

SONOMA SENIORS TODAY

Considering a Move? A Guide for Seniors

*Financial, Practical and Lifestyle
Factors to Consider*

- When should you start considering moving into a new home? There are several important questions to ask yourself:
- Is maintaining my current home causing financial strain?
 - Is the upkeep of my house becoming overwhelming?
 - Are there too many stairs in my current home?
 - Do I require assistance with daily activities?
 - Would I prefer to be closer to friends or adult children?
 - Can I afford to move?

If you have answered "yes" to any of the first four questions, it may be time to explore your options. Figuring out where to go is likely to involve some trial and error. Many seniors initially move to be near their adult children, but they often discover that their children are too busy to compensate for the friendships and routines of their old home. Renting for a year could be an excellent way to decide whether moving out of the area is the right choice.

Seniors have purchasing options even in the expensive North Bay real estate market. If you are moving from a large house, downsizing to a smaller home can significantly reduce maintenance expenses and the time you spend cleaning and tidying your house. Opting for a single-story house can solve the problem of dealing with stairs. Moreover, there are Senior Housing options, also known as 55+ housing, throughout the North Bay. This type of housing is deed restricted, making it more affordable than non-senior housing. These housing communities cater to independent and active seniors, so remember that you can only sell or rent to someone over 55.

Home sales move quickly, so preparing your house for sale is crucial. You can make your buyer's purchase contingent upon finding a new property, ensuring you won't be left homeless while still searching for your new home.

If you require assistance with daily activities, it may be worth considering assisted living, which offers not just an apartment to rent, but also various levels of service that are paid for separately, depending on your specific needs.

Regarding affordability, seniors have options to overcome the lack of steady income that lenders typically prefer for conventional loans.



David McBee, PEXELS

Apart from using your assets or cash to make a purchase, your equity provides substantial purchasing power. However, it might not be wise to use it all to buy a new house, especially considering the higher cost compared to your original home. Instead, you can explore an FHA-insured reverse mortgage, also known as a Home Equity Conversion Mortgage (HECM). This lets you apply the proceeds from selling your house to a new home, eliminating the need for monthly mortgage payments. Qualifying for this loan program requires meeting specific criteria and involves counseling, but it solves the problem of not having the income needed for a conventional loan.

Another advantage for seniors is Prop 19, which allows you to keep your current property tax basis and transfer it anywhere in California. You have a two-year window to apply it to a new home. If you decide to rent first to assess whether an out-of-area location suits you, you can reserve the tax basis until you are ready to buy.

Lastly, it's essential to consider the tax implications. Uncle Sam and the state will expect their share of your Capital Gains, which is taxed at a higher rate than income tax (approximately 35%). Before deciding to sell, it's imperative to consult a tax advisor. The good news is that you can claim a significant exemption of \$250,000 for singles or \$500,000 for married couples from Capital Gains taxes. Make sure to gather receipts for improvements and purchase costs for your advisor, and discuss a stepped-up basis amount if your spouse has passed away.

Knowledge is always power. If you haven't been in the housing market for a while, it's crucial to be informed!

by Margaret Kapranos, Senior Real Estate Specialist, SRES, REALTOR

Understanding Accessory Dwelling Units (ADUs) and Their Importance to Seniors

ADUs are small houses or apartments that exist on the same property lots as a single-family residence but still provide separate and independent living quarters. Because they tend to be smaller and more affordable than single-family houses, they can be a good housing option for older adults who want to downsize but still live in a neighborhood setting.

An ADU is a fully self-contained home with its own kitchen, bathroom(s) and sleeping area on the same lot as the main house.

They can be created through basement or garage conversions, additions or as new construction of back yard "tiny homes."

ADUs can help keep multi-generational families together or even give homeowners a new option to rent part of their property in order to afford and maintain their primary residence.

A safe, comfortable housing alternative

ADUs can fill a number of roles that you may never have needed before, like providing a place to live instead of a nursing home, being used as living quarters for a caregiver or a relative who requires care, or for an adult child who may need to return home after college, has lost a job or for one of many other life-changing moments.

ADUs can also be used for additional income for someone on a fixed income.

Across the U.S. and in Canada, ADUs are taking off as a popular new/old housing type.

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Some reasons for this emerging trend -include:

- **Income stream and property value.** ADUs could generate cash flow and may increase the resale value of the property. Where allowed, ADUs may make good short-term rentals since the homeowner must live on-site.
- **Match housing needs at any age.** ADUs could offer empty nesters and seniors the chance to “age in place” in the community they know and love, multi-generational families a way to live close by but not share a kitchen, and individuals and couples an entry-level housing choice.
- **Affordable housing.** ADUs help keep housing costs down for both owners and renters. They could generate rental income to help homeowners cover mortgage payments, and may allow them to stay in their homes. Since ADUs are required to be small relative to primary dwellings, they are typically more affordable than other homes in the same neighborhood.
- **Versatility.** Needs change over time, and the uses of ADUs can (and often do) flex for different stages of life. Although they typically provide long-term housing, ADUs can also serve as home offices, caregiver or

nanny housing, art studios, short-term rentals, and lodging for visiting friends or relatives.

TYPES OF ADUs

DETACHED

ADU is a stand-alone home on the same lot as a larger, primary dwelling. Examples include backyard bungalows and converted outbuildings.

ATTACHED

ADU connects to an existing house, typically through the construction of an addition along the home’s side or rear. Such units can have a separate or shared entrance.

GARAGE

ADU makes use of an attached or detached garage by converting the space into a residence. Other options involve adding a second story ADU above or beside a garage or building a new structure for both people and cars.

