritation of skin and eyes and can be flammable or otherwise hazardous. Join us for the **Green Cleaning** workshop to learn about the hazardous chemicals found in common cleaning products and how to make alternatives that are safer for your household and the environment. Making your

own products saves money, too, as DIY cleaners use inexpensive ingredients that can often be purchased in bulk. You'll also learn the difference between "cleaning" and "disinfecting" and how to make sure your cleaning habits are effective.

Another way to help conserve resources and reduce your environmental footprint is to reduce how much food you waste. The average household of four spends over \$1,500 each year on food that they toss into the garbage. While many people think they don't waste food, our garbage tells a different story: almost a quarter of what Clark County throws into the garbage is food. Sign up for the **Prevent Food Waste in the First Place** workshop to learn more about

the causes of food waste and the role we all play in making sure food feeds people, instead of going to the landfill. You'll get tips and resources for reducing food waste at home and in our community.

You can register for all these workshops, and access additional resources like previously recorded webinars, tips, recipes and guides, at the Master Composter Recycler website: clarkcountymcomposts.org.

Go green and save! Free online workshops show you how

Practicing sustainability at home can help you save some green! Register today for the Clark County Master Composter Recycler fall virtual workshop series. These workshops discuss ways to save money and protect the environment by reducing chemical use, composting at home, recycling right and cutting down on wasting food. Tune in live to get your questions answered by the experts!

clarkcountymcomposts.org



Clark County solid waste planning and programs are a cooperative effort of Clark County, Battle Ground, Camas, La Center, Ridgefield, Washougal, Vancouver, and Yacolt.

LIVING 55 PLUS: MAKING THE MOST OF LIFE AFTER 55



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ECONOMIC & COMMUNITY
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Clark College offers a variety of high-quality, non-credit learning opportunities for Lifelong Learners to expand knowledge, improve health or learn a new skill.

All classes are live online taught through Zoom. Find out how Clark College is keeping the community safe, supported, and informed during the pandemic. Visit www.clark.edu/covid-19 for more information.

Here are some of the classes for Fall 2020. Check out the full catalog of Community Education classes at ecd.clark.edu.

Register Online at ecd.clark.edu

Locations

MAIN CAMPUS:

**1933 Fort Vancouver Way Park
for free in any unmarked spot**

COLUMBIA TECH CENTER (CTC)

**Campus: Eastside 18700 SE Mill Plain
Park for free in any unmarked spot**

LIFELONG LEARNING



Beginner Mushroom Foraging and Identification

We cover the basics of mushroom foraging, what tools are needed, how to pick out and use a field guide and best foraging practices. As well as go over the mushroom identification process. This is a very beginner friendly course, no experience necessary.
Mon 9/21 & Fri 9/25, 6:30 PM - 8:00 PM; **\$49**

Common Fall Mushrooms of the PNW

Learn about the common fall mushrooms of the Pacific Northwest, both the edible, interesting and toxic. We will learn how to identify and find the right environment for a few key edible species, as well as get an overview of partner species in the area. Basic understanding of a mushrooms & anatomy and the identification process is helpful.
10/15, 6:00 PM - 8:00 PM; **\$49**

HOME & WELLNESS

Assisting Aging Parents or Partners

Explore the complex issues you may encounter when assisting the elderly and discover strategies and resources to manage successfully. Understand the key legal issues and documents relevant to elder care. Learn about the differences in medical insurance, and the different types of housing/medical assistance available to the elderly. Learn how to provide support to an elderly person with medical visits, medications, and gain basic knowledge of common medical issues of the elderly. Compare the potential role of hospice or palliative care. Develop an understanding of the challenges of caregiving, emotional impacts, and family dynamics that can occur.
Mon, Wed 9/28/2020 - 10/21/2020
6:30 PM - 7:30 PM; **\$79**

DANCE & FITNESS



Tai Chi for Arthritis and Falls Prevention

Using the Sun Style Tai Chi forms, this low impact course is a method developed by the Tai Chi For Health Institute and Dr. Paul Lam to assist people with Arthritis. This method has also proven to assist in the prevention of falls.
Mon & Wed, 9/21/2020 - 10/21/2020
9:00 AM - 9:50 AM; **\$89**

