

SONOMA SENIORS TODAY

New Year, New You: How to Make Your Resolutions Stick!

By Anna Ackerman, RN

We've all been there, a new goal for the New Year that is set aside and forgotten a few weeks into the New Year. So how do we make a resolution stick? The key is to start small and slowly build.

Big dreams are just that, BIG, and sometimes too daunting to accomplish. Breaking a big dream into small achievable goals can make it more realistic and attainable. Below are some great ideas to make that goal for the new year stick.

- Break your goal into small steps. On average, it takes two months for a new behavior to become a habit. Don't overload yourself with a new step every week. Take your time, and remember that slow and steady wins the race.
- Reward yourself. Learning new habits and accomplishing goals (big or small) requires

perseverance and determination. It's important to celebrate small wins to help continue to propel that new you forward.

- Learn from the past and any hiccups you may have. Mistakes happen. Give yourself grace. If you drop your new diet for a fun-filled weekend, that does not mean you won't hit your new year's goal. Remember your why and continue to move forward.
- Give thanks for what you've accomplished, and have fun in the process! It's not about perfection, it's about progress. Have fun with what you complete, and be thankful to yourself.
- Get an accountability partner. Having someone to support you will assist when you need motivation, and it is always funnier to have a friend to celebrate victories!



Thought it Was a Scam, but Worried if it Wasn't

By Sarah Tucker

On AARP's website, they have 82 links to specific articles addressing different forms of scams and fraud resources; categories ranging from medical equipment scams to health insurance scams, jury duty scams to tax ID scams, email extortion scams, social media scams, online banking scams and more. Additionally, some scams are intentionally directed toward older adults, such as grandparent scams or VA pension poaching. It can feel overwhelming and frightening to know that there are individuals and organizations who are out to get money at the expense of unsuspecting people, and one generally assumes that it won't happen to them.

The stories of scams and identity theft might sound abstract or unbelievable. Most people would like to believe that they would never fall for a scam if one came by phone call or email. However, in an article on *Scam Statistics 2022: Identity Theft & Internet Scams*, it was reported that "One in ten American adults are susceptible to falling victim to some form of fraud each year. Scammers and fraudsters use online resources like email and social media to attract their victims. However, some do so through phone calls or text messages."

A few weeks ago, I had a forty-minute long conversation with a Senior Peer Support

program participant; the call was intended to take approximately 20 minutes, and I was prepared to ask the participant for feedback on their experience with the program and re-assess some depression screenings. Before I completed the closing interview, the participant mentioned that there was something important that they wanted to talk about and make known more broadly. At the end of my questions, the participant went on to disclose a traumatic and terrifying experience that they had earlier in the week - they had been the target of a telephone scam.

The program participant disclosed that they had answered a call on their mobile phone while they were out of the house running errands midday on a Friday. The caller claimed that they had kidnapped the participant's daughter, and asked for ransom money. The participant had seen their daughter several hours earlier, but thought that it could be possible. According to the participant, the callers knew the participant's name and the name of the daughter; they had a heavy accent, and there was a woman crying in the background calling out for help - whom the volunteer thought sounded identical to their daughter. The participant acknowledged that they thought it was a scam, but had just enough doubt to question "what if it's not?" Through psychological manipulation and coercion, the scammers convinced the participant to wire

\$500.00 to Mexico City and held the participant hostage on the phone for four hours. Ultimately, through creative problem solving and ingenuity, the participant was able to confirm that the daughter was actually at home with her family and not kidnapped.

I can share from my own personal experience that being on the receiving end of a scam call is absolutely terrifying, and that's not too strong of a statement. The scammers are incredibly skilled at asserting a sense of power and dominance over the person that they target. Scammers are methodical and savvy, using psychological tactics to evoke intense emotions of fear, doubt, and anxiety, which impair the target's ability to think rationally in the moment. In the program participant's case, they were able to get out of the situation only after (secretly) managing to get to another daughter's home and eliciting help from another family member to text the daughter's husband to inquire about the "kidnapped" daughter's safety.

It is most important to know that the person who gets involved in a scam or fraud situation is not at fault. In the program participant's situation, the participant was not to be blamed for falling for the scam; in that moment, the caller had hijacked the participants ability to think rationally by overwhelming them with the emotions that instigate impulsive

Continued on page 2

INSIDE

Your Life in Summary	page 2
Donors	page 3
Puzzles	pages 4 and 5
Senior Resources	page 8
Bling, Bubbles & Self Care in New Year....	page 8
Growing Elder	page 9
Puzzle Solutions	page 10
Movies to Celebrate	page 11
Please Pass the Wisdom, Lesson 1 ..	page 11
Poetry from Readers	page 11
Nutrition News.....	page 12

Your Life, in Summary

Mia Bennett, MSW, MSG, CTFA

Raise your hand if you know all the information needed to fill out a death certificate. It's just a person's name and date of death, right? Maybe their birth date, social security number and home address, too? Yes to all of the above. But also, so much more.

Believe it or not, a death certificate is a pretty good summary of the life you lived. There are questions about your parents, your spouse, your education and occupation. Even a section for how you died.

The death certificate is usually filled out by the Durable Power of Attorney or Agent for Health Care decisions. If that entity is Council on Aging, we ask our clients to fill out a "vital statistics form" providing us with all of these details. If the individual named in this role is not us, we still recommend making sure that person has accurate records of your vital information, even if you think they already know.

We believe it is important to fully and accurately complete our clients' death certificates. It's a final representation of their life and who they were. Not only is it the last opportunity to recognize an individual's life, the death certificate, like a birth certificate, is a matter of public record. For us, it's meaningful to have this document as complete as possible.

In summary, the State of California Certificate of Death is an incredibly meaningful document, yet one we rarely think about for ourselves. We don't get much say on our Birth Certificates (thanks Mom & Dad for naming me) but we do have the ability to influence the information that goes on our Death Certificate. What do you want your legacy to be?

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

SCAM - Continued from page 1

reactions. Given the scenario, the participant exhibited a normal response to an abnormal situation.

Older adults are significantly more vulnerable to becoming targets of scams and fraud. In an article from July 2022 titled *A Senior's Guide to Financial Scams (And How to Avoid Them)* by Kim Borwick, the author noted that "According to the Federal Bureau of Investigation, seniors account for more than \$3 billion in annual losses due to fraud." The article outlines several factors that make older adults prime targets for scams and fraud - early retirement planning means some older adults have a higher net worth; common adversity or lack of skill with technology; declining health; loneliness and isolation; wanting someone to talk to.

Acknowledging that the older adult population is more susceptible as the target of scams and fraud, the article suggests these general best practices to avoid scams:

- Don't let anyone rush you. Give yourself time to process what's happening.
- Verify the person's credentials before giving out confidential information.
- Talk with someone you trust if you're unsure it's a scam.
- Keep your social media accounts private to prevent scammers from getting personal information.
- Never wire money over to someone without verifying the person or organization.

Each of these best practices encourages the prospective target to stay in the rational thinking state of mind, rather than being overtaken by impulsive-reactionary emotions. Fundamentally, slow down, ask for verification and clarity, ask for help from a trusted family member, friend, neighbor or professional. When in doubt, don't act on fear.