INTERNAL

ADU is created when a portion of an existing home is partitioned off and renovated to become a separate residence. LOWER-LEVEL ADU can be created through the conversion of a home’s existing basement.

AARP.org

Legacy



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

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JUNE PUZZLES

Puzzle solutions are on page 10

WORD SCRAMBLE
"TOOLS FOR DAD"

1. MHAREM
2. LVELE
3. FIUESDNTDR
4. APET SMAREUE
5. LOTO OBX
6. ESVOGL
7. CRNHEW
8. EWERSRVRCDI
9. ACMUUV
10. MWROE
11. OOLT AGB
12. RERITMM

WORD SCRAMBLE
"BOATS THAT FLOAT"

1. RNECSHOO
2. NRTAAAAMC
3. OLOPS
4. YCATH
5. KKAAY
6. EBARG
7. ACNOE
8. HGIDNY
9. OOGNALD
10. NOTPOON
11. OAROBWT
12. JCKIKASP

WORD SEARCH

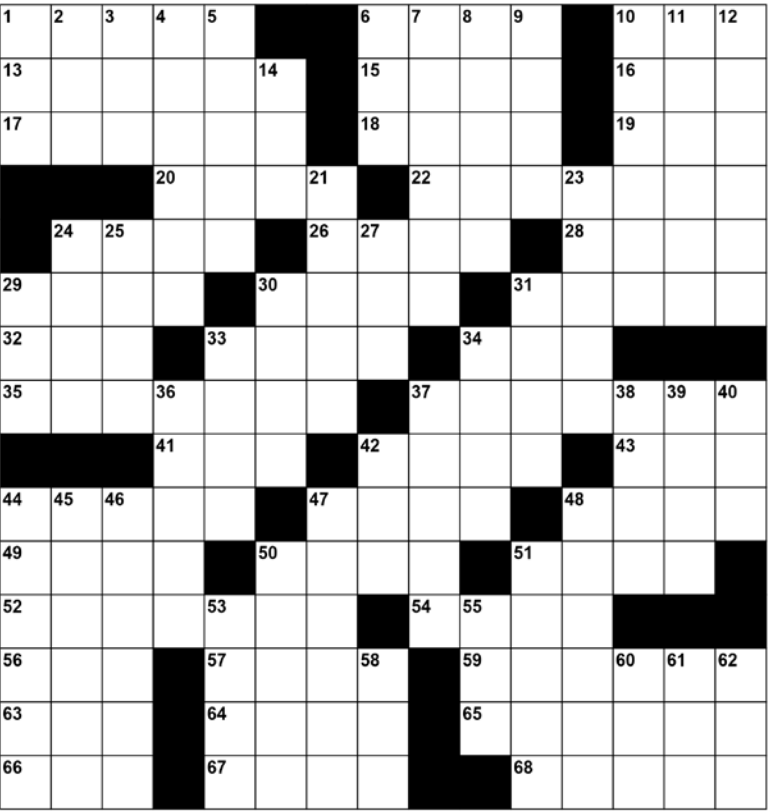
"Things to Celebrate in June"

- FLAG DAY
- MIDSUMMER
- CHEESE DAY
- SOLSTICE
- VOLUNTEERS
- PRIDE
- ENVIRONMENT
- JUNETEENTH
- PET APPRECIATION
- FATHERS DAY
- WELLNESS
- GREAT OUTDOORS

"GARDENING"

ACROSS

- 1 Thick slices
- 6 Herr's wife
- 10 American Cancer Society (abbr.)
- 13 Peaceful
- 15 Lawmen
- 16 Slumber
- 17 Garden caretaker
- 18 Attention-Deficit Disorder (abbr.)
- 19 Compass point
- 20 Microscope viewer
- 22 Vapor like
- 24 Russian ruler
- 26 African country
- 28 Slope
- 29 Excuse me!
- 30 Precipitation
- 31 Green plant with narrow flat leaves and jointed stems
- 32 Tool with flat crosswise blade
- 33 Steering mechanism
- 34 Respiratory disease
- 35 Halo
- 37 Male roe deer
- 41 Period between sunrise and sunset
- 42 Night time light
- 43 Poet Edgar Allen
- 44 Transparent, tasteless, and odorless liquid
- 47 Direction
- 48 Slimly
- 49 Object
- 50 Eye infection
- 51 Teeny
- 52 "Invisible" jet
- 54 Earth
- 56 With it
- 57 Asian nation
- 59 Eyeball
- 63 Before, poetically
- 64 Neck hair
- 65 Sea reptile
- 66 Encounter
- 67 Looked at
- 68 Sacred song

