

SONOMA SENIORS TODAY

HOW PETS CAN BENEFIT SENIORS' MENTAL AND PHYSICAL HEALTH

By Sixty and Me

Are you thinking about getting a pet? Do you share your home with a furry friend already? Aside from being cute and furry (or feathery), pets can bring a lot more than we think to our lives, especially as we get older.

Feelings of loneliness and isolation are very common among seniors. Spending more time at home, and sometimes the lack of mobility, can keep us from doing activities we used to do. Pets keep us active and some need daily walks that will get us up and out the door every day. Pets are a great way to benefit our mental and physical health. They can provide invaluable company and have a positive impact on our well-being.



Benefits of Having a Pet

Increase Happiness

Sharing our lives with an animal is proven to reduce stress and anxiety by adjusting hormone levels in the body. Petting an animal releases serotonin, the happy hormone, in the brain. This, in turn, lowers blood pressure and brings positivity. Pets can also reduce stress and aggressive behavior in Alzheimer's and dementia patients.

Provide Purpose

In the national poll on healthy aging from the University of Michigan, 73% of older adults who own a pet said that their pets provide a sense of purpose. The poll, conducted with over 2000 participants between the ages of 50 and 80 in the US, also states that 79% of them feel less stressed because of their pets.

Loving Companionship

Living alone can get lonely for the senior who has lost a partner or friends and family. In such circumstances, pets can be a great presence at home. They live in the moment and love unconditionally. They won't judge you and will always be happy to be with you.

Socialize and Make New Friends

Pets, especially dogs, will get you out of the house. Simply walking your dog or going to a dog park will certainly have you striking up conversations with other dog owners; very likely people you would normally not talk to. You can make new friends and form life-long bonds with like-minded people. If you're single, you may even find a love interest. Many movies and

books have showcased that dog parks are a great place to meet someone.

Feeling Safe

Many seniors, especially those living alone, have a hard time at night or going out because they feel defenseless. With a dog by their side, however, many confess they feel protected and safe. They can certainly have a peaceful sleep and a great time in the park.

How Pets Can Help Older People Heal

Once we get to our 60s and beyond, we tend to get sick with minor or sometimes



major physical ailments. Having someone to take care of and think about can speed up healing. Medical advisors suggest that pets can even help boost their owners' immune system. Dogs are particularly good at this as they constantly bring new bacteria into the home environment. The exposure isn't threatening but can jump-start the immune system and provide an adequate response.

Other Ways to Have Animals in Your Life

Sometimes it's not possible to own a pet and take care of it 24/7. Let's take a look at other ways you can benefit.

Fostering a Pet

Foster programs are a great option if permanently adopting an animal is not possible for you. Usually, foster pets come into your care for a few weeks until they are placed with a forever home.



CONTINUED ON PAGE 2



Kibbles of Kindness

CoA's Kibbles of Kindness Program provides pet food to Meals on Wheels clients who otherwise could not afford it.

Please help us ensure that our seniors can keep their beloved pets fed. Please donate.

Online: councilonaging.com
(Designation: Kibbles of Kindness)

Or Mail: Council on Aging
30 Kawana Springs Rd., Santa Rosa 95404

Thank You

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Volunteering at a Shelter

Some living situations make it impossible to have a pet in the home. You may be living in an apartment that doesn't allow pets. Why not inquire at your local animal shelter to ask if they have a volunteer program? Chances are, they need help with dog walking, cat socializing, grooming, and general basic care.

Pet Sitting

Pet sitters are in high demand for frequent travelers who need to make sure that their furry family member is in good hands while they are away. Sitting can be done in the owner's home, at the veterinary clinic, or at the sitter's house. A fun way to make a few extra bucks and spend time with loving animals.

Adopt, Rescue, Foster... and Neuter

Adopting and rescuing an animal is better than purchasing one in a pet store or breeder.

Shelters are overflowing with great animals looking for the opportunity to find the perfect home. Shelters typically have rooms where you can spend some one-on-one time with the animals which make it easier to find your perfect match!

ADOPTION RESOURCES

Sonoma County Animal Services

707-565-7100 for info or email to:
theanimalshelter@sonoma-county.org

Open Kennel - Santa Rosa 707- 565-7109

Humane Society of Sonoma County

- Santa Rosa Adoption Center
707- 542-0882
- Healdsburg Adoption Center
707- 431-3386

Pets and Seniors

By American Humane

Scientific research has demonstrated the link between human-animal interaction and healthy aging. Pet ownership is one of the most common ways older adults interact with animals; over half of adults over 50 have at least one pet. Research has shown that pet ownership can provide important forms of social and emotional support for older adults that can reduce distress, loneliness and improve overall quality of life. One study found that strong attachment to a pet was associated with less depression among older adults.

In addition to pet ownership, animal-assisted interventions such as animal-assisted activities (AAA) and animal-assisted therapy (AAT) are increasingly popular ways older adults are interacting with animals.

Studies have shown that the bond between people and their pets is linked to several health benefits, including:

- Decreased blood pressure, cholesterol levels, triglyceride levels, feelings of loneliness, anxiety and symptoms of PTSD.
- Studies show older pet-owning citizens have lower blood pressure and cholesterol levels than non-owners, which help reduce their risk for heart disease and decrease their number of visits to the doctor.



