

SONOMA SENIORS TODAY

Quick-start guide to Mental Health Professionals

Learn about the different kinds of experts and how they can help you.

Where should you turn when you suspect that you have a mental health condition: a psychiatrist, a psychologist, or some other type of mental health professional? It's tough to figure out what kind of clinician can best help you sort out your problems and provide the care you need.

Often a primary care visit is a good start. Your physician can assess your symptoms and refer you to a mental health professional for evaluation and appropriate treatment.



Mental illnesses

In the US, at least one in five adults has a mental health disorder. "Mood and anxiety disorders are surprisingly common, as are stress disorders and personality disorders. A smaller but significant number of people have a major, disabling mental illness like schizophrenia," says Dr. Michael Craig Miller, assistant professor of psychiatry at Harvard Medical School. These conditions are just as real as physical disorders and should not be chalked up to older age. "Getting older presents challenges, but any increase in mental distress should not be considered normal," Dr. Miller says.

Who can help

Mental health professionals have a range of training and expertise. You may be referred to any of the following.

Psychiatrist

Psychiatrists can provide medical and psychiatric evaluations, treat psychiatric disorders, provide psychotherapy, and prescribe and monitor medications. Training: An M.D. or D.O. (Doctor of Osteopathy) degree, plus at least four years of special training in psychiatry.

Psychologist

Psychologists do psychological evaluations and testing. They provide psychotherapy to treat mental disorders. They cannot prescribe medication. Training: A doctorate (Ph.D., Psy.D., or Ed.D) in clinical, educational, counseling, or research psychology.

A psychiatric/mental health nurse practitioner (PMHNP)

PMHNPs can evaluate and diagnose mental health disorders, provide psychotherapy, and prescribe medicine (in some states under a psychiatrist's supervision). Training: A master of science in nursing (M.S.N.) or doctor of nursing (D.N.P.) degree, with added mental health education.

Psychiatric/mental health nurse

Depending on the education level and the state, psychiatric or mental health nurses may be able to assess mental illnesses, provide psychotherapy, or prescribe medication. Training: An associate's degree (R.N.), bachelor's degree (B.S.N.), master's degree (M.S.N. or A.P.R.N.), or doctoral degree (D.N.Sc., Ph.D.).

Clinical social worker

Depending on their level of education, social workers can assess and treat mental illness and provide psychotherapy. They cannot prescribe medication. Training: A master's degree (M.A., M.S., M.S.W., or M.S.S.W.) or doctoral degree (D.S.W. or Ph.D.).

Licensed professional counselor

Licensed professional counselors, who come from a variety of backgrounds, are licensed by individual states. They can assess mental health conditions and provide individual, family, or group therapy. They cannot prescribe medication. Training: A master's degree (M.A. or M.S.) in psychology, counseling, or another mental health-related field and typically two years of supervised postgraduate experience.

Other specialists

Members of the clergy (ministers, priests, rabbis, or imams) or peer counselors (people who've experienced mental health issues) can provide support and advice. They cannot prescribe medication. Training: Certification varies by state for peer counselors. Some states require clergy members to be licensed in order to provide counseling.



Alysha Rosly, Unsplash.com

Who's right for you?

The mental health professional you need depends on your condition, your preferences, and the availability of clinicians in your area. If your doctor suspects that you'll benefit from medication, you may be referred to a psychiatrist or a PMHNP. If your problems are milder or you're coping with life stress or situational issues, any kind of professional who provides therapy may be able to help. Sometimes a number of mental health professionals will work together to get you feeling better, such as a psychiatrist for medication and another professional for psychotherapy.

What you can expect

Any evaluation will involve you describing the problems and stresses in your life, the important people in your support system, and your feelings about your situation. Mental health professionals who can prescribe medicine will ask about your medical history and any other medications you're currently taking. Psychotherapy involves talking about yourself, including some of your intimate thoughts and feelings. Your therapist will ask questions to guide you and will likely offer tips or tools to help you cope. He or she will keep all the information strictly confidential.

Harvard Health Publishing

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Have you created your Spending Plan?

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

A few weeks ago I attended a conference where I heard the term “Spending Plan” for the first time in the context of Trust Administration and Estate Planning. A Spending Plan is defined as a method of distributing your income among the mix of things you want and need. Creating a spending plan ahead of time will allow you to effectively manage your finances and determine where to best spend your money. OK, so it’s essentially a budget...but Spending Plan sounds so much more fun, doesn’t it?!



While budgeting and spending plans are usually associated with college students and recent graduates, anyone could benefit from creating a spending plan, especially those of us on a fixed income, which encompasses most older adults. Regardless if your income is from a pension, 401(k), Social Security, a mix of all, or an entirely different form of retirement savings, once we retire, our monthly income generally stabilizes and may only increase by an annual cost of living or inflation adjustments.

This reality can be scary and daunting for many retirees and may prevent someone from retiring even if they no longer wish to work. However, without creating your spending plan, you may not even realize how much money you have saved vs. how much money you will need in retirement. In some cases, people who are still working realize they can, in fact, retire, while some who have retired may realize they need to cut down on their organic coffee & bagels budget or pick-up some part time work.