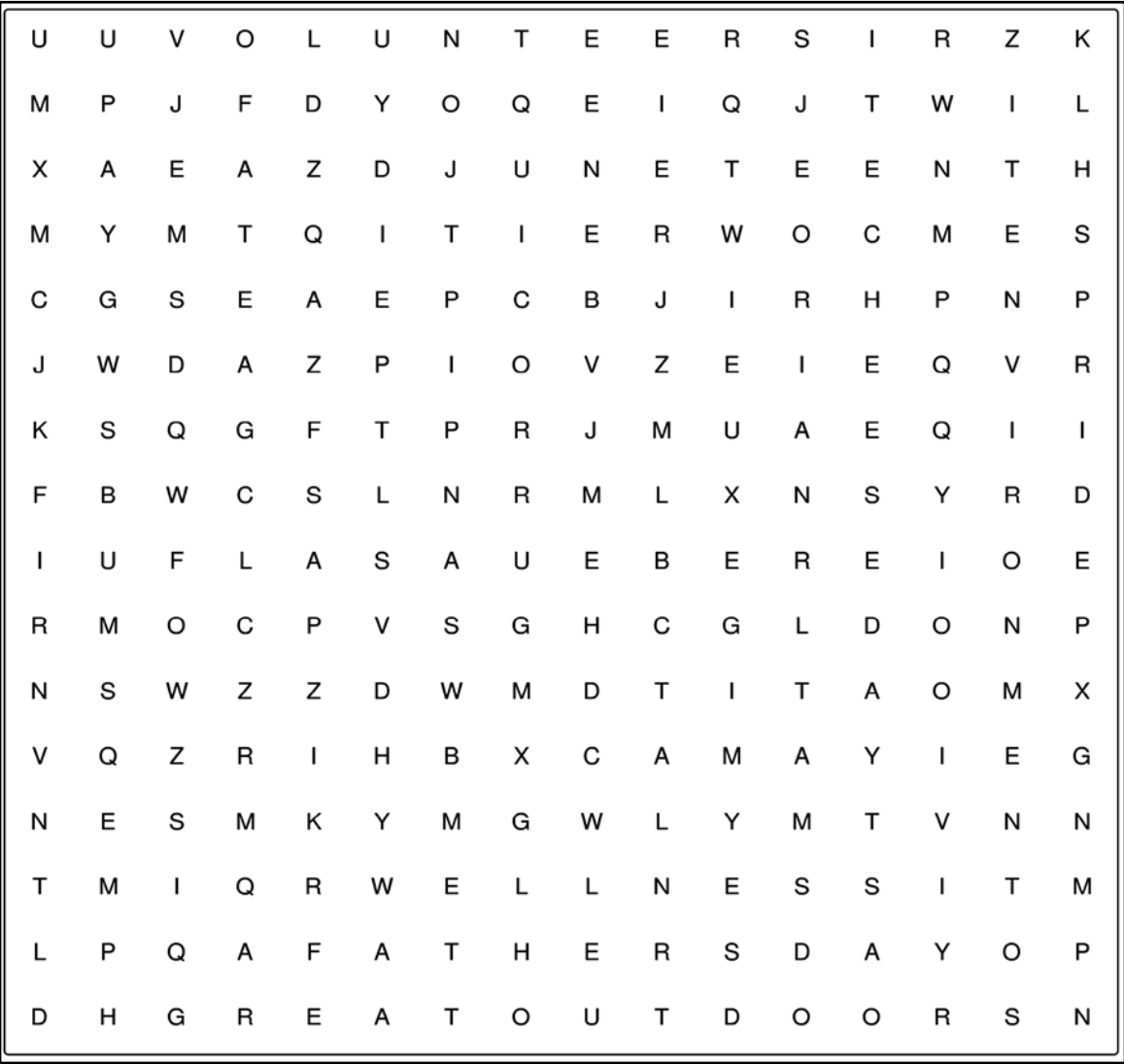


By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Compass point
- 2 Downwind
- 3 Is
- 4 Uproar
- 5 Smile scornfully
- 6 Farm credit administration (abbr.)
- 7 NBA's Dennis
- 8 Plant louse
- 9 U.S. Department of Agriculture
- 10 Lack of iron
- 11 Water ways
- 12 Magic sayings
- 14 Gray sea eagle
- 21 Balancer
- 23 Bush
- 24 Formal "your"
- 25 Prophet
- 27 Masculine pronoun
- 29 Surprise look
- 30 Depend
- 31 Dell
- 33 Frost
- 34 Twelve inches
- 36 Water retention
- 37 Flowers
- 38 On
- 39 Chummy
- 40 Lock's partner
- 42 Can
- 44 Desires
- 45 Garb
- 46 Wigwam
- 47 Hydrocarbon
- 48 Lubricators
- 50 Wander
- 51 Truss (2 wds.)
- 53 Flavor of sherbet
- 55 Choose
- 58 It is proven
- 60 School group
- 61 Annex
- 62 Rapid eye movement

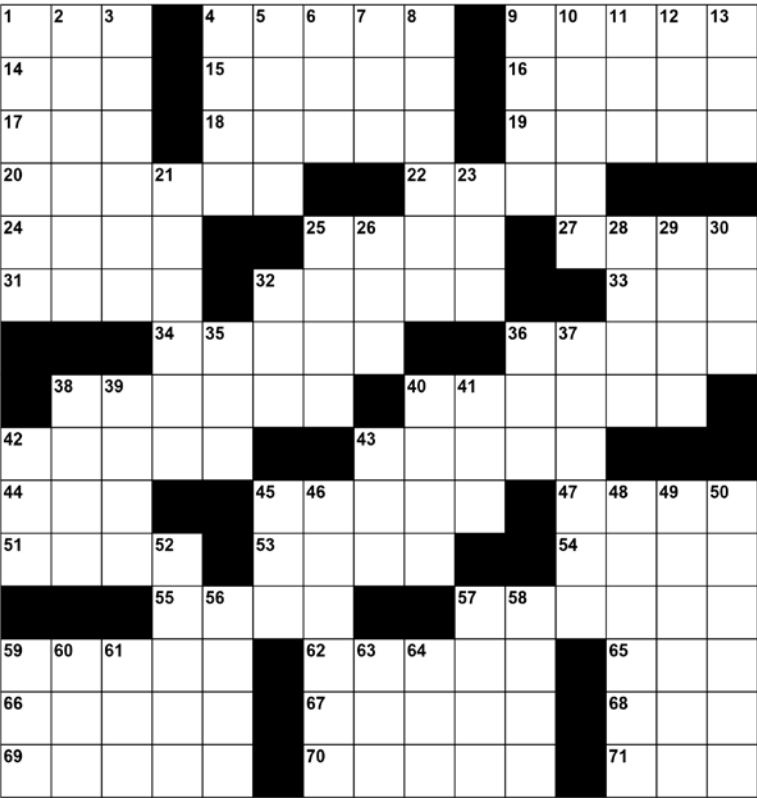
WORD SEARCH - "Celebrations in June"



