

SONOMA SENIORS TODAY

It's time to get YOUR game on!

Council on Aging's Sonoma Wine Country Games encourage activity and social engagement for anyone 50 or older through education, connections and the spirited competition of sport, inspiring all to take an active role in determining the quality of their aging experience.

We will be hosting a smaller version of our games this year, during June 3 - 12.

If you're not competing, but love to watch competitive sports, want to cheer on a friend or family member, or just want to enjoy some fun in the sun, you're invited to be a Games spectator. There is no entry fee. In some venues, space is limited and bringing a chair is always a good idea. This is a fun, family friendly environment!



A Toast to 10



Dates and Times

Friday, June 3 & Saturday, June 4: Bocce at Julliard Park

Saturday, June 4 & Sunday, June 5: Soccer at A Place to Play

Saturday, June 4: Table Tennis at Boys and Girls Club

Friday, June 10 & Saturday, June 11: Lawn Bowling at Oakmont

Friday, June 10—Sunday, June 12 : Pickleball at Sunrise Courts in Rohnert Park

Saturday, June 11: Field, Throwing Events at Santa Rosa High School

Saturday, June 11: Men's Volleyball at Maria Carrillo High School

Saturday, June 11: Women's Volleyball at location TBD

Sunday, June 12: Coed Volleyball at Maria Carrillo High School

<https://www.councilonaging.com/wine-country-games>

To register <https://winecountrygames.seniorgamesregistration.com/>

There are currently NO mask or vaccine requirements for events of this size. If you have any questions about the Games, please contact Coby LaFayette at clafayette@councilonaging.com or 707-525-0143 x117

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Ethics– the Gray Area

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

Last month I attended the Professional Fiduciary Association of California Annual Conference. One of the educational requirements for professional fiduciaries is in the subject of “Ethics”. As a social worker, ethics has always been an integral part of my education and professional conduct. The National Association of Social Workers (NASW) has a published “code of ethics”, which all social workers are held to, revoking licenses and the ability to practice if not upheld. The same is true for Professional Licensed Fiduciaries in the State of California. And while social workers and fiduciaries are well aware of these standards and expectations, it occurred to me that the general public might not be as informed. So, I am taking this opportunity to share with you what some of our principles are.

Social Work Code of Ethics:

<https://www.socialworkers.org/About/Ethics/Code-of-Ethics/Code-of-Ethics-English>

Values: Service, Social Justice, Dignity and Worth of the Person, Importance of Human Relationships, Integrity & Competence

Ethical Responsibilities: to Clients, to Colleagues, in Practice Settings, as Professionals, to the Social Work Profession, to the Broader Society.

Professional Fiduciary Association of California:

<https://pfac-pro.org/about/mission-purpose/>

Members of PFAC should: Abide by the Professional Fiduciaries Act, Recognize that the client is the prime responsibility, Not engage in any form of discrimination, Manifest personal integrity, Cooperate with colleagues to promote common professional interests & seek and maintain competence in professional skills

Of course, each of these concepts has additional, more in depth details behind them but this list provides a good overview.

As fiduciaries, we are often put in the position of the “gray area”. We rely on our standards, legal counsel, and past experience to guide our decision making process. If we don’t, our reputation and licenses are at risk.

Who have you named as the fiduciary in your estate planning documents? Do you have confidence this individual or entity will hold themselves to the highest ethical standards? If you are unsure, here are some questions PFAC recommends you ask potential candidates before selecting a fiduciary:

- What type of services do you provide?
- What credentials do you have?
- If there is an emergency after hours, how do I reach you or your staff?
- What are your internal controls like? How is my confidential information protected?
- What happens if something happens to you? What happens if you are no longer able to be my fiduciary?
- What fees do you charge and when?
- Do you work alone or do you have staff?
- Do you use other professionals (CPA, attorney, caregiver, etc)?

Council on Aging Fiduciary Services department would be happy to answer these questions or any others you have related to this topic. As they say, “the more you know...”

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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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.