Alright, so now that you know the importance of creating your spending plan, where do you start? Like any budget, you’ll need to gather information about your income and expenses. How much money can you realistically rely upon each month and what are

your currently monthly expenses? That’s easy enough when planning for the next 6-12 months. What can be a little more difficult are the unknown expenses that will come your way during your decades of retirement. If you have long-term care insurance or other similar policies, look into their benefits and the costs they would cover if you used them.

What about your health insurance? Determine your annual deductible and out of pocket maximum. Even if your home is paid off, property taxes and homeowners insurance costs still need to be factored in. And what about your

auto insurance? Will that increase as your age increases?

If you have a financial planner, working with a professional is certainly ideal. But even if you don’t have professional help, you can still make a plan. Once you’ve determined your income and expenses, you can work out your own spending plan by identifying your cash flow needs and areas where you can make adjustments. Obviously, the more you save now, the more money you will have in the future when unexpected costs arise. Still, spending money so you can enjoy your retirement is also important. Like everything in life, balance is key.

And while a spending plan is not a perfect solution, it can help to relieve some anxiety. Creating a plan and preparing for future expenses at least gives you a roadmap, a place to start, and a general goal for spending and saving. As the wise Founding Father, Benjamin Franklin, once said, “if you fail to plan, you are planning to fail!”

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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GROWING ELDER

Marcia Singer, MSW

It can be hard to respect the process of getting on in age, let alone welcome it. The prospect of losing physical agility, stamina or strength, mental clarity or creative inspiration, of being alone or financially vulnerable—or any other challenge associated with decline—can be daunting.

Yet in aging, we may find many positives about this oft dreaded matter, things to look forward to, even to celebrate. Perhaps your creative spark is alive and well, or your thirst for learning as keen as ever. You may find that your heart is freer, and that you have wisdom to muster for those who seek you out for counsel. Older adults who recognize in themselves a depth and breadth, a consistency not available in more youthful days are “growing elder,” a term I use to acknowledge the graces of time’s passage.

Do you have a personal vision for how you’d like to live your elder years? What you’d prefer that lifestyle to be like? Sharing these hopes and inspired dreams might even help them come true. Perhaps like me, you want to know your life has purpose, meaning. You want to be reasonably happy, enjoy peace of mind, make a difference, love and be loved. For some of us,

those aims came readily, for most of us, there were struggles –maybe lots of them. Yet the years passed (as they do), and if we’re lucky, we grew into a better fitting skin (thank goodness.) In retrospect, we learned a lot. We came to value even the hardships that taught us tough, but important life lessons, and made us into the mature adults others look to for guidance.

Fortunately, hindsight is a built-in facet of eldering. As is the life review: Sifting experiential wheat from chaff brings insights, gratitude. Sifting can bestow an awareness of life’s inherent blessings, and remind you that you’ve survived every crisis so far (why not a next?). Hindsight winks, and reveals that we managed to spin all this life experience into a mostly satisfying modus operandi for daily living - providing ample dollops of compassion, kindness, play and humor. It’s the grace of our aging that makes us realize that anything lived wholeheartedly can teach us, and become part of a living legacy of wisdom to pass along to others.

“Growing elder” means still being alive, engaged, learning! Better able to weather ups and downs, navigate relational tides, celebrate joys and reflect our shared humanity. Elderling can be a passage into embodying presence, enjoying our here and now, precious moments.

Conscious aging is transformative, shifting oys to joys. Start each day with a prayer, an intention, or a curious first step: a recipe for good mental health.

Marcia Singer/Love Arts Foundation lovearts@att.net
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MAY PUZZLES

Puzzle solutions are on page 10

WORD SCRAMBLE
Baseball Heroes

1. TURH _ _ _ _
2. LMWSIAIL _ _ _ _ _ _ _ _
3. NBNSOIRO _ _ _ _ _ _ _ _
4. TNLMAE _ _ _ _ _ _
5. RBERA _ _ _ _ _
6. BOCB _ _ _ _
7. EHOTPR _ _ _ _ _ _
8. SYDLEDAR _ _ _ _ _ _ _ _
9. AMYS _ _ _ _
10. LMSENCE _ _ _ _ _ _ _
11. GRWANE _ _ _ _ _ _
12. RANOA _ _ _ _ _

WORD SCRAMBLE
California Birds

1. NJOKU _ _ _ _ _
2. NHMBURIGDIM _ _ _ _ _ _ _ _ _ _
3. UTOISEMT _ _ _ _ _ _ _ _
4. XWWINAG _ _ _ _ _ _ _
5. AWHK _ _ _ _
6. AWLBRER _ _ _ _ _ _
7. CEHADIEC _ _ _ _ _ _ _ _
8. BALJYYU _ _ _ _ _ _ _
9. NACPIEL _ _ _ _ _ _ _
10. NDCROO _ _ _ _ _ _
11. GREEB _ _ _ _ _
12. OWETEH _ _ _ _ _ _