"FLAG DAY"

ACROSS

- 1 Drink
- 4 Detached
- 9 Currency
- 14 French "yes"
- 15 Moses' mountain
- 16 End of Greek alphabet
- 17 Central nervous system
- 18 Unindulgent
- 19 Tendon
- 20 Adjust
- 22 Institution (abbr.)
- 24 King of beasts
- 25 Open tart-like pastry
- 27 Symbol with five points
- 31 Your person
- 32 Store passageway
- 33 Wall plant
- 34 Suggested
- 36 Synthetic fabric
- 38 Of this
- 40 Side notes
- 42 "we are the ____"
- 43 Performing artist
- 44 Environmental protection agency (abbr)
- 45 Number of stars on flag
- 47 Stare at
- 51 Satellite receiver
- 53 What a mosquito bite does
- 54 Cast metal
- 55 Rowers needs
- 57 Alternate route
- 59 Attach
- 62 Electronic mail
- 65 United States of America
- 66 Analyze
- 67 Large ponds
- 68 Dowel
- 69 Entrances opposites
- 70 Supporting structure
- 71 Compass point

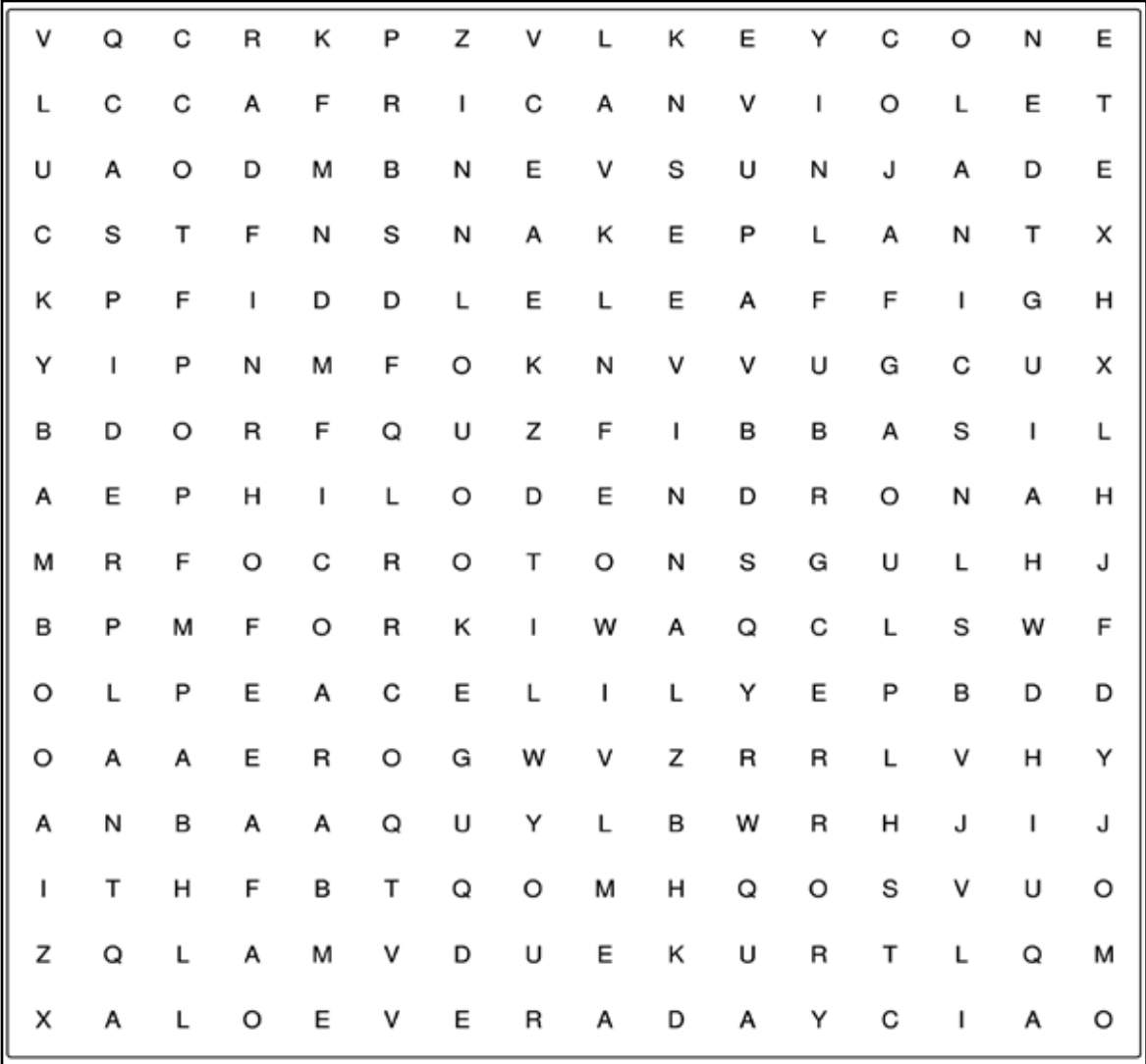


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DOWN

- 1 Natives
- 2 Father's sister
- 3 Handgun
- 4 Association (abbr.)
- 5 Low-cal
- 6 Only
- 7 Rowing tool
- 8 Decorative element on pole that points upward
- 9 Betsy _____
- 10 Leaves out
- 11 Japanese money
- 12 Grow older
- 13 Statute
- 21 Release from a rolled position
- 23 Compass point
- 25 Territory held in fee
- 26 Acid drug
- 28 What a clock tells
- 29 Car rental agency
- 30 Seed bread
- 32 Gone by
- 35 Crimson
- 36 Rio de Janeiro
- 37 Adept
- 38 North American Indian
- 39 Extremely long time periods
- 40 Pituitary hormone
- 41 Eye infection
- 42 Marry
- 43 American Football Conference (abbr.)
- 45 Evergreen tree
- 46 Its own
- 48 Assemblies
- 49 Parasites
- 50 Make angry
- 52 Lift or hoist up
- 56 Chopping tools
- 57 Carpe ____
- 58 Otherwise
- 59 Gorilla
- 60 Telephone copy sender
- 61 Last day of the wk.
- 63 Damage
- 64 Also known as (abbr.)

WORD SEARCH - "House Plants"



SUDOKU

SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SEARCH

"House Plants"

- PEACE LILY
- SPIDER PLANT
- SNAKE PLANT
- LUCKY BAMBOO
- UMBRELLA
- PHILODENDRON
- JADE
- ALOE VERA
- FIDDLE LEAF FIG
- AFRICAN VIOLET
- CROTON
- BASIL

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THROUGHOUT
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FLAG DAY

JUNE 14TH

THE BIRTHDAY OF THE STARS AND STRIPES

Lunch & Learn



Emergency Preparedness

Join Us for a 2-Part Lunch & Learn Event!

Are you prepared for an emergency? Join us for this FREE 2-part workshop. Emergency Prep Help customizes their workshops for older adults. Guest speakers include first responders, emergency managers, and pet experts.

Part 1: Thurs, July 6 • 11 AM - 12:30 PM
Topics include fire & evacuation safety, where to go and what to do, basic equipment and emergency supplies and earthquake preparedness.

Part 2: Thurs, July 20 • 11 AM - 12:30 PM
Topics include steps to take in extended power outages, pet safety in emergencies, and working together as a community to stay safe.



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



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NUTRITION NEWS

BEANS, NUTS AND SEEDS



Beans, Nuts & Seeds

Beans, Nuts & Seeds provide healthy mono-unsaturated and polyunsaturated fats as well as protein. Dried beans also known as legumes, provide a healthy lean protein. A great way to benefit from a healthier plant-based diet that is also packed with vitamins and minerals is to eat beans, nuts and seeds instead of animal meats.

