

SONOMA SENIORS TODAY

It's Beginning to Look a Lot Like Winter

Many people enjoy and look forward to the seasons changing throughout each year; the four seasons mark the passage of time with new experiences and anniversaries of memorable events. In the metaphorical sense, Spring is considered the time of new beginnings, hope and opportunities of potential - the grass is green, flowers are blooming, the sky is blue and the sun is shining. Summer is thought to be a time of activity, growth and exploration—long days full of outdoor adventures and social events. The transition from Summer to Fall turns attention toward the yield of efforts and harvest of bounty - it is a time of gathering and taking stock of achievements and losses. Winter is known for shorter days, colder weather and darkness—the season of introspection, preparation and rest. In relation to aging, a person's life cycle and rites of passage may be referred to as “seasons of life.”

At this time, Sonoma County is transitioning from the colorful fallen leaves of autumn to the wet and rainy days of Winter. According to the metaphor of seasons of life, later adulthood correlates with this phase of the seasons. This cyclical return to the end of autumn and approaching winter can uniquely affect older adults in various physical and psychological manifestations.

In youth, Winter weather can feel exhilarating and stimulating for skiing, sledding and playing in the snow. Among older adults, the colder Winter weather is notorious for wreaking havoc on individuals with arthritis, causing joint stiffness and pain and impacting mobility. The process of waking up in the morning and getting the day started may be slowed down by waiting for the heater to warm up the house enough to get moving. For individuals with impaired vision, the darkness of a later sunrise interferes with the perception of time and space, which can cause a sense of disorientation even in one's home. Outside, rain and frost can cause hazardous, slippery conditions and become a fall risk for those with mobility or balance issues. Navigating new or chronic physical challenges during the Winter months can lead individuals to isolate themselves in their homes and withdraw from social or recreational activities.

For some older adults, the Winter months are more difficult to endure psychologically. Some older adults may reflect on the years past and anniversaries of experiences from long ago; thoughts about accumulated grief; another holiday without a spouse; thoughts of family or



Photo by Pavel Danilyuk

friends who have moved away; or other memories. Loneliness is one of the greatest challenges that older adults face in general, and it is amplified in the Winter. Being isolated from social and recreational activities can lead to comparison thinking and feelings of inadequacy or self-pity. Our society projects messages of Winter being “the happiest time of the year,” with images of multi-generational families cozy with hot cocoa by a fireplace—often a far cry from some older adults' realities. In addition to sadness, grief and longing, some individuals may feel more anger and irritability. Unfortunately, these heavier emotions can lead to darker thoughts, which tend to perpetuate isolating behaviors.

People often blame a seasonal situation or circumstances out of their control for their suffering. Yes, the challenge is genuine, and some obstacles are insurmountable; however, that does not mean you have to stay stuck in it. Rather than wallowing in Winter woes, here are some ways to take action:

It is important to remember that just as seasons change, so can one's emotions—and we don't even have to wait until Spring! The first step in breaking the cycle of seasonal suffering is recognizing the pattern that keeps it going. Notice what you are feeling emotionally, and try to name it or identify it without judging it. Become aware of thoughts that keep your mood down and influence your emotions. Examine your behaviors and actions to discern how they affect you emotionally and psychologically. Intentionally choose activities that will improve

your mood and bring you pleasure or peace of mind. (It can be helpful to have a list of activities you enjoy written out in advance to refer to if it is difficult to think of them when feeling down.) Acknowledge the emotions, thoughts, and behaviors to validate the experience, then allow yourself to try something different to lift your spirits.

Older adults can take advantage of this seasonal shift by honoring the physical and psychological changes that manifest. The opportunity for introspection and rest becomes a gift when viewed through the lens of preparation. Individuals can tend to their bodies with extra care and coziness, bundling up in warmer layers and sustaining themselves with hot soups and beverages. Wintertime becomes an invitation to say “yes” to activities that promote joy and assert “no” to events that feel like obligations or may be draining one's energy. Wintertime is about investing in yourself, so you can start new and refreshed in the Spring. The most beautiful blossoms in the Springtime grow on the mature trees that have endured and thrived throughout the harsh Winter months. Regardless of media messages or self-imposed expectations about being joyful and bright this Winter, know that you are worthy and capable of the extra self-care this season requires.

*Sarah Tucker,
LMFT, Clinical Supervisor - Senior Peer Support
stucker@councilonaging.com*

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Help us, Help You

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

Clients have a variety of reasons for naming a professional fiduciary instead of a family member or friend. But whatever your reason, please tell your family members and friends that you have named someone besides them. Even if it's not Council on Aging, the professional fiduciary you do name will be grateful you gave your loved ones a heads up.

One of the biggest challenges we run into when settling an estate is when loved ones (and nosy neighbors) reach out to us totally surprised that we are involved. Regardless if this person is a beneficiary, it can be difficult to maneuver these relationships. It is our fiduciary responsibility to keep your information confidential. Especially for those who are not beneficiaries, the amount of information we can divulge is essentially zero.

When people in your life are unaware that Council on Aging is named as your fiduciary and responsible for the settlement of your estate, we become the recipient of their resentment and retaliation. These might sound like harsh words but the reality is that these attacks can be harsh. Keep in mind, these individuals are going through a time of grieving. Their emotions are heightened already, and then to learn they are not named as your successor trustee or beneficiary can really send some people down a dark path.

It's not out of the question for us to receive threats of unlawful practice and verbal abuse. Now of course, our fiduciaries are regulated by both the State and Council on Aging so what we are doing is legal, ethical and above board. But for a layperson who has not had experience of working with a fiduciary or knows someone who settled an estate, the lack of understanding can lead to extreme behaviors.

As part of our practice, we educate beneficiaries about the estate settlement process and provide them with a brochure outlining the various steps and timeline. Nonetheless, we may hear "but that's not what my mom said" or "my aunt would never have agreed to that" or "there is no way you can withhold my money, I'm going to get my own lawyer". Without solid communication from the Grantors (you!) it's no wonder beneficiaries, family members, and friends can feel hostile and resentful of the process.



So this holiday season we ask you to help us. Talk with those closest to you and prepare them for what to expect after you've passed away or if you lose capacity. Set realistic expectations and instill the confidence you have in us onto them. While we will always do right by our clients (legally administering your estate while managing delicate relationships with your beneficiaries and loved ones), it sometimes doesn't matter how great of a job we do. Your closest people trust you first and foremost so your validation and support of our work and service to come, will help smooth the road for us all. We'll be thankful, and so will your loved ones.

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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Mission Statement
To enhance the quality of life for our aging community by providing services that promote well-being and maintain independence.

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Sonoma Seniors Today is your local resource for all things aging-related, with tips on how to stay healthy, engaged and financially secure.

