

SONOMA SENIORS TODAY

Celebrating Active Seniors Who Have Turned 101

Active minds and active bodies make the difference!



*Evita
Stewart*



THE COURAGE TO BE MYSELF

I have the courage to...
Embrace my strengths
Get excited about life
Enjoy giving and receiving love
Face and transform my fears
Ask for help and support when I need it
Spring free from the "woman trap"
Trust myself and make my own decisions
and choices
Befriend myself
Complete unfinished business
Realize I have emotional and practical rights
Talk as nicely to myself as I do to my plants
Communicate lovingly with understanding
as my goal
Honor my own needs
Give myself credit for my accomplishments
Love the little girl in me
Overcome my addiction to approval
Grant myself permission to play

Quit being a responsibility sponge
Feel all of my feelings and act on them
appropriately
Nurture others because I want to and not
because I have to
Set limits and boundaries and stick by them
Choose what is right for me
Insist on being paid fairly for what I do
Have realistic expectations
Take risks and accept change
Grow through challenges
Be totally honest with myself
Correct erroneous beliefs and assumptions
Respect my vulnerabilities
Heal old and current wounds
Savor the mystery of spirit
Wave goodbye to guilt
Plant flowers not weeds as thoughts in my mind



Roy Evans

Roy Evans, at 101 is an active member of the Varenna Bocce team, playing at the Council on Aging's Sonoma Wine Country Games.

Treat myself with respect and teach others to do the same
Fill my cup first then nourish others with the overflow
Own my own excellence
Plan for the future but live in the present
Value my intuition and wisdom
Know that I am lovable
Celebrate the differences between men and women
Develop healthy, supportive relationships
Make forgiveness a priority
Accept myself just as I am now

Poem written by Evita Stewart

Heels4Meals a Success!

The First Annual Heels4Meals was held at the DoubleTree Hotel in Rohnert Park on May 6th to raise funds for Meals on Wheels and other COA Nutrition Programs. With over 200 guests in attendance, there was a Fashion Show made up of models from Sonoma County service organizations dressed by local merchants. Live and Silent Auctions were held, and a diamond pendant was raffled off to one lucky winner. Be sure to save the date for next year's H4M – May 5th 2023!



Maryanne Harris, Chair



Health Care Heroes St. Joseph/Providence

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Celebrate your Independence

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

The Fourth of July is celebrated in the United States as an annual reminder of our country's freedom and independence from Great Britain. It's a federal holiday allowing employees to enjoy time off with their families, friends to gather for a summer BBQ, and neighbors to participate in festive parades and firework displays. This year marks our 246th year of Independence and what better way for you to celebrate than to ensure your wishes are enacted upon your death.

What do I mean exactly? As babies and children we gradually obtain more independence. From the ability to roll over, walk, feed ourselves, talk, dress ourselves, write, read, drive a car, and earn a paycheck, each step of our lives is a step towards personal independence. For older adults, maintaining independence for as long as possible is a high priority. In an ideal world, we will all have the ability to make our own choices until the day we die. But what about after death? Have you considered that there is an opportunity for you to continue having an influence on what happens to your personal and financial belongings?

If you like analogies, think about the concept of "ruling from the grave". You have gained and earned your freedom and independence of choice throughout your life. And with a proper estate plan in place, there is no reason this freedom has to end once you've passed away.

One of the sad parts about being a fiduciary is that we don't get to know our clients too well until after they've died but once they do, we have a front row seat to all of your personal business and family dynamics. As a fiduciary for over 12 years, I have met and interacted with many colorful beneficiaries and family members who thought they should be beneficiaries. It is not uncommon for someone to expect their full distribution within 30-60 days of the grantor dying. In reality, most final distributions are made within 18-24 months. We will get pushback about the time it takes to prep a house for sale, the final sales price of that home, the time it takes to liquidate an investment portfolio, and questions about why we can't make changes to who gets what, when, why and how much.

The part that makes it easy(ier) for us to navigate these (sometimes) heated and difficult

conversations is that we can fall back on your estate plan. The simple answer to any dispute and disagreement from a beneficiary, or non-beneficiary, is that we have to do what the Trust says. And that Trust is created by you (with the help of an estate planning attorney, of course). Therefore, even after you're gone, your wishes will still be carried out exactly that way you want them to be carried out.

You might know that your daughter-in-law will be calling five days after you've died providing us with wire instructions for "her" inheritance. Or that your son will have a strong opinion about selling your house and not allowing his sister to buy him out of her half-share. Rest assured, you remain in control. Your estate plan empowers us, or any fiduciary, to execute your wishes exactly as you intended them to be executed. And the family members that you worry about having strong beliefs and opinions will not have power to take this last choice away from you.

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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Fax 707-525-0454
@councilonaging.com
www.councilonaging.com

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

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

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Senior Activities Summer 2022

Senior Saunters

Tuesdays, June 7, July 5, Aug. 2, 9-10:30 a.m.