Portions

Nuts and seeds are rich in vegetable oils which contain nine calories per gram of oil. One ounce (approximately one handful) is the standard serving for nuts and seeds. A half cup of cooked beans contains about 115-125 calories and 7-9 grams of protein.

Other suggested portions include

- 1/3 cup nuts
- 2 tablespoons peanut butter
- 2 tablespoons seeds
- ½ cup cooked legumes (dried beans or peas)

Mediterranean Diet

The Mediterranean diet is a healthier way of eating and helps prevent heart disease and stroke. This healthier diet incorporates beans, nuts, seeds, vegetables, whole grains, fruits, herbs and spices and olive oil as the main source of added fat.

Fish, seafood, dairy and poultry are included; however they are limited, and red meat and sweets are eaten only occasionally.

DASH Diet

Dietary Approaches to Stop Hypertension

The DASH diet is rich in vegetables, fruits and whole grains, beans and nuts, low-fat dairy products, poultry, and fish. Saturated fats, such as full-fat dairy products and fatty meats are limited. Also limited is sodium to between 1,500 and 2,300 milligrams a day. That amount is mostly found naturally in foods without adding salt to foods.

How To Eat More Beans, Nuts & Seeds

- Soups such as navy bean, lentil and black bean
- Chickpeas: Hummus with whole grain pita chips
- Soybeans: Tofu stir-fry and tofu lasagna in place of meat.
- Chia seeds over hot or cold cereal or a chia seed smoothie

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

Attention
60
&
Better



The Community Table

Connecting through Food, Fun and Conversation

CLOVERDALE Kings Valley Senior Apartments 100 Kings Circle TUE 11:00 AM	SANTA ROSA Finley Community Center 2060 W. College Ave. 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 MON - FRI 12:00 - 1:00 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 x128
Must Reserve 1 Week in Advance

Meals Funded in Part
by County of Sonoma

Please note: Contributions are voluntary and confidential, and no eligible person will be denied a meal for choosing not to contribute. 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.



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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Special Needs Trusts
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ATTORNEYS AT LAW, PC

(707) 545-6542
rjohnston@johnstonthomas.com
1400 N. Dutton Avenue Suite 21, Santa Rosa, CA 95401

Resources for Seniors

County Resources

- Call 565-INFO (4636) or email 565INFO@schsd.org. For adults 60+ who need help finding resources.
- Call 2-1-1 for a person guide search to find the Coronavirus information and Food or Financial Assistance resources you need.
- SoCoEmergency.org has an updated list of resources for seniors and high-risk populations. Resources include groceries, meal services, pharmaceuticals, emotional support and others.

Adult Protective Services (APS)
sonomacounty.ca.gov/Human-Services/Adult-and-Aging/Adult-Protective-Services
To report suspected abuse, neglect or self-neglect of an adult (65+) or a dependent adult (18-64) living at home, call 565-5940 or online.

