



SONOMA SENIORS TODAY

Keeping Care in the Forefront of Caregiving

Sarah M Tucker

The other day I met a woman who recently moved to Sonoma County to care for her aging parent with a chronic health condition. We met virtually on a neighborhood social media site; I was giving away a bag of large, disposable “chux” pads. Before I knew anything about this stranger’s situation, she said to me, “Being a caregiver has been the hardest job ever.” She then went on to disclose that she was unexpectedly thrust into the role of caregiver 12 years ago, when her spouse suffered a heart attack.

Since then, her spouse has received a diagnosis for early stage dementia, and requires a great deal of assistance. Meanwhile, the woman moved herself and her spouse here to Sonoma County to be closer to her mother, as she was the acting Power of Attorney. The woman did not have to go into detail about her experience to justify her statement that caregiving is the hardest job ever.

Most informal caregivers assume the role when the unfortunate opportunity arises that a family member, loved one, or friend needs assistance with daily living activities. Caregivers step up to the task for a variety of reasons, from intrinsic, self-determined drive to extrinsic pressures or expectations. Regardless of the precipitating events that cause a person to become a caregiver, one challenge all caregivers face is maintaining motivation for the indefinite duration of the need.

It is impossible for anyone to predict the changes and evolution of demands on a caregiver as the aging process or disease progression impacts the loved one over time. What might initially seem like simple, menial errands or favors can escalate to activities which the caregiver feels unqualified or overwhelmed to perform. Additionally, the caregiver may experience burnout at the intensity and/or the duration of the loved one’s dependence. The initial motivation for becoming a caregiver might feel like a distant intention as the caregiving experience adapts to changes in the situation.

Many caregivers adopt the role because they genuinely care about their loved one - this motivation persists throughout the experience. When the emotional stress and practical demands of caregiving builds up and compounds over time, it might seem so all encompassing that it takes over. The initial caring and love can feel absent when eclipsed by the worry and work. So how do caregivers keep their care in the forefront of their caregiving

responsibilities? Here are some simple and effective suggestions to use when the workload adds up, negative thoughts show up, and you might want to give up:

- **Write it down so you don’t have to remember it.** Take a moment to think about your purpose, what brings meaning to you as a caregiver, and identify your “why” (why you want to be a caregiver for your loved one). Do your best to think of specific statements which are true to you. Example: “I want to give back to my mother for all that she has given to me.” Once you have thought about your answers, write them each on individual index cards. You may choose to decorate or illustrate each index card for creative expression, though it’s not necessary. You can tape the index cards by the mirror in the bathroom or dashboard of your car, wherever you will see them. These become visual reminders of your values and it will clear some mental space for the caregiving tasks at hand.
- **Be your own cheerleader with affirmation statements.** Affirmations are different than motivations, they are simple, specific statements that validate true positives about yourself or the situation. Examples: “I can do this; I am learning new skills;” or “This feels like it’s never going to end, but it won’t last forever.” Affirmations work because they are based in reality rather than fantasy or fear. Use individual index cards to record affirmations and post them in areas that you will see throughout the day for encouragement.
- **Practice gratitude by acknowledging thanks.** Instead of thinking of gratitude as an emotion, practice it as an action. A simple practice of acknowledging and expressing gratitude is to write thank-you notes. Whether you buy special stationery, or jot a note on a Post-it, it can help to write a thank-you message to the loved one you’re caring for as a reminder of your loving relationship. You may also find that writing thank-you notes to other family members, friends, or healthcare workers will also improve your motivation and energy towards caregiving.
- **Reach out and lean on to a broader community for support.** In the times when burnout is on the brink, and it seems that



the load is unsurmountable, remember that you don’t have to do it alone. Caregiving is not a solo activity! Create a community of support among family, friends, and support groups. When you feel that your hope is dwindling, know that your supporters are holding hope for you and believe in your strength and abilities. You can ask for practical help with tasks or respite, emotional support with validation, or encouragement of your spirit.

The earlier encounter that I described with the caregiver was not related to my role at Council on Aging, nor in relationship to my professional experience as a psychotherapist; I could not help but ask some questions. The woman expressed that she became a caregiver because of her love for her husband and her mother, and that’s what keeps her doing it. “Caregiving is the hardest job ever” and can also be the most rewarding. She explained that she did not have resources for support and seemed to thirst for these simple motivating suggestions. I referred her to Council on Aging and other community organizations to learn about services available for herself and her loved ones.

I was surprised that the woman opened our conversation with the complaint about being a caregiver but I am so glad she did. Talking about the challenges and motivations of caregiving can create opportunities that will empower and enable caregivers to endure in caring for their loved ones and themselves.

Sarah Tucker,
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Not All Gifts Are Created Equal

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

“I want to split everything equally between my son and daughter” ... while nice in theory, not so great in practice.

When creating an Estate Plan, the second most important decision (behind that of your Successor Trustee) is who will be your beneficiaries? Generally, grantors will name their children or other close family members and/or charitable organizations. Once the beneficiaries themselves have been determined, the next decision is how much of your estate to leave each of them.



If you have more than one beneficiary, it might seem fair and easy to leave equal parts to each, such as the example above (50% to my son, 50% to my daughter) or even 50% divided among my two children and 50% to my favorite charity. The problem with percentages is that they are rarely so simple to calculate.

In my over 12 years of experience, I have yet to see someone’s date of death valuation come in at exactly \$1,000,000.00. Instead, it might be \$98,653.83, or a house might sell for \$504,515 instead of \$500,000. As fiduciaries, it is our responsibility to distribute assets to beneficiaries exactly as described in the trust. So if we are to split an estate “equally among my three children”, it can get pretty tricky.

Even the example of splitting an estate 50/50 between two children can be tough. If all of your assets are in liquid cash, it might not be as difficult. But if you have some of your assets in real property, investments and liquidity, the complications set in. Recently, we had an estate that required we split the investment account 50/50 between a brother and a sister. For tax purposes, it made more sense to distribute the assets in kind. The calculations needed in order to split multiple assets with fluctuating values created a very complicated spreadsheet.

And it’s not just liquid assets that make it difficult; tangible personal property is even more complicated. Have you ever tried to cut a diamond ring in half? Or what about giving one pearl earring to each of your daughters? Or getting up a custody schedule for who gets to wear Dad’s gold watch on which days of the year? These examples are hyperbole, of course, but you get the picture. Needless to say, simply saying, “I split my estate equally among my beneficiaries,” is not recommended.