Locations vary by date

Enjoy leisurely walks with friendly, older adults on the first Tuesday of each month. Explore plant and animal life, swap stories as you stroll and enjoy a gentle 2-mile saunter along some of the county’s most accessible and beautiful trails. All abilities are welcome! No registration required. For more information, contact Zaira Sierra at Zaira.Sierra@sonoma-county.org.

Tuesday, June 7 • 9-10:30 a.m. • Spring Lake Regional Park

Tuesday, July 5 • 9-10:30 a.m. • Laguna de Santa Rosa Trail, Highway 12 parking lot

Tuesday, Aug. 2 • 9-10:30 a.m. • Riverfront Regional Park

JULY PUZZLES

Puzzle solutions are on page 10

WORD SCRAMBLE
Fourth of July

1. OARCETLIBNE _ _ _ _ _
2. IRFWOERKS _ _ _ _ _
3. EAFTVLIS _ _ _ _ _
4. GLFA _ _ _ _
5. RAIMAEC _ _ _ _ _
6. CICNIP _ _ _ _ _
7. GDOTOH _ _ _ _ _
8. SICUM _ _ _ _ _
9. OIPARICTT _ _ _ _ _
10. REOFEDM _ _ _ _ _
11. EBCURBAE _ _ _ _ _
12. TENRSAVE _ _ _ _ _

WORD SCRAMBLE
At the Beach

1. SADYN _ _ _ _ _
2. AVSWE _ _ _ _ _
3. LITON _ _ _ _ _
4. HUINSNSE _ _ _ _ _
5. UEARBLML _ _ _ _ _
6. OCNEA _ _ _ _ _
7. RNSGIFU _ _ _ _ _
8. GHINFSI _ _ _ _ _
9. SMWI _ _ _ _
10. WAGDIN _ _ _ _ _
11. CTLASSE _ _ _ _ _
12. SOTLEW _ _ _ _ _

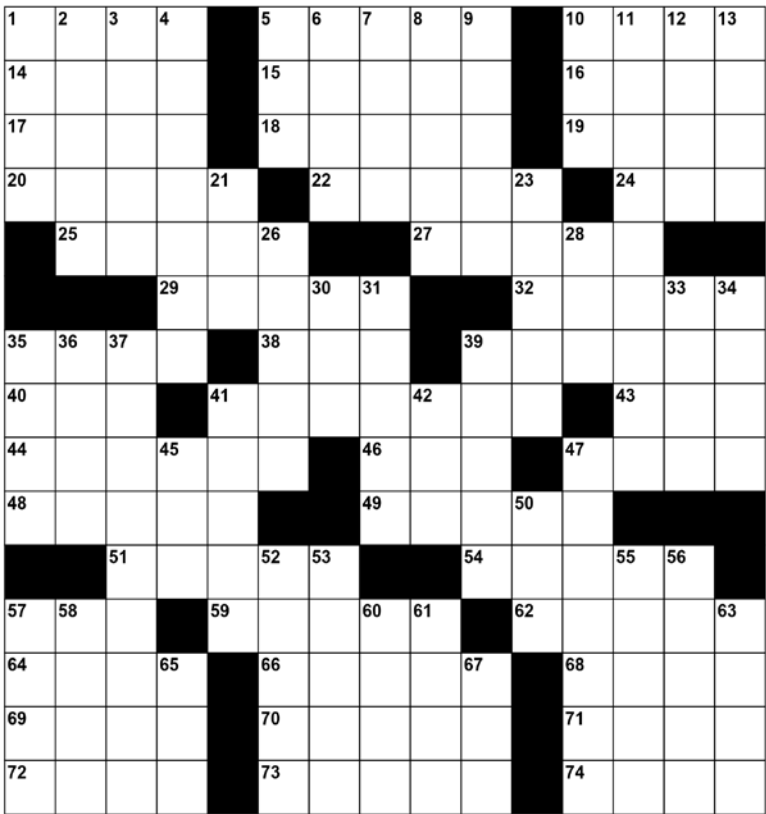
WORD SEARCH
SUMMER PICNIC

- BASKET SUNSCREEN
- BARBECUE FAMILY
- HAMBURGER ANTS
- POOLSIDE LEMONADE
- OUTSIDE SALAD
- BLANKET REUNION

FLAGS AND FIREWORKS

ACROSS

- 1 Writer Bombeck
- 5 Clothing stitches
- 10 Broken bone holder
- 14 Stack of paper
- 15 Aleutian
- 16 Doing nothing
- 17 Singing voice
- 18 Waitress on Cheers
- 19 Brand of blue surface cleaner
- 20 Filled
- 22 "___ Dame"
- 24 Clever
- 25 Three masted Mediterranean boat
- 27 Abraham's son
- 29 At a point on
- 32 Gather
- 35 Leg joint
- 38 Deface
- 39 Rim
- 40 Goddess
- 41 Mislead
- 43 Baby bear
- 44 Launched vessel
- 46 Constrictor snake
- 47 Greenish-blue color
- 48 Unfitting
- 49 Japanese dish
- 51 Call up
- 54 Catch a ride
- 57 United States of America
- 59 Sibling's daughter
- 62 Fly
- 64 After-bath wear
- 66 Repulsive
- 68 Partition
- 69 Dinner table seasoning
- 70 Hippopotamus' nickname
- 71 Aborts
- 72 Location
- 73 Adolescents
- 74 Orderly