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GROWING ELDER

Marcia Singer, MSW

Stressed? S.T.O.P. and Relax, Reset, Refresh

It's become the norm, sadly, for us citizens of the world, to experience stress on a regular basis. Our lives are in flux, the news we get is mostly upsetting, leaving us susceptible to feeling worried, anxious, annoyed, or downright depressed. But there's a way you can shift your sad, mad or bad mood towards a glad one: Stop, gather your wits, relax a bit, and begin to turn that distressed experience around. Mindfulness experts and brain scientists tell us that what we think about and most expect, what's programmed in the subconscious mind –on automatic pilot –becomes our experience of reality. So, if I keep dwelling on what scares or saddens or bewilders me, I continue to observe and experience that as reality. And vice versa: focusing on what I appreciate yields more of that experience to observe.

Which brings us back to S.T.O.P., a basic mindfulness technique that helps us live with more ease, grace, flow. Says Elsiha Goldstein, Ph.D., a leader in mindful living, “More than simply taking a deep breath, this tip is about creating a mindful mentality when dealing with any problem you face.” It's a simple technique, but takes daily practice. Eventually you become

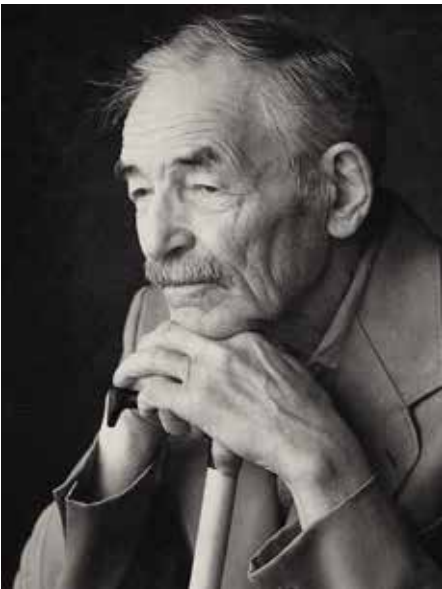
skillful at interrupting pain, distress or angst, most anywhere, any time; It becomes second nature. You may also discover, as I did, that life now seems to mostly be blessing you, rather than hurting along the way. Here's the technique:

“S” –stands for STOP: the fretting, worry, blurry, hurry, downward spiraling.

“T” – Take a breath. Take 2, 3. Pause. Breathe. Arrive, here, now. Present time is where your power is, and where the love is, and where solutions can be found.

“O” - Observe: A moment (or longer if you have time) to notice you were creating ‘drama’ out of thinking about or reacting to something from your past, and/or concerning your not-yet-manifest future. Observe that here, now, you are OK –or OK enough to relax more about things. Catch your breath, regroup, reset.

“P” - Proceed. With kindness, with more courage, more energy and attention towards your goals. Without the skill of being able to focus your attention, and focus it on what you actually do want (rather than what you don't want!) you'll struggle to fulfill your dreams. Mindful, enlivened presence is key: Where my attention goes, my energy flows, and life experience shows up as my “reality.”



The S.T.O.P. technique won't cure all that ails, or stresses. But it can shift a stressed out experience, a distressed mood anywhere, anytime you catch yourself in the act. After a while, it becomes a wonderful habit that keeps you saner, calmer, more balanced and clearer. Feeling younger, listening to your inner wisdom for guidance. Now you're growing elder, and everyone around you can benefit too. Doesn't that just feel so much better?