So what do we recommend? Here are some suggestions:

- Gift-specific dollar amounts with a remainder beneficiary—ex: \$50,000 to Charity A, \$75,000 to Charity B, remainder to Charity C;
- Gift-specific assets—ex: Wells Fargo Investment account to my daughter, Merrill Lynch investment account to my son;
- Gift tangible personal property outright with a provision to your other beneficiaries—ex: my primary residence to my oldest daughter, a cash distribution of equal amount of the primary residence to my youngest daughter, the remainder of my estate to my son.

Ultimately, every situation is different and personal to you. Always have a conversation with your estate planning attorney and ask for legal advice around ways to get creative with your distributions. If you have named a professional fiduciary, meet with them to review your beneficiaries and estate plan for feasibility.

While attorneys are an excellent resource, rarely do they administer an estate. Talking with the person or entity that will be responsible for your estate administration can be helpful to learn what the process will look like in practice. And this way, you’ll still have time to make changes if needed.

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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The Importance of Gratitude this Thanksgiving

I’ve always considered November to be the month of gratitude. This is not to say that gratitude shouldn’t be practiced every month of the year, but during this month, I believe it’s particularly important to make it a priority. Those closest to me know that Thanksgiving is my favorite holiday, likely because it is a secular holiday and one that reflects a sense of interconnectedness among people and cultures. Now in my 60s and having a broad perspective on life, I believe we need to honor and celebrate this day more than ever.

From Celebrating Harvest to Gathering Together

Originally celebrated as a day to give thanks for the previous year’s harvest, Thanksgiving has evolved into a holiday for gathering together and expressing gratitude for our blessings. For me, Thanksgiving is a reminder to appreciate all the good in life. This can include beloved family, friends, and colleagues, as well as fruitful lifestyles, good health, and wellness. The most wonderful aspect about this holiday is how it tends to focus us onto all things positive and away from gift-giving for materialistic motivations. Thanksgiving is a holiday that reminds me that there’s more to be thankful for than be sad about. My beloved father taught me the power of positive thinking – specifically, to look at the glass as half-full rather than half-empty. After nearly two years of pandemic living, it will be a



welcomed relief to gather with our loved ones to celebrate. We need to continually remind ourselves of the importance of incorporating gratitude into our stream of consciousness. Remember, even if it seems as if we’ve hit rock bottom, there is always hope that we will come out on the other side. For those who have experienced a recent loss, feeling gratitude might be more difficult. However, there is always something to be grateful for, even when feeling alone and lonely. You may want to be by yourself, and that’s okay. If there might be someone to share the holiday with, maybe you’d consider reaching out to that person. Just know that whatever type of Thanksgiving you decide to celebrate, it will be just right for you.

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NOVEMBER PUZZLES

Puzzle solutions are on page 10

WORD SCRAMBLE
"THANKSGIVING"

1. RYKTEU

2. ITUFNGFS

3. YLAFMI

4. TEFAS

5. IKUNPPM

6. IYDHLAO

7. CRNO

8. ALFL

9. PEI

10. EOBGLB

11. TUNTHCSE

12. OSRLL
- — — — —

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WORD SCRAMBLE
"SERVICE TO COUNTRY"

1. YRMA

2. OOHRN

3. RCSPTTE

4. CIRESEV

5. PECAE

6. IRUOFNM

7. YTAIMLRI

8. EOESHR

9. DMLEA

10. EACEP

11. TFONLICC

12. USLAET
- — — —

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WORD SEARCH
VETERANS DAY

- BRAVE

PARADE

AMERICA

PATRIOT

PRIDE

HONOR
- FLAG

SACRIFICE

COUNTRY

HEROES

REMEMBER

COURAGE

"ELECTION DAY"

ACROSS

- 1 Against

4 Prejudice

8 Male relation on father's side

14 Flightless bird

15 Convex shape

16 Discontinuous

17 December

18 Commercial

19 Cut open

20 Impure

22 And so forth

23 Ridge of rock rising near the surface of marine waters

24 Piece of paper

27 Fable writer

31 Squabble

33 Fragment

35 Pride

36 Anger

38 Compass point

39 Market

40 Suppressing government group

44 Army rank

46 Healing plant

47 Old-fashioned Dads

49 Title of respect

50 Negative vote

51 Clip

52 Professor (abbr.)

55 Clasp

58 Source of light

61 Canal

63 Dickens 'Tiny' ___

65 California bay city

67 Capital of Alaska

70 Confident

71 Tell a tall tale

72 People from Asia

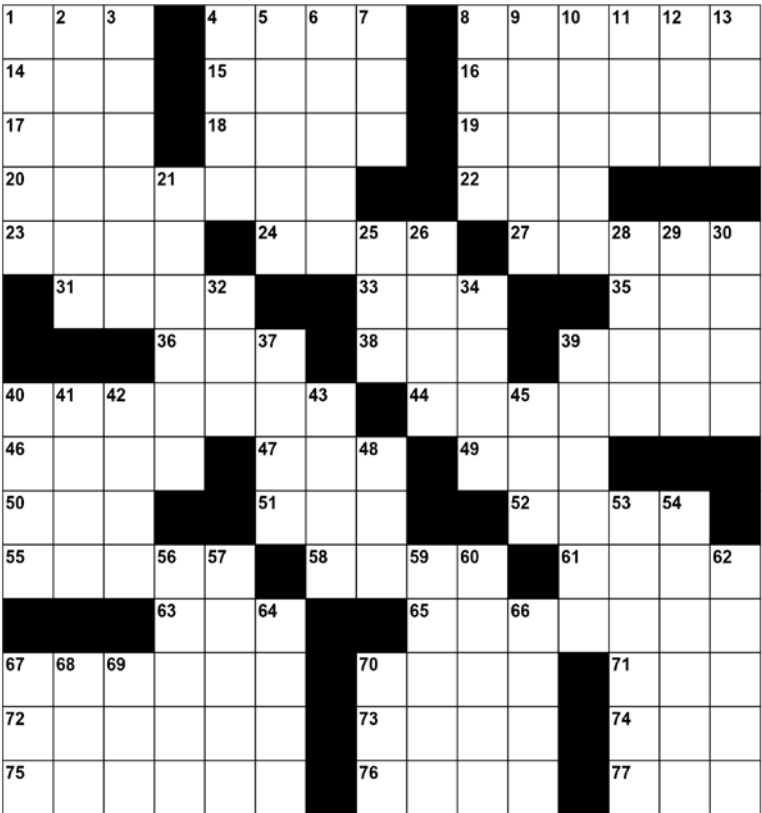
73 Attorney (abbr.)

