

Spotlight on Interest Groups

BALANCE CLASS - Falls are the leading cause of fatal and non-fatal injuries among older adults.

More than one out of four people 65 and older falls each year. The CDC recommends four things that you can do to prevent falls:

1. Have your health care provider review all your medicines
2. Exercise to improve your balance and strength
3. Have your eyes and feet checked.
4. Make your home safer.



In the spirit of recommendation #2 our YSNN community meets **Monday mornings at 9am (on Zoom) for Balance Class**. Activities during this 30-minute class focus on improving strength, balance, coordination and flexibility. These exercises can go a long way toward fall prevention. We have fun also and have become a close-knit group, encouraging one another to stay active. If you are physically active, steady on your feet and don't use an assistive device for walking, you are welcome to join this engaging class. –Barb Heinzen

Environment and Climate Reading and Action (ECRA)

Started as an Climate Action Study group, January 2022, then morphed into a Speed and Scale Reading Group, and then merged into ECRA. In addition to Speed and Scale, we have read a number of articles and most of the book Drawdown: the most comprehensive plan ever proposed to reverse global warming, edited by Paul Hawken 2017, with chapters on Energy, Food, Women and Girls, Buildings and Cities, Land Use, Transport, Materials, and Coming Attractions. Both Speed and Scale and Drawdown have active websites that update the information in the books and include valuable new material and impacts.

One of our group members is on the City Council's *Sustainable Yakima* Committee and we can attend the meetings on-line or in person. We appreciate reports on the plan they are developing for Yakima. At meetings, we discuss the reading we are doing and its implications for action/change in our lives. We share information about reducing, reusing, and recycling. We have developed three handouts for YSNN members /volunteers: Why a Plant-Rich diet is important, ways we can work together to reduce Food Waste, and where we can continue to recycle stretchy plastic. We have come to know each other, learned a lot about each other and the issues we are most concerned about, and encouraged each other. **Come join us on Saturday mornings, 9-11, once a month!**

REDUCE, REUSE, RECYCLE!

Balanced Eco Refillery and Market – Glenwood Square Suite 260 Phone: 503-559-6236. Email: jaimie@balancedyakima.com Website: www.Balancedyakima.com

Balanced Eco Refillery and Market is a zero waste, non-toxic store. To reduce plastic bottles going to the landfill they sell personal care items (shampoo, facial care, deodorant, etc.) and home care products (floor cleaner, all-purpose cleaner, laundry detergent, etc.) in bulk to refill your used containers. You bring your empty shampoo and detergent containers and refill them in the shop OR you can purchase one they have for sale. They take glass jar donations for customers to use. They also have sustainable swaps for kitchen, bathroom, laundry, and bedroom. An example would be swapping a laundry sheet in your washer in place of liquid detergent sold in plastic containers.

On the Market side of the store, you can find high quality organic dried foods in bulk and pantry essentials. Bulk items include dried beans, fruit, granola, and pasta. There is a sit-down area with WiFi, and local food vendors pop-up each week so you can stop by for a snack or drink!- Judy Kjellman ECRA Group