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☐ \$24, 1 year, 12 issues ☐ \$12, 6 months, 6 issues

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30 Kawana Springs Road
Santa Rosa, CA 95404
707-525-0143 • 800-675-0143
Fax 707-525-0454
@councilonaging.com
www.councilonaging.com

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Editor: Laurie Wachter
lwachter@councilonaging.com

Distribution Manager: Jeramon Shade

Subscriptions: Use form on this page.

Sonoma Seniors Today strives to share a variety of viewpoints on subjects of interest to a broad range of its readership. Opinions and viewpoints expressed by contributors and those interviewed for articles do not necessarily reflect the opinions of Council on Aging. Readers are invited to share their ideas, opinions and viewpoints by writing to this publication. Suggestions for improving this publication are given careful consideration, and letters to the editor are welcomed. Photographs may also be submitted.

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Council on Aging's monthly newspaper, *Sonoma Seniors Today*, reaches over 8,500 Sonoma County residents and is available at over 160 locations throughout the County, including restaurants, hospitals, senior centers, book stores and libraries.

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New Intergenerational Program Seeking Volunteers and Interested Clients

Noelle Johnson, BS, COA Intergenerational Coordinator

A new program is on the horizon for current Meals on Wheels clients. Due to the isolation guidelines set by the COVID-19 pandemic, Council on Aging has seen an increase in feelings of loneliness from the homebound seniors we serve. With a new grant from the Area Agency on Aging (AAA) we are able to fully realize a program where homebound Meals on Wheels clients can socialize and connect with younger generations.

So, what does this new program look like? Essentially, we plan to invite a volunteer to dine with an eligible Meals on Wheels client in their home. The volunteer and client will share a meal, converse, and participate in fun activities. Council on Aging will provide all the meals and supplies for this program. We hope that by providing socialization with younger generations, our clients will experience fewer feelings of loneliness. In fact, research shows that seniors who participate in intergenerational activities have fewer trips to the hospital.

In addition, we plan to add an Intergenerational component to our Congregate Dining Sites with monthly friends and family dining events.

We anticipate these programs launching in January. If you are interested in either volunteering or dining with one of our volunteers in your home please contact Noelle Johnson at 707-525-0143 ext:129 or njohnson@councilonaging.com.

VOLUNTEERS NEEDED

COA is seeking volunteers to socialize and dine with homebound seniors

- All training, meals and an Activity Tote provided
- Must have access to your own transportation and be 18+
- Flexible time commitment
- Only 3 hours of training

CA

Call 707-525-0143 x129

intergenerational program

living better, together.

“ HELP BATTLE FEELINGS OF LONELINESS IN HOMEBOUND SENIORS ”

DECEMBER PUZZLES

Puzzle solutions are on page 10

WORD SCRAMBLE

"HERBS and SPICES"

1. IUMCN

— — — — —
2. METYH

— — — — —
3. NUMETG

— — — — —
4. OARAGNRT

— — — — —
5. AELPLSCI

— — — — —
6. CIUMETR

— — — — —
7. NLEEFN

— — — — —
8. SAREOYMR

— — — — —
9. NOAEGOR

— — — — —
10. APAIRPK

— — — — —
11. NNIANOMC

— — — — —
12. GEAS

— — — —

WORD SCRAMBLE

"WORDS ABOUT PARIS"

1. ILRCEA

— — — — —
2. ESMUUM

— — — — —
3. VELOUR

— — — — —
4. ESCEHE

— — — — —
5. ATYRPS

— — — — —
6. OVLE

— — — —
7. HTLSIG

— — — — —
8. HEANGAMPC

— — — — —
9. IDRO

— — — —
10. FSAONIH

— — — — —
11. VPASE

— — — — —
12. FFEILE

— — — — —

WORD SEARCH

WINTER WONDERLAND

- BLIZZARD

SNOWFALL

SLEDDING

ICICLE

SKATING

GLISTEN

FROSTY

WONDERLAND

COLD

FREEZING

WINTER

SKIING

"DECEMBER"

ACROSS

- 1 Account (abbr.)