74 Long-term memory

75 List of candidates for office or issues to be voted on

76 Reasons

77 Affirmative vote--



By Evelyn Johnson - www.qets.com

DOWN

- 1 Chest wood

2 Breakfast egg

3 Center cores

4 Hectic

5 Urge on

6 Dwelling

7 Drunk

8 Qualified

9 Non ___

10 Time being

11 Official canine registry (abbr.)

12 Ball holder

13 Stop

21 Position of trust or responsibility

25 Assembly Bills (abbr.)

26 Foreign Intelligence Surveillance Court (abbr.)

28 Was looked at

29 Leer at

30 Place to cast votes

32 Friday (abbr.)
- 34 Duces

37 Sports channel

39 Sour herb

40 Canine tooth

41 Like a wing

42 Soybean product

43 United States Postal Service

45 Mouth part

48 Resort hotel

53 Spoken

54 Limited

56 Take illegally

57 Softness

59 Whisper

60 Organization formed for common political beliefs

62 Swelling

64 Have to

66 Lock openers

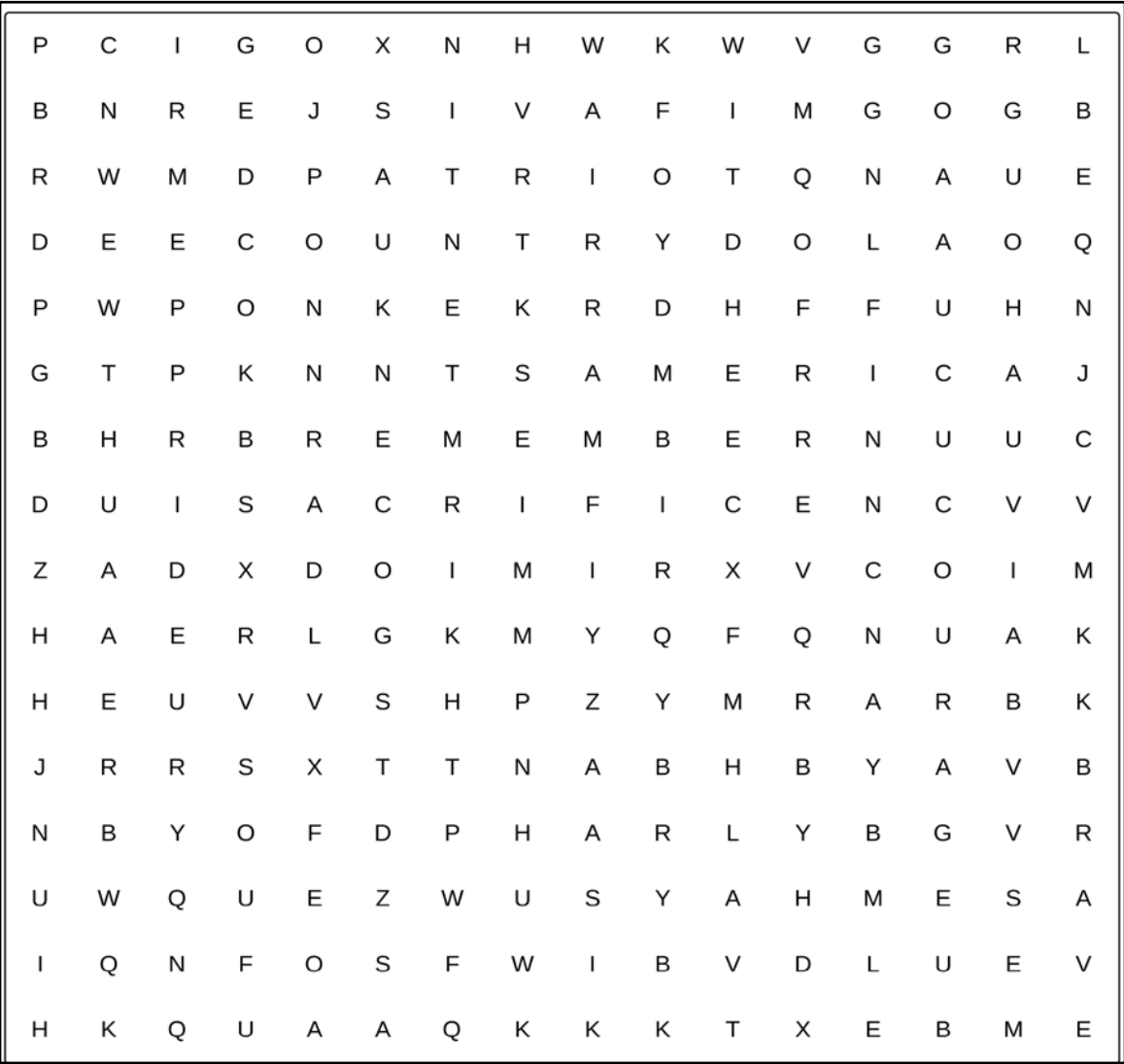
67 Prod

68 United States

69 Nothing

70 Spied

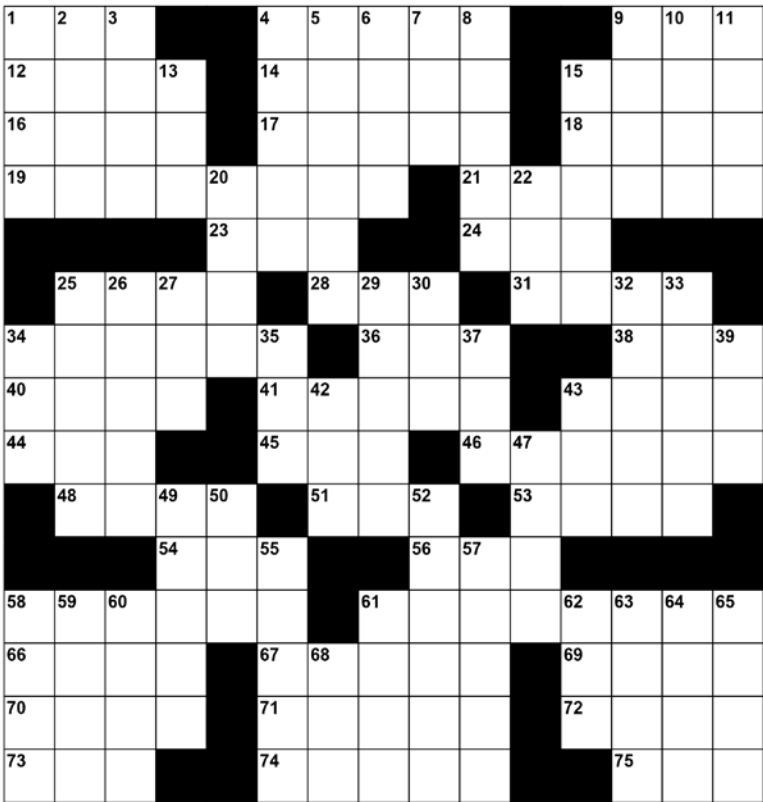
WORD SEARCH - VETERANS DAY



"TIME"

