

SONOMA SENIORS TODAY

The Art of Giving... Volunteerism

By Leigh Galten, Volunteer Coordinator, Council on Aging

Giving your time freely is a wonderful testament to the invaluable contributions volunteering brings to Council on Aging (COA) and the positive impact it has on both the volunteers and the seniors they serve. In a typical month, 230 volunteers work approximately 1,250 hours. Here are some key rewards that stand out:



- 1. Human Connection:** Volunteers emphasize the profound human connection. A volunteer at COA said, "What began as a practical approach to address hunger and isolation has, after five years, become about the human connection. We are all in this together, and the benefits are truly mutual." This sense of shared humanity is a powerful motivator for volunteers.
- 2. Sense of Purpose:** Volunteering provides a sense of purpose, particularly for retirees seeking to add structure to their lives. The opportunity to make a meaningful difference in seniors' lives and connect with others fulfills the volunteers' sense of responsibility to help and support each other. Kris said, "I believe that our responsibility as humans is to help and support each other. It's our reason for being here together. Driving for Meals on Wheels (MOW) is a small effort with a big benefit for our recipients."
- 3. Satisfaction and Fulfillment:** The satisfaction derived from knowing that one has helped an individual by dedicating their time is described as priceless. The act of delivering a

Caregiver Corner: Consider Self-Care Your New Year's Resolution

By Jamie Escoubas, Director of Social and Fiduciary Services, Council on Aging

Did you know that, according to the Alzheimer's Association Facts and Figures, eighty-three percent of the help provided to older adults in the United States comes from family members, friends, or other unpaid caregivers? Forty-eight percent of this care is provided to older adults with Alzheimer's or other dementia, and approximately thirty percent of caregivers are over the age of 65. To complicate things further, family caregivers of individuals living with dementia are at risk for diminished physical and mental health and a reduced quality of life. They are twice as likely to report emotional, financial, and physical difficulties compared to caregivers of individuals without dementia.



As we welcome the new year, we encourage caregivers to pause and set a New Year's resolution to prioritize their own needs for self-care. Taking care of yourself physically and mentally is one of the most important things you can do as a caregiver. Self-care can mean asking family members and friends to help, spending 15 minutes a day doing something you enjoy, or accessing extra support from an outside care

- resource. These actions can bring you joy and relief and, even more importantly, may stave off illness, stress, and depression.
- Here are some ways you can demonstrate self-care:
- Ask for and accept help; you don't have to do everything
 - Eat healthy foods
 - Get exercise as often as you can
 - Join a caregiver's support group
 - Take routine breaks to breathe and be still
 - Stay connected, spend time with friends
 - Make time for your hobbies and interests
 - Access professional resources such as adult day services or homecare
 - See your doctor regularly
 - Keep your health, legal, and financial information up-to-date

As you reflect on your needs this year, accept that your health and well-being are as important as your responsibilities to others. Good self-care enables you to cope more effectively with caregiving's challenging and often emotional circumstances. Setting a New Year's resolution that prioritizes taking care of your needs will allow you to better care for your loved one.

For further information about caregiver respite and support for your loved one living with dementia, please get in touch with the Adult Day Program at Council on Aging at 707-525-0143 ext. 103.

- meal and providing companionship directly impacts isolated seniors, creating connections and leaving volunteers with a sense of accomplishment. Another COA volunteer said: "I think there are two purposes for being on this planet: to help each other and to enjoy the wonderful people and things here. Volunteering at COA helps me fulfill both of those purposes. I can make a meaningful difference in seniors' lives and connect with the clients, other volunteers, and the COA staff."
- 4. Mental and Physical Health Benefits:** Research indicates that volunteering has positive effects on both mental and physical health. Volunteers over 60 experience lower rates of depression and anxiety, and the positive interactions and connections reduce stress,

- increase self-esteem, and boost dopamine levels in the brain.
- 5. Learning Opportunities:** Volunteering is presented as an excellent opportunity for personal growth and learning. The chance to acquire new skills and be in a different environment, even if initially daunting, can bring excitement and a sense of achievement. The flexibility of volunteering allows individuals to explore different roles until they find a good fit.
 - 6. Variety of Opportunities:** COA offers a variety of volunteer opportunities, from meal preparation and delivery to peer support counseling and office assistance. This variety ensures that volunteers can find a role that aligns with their interests and skills.

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7. **Community Resources:** The article provides information on how individuals interested in volunteering can get in touch with COA and explore volunteer opportunities; please contact Leigh Galten at lgalten@councilonaging.com or 707-525-0143 x121. Other resources to find local volunteer opportunities are www.volunteernow.org and www.volunteermatch.org

In summary, volunteering is portrayed not only as a way to contribute to the community but also as a means of personal growth, connection, and fulfillment for the volunteers themselves. The testimonies and information provided here serve as a compelling call to action for those considering volunteering with COA or other organizations.

The Importance of Self-Care for Older Adults

by Gloria Ramirez, Pearls Navigator,
Council on Aging

New Year's resolutions are a great way to start the new year on the right foot. However, many find their resolutions falling by the wayside after a few weeks or months. People may have higher success if their resolutions are related to self-care. The World Health Organization defines self-care as “The ability of individuals, families, and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a healthcare provider.” Self-care gives us permission to pause and take care of ourselves.

As we age, it becomes increasingly important to take care of ourselves, especially when dealing with chronic health conditions and losses and navigating the changes that come with aging. Self-care is sometimes considered a luxury only available when there is the time and money to treat ourselves, like with a soothing massage. Self-care is not just about pampering ourselves or taking a break from our busy lives. Self-care reduces the impact of sadness, anxiety, stress, and anger, assisting with feeling more balanced in life. The more we practice self-care, the more we create a sense of purpose, motivating us to improve our quality of life. When we care for ourselves, we can better handle the challenges of aging and live a longer, healthier life.