Reach Marcia for comment, questions: <http://www.lovearts.info>. 707-836-1784

JUNE PUZZLES

Puzzle solutions are on page 10

WORD SCRAMBLE
Hearty Vegetables

1. OBRCIOCL

2. USQSAH

3. RKOA

4. ONRC

5. EPESRPP

6. NONIO

7. CUBRMCUE

8. TPTOAO

9. RFLOLAWEUIC

10. OPLETBOOLR

11. CIUNCZHI

12. TBEEES
- — — — —

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WORD SCRAMBLE
June Phrases

1. HCAEB

2. OCGELEL

3. GRMOO

4. OLSSETIC

5. INDEDWG

6. LDIPAMO

7. OANCE

8. DUATINROGA

9. REIDB

10. TNIACVAO

11. REVALT

12. BUTOEQ
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WORD SEARCH
GARDENS

- BUSHES

WEEDS

SEEDS

VEGETABLES

PLOW

FENCE
- FLOWERS

WORMS

FERTILIZE

WATER

GROW

HOE

FATHER'S DAY

ACROSS

- 1 Defunct football league

5 Folded sheet of paper

10 Pot's pal

13 Do it again

14 Athletic field

15 Air (prefix)

16 Not far

17 Instruct

18 Vexation

19 Telegraphic signal

21 A person's female child

23 Stood opposite

26 Net

28 Rent

29 Patterned flower garden

32 Considerate

33 Opera solo

34 Improvise a speech

36 Stain

37 Large water body

38 Acting (abbr.)

42 Foe

43 Speak indistinctly

44 Vanish

46 Person sensitive to art

49 Texas stew

51 Regret

52 Man

53 Voyage (2 wds.)

57 Rule

59 Land mass

60 Grown-up

62 Chilled

66 Allot (with "out")

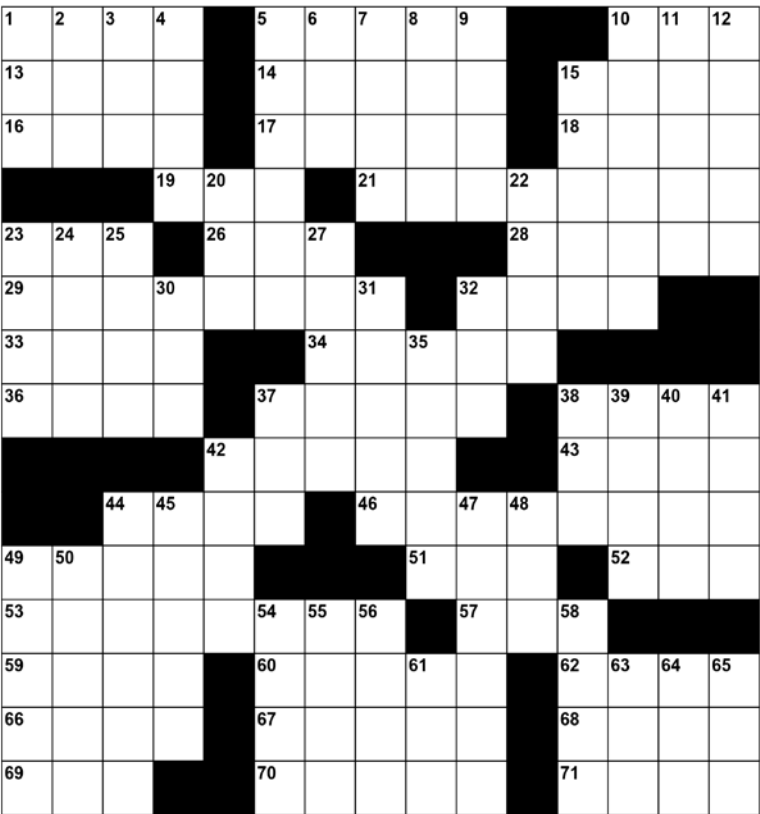
67 Dried up

68 Apple type

69 South southeast

70 Gathering of people to celebrate or have fun

71 Black



By Evelyn Johnson - www.qets.com

DOWN

- 1 Vase

2 Perceive

3 Food and drug administration (abbr.)

4 Male aristocrat

5 Male parent

6 Unrefined metal

7 Guide

8 S.A. Indian

9 Next to Kauai

10 5 group

11 Constellation

12 "___ Dame"