ACROSS

- 1 Recede
4 Afloat (2 wds.)
9 Distant
12 Midday
14 Public disorder
15 Homeless person
16 Shift
17 Acclaim
18 Chilled
19 Disconnected sounds
21 Kindle
23 Adopted time zones and began using DST in 1918
24 Radiation dose
25 Tiny insect
28 Central daylight time
31 Canal name
34 Thwarted
36 Arbiter
38 Move a boat
40 Sled
41 Book by Homer
43 __ fide
44 Good grief!
45 Snake like fish
46 Oxford University
scholarship
48 Engrave
51 Santa's helper
53 Chopping tools
54 Brim
56 Reverend (abbr.)
58 Mark clearly
61 Eleventh month of the year
66 _____ the Red
67 White poplar
69 __ Major (Big Dipper)
70 Card in deck
71 Log house
72 Charts
73 Request
74 Put up
75 Gross national product (abbr.)

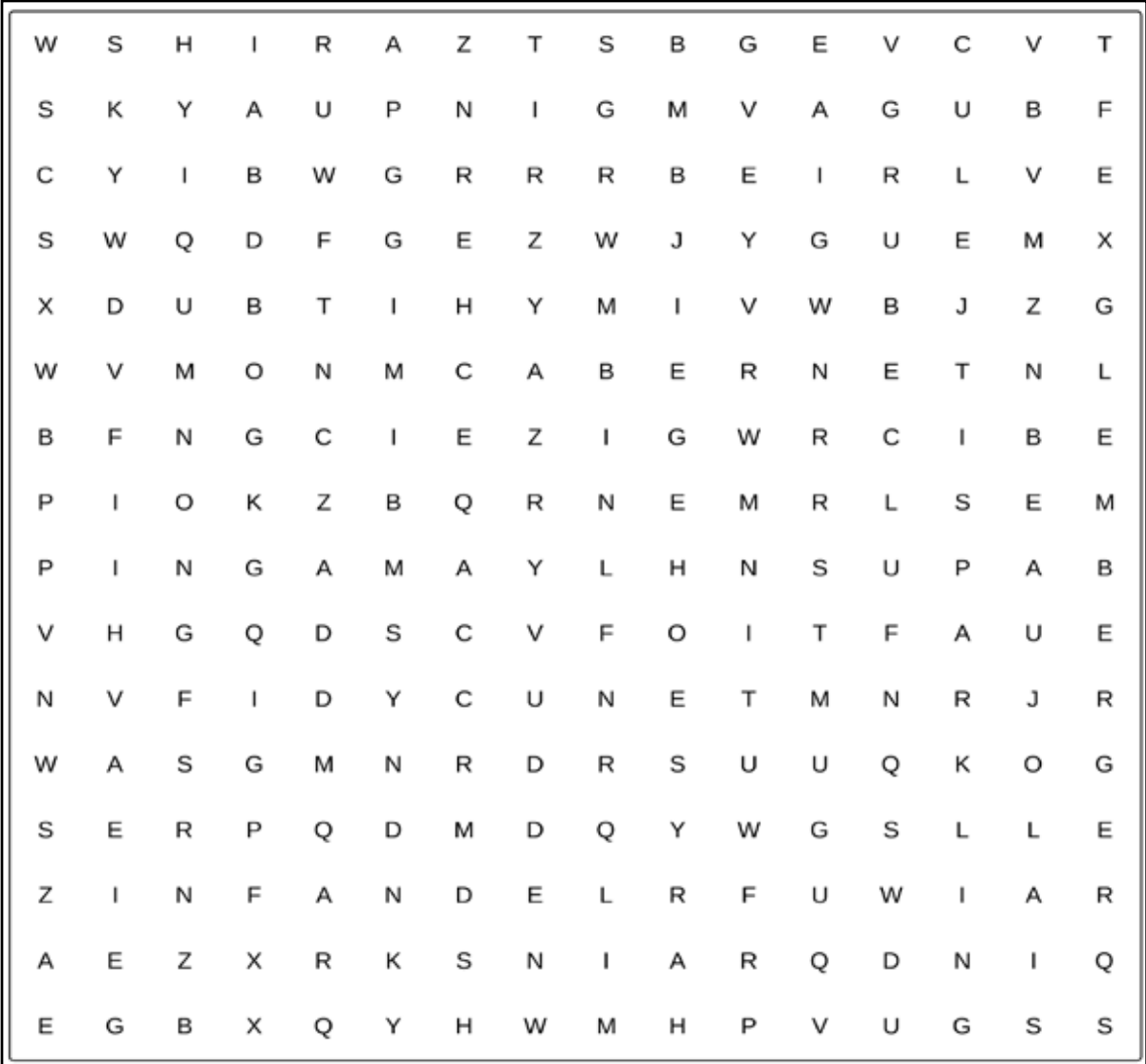


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DOWN

- 1 Aborts
2 Spree
3 Wine bottle
4 Regions
5 Breath mint
6 Go at it alone
7 Estimated time of arrival
8 Active
9 Central points
10 A wager (2 wds.)
11 Traveled by horse
13 New York City
15 Large eastern religion
20 Attractive
22 Ozone
25 Overcharge
26 Hours of darkness between sunset/dawn
27 Lager
29 Teach
30 Beverage
32 Wear away
33 Time _____
34 Contagious disease
35 Perish
37 Former president
39 Had been
42 Downwind
43 Put into a container
47 Possess
49 Mechanical or electrical device for measuring time
50 Struck
52 Romp about
55 Quietness
57 Natural occurrence
58 __ vu
59 Extremely long time periods
60 Chip
61 Northeast by east
62 Silent
63 Boast
64 Sports channel
65 File
68 Prohibit

WORD SEARCH - WINES



SUDOKU

SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SEARCH

WINES

- MERLOT
BEAUJOLAIS
VIOGNIER
REISLING
LEMBERGER
GAMAY
- PINOTGRIS
CABERNET
ZINFANDEL
SYRAH
SHIRAZ
SPARKLING



Roy Johnston

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- Follow confidentiality requirements
- Available 5-40 hours per week

Is there training?