COOKING



Asian Soups

During the cold weather nothing is more enjoyable than a wonderful bowl of soup, learn two different great soups from Asia, with the wonderful shrimp soup from Singapore, and Laotian chicken sour soup.
10/15, 5:30 PM - 7:00 PM; **\$30**



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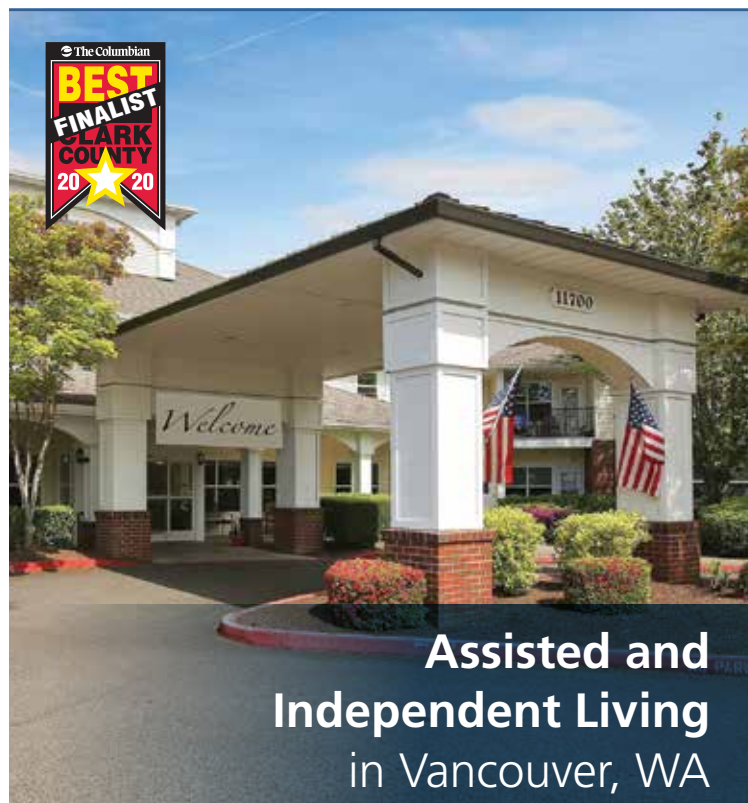
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- Help families make well-planned preparations in their time of need
- Provide a peaceful and soothing environment where people can gather to honor and celebrate the life of a loved one
- Preserve longstanding traditions and customs
- Offer personalized and affordable services and products
- Reach out to the greater community

We believe that the success of any business requires dedication and professionalism. In our business, in particular, it also requires a great deal of kindness, compassion and attention to detail. You'll find these qualities in each and every member of our staff at Evergreen Memorial Gardens. Put your trust in us to make this experience as comfortable and carefree as possible.



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The Bridgewood community also offers our innovative Celebrations program which is focused on six wellness categories that empower residents to explore new or treasured hobbies, pastimes and skills, as well. With this program, residents have the tools to explore a host of exhilarating new activities and to live life the way they want.

Call **(360) 254-4666** to learn more or schedule a virtual tour.

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REACH OUT TO *Nursing Homes*



Nursing homes and other senior living facilities have been hard hit by COVID-19 and have responded with measures meant to keep residents safe.

An unintended consequence has been some seniors feeling isolated. There are ways to help, however.

Masks

In the early days of the pandemic, when supplies took a hit and became scarce, an army of helpers put their sewing machines to work to help fill the gaps.

Contact local nursing homes to see how their supply of cloth masks is holding up. Consider donating masks, either homemade or store bought, or ask if you can make a financial donation to cover costs of masks and other personal protective equipment.

Stay in Touch

Due to restrictions placed on nursing home visitation, some residents haven't been able to see visitors for months. Many communal spaces and dining areas are closed, limiting the interactions residents can have.

Stay in touch with family by sending snail mail. They will appreciate the thought you put into the gesture.

AARP recommends sending gifts that remind seniors of family, such as a custom-made jigsaw puzzle of a family photo.