There is a wealth of information and resources available through AARP, which can be accessed at: <https://www.aarp.org/money/scams-fraud/> or to report fraud, call the AARP Fraud Watch Network Helpline, 8am-8pm EST: 877-908-3360.

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

Sonoma Seniors Today
A monthly publication by



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

BOARD OF DIRECTORS

Corrine Lorenzen, **Board Chair**
John Reyes, **Treasurer**
Bonnie Burrell, **Board Secretary**
Frank Pugh, **Past Chair**
Marrianne McBride, **CEO & President**
Joseph Huang, **Board Member**
Dr. James Devore, **Board Member**
John Pearson, **Board Member**
John Fannin, **Board Member**
Karen Lewis, **Board Member**
Leslie Brutocao, **Board Member**

COA EXECUTIVE MANAGEMENT

Marrianne McBride, **President and CEO**
Renee Tolliver, **Director of Social Services**
Lauren Schwing, **Director of Development**
Mia Bennett, **Director of Fiduciary Services**
Bill Govan, **Director of Culinary Operations**
Denise Johnson, **Director of Nutrition**

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.

Editor's note: Publication of all material is at the discretion of the editor; originals become the property of SST and cannot be returned. Mail all submissions to *Sonoma Seniors Today* c/o Council on Aging, 30 Kawana Springs Road, Santa Rosa, CA 95404, or email to SonomaSeniorsToday@councilonaging.com.

All rights reserved
© 2019 Council on Aging

Want to Advertise?

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.

It's also available online in full color at www.councilonaging.com

Advertisers can choose ad size from a 3-1/4 inch single column to a full page and select color or black and white. We also provide ad design services for an extra fee. Discounts available for multiple insertion contracts.

Contact us at
SST@councilonaging.com



Like us on
Facebook!

Look for: Council on Aging



Mission Statement

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

Make SST part of your plan to age successfully!

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

Subscribe now to receive your monthly issue filled with helpful information. Best of all, your subscription helps fund senior services provided by Council on Aging. Mail this form and check payable to Council on Aging, SST Subscriptions, 30 Kawana Springs Rd., Santa Rosa CA 95404.

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

Name _____

Telephone _____

Address/City/State/Zip _____

Credit Card Number _____ Exp: _____

COA/Meals on Wheels — Thank you to our NOVEMBER Donors!

We appreciate all our donors and please accept our sincere apology if we've missed your name.