If you are mostly immobile, a cat may be the best option because you don't have to walk them. A small dog that uses pee pads or a caged animal may also be a good option. Senior dogs and cats are better for the elderly because they are more calm, quiet and less maintenance.

The human-animal bond positively contributes towards healthy aging in several areas, including:

- Mental Health
- Anxiety, stress, depression
- Alzheimer's and dementia
- Physical Health
- Physical activity, obesity, cardiovascular health
- Cancer
- Quality of life, pain management, early detection

Mission Statement

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

Make SST part of your plan to age successfully!

Sonoma Seniors Today is your local resource for all things aging-related, with tips on how to stay healthy, engaged and financially secure. Subscribe now to receive your monthly issue filled with helpful information. Best of all, your subscription helps fund senior services provided by Council on Aging. Mail this form and check payable to Council on Aging, SST Subscriptions, 30 Kawana Springs Rd., Santa Rosa CA 95404.

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FEBRUARY PUZZLES

Puzzle solutions are on page 10

WORD SCRAMBLE
"NUTRITION"

1. COIAERSL _ _ _ _ _
2. SEIERECX _ _ _ _ _
3. WGESHLosit _ _ _ _ _
4. HETLYAH _ _ _ _ _
5. GISNAR _ _ _ _ _
6. FUTSRI _ _ _ _ _
7. TELESVGAEB _ _ _ _ _
8. RYIDA _ _ _ _ _
9. VAGNE _ _ _ _ _
10. REBFI _ _ _ _ _
11. VSTINAIM _ _ _ _ _
12. PRITONSO _ _ _ _ _

WORD SCRAMBLE
"IN THE KITCHEN"

1. PHOC _ _ _ _
2. KOOC _ _ _ _
3. BLOIIGN _ _ _ _ _
4. LGLRI _ _ _ _ _
5. PRNOA _ _ _ _ _
6. ESSDIH _ _ _ _ _
7. PSECIS _ _ _ _ _
8. EEZFRRE _ _ _ _ _
9. TASUE _ _ _ _ _
10. MAAOR _ _ _ _ _
11. CERIEP _ _ _ _ _
12. AUTSALP _ _ _ _ _

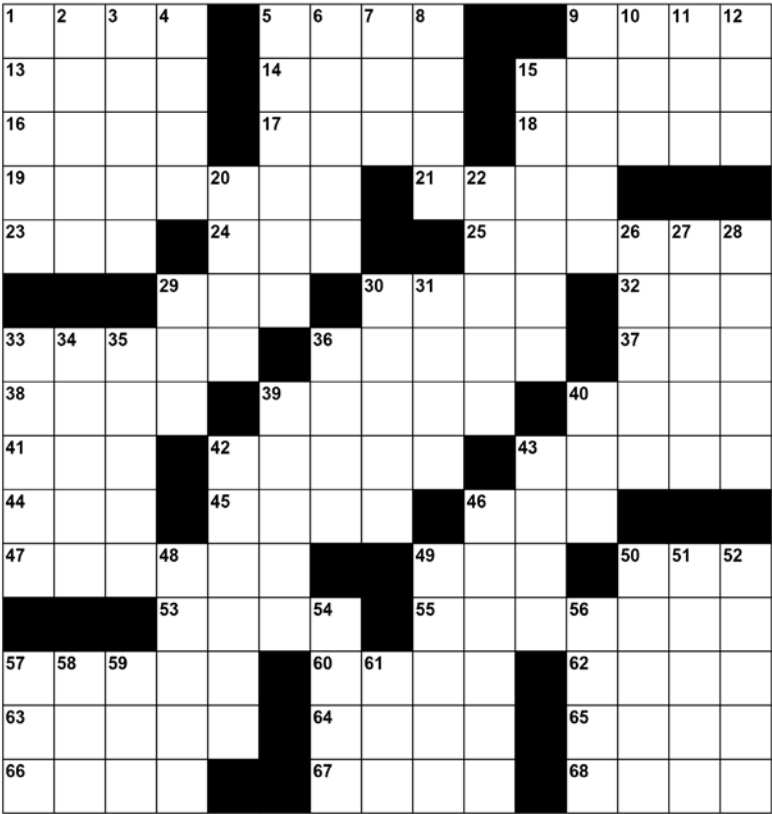
WORD SEARCH
CALIFORNIA PLACES

- BERKELEY SACRAMENTO
- OAKLAND MODESTO
- SANTA ROSA REDDING
- MEDOCINO EUREKA
- CLOVERDALE FREMONT
- SAN JOSE CHICO

"Valentine's Day"

ACROSS

- 1 Compass point
- 5 K-__ (store)
- 9 Letter opening
- 13 Women's magazine
- 14 Experts
- 15 House
- 16 Island
- 17 Pop
- 18 Slender pointed shaft shot from a bow
- 19 One who observes another person with pleasure and approval
- 21 Hoop
- 23 Downwind
- 24 White-tailed sea eagle
- 25 Not unleaded or regular
- 29 Central processing unit
- 30 Imp
- 32 Flurry
- 33 Sources of inspiration
- 36 Shaggy
- 37 MGM's Lion
- 38 Upon
- 39 Power controlling device
- 40 Natural fiber
- 41 Cash with order (abr.)
- 42 Idiot
- 43 Large cats
- 44 Possessive pronoun
- 45 Champion
- 46 Badger
- 47 Look up to
- 49 Loose gown worn at mass
- 50 Sore
- 53 Go out with
- 55 Written communication of information
- 57 Tempos
- 60 College head
- 62 Little Mermaid's love
- 63 God of Islam
- 64 Eager
- 65 Light red
- 66 Upper body muscles
- 67 Not women's
- 68 Labels