Ask about "adopting" a senior citizen in need of companionship. Visit within guidelines established by the facility. Get to know his tastes and interest and send small gifts or pass along interesting reading materials you think he might enjoy. If he has access to a smartphone or tablet and an internet connection, plan a virtual meal where you can each enjoy a meal while chatting via video.

If you are part of a house of worship, consider asking youth in the congregation to make encouraging videos to send to nursing home residents, or organize a care package delivery.



Continued on next page ►

Help Boost Employee Morale

Employees at nursing homes and other senior care facilities have had additional demands placed on them, aside from their regular responsibilities, during the pandemic. Look for ways to help show them you appreciate their efforts. This might

include sending gift cards for local restaurants or coffee shops. You also could arrange to send donuts and coffee at breakfast time for employees to enjoy. They will appreciate being recognized for their hard work.

-Green Shoot Media



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Online Arrangements Available



PLAN A PICNIC

by LIZ PIKE, WSU Extension Clark County Master Gardener

featuring fresh picked garden produce

Late summer or Fall is a great time to enjoy slow food from the garden at your favorite park or picnic area



There's never a shortage of things to check off the garden list during harvest time.

There're fresh beans to pick, salsas to can, berries to freeze and those darn weeds are not going to pick themselves! It's easy to get bogged down by adding too many things to each day's list of tasks.

Take a break from your long list of garden chores at least once a week to enjoy a lei-surely picnic dinner in the park with someone you love. And, it's even better when you can pick a fresh dinner right from your own garden.

All you need for the perfect picnic dinner is two vegetarian side dishes from your garden, a bottle of sparkling water or wine and a loaf of fresh bread.

FAVORITE PICNIC FOOD OFFERINGS:

This time of year, I make sure my pantry has lots of wonderful balsamic vinegars and olive oils and that my fridge has a good variety of cheeses, especially fresh mozzarella. My go-to quick summer dinner dish is a refreshing, cool caprice salad, made from fresh picked and sliced tomatoes arranged on a plate.

Sprinkle kosher salt on the tomatoes. Top with sliced fresh mozzarella slices. Drizzle those with good quality olive oil and your favorite balsamic vinegar.

Pick fresh basil from your herb garden. You can either use whole leaves or thinly slice the basil before tossing onto the tomato-cheese stacks. Cover tightly with plastic wrap and this dish is ready to travel to your favorite picnic spot, which may be your own back yard. Use slices of fresh bread to mop up the leftover juices from the combination of tomatoes, olive oil and the vinegar!

This year, I'm also enjoying some wonderful beets from my garden including chioggia candy striped beets. I slice them to show off their pretty interior circles of color. Some-thing wonderful happens when beets are roasted with fresh or dried thyme, balsamic vinegar and olive oil. They rise to a new culinary level as they release their natural sugars and caramelize in the oven or pan roasted.

Once roasted, these beets can be served hot or at room temperature all on their own. Or, prepare a large batch in advance. Toss some of the beets in with fresh greens from your garden. The beet juice and drippings add great flavor to your favorite salad. Add some chopped pecans or walnuts to add a nice crunch. The leftover beets also make a great lunch or afternoon snack, eaten cold.

Another great picnic dish is tomato confit served with slices of fresh baguette or French bread. Cut uniform size tomatoes in half and place cut side up, filling a 9 x 12 oblong glass pan with a packed single layer of tomatoes. Or use all cherry sized tomatoes and keep them whole. In between every third tomato in all directions, place a peeled clove of fresh garlic. Fill up the glass pan with olive oil about half way up the side of the

tomatoes. Roast in a 300 degree oven for three hours. Reduce the roasting time to two hours if using cherry-size tomatoes.

This is one of those dishes that I only prepare using fresh tomatoes from my patch! As they roast, the tomatoes and olive oil become infused with garlic. Serve hot or at room temperature. Simply scoop the tomato confit and spread the rich mixture onto fresh slices of bread. This is one of the stars in my garden season recipe file. Placed in an airtight container, this tomato confit dish travels well inside your picnic basket.

This time of year, take some well-deserved chill time. Do a little advance prepping and then grab your picnic basket to enjoy the wonderful bounty that you worked hard on all season to grow!

Happy Gardening!