By Evelyn Johnson - www.qets.com

DOWN

- 1 Extremely long time periods
- 2 Unwind
- 3 Not glossy
- 4 One-celled animals
- 5 Pouch
- 6 Eagerness
- 7 Air (prefix)
- 8 Many
- 9 Heavenly lights
- 10 Intelligence Agency
- 11 Being next to
- 12 Smack
- 13 Written material
- 21 New Jersey's neighbor
- 23 National bird of the United States
- 26 Celestial "tailed" body
- 28 Wing
- 30 Pester
- 31 Bear food
- 33 Water (Spanish)
- 34 Northeast by north
- 35 Lotion brand
- 36 Midday
- 37 Avoidable
- 39 Sudden brilliant light that vanishes
- 41 Wager (2 wds.)
- 42 Note of debt
- 45 Rate
- 47 Person belonging by birth or naturalization to a country
- 50 Haunch
- 52 Day's opposite
- 53 Spooky
- 55 Genetic identical
- 56 Japanese car
- 57 ___ Major (Big Dipper)
- 58 Glide
- 60 Deal with
- 61 Sports channel
- 63 Try out
- 65 Estimated time of arrival
- 67 Distress call

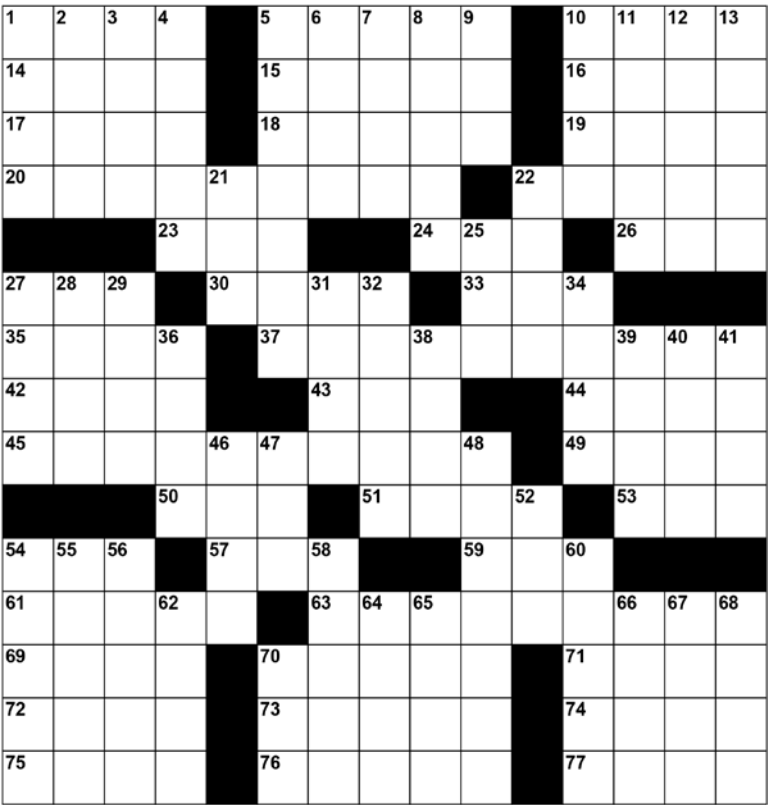
WORD SEARCH - SUMMER PICNIC

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

USA

ACROSS

- 1 Crazyed
5 Truths
10 Air (prefix)
14 Large standing body of fresh water
15 American state
16 Snip
17 Whirr
18 Quick
19 Clean
20 Defamer
22 Not inner
23 Disconsolate
24 Structure that holds back water
26 Time period
27 Hotel
30 Shoshonean
33 Legume
35 Band instrument
37 Direction and control exercised politically over a group of people
42 Organization of Petroleum Exporting Countries
43 Cooking fat
44 Margarine
45 Aquatic plant
49 Salad
50 Salt water covering most of the earth
51 Salty water masses
53 European sea eagle
54 __ Francisco
57 Estimated time of arrival
59 Insult
61 Opp. of natural
63 Jolly
69 Dunking cookies
70 Marsh bird
71 Wise man
72 Costa __
73 Goodbye
74 Against
75 Title
76 Identicals
77 Cincinnati baseball team