Tawny T. Abernathy Nataly & Roger Acquistapace Margo & Richard Addison Candace Akers Chady Wonson & Bruce Albert Martin Albini Mary Alcocer Pamela Alderette Jill Alger Alpha Fire Suppression Systems, Inc. Alterations by Yukie Candy Anderson Kirsten E. Anderson & Kathleen Marsh Judy & Wayne Anderson Anonymous Arborists That Climb Paul Arthur Dona & Dennis Asti Kathy Atkinson Julie & Tom Atwood Anthony R. Austin Susan & William Badstubner Janet & Lew Baer Judith M. Baker Pat Ballard Wendy & Michael Barnett Pauline & Ken Barnhart Jo Barrington Diane & Edward Bashaw Carol & Christopher Bauer Jeanne & Chester Beall Paul Beard Terry & Stephen Beck Charlotte & Mike Bell Joy A. Bellomo & Carol Pence Alex S. Bendahan Diana Benedict Jeanie Benefield Rebecca M. Benigno Lois Benson Randy Benson Steven E. Berlin, Inc Christopher H. Bethards Helen & Larry Biddle Carolyn & Richard Bischof Suzanne Blue Susan & Mike Bobbitt Daisy Bogart Phyllis J. Boiles Donna & Freeman Born Diane & Chris Borr Dominic P. Bosque Bottle Barn Sara & Claude Boulware, Jr. Robert L. Bowers Diane Brabetz John A. Braito Melanie & John Brayton Dianne Brinson Barbara & Les Brooks Juanita J. Brownlee Jill Broyles Kathryn A. Spalding & William A. Brungardt Angela Brunton Leslie & David Brutocao Catherine M. Bryan Kim J. Buckman Gail & David Burson Hilary Burton & Ernest E. Haskell Margaret Byrd Melinda Cabral Kathleen & Thomas Cahill Lisa Calderon Marsha Calhoun California Heating & Air Conditioning Tammera & Paul Campbell Juna & William Carle Denise Carpenter Liz & Jeff Carter Isabel & William Cavalli Maureen & Ken Chapman	Pat Ciston Marcy & Gerald Clausen Teri & Edward Clinton Linda M. Close Barbara Coen Maureen A. Coffey Leslie Cohen Susan A. Coleman Victoria & John Comfort Susan Comstock Diana Cook Nina & James Cooney Carl D. Corbin Sandra & Aurelio Correia Elizabeth Cortina Frank A. Coscia Robert Cresta Mary & John Crockenberg Erika & Dean Cubba Susan & Henry Culp Cathleen Cummings Cheryl C. Cummins Susan Lynn Curtis Gigi L. Cuthbert Carin & Thomas Cutler Carol I. Cuzner Walter F. D'Costa, D.P.M. Lawrence Darling Patricia & Homer Darnall Paula & Ron DaSilva Gale Davis Patricia & Leland Davis Rob Davis Victor DeBeck Judith & Edgar Deas Cheri Degenhardt Deja Vu Salon Pamela & David Deming Nancy & Jim Dempsey Renee & Donald Deorsey Cece Depaoli Catherine E. Deprima Kristin & Ronald Dick Gretchen S. Paterson & Jon J. Diederich Douglas M. Dion Susan B. Dixon Susan M. Dochtermann Sandy & Ron Dodge Josephine & Dennis Donnelly Victoria Dougan Jean C. Downing Gail Dubinsky Spielman Anita G. Duncan Roselee & Norman Dunlavy Connie & Dan Earl Kathleen & Roy Edwards Carl M. Ellis Loretta Emmons Greg Englar Melinda I. Evans Sally & Scott Evans Patrick Fanning Judith Farina Federated Indians of Graton Rancheria Wendy & Richard Fennell Sara Ferrandini Linda Finer Nyla Fleig Bette Ann Fleischacker Gary T. Forsman Armond F. Frabotta Randi L. Francis Susan & Dennis Fujita Mary C. Fuller Alex D. Galeana Loretta D. Garcia Roberta & Michael Garrity Judith Giampaoli Nora Gibbs Kim Gilmore Joan Gorin Susan Gorin Gabriel Greene Phyllis Greene Douglas J. Groves Suzanne & Pedro Guerra	Barbara E. Guerrazzi Carolyn & Douglas Guion Ralph Gutlohn Gary C. Hansford Cathy Haralson Leah C. Harmon Jenifer A. Harris Marsh Harris Julie & Richard Harris Kurt D. Harrison Hartley & Associates Heidi Hartman Elizabeth Hawthorne The Hazen Family Foundation Helen C. Heath Kimberly & Allan Henderson Dena Bliss & Neil Herring Loretta M. Hibbard Hank N. Hickey Mary & Peter Hoberg David L. Hobler Mary Louise Hocking Al C. Holcomb Linda Honeysett Marlene F. Horn Kathy E. Hotchkiss Wanda Huffman Geraldine & Cecil Humes Penelope J. Hunt Monica & Matthew Hunter Judi Hyman David Iler Sandra & Timothy Jaeger Mary Louise & John Jaffray Gary Johanson Corinne Johnson CherylN & William Johnson Danielle & Richard Jones Joni D. Jones Janice & Lawrence Jones Joseph's Plumbing Service April & Richard Kahnberg Patricia Kampmann Cheryl Hand Kaul Christine Keel Cynthia & Geoff Kehrl Janet & David Kibler Kilcor Builders & Design, Inc. Renee & Noel King, Jr. Martie Koskoff Chris E. Kostoff Margaret Kullberg Robin & Bruce Kyse Noel & Charles La Fortune Aimee LaCasse Rory Lagrotta Arnold Lamb Lilia Lame Linda Lampson Kathy Larocque MaryClare Lawrence Michael Leach Ardath Lee Shannon E. Lee Becky S. Leffew Gerry & Lionel Lennox Mirin Lew Karen J. Lewis Arthur G. Little Patricia London Carriemann & Gabriel Lopez Elizabeth Lorenzini Tom Lowrie Samuel A. Lunde Frances & George Madsen Pat & Marvin Mai Donna Manahan Charlotte Ann Marchetti Anonymous Alan Marshall Dorothy C. Marshall Anonymous Connie & Bruce Martin Cindy A. Martin Eva & Robert Martin Anthony Mazzola Marrienne McBride	Patrick McCarty Salli McDonald Dana McKinney Marie & George McKinney Barbara & Charles McLaughlin Louisa McNulty Linda & Donald McPherson Carlin Merritt Jeffrey Meyn Mary Michela Michael Migdoll Joyce & David Miller Phyllis & Jeffrey Miller Steve A. & Jeanne M. Miskel Sonya Molle Pamela Monroe Cynthia & James Moore Kathleen L. Moore Stani E. Moore Judith & Barry Moorman Charlene Moratto Skip B. Morris Carolyn & William Morrissey Kathleen A. Mouat Michael J. Mouat Stephanie & Mike Munson Susan Murany Scott W. Murray Betty O. Murry Kent W. Myers Stepi Nacouzi Jane A. Garibaldi & Kenneth Y. Nakagawa Gwen & James Neary Elaine Nickison William K. Nisbet Mary Jo Norling Jeanne L. Nourse Karen E. Thompson & Dan L. Nuebel Michael J. O'Neill Hideko Oga Debra L. Olcott Kathy Oliva Lucia A. Boutte-Osborn Laura B. Owens Timothy J. Oxford Christine Ozorio Ron Pagano Mark L. Pedroia Sondra Persons Diane & Steven Pestell Wendy Petersen Joan Peterson Jacqueline & Allen Petrie Marge & William Pfeffer Deb & Rory Pool Barbara Powell Charlotte Proctor Providence Healthcare System Quality Stainless Tanks Dick Rabin Rae Rehn Bruce Reinik Kathleen Renz Linda & Roy Reynaga Sharon H. Ricks Mary Jo & Steve Riehl Tom Rivard River Rock Casino Suzanne E. Roach Kathleen Roche & James Doust Loria J. Rolander Mary Ann Rovai Karen & David Rust Steve Sagehorn Gloria & Richard Salander Glenn R. Salkeld Louise Carol Sanders Kristina Sanders Karen & Thomas Sanfillippo Claudia & Robert Santini Susan Savonis Donna E. Schafer	Amy Schmitz Tammy Schmolder Carla & Keith Schoenthal Julie & Scott Schoepp Bill R. Schrader Patty J. Schulze Lauren Schwing Ralph W. Scott Lynn M. Scuri Shirley & Gary Seaton Margaret & Michael Senneff Janet & Michael Shane Daniel Sheehy Barbara & Lawrence Shephard Lindsey & Charles Shere Gary & Randi Shirley Juanita & Robert Shrader Julie & Jeff Silva Diane & William Silveira Marilyn Simeone Oren Smedshammer Wendy & Steve Smit Geraldine M. Smith Margaret J. Smith Emilie & Richard Smith Robert E. Smith Irene Sohm Lisa Spurlock Leda P. Stelling Wallace Stewart Dana Simpson-Stokes & Kenneth Stokes Patricia W. Stong John A. Sunseri Steve Susavilla Vikki Sutherland Mary Taylor Patricia & Ward Thompson Sherill & Ronald Thurner Alta Lura Tibbitts-Kleber Kirkwood Tischler Montgomery L. Toscano Ellen & Bruce Tucker Rosalinda & Bill Turner Spari C. Uchida Katie Uland Art Valencia Connie A. Van Schaick Marilyn Vance Kathryn & Carl Vast Nancy Veiga Rhonda Vela Gretchen Vickers Sandra & Mark Walheim Mary & James Walker Laura G. Wallace Cynthia Walsh Kaye Christianson & Richard M. Walzer Deborah Warren Sylvia & Richard Wasson Donald Waterbury Leslie & Dan Weaver Carla Wedemeyer Melissa Weese William Weisband Ken Weise Laura Weller Betsy Westing & Dan Podell James E. Whalen Mark G. White Gloria & Victor Whiteley, Jr. Wendy Wiley & Fred Contreras Barbara W. Wilford Linda Wilson Janette Witte Dolores & Roy Woodcock Martha Moss Yates Marla R. Young Jeffrey M. Zamacona Geri Cross Paul Zarn Larry A. Zech Anita & Mark Zeman Kathleen & Tom Ziegler
---	--	--	---	--

JANUARY PUZZLES

Puzzle solutions are on page 10

WORD SCRAMBLE
"FEATHERED FRIENDS"

1. AOTRPR

2. RNAYCA

3. IUBLBEDR

4. MIGNFLOA

5. PRRSWAO

6. HHAETSRR

7. LAEEG

8. AWHK

9. RETGE

10. HTTCANUH

11. RIMBUNDGIMH

12. LLOAWWS
- -----

WORD SCRAMBLE
"CUISINE"

1. ENETER

2. SETFA

3. IORITNUTN

4. MNEU

5. LRASERD

6. ISCALUVT

7. HTNIEKC

8. BITSE

9. SSEDTRE

10. NSYTROOGMA

11. PALTEA

12. EHCf
- -----

WORD SEARCH
JANUARY

- WINTER

ICE SKATING

MITTENS

SNOWMAN

RESOLUTIONS

SCARF
- NEW YEARS

FIREWOOD

FIREPLACE

MLK DAY

GREGORIAN

HOT COCOA

"Winter Weather"