All photos by Liz Pike

USE

Fall Leaves

IN YOUR

LANDSCAPE

by BETH GOODNIGHT, WSU Extension Clark County Master Gardener

It's that time again. Time to use those lovely fall leaves instead of trashing them.

Fallen leaves make wonderful mulch. It is what Mother Nature uses in her forests. Do you see her putting down compost, wood chips, or using weed barrier fabric? Of course not. She has designed an elegant recycling system.



Photo by Beth Goodnight

Why use leaves?

Woody, deciduous plants have leaves that are used to feed the plant throughout the growing season using a process called photosynthesis. In the fall, such plants prepare for dormancy by moving nutrients from the leaves, down the trunk, and into the root system. Storage in the roots makes these nutrients available to the plant as it wakes up in springtime. In the fall, after moving the nutrients away from the leaves, they turn colors and are shed from the plant.

That the leaves fall around the base of the plant is by design, and Mother Nature prefers they be left there. Leaves are an important part of the soil food web—all the organisms living in and around the soil—and a healthy food web makes a healthy landscape. Clearing leaves off plant root systems forces gardeners to do work and spend money of providing food and weed suppression for their plants. Why not let Mother Nature help?

How to use leaves.

On your ornamental beds. Lazy gardeners, like me, like to let their leaves lay where they drop on our ornamental bed areas. Making these beds large enough to fully contain the canopy of most deciduous trees and shrubs that reside there, will enable most leaves to stay where they fall. This practice requires the least amount of human effort. It closely mimics what Mother Nature does in her forests. And using leaves *this* fall means a lot less weeding *next* growing season. Use at least 4"–6" of leaves. They will pack down as they get wet over the winter.

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On your lawns. Leaves thickly covering turf-grass lawns are not such a good thing, and they should be mulched into the lawn using a mulching mower or removed. When mulching into the lawn, do so sparingly—a thickness of ½" of well-shredded leaves is plenty. Wait until the very last of the leaves fall to the ground to mulch your lawn.

On your compost piles. If you have a compost area in your yard, pile the leaves nearby for use as a *brown* ingredient over the winter. If you have lots of extra leaves and space, you can make a leaf mountain. Over time it will make great compost all on its own.

On your veggie beds. Leaves can be used to cover winter-dormant vegetable beds. Because fresh fall leaves are high in carbon (a *brown* compost ingredient), they should not be incorporated into the soil. Only fully-finished compost should be blended into the soil. Using leaves on top of the soil will help keep weeds at bay. And some of the leaves that do touch the soil will turn to compost, enriching the soil over the winter. In spring, remove all leaves that haven't turned to compost. Use these leaves on ornamental beds or in your compost operation.

Give away. If you *still* have too many leaves for all the uses listed above, you might have to bag the rest. But please don't put them into the trash. Recycle them. Many people would love your leaves. Try posting on social media your desire to give—or get—fall leaves.

One caution. Some leaves don't make good mulch in residential landscapes. They are ones with thick, leathery leaves like oak and Southern magnolia; huge leaves like big-leaf maple and sycamore; and leaves that often have foliar diseases like apple and cherry.

Use the leaves.

Don't get the idea that using your fall leaves is entirely devoid of work. Sorry about that! However, if you really want to do less work in your landscape, try working *with* Mother Nature. It's easier than you think. Just observe how she maintains her forests, use the resources she provides, and learn to appreciate *her* idea of beauty.



Now go mulch your landscape — with leaves!

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GET YOUR Gear ON: STAY ACTIVE THIS FALL



by LETHA BRANDENBURG, Owner,
The Healthy Weigh, Vancouver, WA



you've spent the last five months getting outdoors and pushing yourself to take long walks, ride your bike, and spend the day doing yard work. Because of the pandemic, you've been more fervent about getting outside and it's made a difference in your physical and emotional health.

More families have been seen together in the parks, on hikes and on the water. Boat and camper purchases are up and you can't find a floatie to purchase anywhere in town. Despite the difficulty of the last seven months, you've made the best of it, outdoors. The weather has cooperated and the longer days have made it possible to get outside even after your workday. Being outdoors has helped all of us feel better in so many ways. Being in nature has been proven to relieve stress, boost our immune systems and promote better sleep.