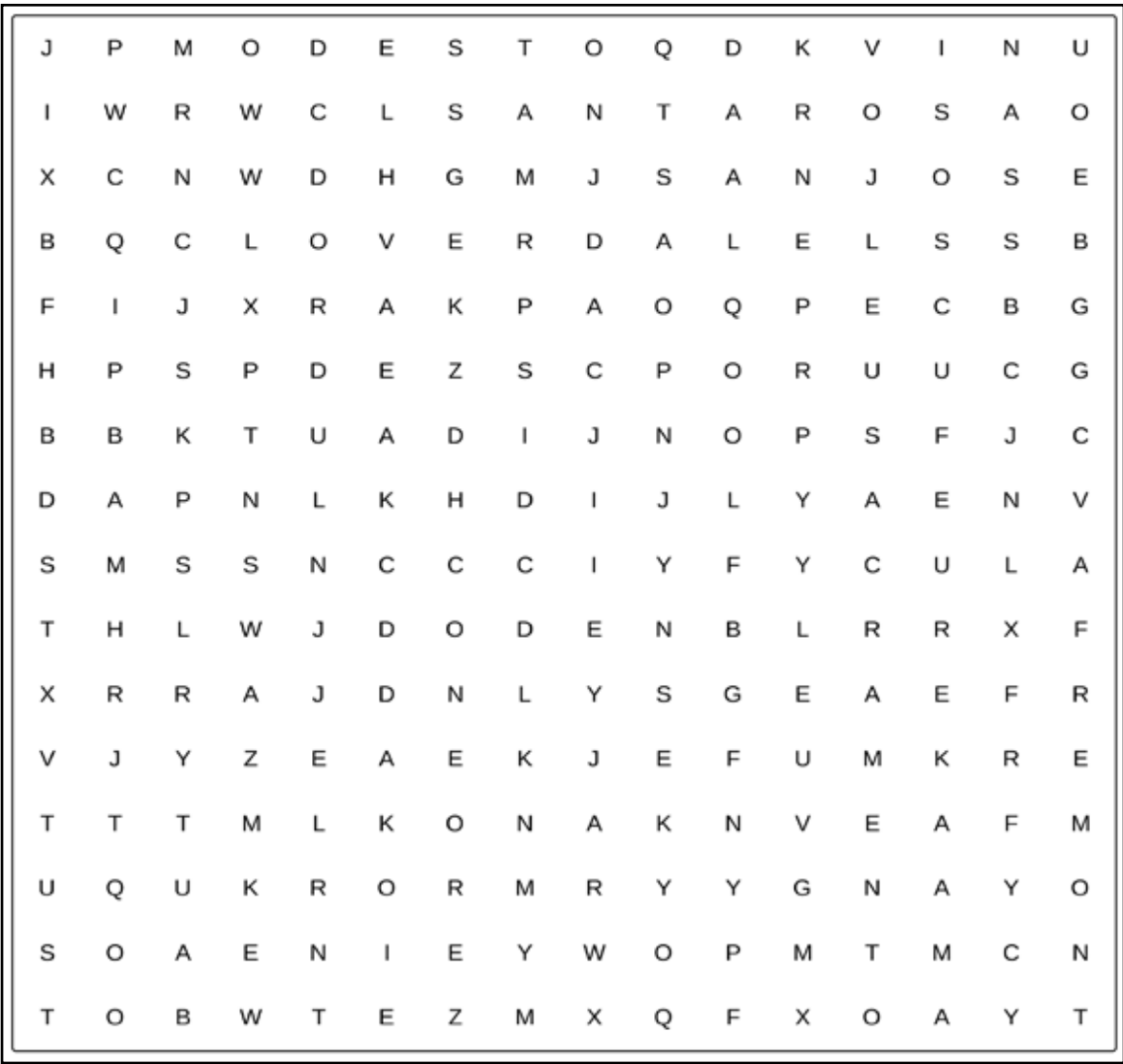


By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 George, plaster cast artist
- 2 Skirt
- 3 Find fault with
- 4 Very large truck
- 5 Capital of Lesotho
- 6 Squirrel's dinner
- 7 Color that resembles thecolor of blood
- 8 Russian ruler
- 9 Funeral hymn
- 10 Make a mistake
- 11 Gone by
- 12 Scull
- 15 Conceit
- 20 Representatives
- 22 American state
- 26 State capital
- 27 Water retention
- 28 Part of velcro
- 29 Corporate top dog
- 30 Donkey
- 31 Invitation abbreviaton
- 33 Coffee
- 34 Unmarried
- 35 Snow heavily
- 36 Drink
- 39 Cloying
- 40 Love squeeze
- 42 Flail
- 43 Saloons
- 46 Combines
- 48 Thoughts
- 49 Vigorously
- 50 Common Catholic name
- 51 Growing older
- 52 Piers
- 54 Swiss-like cheese
- 56 September (abbr.)
- 57 Strike sharply
- 58 Lager
- 59 Tender loving care
- 61 Evening