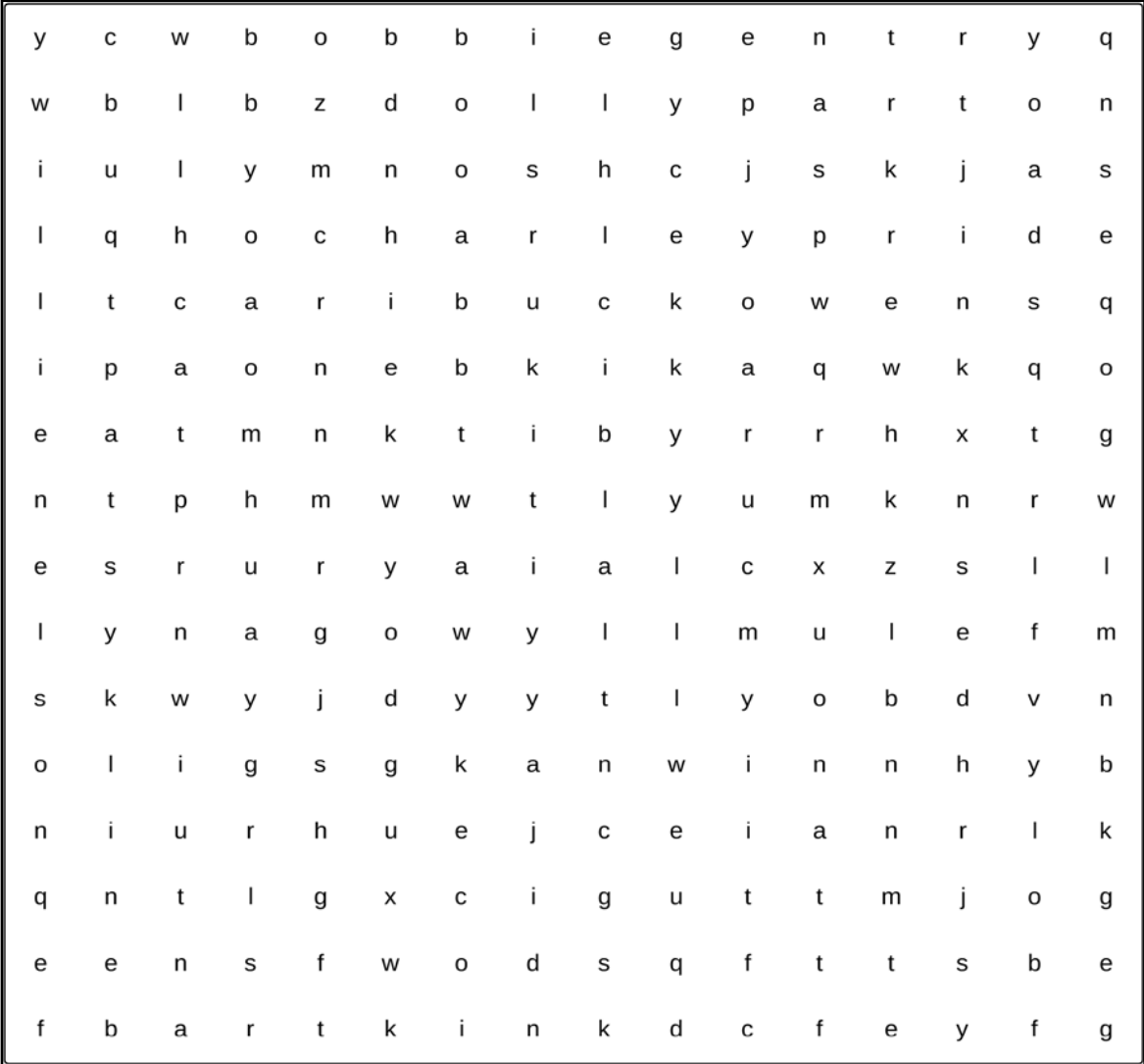


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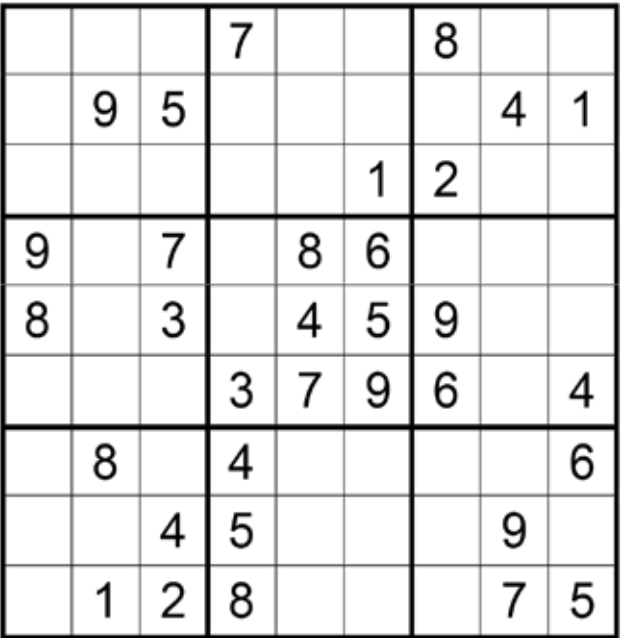
- 1 Swiss mountains
2 Disfigure
3 Vegetable
4 Soft drink brand
5 Fireman's pet (2 wds.)
6 Jewish calendar month
7 Mantle
8 After second
9 Turf
10 American Civil Liberties Union
11 Excite
12 Large natural stream of water
13 Musical production
21 Morse code dash
22 Bode
25 Rainy mo.
27 Load
28 Insect in a cocoon
29 To incite
31 Destitute
32 Crawling vines
34 Famous cookies
36 Experts
38 Otherwise
39 Women's magazine
40 Not far
41 Center of population that is larger than a village
46 Swamp plant
47 Lion
48 Woe
52 Attack
54 Weapon
55 Eagle's nest
56 Sibling's daughter
58 Root beer brand (3 wds.)
60 Sweet stuff
62 Paved surface made for vehicles
64 Eight
65 On top
66 Toboggan
67 Dry
68 Jogs
70 Stood opposite