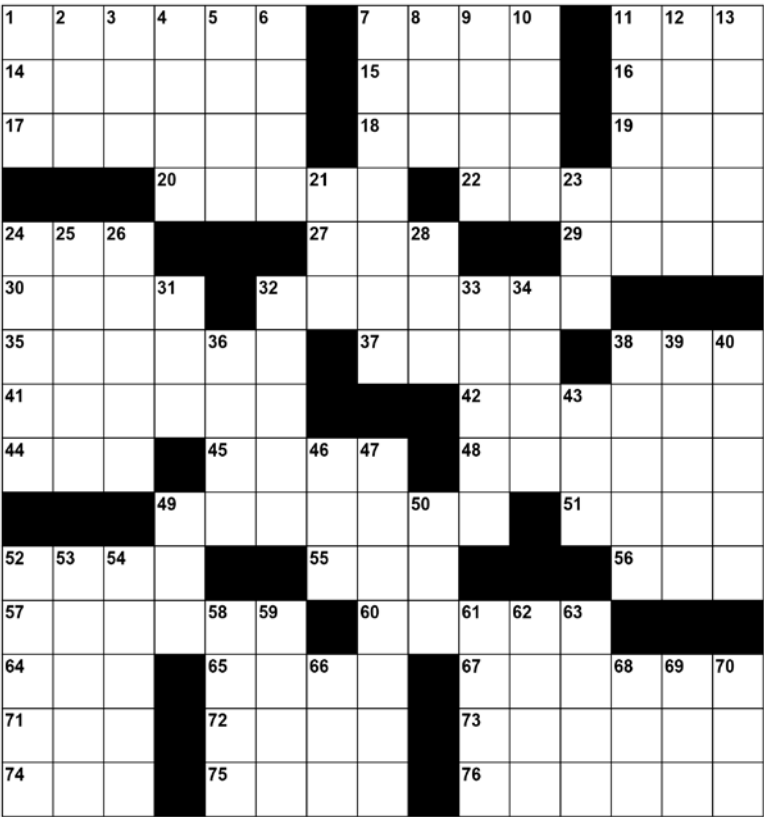
WORD SEARCH
RENAISSANCE PAINTERS

- DAVINCI MICHELANGELO
- CARAVAGGIO BOTTICELLI
- DONATTEO MANTEGNA
- TITIAN DURER
- BOSCH RAPHAEL
- VANEYCK BOUTS

THE MONTH OF MAY

ACROSS

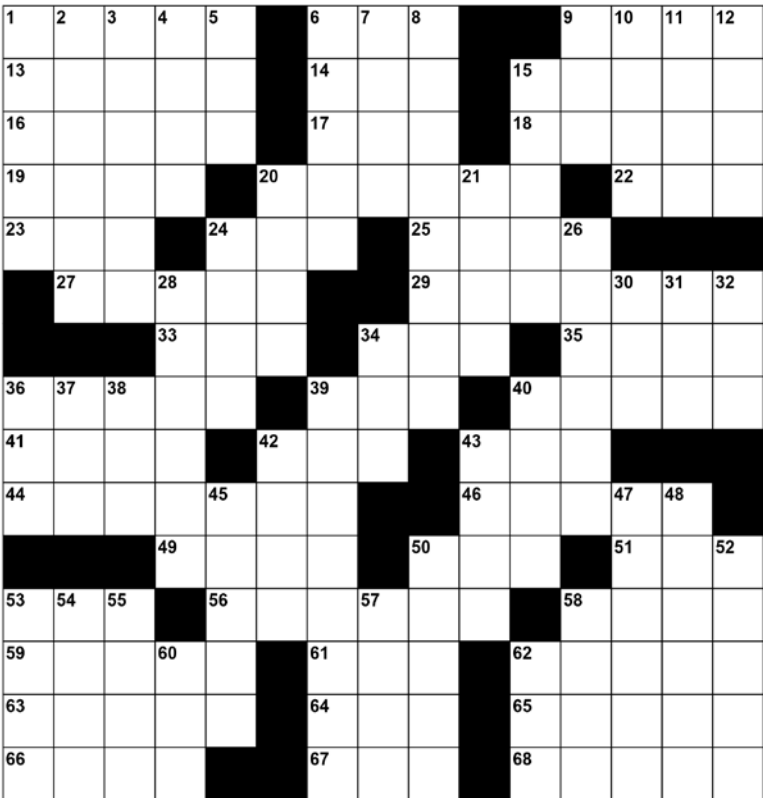
- 1 Control
- 7 Brisk
- 11 Enact
- 14 Ancient Greek city
- 15 Region
- 16 Water closet
- 17 Constellation
- 18 Place to rest
- 19 Weapon
- 20 Impressionist painter
- 22 Parents and children
- 24 Accountant
- 27 Sun's name
- 29 Totals
- 30 Professional football team
- 32 Underground well necessity
- 35 Steep
- 37 Eye liquid
- 38 Morning moisture
- 41 Season after winter
- 42 Come out
- 44 Remit
- 45 Ocean movement
- 48 Mother ____
- 49 Shout of joy
- 51 Old
- 52 Homeless person
- 55 Congressional vote
- 56 Pigpen
- 57 Source
- 60 Legends
- 64 Sticky black substance
- 65 Less than usual in size, power or character
- 67 Lubricators
- 71 Limited (abbr.)
- 72 Double-reed instrument
- 73 Opp. of singular
- 74 Affirmative
- 75 Optical device
- 76 Stabilize



