

SONOMA SENIORS TODAY

Downsizing & Recycling Trend: Save the World While Decluttering Your Life

By Cheryl Therri, Sixty and Me

There appears to be no doubt about it. More and more of us are downsizing as we grow older. We don't need or want the maintenance of a large home. The prospect of downsizing means thinking about how many of our material things we really do use. What do we do with the things we do not want to take in a move to a smaller home? Think about recycling.

Per Wikipedia: "Recycling is the process of converting waste materials into reusable materials and objects... Recycling is a key component of modern waste reduction and the third component of the: 'Reduce, Reuse and Recycle' waste hierarchy."

Let's apply that to downsizing.

Clearing Out Clothing

Moving to a smaller home typically means smaller closets as well. This means sorting through clothes and deciding which ones you can live without. You don't have to be downsizing to have the need to clean out your closets.

Many of us have a regular routine of going through our closets and removing all those things that have not been used in the past year. We either gift these items to someone we know can use them, or we donate them to a second-hand shop.

Have you considered taking items you feel are not worthy of donation and cutting them up for quilt pieces? If you are not a quilter or don't know someone is, perhaps you could use the pieces for rags.

Focusing on Furniture

When downsizing you might think that your current furniture will not have a place in the new home décor. Perhaps that is true. However, it may be that it just needs a new look via reupholstering or refinishing, or perhaps re-facing or painting. If you find that these are not options, then donation or selling are good possibilities versus disposal.

Holiday Cards

We all love receiving cards during the holidays. Many of us display the cards we receive along with our decorations. After the holidays, some of the more precious cards are saved as mementos. The remaining cards are disposed of. Rather than disposing of those cards we can re-use many of them. Typically, at least one side of the card is not written on and could be used again. Often, it is the side of the card that contains the beautiful photo on the reverse that

is not written on. The front portion of the card can be used for the following year as a postcard. There are many organizations that would love to receive these cards as donations. Those organizations that ship supplies to service members are always looking for similar donations.

Downsizing Your Dishes

Once you have determined what you can/must take with you then it's time to decide what you can do with the rest. Dishes are actually very versatile items. They can be decorated and turned into nice gifts. They can serve as decorative plates, vases, coffee cups, you name it. There are so many options to choose from. There are vendors that offer these kinds of services if you are not creatively inclined.

Doing Good by Donating

I like to donate items to our local women's shelter shops. I also donate to those organizations who provide for our service members. There are so many good causes to choose from. Did you know that there are even organizations that take old cars? They find new life through the sale of their components.

Final Thoughts

Recycling is good for so many reasons. The best reason is to help take care of our environment. Out with the old and in with the new is not always the best policy. We do not need an excuse like downsizing to recycle those things we no longer want or need.

My husband and I have been recycling for many years now. When it's time for something we own to be disposed of we first think about how and where we can "recycle" it.

Have you started to make recycling and downsizing a part of your life? What things do you try to reduce, reuse and recycle? Have you found creative uses for older items, or an especially worthy charity to receive them?

Some Resources for Donations

Dress For Success provides professional clothing for financially disadvantaged women for employment interviews. <https://community.dressforsuccess.org>

Lions Club International gently used hearing aids, prescription eyeglasses and more.

Operation Paperback sends books and magazines to military folks. <https://operationpaperback.org>

One Warm Coat provides gently used coats to adults & children in need. <https://www.onewarmcoat.org>



Laura Fuhrman, Unsplash

Spring Cleaning Checklist

- SUPPLIES TO HAVE ON HAND
Vacuum cleaner, mops, duster with a long handle, paper towels, cleaning solutions.
- CLOSETS
Donate old clothing/shoes, dust shelves and floors, pack up winter clothes.
- KITCHEN
Defrost/clean fridge, clean microwave, clean oven, dust pantry shelves, declutter that junk drawer, mop floor.
- LAUNDRY ROOM
Clean out dryer vent, dust behind washer/dryer.
- BEDROOMS
Replace old bedding, wash sheets and pillow cases, vacuum under bed, wash pillows.
- BATHROOMS
Dispose of old cosmetics and outdated pills, clean mirrors, countertops and sink, clean shower and bath surfaces, clean toilet, unclog drains.
- LIVING ROOM
Dust around television/sound system, vacuum rugs, polish wood floors, clean window treatments, dust/clean furniture and pillows.
- FOR ALL ROOMS
Vacuum floors, dust blinds and windows clean baseboards, vacuum and mop floors dust and clean window treatments.
- OUTSIDE
Wash outdoor furniture, clean sliding glass door and tracks, organize garage, sweep patios, dust light fixtures.

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Is April More than Death & Taxes?

Mia Bennett, MSW, MSG, CTFA, Director of Fiduciary Services

April is here which can only mean one thing...taxes are due. By now you're either frantically gathering small pieces of paper that you can never seem to remember where you put them or you're sitting back stress-free because you turned in your returns weeks ago and have already seen your refund hit your bank account. Whatever camp you're in, there's one thing that remains true: the only certainties in life are death and taxes.

Both my personal and professional life are highly influenced by the April tax season. My in-laws as well as my own dad are all accountants. Needless to say, we don't see them much for these few months. Professionally, we are constantly asking ourselves when taxes are due for clients, a due date which is determined by their date of death. Taxes/death, death/taxes are constantly swirling around our minds and vocabularies. I know, of course, this is far from the norm and far from what most people are spending their time thinking about. Which got me thinking... What else does April have to offer?

April is actually one of my favorite months. Both of my kids were born in April which brings parties and excitement as well as stress and expenses. Now that I think about it, it's a pretty handy month to get my tax refund! But beyond my selfish reasons for loving April, we as a community have a lot to appreciate this time of year. The clocks have sprung forward and enough time has passed that our mornings are light now in addition to longer evenings.

Especially this year, rain has brought green hills, blooming flowers and all the early signs of life forming. In Sonoma County we get to see lambs wobbling as they learn to walk, chicks hatching from their colorful eggs and calves chasing after their mothers hoping for another drink of milk.

Easter usually falls in April symbolizing rebirth, beginnings, another chance to start anew. For school-aged children, Spring Break comes this time of year, giving students a chance to disconnect from the daily grind, a chance to relax and come back to the final stretch of the school year with a refreshed commitment to finish off strong.

While your taxes may be taking up residency in the forefront of your mind, I invite you to find



Yuri Yuhara, Pexels

a new perspective this April. One of openness, new beginnings and a fresh perspective as we move forward with gratitude for what is to come.

If your estate planning documents name COA and you want to confirm we have this form on file for you, please reach out to our Records Manager, Elizabeth Youngs (eyoungs@councilonaging.com, x122). If you are not a COA client and would like a copy of the vital statistics form so you can complete it and share with your agent, please reach out to our Director of Fiduciary Services, Mia Bennett (mbennett@councilonaging.com, x108).

Mia Bennett is the Director of Fiduciary Services at Council on Aging. To find out more about our Fiduciary Services, give Mia a call today (707) 525.0143 x108 or send her an email : mbennett@councilonaging.com

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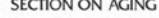
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The Future of Your Family Treasures

It's sad but true: our children do not want our treasured family "heirlooms." In most cases, they simply don't have room and will appreciate hearing the stories about why the items are precious to you more than becoming the owners of them.

Time to downsize, declutter or donate! Spring is the perfect time for this project.

Many of our treasures tell stories of generations before us. They may well have survived historical moments or represent pivotal moments in our family history. We may have registered for these items as wedding gifts and lovingly stored to be used only on special occasions. Our collections of China dishware, each place setting usually received as a gift from family and friends long gone.

Advise your family you are seeking to downsize and declutter. Ask them to come over and spend time with you to help box up items or go through the boxes. (Note: I hope they will thank you for this gargantuan effort because you are saving them the trouble later!) It can be a time for bonding and sharing stories of where these items came from. What a great walk down memory lane this can be for all involved. During the process, ask them what items they would like to keep.

Everything else goes in a box.

Consigning your treasures could earn you a little money and perhaps allow you plan an adventure or experience with a loved one that they will remember long after you are gone.

The Treasure House is a local non-profit that accepts your curated items. This includes your collectibles, furniture, kitchenware, linens, home décor and even jewelry. Vintage, Mid Century Modern and Modern styles are all welcome. Some items may also be accepted as donations.

So venture forth into your attics and garages! Wouldn't it be nice to park your car inside?