5 Came out of sleep

9 Waste

14 Canal

15 Opera solo

16 Play

17 Soft drink

18 Dregs

19 Round ceilings

20 Less than two

21 Worn on hands

23 Delivered by post

24 What Alexander the Great conquered

26 Trail

28 American Football Conference (abbr.)

29 Runners used to travel over snow

31 Tempo

34 Sweet dry white wine

37 Artery

39 Wintry

40 Sky

41 Selector

42 Braid

44 Idiotic acts

47 Male offspring

48 Leer at

50 Promissory note

51 Caustic substance

52 Express grief

56 Fossile fuel

59 Most recent

63 Title of respect

64 Green skinned pear

66 Onion-like vegetable

67 Afloat

68 Remains

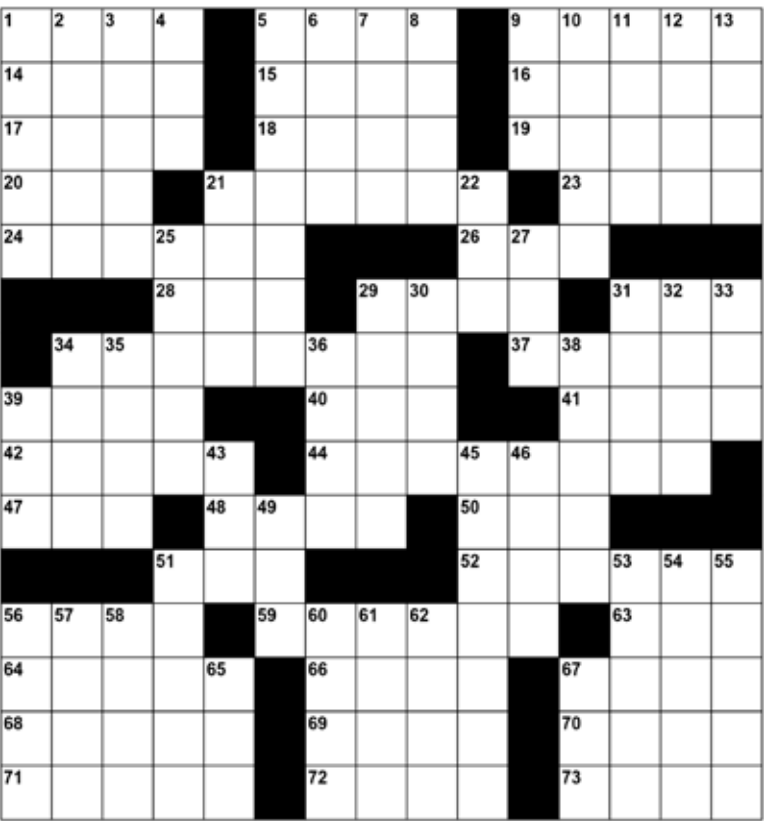
69 African country

70 Risqué

71 Swarm

72 Association (abbr.)

73 Potato sprouts



By Evelyn Johnson - www.qets.com

DOWN

- 1 Fable writer

2 Old woman

3 Fermented juice of the apple

4 Oolong

5 Piston's Ben

6 Dunking cookies

7 Capital of the Ukraine

8 Move carefully

9 Unusual

10 First processes in the freezing of water

11 Praise

12 Prayer ending

13 Latter

21 Present

22 __ Lanka

25 Saudi Arabian citizen

27 North American country

29 Ridiculing remark

30 Lotion brand

31 Cheese
- 32 Parent teacher groups

33 Bad (prefix)

34 Go at it alone

35 Actor Alda

36 Berate

38 Detestation

39 Hertz

43 Child's play item

45 Waterproof cloth type

46 Warn outer garment

49 Hair stuff

51 Architect Frank __ Wright

53 School assignment

54 Sister's daughter

55 What waiters carry

56 Money

57 Upon

58 Open

60 __ matter

61 What Celestial Seasoning makes

62 Snaky fish

65 Manipulate

67 To be

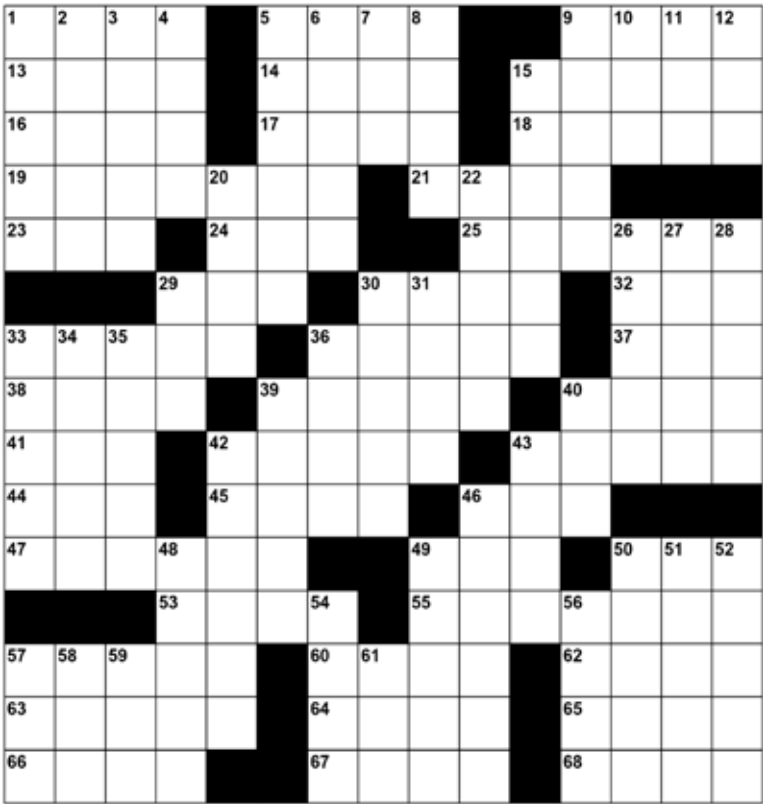
WORD SEARCH - WINTER WONDERLAND

V	Y	X	S	H	X	P	N	J	D	Z	Y	B	D	G	Z
S	S	L	E	D	D	I	N	G	J	R	Q	F	E	G	W
T	K	R	J	F	H	B	L	I	Z	Z	A	R	D	C	B
W	L	R	W	W	R	K	L	D	D	S	S	A	Q	K	M
O	E	S	I	X	R	E	W	G	O	B	R	R	Y	U	S
N	I	A	N	D	L	H	E	S	L	G	W	I	Z	P	K
D	Y	C	T	M	U	N	T	Z	N	I	G	C	V	O	I
E	M	F	E	P	B	R	E	I	I	G	S	P	L	D	I
R	U	A	R	N	V	L	T	T	A	N	R	T	J	H	N
L	N	A	B	M	C	A	X	C	K	V	G	Q	E	W	G
A	F	Y	D	I	K	S	J	L	H	Z	R	M	P	N	P
N	Y	R	C	S	C	Z	Z	Y	U	R	E	C	O	L	D
D	U	I	O	K	L	V	S	Y	U	D	T	G	O	H	K
H	L	O	D	S	S	N	O	W	F	A	L	L	M	F	P
V	X	G	K	L	T	V	R	R	Y	G	F	V	T	C	Z
B	P	R	K	S	B	Y	A	W	R	Y	K	Q	O	B	L

"NEW YEARS EVE"

ACROSS

- 1 Fewer
- 5 Wields
- 9 Talk back
- 13 Wager
- 14 Church part
- 15 Cavalry sword
- 16 Trolley car
- 17 Stair
- 18 What an orchestra makes
- 19 No work day
- 21 Sound
- 23 Wing
- 24 Sky
- 25 Doesn't taste too bad
- 29 Not young
- 30 Lag
- 32 Affirmative
- 33 Open grassy area
- 36 Not the clergy
- 37 Tail movement
- 38 Winter outerwear
- 39 Large pink shell
- 40 Own
- 41 Rowing device
- 42 Group of birds
- 43 Pain reliever brand
- 44 Pacific Standard Time
- 45 Run easily
- 46 Feline
- 47 Cultural
- 49 Poke
- 50 American Federation of Teachers (abbr.)
- 53 Murky
- 55 Homer classic
- 57 Charred
- 60 Off-Broadway award
- 62 Slope
- 63 Inches, for example
- 64 Essence
- 65 Doing nothing
- 66 Artist Van ____
- 67 Scene division
- 68 Not far