Yes! 20 hours of in-service training before starting the supervised Day Program and ongoing in-service training each month. Spend a few hours each service day playing games, creating art projects, reading, singing, going on walks and being a friend. If you meet income limits, \$3/hr, meal and transportation costs, paid training/time off.

To volunteer or learn more, contact Ana Horta, SCP Supervisor at 707-566-3005 or anah@nbrc.net.

What volunteers say : I feel alive again for the first time in years.” “It’s so good to be needed again.” “The clients are so delighted to see us.

Attention
**60
&
Better**

The Community Table

Connecting through food & conversation



GAMES



ACTIVITIES



CONNECTION

Food, Fun & Friendship Now Happening at These Locations!

CLOVERDALE Kings Valley Senior Apartments 100 Kings Circle MON 11:00 AM - 12:00 PM	SANTA ROSA* Steele Lane Community Center 415 Steele Lane MON 12:15 PM	SONOMA Oakridge Senior Apartments 18800 Beatrice Drive TUE 12:00 PM - 1:00 PM
HEALDSBURG Fitch Mountain Senior Apartments 710 S. Fitch Mountain Road TUE 12:00 PM - 1:00 PM	SANTA ROSA Silvercrest Senior Apartments 1050 Third Street FRI 11:30 AM - 12:30 PM	SONOMA (Starting 8/22) Vintage House 264 First Street East MON 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 COMING SOON: WED Starting 11/2	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 PM - 1:00 PM



council on aging
living better, together.

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

Meals Funded in Part
by County of Sonoma

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

HONORING ALL WHO SERVED

November 11, 2022

VETERANS DAY



DUTY • HONOR • COUNTRY

On this day, America honors the men and women who have served in our Armed Forces to protect and preserve our Democracy and its Constitution.

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

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

ROHNERT PARK
Rohnert Park Senior Center
6800 Hunter Drive, Ste. A
Wednesdays 9:00 – 11:00

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

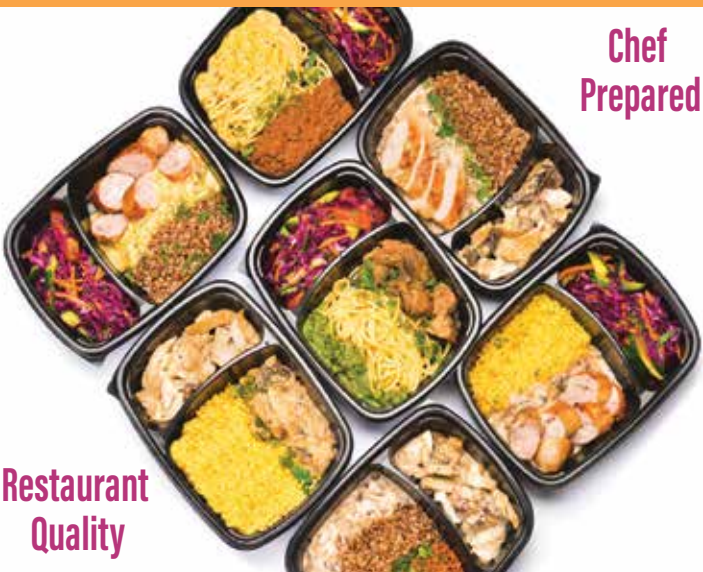
SEBASTOPOL
Sebastopol Senior Center
167 High Street
Thursdays 10:30 – 12:00

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

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



DRIVE-UP PICK-UP MEALS



Chef Prepared

Restaurant Quality

Providing Meals to Seniors 60+

We ask for a contribution of \$4.00 per meal
No one is denied for their inability to pay

Must Register In Advance

48 Hour Notice Required

707-525-0143 ext 013

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





Now Accepting All Vehicle Donations

RVs • Trailers • Jet Skis • Motorcycles
Cars • Trucks • Boats • Airplanes • Buses



To learn more, call 844-411-5768 or visit
<https://careasy.org/council-on-aging.com>

Benefits of Donating your Car

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

Rev. 10/7/2022

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.

November 12, 2022 at 1pm

Dr. Pravin Khemani:

“Autonomic Dysfunction in Parkinson’s Disease”. One hour presentation followed by an hour in breakout groups. This will be a virtual meeting. See our website: <https://parkinsonsonomacounty.org/> where you can sign up for our newsletter with the Zoom link, as well as access past programs and other offerings. Call (707) 431-8767 for more information.

Disability Services & Legal Center

(707) 528-2745

mydslc.org/slider/covid-19-update/

Providing a wide range of services for those with disabilities to help them live as independently as possible. Benefits, Legal, Home Access Modifications, Housing & more.

Institute on Aging - Friendship Line

(800) 670-1360

www.ioaging.org/friendship-line-california

Free crisis intervention hotline and a warmline for non-emergency emotional support calls. 24-hour toll-free hotline for ages 60+ and adults living with disabilities. Can arrange outreach calls to lonely older adults.

Jewish Community Center

(707) 528-4222 / www.jccsoco.org

Senior Friendship Circle: Virtual programs www.jccsoco.org/friendshipcircle/friendship-circle

Senior Advocacy Services

(707) 526-4108senioradvocacyservices.org

TDD/TTY 800-735-2929 or 7-1-1 to report abuse, neglect or self-neglect of a long-term care resident. Available 24-hours.

SHARE Sonoma County

Housing Resources: sharesonomacounty.org

(707) 766-8800 info@sharesonomacounty.org

The Sonoma County Library

Sonoma Back-to-School Resources for All Ages. Did you know that Sonoma County Library has educational resources for everyone, no matter your age?

We've got you covered. All you need is your library card. Visit: <https://sonomalibrary.org/> For teens & adults. Join us at the Rohnert Park-Cotati Library on Tuesday, November 8, at 6:00 pm for an author talk with Sonoma State professor Dr. James V. Mestaz. Dr. Mestaz will discuss his first book, Strength from the Waters: A History of Indigenous Mobilization in Northwest Mexico, demonstrating how the Mayo people used newly available opportunities to maintain their connection to their river system and protect their Indigenous identity.