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APRIL PUZZLES

Puzzle solutions are on page 10

WORD SCRAMBLE
"SPRING AHEAD"

1. SNUSIHNE _ _ _ _ _
2. UDDESLP _ _ _ _ _
3. INLNEGAC _ _ _ _ _
4. GAREDN _ _ _ _ _
5. ACHIGHLTN _ _ _ _ _
6. LBOOAM _ _ _ _ _
7. LMBSOSO _ _ _ _ _
8. IWYND _ _ _ _ _
9. BLSUB _ _ _ _ _
10. UNBNY _ _ _ _ _
11. EIRTRBH _ _ _ _ _
12. ARWM _ _ _ _

WORD SCRAMBLE
"DESERTS"

1. OIBG _ _ _ _
2. SHAARA _ _ _ _ _
3. VEMHOA _ _ _ _ _
4. ISNIA _ _ _ _ _
5. TEHAD YVALLE _ _ _ _ _
6. LOOODACR _ _ _ _ _
7. MAACTAA _ _ _ _ _
8. ABJA _ _ _ _
9. AERTG SBNIA _ _ _ _ _
10. ATPANIOGAN _ _ _ _ _
11. RAOSNNO _ _ _ _ _
12. IEWTH ASSND _ _ _ _ _

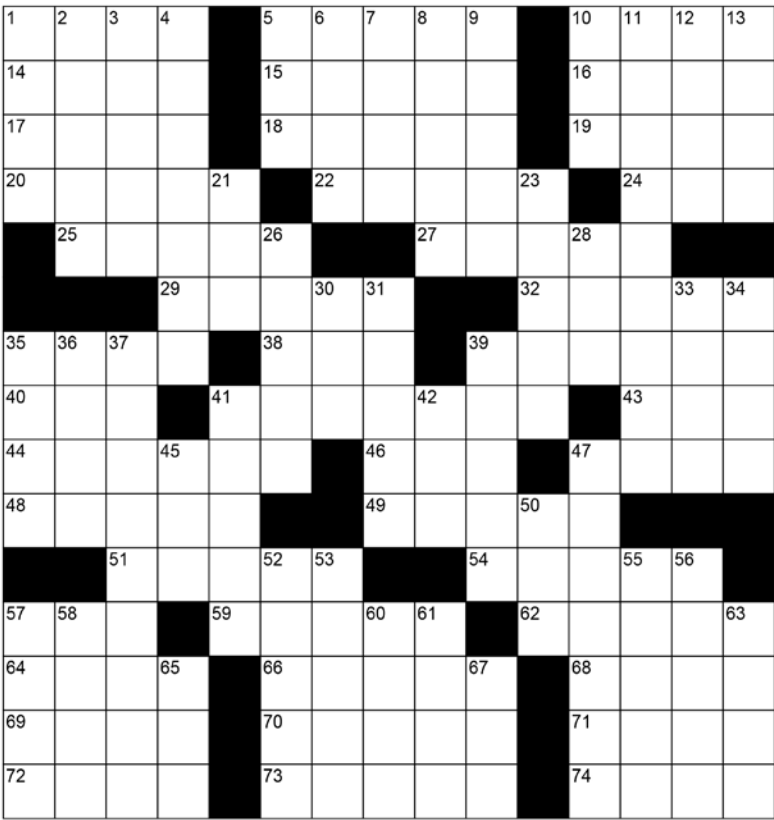
WORD SEARCH
"FAMOUS PAINTINGS"

- MONA LISA NIGHT WATCH
- WATER LILIES FOUR DANCERS
- THE SCREAM LAST SUPPER
- LAS MENINAS OLYMPIA
- THE DANCE THE KISS
- STARRY NIGHT AMERICAN GOTHIC

"APRIL FOOLS DAY"

ACROSS

- 1 Baby bed
- 5 One-celled animal
- 10 Replace a striker
- 14 Tortoise and the ____
- 15 Review
- 16 Fake butter
- 17 Smell
- 18 Seasoner makers
- 19 Lighted sign
- 20 Dinner drinks
- 22 Unasked
- 24 Only
- 25 Japanese city
- 27 Droop
- 29 Microorganism
- 32 Blabber
- 35 Short fictional story
- 38 Car speed
- 39 Someone who jokes or acts playful
- 40 Kimono sash
- 41 Romantic flower producer
- 43 Rapid eye movement
- 44 Comply
- 46 European sea eagle
- 47 Ma
- 48 Stores
- 49 Relationship
- 51 Mongrels
- 54 Occupy attention in a pleasing manner
- 57 Cell stuff
- 59 Floral leaf
- 62 Playful mischievous trick or stunt
- 64 Small particle
- 66 Parts to play
- 68 Bare
- 69 Eager
- 70 Lassos
- 71 Adam's garden
- 72 South of the border crazy
- 73 Before
- 74 Prank

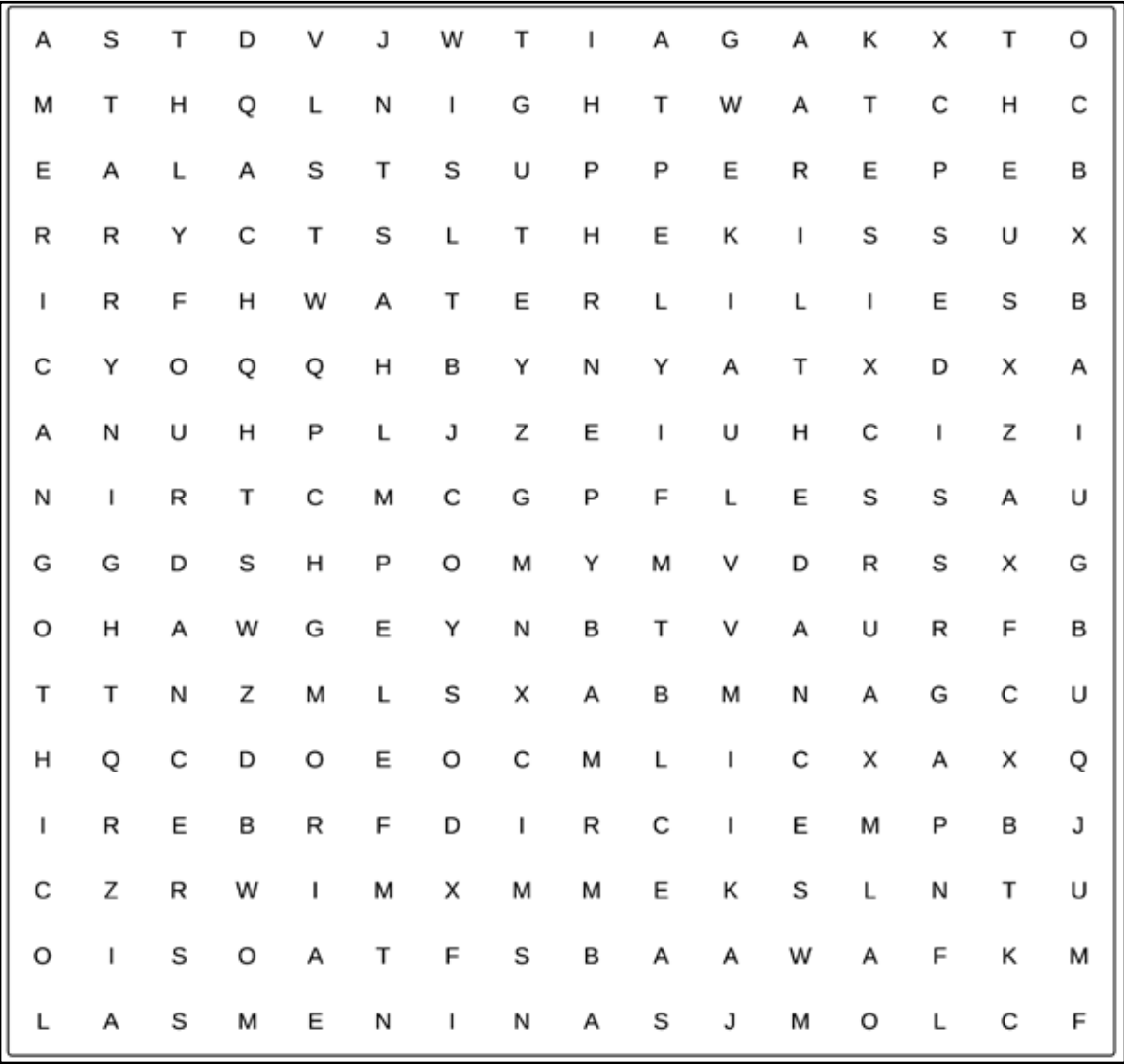


By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Grub
- 2 Wireless
- 3 Clothes pressers
- 4 To deprive
- 5 Raiders of the Lost ____
- 6 Restaurant listing
- 7 Economics abrv.
- 8 Fence projections
- 9 Fourth month of the Gregorian calendar year
- 10 Boy
- 11 ____ and Marc Antony
- 12 Long time
- 13 Tibia
- 21 Slide on snow
- 23 Tricked or misled
- 26 Protective covering
- 28 Married woman
- 30 Highs
- 31 Transparent
- 33 Seethe
- 34 Writer Bombeck
- 35 Athlete
- 36 Band instrument
- 37 Motion mechanics
- 39 Governing group
- 41 Oxidizes
- 42 Brassiere
- 45 Central processing unit
- 47 Grieved
- 50 Pixie
- 52 ____ cotta (clay)
- 53 Humorous imitation, prank or joke
- 55 Saudi Arabian citizen
- 56 Ceased
- 57 Face
- 58 De ____ (from the beginning)
- 60 Dog food brand
- 61 Look
- 63 Beano
- 65 Hoopla
- 67 Compass point