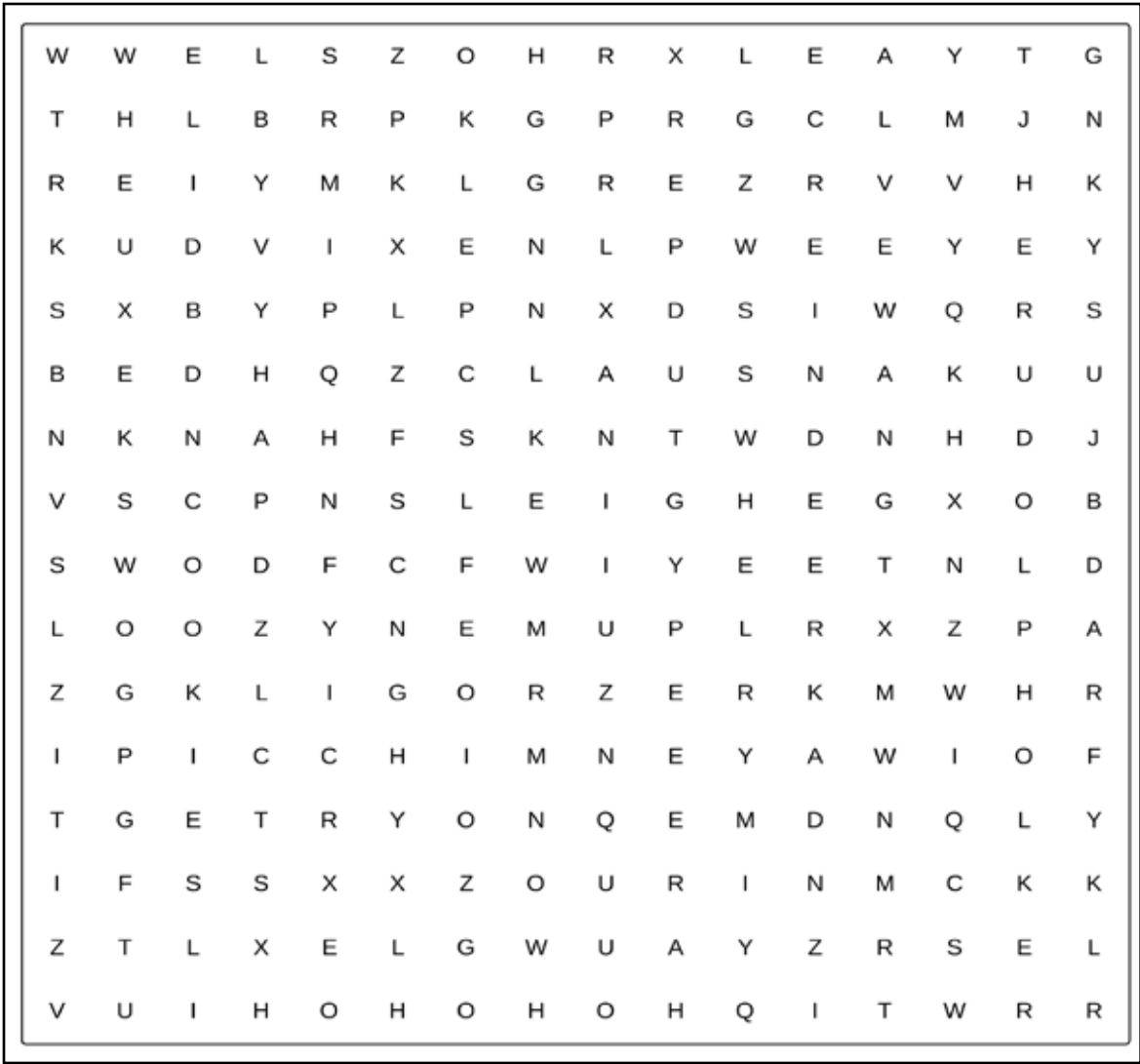


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DOWN

- 1 Woodworker's tool
- 2 Register
- 3 Sales booth
- 4 Very large truck
- 5 Unvoiced
- 6 Mythical deity
- 7 Evening before a holiday
- 8 September (abbr.)
- 9 Saudi Arabian citizen
- 10 Abdominal muscles (abbr.)
- 11 ____ Lanka
- 12 Part of a min.
- 15 Smeared
- 20 Valley
- 22 Woody plants
- 26 Road
- 27 Go away
- 28 Enthusiastic
- 29 Choose
- 30 Movement of the body in a rhythmic sequence
- 31 Fredrick's nickname
- 33 Scientific instrument
- 34 Drink to
- 35 World
- 36 Intertwine
- 39 Device for measuring time
- 40 Covering for the head
- 42 Fire making stones
- 43 Infant
- 46 Plebes
- 48 Final inning
- 49 Beam
- 50 Side note
- 51 Slang term for man
- 52 Mary ____ Moore
- 54 Meditation
- 56 Lower leg
- 57 Bother
- 58 Spanish "one"
- 59 Big truck
- 61 Pen brand

WORD SEARCH - SANTA CLAUS



SUDOKU

SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SEARCH
SANTA CLAUS

- REINDEER
- RUDOLPH
- CLAUS
- CHIMNEY
- SLEIGH
- HOOHOO
- DANCER
- COOKIES
- MILK
- PRANCER
- ELVES
- VIXEN



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.

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rjohnston@johnstonthomas.com

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GRANDPA SEZ...

MY WIFE AND I HAVE A
LIMIT ON HOW MUCH
WE SPEND ON EACH OTHER
FOR CHRISTMAS...
\$100 ON ME AND \$500
FOR HER!



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Email: beezwaxcomic@yahoo.com



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Oakridge Senior Apartments & Council on Aging Annual Halloween Celebration!

No tricks - but treats in abundance!
Festivities included music, a baking competition, and a costume contest.



“What a scary great party!”

55 or older and tired of sitting at home? Become a Senior Companion Program Volunteer!

The North Bay Resource Center’s Senior Companion Program

We help seniors improve their lives and feel more connected by partnering Volunteers with people who have cerebral palsy, epilepsy, Downs Syndrome, autism or other intellectual or developmental disability in a supervised setting.

What is required?

- 55 years or older and low income
- Pass criminal history checks
- Able to drive or take a bus
- Attend and pass required training
- Be caring, accepting, kind and patient with staff and clients
- Follow confidentiality requirements
- Available 5-40 hours per week

Is there training?

Yes! 20 hours of in-service training before starting the supervised Day Program and ongoing in-service training each month. Spend a few hours each service day playing games, creating art projects, reading, singing, going on walks and being a friend. If you meet income limits, \$3/hr, meal and transportation costs, paid training/time off.

To volunteer or learn more, contact Ana Horta, SCP Supervisor at 707-566-3005 or anah@nbrc.net.

What volunteers say : “I feel alive again for the first time in years.” “It’s so good to be needed again.” “The clients are so delighted to see us.”

Attention
60
&
Better

The Community Table

Connecting through food & conversation



GAMES



ACTIVITIES



CONNECTION

Food, Fun & Friendship Now Happening at These Locations!

CLOVERDALE Kings Valley Senior Apartments 100 Kings Circle MON 11:00 AM - 12:00 PM	SANTA ROSA* Steele Lane Community Center 415 Steele Lane MON 12:15 PM	SONOMA Oakridge Senior Apartments 18800 Beatrice Drive TUE 12:00 PM - 1:00 PM
HEALDSBURG Fitch Mountain Senior Apartments 710 S. Fitch Mountain Road TUE 12:00 PM - 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 PM - 1:00 PM
ROHNERT PARK Rohnert Park Senior Center 6800 Hunter Drive, Suite A TUE, THUR & FRI 11:00 AM - 12:00 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 PM - 1:00 PM



council on aging
living better, together.

To Register, Call
707-525-0143 x104
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. * Santa Rosa Steele Lane: Participants Must Register with Steele Lane Community Center at 543-3282 and the Council on Aging.

The Orange Apron



Our Heroes Don't Wear Capes
And they don't supply hammers, ladders, lightbulbs or power tools.
Our tools are people tools.
We use empathy, compassion, commitment and reverence to build relationships with Sonoma County seniors, and battle food insecurity and isolation, one day at a time.
If you have what it takes to wear The Orange Apron, Council on Aging has a volunteer opportunity for you.