But "the times, they are a changin'." The weather is about to turn and our tendency to be outdoors more often is about to be put to the test. The Pacific Northwest is home to some of the most breathtaking scenery in the United States, but that greenery comes at a cost. It rains in the PNW, and it rains a lot. We are headed into wetter, colder and darker days. The weather in the fall and winter months doesn't just affect our physical health, but it influences our emotional state as well.

Ever notice that as rain drops from the sky, your mood sometimes drops too? If you feel meh on a dreary day, you might just chalk it up to coincidence. If you feel

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down during a downpour, it's not your imagination: Bad weather can indeed have a negative effect on your emotions. According to one study, nearly 9 percent of people fall into the "rain haters" category. This group feels angrier and less happy on days with more precipitation. Another study found that rain even increased the number of negative posts published on Facebook. That's a scary thought! When it gets dark and dreary out, some people definitely have more susceptibility to feeling lonely or down. It's pretty common to see a change in mood -- such as feeling sadness or lower self-esteem -- when it's rainy outside.

Sounds like we need a plan for this next season of weather change and we need it now. We've never been more dependent on healthy skills that boost our moods and relieve our stress. I say we get our gear on and get outside no matter the weather.

Exercising in the rain may sound unpleasant, but with the right gear, you can boldly walk among the raindrops and maybe even enjoy it. From rain jackets to waterproof shoes, gators, rain pants, and umbrellas, there are plenty of options available to help you keep up your outdoor workouts when the weather won't cooperate.

A waterproof jacket is a must for keeping dry while walking in the rain. Look for a breathable fabric that will help reduce perspiration. A good rain jacket should also have a sturdy hood that fits well and can be tightened to keep water out.

A rain poncho can be a lifesaver in a downpour. A raincoat only covers your torso, leaving your pants vulnerable to rain, but a poncho is longer and will help keep your pants drier. Many stores sell disposable ponchos that come folded up in a tiny packet that can easily be kept in your pocket if needed.

Waterproof running shoes can be a good addition to your walking wardrobe. Some walkers find rubber rain boots helpful in the rain, but they are best for shorter, slower walks, such as walking your dog. They're not designed for brisk walking or fitness and won't provide the support and flexibility you need.

Umbrellas work better for standing than for walking, especially when rain is accompanied by wind. But some walkers prefer to use them for less-strenuous walks.

An umbrella can be helpful in moderate-hard rain when you can't keep the rain out, even with waterproof gear. It will keep more of the water from running down your coat or rain poncho and soaking your pants. If you walk in low-light conditions, look for an umbrella that has reflective canopy or a reflective stripe around it, so drivers can see you. You can also add reflective tape to an umbrella you already have.

Don't forget about a warm hat. Covering your head helps keep your whole body warm. Some features to look for in a winter walking hat include earflaps and a bill to shade your face on sunny days. Your walking hat should also be waterproof. If your ears get cold, ear bands and other ear warmers are a great investment.

Your hands need attention too. Mittens are much better than gloves for keeping your hands toasty. If you don't like wearing mittens because they make it harder to do things like use your phone, many gloves have electronics-friendly fingers. Look for pairs that have an over mitten to keep your hands warm when you aren't on your phone.

Before the weather changes, make a decision, with support from your friends and family, or not, that you WILL get your gear on and embrace the fall months in the PNW by getting out and continuing the healthy habit of staying active and embracing the outdoors. Your emotional and physical health depends on it. You'll thank yourself next spring when you've weathered the weather and feel healthier and stronger than ever.





Multi-Generational HOUSING

For many reasons, families are increasingly finding that living arrangements that include multiple generations under one roof are beneficial.

Fast Company points out that the seismic shift in housing actually represents a return to the way humans have lived for thousands of years, and will lead to big changes to the buildings we call home.

THE TREND

Fast Company cited a John Burns Real Estate Consulting survey that showed that 41% of Americans shopping for a new home said they planned to have an elderly parent or adult child living with them.

A Pew Research study shows that about 20% of Americans lived in a home with two or more generations in the 1950s. That dropped to just 12% in 1980, before climbing again to 20% in 2016, representing 64 million Americans.