WORD SEARCH - "FAMOUS PAINTINGS"

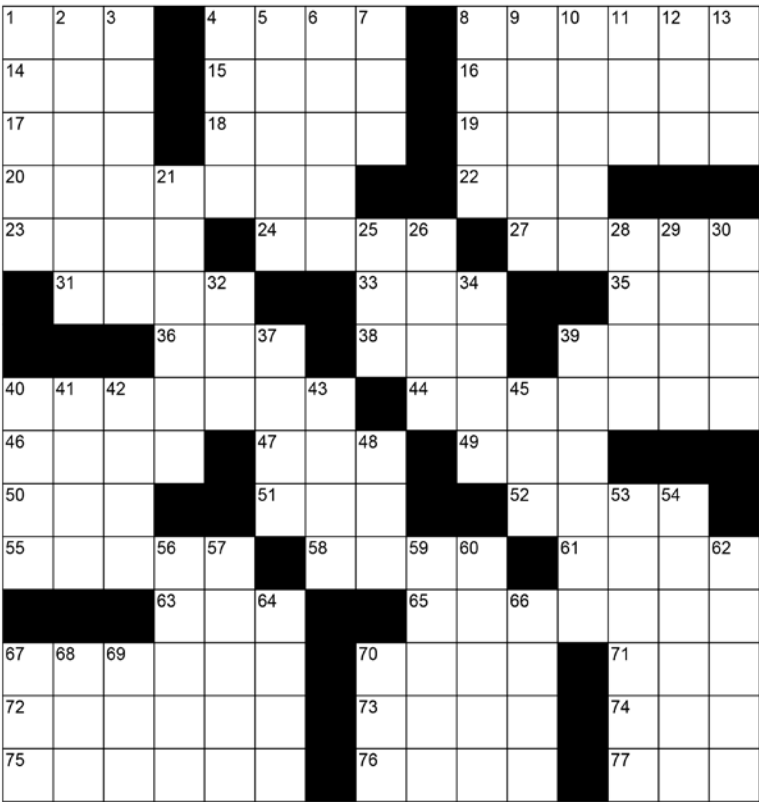




"EARTH DAY"

ACROSS

- 1 That girl
- 4 Loot
- 8 American Indian tribe member
- 14 Summer skin color
- 15 Sugar plant
- 16 Loathes
- 17 Electric spark
- 18 Molecule
- 19 Evening party
- 20 Coated with flour
- 22 Possessive pronoun
- 23 Plant life
- 24 Representatives
- 27 Rubbish
- 31 Plateau
- 33 Scorching
- 35 Central processing unit
- 36 Mixture of gasses that surrounds earth
- 38 Director (abbr.)
- 39 Rebuff
- 40 5th Greek letter
- 44 Rock growths
- 46 Atmosphere
- 47 Night bird
- 49 Paddle
- 50 Note of debt
- 51 Federal Bureau of Investigation
- 52 Nix
- 55 Ache
- 58 Northeast by east
- 61 One of Columbus' ships
- 63 What a cow chews
- 65 Servants
- 67 Category
- 70 Socialism's Marx
- 71 Crest
- 72 Capital of New York
- 73 Not out of
- 74 East northeast
- 75 Most have leaves, roots, stems, flowers
- 76 Feverish
- 77 Lair

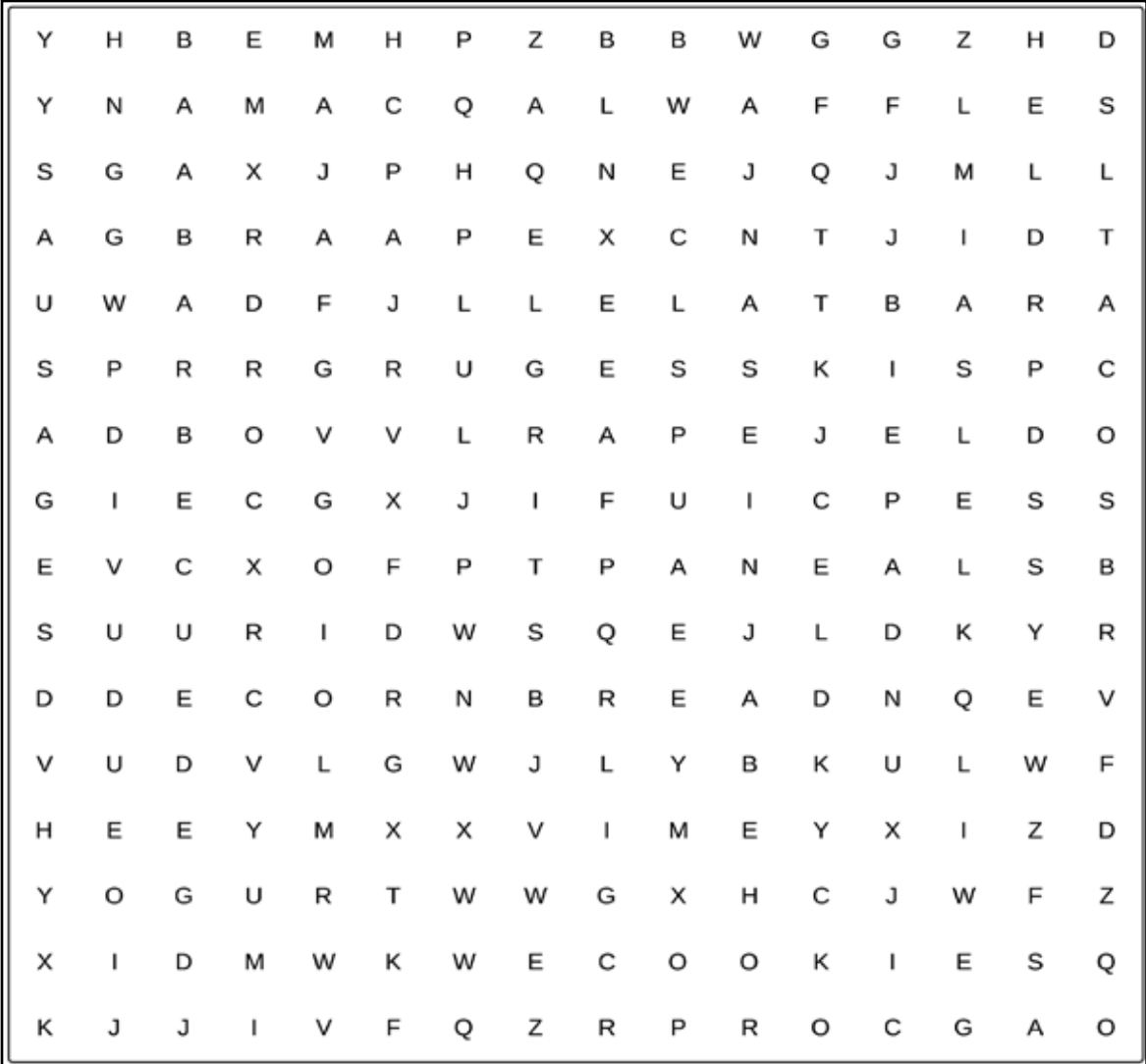


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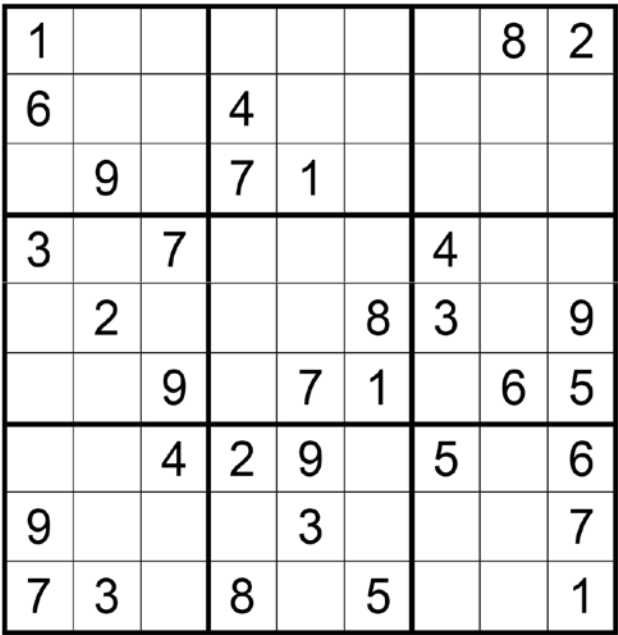
- 1 Man
 - 2 New York borough
 - 3 End of performance cheer
 - 4 Pock
 - 5 Clear liquid with no taste or color
 - 6 Positive electrode
 - 7 Rock
 - 8 El __ (Texas city)
 - 9 Around
 - 10 Whizz
 - 11 Neither's partner
 - 12 Bard's before
 - 13 Compass point
 - 21 Unspoken
 - 25 Doctoral degree
 - 26 Top layer of the earth's surface
 - 28 Inflammatory disease
 - 29 Made thread
 - 30 Middles
 - 32 Cause of sickness
 - 34 Three
- 37 House top
 - 39 Got smaller
 - 40 Give off
 - 41 Winnie the __
 - 42 Tangy
 - 43 Northwest by north
 - 45 Metal container for food and other products
 - 48 Palter
 - 53 Tried to lose weight
 - 54 Any person
 - 56 Body of water covering 3/4 of earth
 - 57 Charred
 - 59 Mont __
 - 60 Fifth largest planet in our solar system
 - 62 Quaking tree
 - 64 24 hour periods
 - 66 Siate
 - 67 Retail clothing store
 - 68 Building addition
 - 69 BB association
 - 70 Central Intelligence Agency