Meals on Wheels • Community Dining • Drive-up/Pick-up
HEROES ARE INVITED TO CALL 707.525.0143 x121

Drive-Up, Pick-Up Meals

Weekly Food Distribution Program for Seniors 60+



Vegetarian Options



Chef Inspired Restaurant Quality Meals



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	SANTA ROSA Council on Aging 30 Kawana Springs Road THUR 10:00 AM - 12:00 PM
HEALDSBURG Healdsburg Senior Center 133 Matheson Street TUE 9:30 - 10:30 AM	SEBASTOPOL Sebastopol Senior Center 167 High Street THUR 10:00 AM - 12:00 PM
ROHNERT PARK Rohnert Park Senior Center 6800 Hunter Drive, Suite A WED 9:00 - 11:00 AM	SONOMA Vintage House 264 First Street East MON 11:00 AM - 12:00 PM
SANTA ROSA Steele Lane Community Center 415 Steele Lane THUR 10:30 AM - 12:00 PM	WINDSOR Windsor Senior Center 9231 Foxwood Drive FRI 9:30 - 10:30 AM



council on aging
living better, together.

To Register, Call 707-525-0143 x013
Must Reserve 1 Week in Advance

All locations are drive-thru and honor safe distancing protocols. Partners and Spouses Under 60 OK. 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.





Now Accepting All Vehicle Donations

RVs • Trailers • Jet Skis • Motorcycles
Cars • Trucks • Boats • Airplanes • Buses



To learn more, call 844-411-5768 or visit
<https://careasy.org/council-on-aging.com>

The Red Bag



Our Heroes Don't Wear Capes
And our volunteer drivers travel the roads long forgotten.
Our drivers carry love down the road.
We use empathy, compassion, commitment and reverence to build relationships with Sonoma County seniors, and battle food insecurity and isolation, one day at a time.
If you have what it takes to carry The Red Bag, Council on Aging has a volunteer opportunity for you.

Volunteer at Meals on Wheels
HEROES ARE INVITED TO CALL 707.525.0143 x121

Benefits of Donating your Car

- Donating is easy and the pick up is free.
- Skips the costs and hassles associated with selling a car, like paying for advertising and insurance, or for car repairs to keep your car in running condition while you wait for a buyer.
- Donating avoids the costs associated with keeping a car, such as registration, insurance, car repairs, and more.
- You can free up space at home and/or stop paying for extra parking.
- It's better than a low trade-in offer.
- Vehicle donations are tax-deductible, and you could reduce your taxable income when taxes are itemized.
- Donating to Council on Aging feels good and makes a difference!

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

Michael J Fox Foundation for Parkinsons Research presents: Parkinson's IQ + You, Bay Area. Join us in Oakland on December 3, 2022, for this free educational event designed for people with Parkinson’s and their loved ones. This in-person event features a program with sessions on navigating Parkinson’s, managing care and learning about research participation. The accompanying Partner Expo includes information on treatment options and local resources for the Parkinson’s community. Event Details: Date and Time: Saturday, December 3, 2022; 9:30 a.m. to 1:15 p.m. PT Check-in and Partner Expo open at 8 a.m.; program begins at 9:30 a.m. PT Venue: Oakland Marriott City Center 1001 Broadway, Oakland, CA 94607. To register go to https://www.michaeljfox.org/form/pdiq-2022-bay-area-registration

Disability Services & Legal Center

(707) 528-2745
myslcl.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) 526-4108senioradvocacyservices.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

Sonoma Back-to-School Resources for All Ages. Did you know that Sonoma County Library has educational resources for everyone, no matter your age? We've got you covered. All you need is your library card. Visit: https://sonomalibrary.org/
For teens & adults.

City Resources

Cloverdale Senior Center

Produce Market Days, Fridays 10:00-11:00 am
This is a special market supported by Front Porch. They work out funding for us to provide a variety of seasonal veggies for lower than supermarket prices. Much of the produce is organic, though not all of it is. It is also nearly all locally grown and sourced. Produce comes through Andy’s Market. https://www.cloverdaleseniorcenter.org or call 707-894-4826, 8:30 am-4 pm, Monday through Friday. Staff available Weekdays, 8:30 - 4pm.

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, please visit www.cityofhealdsburg.org/covid19, email senior@cityofhealdsburg.org, or call 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: (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

The Harvest Cafe is open and seeking volunteers. Call for sign up information: 707-829-2440. 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 an updated list of classes, events and exhibitions, visit our website: https://www.sebarts.org/classes-and-events.

Sonoma

www.sonomacity.org/coronavirus-resources include Food Assistance Calendar. Vintage House Delivers: Complete online application for grocery, prescription delivery. Vintage House staff available at (707) 996-0311 F.I.S.H. (707) 996-0111 for help. Resource lists at friendsinsonomahelping.org.

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

The Older Adult Program (OAP) at SRJC Fall Session is under way! Free, noncredit courses designed specifically for older adults. Students get many benefits, including free SR bus passes, food, library access, dental and medical at a discount, as well as merchant discounts. Visit https://older-adults.santarosa.edu/join-class. The Fall 2022 semester session continues weekly until December 14th. (707) 527-4533.

Sonoma State University OLLI

Osher Lifetime Learning Institute is a unique learning community for adults age 50 years old or better. SSU faculty and other Bay Area educators enjoy sharing their expertise. Registration for Winter courses will start in January. Winter Course Preview : In person at SSU, Monday, January 9. Program starts at 10 am. Doors open at 9 am. Classes run January 30 through March 10, 2023. https://olli.sonoma.edu/ for more information.

Senior Planet

Live Online Classes for Seniors
https://seniorplanet.org/classes/
If you’re a senior aged 60 and older, these 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 the free Senior Planet Tech Hotline: 888-713-3495.



adult day respite program
senior social clubs

Do you know someone struggling with memory loss?

Are you a Caregiver in need of a break?

Our Adult Day Respite Program supports persons living with memory loss and their caregivers. Loved ones are offered much-needed respite from the demands of caregiving while participants enjoy social, cognitive and physical activity to reduce isolation, promote independence and enhance their quality of life.



CLUB ACTIVITIES

Gentle Group Exercise

Creative Art & Music Activities

Nutritious Lunch

Stimulating Brain Games

Performances by Musicians & Artists

LOCATIONS/DAYS

SANTA ROSA Church of the Roses 2500 Patio Court - M W

SEBASTOPOL Senior Center 167 N High Street - M W

SONOMA Vintage House 264 First Street East - T Th

CALL TO SCHEDULE A VISIT

Adult Day Respite Program Information

Jake Larkin

707-525-0143 x103

jlarkin@councilonaging.com

Are You Using Your Walker Correctly?