Self-care is performed in various ways, such as mentally, emotionally, physically, socially, and spiritually. Here are a few different ways to explore other forms of self-care.

- Mental self-care includes activities that stimulate your mind; for example, reading a book, solving a puzzle, playing card games, or practicing self-compassion.
- Emotional self-care helps us process and reflect on our emotions. Some ways to do this include practicing gratitude, attending therapy, focusing on positivity, or creating art.
- Physical self-care refers to what we do for our physical health, such as getting enough sleep, joining an exercise class, eating

healthy meals, and following a medication regimen.

- Social self-care activities we do to nourish the relationships we have with those around us. This can be done by getting coffee with a friend, calling family, making a new friend, or joining a club.
- Spiritual self-care nourishes our spirit and allows us to think bigger than ourselves. We can do this by meditating, being in nature, attending religious services, or making time for self-reflection.

Council on Aging offers programs to keep older adults engaged in self-care or introduce new self-care activities. Below are ways our programs promote self-care in older adults.

- Attend one of our Lunch and Learn events.
- Practice how to monitor and reduce depression symptoms through the PEARLS Program.
- Take time to care for yourself while your loved one with dementia attends our Day Respite Program.
- Get your body moving as a volunteer for Meals on Wheels or the Sonoma Wine Country Games if you want competition.
- Enjoy lunch with a volunteer companion through our Lunch Companion Programs.
- Receive nutritious meals through Meals on Wheels or Drive-Up Pick-Up.
- Enjoy a warm meal and socialize at one of our Community Table dining sites.

While there are many different ways to practice self-care, it is crucial to figure out what self-care activities work best for you because what works for one person may not work for another. If you struggle to practice self-care, there may be other factors causing you not to have an interest in doing things. Following up with your primary care provider should be your first point of contact with concerns about your physical and mental health.

Self-care is an integral part of a healthy lifestyle. By prioritizing it, you can improve your physical, mental, and emotional health and live a longer, happier life.

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

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CEO Corner with Marrianne McBride



Two months have passed since my last article, where I stated I would embark on a journey researching longevity strategies. Although I had hoped to share everything I had learned, life got in the way, as it often does, throwing me off track and stalling my research, only to realize I could learn quite a bit without looking far.

Fortunately, at 66 years of age, I still have both of my parents — one going on 88 and the other 89. I am counting on both to live to 100. My grandmother lived shy of 98 and was sharp to the end, so chances are good.

If there is one thing I have learned from my parents, it is to keep moving through the

inevitable aches and pains. My mother has a treadmill and walks a mile per day. My father and his wife walk daily as well. After years of running daily, bad knees forced my father to move to cycling and walking.

Secondly, stay engaged with life. My father goes to the airport several mornings a week for coffee and conversation with his pilot friends and has been doing so for years. My mother lunches monthly with high school friends, celebrating 70 to 80 years of friendship. My parents and their spouses are driving and can participate in activities they love. They are well-read, politically informed, and just very cool people.

The other word that comes to mind is resilience. Life hasn't always been easy, but they never give up, constantly pushing through. A physician friend said most people come to a fork in the road and choose to give up, causing the beginning of a decline, or they resolve to do everything they can to remain as healthy as

possible for as long as possible. I believe resilience must be present to choose to power through.

For the past two months, my mother has had to deal with a particularly challenging health issue requiring surgery, followed by at least six weeks in a rehabilitation facility. Although she will tell you “it sucks” — she doesn't complain, instead powering through daily physical therapy, tethered to an IV 24-7.

For many her age, this could be the beginning of the end. Yet my mother continues to amaze her nurses, who watch her fight daily to get stronger and healthier. They find it hard to believe she isn't 15 years younger than she is. My mother is the epitome of resilience.

My parting thought: Every day when we look in the mirror, let's say to ourselves, “I am resilient,” and let that thought stay with us throughout the day. That way, resilience will prevail when we come to a fork in the road with a choice to give up or not. Until the next issue...

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PUZZLES & GAMES

Puzzle solutions are on page 10

WORD SCRAMBLE
"WINTER SEASON"

1. BTFORESIT _ _ _ _ _
2. REEAHT _ _ _ _ _
3. ORWMNTSSO _ _ _ _ _
4. PLROA _ _ _ _ _
5. REEZEF _ _ _ _ _
6. NTMETI _ _ _ _ _
7. TEBTRI _ _ _ _ _
8. GUIENNP _ _ _ _ _
9. NBEIHERAT _ _ _ _ _
10. WEASETR _ _ _ _ _
11. VEGSLO _ _ _ _ _
12. EREPFILAC _ _ _ _ _

SUDOKU - Medium

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

SUDOKU - Hard

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

WORD SEARCH
"CINEMATIC GREATS"

- TITANIC GLADIATOR
- GODFATHER CASABLANCA
- FORESTGUMP CHINATOWN
- ROCKY GREASE
- VERTIGO PYCHO
- AMADEUS PATTON

"JANUARY"

ACROSS

- 1 Carbonated drink
- 5 Wire projection
- 9 Small ground plot
- 13 Among
- 14 Keyed
- 15 Air (prefix)
- 16 Seed
- 17 Japanese car
- 18 Shallow area
- 19 Love to loneliness
- 21 Capital of the Bahamas
- 23 Professional football team
- 24 Similar
- 25 Tropical fruit
- 28 Person from Flanders
- 31 Not fake
- 32 Shoot clay pigeons
- 34 Popular American desserts
- 36 Make a mistake
- 37 Neither's partner
- 38 Spiritedness
- 39 Large freshwater fish
- 41 After fourth
- 43 Recess
- 44 Protective covering for ears
- 46 Minded
- 48 Not well cooked
- 49 Engage in a boxing match
- 50 Bach's first name
- 53 Group of Protestant
- 57 Iraq's neighbor
- 58 Lessen
- 60 Billions of years
- 61 Allow to borrow
- 62 Chest wood
- 63 Comedian Jay
- 64 Duds
- 65 Paradise
- 66 Alter