15 Pallid

20 Reverence

22 Fluent

23 Baths

24 Retired persons association (abbr.)

25 Triad

27 Support

30 Make lace

31 Water retention
- 32 Relation

35 Tier

37 Less than two

38 Fire remains

39 Horse fly

40 Ballet skirt

41 Shade of black

42 Rewrite

44 Limited

45 Fish tank growth

47 Muggy

48 British drink

49 Mollusks

50 Lawn waterers

54 File

55 Belief

56 Happy cat sound

58 Woman to whom a man is married

61 Allow

63 Baby bear

64 Self-esteem

65 Loud noises

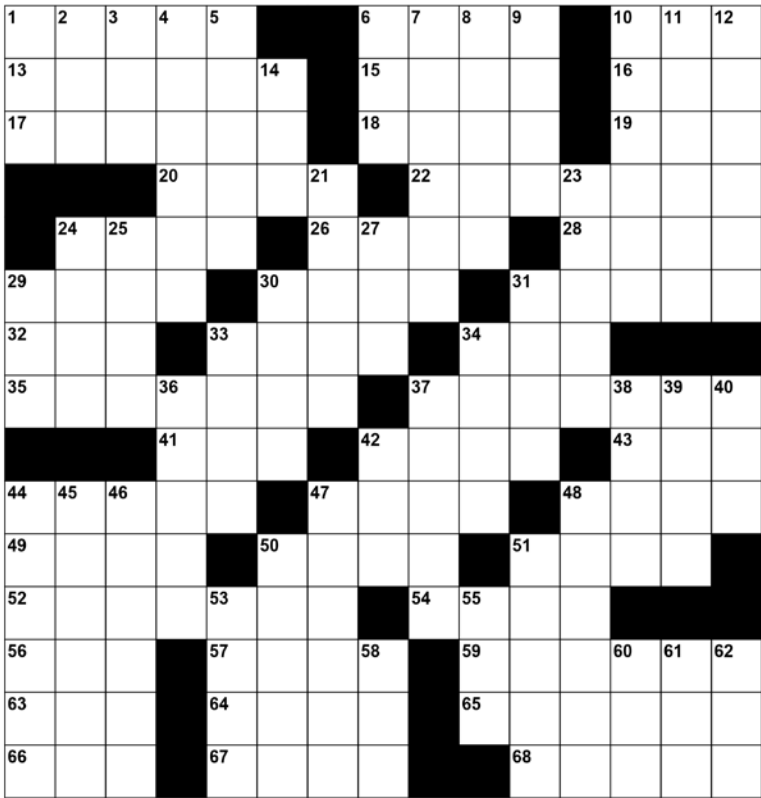
WORD SEARCH - GARDENS

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

GARDENING

ACROSS

- 1 Person on horse
- 6 Freudian selves
- 10 Abdominal muscles (abbr.)
- 13 Evades
- 15 Jabber
- 16 Bomb
- 17 Blossom
- 18 Opera solo
- 19 Also known as (abbr.)
- 20 Car rental agency
- 22 Snow transportation
- 24 Article for sale
- 26 Adolescent
- 28 Not there
- 29 Thump
- 30 Signal
- 31 Green plant with narrow flat leaves and jointed stems
- 32 Charged particle
- 33 Rolled chocolate candy brand
- 34 Contagious disease
- 35 Brown, fuzzy marsh plant
- 37 Difficulty
- 41 Cooking fat
- 42 Cultivate
- 43 Environmental protection agency (abbr)
- 44 Strict
- 47 Obstacle
- 48 Ripe
- 49 Goofs
- 50 Close
- 51 Contemplate
- 52 Country in South Eastern Africa
- 54 Always
- 56 Genetic code
- 57 Praise enthusiastically
- 59 Wears away
- 63 Fall mo.
- 64 Water pitcher
- 65 Albanian capital
- 66 Megahertz
- 67 Women's magazine
- 68 No longer wild



By Evelyn Johnson - www.qets.com

DOWN

- 1 Game official
- 2 Ailing
- 3 Two
- 4 British King's name
- 5 Put a rope through a hole
- 6 Epoch
- 7 Area of land used for cultivating plants and flowers
- 8 White vegetable
- 9 Buck
- 10 Flower
- 11 Bread makers
- 12 Card suits
- 14 __ Lanka
- 21 Calm
- 23 Bush
- 24 Hold it there
- 25 Father's sister
- 27 Self
- 29 Twitch
- 30 Earth
- 31 Emit light
- 33 Precipitation
- 34 Pond dweller
- 36 Upper body
- 37 Chatter
- 38 Not arms
- 39 Dueling sword
- 40 Angry
- 42 African antelope
- 44 Infrequent
- 45 Furrow
- 46 Artificial
- 47 Long-handled scoop usedfor digging
- 48 Dawn
- 50 Shoulder covering
- 51 Rate
- 53 Perennial woody plant consisting of roots, trunk, and branches
- 55 Animal doctor
- 58 Before, poetically
- 60 Levee
- 61 East northeast
- 62 Unhappy

SUDOKU

SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SEARCH

THE FINAL FRONTIER

- NEPTUNE
- CONSTITUTION
- MOON
- COMET
- ROCKET
- ASTRONAUT
- GALAXY
- METEOR
- WEIGHTLESS
- METEOR
- SPACE
- ASTEROID

WORD SEARCH - THE FINAL FRONTIER

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

At Risk for Alzheimer's?