Alexandre Casper, RN

Utilizing a walker can be an excellent tool to assist you in getting around. Walkers come in all shapes and sizes. They can have four wheels, two wheels, or no wheels at all. Some even have brakes and a seat. Walkers are one of the most common walking devices used by seniors, but they aren't always used correctly. Below is a list of things to consider when using a walker:



- Adjust the height of the walker so that the handles are at the same level as your hips. This should cause your elbows to bend slightly when using it. Walkers that are the incorrect height can result in problems with balance and lead to injury.
- When walking with a walker, always look forward to where you are walking and not down at the ground. This way you can scan your surroundings and avoid any fall risks.
- Always ensure that you are standing upright so that all four legs of the walker are set firmly on the ground.
- For walkers with wheels, grasp the handles firmly and push the walker forward. There is no need to lift these kinds of walkers at any time.
- For walkers without any wheels, it is necessary to lift the walker and place it in front of you to move forward. Do not try to push or drag walkers that don't have wheels.
- If you feel like you are still having trouble walking with a walker, please ask your doctor for alternative options. Walking with a walker is a solution for some people, but may lead to injury for others.

GROWING ELDER

with Marcia Singer, MSW

Finding Joy In The Small Things

Joy is a funny thing, utterly natural, readily available, but strangely elusive too. Try to chase it or grab on and hold it, and it slips away. But if you cultivate a peaceful mind and open heart, joy is a nearby companion, especially to the small, every day, seemingly ordinary things.

One chilly autumn morning, I'd awakened from a restless night's sleep, grateful for a day off to repair. The thought came to go for an early nature hike, spend some quality time with my inner self and hug my restlessness. I headed to Shiloh Regional Park, hitting the trail with a determined gait in the gentle morning sunshine. Tuning in to my restless self, I asked what she was wanting: "More spontaneity!" Connecting with others in a heart-felt, creative, freely expressing way, ideas flowing, everybody enjoying the play of shared moments.

I turned towards a fork in the road. A couple of grownups with a passel of enthusiastic children were just up ahead, all shouting over one another. Best for me to head in an opposite direction, lol, if I wanted more quiet listening within. A half hour quickly passed as I zigzagged down the hillsides, feeling renewed, keeping to myself. But nearing my car and the parking lot,

there in front of me, on our single, very narrow shared pathway, were two young moms with kids. One had a babe tucked close in a harness, the other was carrying a little girl, about three years old. They hadn't seen me yet, so I called out from behind a row of trees that a grandma-type person was approaching!

Suddenly, we all were standing together in a small area of the woodland near a pond. How lovely they were —like encountering deer. The young girl fastened on me: "What's your name?" she coaxed with inquisitive eyes. "Marcia," I said, "What's your name?" "Melody," she chimed, with clear delight. Using a singsong-y voce, I teased whether "melody" was like singing a song? Everyone giggled.

I wasn't prepared for what happened next. This lovely little angel reached out and placed a small hand squarely, gently, on my left cheek, while she gazed into my eyes. I was transfixed in the sweet gift of the moment. She was the old soul, I the newbie. We simply eye-gazed for a few long seconds, with the others holding the space. Melody took her hand away. Still gazing at me, she announced her name again, her entire name, in three parts —her way of adopting me into her family.

Melody's mom then asked her daughter if she remembered what song they had been singing at the Farmer's Market earlier? Seconds

later a chorus rang out, "This Land Is Your Land...my land...made for you and me..."

What a delightful encounter! As we parted, I realized the power of "beginner's mind"—bestowing a spontaneous, free-spirited, wonderful moment. Fresh, innocent, non-judgmental, curious—a kind way to Be—and where joy is infectious. Driving home, I was reminded of a class I once taught on the gifts of small acts of kindness; how afterwards, strolling near Windsor's Hembree House, I saw a message on a cement staircase. Written in chalk by some visiting angels, were the words, "Find joy in the small things." Such serendipities themselves are Messengers, prompting my full attention.

Blessings wished in heaps upon you and me. Today and every day. During predictable times, and the metamorphoses taking place in our lives. As we welcome the many kinds of sweet pleasures throughout the holiday season, Happy Chanukah and Kwanzaa, Merry Christmas and Winter Solstice.

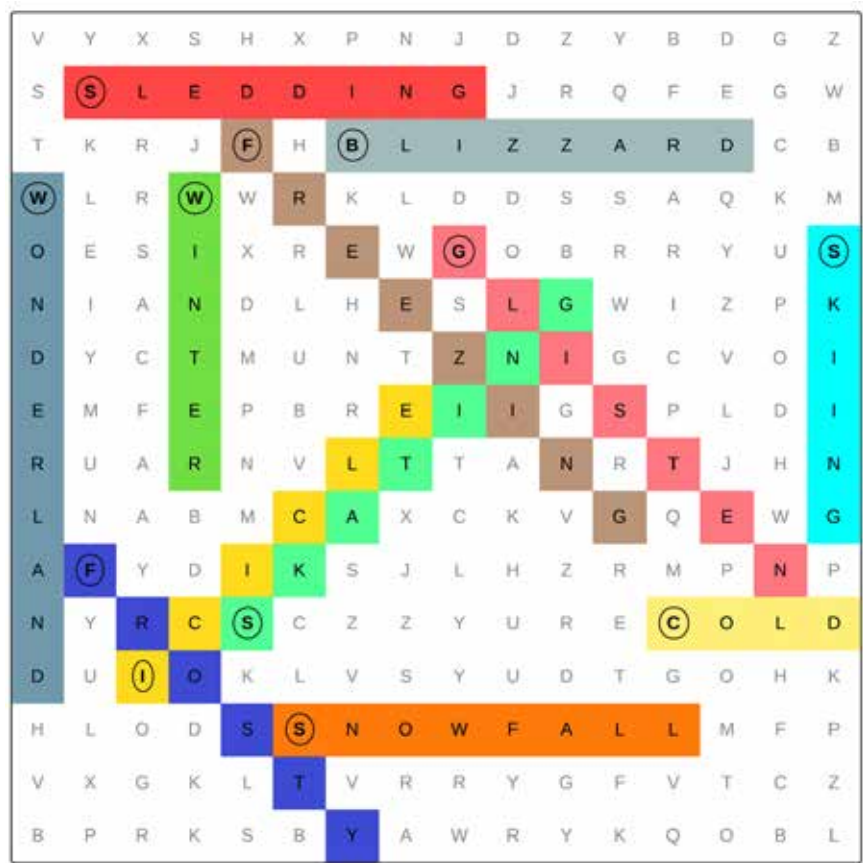
May 2023 fill us with memorable moments of joy, peace and belonging.