City Resources

Cloverdale Senior Center

Produce Market Days, Fridays 10:00-11:00 am

This is a special market supported by Front Porch. They work out funding for us to provide a variety of seasonal veggies for lower than supermarket prices. Much of the produce is organic, though not all of it is. It is also nearly all locally grown and sourced. Produce comes through Andy’s Market. <https://www.cloverdaleseniorcenter.org> or call 707-894-4826, 8:30 am-4 pm, Monday through Friday. Staff available Weekdays, 8:30 - 4pm.

Healdsburg Seniors Center

(707) 431-3324. senior@cityofhealdsburg.org cityofhealdsburg.org/269/Senior-Service. The Senior Center offers activities, programs and services. Older Adult and Senior Services Response Plan - The City’s Community Services Department has developed multiple programs to ensure our seniors and older adults are connected and have the essential nutrition and transportation needed. For more information, please visit www.cityofhealdsburg.org/covid19, email senior@cityofhealdsburg.org, or call 707-431-3324.

Petaluma

cityofpetaluma.org/departments/coronavirus-news-updates Petaluma People Services Center petalumapeople.org/seniors/caregivers_express. You Are Not Alone: (707) 765-8488 Weekly check-in calls for age 60 and older or with a compromised immune system. Offered countywide. Call 765-8488 or submit referral to notalone@petalumapeople.org.

Rohnert Park

www.rpcity.org for information.

Rohnert Park Senior Center (707) 585-6780

www.rpcity.org/city_hall/departments/community_services/senior_center.

Santa Rosa

[srcity.org/3243/Resources for Seniors](http://srcity.org/3243/Resources%20for%20Seniors): (707) 543-3737, scgsonline.org. Santa Rosa Senior Center: Virtual classes at sebastopolseniorcenter.org/virtual-classes. Santa Rosa Junior College: Free Online Adult Online Classes. Older-adults.santarosa.edu/join-class.

Sebastopol

ci.sebastopol.ca.us/City-Government/

Sebastopol Area Senior Center

The Harvest Cafe is open and seeking volunteers. Call for sign up information: 707-829-2440. We are serving over 100 seniors weekly with our classes and workshops. Most of our classes are in person, but we do have an online presence via Zoom. Visit our website: sebastopolseniorcenter.org.

Sebastopol Center for the Arts

Sebastopol Center for the Arts is an award-winning, community-funded art space which

attracts over 50,000 artists and art enthusiasts annually. For an updated list of classes, events and exhibitions, visit our website: <https://www.sebarts.org/classes-and-events>.

Sonoma

www.sonomacity.org/coronavirus-resources include Food Assistance Calendar. Vintage House Delivers: Complete online application for grocery, prescription delivery. Vintage House staff available at (707) 996-0311 F.I.S.H. (707) 996-0111 for help. Resource lists at friendsinsonomahelping.org.

West County Community Services

(707) 823-1640, www.westcountyservices.org

Windsor

townofwindsor.com / Windsor Senior Recreation Center 707-838-1250

Online Games / Virtual Classes

AARP Games Portal

[aarp.org & games.aarp.org/games](http://aarp.org&games.aarp.org/games).

Jewish Community Center

Mah Jongg at the JCC. Groups and lessons at the JCC offices. Ongoing 2nd & 3rd Wednesdays from 1-3 pm. Downstairs at the Jewish Community Center, 1301 Farmers Lane, Suite C103, Santa Rosa, CA 95405. Cost: \$2 Masks and proof of vaccinations required. RSVP and we’ll hold a seat for you! (707) 528-1182 or friendshipcircle@jccsoco.org.

Highway61.co

Online chat rooms to learn, support and communicate. Aging Alone Support Group, Daily Bingo, Classic Movies discussion group, Morning Coffee Chat, Poetry Hour, and more.

Gentle Chair “YogaCise”

Zooming Fridays 4-5 pm. Live class resuming soon. Mindful Movement is Marvelous Medicine! Flexibility, Strength, Balance, mindful Breathing, closing meditation. Re-injury prevention. Taught for Brookdale Assisted Living. Instructor Marcia Singer: marcia.lovearts@gmail.com.

Green Music Center

The Green Room - Virtual Conversations with Artists, Personal Connections, Performances gmc.sonoma.edu/all-events/.

SRJC Older Adults Program

The Older Adult Program (OAP) at SRJC Fall Session is under way! Free, noncredit courses designed specifically for older adults. Students get many benefits, including free SR bus passes, food, library access, dental and medical at a discount, as well as merchant discounts. Visit <https://older-adults.santarosa.edu/join-class>. The Fall 2022 semester session continues weekly until December 14th. (707) 527-4533.

Sonoma State University OLLI

Osher Lifetime Learning Institute is a unique learning community for adults age 50 years old or better. SSU faculty and other Bay Area educators enjoy sharing their expertise. Registration for Winter courses will start in January. Winter Course Preview : In person at SSU, Monday, January 9. Program starts at 10 am. Doors open at 9 am. Classes run January 30 through March 10, 2023. <https://olli.sonoma.edu/> for more information.

Senior Planet

Live Online Classes for Seniors <https://seniorplanet.org/classes/> If you’re a senior aged 60 and older, these live online classes are designed just for you! Learn about Finance, Wellness, Fitness, Computers and Technology, and so much more. Need help joining a class? Call the free Senior Planet Tech Hotline: 888-713-3495.

Are you Safely Managing your Medications?

By Jessica Allen, RN & SSU Student Intern

As we age, managing our health can sometimes feel like a full-time job. Medication use is one way we maintain and manage our health, whether it's through prescription or over-the-counter medications. Medication can be very dangerous if unorganized and not safely stored. Here are a few helpful recommended tips that you can implement at home to reinforce safe medication management.

Taking Medication as Prescribed

When physicians prescribe medication, they consider many factors, including how the medication will treat illness, minimizing side effects, preventing harmful effects on organs, and considering allergy or drug interactions. It is important to take the medication as prescribed and for the entire duration, and not stop taking it suddenly; this is especially important with antibiotic medication. Medications can also have the potential to cause toxicity in the body if not taken as prescribed. Be sure to follow instructions exactly as provided by your physician and/or pharmacist.



Storing Medication and Checking Expiration Dates

Medications should be stored in a cool, dry place. Bathroom cabinets are not ideal as they are exposed to heat and moisture. Expiration dates should be checked to assist in identifying when medication should be disposed of to prevent health risks. Expired medication can present toxic effects since compounds degrade or lose their efficacy over time and no longer provide benefits. Additionally, always keep medication out of the reach of children to prevent accidental poisoning.