WORD SEARCH - "FAMOUS FOODS"

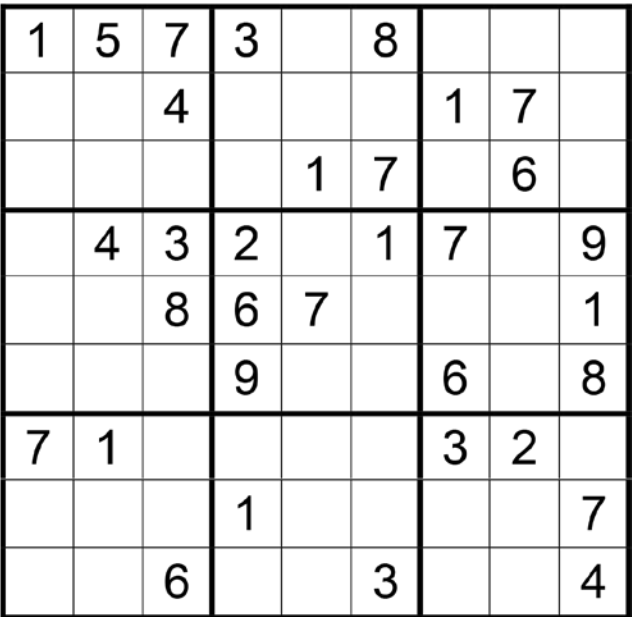


SUDOKU

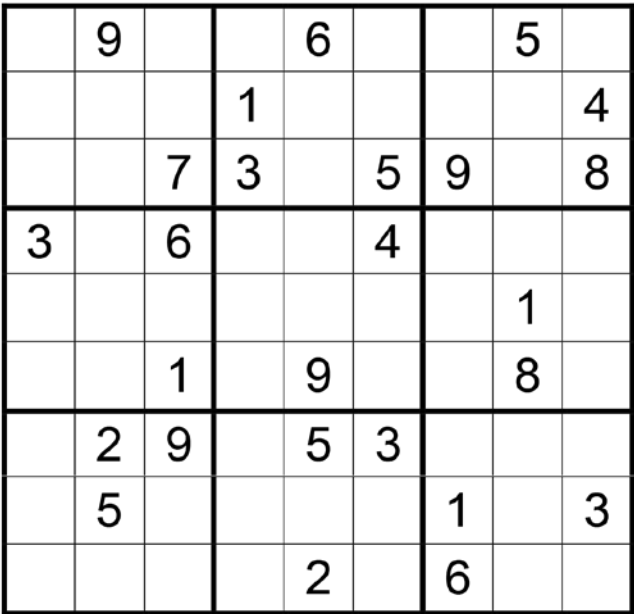
SUDOKU - Medium #1



SUDOKU - Medium #2



SUDOKU - Hard



WORD SEARCH

"FAMOUS FOODS"

- APPLE PIE

TACOS

SAUSAGE

PANCAKE

CHEESECAKE

YOGURT
- CORNBREAD

WAFFLES

COOKIES

GRITS

BARBECUE

LENTILS

Volunteer Spotlight

When the Covid-19 pandemic began in the spring of 2020, Diana Stebner had a happy but restless second grader and needed a way to keep him busy and engaged. Her search led her to COA's Volunteer Director, Leigh Galten, who herself was searching for new Meals on Wheels drivers.

So, each Friday, after Diana's son Huxley finished his Zoom schooling, they began their first route delivering meals to seniors, which took them into the countryside. Some of their clients were veterans, and Huxley loved visiting his "heroes" and basked in the attention of seniors with little dogs and cats.



"The seniors enjoyed it, too," Diana says. "You get to know each person individually, and they appreciate your time since you were sometimes the only person they'd see all day."

Eventually, Diana moved to Geyserville and Huxley back in school, so Diana switched from driving for Meals on Wheels to volunteering at Council on Aging's Community Table program in Windsor on Wednesdays.

Huxley comes with her if he doesn't have school, sometimes performing magic tricks he learned from his uncle or playing the guitar in return for smiles and applause from an appreciative audience.

Lunch & Learn

BRAIN HEALTH

Join us for a Lunch & Learn Event!

The first of this series will address using exercise to improve brain health. Have lunch and learn about the brain as we age, how it changes, and how physical activity impacts the brain.

Thursday, April 13
11 AM - 12 NOON
Large Conference Room
30 Kawana Springs Rd., Santa Rosa

Must register by April 6
Space is Limited

RSVP Denise Johnson
707-525-0143 x119 or
djohnson@councilonaging.com

"I also do Bingo once a month," says Diana, "which is very popular. I enjoy it as much as I did being a driver. It's so much fun to have everyone in one room and see the camaraderie and laughter they share. You can tell how much they love each other and how much they look forward to that Wednesday afternoon!"

Diana grew up in a family where her parents worked in medicine and often volunteered. It's

very special to see her passing that lesson down to Huxley and sharing such positive experiences with him.

COA is fortunate to have volunteers like Diana. If you want to learn more about our volunteer programs, please get in touch with Leigh Galten, COA Volunteer Director, at lgalten@councilonaging.com or 707-525-0143 x 121.



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Drive-Up Pick-Up Meals

Weekly Food Distribution Program for Seniors 60+



Vegetarian Options are Available



All Meals are Chef Inspired & Restaurant Quality Meals



All Meals are Heart Healthy & Low Sodium

Participants Receive Five Frozen Meals Each Week Plus Fresh Fruit and 1 Quart of Low Fat Milk

CLOVERDALE
Kings Valley Senior Apartments
100 Kings Circle
TUE 10:30 - 11:30 AM

HEALDSBURG
Healdsburg Senior Center
133 Matheson Street
WED 9:30 - 10:30 AM

ROHNERT PARK
Rohnert Park Senior Center
6800 Hunter Drive, Suite A
WED 9:00 - 11:00 AM

SANTA ROSA
Steele Lane Community Center
415 Steele Lane
THUR 10:30 AM - 12:00 PM

SANTA ROSA
Council on Aging
30 Kawana Springs Road
THUR 10:00 AM - 12:00 PM

SEBASTOPOL
Sebastopol Senior Center
167 High Street
THUR 10:00 AM - 12:00 PM

SONOMA
Vintage House
264 First Street East
MON 11:00 AM - 12:00 PM

WINDSOR
Windsor Senior Center
9231 Foxwood Drive
FRI 9:30 - 10:30 AM



To Register, Call 707-525-0143 x121

Must Reserve 1 Week in Advance

All locations are drive-thru and honor safe distancing protocols. Partners and Spouses Under 60 eligible for program. We ask for a contribution of \$4 per meal, however, no one is denied for their inability to make a contribution. Locations & Times Subject to Change.



AT HOME
CAREGIVERS



Wouldn't you rather be at home?

At Home Caregivers has served Sonoma County for more than 17 years with licensed and vaccinated employee caregivers.

Services provided include:

- Personal Care
- Medication Reminders
- Hospice & Dementia Care
- Light Housekeeping
- Meal Preparation
- Transportation

We are locally owned and operated — not a franchise.
CA State Home Care Organization License #214700017

Call today for a free assessment: 707-575-HOME (4663) • AtHomeCaregivers.com

NUTRITION NEWS

Importance of Staying Hydrated



Staying Hydrated

Staying hydrated is an essential part of staying healthy. Our bodies are about 60 percent water. The slightest amount of dehydration can negatively affect how we function, from digestion, fatigue, alertness, mood swings, and urinary tract infections to a decrease in the immune system.

How Much is Enough?

The average adult generally does not drink enough water. To determine how many ounces of water you should consume each day, divide your weight in pounds by two. For example, if you weigh 150 pounds, divide that by two to get 75 ounces of water that should be consumed by drinking and through the foods you eat each day.