ACROSS

- 1 Horse race

6 Frozen form of precipitation

10 Peak

14 Birds “thumb”

15 Fruit

16 Banish

17 Sap (2 wds.)

18 Evaluate

19 Without warmth

20 Sleeping places

21 Atmosphere

22 Shuts

24 Zest

26 Glides across the ice

27 That is to say

30 Evidence

31 On fire

32 Your equals

33 Resort hotel

36 Mythical deity

37 Water in frozen, solid state

38 Higher

40 Artist's creation

41 Unexpressed

43 Raging

44 Teen hero

45 Does penitence

46 Hood

49 Saclike structures filled with fluid or diseased matter

50 Not malignant

51 Lager

52 Smell

56 Precipitation

57 National capital

59 Sky-blue

60 After awhile

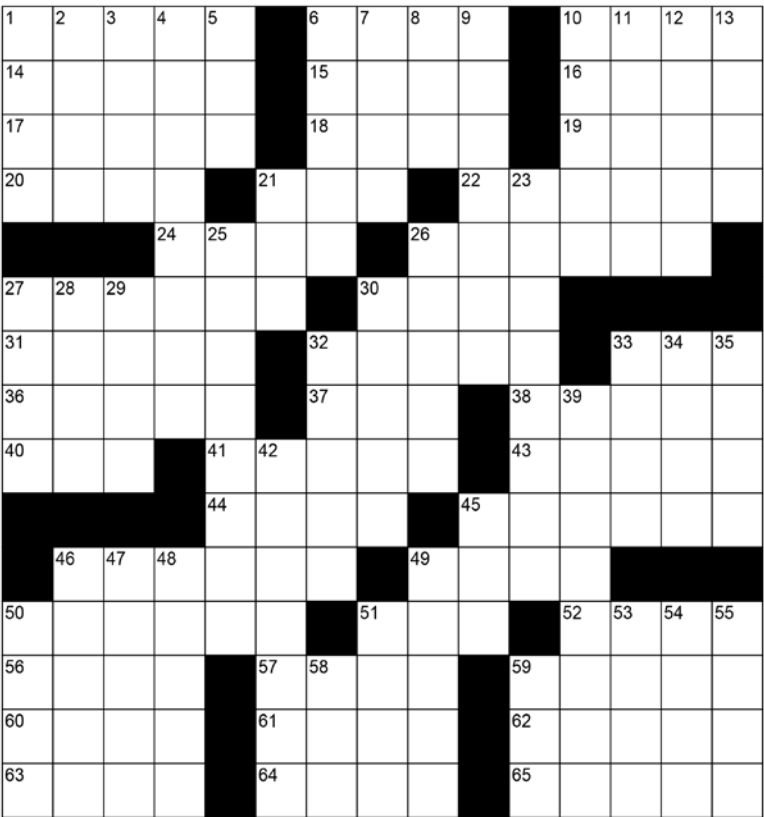
61 Persia

62 Rounded

63 Italian boy's name

64 Have dinner

65 Operatic bass



By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Smear

2 Otherwise

3 Regretted

4 Wind that blows noisily and in gusts

5 Talk

6 Small bunch of flowers

7 Come close to

8 Cereal

9 Building demolisher

10 Large wide scarf

11 Willed

12 Beasts of burden

13 Aborts

21 One of these

23 Civil court cases

25 Notifying

26 Freezing rain

27 Space administration
- 28 Far away

29 Baseball glove

30 Willia __ (Elizabeth I's advisor)

32 Ornamental edge

33 Bridge

34 Peter, for short

35 Greek god of war

39 Flagellates

42 Relating to the glands

45 Sailor's yes

46 Board game

47 Smelly vegetable

48 Nincompoop

49 Genetic identical

50 Unruly child

51 Actor Alda

53 Labels

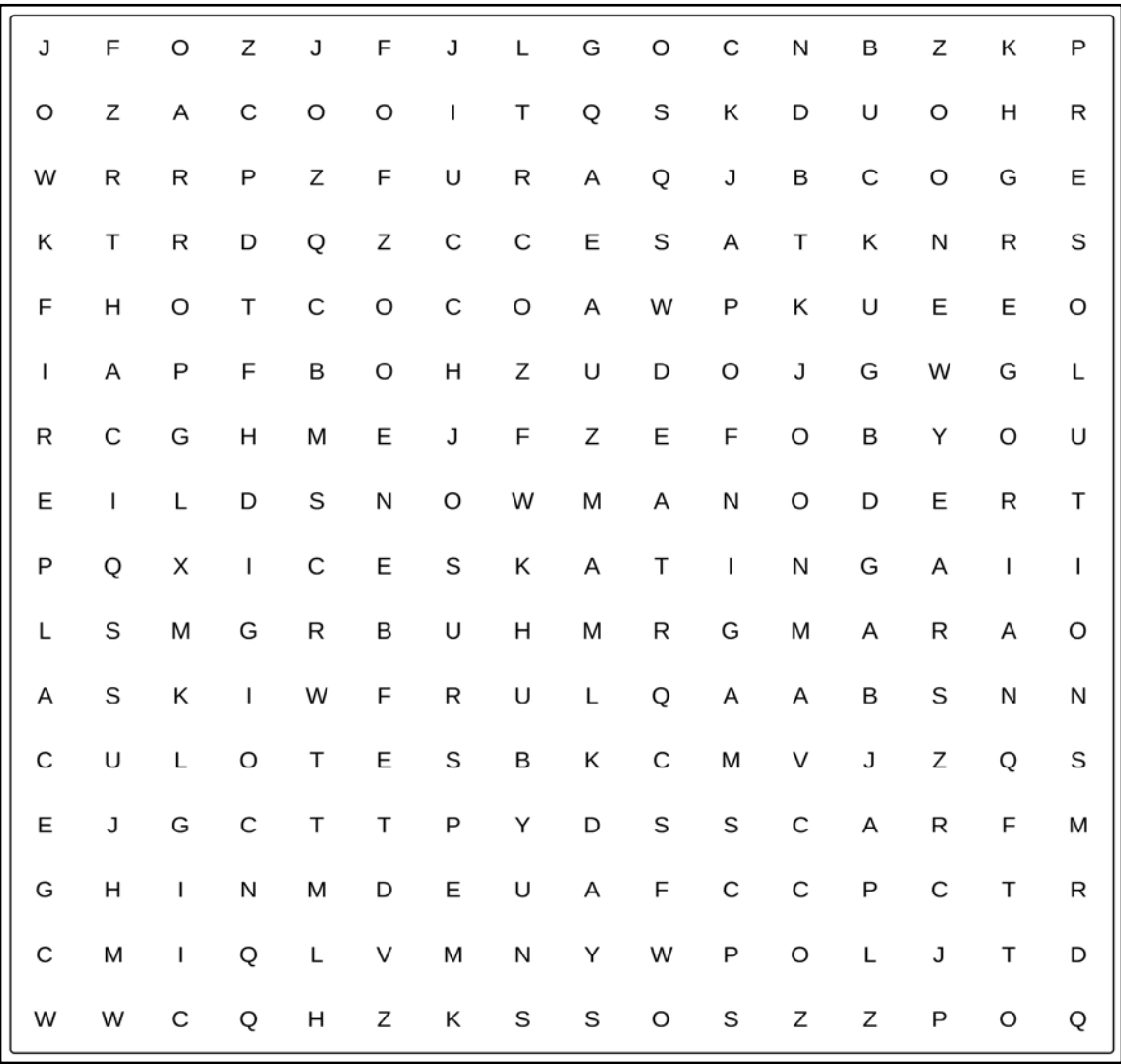
54 Mined metals

55 Do it again

58 __ Lanka

59 Loose gown worn at mass

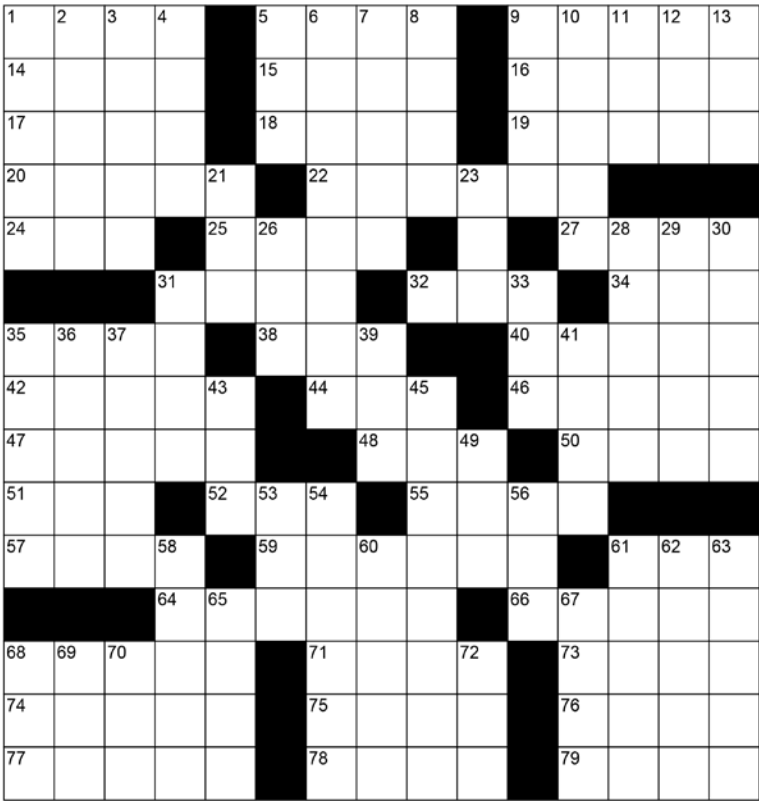
WORD SEARCH - JANUARY



"Martin Luther King Day"

ACROSS

- 1 Formal expression of choice in an election
- 5 Account (abbr.)
- 9 Author Poe
- 14 Diabolic
- 15 Virtuoso
- 16 Well done!
- 17 Acorns
- 18 Magma
- 19 Attack
- 20 Ethan that led the Green Mountain Boys
- 22 Mother ____
- 24 Downwind
- 25 A wager (2 wds.)
- 27 Shopping center
- 31 Water (Sp.)
- 32 Twelve (abbr.)
- 34 Toilet
- 35 Damson
- 38 Eat
- 40 Type of acid
- 42 Fable writer
- 44 Attack
- 46 Jeers
- 47 Rope
- 48 Dickens"Tiny ____
- 50 Fervor
- 51 Metric weight unit
- 52 Division (abbr.)
- 55 Musical treble ____
- 57 Popular stadium
- 59 Capital of Zambia
- 61 Halloween mo.
- 64 Process of voting
- 66 Cutting tool
- 68 Flower part
- 71 Abrupt
- 73 Bod
- 74 Kick out
- 75 East
- 76 Metal fastener
- 77 Lizard
- 78 Coming
- 79 Loch ____ monster



By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Dishonest
- 2 Plant seed
- 3 Official document
- 4 Otherwise
- 5 Punching tool
- 6 Summer cottages
- 7 Type of cat
- 8 Despot
- 9 Tides
- 10 Vision
- 11 Fuel
- 12 Avenue
- 13 Molder
- 21 Pester
- 23 Self
- 26 Large motor vehicle with many seats
- 28 Defense
- 29 Solitudinarian
- 30 Fluttering
- 31 Famous cookies
- 33 Zig's partner
- 35 Hand parts
- 36 Animal doctor's used to use