1	2	3	4		5	6	7	8		9	10	11	12
13					14					15			
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50	51	52					53				54	55	56
57					58	59				60			
61					62					63			
64					65					66			

By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Soap Opera
- 2 Bode
- 3 Mud
- 4 Navy Rank
- 5 Coverings for the feet worn for protection
- 6 Green Gables dweller
- 7 Radiation dose
- 8 Used on bed for warmth
- 9 Edible white root
- 10 Dregs
- 11 Region
- 12 Meat alternative
- 14 Doubting __ (an apostle)
- 20 New Year's _____
- 22 Place
- 24 Warn
- 25 Secondary
- 26 Eagle's nest
- 27 Warm outer jacket, often with a hood
- 28 Give away a fief
- 29 Sharp cold
- 30 Birds that make a gaggle
- 33 Sharp weapon
- 35 Rushed
- 40 Missions
- 41 Apparatus in which heat is generated
- 42 Receptacle
- 43 In the air (pl.)
- 45 Woman's partner
- 47 Cave dweller
- 49 Devil
- 50 Break up
- 51 Dunking cookies
- 52 Execute
- 53 Ordered
- 54 Look for
- 55 Firm up muscles
- 56 Frozen form of precipitation that falls as flakes
- 59 Pillow place

WORD SEARCH - "CINEMATIC GREATS"

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

Meals on Wheels Testimonial: Jeremy Raikes

In 1936, Jr. entered the world amidst the sprawling landscapes of an Argentine cattle ranch, his childhood unfolding under the vast skies of South America. JR shared a deep bond with his older brother, Bobby—both enduring the hardships of tumultuous school experiences until their father, a distinguished Oxford Classical Scholar, recognized the need for change and subsequently steered their path toward England. They embarked on an educational journey within the confines of a boy's boarding school. During these early years, JR's remarkable journey began, marked by his triumphant achievement at the tender age of 17—a coveted flying scholarship from the Royal Airforce, culminating in acquiring a private pilot's license in April of 1954.

When JR turned 20, he started on a transformative adventure sailing from England to the United States on the RMS Queen Mary. There is where he secured a position with J. Walter Thompson—at the time, the world's largest advertising agency nestled in the bustling heart of New York City.

In that pivotal year of 1962, JR worked on an extraordinary project for one of the agency's esteemed clients, the Ford Motor Company, promoting their newest model car, the Ford Falcon. The project involved crafting a compelling 30-second animated storyboard with the legendary cartoonist behind "Peanuts," Charles Schulz.

JR formed and led the team of dynamic collaborators affectionately known as "The Peanuts Team." Their creative partnership included master animator Bill Melendez, the owner of Playhouse Pictures in Los Angeles, alongside the talented writer Paul De Montereese and the Los Angeles-based art Director Van Stith. Together, they crafted the very first "Peanuts" cartoons promoting the Ford Falcon car, with Paul bearing an uncanny resemblance to the beloved Peanuts character, Charlie Brown. This team breathed life into the Peanuts gang through animation and brought their whimsical charm to the world of commercials, transforming concepts into cinematic reality.

Once the project was ready, JR embarked on a journey from New York to Sebastopol, where he presented their creation to Charles Schulz. Schulz's reaction was nothing short of extraordinary—enchanted and moved to tears of sheer delight by the captivating clip, which became a hit!

One of Schultz's most memorable Falcon Commercial Cartoon Clip was for the Ford Falcon Squire Wagon. The Peanuts characters loaded the wagon with musical instruments for a trip to the beach, where they set up as a Calypso Band with Snoopy at center stage playing the stand-up bass, which he spun like a true jazz musician.

The triumph of the Peanuts/Falcon campaign propelled JR into an exciting opportunity: a week-long journey to the bustling streets of San Francisco, where he would collaborate closely with none other than the legendary Charles Schulz himself. Each day, Jeremy embarked on a journey from the iconic Fairmont Hotel, traversing the picturesque landscapes to reach Sebastopol. There, amidst the serene beauty of the countryside, he and the dynamic duo of Schulz and his talented wife, Joyce, delved into the world of creativity, crafting, and fine-tuning innovative Peanuts Falcon projects destined for the limelight of future commercials. During his stay here, JR fell in love with the rolling vineyards and beauty of Northern California, permanently moving to Sonoma County in 1972, where he has lived ever since.

Over time, JR cultivated numerous creative interests, yet woodworking evolved into his enduring passion. Recently, he directed his attention towards restoring wooden chairs, but his creative pursuits continued. Since his early years, JR's father had consistently urged him to pursue writing, and it was through this medium that JR's talent would once again take center stage.

JR's admiration for Martin Luther King, Jr. (MLK, Jr) had been unwavering for years. The day after his tragic assassination, JR was incensed when he opened the New York Times

and absorbed the heartbreaking news. However, an article in Sunset Magazine stirred his creative spirit, prompting him to craft a poignant poem titled "Spring Thing" in honor of MLK, Jr.

In a lucky twist of fate, JR's poem found its way into the hands of fellow writer Terrie Taffinder. She entered his office with tears in her eyes, as a co-worker had just shared the devastating news of MLK JR's passing. JR handed her the poem, saying, "Here, reap some tears."

With JR's blessing, Terrie set out to compose a hauntingly beautiful musical accompaniment to the poem. Through life's capricious turns, this poem emerged as the centerpiece of the first memorial service for MLK, Jr. at the venerable St. Patrick's Cathedral in New York City. JR was particularly moved by the Choir Director's decision to transition the final stanza from a minor key to a resounding major key, infusing the anthem with a more uplifting and hopeful conclusion.