Tips for Staying Hydrated

- Drink water when you wake up and before every meal. Have at least one full glass of water before a meal, and one during a meal.
- Drink at least one glass of water between meals.
- Up to twenty percent of your fluid intake comes from foods.
- Consume a diet rich in fruits and produce. These foods contain large amounts of water.
- Avoid sugary beverages.
- Keep track of how much you are drinking throughout the day.
- Carry a full water bottle with you when you're on-the-go.
- Add fresh lemon or lime to your water. This tastes good as well as provides you with vitamin C.
- Don't wait until you're very thirsty; thirst is a sign of dehydration. If you wait too long you may already be dehydrated.

Healthy Hydration Choices

Water, soda, sport drinks, energy drinks, fruit juices, coffee and tea can all help maintain your hydration level. However, it is important to remember that the low or zero calorie choices are usually the best.

Sweetened beverages can be high in calories and low in nutrients and lead to weight gain and other health issues. Also, they often don't quench your thirst, causing you to drink more of the sugar-loaded beverages.

Keeping properly hydrated is as important during the winter as it is during the summer. For healthy hydration, the key is understanding what to drink and how much to drink; often an extra glass will do your body good.

Prepared by Michael Helwig, R.D.
Area Agency on Aging Source:
National Institute of Health,
Academy of Nutrition and Dietetics, USDA

Attention
60
&
Better



The Community Table

Connecting through Food, Fun and Conversation

CLOVERDALE Kings Valley Senior Apartments 100 Kings Circle TUE 11:00 AM	SANTA ROSA Finley Community Center 2060 W. College Ave. MON 12:15 PM	SONOMA Oakridge Senior Apartments 18800 Beatrice Drive TUE 12:00 - 1:00 PM
HEALDSBURG Fitch Mountain Senior Apartments 710 S. Fitch Mountain Road TUE 12:00 - 1:00 PM	SANTA ROSA Silvercrest Senior Apartments 1050 Third Street FRI 11:30 AM - 12:30 PM	SONOMA Vintage House 264 First Street East MON 12:00 - 1:00 PM
ROHNERT PARK Rohnert Park Senior Center 6800 Hunter Drive, Suite A MON - FRI 12:00 - 1:00 PM	SEBASTOPOL Burbank Heights & Orchard 7777 Bodega Avenue WED 11:30 AM - 12:30 PM	WINDSOR Bell Manor Senior Apartments 8780 Bell Road WED 12:00 - 1:00 PM



council on aging
living better, together.

To Register, Call
707-525-0143 x128
Must Reserve 1 Week in Advance

Meals Funded in Part
by County of Sonoma

Meals are provided at no cost. Contributions in any amount are welcome. If you would like to make a \$4 Contribution to support our Dining Program, please deposit your funds in the collection box. Eligible and ineligible individuals who do not complete a registration form are required to pay \$7. No one will ever be denied meals for an inability to contribute.



Roy Johnston

Do you know what's in your estate plan?

Let's take a look, free of charge!

If we've learned anything from 2020, it's to expect the unexpected. I can offer you a completely free-of-charge review of your estate plan to make sure you're well-covered for whatever comes your way.

Just call (707) 545-6542 now for your complimentary estate plan review

Trusts & Wills

Probate & Trust Administration

Special Needs Trusts

Business & Real Estate Law

JOHNSTON | THOMAS

ATTORNEYS AT LAW, PC

(707) 545-6542

rjohnston@johnstonthomas.com

1400 N. Dutton Avenue Suite 21, Santa Rosa, CA 95401

Resources for Seniors

County Resources

- Call 565-INFO (4636) or email 565INFO@schsd.org. For adults 60+ who need help finding resources.
- Call 2-1-1 for a person guide search to find the Coronavirus information and Food or Financial Assistance resources you need.
- SoCoEmergency.org has an updated list of resources for seniors and high-risk populations. Resources include groceries, meal services, pharmaceuticals, emotional support and others.

Adult Protective Services (APS)
sonomacounty.ca.gov/Human-Services/Adult-and-Aging/Adult-Protective-Services
To report suspected abuse, neglect or self-neglect of an adult (65+) or a dependent adult (18-64) living at home, call 565-5940 or online.

Alzheimer’s Association
www.alz.org/norcal
Sonoma Valley Support Group is a general support group for caregivers/care partners of a loved one diagnosed with Mild Cognitive Impairment, Alzheimer’s Disease or a related dementia. The group meets on the 4th Tuesday of every month from 12:30-2pm. It is currently meeting via Zoom. 24-hour helpline - (800) 272-3900 for support and to be added to local support groups. Caregiver Support Groups: call 573-1210 to find and join virtual support groups by video or telephone conferencing. Visit alz.org/crf for list of groups. Early diagnosis counselors on hand.

Parkinson’s Support Group.
Dr. Sirisha Nandipati, April 8, 2023 1 pm.
“New and Ongoing Studies in Parkinson’s Research” One hour presentation followed by an hour in breakout groups. This will be a hybrid meeting (both in person at 1717 Yulupa, Santa Rosa and online). See our website: <https://parkinsonsonomacounty.org/> where you can sign up for our newsletter with the Zoom link, as well as access past programs and other offerings. Call (707) 431-8767 for more information.

Disability Services & Legal Center
(707) 528-2745
mydslc.org/slider/covid-19-update/
Providing a wide range of services for those with disabilities to help them live as independently as possible. Benefits, Legal, Home Access Modifications, Housing & more.

Institute on Aging - Friendship Line
(800) 670-1360
www.ioaging.org/friendship-line-california
Free crisis intervention hotline and a warmline for non-emergency emotional support calls. 24-hour toll-free hotline for ages 60+ and adults living with disabilities. Can arrange outreach calls to lonely older adults.

Jewish Community Center
(707) 528-4222 / www.jccsoco.org
Senior Friendship Circle: Virtual programs www.jccsoco.org/friendshipcircle/friendship-circle.

Senior Advocacy Services
(707) 526-4108 senioradvocacyservices.org
TDD/TTY 800-735-2929 or 7-1-1 to report abuse, neglect or self-neglect of a long-term care resident. Available 24-hours.

SHARE Sonoma County
Housing Resources: sharesonomacounty.org
(707) 766-8800 info@sharesonomacounty.org.

The Sonoma County Library
Join Sonoma County Library's community of readers at one or more of our book clubs. From memoir to mystery, we've got something for everyone. In person or Virtual <https://events.sonomalibrary.org/events/month>. We have educational resources for everyone, no matter your age. All you need is your library card.
Visit: <https://sonomalibrary.org/>.

City Resources

Cloverdale Senior Center
Market Days - Friday Produce Markets are made possible by Front Porch. Wholesale Priced produce is available to the whole community. All ages are welcome. EBT accepted. Fridays 10:00-11:00 am.
Staff are available by phone at 707-894-4826 Monday through Friday, 8:30 am-4 pm. If you or someone you know needs any assistance please call or email us!

Healdsburg Seniors Center
(707) 431-3324. senior@cityofhealdsburg.org
cityofhealdsburg.org/269/Senior-Service. The Senior Center offers activities, programs and services. Older Adult and Senior Services Response Plan - The City’s Community Services Department has developed multiple programs to ensure our seniors and older adults are connected and have the essential nutrition and transportation needed. For more information: ci.healdsburg.ca.us/269/Senior-Services. Email: agrant@ci.healdsburg.ca.us. 707-431-3324.

Petaluma
cityofpetaluma.org/departments/coronavirus-news-updates Petaluma People Services Center petalumapeople.org/seniors/caregivers_express. You Are Not Alone: (707) 765-8488
Weekly check-in calls for age 60 and older or with a compromised immune system. Offered countywide. Call 765-8488 or submit referral to notalone@petalumapeople.org.

Rohnert Park
www.rpcity.org for information.
Rohnert Park Senior Center (707) 585-6780
www.rpcity.org/city_hall/departments/community_services/senior_center.

Santa Rosa
[srcity.org/3243/Resources for Seniors](http://srcity.org/3243/Resources%20for%20Seniors): (707) 543-3737, scgsonline.org. Santa Rosa Senior Center: Virtual classes at sebastopolseniorcenter.org/virtual-classes. Santa Rosa Junior College: Free Online Adult Online Classes. Older-adults.santarosa.edu/join-class.

Sebastopol
ci.sebastopol.ca.us/City-Government/

Sebastopol Area Senior Center
We are serving over 100 seniors weekly with our classes and workshops. Most of our classes are in person, but we do have an online presence via Zoom. Visit our website: sebastopolseniorcenter.org.

Sebastopol Center for the Arts
Sebastopol Center for the Arts is an award-winning, community-funded art space which attracts over 50,000 artists and art enthusiasts annually. For updated list of classes, events and exhibitions, visit our website: <https://www.sebarts.org/classes-and-events>. 707 829-4797.