WORD SEARCH - COUNTRY MUSIC STARS

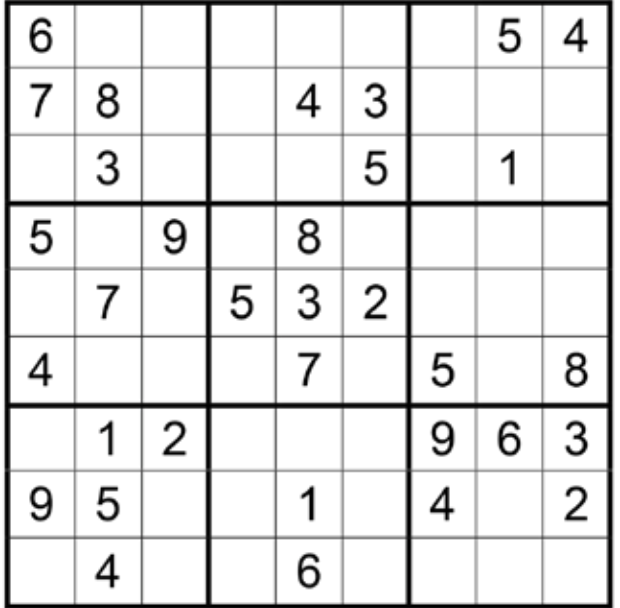


SUDOKU

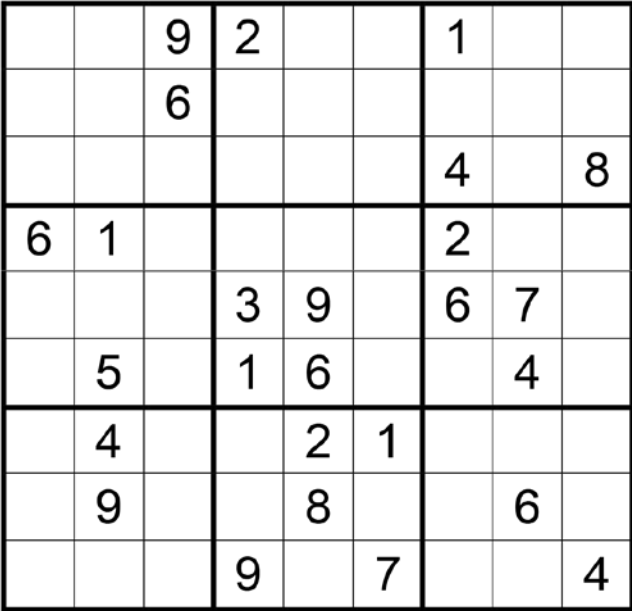
SUDOKU - Medium #1



SUDOKU - Medium #2



SUDOKU - Hard



WORD SEARCH
COUNTRY MUSIC STARS

- DOLLY PARTON HANK WILLIAMS
- ROY ACUFF CONWAY TWITTY
- WILLIE NELSON TAMMY WYNETTE
- LORETTA LYNN CHARLEY PRIDE
- BOBBIE GENTRY BUCK OWENS
- BILL MONROE PATSY KLINE



Walk the talk

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- Donating is easy and the pick up is free.
- Skips the costs and hassles associated with selling a car, like paying for advertising and insurance, or for car repairs to keep your car in running condition while you wait for a buyer.
- Donating avoids the costs associated with keeping a car, such as registration, insurance, car repairs, and more.
- You can free up space at home and/or stop paying for extra parking.
- It's better than a low trade-in offer.
- Vehicle donations are tax-deductible, and you could reduce your taxable income when taxes are itemized.
- Donating to Council on Aging feels good and makes a difference!

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GRANDPA SEZ...

I STAYED UP ALL NIGHT
WONDERING WHERE THE
SUN GOES... AND IN
THE MORNING IT
DAWNED ON ME



Want to Advertise?

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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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.

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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

Trusts & Wills
Probate & Trust Administration
Special Needs Trusts
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ATTORNEYS AT LAW, PC

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CELEBRATING 24 YEARS OF FAMILY OWNED BUSINESS IN SONOMA COUNTY!



Become part of our AT HOME family!

"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

at HOME NURSING
Caregivers For You
1378 A Corporate Center Pkwy
Santa Rosa
707-546-8773
www.athomenursing.com
There's No Place Like Home!