WORD SEARCH - CALIFORNIA PLACES

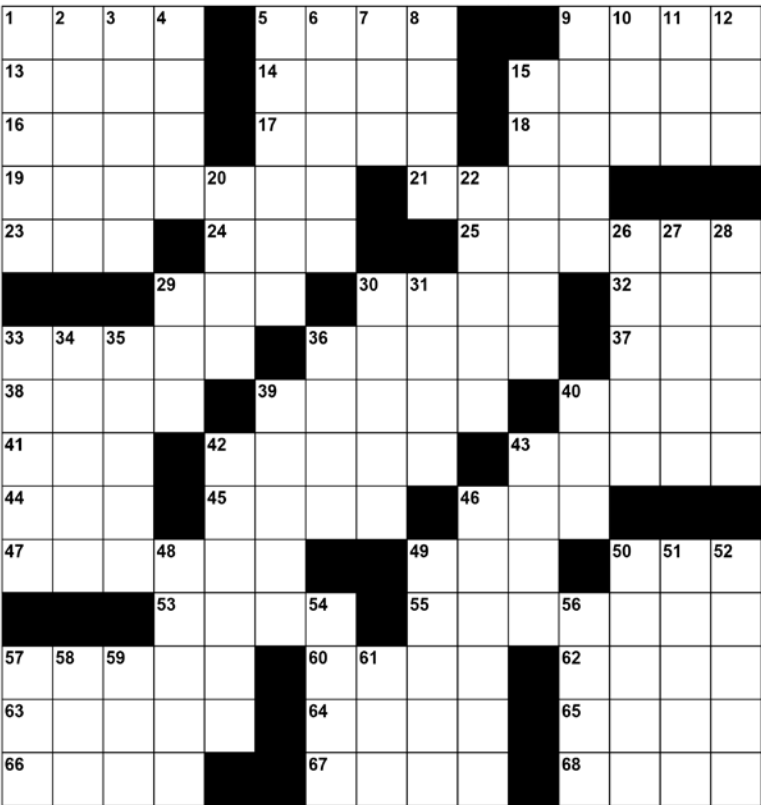




"Presidents' Day"

ACROSS

- 1 National symbol
- 5 Account (abbr.)
- 9 Southwest by south
- 13 As well as
- 14 Burn
- 15 Stir to activity
- 16 Collect leaves
- 17 Air (prefix)
- 18 Orderly arrangement
- 19 United States of America
- 21 Hindu goddess, consort of Siva
- 23 Male parent
- 24 Clip
- 25 Bill of _____
- 29 North American nation
- 30 Brand of coffee alternative
- 32 French "yes"
- 33 Stole
- 36 Jump
- 37 Bacon-lettuce-tomato sandwich
- 38 Limbs
- 39 Rip up
- 40 Love flower
- 41 Climbing vine
- 42 Slide
- 43 Permissions to enter foreign countries
- 44 8 oz.
- 45 Globes
- 46 Water closet
- 47 Type of drum
- 49 Camp bed
- 50 American Cancer Society
- 53 Call
- 55 Sour tasting
- 57 Log house
- 60 Gumbo
- 62 Small particle
- 63 Agleam
- 64 Makes a ringing sound when struck with object
- 65 Kiln
- 66 Powdered drink
- 67 Self-esteems
- 68 Try