Sonoma
Friends in Sonoma Helping
or "FISH" provides safety net services to the Sonoma Valley community from Schellville to Kenwood. We recently celebrated our 50th anniversary!

Need help? Call FISH at (707) 996-0111 (weekdays 9 a.m. - 3 p.m.) 18330 Sonoma Hwy, Sonoma, CA (vehicle entrance on Sierra Drive). FISH is an all-volunteer organization, and currently has more than 120 dedicated volunteers working as dispatchers, drivers, and with our Food Room, Clothes Closet, and rental/utilities assistance programs.
Join us! Volunteer opportunities exist in all parts of the organization. Every volunteer is trained to ensure that client needs are met.

West County Community Services
707) 823-1640, www.westcountyservices.org

Windsor
townofwindsor.com / Windsor Senior Recreation Center 707-838-1250.

Online Games / Virtual Classes

AARP Games Portal
aarp.org & games.aarp.org/games.

Jewish Community Center
Mah Jongg at the JCC. Groups and lessons at the JCC offices. Ongoing 2nd & 3rd Wednesdays from 1-3 pm. Downstairs at the Jewish Community Center, 1301 Farmers Lane, Suite C103, Santa Rosa, CA 95405. Cost: \$2 Masks and proof of vaccinations required. RSVP and we’ll hold a seat for you! (707) 528-1182 or friendshipcircle@jccsoco.org.

Highway61.co
Online chat rooms to learn, support and communicate. Aging Alone Support Group, Daily Bingo, Classic Movies discussion group, Morning Coffee Chat, Poetry Hour, and more.

Gentle Chair “YogaCise”
Zooming Fridays 4-5 pm. Live class resuming soon. Mindful Movement is Marvelous Medicine! Flexibility, Strength, Balance, mindful Breathing, closing meditation. Re-injury prevention. Taught for Brookdale Assisted Living. Instructor Marcia Singer: marcia.lovearts@gmail.com.

Green Music Center
The Green Room - Virtual Conversations with Artists, Personal Connections, Performances gmc.sonoma.edu/all-events/.

SRJC Older Adults Program
Our Older Adult Program (OAP) courses provide opportunities for personal growth and development, group interaction, mental stimulation, and physical activity. Our programs have no minimum age requirement, though courses are tailored toward older adults. These are free, noncredit courses. Students get many benefits, including free SR bus passes, food, library access, dental and medical at a discount, as well as merchant discounts. <https://older-adults.santarosa.edu/>
Contact us: (707) 527-4533.

Sonoma State University OLLI
Osher Lifetime Learning Institute is a unique learning community for adults 50 years old or better. SSU faculty and other Bay Area educators enjoy sharing their expertise. OLLI Spring 2023 Course Schedule: Monday, April 10 – Thursday, May 18
Contact Us: Email: olli@sonoma.edu
Phone: 707-664-2691. Questions Regarding the OLLI Program? Email: Dr. Jason Lau at Jason.Lau@sonoma.edu.

Senior Planet
Live Online Classes for Seniors <https://seniorplanet.org/classes/>
If you’re a senior 60 and older, live online classes are designed just for you! Learn about Finance, Wellness, Fitness, Computers and Technology, and so much more. Need help joining a class? Call Senior Planet Tech Hotline: 888-713-3495.

Sonoma County Master Plan for Aging Steering Committee

Background

In January 2020, Governor Gavin Newsom released the California Master Plan for Aging (MPA) affirming the priority of the health and well-being of older Californians and people with disabilities. It is a “blueprint” for state government, local government, the private sector, and philanthropy to prepare the state for the coming demographic changes and continue California’s leadership in aging, disability, and equity. The link to the CA MPA can be found at <https://www.aging.ca.gov/>.

The Sonoma County Board of Supervisors and the Aging Together leadership team would like to create a local MPA that reflects the County’s priorities aligned with the state’s MPA framework. See more about the Aging Together Initiative at <https://www.aging.ca.gov/>.

Purpose

The California MPA outlines five bold goals and twenty-three strategies to build a California for All Ages by 2030 and serves as a blueprint for aging across the lifespan. The MPA calls on all California communities to build a California for All Ages & Abilities: for older adults to age-in-place as independently and healthfully as possible; for younger generations to prepare for living longer than their elders; for people of all ages and abilities to thrive in communities where they are engaged, valued, and afforded equitable opportunities.

A Sonoma County MPA that is developed by the community for the community should reflect local needs. This plan will serve as the local blueprint for prioritized initiatives and recommendations for future areas-of-focus and efforts within Sonoma County. A Steering Committee comprised of 15-20 volunteer community members will convene monthly for 10 months (with meetings facilitated by a consultant) to develop the Sonoma County MPA. During this period, additional community input will be sought (as recommended by the Steering Committee), with all contributions integrated into a written plan prepared by the consultant. The final Sonoma County MPA will be presented to the Sonoma County Board of Supervisors with the recommendation to adopt.

Steering Committee Membership Description:

The Steering Committee will be comprised of no more than 20 members, 5 of whom are Area Agency on Aging Advisory Council members appointed by the Sonoma County Board of Supervisors and up to 15 of whom to be selected by the Human Services Department from applications submitted by community members. Factors to be considered include ensuring: 1) representation from each of the Bold Goal sectors of housing, health, wellness/ community, caregiving and economic security; and 2) committee diversity that reflects county demographics.

Steering Committee Member Role:

- Attend 10 monthly meetings (convened from 3:30-5:00 p.m. on a weekday with potential for virtual participation)
- Provide guidance from member’s area-of-expertise to inform local MPA development
- Offer guidance to consultant on sources/ methods for gathering community input (e.g., recommendations of individuals to participate in a topic-specific Focus Group).

Deliverable:

- Input and guidance to the consultant who will write the Sonoma County MPA.

Sonoma County Master Plan for Aging:

- A local plan can serve the following purposes:
- Set targeted goals and objectives responsive to local needs
 - Identify resource gaps (infrastructure, operational capacity, personnel/volunteers, funding) that must be filled to achieve identified goals and objectives
 - Serve as an educational tool to increase awareness and catalyze targeted and impactful action
 - Inform a legislative platform
 - Apply in advocacy efforts to influence policy, legislation and funding
 - Create opportunities to receive state and federal funding for local MPA initiatives

Post Creation:

Following plan adoption by the Sonoma County Board of Supervisors, the Steering Committee may recommend continued oversight of the plan. Considerations may include identifying who or what body of people would serve in this role, the degree and nature of the Steering Committee’s continued involvement, and what resources will be needed.

How to Apply:

Please submit a completed application to the Adult and Aging Division Secretary, Shani Ledah Kelley via email (sledahkelley@schsd.org) or regular mail (Sonoma County Adult & Aging Division, ATTN: AA Secretary, 3725 Westwind Blvd., Santa Rosa, CA 95403).

Applications will be screened and candidate interviews conducted by the Aging Together Leadership Team and forwarded to the Human Services Department Director, Angela Struckmann, for final approval. You may be contacted for additional information during the decision-making process.



Value of One - Power of Many !

**THANK YOU
TO ALL WHO
VOLUNTEER
THROUGHOUT
THE YEAR!**



The AARP Foundation's Tax-Aide Program

prepares tax returns, including electronic filing, at no cost to taxpayers. Though the focus is low-to-moderate income households headed by someone 50 years and older, there is neither an age limit nor an income cap. If you're under 50, you're still welcome to use Tax-Aide services. AARP membership is not required.



AARP Foundation Tax-Aide Service – 2023 ---- Sonoma County ---

OUR HELP IS FREE, INDIVIDUALIZED,
AND WITH NO STRINGS ATTACHED.
WE ARE RIGHT HERE IN YOUR COMMUNITY.

Service at all locations is by appointment only – CALL for an appointment.