Keeping a Medication List

Keeping a medication list helps to keep track of what you should be taking on a regular basis. You should know the drug name, dose, time of day that you take the medication, pharmacy information, and why you take the medication. Include over-the-counter medication on this list as well. Physicians and pharmacists should be notified of non-prescribed medications you take regularly to prevent drug interactions, such as vitamins. Update this list quarterly to ensure that your medication changes are accounted for.

<https://www.fda.gov/consumers/consumer-updates/4-medication-safety-tips-older-adults>



Join Our Team

Volunteer in Sonoma County

AARP Tax-Aide provides free tax-filing help to those who need it most.

We are looking for compassionate and friendly people to join our volunteer team this upcoming tax season. Volunteers are needed to prepare tax returns, greet clients, help organize paperwork and/or work from home making appointments. No prior tax experience needed - we'll provide all the training, a computer and support!

Our service is offered at numerous sites throughout Sonoma County. Commitment is 5+ hours per week February through mid-April, plus training in January.

More information available at:
<https://bill0745.wixsite.com/aarpca2/volunteering>

To volunteer call 707-327-2401 or email: taxaidefranklin@gmail.com



AARP Foundation
For a future without senior poverty.



adult day respite program

senior social clubs

Do you know someone struggling with memory loss?

Are you a Caregiver in need of a break?

Our Adult Day Respite Program supports persons living with memory loss and their caregivers. Loved ones are offered much-needed respite from the demands of caregiving while participants enjoy social, cognitive and physical activity to reduce isolation, promote independence and enhance their quality of life.



CLUB ACTIVITIES

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

LOCATIONS/DAYS

- SANTA ROSA Church of the Roses** 2500 Patio Court - M W
- SEBASTOPOL Senior Center** 167 N High Street - M W
- SONOMA Vintage House** 264 First Street East - T Th

CALL TO SCHEDULE A VISIT

Adult Day Respite Program Information

Jake Larkin 707-525-0143 x103 jlarkin@councilonaging.com

November Puzzle Solutions

VETERANS DAY

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

WINES

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

ELECTION DAY

1	C	O	N	4	B	I	A	7	8	A	G	10	N	12	13
14	E	M	U	15	U	M	B	O	16	B	R	O	K	E	N
17	D	E	C	18	S	P	O	T	19	L	A	N	C	E	D
20	A	L	L	21	O	Y	E	D	22	E	T	C			
23	R	E	E	24	L	E	A	25	26	A	E	28	29	30	
31	T	I	F	32	F			33	34	B	I	T	35	E	G
36	I	R	E	37	S	S	W	38	39	S	E	L	L		
40	F	A	S	41	C	I	S	42	43	M	C	O	L	O	N
44	A	L	O	E	45	P	A	S	46	S	I	R			
47	N	A	Y	48	N	I	P	49	50	P	R	O	F		
51	G	R	A	52	S	P	53	L	54	A	M	P	55	56	
57	T	I	M	58	O	A	K	59	60	L	A	N	61	62	
63	J	U	N	64	E	A	U	65	66	S	U	R	E	67	
68	A	S	I	69	A	T	T	70	71	L	T	M			
72	B	A	L	73	W	H	Y	74	75	S	Y	E	A		

TIME

1	E	B	B	4	A	T	S	E	8	F	A	10	11		
12	N	O	O	13	R	I	O	T	14	H	O	B	O		
15	D	U	T	16	E	C	L	A	17	I	C	E	D		
18	S	T	A	19	C	A	T	O	20	I	G	N	I	T	E
21	U	S	A	22	R	A	D		23	S	U	E			
24	G	N	A	25	C	D		26	27	S		28	29	30	
31	F	O	I	32	L	E	D	33	34	R	E	F	35	36	
37	L	U	G	38	I	L	I	39	40	B	O	N	41	42	
43	U	G	H	44	E	E	L	45	46	R	H	O	D	E	S
47	E	T	48	C	H	49	E	L	50	A	X	E	51	52	
53	L	I	54	P	55	R	E	56	57	V					
58	D	E	59	N	O	T	E	60	61	N	O	V	E	62	
63	E	R	64	I	C	A	B	E	65	L	E	66	67	68	
69	J	A	70	C	K	71	C	A	72	B	I	N	73	74	
75	A	S	76	E	R	E	C	T	77	G	N	P			

SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SCRAMBLE
THANKSGIVING

1. RYKTEU T U R K E Y
2. ITUFNGFS S T U F F I N G
3. YLAFMI F A M I L Y
4. TEFAS F E A S T
5. IKUNPPM P U M P K I N
6. IYDHLAO H O L I D A Y
7. CRNO C O R N
8. ALFL F A L L
9. PEI P I E
10. EOBGLB G O B B L E
11. TUNTHCSE C H E S T N U T
12. OSRLL R O L L S

WORD SCRAMBLE
SERVICE TO COUNTRY

1. YRMA A R M Y
2. OOHRN H O N O R
3. RCSPTEE R E S P E C T
4. CIRESEV S E R V I C E
5. PECAE P E A C E
6. IRUOFNM U N I F O R M
7. YTAIMLRI M I L I T A R Y
8. EOESHR H E R O E S
9. DMLEA M E D A L
10. EACEP P E A C E
11. TFONLICC C O N F L I C T
12. USLAET S A L U T E

MOVIES TO CELEBRATE

Barbara Spear

CHARADE

(1963) stars Audrey Hepburn and Cary Grant in their first and only film together. Walter Matthau also appears in the movie, which was directed by Stanley Donen (SINGIN’ IN THE RAIN, FUNNY FACE).



A man is killed and when the police locate his wife (Hepburn), they discover she really knew nothing about him, not even his real name. She’s then pursued by four men, who insist she has a great deal of money they claim is theirs. If she doesn’t give it to them, she’ll be killed. Whom can she trust?

G. Allen Johnson in the San Francisco Chronicle raves, “Few thrillers create as much sheer joy and happiness as Charade, in which Cary Grant spoofs his Alfred Hitchcock persona, Audrey Hepburn exudes her usual magnetic charm and Paris is as scenic as ever.” And Steven Greydanus of the website decentfilms.



com. says, “Often described as ‘the best Hitchcock movie Hitchcock never made,’ Charade stars Cary Grant and Audrey Hepburn in a sparkling thriller with overtones of screwball romantic comedy — or is it the other way around?”

CHARADE has a terrific score of 94% on the Rotten Tomatoes website and is available for streaming on Amazon Prime and YouTube for \$3.99.