A NURSE MODEL AGENCY, WE HAVE VERY STRICT POLICIES ON COVID. REGULAR TESTING, USE OF N95 MASKS AND KEEPING EVERYONE SAFE! WE ARE ABLE TO TEST OUR CLIENTS AT HOME IF NEEDED AND OUR NURSES ARE OVERSEEING OUR CLIENTS' CARE.

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

Disability Services & Legal Center

(707) 528-2745
mydslc.org/slider/covid-19-update/
Providing a wide range of services for those with disabilities to help them live as independently as possible. Benefits, Legal, Home Access Modifications, Housing & more.

Institute on Aging - Friendship Line

(800) 670-1360
www.ioaging.org/friendship-line-california
Free crisis intervention hotline and a warmline for non-emergency emotional support calls. 24-hour toll-free hotline for ages 60+ and adults living with disabilities. Can arrange outreach calls to lonely older adults.

Jewish Community Center

(707) 528-4222 • www.jccsoco.org
Senior Friendship Circle: Virtual programs
www.jccsoco.org/friendshipcircle/friendship-circle

Senior Advocacy Services

(707) 526-4108 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

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.

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 Program

The Sonoma/Napa Tax-Aide program is offering an in-person summer/fall tax clinic, offering tax preparation and electronic filing. For taxpayers who didn't file a 2021 tax return by April 17th, or haven't filed a prior year tax return or need to amend a filed return, or have an issue with the IRS or 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 available - 9:30 a.m. to 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.



The Red Bag

Our Heroes Don't Wear Capes
And our volunteer drivers travel the roads long forgotten.

Our drivers carry love down the road.

We use empathy, compassion, commitment and reverence to build relationships with Sonoma County seniors, and battle food insecurity and isolation, one day at a time.

If you have what it takes to carry The Red Bag,
Council on Aging has a volunteer opportunity for you.

Volunteer at Meals on Wheels

HEROES ARE INVITED TO CALL 707.525.0143 x121

GROWING ELDER

By Marcia Singer, MSW

“Families are like branches on a tree: We grow in different directions, but our roots remain as one.”
Anonymous

Family: What a concept! Just thinking about it calls up emotions, memories, narratives along an extraordinary spectrum of possibilities. For instance, my older friends from close knit units, or whose parents are still alive, may speak animatedly about their kin, how the pandemic has affected their visits, or when their next family get-together is planned. Single seniors like me, whose parents died decades ago, with her few remaining relatives living elsewhere may feel sorrow instead (or relief!) when asked by a well-meaning inquirer, “Any family visits planned for the holiday?”

For folks like me, “family” consists of people we’ve chosen to love and bond with, be loyal to, often who are not blood relatives, but kindred spirits. And of course, you may be one of the very lucky ones with deeply kindred spirits with blood ties. But however you’ve come by your kinfolk, cherish them, and let them know you do. “Shower the people you love with love, show them the way that you feel,” sings songwriter James Taylor.

I’ve had to learn, often through life’s heartbreaks, how to recognize my other family members — my adoptive tribe, whom I naturally belong to; those people I feel most at home with. The Irish have a beautiful term that helped me define this special way of relating: anam cara — friend of the soul. Poet/philosopher John O’Donohue’s book by that title named these most kindred of kindreds: They’re the “soul friends” who see who we really are and support us to be our wonderful, uniquely weird selves. It is similar to the Sanskrit word, namaste, the sense of oneness we have when our inner light is free to shine, and thus easily sees the love and light in the other person.

Other concepts that grew my understanding and appreciation of true family connection also come from foreign lands. The late Bishop Desmond Tutu taught “ubuntu.” This translates as, “I am, because we are.” While it usually applies to community spirit, it’s also about valuing each one of us, and the common good that inspires. It’s about being available and open, generous and hospitable — just what we might want, or expect, from our families, whether original or adopted. Ubuntu also calls to mind that psychologically, our very sense of identity can be wrapped up with our family relationships, for better or worse.

During some hard stretches in my home and nesting life, I was comforted by the Dalai Lama when I learned that Tibetan monks took vows of homelessness. This is to help them be at home wherever they are. And by association, I thought, make whomever they are with family. I love that!

My last is a rule to live by for familial ease. It’s a moral idea from a popular Mayan expression. My friend in Ecuador signs his emails with it: “In lak-ech ala k’in” means, “You are the other me.” So the golden rule is really important! What I do unto you, I do unto myself.

Whether your summer get-togethers are with family of origin, or with kindred souls you bonded with along the way, relish them. Shower them with love and, as James Taylor promises, “Things are gonna work out fine, if you only will.” Let your hair down with your special crew, indulge expressions of appreciation, shine delight.