MOTHER'S DAY

ACROSS

- 1 Deer
- 6 Wonder
- 9 Move past
- 13 Squirrel's dinner
- 14 Chicken
- 15 Vial
- 16 Textile
- 17 Government agency
- 18 Confuse
- 19 Hurt
- 20 Irregular
- 22 Stitch
- 23 Tell a tall tale
- 24 Pole
- 25 Boast
- 27 Contend
- 29 Emboss
- 33 High naval rank (abbr.)
- 34 North northeast
- 35 Pitcher
- 36 Yellow pigment
- 39 Children's game
- 40 Poor tv reception
- 41 Data transmission rate
- 42 Weep
- 43 Elderly
- 44 Inexperienced young woman
- 46 Flowers with thorny stems
- 49 Loch __ monster
- 50 Touch affectionately
- 51 Frozen water
- 53 Auto
- 56 Cause to feel dismay
- 58 Particle
- 59 Aleutian
- 61 Wing
- 62 Sound of a sneeze
- 63 American essayist _____
- 64 __ Francisco
- 65 Snuck
- 66 People who favor the prohibition of liquor
- 67 Concord e.g.
- 68 Brief

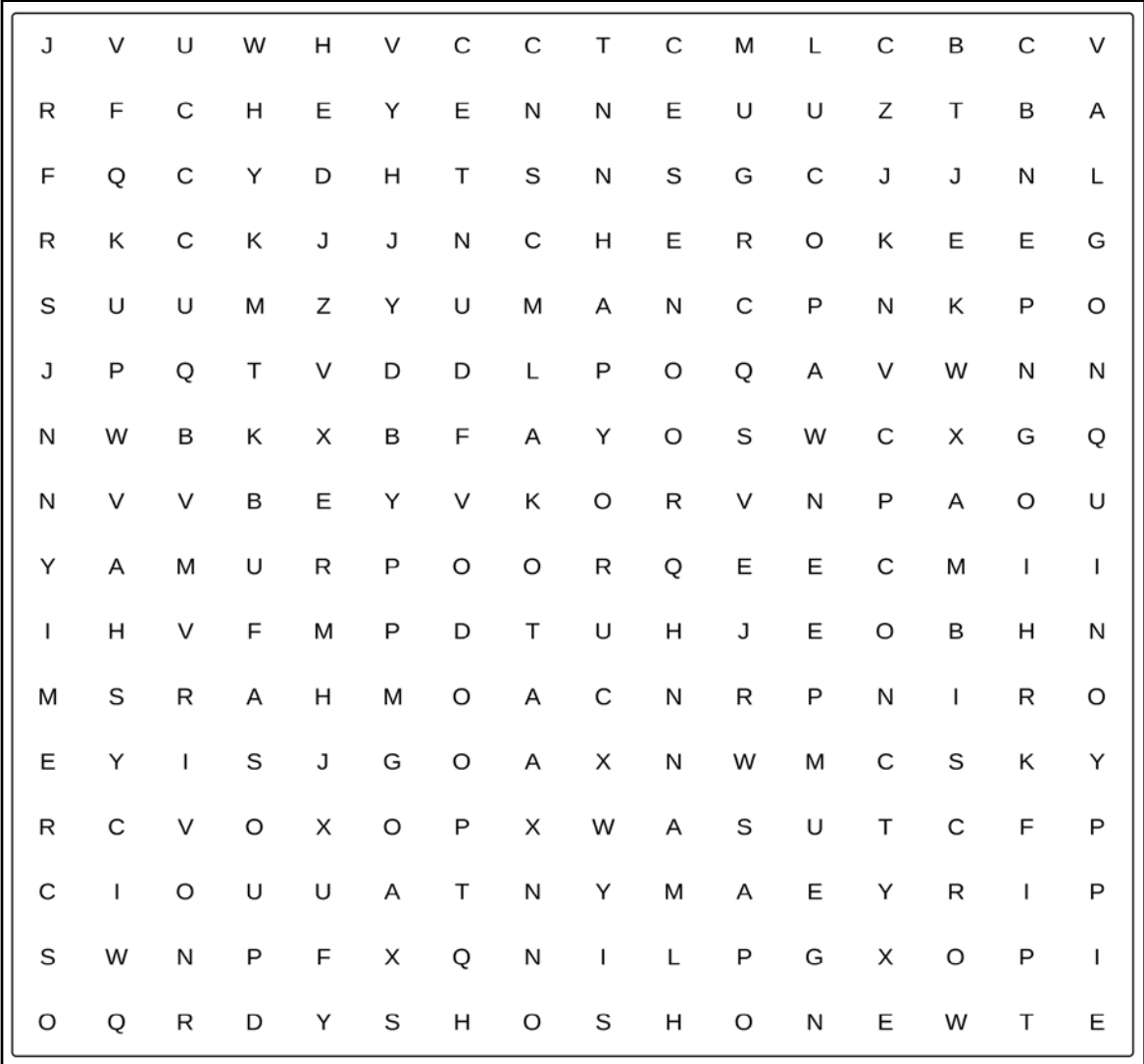


By Evelyn Johnson - www.qets.com

DOWN

- 1 Elemental
- 2 Gum tree
- 3 Female parent
- 4 Soft cheese
- 5 Lodge
- 6 Leading
- 7 Cried
- 8 Making into law
- 9 Doctoral degree
- 10 Helps
- 11 Sold at a discount
- 12 Killed
- 15 Remit (2 wds.)
- 20 Piece of writing with word that rhyme
- 21 Place where a person lives
- 24 Impolite
- 26 What's "in"
- 28 Growing area for a flower
- 30 The other half of Jima
- 31 Not old
- 32 Attempt
- 34 Negative
- 36 Kimono sash
- 37 Food container
- 38 Embrace affectionately
- 39 Enter without permission
- 40 Long narrow opening
- 42 Pointed end
- 43 Voiced
- 45 Under, poetically
- 47 This or that
- 48 Ice cream spoons
- 50 Put into the ground to grow
- 52 Express emotions
- 53 Printed document sent on a special occasion to a friend
- 54 Winged
- 55 Depend
- 57 Alack's partner
- 58 Land unit
- 60 Delivery service
- 62 Perform

WORD SEARCH - NATIVE TRIBES IN AMERICA



SUDOKU

SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SEARCH

NATIVE TRIBES IN AMERICA

- POMO
- SHOSHONE
- NAVAJO
- CHEYENNE
- ALGONQUIN
- YUMAN
- APACHE
- PAWNEE
- SIOUX
- CROW
- LAKOTA
- CHEROKEE



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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.

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
Visit our Training and Education Center to learn more about Alzheimer’s disease, caregiving, healthy living and planning for the future. Examples of available courses include Know the 10 Signs, Effective Communication Strategies, Healthy Living for Your Brain and Body, Legal and Financial Planning, and the Living with Alzheimer’s series for caregivers in each stage and for people with Alzheimer’s. https://www.alz.org/norcal/helping_you/education_conferences.
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.

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