Location	Hours	Start / End Date and phone #
Cloverdale Senior Center 311 N. Main St, Cloverdale	SITE NOT USED FOR 2023 TAX SEASON.	See Healdsburg
Franklin Park Clubhouse 2095 Franklin Ave., Santa Rosa	Monday, Tuesday, Thursday, Friday, 9:30 am - 2:30 pm (Closed 2/10, 2/17, 3/3, 3/17, and 4/14)	January 30/ April 18; limited days April 20 through May 15 (707) 536-1518
Healdsburg Community Center 1557 Healdsburg Ave, Healdsburg	Thursday, 10 am - 3 pm	February 9 / April 13 (707) 836-3198
Oakmont Village Berger Center Fireplace Room, 6633 Oakmont Dr., Santa Rosa	Monday and Wednesday, 9 am - 3 pm (Closed April 3)	February 1 / April 17 (707) 582-0565
Petaluma Community Center 320 N. McDowell Blvd., Petaluma	Monday, 9 am - 2 pm (closed February 20)	January 30 / May 1 (707) 276-6603
Rincon Valley Regional Library 6959 Montecito Blvd., Santa Rosa	Friday, 1 pm to 5 pm Four days only	February 10, March 3, 17; April 14, 21 (707) 536-1518
Rohnert Park Senior Center 6800 Hunter Dr., Rohnert Park	Friday, 9 am – 2 pm (closed February 17)	February 3 / April 28 (707) 241-3616
Sebastopol Center for the Arts (SCA) - Veterans Bldg 282 High St., Sebastopol	Tuesday, 9 am - 2 pm	February 7/ April 18 (707) 408-3190
Sonoma Valley Regional Library 755 W. Napa St., Sonoma	Friday, 10 am - 2 pm Four days only	February 24, March 10, 24; April 7 (707) 996-5217 or in-person at library.
Town of Windsor Bluebird Center 25 Bluebird Drive, Windsor	Tuesday, noon - 4 pm	February 7 / April 11 (707) 687-9883

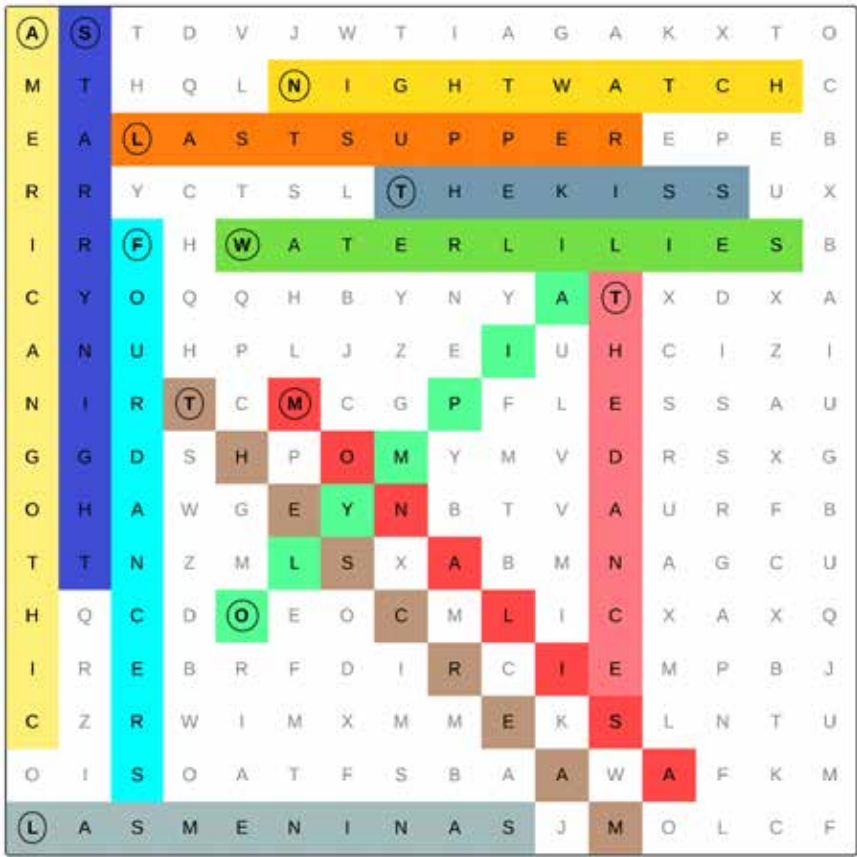
Revised March 6, 2023

District phone number: 707-327-2401

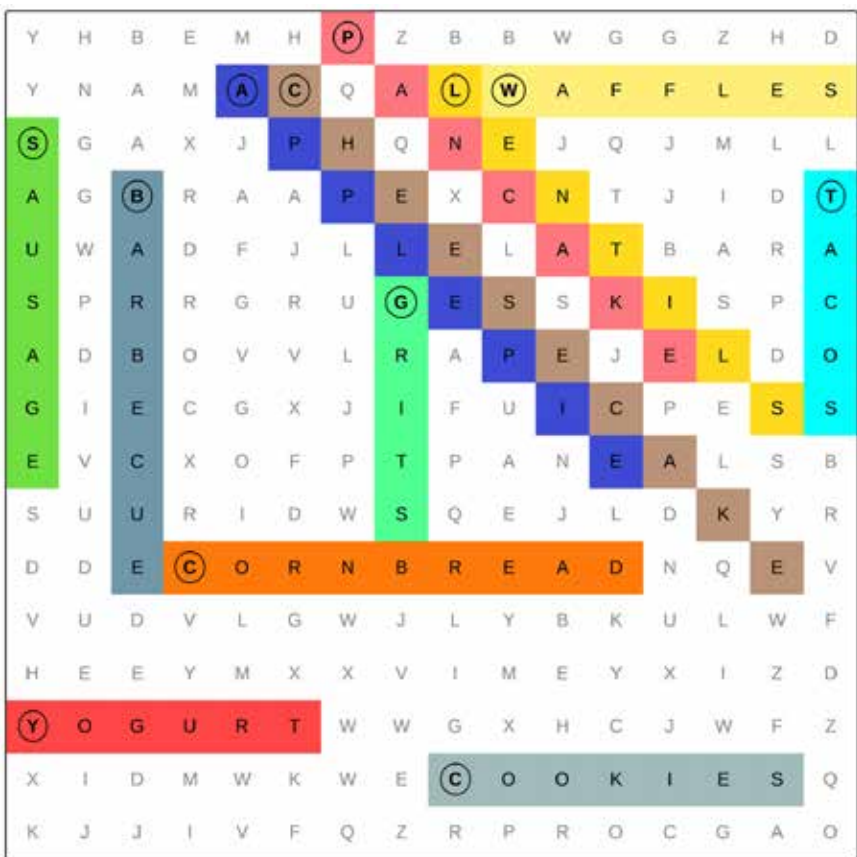
<https://bill0745.wixsite.com/aarpc2/sonoma>

APRIL Puzzle Solutions

"FAMOUS PAINTINGS"



"FAMOUS FOODS"



"APRIL FOOLS"



"EARTH DAY"



SUDOKU - Medium #1

1	4	3	9	5	6	7	8	2
6	7	5	4	8	2	1	9	3
2	9	8	7	1	3	6	5	4
3	6	7	5	2	9	4	1	8
5	2	1	6	4	8	3	7	9
4	8	9	3	7	1	2	6	5
8	1	4	2	9	7	5	3	6
9	5	6	1	3	4	8	2	7
7	3	2	8	6	5	9	4	1

SUDOKU - Medium #2

1	5	7	3	6	8	4	9	2
8	6	4	5	9	2	1	7	3
3	2	9	4	1	7	8	6	5
6	4	3	2	8	1	7	5	9
5	9	8	6	7	4	2	3	1
2	7	1	9	3	5	6	4	8
7	1	5	8	4	9	3	2	6
4	3	2	1	5	6	9	8	7
9	8	6	7	2	3	5	1	4

SUDOKU - Hard

4	9	3	8	6	2	7	5	1
8	6	5	1	7	9	2	3	4
2	1	7	3	4	5	9	6	8
3	8	6	2	1	4	5	7	9
9	7	2	5	3	8	4	1	6
5	4	1	7	9	6	3	8	2
1	2	9	6	5	3	8	4	7
6	5	4	9	8	7	1	2	3
7	3	8	4	2	1	6	9	5

WORD SCRAMBLE

"SPRING AHEAD"

1. SNUSIHNE S U N S H I N E
2. UDDESLP P U D D L E S
3. INLNEGAC C L E A N I N G
4. GAREDN G A R D E N
5. ACHIGHLTN H A T C H L I N G
6. LBOOAM A B L O O M
7. LMBSOSO B L O S S O M
8. IWYND W I N D Y
9. BLSUB B U L B S
10. UNBNY B U N N Y
11. EIRTRBH R E B I R T H
12. ARWM W A R M

WORD SCRAMBLE

"DESERTS"

1. OIBG G O B I
2. SHAARA S A H A R A
3. VEMHOA M O H A V E
4. ISNIA S I N A I
5. TEHAD YALLE D E A T H V A L L E Y
6. LOOODACR C O L O R A D O
7. MAACTAA A T A C A M A
8. ABJA B A J A
9. AERTG SBNIA G R E A T B A S I N
10. ATPANIOGAN P A T A G O N I A N
11. RAOSNNO S O N O R A N
12. IEWTH ASSND W H I T E S A N D S

MOVIES TO CELEBRATE

Barbara Spear

HOW GREEN WAS MY VALLEY (1941) was directed by John Ford and stars Walter Pidgeon, Maureen O’Hara, Anna Lee, Donald Crisp, and Roddy McDowall. It was awarded five Oscars: Best Picture and Director, Best Supporting Actor for Crisp, Best Black-and-White Cinematography, and Best Black-and-White Art Direction. It was also nominated for five additional Oscars. Wow! The film is set at



the turn of the twentieth century in a Welsh mining village and centers on the Morgan family, headed by the stern father and the gentle mother, who are raising coal-mining sons and hope that their youngest will find a better life. Katherine Howard of the "Fort Worth Star-Telegram" says of the film, "It is a cinema masterpiece of rare beauty. It brings the same thrilling experience as reading a fine piece of poetry or looking at an exquisite painting. You



feel that they have come from the heart.” And Mae Tinee of the "Chicago Tribune" raves, “This adaptation of Richard Llewellyn’s best-selling novel is rare and lovely, rugged and true. Seeing it is an experience no lover of fine films should miss.” I don’t think you could possibly watch a film that’s more heartwarming. **HOW GREEN WAS MY VALLEY** has a terrific score of 93% on the Rotten Tomatoes website and is available to stream from Amazon Prime for \$3.99.