- 37 Utilization
- 39 Cavity
- 41 Huff
- 43 Doctoral degree
- 45 Scar
- 49 Martin Luther King, Jr.
- 53 Queasy
- 54 "Star Trek"'s Spock's race
- 56 Serving of corn
- 58 Taken ____
- 60 Cook in a marinade
- 61 Gas
- 62 Unconscious states
- 63 Ensnares
- 65 Singing voice
- 67 Association (abbr.)
- 68 Wooden leg
- 69 Evening
- 70 Twitch
- 72 Make lace

WORD SEARCH - EXPLORERS

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

SUDOKU

SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SEARCH
EXPLORERS

- JAMES COOK
- COLUMBUS
- VASCODAGAMA
- LEWIS AND CLARK
- NEIL ARMSTRONG
- EDMUND HILLARY
- MAGELLAN
- FRANCIS DRAKE
- MARCO POLO
- HENRY HUDSON
- PONCEDELEON
- JOHN SMITH



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



Right at Home®

In Home Care & Assistance



SONOMA COUNTY SECTION ON AGING



Carol Brohmer RN



alzheimer's association®

Life...Less Complicated
Let us Simplify Your Life

707.843.5192
www.RAHSonomaCounty.net



Bling, Bubbles and Self-Care in the New Year

By Anna Ackerman, RN

Caring for others can be a beautiful, rewarding and worthwhile experience. You play an important role in providing those in need with food, resources, and emotional care. As such, it can also be overwhelming to see those who are lonely, without family, and depressed on a daily basis. That is why it is so important to find the time for yourself to relax, decompress, and re-energize.

Self-care in the caring industry is not only important but necessary. Taking a small

moment to take a bath, eat your favorite food, or read a book has been proven to improve work performance and lower overall stress levels. Below are some helpful tips to help promote self-care into your routine:

- Schedule, schedule, schedule! Select a time, at least once a week, that's all for you.
- Be reliable to yourself and stick to your schedule. Don't push off your self-care because you had a busy day or week.
- Prioritize sleep. Getting a least 7-8 hours per night can help boost your immune

system, decrease irritability, and decrease stress.

- Get moving! Exercise helps to promote energy and improve mood. Adding even a light walk daily can help decrease stress.
- Get your family involved. Discuss with your family the importance of self-care and help to create a new routine for the whole family.

Lastly, have fun and celebrate yourself! Self-care should never be seen as a chore. It is the time to breathe, reflect and decompress. You deserve it.

Pain? Relief!

Acupuncturist Specializing in Senior Wellness
I work with your own body's natural ability to Heal and Relieve pain.

Acupuncture works on new or long-term issues.

35 Years of Experience!



Bruce Boldon, M.A., L.Ac.

(530) 708-1628
95 Montgomery, Suite 204, Santa Rosa

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, Down 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."