The image depicted contains models and is being used for illustrative purposes only.

A clinical research study for the prevention of Alzheimer's disease

As we age, it helps to assess our risk for Alzheimer's.

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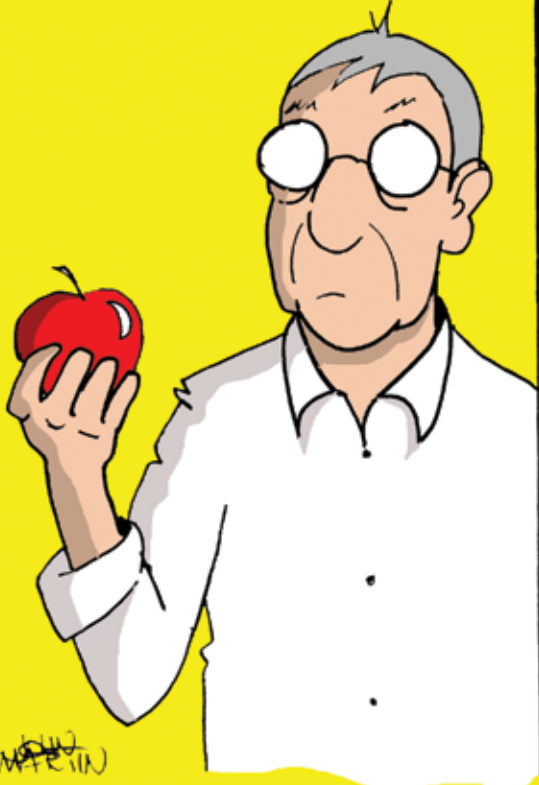
Council on Aging's monthly newspaper, *Sonoma Seniors Today*, reaches 8,500 Sonoma County residents and is available at over 160 locations throughout the County, including restaurants, hospitals, senior centers, book stores and libraries. It's also available online in full color on our website at www.councilonaging.com.

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IT WAS AN APPLE, WITH
ONLY 1 BYTE OF
MEMORY, AND THEN
EVERYTHING CRASHED



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**SONOMA COUNTY'S JUNE
FARMERS MARKETS ARE
IN FULL SWING!**





In Times of Crisis,
We're Here to Help

As we navigate the health crisis caused by COVID-19, many of the people we care for are facing new challenges. Whether you need help with shopping, bathing, dressing or meals, Interim HealthCare® is here to support you. As the nation's first home care company, we've been helping individuals live safely and independently at home for 50+ years. With Interim, you're not alone. We'll be right beside you until this health crisis is over.

• Shopping • Dressing • Meals • Safety Checks

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



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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

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"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



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.

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

June 11, 2022 Parkinson’s Support Group. Lisa Oei, DPT and Torri Campbell 1 pm “Exercise and Dance for Parkinson’s Disease”. One hour presentation and demonstration followed by an hour in breakout groups. This will be a hybrid meeting; in person at 1717 Yulupa Ave., Santa Rosa, and simultaneously online. See our website: <https://parkinsonsonomacounty.org> where you can sign up for our newsletter with the Zoom link, as well as access past programs and other offerings. Call (707) 431-8767 for more information.

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/

Sebastopol Senior Center

Harvest Cafe - Kitchen remodeling has begun and is temporarily closed. Lunches will no longer be available. We are still open and serving over 100 seniors weekly with our classes and workshops. Most of our classes have resumed in person, but we do have an online presence via Zoom. Visit our website: sebastopolseniorcenter.org or give us a call at 707-829-2440.