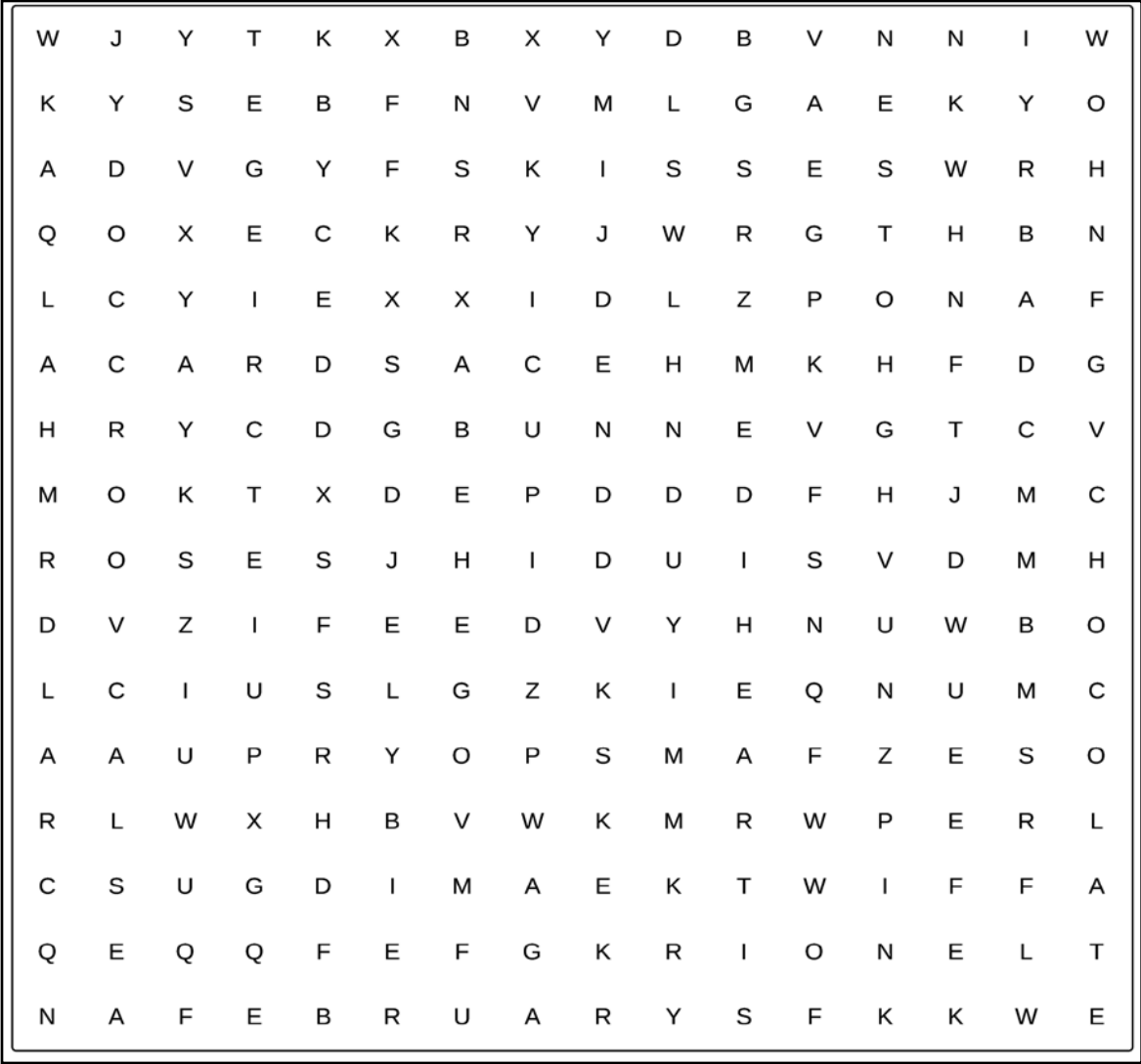


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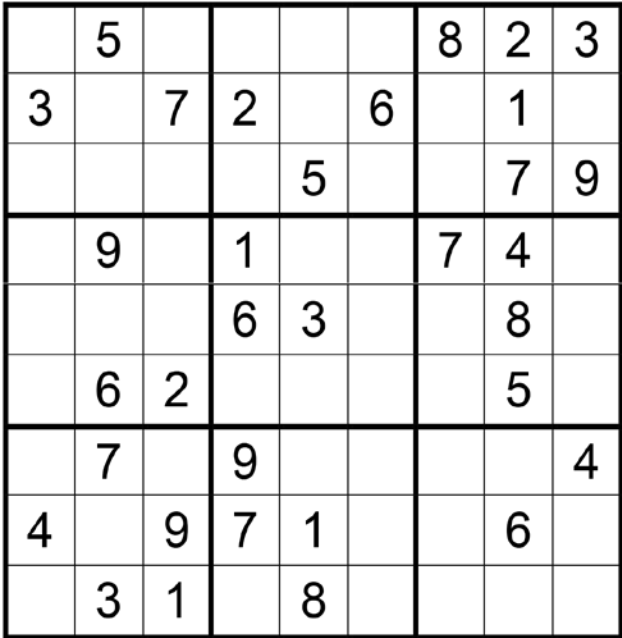
- 1 Unit of electric capacitance
- 2 South American animal
- 3 Bidden
- 4 Person who attends something regularly
- 5 Gum tree
- 6 Lousy
- 7 Motor vehicle
- 8 Walked
- 9 Small bunch of flowers
- 10 Armed fighting between nations
- 11 Women's undergarment
- 12 Heavens
- 15 Benefactor
- 20 Institution (abbr.)
- 22 Goofed
- 26 Homeless people
- 27 City
- 28 Building place
- 29 Delivery service
- 30 Separates hair
- 31 Dueling sword
- 33 Sound of a door closing
- 34 Variety show
- 35 Nile's home
- 36 Small fresh water fish
- 39 Virago
- 40 Rio de Janeiro
- 42 Territory governed by a distant country
- 43 Formal expression of election preference
- 46 Natives
- 48 Fastening
- 49 Monte ____
- 50 Aloft
- 51 Uses as a reference
- 52 Deficient
- 54 Earring need
- 56 Rampage
- 57 Central Standard Time
- 58 Expression of surprise
- 59 Container
- 61 Barrel