Now 87, JR gazes back at his extraordinary life journey, marveling at the tapestry of serendipity that has woven through his existence. Amidst this intricate design, he reminisces when he found himself at a fateful intersection with Schulz's son, Craig, and his wife, Judy. Judy's irresistible charisma eventually persuaded Craig to extend a remarkable invitation to JR: a ride in Craig's restored Stearman biplane. This awe-inspiring gesture took flight on JR's 80th birthday. Sparking memories of when he first earned his pilot's wings in a Tiger Moth biplane, JR soared to the skies, marking that momentous day as one of his most joyous and memorable birthdays.

Today, JR manages some chronic conditions that require assistance in various aspects of his daily life, such as cooking. However, he has found solace in the Meals on Wheels program. He loves adding some of his favorite spices and culinary expertise to his meals. The meals have brought him the nourishment he needs and deep gratitude for the protein-rich meals and friendly drivers that brighten his day and allow him to live independently in his home overlooking the picturesque Russian River.

From Wheels to Warmth: Sebby's Heartfelt Journey with the Council on Aging

By Sebby, Congregate Coordinator, Council on Aging

In the summer of 2010, Sebby was hired by Council on Aging (COA). During this time, she had many different roles, from being a cargo driver, traversing the picturesque landscapes of Sonoma County, to transitioning into the heartwarming role of a home delivery driver for Meals on Wheels. Sebby's journey through the various roles in serving seniors is a testament to the profound impact one person can have on the lives of others.

As a Meals on Wheels Driver, Sebby connected to homebound seniors on a personal level, offering a nourishing meal, a friendly smile, and kind words that became a lifeline for those who had little other contact with the outside world; she was delighted to perform a service that did not feel like a job. Names like Dolly, Sally, Wanda, and Frank became more than just clients; they became friends and kindred spirits, sharing stories that spanned generations. Sebby recalls the tales of Frank, the centenarian with a gleam in his eyes recounting his adventures during prohibition, painted a vivid picture of the rich history hidden within the aging population. Each senior had a story to tell, and Sebby became the privileged listener,

cherishing these narratives like precious gems.

However, life took Sebby on a different path as her favorite seniors (Mom and Dad) needed her attention. The decision to leave Council on Aging to care for her parents was a poignant chapter. Yet, it was a testament to Sebby's compassion for seniors, professionally and personally.

The return to COA as a Congregate Coordinator took Sebby to the Rohnert Park Senior Center, a vibrant hub of activity, which became the stage for Sebby's new role. It wasn't just about serving meals but about fostering a supportive environment where seniors could thrive. Rohnert Park Senior Center offers dance classes, a computer room, art classes, a knitting group, a Fifties Club, a coffee bar, and a pool room, all of which contribute to a lively atmosphere that transcends the conventional image of a senior center.

Sebby serves lunch Monday-Friday at noon for anyone who wants to enjoy a healthy meal and connect with others for friendship and conversation. Sebby's gratitude for the dedication of COA volunteers, especially those at Rohnert Park. The cheerful and helpful volunteers, the coffee ladies and gentlemen who ensure Sebby has a steady caffeine supply, and the diverse group of funny lunch patrons, each



with their unique personalities, have become an extended family to Sebby.

She feels honored and privileged to work for an organization whose mission is to care for and provide services to improve the lives of our aging population. Sebby's story resonates with the warmth of human connections, the joy found in meaningful work, and the gratitude for the tapestry of characters that make up the senior community. Seniors are not just recipients of meals; they are cherished companions, and her job is not just a duty but a calling filled with love, laughter, and an abundance of shared stories.

Sonoma County Senior Resources

Welcome to the newly enhanced Senior Resource Section of Sonoma Seniors Today. Each issue will showcase expanded content for specific services related to healthy aging. Content will include local resources, ads, articles, best practices, tips and valuable information when choosing a service provider. Be sure to CLIP AND SAVE these valuable resources for your future reference.

CLIP AND SAVE



Sonoma County Senior Support Groups and Programs

Providing Support, Resources, and Programs that Support Healthy Aging

City	Support Group / Program	Street Address	Phone	Website
Guerneville	Russian River Support Group	15010 Armstrong Woods Rd.	707-542-0282	westcountyservices.org/russian-river-senior-center
Petaluma	Caregiver Express	25 Howard Street	707-765-8488	petalumapeople.org
Santa Rosa	Support Group for Caregivers	2080 Guerneville Rd.	707-578-8360	primrosealz.com
Santa Rosa	Share and Care	987 Airway Court	707-542-0282	N/A
Santa Rosa	First Presbyterian	1550 Pacific Ave.	707-542-0282	N/A
Santa Rosa	Alzheimer's Support Groups	1450 Neotomas Ave., #140	707-573-1210	alz.org/norcal/about_us/contact_us
Santa Rosa	National Alliance on Mental Illness (NAMI)	182 Farmers Lane, #202	866-960-6264	namisonomacounty.org
Santa Rosa	Parkinson's Support Group of So. Co.	1717 Yulupa Ave.	707-318-9102	parkinsonsonomacounty.org
Santa Rosa	Council on Aging, PEARLS Program	30 Kawana Springs Rd.	707-525-0143	councilonaging.com/pearls-1
Sebastopol	Clear Mind Counseling	7765 Healdsburg Ave., #12	707-823-3329	clearmindcounseling.com
Sonoma	Parkinson's Support Group	276 East Napa St.	209-915-1270	N/A
Sonoma	Parkinson's Caregiver's Support Group	405 W. McArthur Street	209-915-1270	N/A

CLIP AND SAVE

Creative Collage Class with Lunch

Instructor: Fiber Artist Debbie Van Dyke

Creativity is a great way to release trapped emotions and turn them into positive beauty! It's EASY and anyone can do this fun class— all you need is your imagination.

Thursday • February 15th
11:30 AM - 1:00 PM
Location: Council on Aging
30 Kawana Springs Rd., Santa Rosa, CA

Lunch and basic supplies will be provided.
(Paper, Scissors, Markers, Pencils, Glue and Magazines)
(Feel free to bring any additional art supplies of your choosing.)