Parkinsons Support Group, Sonoma County

May 14, 2022 Parkinson’s Support Group. Traci Scherdell, PsyD. 1 pm
“Cognitive Changes in Parkinson’s Disease”
One hour presentation followed by an hour in breakout groups. 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.

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

Curbside Pickup hours with morning, evening and weekend hours. Central Santa Rosa Library with Sundays, 1-5pm. Forestville, Occidental and Sonoma County History and Genealogy library schedules are the same. <https://sonomalibrary.org/.++>

City Resources

Cloverdale Senior Center

Dinner, Comedy and Auction Benefit
Celebrating our 35th Anniversary Supporting Seniors of the Cloverdale Area and Community. Saturday, July 9th 5-10 pm at the Cloverdale Citrus Fairgrounds. Enjoy a seated dinner with a silent and live auction, senior art show, full bar, and a professional comedy show to top off the night with laughter. Special guest, State Senator Mike McGuire, will be our auctioneer. This is an outdoor event under the stars. <https://www.cloverdaleseniorcenter.org> or call 707-894-4826, 8:30 am-4 pm, Monday through Friday. Staff available Weekdays, 8:30 - 4pm
The Produce Market has reopened, Fridays 10-11 am.

Healdsburg Seniors Center

(707) 431-3324. senior@cityofhealdsburg.org
cityofhealdsburg.org/269/Senior-Service
The Senior Center offers activities, programs and services including, Educational programs, Information and referral services for Active & Older Adults. Excursions "Trips to Remember", and a State-of-the art computer center with internet access. Other services include:
Care Calls: Staying connected and checking in. Free food distribution. Redwood Empire Food Bank, Senior Food Boxes & Groceries to Go. DASH: Volunteer drivers for essential rides
Neighbors Network: Help with errands, etc.

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.

Petaluma Senior Center

Dementia Caregivers Support Group meets at the Petaluma Senior Center Thursdays from 10:00 to 11:30 a.m. Caregivers of people with Alzheimers or other forms of dementia are welcome. Meetings are fragrance-free. \$6 per meeting and registration happens on monthly, rolling basis. Call Petaluma Parks and Rec to register for the class: (707)778-4380.

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
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/Departments-Services/Fire/Shelter-in-Place

Sebastopol Senior Center

Harvest Cafe - Kitchen remodeling has begun and is temporarily closed. Lunches will no longer be available. We can’t wait to see you soon in our brand new kitchen! Check for updates here: <https://www.sebastopolseniorcenter.org/>.