DARKEST HOUR

(2017) was directed by Joe Wright (2005’s PRIDE & PREJUDICE, 2012’s ANNA KARENINA) and stars Gary Oldman, Lily James, and Kristin Scott Thomas.

It takes place during the early days of WWII, when the fate of Western Europe will be determined by the newly appointed Prime Minister, Winston Churchill, who must decide whether to negotiate with Hitler or fight him. In the film, we see the beginning of Churchill’s importance on the world stage as he finds his true political calling, but we also learn a great deal about him as a human being.

Ann Hornaday in the Washington Post says, “As a portrait of leadership at its most brilliant, thoughtful and morally courageous, Darkest Hour is the movie we need right now.” Rafer Guzman in Newsday praises the acting:



“The main attraction here is Gary Oldman as Churchill. As an act of physical transformation and emotional expression, it’s something close to supernatural.”

DARKEST HOUR was awarded two Oscars: Best Actor (Oldman) and Best Makeup and Hairstyling. The film currently holds a solid score of 84% with the critics on the Rotten Tomatoes website. It’s rated PG-13 and available for streaming on Netflix and on Amazon Prime and YouTube 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 matinee of a contemporary movie and discuss it in the theater after the screening. For more information or to be added to the monthly email notification list, contact her at spearb@sonoma.edu.

GROWING ELDER

with Marcia Singer, MSW

SOUNDS LIKE RELIEF

Grab your coat and get your hat. Leave your worries on the doorstep. Just direct your feet, to the Sunnyside of the Street. --Hit tune, 1930

Many old tunes speak to me. “All the sounds of the earth are like music!” rings the 1943 Oklahoma classic. It’s an absolutely lovely thought, but my world is an increasingly noisy place: Can you relate? Whether waking to sounds of morning freeway traffic, or nodding off at night to a neighbor’s car horn signaling a malfunctioning security system, I reach for the pillow to cover my ears. I sigh with relief when it’s temporarily quiet outside. I might sit on my porch, breathing into a peaceful, stolen moment. At sunset, maybe listen to the melodious, soothing song of a backyard birdie--soon joined by a chorus of chums, all tucked into their tall tree. But then a car races down the block, blasting boom-boom stereophonics, spoiling my reverie.

Have you ever felt like you’re at the mercy of your environment? Interrupted or invaded by uninvited sounds, like an impolite cell phone user at the mall? A neighbor’s unhappy dog, home alone, barking? A landscaper running a gas blower while you’re trying to write? This morning, it was a murder of crows squawking warnings while I watered plants beneath their perches in the cedar tree. So does cacophony have to rule over symphony? Or can our ears get relief from auditory stress and know pleasure instead?

Science tells us that sounds actually get under our skin, touching trillions of nerve endings on the surface of our body sacks. Yes, the noises of modern living can be literally irritating. But can we lessen their distressing impact? Create peace of mind? Which reminds me to also turn down the displeasing chatter clatter about noises that I hear in my own head, lol. Where’s the euphony? A word that has both Latin and Greek origins, “eu” means something pleasing, good or true. “Phone” refers to sound. So euphonic means “sweet-voiced,” what’s nice, pleasing, good to listen to. Like the way our words sound when our voices come from the

heart. Like birds do when they’re singing. Like human beings do when we’re present for one another, the gift that expresses and brings out what’s best in each of us.

November brings the opportunity to cultivate our gratitude attitudes, including giving sweet voice to appreciating the people and things we love. Listen for and speak about what’s in our hearts. Give ourselves a break from the sound of self-criticizing, judgmental ways. Practice moving our attention towards whatever is music to our ears—including the sound of silence—and give resounding Thanks for it. Tune in to the wind chimes of life. Move more consistently towards what uplifts us in our environment instead of what offends us, including the sound of our own stressed-out voices!

So here’s my invitation: Let’s let euphony have its way with us! Let’s enjoy the many sounds of “Thank you” and “I love you” all during the holidays.

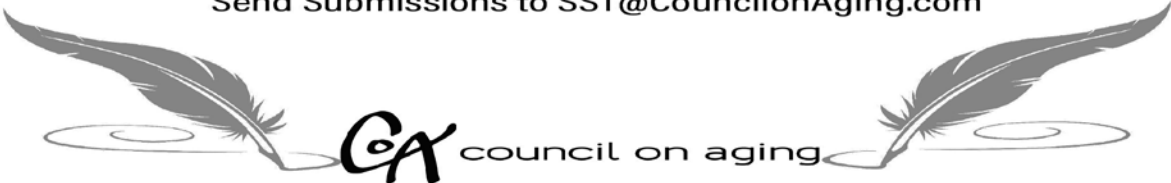


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NUTRITION NEWS

Benefits of Garlic

What is Garlic?

Garlic is a species in the onion group, Allium. Close relatives include chive, onion, shallot, and leek. Most of the health effects are caused by one of the sulfur compounds formed when a garlic clove is chewed, chopped, or crushed. This compound is allicin and is also responsible for the distinct flavor of garlic. The minimum effective dose for therapeutic reasons is one clove eaten with meals, two or three times a day.

Health Benefits of Garlic:

- Regularly eating garlic, along with a healthy diet, can substantially lower your risk of colon cancer and various other cancers.
- Garlic oil works as an anti-inflammatory. Rub garlic oil on inflamed and sore muscles and joints. Garlic can also help prevent cartilage damage caused by arthritis.
- Red blood cells turn the sulfur in garlic into hydrogen sulfide gas. This gas expands the blood vessels, making it easier for the body to regulate blood pressure. Check with your doctor before changing or stopping any medications.
- A single clove of garlic contains manganese, vitamin B6, vitamin C, selenium, and fiber.
- Garlic can boost the function of the immune system and reduce the severity of illnesses. Garlic can help protect against illness, including the common cold and flu.
- Improves cholesterol levels by lowering the LDL (bad) cholesterol, which may lower the risk of heart disease. Garlic contains antioxidants that can help protect the body against oxidative damage. This may prevent or reduce the symptoms of Alzheimer's disease and dementia.
- Allicin can fight off bacteria, including some that are resistant to synthetic drugs.
- The antifungal properties have been found to be effective in treating yeast infections.

Garlic is Easy to Include in your Diet:

- Garlic compliments many savory dishes.
- Easy to roast with olive oil and use as a spread.
- Comes in several forms from whole cloves, minced, paste, powders and supplements.
- Press a few cloves of fresh garlic with a garlic press or between a fork, then mix with olive oil. Use as an easy salad dressing.

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



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