RSVP BY FEB. 8
Call or Email Denise Johnson
djohnson@councilonaging.com
707-525-0143 x 119

Creativity is intelligence having fun.



The Orange Apron



Our Heroes Don't Wear Capes.
And they don't supply hammers, ladder, lightbulbs or power tools.

Our Tools are People Tools.
We build relationships with Sonoma County seniors to battle food insecurity and isolation—one senior 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



Join Us for this FREE 6 Part Learning Event!

Presented by the Alzheimer’s Association

Savvy Caregiver’s® training provides clinical-level training for family caregivers for those living with Alzheimer’s or related dementia.

This is a 12-hour training program delivered in 2-hour sessions over a 6-week period. Caregivers will better understand the changes their loved ones are experiencing, and how to best provide individualized care for a family member along their continued decline associated with Alzheimer’s or dementia.

Gain Knowledge, Learn Assessment Skills, Set Goals, Develop Self-care Strategies, Identify other Resources for Assistance and Support.

Tuesday 1 – 3 PM

Dates February 6, 13, 20, 27
March 5, 12, 2024

Pre-registration and screening is required

Location:

Council on Aging
30 Kawana Springs Rd., Santa Rosa

Pre-register at:

tinyurl.com/alznorcalsavvy

Ask about available respite care for your loved one during learning sessions.

For More Information, Contact
Lauren Hibdon • 707-573-1210
lhibdon@alz.org



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The guidance you need
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Senior Apartments/Independent Living
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We work with you
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Are you a caregiver
in need of a break?
DAY RESPITE PROGRAM

Program Activities Include:

- Gentle Group Exercise
- Nutritious Lunch and Snacks
- Creative Art & Music Sessions
- Stimulating Brain Games
- Performances by Musicians & Artists

PROGRAM LOCATIONS THROUGHTOUT SONOMA COUNTY
MONDAY THRU FRIDAY

Call Salina Gonzalez
707-525-0143 x103
sgonzalez@councilonaging.com



30 Kawana Springs Road, Santa Rosa, CA 95404 • Council on Aging is a 501 (c)(3) Organization

For decades, Council on Aging has had the privilege to offer Day Respite Programs which give seniors living with dementia a safe and engaging group space to spend their day, while providing caregivers with much-needed respite time.



Serving Seniors Since 1966



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



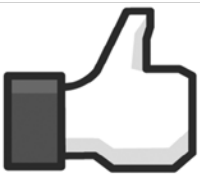
We are locally owned and operated — not a franchise.
CA State Home Care Organization License #214700017

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

Value of One • Power of Many !



THANK YOU
TO THE HUNDREDS WHO
VOLUNTEER THROUGHOUT
THE YEAR



Like us on
Facebook!

Look for: Council on Aging

#SAVE LUNCH

Protecting Meals on Wheels

Council on Aging participated in a campaign known as #SAVE LUNCH. COA took a creative and impactful approach to advocate for the significance of meals in the lives of seniors in Sonoma County. Recognizing the power of personal stories, COA invited clients to share their messages on paper plates, turning everyday items into powerful messages. These paper plates became canvases to showcase the profound difference that meals make in seniors' lives. Then, these plates were mailed to members of Congress, delivering a powerful message to policymakers about the vital importance of meals within our community.



John Martin – Cartoonist Grandpa Sez



I was born in Elyria, Ohio, in 1956. As far back as I can remember, I wanted to be a cartoonist. More specifically, I wanted a syndicated comic strip in the newspapers. Little did I know how hard that dream would be to come true.

Growing up, you could always find me in my room drawing. I was creating my little comic books and cartoons. I had my first cartoon published in the Avon Lake Press in 1980. As I began to send out submissions to the syndicates, the difficulty of landing a contract began to become real as the rejection letters followed. I understood that they receive thousands of submissions each month, with only a couple picked up for syndication, but surely my comic strips would beat those odds. Oh, the joy of youthful naivety. But I continued to submit my work because I remember even Charles Shultz (creator of Peanuts) was rejected many times before “Peanuts” was sold.

Over the years, I have created many comic strips, and while still submitting to the syndicates, I decided to try the self-syndication route. I finally found some success with a strip called SHOPPERS, published in a weekly paper beginning in 1986. A year later, SHOPPERS was picked up by a local art/poster company called Bio-Graphics. It was run by Ted Trikilis, behind the now-famous Farrah Fawcett red swimsuit poster. SHOPPERS continued to be published weekly, while Bio-Graphics worked behind the scenes, creating a poster tie-in for the strip. In 1989, Bio-Graphics released a humorous poster called “\$3.00 Worth of Shopping Tips,” which I made for them. And yes, it sold for \$3.00 each. Unfortunately, SHOPPERS ended in 1989, as the paper stopped publishing my strip.

Around that same time, I worked on two other strips going the self-syndication plan; one was called YOUNG AT HEART for the senior papers, and the other THOU SHALT LAUGH for religious papers. Between those two strips, I managed to get them in about 11 papers across the country. Both those strips eventually ceased publication due to the papers folding around 1988 and 1999, respectively.

I created a new comic called BEEZWAX in 1991. It was a humor strip about a family of anthropomorphic honey bees and how they see life. It began running in the Medina Town Square Post the same year. BEEZWAX would continue to run in that paper for seven years until, once again, the paper folded for economic reasons.

All during this time, remember, I was submitting strips to the syndicated without success. And after all those years of not finding syndication and a box full of rejection letters, I felt a little discouraged. Maybe even a little burned out. So, I put down my drawing pencil and decided to take a break, but still drew for myself.

Fast forward to 2014. I was invited to the studio of cartoonist Tom Batiuk of Funky Winkerbean & Crankshaft fame. I had a wonderful visit and felt like a kid in a candy store as we talked about comics, and he showed me around his studio. I left with the cartoon bug burning inside of me again. As you see, cartooning is my passion and I live by the motto of cartoonist Ken Muse: “There is a fire inside of some people that have no other choice but to be a cartoonist.”