Sebastopol Center for the Arts

(707) 829-4797 For the most updated list of classes, visit our website: <https://www.sebastopolseniorcenter.org/virtual-classes+Gentle+Yoga> - This mindful, slow practice incorporates standing postures, balancing postures, seated, supine, and deep relaxation. Days: Tuesday & Thursday
Location: Currently on ZOOM Time: 9:30am - 10:45am Instructor: Barbara King Cost: Members \$10 | Non-Members \$8.

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, 2:30-3:30 pm. Developed for Brookdale Assisted Living, great for anyone wanting to avoid injury. Enjoy a thorough program, mindful breathing and movements. Closing meditation. Instructor Marcia Singer, MSW: lovearts@att.net.

Green Music Center

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

SRJC Older Adults Program

Free, noncredit courses designed specifically for older adults. Our Older Adult Program (OAP) courses provide opportunities for growth and development, group interaction, mental stimulation, and physical activity. No minimum age requirement. To register: <https://older-adults.santarosa.edu/join-class>.

Sonoma State University OLLI

OLLI is a unique learning community for adults age 50 years old or better. SSU faculty and other Bay Area educators enjoy sharing their expertise. Spring 2022 OLLI Classes — IN-PERSON and on Zoom! Phone registration 707-664-2691. Credit Cards now accepted.

Free News Access with Your Library Card

Extra, extra, read all about it—with your library card! Did you know that a Sonoma County Library card unlocks free access to thousands of credible news sources from around the world? Whether you’re more into local or global news, or you like to stay up to date on it all, your library card has you covered.

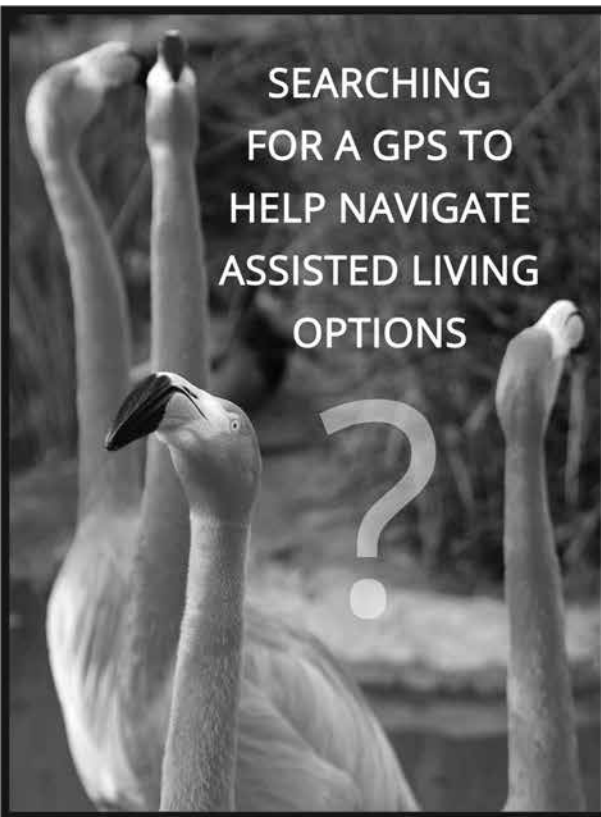


“As our world continues to be saturated with misinformation, it’s important to us to provide a variety of credible news content from different sources,” said Sonoma County Library Collection Services Division Manager Jaime Anderson. “Helping people determine what news to trust is part of our mission.”

Stay informed with 24/7 access to the below resources:

- The San Francisco Chronicle is available to all library cardholders via Newsbank. Explore San Francisco through local news, events and people. Search current and archived issues with full-color newspaper pages, full-text articles and content only published online.
- Stay in the loop with America’s News. Offering coverage on local and national topics, political and social issues and more, America’s News features a wide variety of credible, vetted news sources spanning the U.S.
- Courtesy of the California State Library, all California public libraries have online access to The New York Times newspaper. This resource has newspaper content from 1851 to present.
- PressReader offers unlimited access to more than 7,000 newspapers and magazines from around the world, featuring international news from 120 countries in 60 different languages. Top titles include: The Guardian, Newsweek, L’Équipe, Der Tagesspiegel, Libération, China Daily and La Razón.
- Access the latest news coverage from The Washington Post with your library card. The Post features reporting and analysis from Washington and around the world, including award-winning investigative journalism and editorial commentary.

Looking for more? Learn more about the library’s news sources at sonomalibrary.org/trustednews.



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AT NO COST TO YOU!



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GUIDANCE . PLACEMENT . SUPPORT

707.570.2589

tweeteneldercare.com

We can help you find your way.

All are Welcome with Visitability

by Lyndi Brown

Courtesy of Sonoma County Gazette

If you or a family member have ever had a mobility issue (think walker, wheelchair or crutches), you can appreciate how a few simple changes would make a world of difference. What if homes were built with something called visitability? It’s one level entrance, wider hallways and a half bathroom with room to maneuver on the main floor.