WORD SEARCH - VALENTINE'S DAY

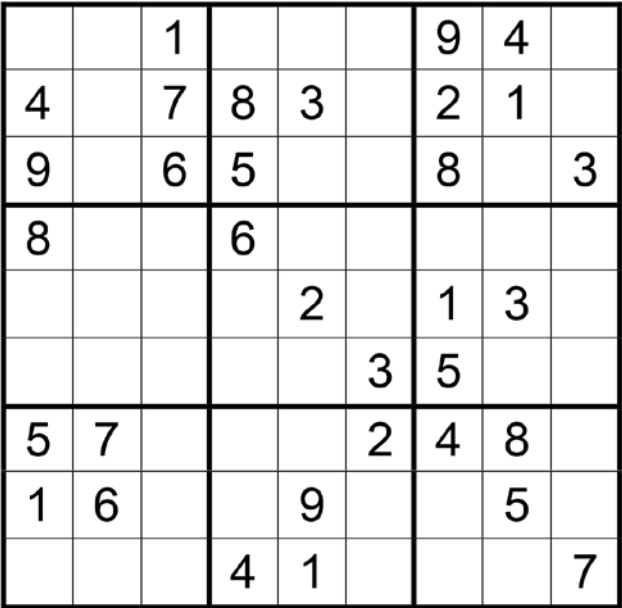


SUDOKU

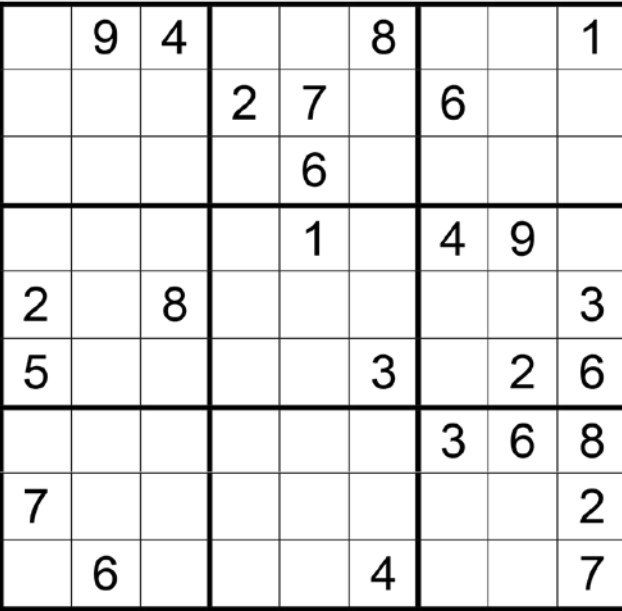
SUDOKU - Medium #1



SUDOKU - Medium #2



SUDOKU - Hard



WORD SEARCH

VALENTINE'S DAY

- FLOWERS
- CUPID
- FRIENDS
- ROSES
- FEBRUARY
- CARDS
- LOVE
- KISSES
- HEART
- CHOCOLATE
- PINK
- DINNER



NUTRITION NEWS

Benefits of Berries

Benefits of Berries:
Berries are among the healthiest foods you can eat. They come in a variety of different shapes and sizes, flavors and sweetness and colors. Available fresh, frozen, canned, and dried. Look for unsweetened dried fruits.

Antioxidants:
Growing evidence strongly suggests that antioxidants have the power to prevent diseases such as coronary heart disease, cancer and cataracts. Diets high in antioxidants may reduce cancer death rates, cold and flu infections, and protect against atherosclerosis and heart disease. These nutrients may improve the immune system and even delay some of the effects of aging.

Superfoods:
'Superfoods' definition is a nutrient-rich food considered to be especially beneficial for health. Blueberries, blackberries, and raspberries have the highest antioxidant activity of commonly consumed fruit, next to pomegranates.

Blueberries:
Blueberries are one of the most well-known superfoods with high concentrations of antioxidant compounds which have shown to reduce, prevent and reverse age-related mental decline.

Improve Blood Sugar and Insulin Response:
Berries may improve blood sugar and insulin response when consumed with a high-carbohydrate food or included in fruit/vegetable smoothies.

High in Fiber:
Good source of fiber including soluble fiber. Soluble fiber slows down the movement of food through the digestive tract providing an increased feeling of fullness. Fiber helps reduce the number of calories you absorb. The high fiber content of berries means they are low in digestible or net carbs.

Provides Vitamins and Minerals:

- Berries are a good source of vitamin C, strawberries are even higher in vitamin C.
- Vitamin K – 25% of the RDI
- Copper – 8% of the RDI
- Manganese – 32% of the RDI
- Folate – 6% of the RDI

*RDI=Reference Daily Intake

Helps Reduce Inflammation:
Berries have a strong anti-inflammatory property. Chronic inflammation contributes to conditions such as diabetes, heart disease, and obesity. The antioxidants in berries may help lower inflammatory markers.

Berries:
Delicious served alone or in a healthy recipe.

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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Value of One - Power of Many !

THANK YOU TO THE HUNDREDS WHO VOLUNTEER THROUGHOUT THE YEAR!



CA council on aging

NATIONAL CAREGIVERS DAY
FRIDAY, FEBRUARY 17

Thank You!

National Caregivers Day is the occasion to celebrate and honor those, who, with their special kindness, patience and love help their loved ones to live better lives.

Drive-Up Pick-Up Meals

Weekly Food Distribution Program for Seniors 60+



Vegetarian Options



Chef Inspired Restaurant Quality Meals



Heart Healthy & Low Sodium

Participants Receive Five Frozen Meals Each Week Plus Fresh Fruit and 1 Quart of Low Fat Milk

CLOVERDALE Kings Valley Senior Apartments 100 Kings Circle TUE 10:30 - 11:30 AM HEALDSBURG Healdsburg Senior Center 133 Matheson Street WED 9:30 - 10:30 AM ROHNERT PARK Rohnert Park Senior Center 6800 Hunter Drive, Suite A WED 9:00 - 11:00 AM SANTA ROSA Steele Lane Community Center 415 Steele Lane THUR 10:30 AM - 12:00 PM	SANTA ROSA Council on Aging 30 Kawana Springs Road THUR 10:00 AM - 12:00 PM SEBASTOPOL Sebastopol Senior Center 167 High Street THUR 10:00 AM - 12:00 PM SONOMA Vintage House 264 First Street East MON 11:00 AM - 12:00 PM WINDSOR Windsor Senior Center 9231 Foxwood Drive FRI 9:30 - 10:30 AM
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To Register, Call 707-525-0143 x013
Must Reserve 1 Week in Advance

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





AT HOME CAREGIVERS

PacificSun Best of Marin 2022



Wouldn't you rather be at home?