Times had changed, and webcomics were all the rage now. I reviewed my past work and decided to redesign and reboot BEEZWAX for the computer age. After six months of planning, I launched BEEZWAX 2.0 on January 12, 2015 online. At the same time, I used my old plan of self-syndication to send out the strip to the papers. Before long, eight papers picked up BEEZWAX. Today, BEEZWAX has appeared in over 65 papers and publications nationwide in over 20 states. Six months later, after launching BEEZWAX 2.0, I got a call from BEE CULTURE magazine asking me if I’d like to draw a monthly comic strip for them. And through submitting BEEZWAX to the papers, I have had offers for other cartoon work, which I freely welcome.

After retiring from my day job working as a lab technician in the paint business for 38 years in 2022, I now can devote all of my time to cartooning. Besides doing various freelance cartooning and working on my strips for publication, I recently created the new strip GRANDPA SEZ for the senior newspaper market. At my age, I now relate more to that market.

GRANDPA SEZ launched the self-syndication avenue in 2019 and now appears in 19 papers nationwide, including one in Canada.

Am I done with seeking that syndication contract? Not on your life. I have a few more ideas up my sleeve.

Who am I? I’m just a guy with a passion for cartooning and a never-give-up attitude for comic success who would like to put a smile on your face. See you in the funny papers. For more information or to talk, contact me at beezwaxcomic@yahoo.com. Or check out my website at <https://beezwaxcomic.wixsite.com/beezwax>.

GRANDPA SEZ...

THE ONLY SIDE EFFECTS OF THIS PRESCRIPTION IS THE COST!

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Email: beezwaxcomic@yahoo.com

COA council on aging
living better together

Kibbles of Kindness

No Pet Should Go Hungry

In 2012, when we heard that our Meals on Wheels clients were sharing their meals with their pets because they couldn’t afford to buy pet food, **Kibbles of Kindness** was born. At the Council on Aging, we work tirelessly to make sure no senior goes hungry and neither should their beloved pets.

Will you help support these vulnerable and loving animals by donating to our Kibbles of Kindness program today?

Yes! I would like to donate to Kibbles of Kindness!

Name _____ Amount \$ _____

Phone _____

Address/City/State/Zip _____

Credit Card Number _____ Exp: _____

You can send a check payable to COA with Kibbles of Kindness in the memo. Our mailing address is 30 Kawana Springs Rd. Santa Rosa, CA 95404.

You may also donate online at: www.councilonaging.com/donate or call us at: 707-525-0143 ext. 146

Benefits of Physical Activity

By: Ulices Hurtado, RN, Sonoma State University Nursing Intern

For many older adults, the struggle against the grip of a sedentary lifestyle is real. The unsettling reality is that, on average, seniors spend between nine to thirteen hours a day sitting, as reported by the National Institute on Aging. There needed to be more evidence on the best way to prolong sitting. The Sedentary Time and Research (STAR) program, an initiative by the University of California, San Diego, aimed to fill the knowledge gap and started on a five-year journey, focusing on post-menopausal women aged 55 and older to understand the repercussions of a sedentary lifestyle. John Belletiere, Ph.D., emphasized that there is evidence linking excessive sitting to creating issues such as diabetes, increased mortality, and impaired physical function. The STAR program’s findings show that just standing here and there reduced mortality rates among older women and that you did not have to do vigorous exercise to improve your health as long as you break up sitting.



Anastasia Shuraeva Photo - Pexels

Studies have shown that physical activity is excellent in preventing significant mobility disability (MMD), which is not being able to walk 400 meters. The Lifestyle Interventions and Independence for Elders (LIFE) study is a testament to this. The study engaged 1,635 individuals aged 70 to 89, splitting them into two groups to investigate methods of preventing MMD. One group did strength training, flexibility and balance training exercises, and an instructor-led class. The other group participated in educational classes only. The results showed those in the movement group demonstrated a decrease in MMD compared to the education program. The exercise program participants also expressed feeling better and improved overall health.

The main point is that mobility is health. The more we spend sitting, the more our health deteriorates. It is the classic saying, “Use it or lose it”. Multiple research articles support avoiding sitting or lying down as moving around improves health. The movements range from just standing periodically to doing exercise, and every individual is different in what they can do, but movement is vital. Your health and vitality depend on it.

Thanks to our Interns!



Council on Aging wanted to express our gratitude to our interns from Dominican University. We were delighted to collaborate with Occupational Therapy students on their Community-Based Program Development course. This course equips students with the knowledge and skills to design, implement, and evaluate occupation-centered community programs for diverse populations. Emphasis is on fostering healthy development, preventing disability, and enhancing the overall health and

well-being of individuals, families, and communities. As part of this course, the students engaged in practical, real-world applications by working in teams to develop evidence-based resources for our Adult Day Program staff and volunteers. This hands-on experience provided students with valuable insight into the practical aspects of community-based occupational therapy, and we look forward to implementing what we’ve learned from them!



Make a Difference with Your Donation!

A donation to our *Emergency Fund* for seniors can make an immediate impact. Your generosity will directly assist in addressing critical needs such as medical bills, housing support, utility bills, and transportation, providing essential relief to Sonoma County Seniors in distress.

To donate, you can send a check payable to COA with *Emergency Fund* in the memo. Our mailing address is 30 Kawana Springs Rd. Santa Rosa, CA 95404. You can also scan the QR Code above or call us at 707-525-0143 ext. 146 if you’d like to give over the phone by credit card.

MOVIES TO CELEBRATE

Barbara Spear

DODSWORTH (1936) was adapted from Sinclair Lewis’ novel of the same name and was directed by the great William Wyler.