Introducing a New
Family & Friends Event
brought to you by The Community Table



We're pleased to announce our new monthly Family & Friends Event. Clients may invite family & friends to dine with them at The Community Table on specified event dates, and we will provide each of your guests with a complimentary meal. There is no limit on the number of guests you can invite, and there are no age limitations for guests. Preregistration is required one week in advance.

**To Learn More or Register, call
Noelle Johnson @ 707-525-0143 x129
njohnson@councilonaging.com**

Current Event Dates:
Rohnert Park Senior Center
1st Friday of Each Month starting Jan 6, 2023
11:00 AM - 12:00 PM

Vintage House
1st Monday of Each Month starting Feb 6, 2023
12:00 - 1:00 PM



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



The Community Table

Connecting through food & conversation



GAMESACTIVITIESCONNECTION

Food, Fun & Friendship Now Happening at These Locations!

CLOVERDALE Kings Valley Senior Apartments 100 Kings Circle MON 12:00 - 1:00 PM	SANTA ROSA* Steele Lane Community Center 415 Steele Lane MON 12:15 PM	SONOMA Oakridge Senior Apartments 18800 Beatrice Drive TUE 12:00 - 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 TUE, WED, 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 - 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.



Living better, together.



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>**

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!**





AT HOME CAREGIVERS

PacificSun Best of Marin 2022



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

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.

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) 526-4108senioradvocacyservices.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
Call for January schedule : 707-894-4826. 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.

Free Online Class For LGBTQ+ Seniors

“Aging Gayfully!” is a unique class being offered online as part of the Older Adults Program of Santa Rosa Junior College. It is free to all California residents. The class provides a comfortable space for lesbian, gay, bisexual, transgender, queer and questioning adults to explore skillful aging strategies that address their unique aging issues. The Spring 2023 semester session begins online on Wednesday, January 18th from 11 am to 1 pm and continues weekly until May 24th. For more information or for instructions on how to enroll email the instructor Gary “Buz” Hermes, MA at ghermes@santarosa.edu.

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

GROWING ELDER

with Marcia Singer, MSW

Dolce Fa Niente: Doing less, Being more.

My neighbor was adamant: She'd been feeling so tired that she just wanted to crawl into bed and hibernate, say no to everybody asking for her help and rest up from the holidays. But she felt guilty and sad about taking time for herself or easing the pace. Did I have any advice to ease her mind?

I thought about the film, "Eat, Pray, Love," based on the life of author Elizabeth Gilbert and her best-selling book. There's a scene in which Liz, visiting Italy, was advised by her Italian teacher. "Dol-chay fah nee-en-tay," he told her. Don't be so busy and rushed. There's joy in slowing down, discovering the "sweet, doing nothing" of just being.

Like my neighbor, sometimes, after working through the week, tending my garden, raking leaves, answering emails, fulfilling commitments, exercising, preparing food and shopping—all I want to do is nada, nothing, niente! Not even muster the energy to socialize, rendezvous, or get the car on the road to anywhere.

Our human bodies weren't designed for constant movement or our minds for the perpetual stimulation of taking in and putting out information. Our nervous systems weren't made to be on alert all day long, preparing for the next onslaught of advertisements, news alerts, troubleshooting or texting friends every spare moment. 'Too much' is the go-to phrase here. And not enough downtime, 'solo mio' time, reflection time. Re-ground, center, Be. Gently daydream.

Our individual tolerance levels vary, as does our need for stimulation and rest. Age, genetics and lifestyle are all factors, so the important thing is to discover and respect your own true needs. We live in a society that overvalues being on the go, productive, stimulated and entertained (all youth-based values). So, here's a tip: Cultivate a mindful awareness of your body, mind and emotional reactions to what's happening throughout your day while making continual, healthy adjustments. Even minute adjustments are life-giving: Breathe. Notice your stress signals, pause to take a breath or two, and observe that the way you were just focused made you uncomfortable, tired, angry, guilty or nervous. Maybe you'll catch the thought that matched that discomfort: "There's not enough time!" "I can't let them down!" "I'm not smart enough!" "I'm too tired!" Instead, let those negative thoughts go by like clouds in your mind-sky. Relax and then choose what you do want to focus on next. Proceed with a fresher perspective and more energy.

You must practice this method continually, applying kindness to the dis-ease of being too busy, of harboring pressured, unkind thoughts. Cultivate and enjoy the spaces between thoughts! Choose kinder thoughts, or just focus on any task at hand in a gentler way. Rest in your breathing. Just breathing consciously and more fully renews both body and spirit.

Take note of any habits that help you be a more present, relaxed and enthused human being. When I tune in to and observe the sense of rushing and tiring, I can find the courage to explore "dolce fa niente"—the sweet doing-nothing-more-ness of my life.

And that sounds like a terrific New Year's resolution!

Shining deLight, Marcia

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

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

HEALDSBURG

Healdsburg Senior Center
133 Matheson Street
TUE 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



council on aging
living better, together.