THE GIRLS IN THE BAND (2011) is a documentary that was written and directed by Judy Chaikin. It traces the untold stories of female jazz and big band instrumentalists and their journeys from the late 1930s to the present day and features plenty of great musical performances. These very talented women endured sexism, racism, and diminished opportunities for decades, yet they continued to persevere, inspire, and elevate their talents in a field that seldom welcomed them. Jeanette Catsoulis in the "New York Times" calls the film “Everything a worthwhile documentary should be, and then some: engaging, informative, thorough and brimming with delightful characters.” And Paul de Barros in the "Seattle Times" says, “The major strength of **THE GIRLS IN THE BAND** is its abundant, crisp footage of



women playing at the highest level, from pianist Lil Armstrong (Louis' wife) to contemporary reed player Anat Cohen.” **THE GIRLS IN THE BAND** has a perfect score of 100% on the Rotten Tomatoes website. It has not been rated and is available to stream on Amazon Prime for \$.99 and is also available for free from the Sonoma County Library streaming website Kanopy (kanopy.com); just provide your Library card number and a password to establish your account and borrow great films like **THE GIRLS IN THE BAND**.

Barbara Spear organizes and moderates Lifelong Friends of Film, which meets on the last Friday of the month at the Rialto Cinemas Sebastopol to watch a contemporary movie and discuss it in the theater after the screening. For more information or to be added to the monthly email notification list, contact her at shadowvoyager7@gmail.com

GROWING ELDER

POP into spring clean-up!

Author and spring-cleaning expert, Marie Kondo, says that tidying your room leads you to tidy your mind, to “examine your inner state.” This advice reminds me of the adage, “As without, so within,” and vice versa. Peace begins with taking one mindful, small step: Noticing when I’m uneasy and pausing to breathe. “P” is for pausing and for presence, being here now to safely relax a bit. Next, I observe (“O”) my mind busily making thoughts—which I don’t have to believe, lol, and bodily sensations like a furrowed brow or tense shoulders. I just accept them, relaxing more. I proceed (another “P”) and note that I’ve been procrastinating: Part of me wants to handle the cleaning up, and another part doesn’t.

My ‘POP’ technique helps me reclaim my power and consciously keep choosing what’s next. I apply curiosity, goodwill, ample appreciation and self-nurture. Feeling better, maybe I’ll be inspired to tackle that messy file cabinet?! Better yet, not think of it as a problem to wrestle with but as an opportunity to improve my relationship with my office space, even creating room for new clients.

Whether facing an interior or exterior cleanse or overhaul, even a minute of self-care can usher in inspiration and movement. As the Chinese proverb reminds us, the journey of a thousand miles begins with a first step. Which brings me back to the commonly shared experience of stalling — of not knowing where to begin: Pantry or fridge? Closet or drawers? Maybe the answer is understanding this habit of procrastination.

Our procrastinations can teach us about what we really do and don’t want, need or allow. Have you ever felt like you have too much stuff, guilty about what you don’t need or use very often, taking up space and collecting dust? And still be reluctant to let go, especially of anything you’ve ever treasured? My POP technique

Get Thirsty: Dehydration in the Elderly

Hannah Bennett, Student Nurse SSU

Dehydration is one of the most common health issues for the older adult population. So, let's learn more about it! What causes it?

As we age we see many changes to our bodies. This includes the amount of water decreasing in our body, thirst sensation lowering, and an imbalance between water and sodium due to kidneys not functioning as well as we age. Certain medications can also cause risk for dehydration. Older adults are more prone to infections which can cause dehydration as well. With all of these changes that happen to our bodies with age it is vital to drink a sufficient amount of water daily, 1.7 liters to be exact! Symptoms can often go unnoticed, which can lead to a senior being hospital bound. Here’s what to look for.

Mild: Dry Mouth - Fatigue - Dizziness - Muscle Spasms/Weakness - Dark urine - Urinating less frequently and only small amounts - Headaches.

More Severe: Low blood pressure - Difficulty Walking - Confusion - Severe cramping/contraction in limbs, back, and stomach - Rapid pulse and breathing - Sunken eyes - Little to no tear /sweat production.

revealed another hurtful idea that didn’t fit me anymore—if it ever did: that giving something away was losing a valuable piece of myself, creating an empty feeling, like not being enough... Thankfully, I’m lucid now, so just like that outdated sweater, I’ve assigned this outmoded belief to my Toss-It bin. Satisfying items that turn up go into my Keeper bin. And there’s an Undecided/Updating pile for when I need reflection time.

Seasonal clean-ups and regular mental flossing help keep my physical, mental, emotional and spiritual houses in order—and

Here’s What You Can Do:

- Eat foods with naturally high-water content. Melons, strawberries, pineapple, cucumber, oranges, celery are delicious examples of foods that can increase your water intake.
- Avoid caffeine and alcohol, which can make you urinate more, so you lose more water.
- Small sips throughout the day. It is important to drink throughout the day, if this is difficult, set reminders! For example: during tv commercials, on the hour, before and after doing a daily activity, etc.
- Find what you like. We get it, plain water can be kind of boring and not as desirable to drink, so find liquids you do enjoy that provide good amounts of water. Some examples are lemon water, smoothies, Ensure, popsicles, jello, low sodium broths. Try to avoid juice, unless mixing half of it with water due to the high sugar content.

The Benefits:

People who drink a sufficient amount of water tend to have less constipation, which can reduce the risk for colorectal cancer. The risk of falls is also reduced when consuming enough water. Risk of coronary artery disease is reduced when drinking at least 40 ounces a day.

their inter-relations healthy. Whether it’s a simple tidying of items on a shelf, organizing a garage, purging a bad habit or letting go of a friendship gone sour, tidy-ups create more self-awareness, alignment and freedom. I’ll take it slow but steady, taking simple, small steps and asking for support if needed. My eyes are on the prize of improved total health, peace of mind, and joy in my heart to share—lovely facets of growing elder.

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Randy's Fitness Racket

By Coby LaFayette

Randy Jew has been exercising all his life and it shows. He's the portrait of good genes and good habits. Those habits were acquired early, when young Randy and his dad batted ping pong balls across an old warped table in their garage.

As he grew up, table tennis became both a passion and obsession for Randy. He played during college at the Recreation Center and after graduation, he joined a club in Hollywood. It was in Hollywood that he finally purchased his first professional racket (a Butterfly) from a guy selling them out of the trunk of a car.



During this time, Randy discovered that teaching and coaching table tennis "lit him up." In fact, Coach Randy is well known here in Sonoma County. Over the years, he's taught many people how to play and enjoy the sport of table tennis through Finley Community Center.

According to Randy, table tennis is a good sport for the 50+ athlete, for a number of reasons. First, there's the movement component—moving around the table to return shots promotes agility and balance; second, the hand-eye coordination involved in executing the shots stimulates brain cell growth and neural connectivity; and finally, the concentration required to strategize shot placement fosters creative thinking and engages the entire brain.

It turns out table tennis is the perfect trifecta. It's like "playing chess on roller skates," Randy added, but a whole lot safer. In fact, unless you trip your doubles player, something he sheepishly admitted to having once done; there is really no way to get hurt playing table tennis. Randy's praise of table tennis for the 50+ athlete is backed up by Dr. Daniel Amen, a clinical neuroscientist and psychiatrist. Amen comes

right out and says that table tennis is "the world's best brain sport." Research done by Bounce Alzheimer's Therapy Foundation takes this one step further: "Regularly playing table tennis can delay the onset of Alzheimer's by as much as five years." All good news, right? Health benefits aside, table tennis is also a good time. "I always had such a great time playing that I never realized that I was exercising or improving my brain function. It was just fun," said Dr. Amen. Randy agrees with the fun part, but the best thing about table tennis from his perspective?

"Slamming," Randy says. For non-players or those new to table tennis, a "slam" or "smash" is a powerful and extremely satisfying shot used to win a point. It's a shot that zips across the table before you get even get your racket up. "If there were a rule against slamming, I'd give it up," he said, without missing a beat and while flashing a big grin.

Randy will be at Finley Center this June "hitting a very small ball with a paddle; smashing his way to table tennis success" at our 2023 Wine Country Games Table Tennis Tournament. Maybe some of you will be there too???

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