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 Tax Assistance

The Sonoma/Napa Tax-Aide program is again offering an in-person summer/fall tax clinic, offering tax preparation and electronic filing. This is for taxpayers who didn't file a 2021 tax return by April 17th, or haven't filed a prior year tax return and now want to do so, or need to amend a filed tax return, or have an issue involving the IRS or the California Franchise Tax Board. The clinic is on selective Mondays, from May through October 10, at Franklin Park Clubhouse, 2095 Franklin Avenue, Santa Rosa. Appointments are available as early as 9:30 a.m. and as late as 1:35 p.m. Appointments are required and can be made by phone, by leaving a message at 707-536-1518. Those with a tax question should call the main district number, 707-327-2401, and leave a message. This free service, while aimed at low and moderate-income seniors, is open to anyone regardless of age or income. It is sponsored by the AARP Foundation, but AARP membership is not in any way required.

JUNE IS MEN'S HEALTH MONTH

On average, men die five years younger than women, and at higher rates from nine of the top ten causes of death. Men are also less likely than women to be insured. All of this impacts their ability to be involved fathers, supportive partners and engaged community members. There are quite a few things you can do to help dad as Father's Day nears—and even more that all of us can do to help men all year. Let's start with Dad:

Encourage him to get a physical.

Most of the factors that contribute to men's shorter, less healthy lives are preventable. And that prevention starts with seeing a healthcare provider on a regular basis. Establishing baselines for factors such as blood pressure, cholesterol, weight, and PSA (a screening test for prostate cancer risk)—and monitoring how they change over time—will enable the provider to catch potentially dangerous conditions early, when they're still treatable.

Encourage him to get physical.

The benefits of physical activity on health outcomes are extensive, and many people find it difficult to get motivated for physical activity on their own. Rather than simply telling your dad to exercise and then hoping that he will, do it with him. Join a recreation league at your local community center, sign up for group personal training sessions to get fit together, or simply make a routine out of regular walks. Simple, yes, but not always easy.

Let him know you care.

One reason men disregard their own health is that they're too busy taking care of everyone else. So remind him that you and your other family members love him and need him to be alive and healthy for as long as possible.