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

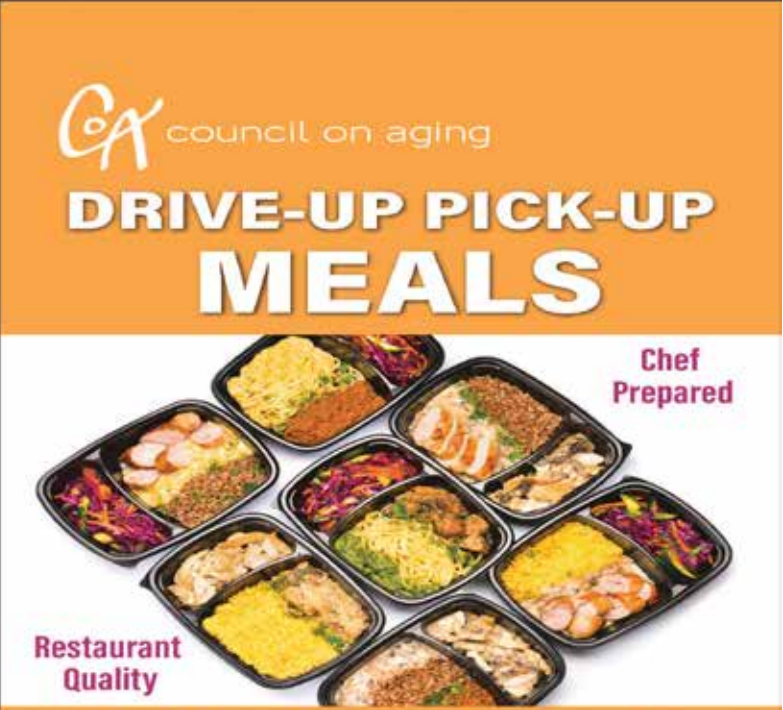
HEALDSBURG
Healdsburg Senior Center
133 Ratheson Street
Wednesdays 9:30 – 10:30

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



DRIVE-UP PICK-UP MEALS

Restaurant Quality

Chef Prepared

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

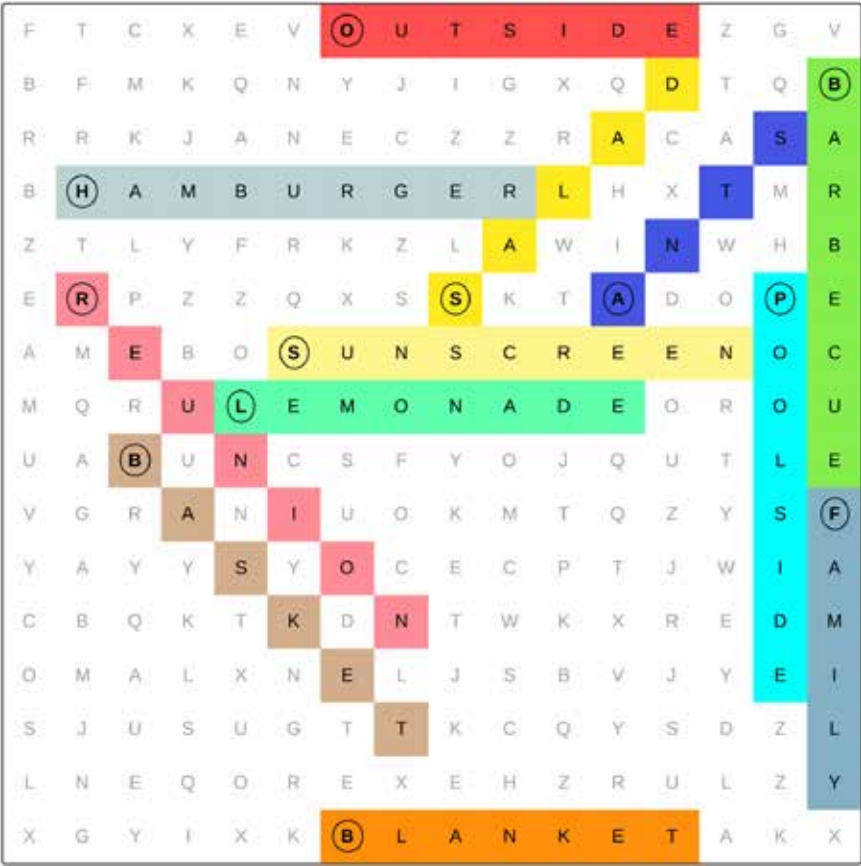
707-525-0143 ext 013

- 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

July Puzzle Solutions

SUMMER PICNIC



BALANCE - Everything you need to know - Pt II

By Denise Johnson, MS

Balance is complex and controlled by 3 sensory systems; visual, somatosensory and vestibular. Decreases in any one of these systems may be compensated by increased sensory input from another system. Muscular strength is another important factor in balance since all body movements are produced by means of contraction of skeletal muscles.

The Visual System is a major contributor to balance, providing info about the environment, the location of the individual, direction and speed of movement of the individual within the environment. As we age it has been found visual acuity, depth perception, peripheral field and sensitivity to low spatial frequencies decrease with age. These reductions in this system lead to increased risk of falling.

The Vestibular System (inner ear) provides information about movement of the head, independent of visual cues. After age 40, the number and size of vestibular neurons decreases.