Alzheimer’s Association
www.alz.org/norcal
Sonoma Valley Support Group is a general support group for caregivers/care partners of a loved one diagnosed with Mild Cognitive Impairment, Alzheimer’s Disease or a related dementia. The group meets on the 4th Tuesday of every month from 12:30-2pm. It is currently meeting via Zoom. 24-hour helpline - (800) 272-3900 for support and to be added to local support groups. Caregiver Support Groups: call 573-1210 to find and join virtual support groups by video or telephone conferencing. Visit alz.org/crf for list of groups. Early diagnosis counselors on hand.

Parkinson’s Support Group.
Please visit our website:
https://parkinsonsonomacounty.org/ where you can learn about our support and resource information, sign up for our newsletter, as well as access past programs and other offerings. Call (707) 431-8767 for more information.

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 and on-line newsletter. www.jccsoco.org/friendshipcircle. For more information contact Friendship Circle Program Director, Sandy Andresen - friendshipcircle@jccsoco.org (707) 528-1182.

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
Join Sonoma County Library’s community of

readers at one or more of our book clubs. From memoir to mystery, we've got something for everyone. In person or Virtual
https://events.sonomalibrary.org/events/month. We have educational resources for everyone, no matter your age. All you need is your library card.
Visit: https://sonomalibrary.org/.

City Resources

Cloverdale Senior Center
Market Days - Friday Produce Markets are made possible by Front Porch. Wholesale Priced produce is available to the whole community. All ages are welcome. EBT accepted. Fridays 10:00-11:00 am.
Staff are available by phone at 707-894-4826 Monday through Friday, 8:30 am-4 pm. If you or someone you know needs any assistance please call or email us!

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: ci.healdsburg.ca.us/269/Senior-Services. Email: agrant@ci.healdsburg.ca.us. 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
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 updated list of classes, events and exhibitions, visit our website: https://www.sebarts.org/classes-and-events. 707 829-4797.

Sonoma
Friends in Sonoma Helping
or "FISH" provides safety net services to the Sonoma Valley community from Schellville to Kenwood. Need help? Call FISH at (707) 996-0111 (weekdays 9 a.m. - 3 p.m.) 18330 Sonoma Hwy, Sonoma, CA (vehicle entrance on Sierra Drive). FISH is an all-volunteer organization,

and currently has more than 120 dedicated volunteers working as dispatchers, drivers, and with our Food Room, Clothes Closet, and rental/utilities assistance programs.
Join us!

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
https://www.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
Our Older Adult Program (OAP) courses provide opportunities for personal growth and development, group interaction, mental stimulation, and physical activity. Our programs have no minimum age requirement. Free, non-credit courses are tailored toward 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. https://older-adults.santarosa.edu/ Contact us: (707) 527-4533.

Sonoma State University OLLI
Osher Lifetime Learning Institute is a unique learning community for adults 50 years old or better. SSU faculty and other Bay Area educators enjoy sharing their expertise. Contact Us: Email: olli@sonoma.edu
Phone: 707-664-2691. Questions Regarding the OLLI Program? Email: Dr. Jason Lau at Jason.Lau@sonoma.edu.

Senior Planet
Live Online Classes for Seniors.
Visit: https://seniorplanet.org/classes/
If you’re a senior 60 and older, live online classes are designed for you! Finance, Wellness, Fitness, Computers Technology, and more. Need help joining a class? Call Senior Planet Tech Hotline: 888-713-3495.

Free Webinar on Senior Housing Options
As we age, where we live matters. Should you stay, downsize, move closer to family? Waiting for a crisis that forces you to move rarely provides the best outcome. However, being proactive with experienced coaches may help you make the right choice. Margaret Kapranos (DRE 01383378 Berkshire Hathaway HomeServices) is a Senior Real Estate Specialist who helps people 55+ navigate their options in Marin and Sonoma Counties. Kathlene Carney (NMLS #2040727 of NEXA Mortgage) discusses loan options for people 55+. The third Thursday of each month, 5:00 p.m. RSVP for Zoom link: kcarney@nexamortgage.com

HOUSING OPTIONS
House Too Much?
Want to Move?
Can I Afford to Move?

Explore your options with our
Senior Housing Experts.
Call 415-608-5070
to schedule (complimentary).

Margaret Kapranos
Senior Real Estate Specialist
REALTOR®
DRE #01383378

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BJ & CJ's Testimonial for Meals on Wheels



Born and raised in Santa Rosa, California, BJ has lived there his whole life. He had one brother and his father was the County Clerk in the 1940s. His wife CJ was born in Milaca, Minnesota, and was raised in Guerneville, California.

BJ was a Chevron Dealer and really enjoyed being a businessman. CJ was the Executive Secretary at different banks and at the County of Sonoma. CJ is also passionate about working as a Childcare Assistant for Rincon Valley School District, which she has done for 18 years and continues to enjoy!

BJ enjoyed playing golf and tennis. CJ enjoys and finds meaning in her Childcare Assistant job and being around her grandchildren, great-grandchildren, and children in general. BJ's gem of wisdom for future generations is, "Have pride in what you do!" CJ's words of wisdom are, "Have an appreciation for everyone in your circle who supports you!"

Meals on Wheels has really made a difference for BJ and CJ because the balanced, nutritious meals have improved their diets! They greatly appreciate their wonderful drivers and all the staff in the Nutrition Department!

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Organize Tax Documents & Paperwork
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707-477-7195 • kmvirtualbiz@yahoo.com

The Aging Skin: Is this Normal?

Danielle Andaya, Student Nurse SSU

As we age, our body goes through changes. One organ in particular (yes, our skin is an organ!) also undergoes changes. It is helpful to know which are normal or more likely to occur with age, and which may warrant the attention of a professional.

What happens to our skin as we age?