At Home Caregivers has served Sonoma County for more than 17 years with licensed and vaccinated employee caregivers.

Services provided include:

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

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

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

Pain? Relief!

Acupuncturist Specializing in Senior Wellness

I work with your own body's natural ability to Heal and Relieve pain.

Acupuncture works on new or long-term issues.

35 Years of Experience!



Bruce Boldon, M.A., L.Ac.

(530) 708-1628

95 Montgomery, Suite 204, Santa Rosa



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!**

The Community Table

Connecting through food & conversation

Attention
60 & Better



GAMES



ACTIVITIES



CONNECTION

Food, Fun & Friendship Now Happening at These Locations!

CLOVERDALE Kings Valley Senior Apartments 100 Kings Circle MON 12:00 - 1:00 PM	SANTA ROSA* Steele Lane Community Center 415 Steele Lane MON 12:15 PM	SONOMA Oakridge Senior Apartments 18800 Beatrice Drive TUE 12:00 - 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 TUE, WED, THUR, FRI 11:00 AM - 12:00 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.

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.

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

Meals Funded in Part
by County of Sonoma



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

Business & Real Estate Law

JOHNSTON | THOMAS

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.

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

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 - Wholesale price produce. 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 and is nearly all locally grown and sourced. 707-894-4826, 8:30 am-4 pm, Monday through Friday.
https://www.cloverdaleseniorcenter.org.

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

Day Trip to Petaluma Wildlife and Natural Science Museum - Thursday, February 23, 2023 - 11:00 AM 12:30 PM. Cost: Members \$23/ Non-members \$30. 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 updated list of classes, events and exhibitions, visit our website: https://www.sebarts.org/classes-and-events. 707 829-4797.

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 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.

Free Online Class For LGBTQ+ Seniors

“Aging Gayfully!” is a unique class being offered online as part of the Older Adults Program of Santa Rosa Junior College. Free to all California residents. The class provides a comfortable space for lesbian, gay, bisexual, transgender, queer and questioning adults to explore skillful aging strategies that address their unique aging issues. The Spring 2023 semester session begins online on Wednesday, FEB. 18th from 11 am to 1 pm and continues weekly until May 24th. For more information or for instructions on how to enroll email the instructor Gary “Buz” Hermes, MA at ghermes@santarosa.edu.

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. Registration for Winter courses will start in FEB. Winter Course Preview : In person at SSU, Monday, FEB 9. Program starts at 10 am. Doors open at 9 am. Classes run FEB. 30 through March 10, 2023. https://olli.sonoma.edu/ for more information.

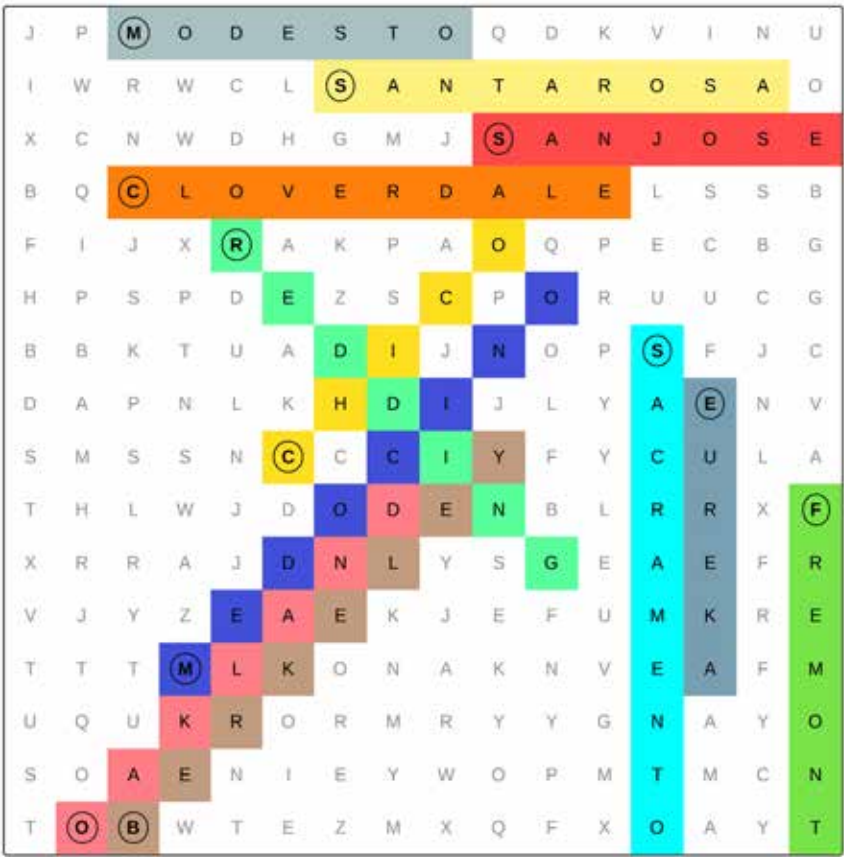
Senior Planet

Live Online Classes for Seniors
https://seniorplanet.org/classes/
If you’re a senior 60 and older, 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 Senior Planet Tech Hotline: 888-713-3495.