The City of Petaluma took a big step in supporting aging in place when it adopted a new visitability ordinance on February 28th. The ordinance will require this basic visitability access in new construction of four or fewer units. For developments with five or more units, the ordinance requires 30% of the units to meet universal design (even better access) requirements.

My husband, Anthony Tusler, is a wheelchair user, so we’ve been around the block on these issues. We looked for a home to buy in the South County area in the mid-90s. Don’t even get me started on sunken or step-up rooms.

After nearly 18 months of hunting, we found a new home in Penngrove that we adapted with ramps at the front door and garage-to-laundry room door. The master bath was thankfully workable. Oh, and we had to remove the white carpeting in favor of wood floors! We sacrificed a kitchen drawer to install a pull-out cutting board. Luckily, that was pretty much it.

Anthony described the benefits of building with universal design in mind. A 2-story home can plan ahead for a chair lift by adding an electrical outlet at the foot of the stair. How simple is that?

The ordinance ensures security for buyers who want to age in place. And, it slowly increases housing stock with visitability standards. Basically, it is housing for all.



Anthony Tusler

Photo by Ira Jay Flushman

Excerpt from Petaluma's Planning Commission Visitability Ordinance

The purpose of the ordinance is to:

1. Establish consistent, practical, and proven building and design standards that will make specified dwelling units visitable, more usable, and safer for occupancy and visitability by persons with disabilities or frailties.
2. Enhance the full life cycle use of housing without regard to the physical abilities or disabilities of a home’s occupants or guests to accommodate a wide range of individual preferences and functional abilities.
3. Implement the City of Petaluma’s General Plan Housing Element by providing housing that meets a diverse range of needs, including specifically for persons with disabilities.

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?

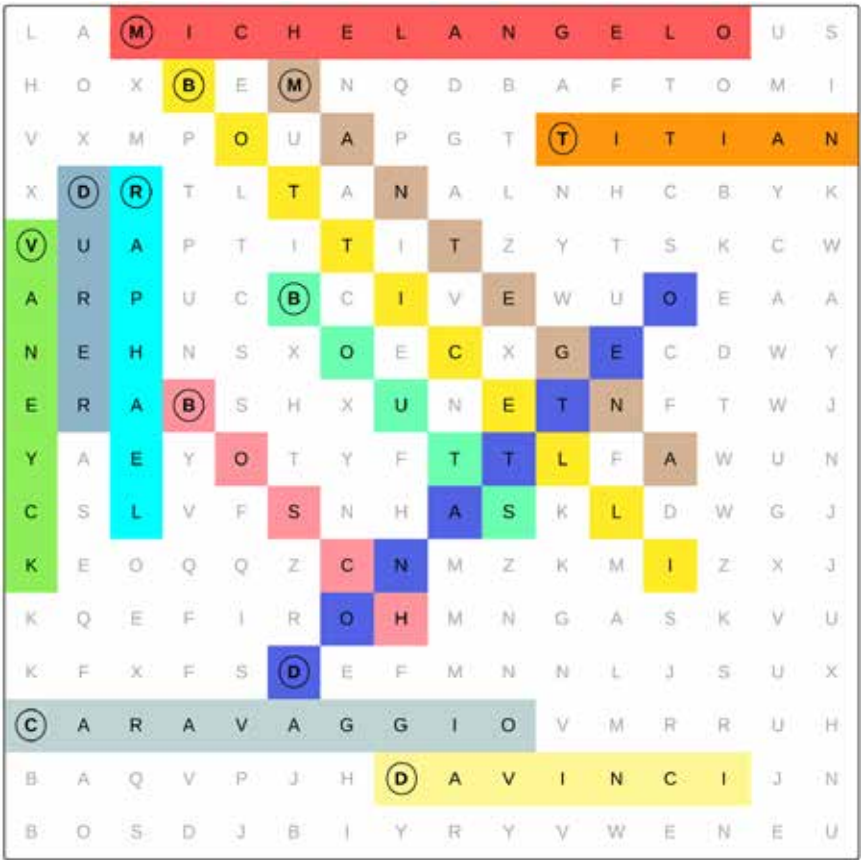
Yes! 20 hours of in-service training before starting the supervised Day Program and ongoing in-service training each month. Spend a few hours each service day playing games, creating art projects, reading, singing, going on walks and being a friend. If you meet income limits, \$3/hr, meal and transportation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