Our skin typically becomes thinner, begins to lose fat, loses its smooth appearance, and shows our veins and bones more prominently. Any scratch or cut can take a longer time to heal, and years of frequent sun exposure can lead to various modifications.

Got itchy/dry skin? Here's what to do!

Dry patches typically form on our lower legs/arms and elbows. Causes include not drinking enough water, smoking, overexposure to sun or dry air, and stress. Health problems like diabetes or kidney disease and some medications can also play a role. To relieve dry skin, be sure to moisturize daily, take fewer baths/showers, use mild soap and warm water, or even try a humidifier. Take caution when scratching at thin skin. It is more likely to bleed and become infected!

Are bruises and wrinkles concerning?

Bruising can occur more easily as we age and it can take longer to heal. Some medications/illnesses may also cause bleeding. If you spot any bruises where the cause is unknown, it is advisable to talk to a doctor. Wrinkles can also start to develop in the skin over time. Environmental factors such as UV light can make skin less elastic, and gravity can cause skin to sag. Beware! There are lots of claims about ways to get rid of wrinkles. Many don't work and can even be dangerous or painful. Discuss with a specialist if you are worried about wrinkles.

What about age spots and skin tags?

Age spots are flat brown spots typically caused by years of sun exposure. They are larger than freckles and usually present on the face, hands, arms, back, and feet. Skin tags also show up more as we age and are more prevalent among women. These small skin-colored growths with a raised surface can be found on the eyelids, neck, chest, groin, and body folds. Both are harmless, but having them removed is also an option.

Skin cancer and what to look out for!

Skin cancer is a very common type of cancer in the US. It can affect individuals of all skin colors, but people with lighter skin that freckles are the most at risk. If spotted before it spreads to other body parts, it can be cured! It is a good idea to check your skin regularly for potential signs, especially since it is rarely painful. Search for new growth, a sore that doesn't heal, or a bleeding mole. Check moles, birthmarks, or other parts of the skin for these ABCDE's of skin cancer, and speak with your provider right away to make sure they are not cancerous!

GRANDPA SEZ...