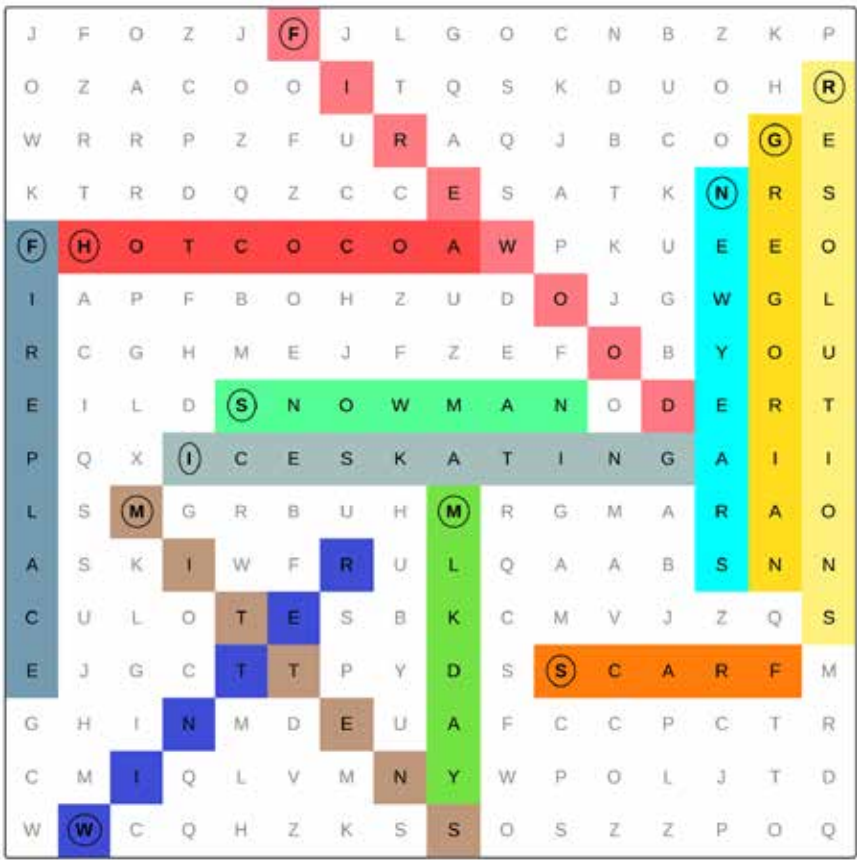
To Register, Call 707-525-0143 x013

Must Reserve 1 Week in Advance

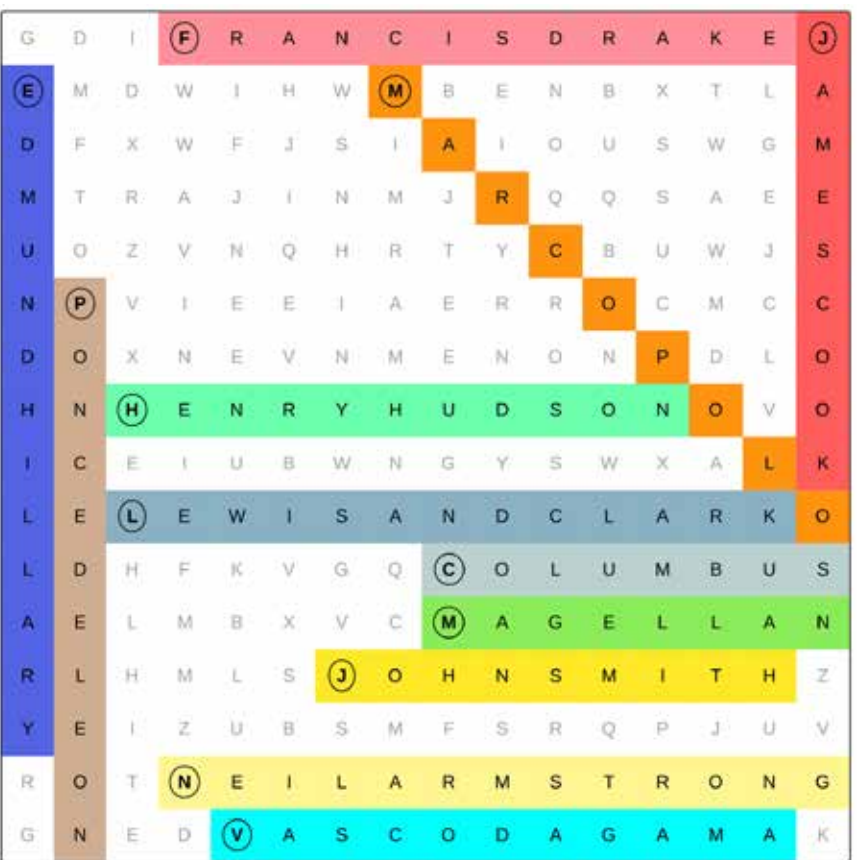
All locations are drive-thru and honor safe distancing protocols. Partners and Spouses Under 60 OK. We ask for a contribution of \$4 per meal, however, no one is denied for their inability to make a contribution. Locations & Times Subject to Change.

JANUARY Puzzle Solutions+

JANUARY



EXPLORERS



Winter Weather



Martin Luther King Day



SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SCRAMBLE
FEATHERED FRIENDS

1. AOTRPR P A R R O T
2. RNAYCA C A N A R Y
3. IUBLBEDR B L U E B I R D
4. MIGNFLOA F L A M I N G O
5. PRRSWAO S P A R R O W
6. HHAETSRR T H R A S H E R
7. LAEEG E A G L E
8. AWHK H A W K
9. RETGE E G R E T
10. HTTCANUH N U T H A T C H
11. RIMBUNDGIMH H U M M I N G B I R D
12. LLOAWWS S W A L L O W

WORD SCRAMBLE
CUISINE

1. ENETER E N T R E E
2. SETFA F E A S T
3. IORITNUTN N U T R I T I O N
4. MNEU M E N U
5. LRASERD L A R D E R S
6. ISCALUVT V I C T U A L S
7. HTNIEKC K I T C H E N
8. BITSE B I T E S
9. SSEDTRE D E S S E R T
10. NSYTROOGMA G A S T R O N O M Y
11. PALTEA P A L A T E
12. EHCf C H E F

MOVIES TO CELEBRATE

Barbara Spear

SHADOW OF A DOUBT (1943) is Alfred Hitchcock's favorite of all the movies he directed. It was filmed in Santa Rosa, primarily at 904 MacDonald Avenue, because of a government crack-down on building sets for



Hollywood movies due to the needs for resources in fighting World War II. Hitchcock took advantage of this to capture the atmosphere of a small town during the war years, and part of the attraction is seeing what this town we know so well was like in the summer of 1942, when location shooting took place. This is Hitchcock's most penetrating analysis of a murderer. Teresa Wright stars as the niece who begins to suspect that her beloved visiting uncle (Joseph Cotten, as you've never seen him onscreen before) is the so-called "Merry Widow" killer. Emma Cochrane in Empire Magazine comments, "This is certainly one of Hitchcock's most satisfying



thrillers, mostly thanks to Wright and Cotten's believable relationship." And Emanuel Levy at emanuellevy.com says, "The collaboration between Thornton Wilder and Hitchcock proves to be extremely fertile for it allows both American writer and British director to dissect small-town life way beyond the former's *Our Town*. SHADOW OF A DOUBT has a perfect score of 100% on the Rotten Tomatoes website and is available for streaming on Amazon Prime and YouTube for \$3.99.

THE PAINTED VEIL (2006) was directed by John Curran and adapted from the novel by W. Somerset Maugham by Oscar nominee John Nyswaner (PHILADELPHIA). The music was composed by Oscar-winner Alexandre Desplat (THE SHAPE OF WATER), with the addition of selected piano pieces by Eric Satie. This film was the very first to be produced jointly by the United States and China, and it was shot entirely in China.

The stars of THE PAINTED VEIL are Naomi Watts, Edward Norton, Liev Schreiber, Toby Jones, and Diana Rigg. A British medical doctor fights a cholera epidemic in a small Chinese village, while simultaneously being trapped in a loveless marriage to an unfaithful wife. Tony Medley of tonymedley.com calls the film "A movie for sophisticated adults...a sensitively



nuanced story [with] exceptional performances by Norton and the gorgeous Watts with captivating cinematography and locale." And Moira MacDonald of the Seattle Times raves, "A thoughtful and beautifully mounted story for grown-ups, THE PAINTED VEIL brings the quiet pleasures of a fine novel, showing us that the world's complicated geography is no match for the terrain of the human heart."

The film currently holds a respectable score of 74% with the critics on the Rotten Tomatoes website. It's rated PG-13 and is available for streaming on Amazon Prime and YouTube for \$2.99.

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

Please Pass the Wisdom, Lesson One

Alice Ainsworth

Gifting - it occurs on birthdays, special occasions and holidays. It delivers a thrill with the unwrapping, the getting and the giving. And, just as The Grinch realized, I know my most cherished gifts "came without ribbons; came without tags; came without packages, boxes or bags."