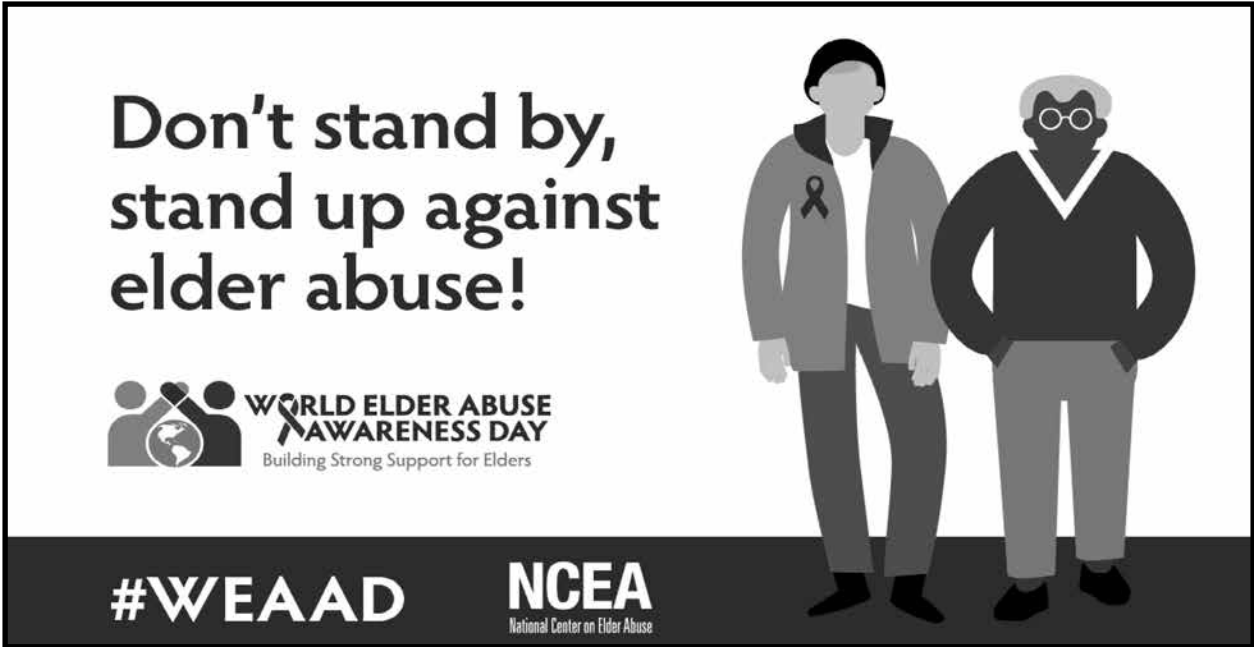
By Men's Health Network, health.gov

World Elder Abuse Awareness Day is June 15

Facts About Elder Abuse:

1 in 10 Americans age 60+ have experienced Elder Abuse.

- Elder Abuse is underreported.
- For every 1 case of Elder Abuse reported, 44 cases are not.
- 1 in 14 cases of Elder Abuse come to the attention of authorities.
- Lack of Community Supports increases risk of abuse.
- Isolation is a risk factor of Elder Abuse.
- The costs of Elder Abuse are high for the affected individuals and society alike.
- Elder Abuse reduces older people's participation in the life of our communities.
- Abuse creates healthcare and legal costs, which are often shouldered by public programs like Medicare and Medicaid.
- Elder Abuse costs survivors billions of dollars each year.
- The annual loss by survivors of Financial Abuse is estimated to be between \$2.6 billion and \$36.5 billion.
- Elder Abuse is associated with increased rates of hospitalization in the community population.



What You Can Do:

- Learn more about services in Sonoma County:
- Adult Protective Services—view a video about the role of Adult Protective Services: <https://sonomacounty.ca.gov/health-and-human-services/human-services/divisions-and-services/adult-and-aging/adult-protective-services>
- To report elder abuse call 707-565-5940.
- Long term Care Ombudsman—for help regarding those residing in assisted living facilities. Call (707) 526-4108.
- Council on Aging Elder Advocate at the Family Justice Center: 707-565-8265.
- Sonoma County Elder Justice Initiative: <https://senioradvocacyservices.org/elderjustice/>
- Learn the signs of elder abuse and neglect.
- Learn how we can collectively solve the issue of elder abuse.
- Learn how we can all age well and reduce abuse with community programs and services.
- Spread the word with friends and family members.
- Spread the word about essential community supports like law enforcement, community centers, and public transportation.
- Reach out and prevent isolation.
- Call or visit older loved ones regularly.
- Provide respite breaks for caregivers.

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.

BALANCE - Everything you need to know

By Denise Johnson, MS

The staggering statistics are 1 out of 3 older adults fall each year. Falls are not only the leading cause of injury-related deaths in older adults, but also a significant cause of morbidity & disability. Falls have been implicated as a major factor contributing to nursing home placement.

Balance is defined as the ability of an individual to maintain his or her body’s center of gravity over a base of support. There are two types of balance: Static balance when the base of support is stationary and Dynamic balance, anticipating changes and coordinating muscle activity in response to perturbations of stability.

What does this all mean? Traditional exercise programs consisting of mostly aerobic, strength or flexibility have not been as effective as alternative exercise programs that specifically train the systems involved in balance, specifically visual, vestibular, somatosensory & musculoskeletal. To improve balance, you need to train those systems. Stay tuned each month for this balance series addressing exercises you can do to improve your balance at home.

Proper Standing Position



Standing erect with feet hip-width apart, shoulders down and relaxed, draw belly button in and up (bear down), back in neutral.

To increase difficulty



Bring feet closer together to incorporate balance along with posture

Proper Sitting Posture



Feet hip-width apart, back in neutral sit up tall.

Attention
60
&
Better

The Community Table

Connecting through food & conversation

GAMES

ACTIVITIES

CONNECTION

Food, Fun & Friendship Now Happening at These Locations!