The trend is driven by growing racial and ethnic diversity, longer life expectancies and feelings of social isolation among families.

In recent years, young adults have become the group most likely to live in a multi-generational household, overtaking those 85 and older, a group which had long dominated the trend.

BENEFITS

There are many benefits to families living under one roof. Aside from sharing a mortgage or rent, they might save money on child care and gas, while getting more family time. Chores and household tasks can be shared, and seniors can enjoy more companionship.

REAL ESTATE CHANGES

A trend in the new home building industry is the offering of multi-generational floor plans. These plans are more than just a typical single-family home with a mother-in-law suite. They might include multiple kitchens and living spaces, as well as separate entrances and garages.

The remodeling industry also is seeing an uptick in garage conversions, as well as major remodels to make homes more suitable for multi-generational living.

If your family is considering a multi-generational arrangement, get in touch with a local builder or remodeling contractor to check into your options.

- Green Shoot Media



EVENTS

SEPTEMBER - OCTOBER



FRIDAY NIGHT FLICKS

Pop some popcorn, it's movie night in Vancouver! Friday Night Flicks presents family friendly movies from the comfort and safety of your vehicle. \$20 per vehicle (Vancouver resident) or \$23 per vehicle (non-resident). Gates open at 8 p.m.; movies start at 9 p.m. Tickets must be purchased online through the Parks and Recreation registration. Go to www.cityofvancouver.us/parksrec or call 360-487-7001
9/25: Men In Black @ Tower Mall
10/2: Ghostbusters @ Tower Mall



FARMERS MARKETS

Vancouver Farmers Market
Downtown: Saturdays 9-3/Sundays 10-3. 8th & Esther St.
Columbia Tech Center: Thursdays from 10am-2pm through August 27. 17701 SE Mill Plain Blvd.
www.vancouverfarmersmarket.com

CAMAS FARMERS MARKET

Wednesdays from 3pm-7pm through September 30. Located on 4th Ave, between Everett and Franklin in downtown Camas.
www.camasfarmersmarket.org

SALMON CREEK FARMERS MARKET

Tuesdays from 11am-3pm through October 6. Located in the East Parking Lot of Legacy Hospital along NE 23rd Ave.
www.salmoncreekfarmersmarket.com

Sept 24 GIVE MORE 24!

Southwest Washington's largest day of giving amplifies the work of local nonprofits by tapping the generosity of our greater community. This 24-hour day of giving provides nonprofits the unique opportunity to reach new donors through a widespread event and marketing campaign. It's a great way to boost fundraising efforts, grow awareness for important causes and take advantage of a simple online giving platform all while participating in a fun-filled, community effort! www.givemore24.org



Sept 26 & 27

VANCOUVER SYMPHONY ORCHESTRA

Join from the comfort of your own home as they begin their 42nd season, live from the stage of Skyview Concert Hall. Maestro Ken Selden.
vancouverSymphony.org
Vivaldi Concerto Alla Rustica
George Walker Lyric for Strings
Elgar Serenade
Vaughan Williams Five Variants of "Dives and Lazarus"
William Grant Still Serenade
Shostakovich Chamber Symphony Op. 110a (arr. Barshai)

Oct 11

GIRLFRIENDS RUN 2020

The 14th Annual Girlfriends Run offers a Half Marathon (13.1 miles), 10K & 6K designed specifically for women to get together to do something good for themselves and to help support a very important women's cause. Due to the COVID-19 pandemic, this event could possibly transition to a virtual event but it will not be cancelled. At this time, registration is open for both the live event and the virtual event. Hosted by Why Racing Events. whyracingevents.com

Support Local Restaurants

October 1-31

DINE THE COUVE

During the entire month of October, restaurants from across the county will offer special 3 for \$25 menus that showcase what they do best. That means it can be the traditional three-course meal of an appetizer, entrée, and dessert, or eateries can take a more unique approach by mixing in craft drink pairings, a variety of small plates, and other options. This year, they are adding takeout too! Look for the asterisk (*) by the menu link to indicate availability for a grab-and-go Dine the Couve meal. The current safety guidelines for dining in will still need to be followed. Find participating restaurants and Dine The Couve menus at www.visitvancouverusa.com/dinethecouve/



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