It stars Walter Huston (John’s father), Ruth Chatterton, and Mary Astor. Huston plays a retired auto manufacturer who takes a long-planned European vacation with his wife (Chatterton) only to find out that they want very different things from life. It all gets more complicated when the husband meets an attractive, self-assured woman, played by Astor, who is everything his wife is not. Can their marriage be saved? Should their marriage be saved? From the Film Foundation’s website, this incisive quote about the 2020 Blu-Ray release of the film: “Dodsworth was a rarity in its day — a perceptive, sophisticated, and refreshingly adult film that didn’t kowtow to Hollywood conventions. It may be a period piece today, but its themes remain relatable and its tone still feels contemporary 84 years after its initial release. Some things change, but marriage doesn’t, and this timeless take on the imperfect institution continues to strike a chord, a nerve, and the fancy of discriminating movie fans.” DODSWORTH was nominated for seven Oscars, including Best Picture, Director, and Actor, but it was given the award only for Best Art Direction. It can be streamed from kanopy.com for free with your Sonoma County Library card and from Amazon Prime for \$3.99.



MAUDIE (2016) is a biographical drama based on the real story of Maud Lewis, who was a Canadian folk artist from Nova Scotia. Maud was poor and suffered for much of her life, but finally in the 1960s she was nationally recognized for her cheerful paintings of landscapes, animals, and flowers. She is now one of Canada’s most celebrated folk artists, and her works can be seen in the Art Gallery of Nova Scotia and on the walls of her restored house. The film MAUDIE was directed by Aisling Walsh and written by Sherry White. It stars Sally Hawkins (Oscar-nominated for THE SHAPE OF WATER) as Maud Lewis and Ethan Hawke (Oscar-nominated for TRAINING DAY and BOYHOOD) as her husband Everett. Tomris Laffly of "Time Out" says, “As unassuming and gentle as its subject, Maudie breaks your heart with its infectious positivity and an outstanding Sally Hawkins, who can always be relied on for an emotionally sturdy, big-hearted performance.” And Richard Roeper of the "Chicago Sun-Times" raves, “Hawkins disappears into the performance, capturing Maud’s physical limitations but also the light in her eyes, the sly humor in her observations about life — and her



gift for seeing the greatest beauty in the simplest things.” MAUDIE is rated PG-13, has a terrific score of 89% on the Rotten Tomatoes website, and is available to stream from Amazon Prime for \$3.59.

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

LUNCH AND LEARN EVENT

Sebastopol Burbank Heights and Orchard hosted a **Lunch and Learn** with Council on Aging. Gloria Rameriz, a PEARLS Navigator, presented on the PEARLS program (Program to Enhance Active Rewarding Lives).

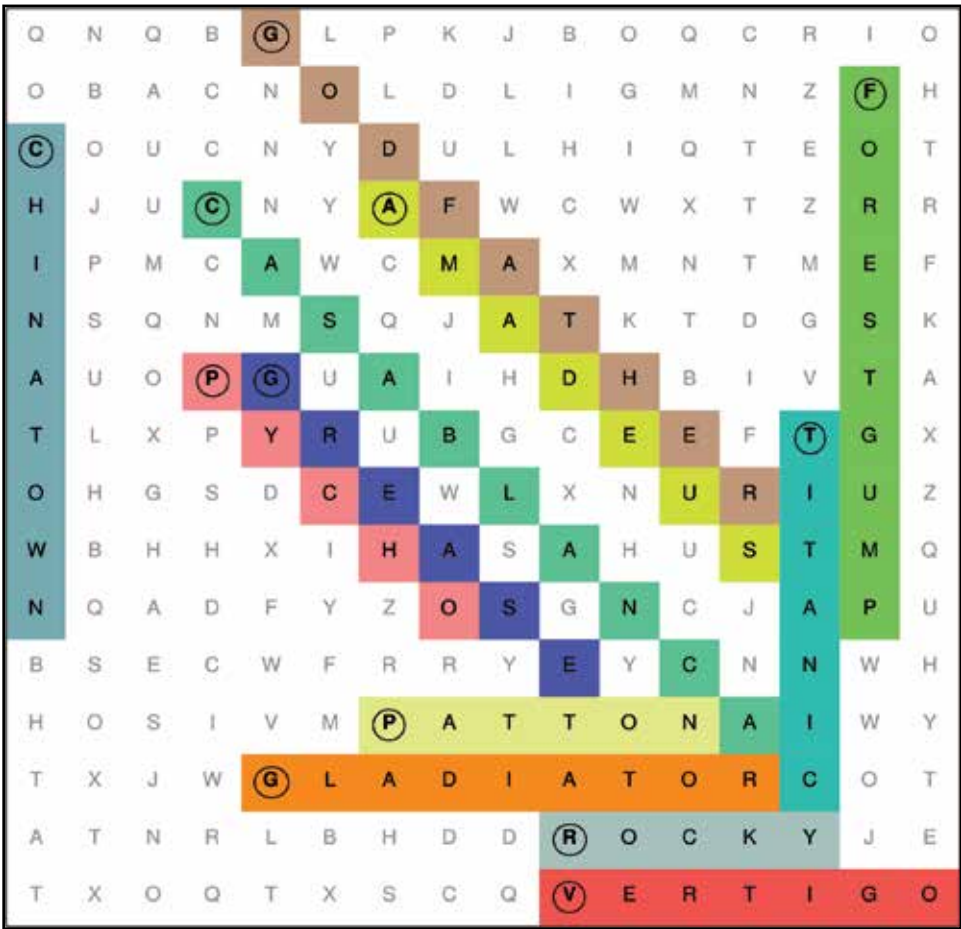


Gloria Ramirez

Crossword



PUZZLE SOLUTIONS



Word Search



Tellegacy & Lunch Companion Program

Do you long for the days when you could catch up with old friends over a delicious lunch and engage in unforgettable conversations? Council on Aging has just the thing for you! We are introducing two new programs that offer to arrange lunch in your home with new friends.

The first option is the **Lunch Companion Program**—a volunteer chosen for you will come to your house, and the two of you enjoy lunch together and have great conversations. The Lunch Companion Program might be just the thing you never knew you were looking for.