The Somatosensory System provides information about the body's position and contact from the skin through pressure, vibration and tactile sensors as well as muscle proprioceptors. These receptors are important in balancing as evidenced when your foot falls asleep - lack of input makes it difficult to walk or stand. Skin sensitivity is reduced with increasing age.

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 and 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.

Sitting without using Hands

Starting position



1. Begin by starting with a neutral spine, draw abs in & up. Bend knees and hips to sit (Try not to use hands for stability)

The action



2. Standing close to the front of a chair feet shoulder-width apart, in neutral spine.

Finish



3. Gently and with control sit. Things to watch for; do your knees cave in when you sit, be sure they track over your toes. Is your head and chest lifted and shoulders packed down.

The return to the standing position



4. To return to standing position (without using your hands) place feet shoulder width apart, draw abs in and up, hinge slightly forward transfer weight to feet and stand. Things to watch for are try not to use momentum to push yourself up.



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

COTATI
Charles Street Village
42 Charles Street
THUR 12:00 PM - 1:00 PM

HEALDSBURG
Fitch Mountain Senior Apartments
710 S. Fitch Mountain Road
TUE 12:00 PM - 1:00 PM

ROHNERT PARK**
Rohnert Park Senior Center
6800 Hunter Drive, Suite A
TUE, THUR & FRI 11:00 AM - 12:00 PM

SEBASTOPOL
Burbank Heights & Orchard
7777 Bodega Avenue
WED 11:30 AM - 12:30 PM

SONOMA
Oakridge Senior Apartments
18800 Beatrice Drive
TUE 12:00 PM - 1:00 PM

SANTA ROSA*
Steele Lane Community Center
415 Steele Lane
MON 12:15 PM

SANTA ROSA
Silvercrest Senior Apartments
1050 Third Street
FRI 11:30 AM - 12:30 PM

WINDSOR
Bell Manor Senior Apartments
8780 Bell Road
WED 12:00 PM - 1:00 PM



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.
**Effective July 1, 2022, we are adding Fridays for the Rohnert Park Community Table Location.

REV. 6/13/2022



**Assisted Living
Locators**
Your local senior living advisor

**The guidance you need
for the care they deserve.**

Senior Apartments/Independent Living
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Alzheimer's & Memory Care Communities
Nursing Homes or In-Home Care

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at the local level.**



LEARN MORE
707-536-0514
RAMONA MAURER
OWNER/ELDERCARE ADVISOR
ASSISTEDLIVINGLOCATORS.COM/SANTAROSA





Managing Diabetes with Foods

Your diet plays a vital role in managing and preventing diabetes and complications from diabetes like heart disease. Your diet plays a significant role in managing both type 1 and type 2 diabetes. Eating the best foods when you have diabetes doesn't have to be difficult.

Leafy Greens

- Very nutritious and low in calories. Low in digestible carbohydrates; they do not significantly affect blood sugar levels.
- Help to increase serum vitamin C level which is an antioxidant and has anti-inflammatory qualities. Protects heart and eye health.

Avocados

- Low in carbohydrates, less than 1 gram of sugar, high in fiber and healthy fats.
- Avocados may also have properties specific to diabetes prevention.

Fatty Fish

- Omega-3 fatty acids are especially important for people with diabetes who have an increased risk of heart disease. Omega-3 fats reduce inflammation and other risk factors of heart disease and stroke. A good source of protein which is important in managing blood sugar.
- Sources include salmon, sardines, herring, anchovies, and mackerel.

Beans

- Beans are a legume rich in B vitamins, calcium, potassium, magnesium, and fiber. They are low on the glycemic index, which is important in managing diabetes.

Greek Yogurt

- Daily serving of Greek yogurt is linked to a lower risk of developing type 2 diabetes. The high levels of protein, calcium and conjugated linoleic acid may help keep you feeling fuller longer and help with weight management.

Nuts

- Most types of nuts contain fiber and are low in net carbohydrates. Regular consumption may help reduce inflammation and lower blood sugar and LDL (bad) cholesterol levels. May also help people with diabetes improve heart health.

Strawberries

- High in antioxidants and contain polyphenols. Strawberries are low in sugar. May help improve insulin resistance.

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

**HEALTH CARE
THAT FITS
YOUR LIFE.**

With connected teams and flexible ways to access care, it's easier to get the support you need to stay healthy—when and where you need it—to help you live the life you love.



kp.org/santarosa

 KAISER PERMANENTE.



ART EXHIBITION

1ST ANNUAL 60 OR BETTER

ART EXHIBITION

THURSDAY • JULY 28, 2022
1 PM - 2 PM

REFRESHMENTS & SPARKLING CIDER

Oakridge Senior Apartments Community Room
1880 Beatrice Drive, Sonoma, CA

For More Information, Call or Email
Liz Klapproth at 707-525-0143 x128
lklapproth@councilonaging.com
www.councilonaging.com

Hosted By:
 **council on aging**
living better, together.