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

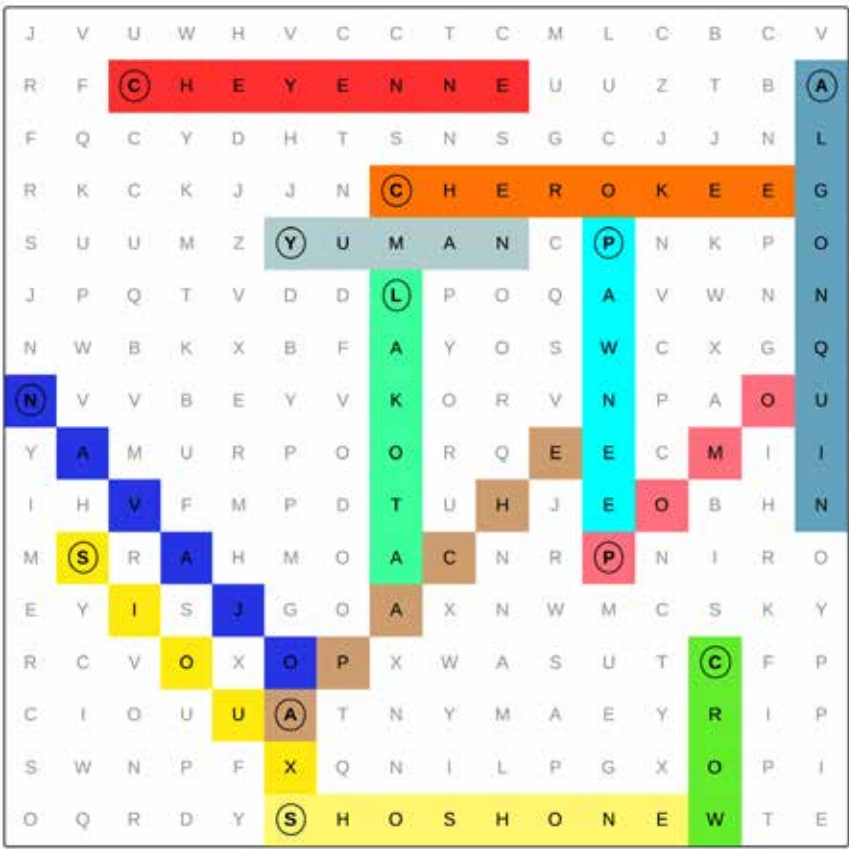
What volunteers say : I feel alive again for the first time in years.” “It’s so good to be needed again.” “The clients are so delighted to see us.

May Puzzle Solutions

RENAISSANCE PAINTERS



NATIVE TRIBES IN AMERICA



The Month of May



Mother's Day



SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SCRAMBLE

BASEBALL HEROES

1. TURH R U T H
2. LMWSIAL W I L L I A M S
3. NBNISOIRO R O B I N S O N
4. TNLMAE M A N T L E
5. RBERA B E R R A
6. BOCB C O B B
7. EHOTPR T H O R P E
8. SYDLEDAR D R Y S D A L E
9. AMYS M A Y S
10. LMSENCE C L E M E N S
11. GRWANE W A G N E R
12. RANOA A A R O N

WORD SCRAMBLE

CALIFORNIA BIRDS

1. NJOKU J U N K O
2. NHMBURIGDIM H U M M I N G B I R D
3. UTOISEMT T I T M O U S E
4. XWWINAG W A X W I N G
5. AWHK H A W K
6. AWLBRER W A R B L E R
7. CEHADIEC C H I C A D E E
8. BALJYYU B L U Y J A Y
9. NACPIEL P E L I C A N
10. NDCROO C O N D O R
11. GREEB G R E B E
12. OWETEH T O W H E E



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

Value of One - Power of Many !



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



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





**AT HOME
CAREGIVERS**



Wouldn't you rather be at home?

At Home Caregivers has served Sonoma County for more than 16 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



Jackson

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

Nutrition News: May 2022 Benefits from Carrots



Health Benefits of Carrots

Carrots are a root vegetable and are packed full of nutrients. They are tasty, crunchy and available fresh year round. They're full of beta carotene, vitamin K, fiber, potassium, and antioxidants.

Eating carrots is connected to reduced risk of heart disease, cancer and improved eye health. A diet high in carrots may also benefit a weight loss program.

Carrots grown organically or conventionally do not show any difference in the amount of carotenoids or antioxidant content or quality. However, keep in mind conventionally grown carrots contain pesticide residuals and the long term health effects are unclear.

Vitamins and Minerals

Vitamin A: High in beta carotene which in the body converts to vitamin A. Vitamin A promotes growth, vision, development and immunity. Orange carrots are a great source of beta carotene; cooking carrots improves the body absorption of beta carotene.

Lycopene: An antioxidant found in carrots, including the red and purple carrots. Lycopene may help to decrease the risk of heart disease and cancer.

Lutein: Common antioxidant in carrots and is primarily found in yellow and orange varieties. Lutein is important for eye health.

Diets rich in carotenoids may reduce the risk, or help protect against several types of cancer, including colon, prostate, and stomach cancers. Women with high levels of carotenoids may also have a reduced risk of breast cancer.

Intake of carrots has been linked with lower blood cholesterol levels.

Individuals with low levels of vitamin A are more likely to have night blindness. This may be avoided by eating foods rich in vitamin A.

Baby Carrots

There are two types of baby carrots. Whole carrots that have been cut to a baby-cut, and whole carrots that have been harvested before they are fully grown. There is no real difference in the nutrients between the two.

Snacking Carrots

Carrots are a quick and perfect snack food. They are full of nutrients, low calorie crunch and natural sweetness.

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