The second option requires some reminiscing on your part. The **Tellegacy Program** will pair you with a volunteer to enjoy lunch and conversation. During 8 guided sessions, you will have the opportunity to tell your own life story. Your stories, memories, lessons, and pictures will be collected and compiled in your own legacy book for you to keep and share.

To Get More Information, or to Register, Call
Brooke Rosell • 707-525-0143 ext. 129
brosell@councilonaging.com



Intergenerational Program



“The Surgeon General has announced loneliness as a new public health epidemic.



Care and comfort at a moment's notice.

Personalized care for your loved ones.

Assistance with:

Personal hygiene

Medication and daily dates reminder

Mobility and transportation

Companion care

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GUIDANCE . PLACEMENT . SUPPORT

*A free, referral and placement service for seniors and
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Drive-Up Pick-Up Meals Weekly Food Distribution Program for Seniors 60+



Vegetarian
Options are
Available



All Meals are
Chef Inspired
& Restaurant
Quality Meals



All Meals are
Heart Healthy
& Low Sodium

**Participants Receive Frozen Meals Each Week
Plus Fruit and Low Fat Milk**

CLOVERDALE

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

HEALDSBURG

Healdsburg Senior Center
133 Matheson Street
MON 9:30 - 10:30 AM (EFF. 9/11/23)

ROHNERT PARK

Rohnert Park Senior Center
6800 Hunter Drive, Suite A
WED 9:30 - 11:30 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 x121
Must Reserve 1 Week in Advance

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

WORD SCRAMBLE - Winter Season

1. BTFORESIT	F R O S T B I T E
2. REEAHT	H E A T E R
3. ORWMNTSSO	S N O W S T O R M
4. PLROA	P O L A R
5. REEZEF	F R E E Z E
6. NTMETI	M I T T E N
7. TEBTRI	B I T T E R
8. GUIENNP	P E N G U I N
9. NBEIHERAT	H I B E R N A T E
10. WEASETR	S W E A T E R
11. VEGSLO	G L O V E S
12. EREPFILAC	F I R E P L A C E

SUDOKU - Medium

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

SUDOKU - Hard

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

NUTRITION NEW

Sodium: How Much & What it Does for the Body



What does sodium do?

Sodium is a mineral that your body uses in many ways.

- Sodium keeps a balance of water in our cells.
- Sodium transmits nerve signals throughout the body.
- Sodium regulates your blood pressure.

How much sodium is needed daily?

Healthy adults need only 500 milligrams of sodium per day. How much is that? That equals about 1/4 teaspoon of salt per day, including salt found naturally in foods as well as added to foods.

Most Americans consume between 4,000—6,000 milligrams of sodium daily, most in the form of salt.

How much sodium is too much?

If you are a healthy adult who does not have high blood pressure you should limit your sodium intake to 2,300 milligrams daily.

Ways of reducing your sodium intake:

First you must read food labels. Look at how much the label tells you a serving is and then how much sodium is listed on the label for that one serving. Keep in mind, if you eat more than one serving, you are increasing your intake.

Most recipes don't need salt so start by cutting the amount of salt in half and then omit altogether. You can substitute herbs and spices for salt. It will take time to appreciate the flavors and for your taste buds to adjust, but you can do it!

Keep the saltshaker in your cabinet and off the table. Keeping salt out of reach makes it easier to reduce the amount you're using.

Taste your foods first. Many people, out of habit, add salt before tasting food.

Add herbs and spices within 1 hour of serving for the most flavor.

Shop for unprocessed foods. Remember, ready to eat or processed foods usually contain added salt. If you buy processed foods, look for low sodium versions. Keep in mind some low sodium versions of foods, like soy sauce, are still very high in sodium. Use these products sparingly.

Prepared by Michael Helwig, R.D.
Area Agency on Aging Source:
National Institute of Health,



council on aging

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seniors and their families since 1966

Thank you for the support
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Over 2,000 homebound seniors received 190,000 meals, daily safety checks, and pet food for their furry companions.

Over 100 caregivers received respite and support by accessing Adult Day programs for their loved ones living with dementia.

65,000 meals were provided to food-insecure seniors at Drive-Up Pick-Up distribution sites.

26,000 meals were served to seniors who enjoyed social connection through Intergenerational and Lunch and Learn programs at ten community dining sites.

**Please donate today so together we can
continue providing vital services to seniors!**

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Did you know...

An estimated 51,000 Sonoma County adults are not able to afford enough food.
~Sonoma County Department of Health Services

More than 6 million Americans are living with Alzheimer's. By 2050, this number is projected to rise to 13 million. Over 11 million caregivers provide unpaid care for people with Alzheimer's or other dementias.
~Alzheimer's Association

There is an epidemic of loneliness in the United States and lacking connection can increase the risk for premature death to levels comparable to smoking 15 cigarettes a day.
~US Attorney General



DONATE TODAY!

Polenta with Vegetables



Ingredients:

3-¹/₃ Cups Water-Salted
1-²/₃ Cups Polenta
³/₄ Cup Assorted Vegetables
¹/₄ Cup EVOO

Method:

In a deep saucepan, bring the salted water to a boil. Slowly add the cornmeal in a thin, steady stream, stirring constantly. The polenta is ready when it starts pulling away easily from the sides of the pan.

Dampen the inside of a deep bowl with water. Pour in the polenta and smooth the surface with a moist spatula. Cover and let rest for ten minutes.

Turn the bowl over to unmold the polenta onto a cutting surface. Cut the polenta into slices about 3/8" thick and arrange on a serving plate.

Sprinkle with olive oil and serve hot. (Serves 4)

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and a Meal

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**Thurs, January 11
12 - 1 PM**
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lklapproth@councilonaging.com**

Legacy



To leave a bequest is to make a permanent statement of your values. It is by this act of charity that the world will remember what you cared about and what you stood for.

If providing for seniors matters to you, consider a gift to Council on Aging in your estate plans.