Shine deLight! Marcia

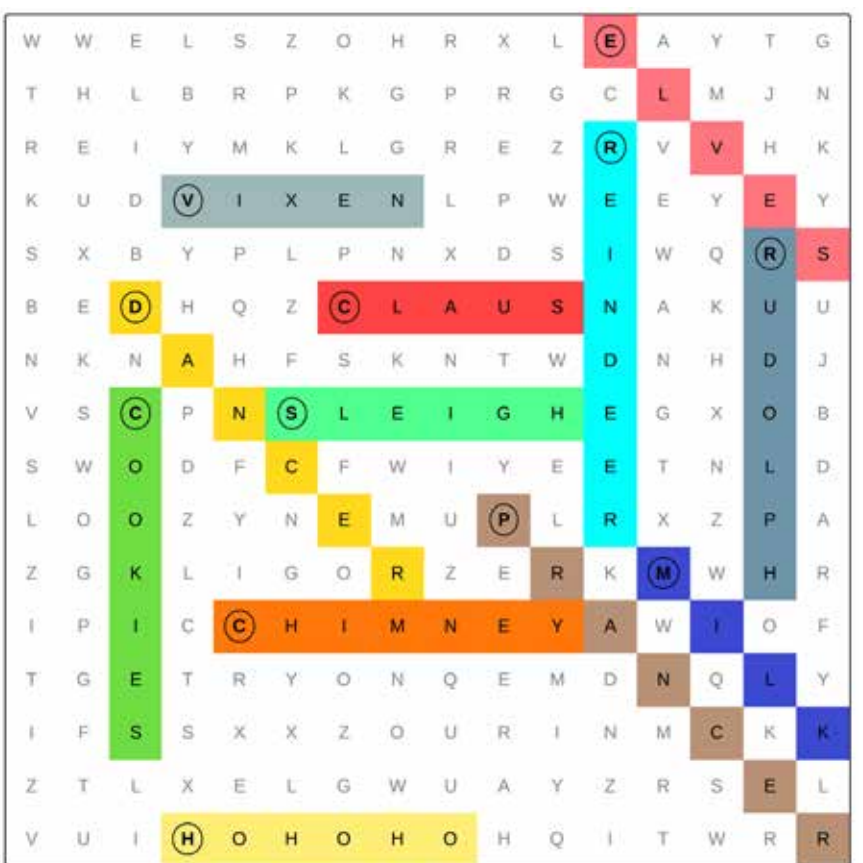
Love Arts Foundation: healing counsel, mindful living. marcia.lovearts@gmail.com or www.lovearts.info

DECEMBER Puzzle Solutions

WINTER WONDERLAND



SANTA CLAUS



DECEMBER



NEW YEARS EVE



SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SCRAMBLE

HERBS and SPICES

- | | |
|--------------|-----------------|
| 1. IUMCN | C U M I N |
| 2. METYH | T H Y M E |
| 3. NUMETG | N U T M E G |
| 4. OARAGNRT | T A R R A G O N |
| 5. AELPLSCI | A L L S P I C E |
| 6. CIUMETR | T U M E R I C |
| 7. NLEEFN | F E N N E L |
| 8. SAREOYMR | R O S E M A R Y |
| 9. NOAEGOR | O R E G A N O |
| 10. APAIRPK | P A P R I K A |
| 11. NNIANOMC | C I N N A M O N |
| 12. GEAS | S A G E |

WORD SCRAMBLE

WORDS ABOUT PARIS

- | | |
|--------------|-------------------|
| 1. ILRCEA | E C L A I R |
| 2. ESMUUM | M U S E U M |
| 3. VELOUR | L O U V R E |
| 4. ESCEHE | C H E E S E |
| 5. ATYRPS | P A S T R Y |
| 6. OVLE | L O V E |
| 7. HTLSIG | L I G H T S |
| 8. HEANGAMPC | C H A M P A G N E |
| 9. IDRO | D I O R |
| 10. FSAONIH | F A S H I O N |
| 11. VPASE | V E S P A |
| 12. FFEILE | E I F F E L |

MOVIES TO CELEBRATE

Barbara Spear

THE SHOP AROUND THE CORNER (1940) is the perfect movie to transmit the spirit of Christmas into your heart. Directed by Ernst Lubitsch (who brings his famed “Lubitsch touch” to this “romantic comedy of dazzling range”) it stars Margaret Sullavan and James Stewart as two gift shop employees who can’t stand each other but are falling in love as anonymous pen pals.



The story has been told many times (IN THE GOOD OLD SUMMERTIME, YOU’VE GOT MAIL), but never as well as in this original version. Emanuel Levy on his website emanuellevy.com says, “My favorite Christmas film, this deliciously delicate, multi-nuanced romantic comedy is one of Lubitsch’s very best films, flawlessly acted by Jimmy Stewart at his peak, the sublime Margaret Sullavan, and the rest of the large ensemble.” Stewart had a complicated personal history with Sullavan. He was in love with her, and though she did not



reciprocate his feelings, he remained Sullavan’s best friend. They appeared in four movies together and people noticed he still loved her. Many thought that’s why he did not marry until 1949 when he was 41 years old. THE SHOP AROUND THE CORNER has a perfect score of 100% on the Rotten Tomatoes website and is available for streaming on Amazon Prime for \$2.99.

MRS. HARRIS GOES TO PARIS (2022) is a comedy-drama that was adapted from the 1958 novel by Paul Gallico and directed by Anthony Fabian. It stars Lesley Manville as Mrs. Harris, a widowed cleaning lady in 1950s London who falls madly in love with a couture Dior dress, and decides that she must have one of her own. It’s a Cinderella story, but Mrs. Harris is both the princess and the fairy godmother. She invites us to pursue our dreams, no matter how fantastic. The great French actor Isabelle Huppert plays Mrs. Harris’ nemesis at Dior. She believes only the beautiful and/or wealthy deserve a Dior dress, certainly not a working class woman such as Mrs. Harris. Leonard Maltin says, “I was charmed by this unapologetic fairy tale ... Lesley Manville is a marvel, and this film is a lovely vehicle for her.” And Nell Minow of the website moviemom.com raves, “While Mrs. Harris may not always see herself that way, Manville shows us in every moment that the character’s discovery of her courage and value is as much a



work of art as the meticulously constructed gowns of Dior.” The film currently holds a terrific score of 94% with the critics on the Rotten Tomatoes website. It’s rated PG and available for streaming on Amazon Prime and YouTube for \$5.99.

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 matinee of 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

Closet Musings

Alice Ainsworth

Boom, crash – while lounging downstairs I hear a calamity in motion. Upstairs, I cast eyes on a walk-in closet in shambles. Hardware, which no longer could shoulder the burden of decades of consumerism, gave way. The 70s, 80s and onward represented. Clothing and purchases from moments in my life, now, strewn and heaped in an unorganized lump. I knew this day would arrive. I simply never wanted to pre-emptively deal with the weight that caused the crash.



Yes, I am a keeper and not a purger. A combo of slimming genetics and being a savvy shopper netted an abundance of abundance over 40 years. I often hear “just get rid of it.” A five-word phrase not of my liking. I’ve parted with pieces over the years. I have charity receipts to support my attempts at reduction. Now, with a mass of reality lying impenetrable at my feet, I have an inkling the situation needs attention and reflection. So, reflect away I do.

I am aging. I find doing so requires change. Not my strong point. Yet, I understand, this moment is providing me an opportunity to try. Where to start?