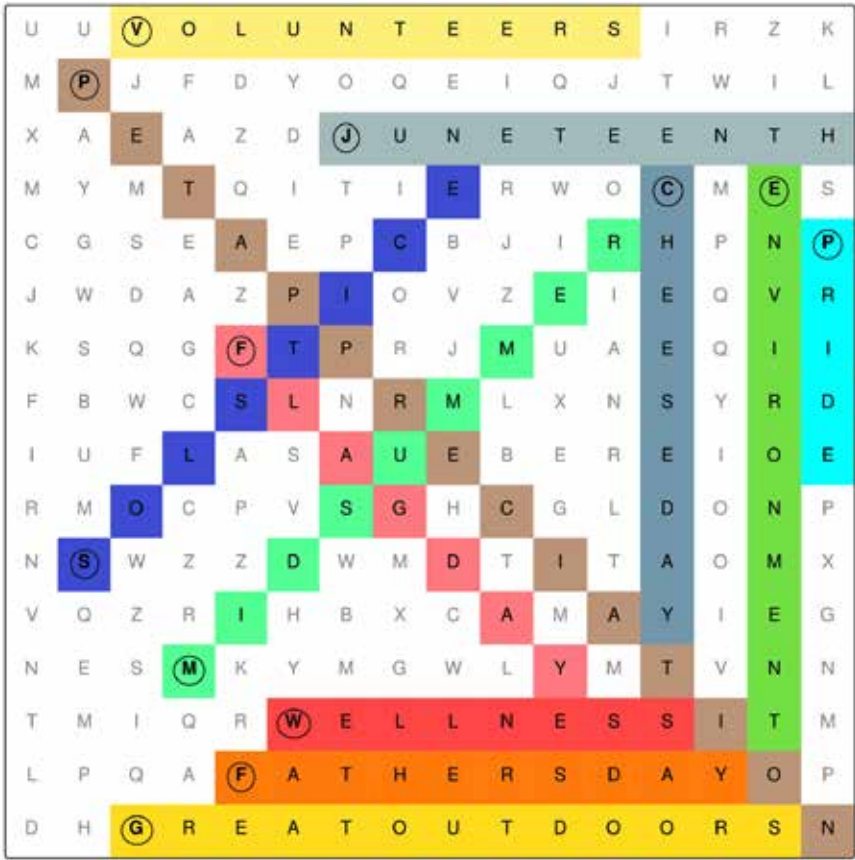
**FOR SOME REASON,
A COURTROOM
ARTIST WAS
ARRESTED TODAY.
DETAILS ARE SKETCHY**



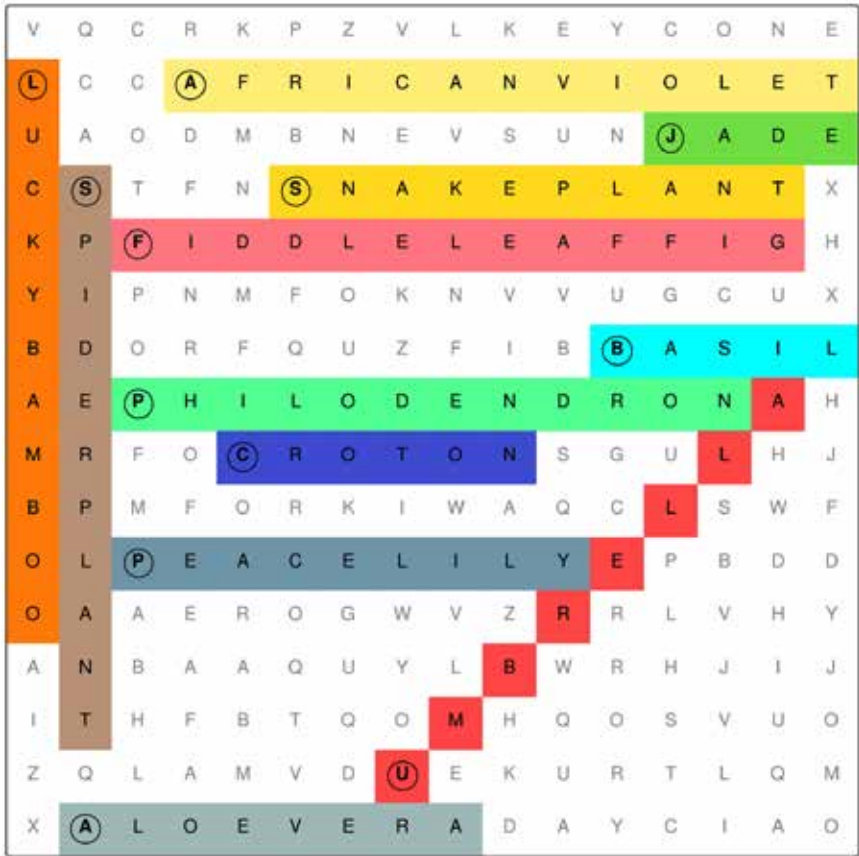
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JUNE Puzzle Solutions

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SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SCRAMBLE
"TOOLS FOR DAD"

1. MEMRAH HAMMER
2. EVLEL LEVEL
3. RIDTNFDSUE STUDFINDER
4. BTOOLXO TOOLBOX
5. GOLVSE GLOVES
6. CERHNW WRENCH
7. RESWRECRVDI SCREWDRIIVER
8. RACVMACUU CAR VACUUM
9. MREOW MOWER
10. GOOALBT TOOLBAG
11. MRETRIM TRIMMER
12. PTAE MRAESUE TAPE MEASURE

WORD SCRAMBLE
"BOATS THAT FLOAT"

1. RNECSHOO SCHOONER
2. NRTAAAAMC CATAMARAN
3. OLOPS SLOOP
4. YCATH YACHT
5. KKAAY KAYAK
6. EBARG BARGE
7. ACNOE CANOE
8. HGIDNY DINGHY
9. OOGNALD GONDOLA
10. NOTPOON PONTOON
11. OAROBWT ROWBOAT
12. JCKIKASP SKIPJACK

MOVIES TO CELEBRATE

Barbara Spear

OUT OF THE PAST (1947) was directed by Jacques Tourneur, a master of mood and atmosphere, and stars Robert Mitchum, Jane Greer, and Kirk Douglas. Mitchum plays Jeff Bailey, an ex-private eye who's escaped his past to run a gas station in a small town. But his past catches up with him, and he must return to a world of danger, corruption, double crosses and duplicitous dames. Roger Ebert calls this movie



“one of the greatest of all film noirs,” but it’s more about locales than claustrophobic city interiors: much of OUT OF THE PAST was shot in the idyllic mountains of the Sierra Nevada and at Lake Tahoe in California, in Reno, Nevada, and in Acapulco, Mexico. Mitchum is the typical noir male victim, obsessed with gorgeous femme fatale Greer (only twenty-two years old!) who



leads him wherever she wishes. Douglas, (in his second film), is all slick, masculine bravado. Cinematographer Nick Musuraca was called “a painter with light,” and his images here are thrilling. Mick LaSalle of the "San Francisco Chronicle" calls the film, “Cinematic perfection, a Hollywood classic that's as great and as enjoyable as its reputation has promised.” Be forewarned: people do lots of smoking in OUT OF THE PAST. It has a terrific score of 93% on the Rotten Tomatoes website and is available to stream from Amazon Prime for \$2.99.

LUCE (2019) tells the story of a married couple (Naomi Watts and Tim Roth) who have a son, Luce (Kelvin Harrison Jr.), whom they adopted from a war-torn African country. Now a teenager, a star athlete, and a top student, Luce’s idealized image is challenged by one of his teachers (Octavia Spencer) when his unsettling views on political violence come to light, putting a strain on family bonds while igniting intense debates on race and identity. Directed by Julius Onah, who co-wrote the screenplay with J.C. Lee based on Lee’s play, this is a tough but rewarding movie, one that will make you think. The performances are all excellent, with special praise given to Spencer and Harrison (whose most recent film is CHEVALIER, in which he



plays eighteenth-century black composer Joseph Bologne). Adam Graham in the "Detroit News" comments, “This is a powerful film that shows how far some will go to protect the reality they choose to believe. It gets into your head and stays there.” And Tomris Laffly of "thewrap.com" says, “This cumulatively unnerving psychodrama, where everyone harbors a deep secret, couldn't be more relevant to today's America.” LUCE has a great score of 90% on the Rotten Tomatoes website, is rated R (nudity, language throughout, sexual content, some drug use), and can be streamed from Amazon Prime for \$3.99.

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 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



Now Introducing!

Day Respite Program

Flex Care Services

We are excited to announce a new fee-based Flex Care Respite Program that will provide:

- Staff who are trained to provide additional support for care needs
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MONDAYS & WEDNESDAYS



CONTACT JAKE LARKIN
DAY RESPITE PROGRAM MANAGER
707-525-0143 ext. 103

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(707) 525-0143 councilonaging.com

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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.



SUNDAY, JUNE 18TH !





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ART EXHIBIT



2ND ANNUAL

ART EXHIBIT

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lklaproth@councilonaging.com

 council on aging
www.councilonaging.com

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