I'm a daddy's girl. Anyone who really knows me knows this. He was a card carrier of the Greatest Generation. I'm catching up to him - age-wise. When more years are gone than ahead, when our experiences nudge us closer to guru status. My dad didn't have to wait for midlife. Logic and common sense seemed to live in his bones.

To only occupy a small corner of this publication, I must keep my recollections brief. An almost impossible task when deciding what to share about Dad. Brevity is a challenge; guess I'll just start at the beginning.

Lessons he taught remain with me today, in my actions, in my heart, generationally, now in my bones. I have many to share, but space allows for only one. Here is one of my earliest:

He smoked Kents. A cigarette glowing and ashy was never far from his lips. I idolized him. Sitting on the floor, side by side, we were watching *The Addams Family*. Being only five it was a bit spooky to me. Joining in with Morticia and Gomez he began his ritual. Step 1: smack the bottom of the pack on his palm. Step 2: turn the pack over. Step 3: to his lips. Step 4: light the match (usually using only one hand) then draw. Oh, but this time, between steps 1 and 2, I fervently sat up straight and proclaimed "Daddy, I know how to smoke, can I smoke too?"

There was no pondering, no hemming and hawing. With exuberance he said, "You know how to smoke, well okay, but first you need to watch me real close and do it just like I do." This was my grasshopper moment. "Now, watch. Breathe in real deep. Do you see how I am smoking?" Oh, yes, I was paying attention. I knew I could do it. He lit a cigarette and said he would hold it for me. This was it, my moment to be just like Daddy. I put my lips to the filter and inhaled as hard as I could, just as instructed. The throat burning was immediate. The smoke swirled, the coughing started, then came the crying, the crying, the crying. Mom rushed into the room. Her query along the lines of "what the #@# is going on?" Even with only my kindergarten education I could sense Mom was not onboard with the class in session. Ignoring the dual hysteria surrounding him, Dad calmly recapped the situation. Then, as he had done and would do a thousand times over, I was embraced and pulled to safety. A hug uniquely his own. One I was lucky and blessed to know. A pulling in with arms molded from years of lifting heavy reams of paper putting Popeye to shame. Dad hugged me and asked, "do you still want to smoke like Daddy?"

"NOOOOOOOOOOO!!!"

"Well, that's good because I don't want you to smoke. Now, promise me you never will." Cousin It was on the screen. I snuggled in close in case scary Uncle Fester made an appearance. Not really worried; I knew my dad was there to protect me.

My smoking career: One and done - tie a bow on it - last cig to ever touch my lips. Life lesson #1 - check. Lesson #2 would arrive in a few years.

POETRY

Forget-Me-Nots from Cosmo

Lantern Lee

My son Leif had Cosmo, a yellow canary, for years.
His tiny body in yellow, full of songs.
One night last year, upon returning from work, Leif found Cosmo gone to the other side.
After Leif and I buried Cosmo, with prayers and in tears,
Under the apple tree in the garden,
Everytime we pass by the tree, we say,
"Cosmo, thank you for singing. We love you. We always remember you. Please come back singing again."
One year later, Cosmo replies:
With Forget-Me-Nots
Right on the top of the soil where we buried his body.
So many forget-me-nots in bloom, in life-longing Cerulean blue.
I hear Cosmo say,
"Thank you for remembering me.
I will be back singing for you - soon."



UP A POET TREE

Robert William Gruhn

Many falls coming swiftly
Branches shooting the breeze
Words blowing in wind
Dropping lines like leaves

NUTRITION NEWS

2023 Nutritional Fact Label

New Label/What's Different?

Servings: Larger Bolder Type

Amount per serving

Calories **110**

% Daily Values*

Total Fat 3.5 g 4%

Saturated Fat 1.5 g 8%

Trans Fat 0 g

Cholesterol 5mg 2%

Sodium 85mg 4%

Total Carbohydrates 18g 7%

Dietary Fiber 0g 0%

Total Sugars 10g

Includes 10g Added Sugars 20%

Protein 1g

Vitamin D omega 0%

Calcium 7mg 0%

Iron 1mg 6%

Potassium 24mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition.

Serving Sizes Updated

Calories: Larger Type

Daily Values Updated

New: Added Sugars

Change in Some Nutrients Required

Actual Amounts Declared

New Footnote

Get the Facts on the Food Label: Become a smart shopper by reading food labels to find out about the foods you're buying. The updated food label was designed to help you:

- Find out which foods are good sources of dietary fiber, vitamin D, calcium, iron and potassium.
- Look for foods that are lower in saturated fat, trans fat, sodium, and added sugars.
- Find out how many calories are in a single serving.
- More easily compare similar foods to find out which products are lower in calories.

Percent Daily Values: Daily Values are levels of nutrients for a person consuming 2,000 calories a day. You may need more or less.

- 5 percent or less is low—look for low in saturated fat, trans fat, cholesterol & sodium.
- 20 percent or more is high—look for high in vitamins, minerals and dietary fiber.

Read the Ingredient List: Foods with more than one ingredient are required to have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first.

Allergens: Food manufacturers are required to identify foods products that contain any ingredients that are derived from the eight major allergenic foods: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Health Claims on Food Labels: The FDA has strict guidelines on how food label terms can be used. FDA sets standards for health-related claims on food labels to help the consumer identify foods that are rich in nutrients and may help to reduce the risk of certain diseases. Health claims may also show the link between saturated fats and heart disease or sodium and high blood pressure. Read labels thoroughly.

Common Claims: Most common claims seen on food packages:

- Low calorie – less than 40 calories per serving
- Reduced - 25% less of the specified nutrient or calories than the usual product
- Good source of - provides at least 10% of the Daily Values of a particular nutrient per serving
- Low Sodium - 140 mg or less of sodium per serving

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



We Are Caregivers.

We Understand Senior Care.

Interim HealthCare® helps people live independently in their homes. As a leader in home care, we provide trusted, experienced services ranging from personal assistance to skilled care. From a few hours a week to **emergency 24 hour care** for last minute discharges, Interim Healthcare provides the services you're looking for.

Personal Care • Dementia Care • Overnight Care

Interim
HEALTHCARE®

(707) 545-4986 | interimhealthcare.com/santarosaca
2200 Range Ave. | #100 | Santa Rosa, CA | 95403

©2022 Interim HealthCare Inc. | License# 49470007 | P22-107

72 Hour Discharge to Home Program

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

Call 707-525-0143 x129
intergenerational program
living better, together.

“ HELP BATTLE FEELINGS OF LONELINESS IN HOMEBOUND SENIORS ”



Value of One - Power of Many !



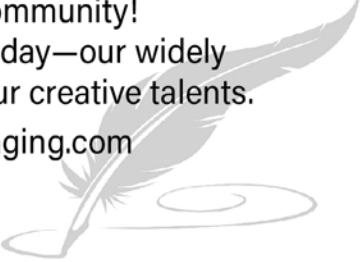
THANK YOU TO THE HUNDREDS WHO VOLUNTEER THROUGHOUT THE YEAR!

COA 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

COA council on aging



CELEBRATING 24 YEARS OF FAMILY OWNED BUSINESS IN SONOMA COUNTY!



Become part of our AT HOME family!

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.

"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