CLOVERDALE Kings Valley Senior Apartments 100 Kings Circle MON 11:00 AM - 12:00 PM	ROHNERT PARK Rohnert Park Senior Center 6800 Hunter Drive, Suite A TUE & THUR 11:00 AM - 12:00 PM	SANTA ROSA* Steele Lane Community Center 415 Steele Lane MON 12:15 PM
COTATI Charles Street Village 42 Charles Street THUR 12:00 AM - 1:00 PM	SEBASTOPOL Burbank Heights & Orchard 7777 Bodega Avenue WED 11:30 AM - 12:30 PM	SANTA ROSA Silvercrest Senior Apartments 1050 Third Street FRI 11:30 AM - 12:30 PM
HEALDSBURG Fitch Mountain Senior Apartments 710 S. Fitch Mountain Road TUE 12:00 PM - 1:00 PM	SONOMA Oakridge Senior Apartments 18800 Beatrice Drive TUE 12:00 PM - 1:00 PM	WINDSOR Bell Manor Senior Apartments 8780 Bell Road WED 12:00 PM - 1:00 PM

council on aging
living better together

To Register, Call
707-525-0143 x104
Must Reserve 1 Week in Advance

Meals Funded in Part
by County of Sonoma

Meals are provided at no cost. Contributions in any amount are welcome. If you would like to make a \$4 Contribution to support our Dining Program, please deposit your funds in the collection box. Eligible and Ineligible Individuals who do not complete a registration form are required to pay \$7. No one will ever be denied meals for an inability to contribute.
* Santa Rosa Steele Lane: Participants Must Register with Steele Lane Community Center at 543-3282 and the Council on Aging.

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FOR A GPS TO
HELP NAVIGATE
ASSISTED LIVING
OPTIONS

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With the help of an experienced home equity specialist, your home can do more than just keep a roof over your head, such as:

- fund in-home care
- support monthly expenses
- pay for home improvements

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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



council on aging

Value of One • Power of Many !



THANK YOU TO THE HUNDREDS WHO VOLUNTEER THROUGHOUT THE YEAR!



SONOMA VALLEY
The Vintage House
264 First Street East Sonoma
Mondays 11:00 – 12:00

CLOVERDALE
Kings Valley Senior Apartments
100 Kings Circle
Tuesdays 10:30 – 11:30

HEALDSBURG
Healdsburg Senior Center
133 Ratheson Street
Wednesdays 9:30 – 10:30

ROHNERT PARK
Rohnert Park Senior Center
6800 Hunter Drive Ste. A
Wednesdays 9:30 – 11:30

SANTA ROSA
Council on Aging
30 Kawana Springs Rd.
Thursdays 10:00 – 12:00
and
Steele Lane Community Center
415 Steele Lane
Thursdays 10:30 – 12:00

SEBASTOPOL
Sebastopol Senior Center
167 High Street
Thursdays 10:00am – 12:00pm

WINDSOR
Windsor Senior Center
9231 Foxwood Drive
Fridays 9:30 – 10:30

COA council on aging

DRIVE-UP PICK-UP MEALS



Chef Prepared

Restaurant Quality

Providing Meals to Seniors 60+
We ask for a contribution of \$4.00 per meal
No one is denied for their inability to pay

Must Register In Advance
48 Hour Notice Required
707-525-0143 ext 013

- All locations are drive-thru and honor safe distancing protocols
- Meals placed in car trunk or on empty seat through window
- Partners & Spouses Under 60 OK
- Locations & Times Subject to Change

Rev. 1/7/2022

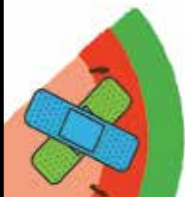


THREE NUTRITION TIPS TO PROMOTE WOUND HEALING

We've all had a wound - a cut, scratch or scrape that breaks the skin. Many foods such as fruits, vegetables, and protein-rich foods help in healing these wounds. That is because healthful food choices provide the calories, vitamins, minerals, and protein necessary to promote healing.

PROMOTE WOUND HEALING WITH GOOD NUTRITION

1. Choose fruits and vegetables rich in vitamin C, such as strawberries or broccoli.
2. Include enough protein throughout the day. Try including a source of protein at each meal or snack such as yogurt, beans or chicken.
3. Stay well-hydrated with water and other unsweetened beverages.



By: Maria Carlucci, NDTR
Source: Eatright.org



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



Jackson

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