Standing in front of mini skirts and short shorts I concede they have served their function and my current body profile must learn to be

okay with this. They will never, again, adorn my body. My heart (with a sigh) allows me to release many from my hold. Progress. Tiny, nightclub fashions are next. It is with their perusing when stories really ramp up in my mind. I wore the turquoise, sequined beauty to a night of grand dancing, the red satin when I emceed a gala, the purple form fitter to my 20th HS reunion and the dainty, yellow flowered one on a second date with my (now) husband.

Most pieces I touch elicit a memory. I feel I’m not simply giving away pieces of cloth but giving away moments. Reminding me of “my when” and removing me from “my now.” A simple closet cleaning task is turning out not to be, merely, manual labor. I realize how much change has occurred with passing time. I discover items used when loved ones and beloved pets were still a part of my daily life. Items before a love affair ended – others before cancer. My closet of clutter is my “before x or at y” memory holder. Yes, this moment is more than cleaning up a mess. It is reconciling with messes and joys life has dealt. A memory jog causes giggly happiness or abject sadness. For us non-minimalists material items can hold memories. So, hearing “just get rid of it” sounds abrupt and unkind.

Some may opine I put too much significance on material items. Many in my inner circle agree. But I’ve reached this conclusion, I don’t care. I enjoy my walks down memory lane. I’m going to take my time. I’ve made a promise to myself to lighten my load, which is a good place to start. It may just be a leisurely stroll more than a sprint. Does anyone need a one-piece jumpsuit with large, padded shoulders or a tube top? Let me know....

Praises to Purple Potatoes

Lantern Lee

Potatoes,
How is it even possible
That you come in color purple!
You hold such mystery in your body mass!

I bought a bag of purple potatoes, ate some and planted a few in the garden--just so curious.

After your leaves were eaten up by Cucumber Beetles, during the summertime, I expected nothing from you.

One day in winter, I dug up the soil to mix with fertilizers to plant veggies.

Holy Mother Earth!

So many baby potatoes, all in deep purple, like some children, hidden by fleeing parents in desperation, believing their babies to be discovered in time and survive.

While you were eaten alive, you kept your babies safe from predators, by burying them deep down in earth during those long and hot, hot summer days. So, we humans may live on, especially through tough and rough times.

Praises to you, potatoes--in purple!
You, looking good! Delicious, more!



NUTRITION NEWS

12 Health Tips

Commit Yourself to a Healthier Lifestyle with These 12 Tips.

Breakfast: Try a breakfast burrito with scrambled eggs, low-fat cheese and salsa in a whole wheat tortilla, with a side of fresh fruit and a serving of non-fat milk or yogurt.

Learn Food Labels: Learn to read food labels. This will help you to shop and prepare healthier meals.

Watch Portion Sizes: Use measuring cups and a scale to portion your meals. Load up your plate with fruits & vegetables: Fill half of your plate with fruits and vegetables and the other half with grains, lean meats, and legumes.

Prepare Healthy Snacks: Healthy snacks can sustain energy levels between meals. Plan snacks that are from two or more food groups. Try raw vegetables with low-fat cottage cheese or peanut butter with a banana or apple.

Be Active: Regular physical activity has many health benefits. Start by doing a few exercises for 10 minutes at a time a few times a day.

Cooking with Others: Cooking with others can be a fun way to try new foods and help split the cost of food.

Cut Back on Added Sugar: Food & drinks with added sugar add empty calories. Read the food label ingredients to identify sources of added sugar.

Try Plant-Based Foods: Many recipes that use meat and poultry can be made with plant-based substitutions. Try one meatless meal per week to start.

Drink More Fluids: Drink more water instead of sugary drinks. Staying well hydrated by drinking plenty of water is important to staying healthy.

Increase your Seafood: Fish and shellfish contain a variety of nutrients including healthy omega-3 fats.

Try New Foods & Flavors: Add more nutrition and eating enjoyment by expanding your range of food choices. When shopping, select a fruit, vegetable, or whole grain that's new to you.

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



Providing Home Care and Holiday Cheer

As the holidays begin, Interim HealthCare® is here to provide the care and support others need to make it a season of joy, health and happiness at home.

As the nation's first home care company, we understand how important the little things are to the people we serve. From basic care and meals to shopping and transportation, our caregivers can lighten the burden and brighten the spirits of others during this special season. Happy holidays!

Call us today for a complimentary, in-home evaluation!

(707) 200-2260 | interimhealthcare.com/SantaRosaCA

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HAPPY HOLIDAYS

Come Join Us at The Community Table for a Holiday Lunch!

Dress in your best seasonal attire and celebrate the holidays with friends.
We will be serving hot food, hot cider, and cookies along with fun seasonal activities.

FRI • December 16, 2022:	Silvercrest Senior Living, Santa Rosa: 11:30 AM - 12:30 PM
MON • December 19, 2022:	Kings Valley Senior Apartments, Cloverdale 12:00 - 1:00 PM The Vintage House, Sonoma: 12:00 - 1:00 PM
TUE • December 20, 2022:	Fitch Mountain Senior Apartments, Healdsburg: 12:00 - 1:00 PM Oakridge Senior Apartments, Sonoma: 12:00 - 1:00 PM
WED • December 21, 2022:	Burbank Orchards and Heights, Sebastopol: 11:30 AM - 12:30 PM Bell Manor Senior Apartments, Windsor: 12:00 - 1:00 PM
THUR • December 22, 2022:	Rohnert Park Senior Center, Rohnert Park: 11:00 AM - 12:00 PM

Reserve One Week in Advance
707-525-0143 X104 or
email LHoffeld@councilonaging.com

Value of One - Power of Many !



THANK YOU TO THE HUNDREDS WHO VOLUNTEER THROUGHOUT THE YEAR!

CA council on aging

CALLING ALL SENIOR POETS, WRITERS, ARTISTS & STORY-TELLERS

We want to share your stories with our community!
Council on Aging publishes Sonoma Seniors Today—our widely distributed publication that includes space for your creative talents.
Send submissions to SST@CouncilonAging.com

CA council on aging

CELEBRATING 24 YEARS OF FAMILY OWNED BUSINESS IN SONOMA COUNTY!



Become part of our AT HOME family!

"I can't say enough good things about your Agency. From the managers to the caregivers, I can't tell you how much it meant to feel like we were in such capable hands. Just exceptional, personable, professional and caring people." – LR

"Your caregivers were wonderful. Their holistic approach with both family and the medical community has made these difficult times for Mom and her family manageable. Without their help, I am not sure how we would have managed." – MC

at HOME NURSING

Caregivers For You

1378 A Corporate Center Pkwy
Santa Rosa

707-546-8773
www.athomenursing.com
There's No Place Like Home!

A NURSE MODEL AGENCY, WE HAVE VERY STRICT POLICIES ON COVID. REGULAR TESTING, USE OF N95 MASKS AND KEEPING EVERYONE SAFE! WE ARE ABLE TO TEST OUR CLIENTS AT HOME IF NEEDED AND OUR NURSES ARE OVERSEEING OUR CLIENTS' CARE.