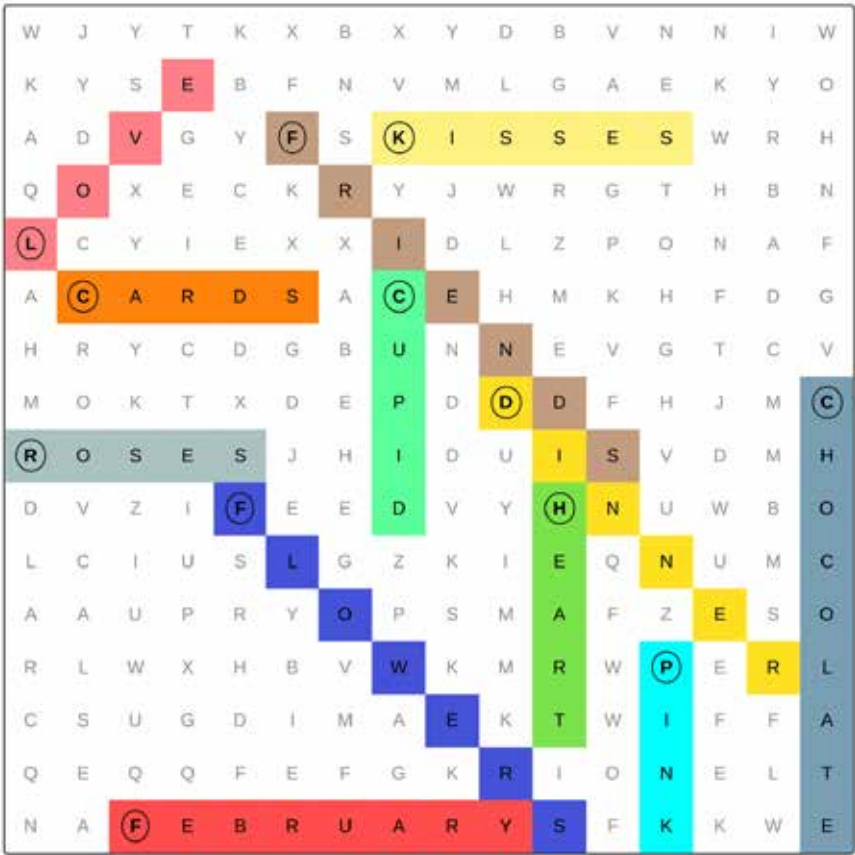
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Douglas Landin	Patricia McKowen	Cheryl & Ed Orr	Carol & Scoh Ricci	Joan Simon	Charlene & Dave Trabucco
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Joe W. Lawrence	Jean V. Herigodt & Verlin R. Meinz	Maidie L. Parmenter	Ellen Robin	Anne L. Solomon	Myrna Valones
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Susan R. Bartholome & Andrew M. Levine	Steve A. & Jeanne M. Miskel	Cynthia & John Perry	Russian River Rose Company	Susan St. Clair	Caecilie H. von Perbandt
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Angela C. Lorenzen	Ronna & John Moore	Richard & Mary Peterson	Joyce & Richard Sager	Patricia & George Steffensen	Sandra & Mark Walheim
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Rose Lyle	Elliot Morrison	Douglas D. Pile	Steven Sanchez	Wallace Stewart	Linda Walling
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Sue S. Malin	Cindy Myers	Charlene & Richard Powers	Vicki & John Scharer	Carol L. Swain	John M. Werner
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Donna Manahan	Stepi Nacouzi	MF Preston & Albert Preston	Robert Schillbach	Jess Swartz	Gretchen Whisenand
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William Masterson	North Bay Enterprises, Inc.	Julia & Robert Ratto	Ann Sebastian	Janis & Joseph Taylor	Simone M. Wilson
Thomas B. Mathew	North Bay Home Care LLC	Julia & Robert Ratto	Alan Seeman	Linda & Keith Taylor	Olive A. Wilson
Marcia Matlin	Northwood Gardens	Jill Ravitch	Christine & Rudy Seidler	Mary Taylor	Gail Winmill-Lee
Marguerite Matthews	Susan M. Novak	Lynn L. Rawson	Carmen Selfridge	Michele A. Taylor	Delores R. Woicicki
Lynn & James Mattison	Lisa & John Nunes	Becky & Bill Raymond	Jeffery Seligson	Margaret & Martin Terschuren	Burrell L. Wyle
Jane Maurer	Glenn W. O'Neill	Jeanne Rayner	Sandra Settle	Mildred & Philip Thomas	Robin & Dennis Yaeger
Nancy & Mike May	Virginia O'Neill	Red Barn Wine Partners, LLC	Ernest D. Shelton	Christen & Dean Thompson	Char & Rich Yahn
Nancy Mazzoni	James J. O'Sullivan	Zenobia & Romus Reece	Lindsey & Charles Shere	Katherine A. Thompson	Ming-Chuan Yan
Sandy & James McAdler	Kenneth Oertel	Karen Rege-Harris	Linda J. Sherman	Mary & Robert Thompson	Barbara Yorton
Patrick McCarty	Debra L. Olcott	Rae Rehn	Nancy & Ed Sherman	Kristin L. Thomson	Nancy Yoshioka
Laila & Sean McCloskey	Jill T. Olsen	Valerie Reid	Robert Sherwood	George Thow	Kathy & George Young
Ezra McCon	Sandra Olsen & Herbert Wandel	Bruce Reinik	Roberta & David Shippey	Sharon A. Threlkeld	Youngblood Photography
Maryann McCourt	Wandel	Debbie & Patrick Reis	Jennifer L. Shipston	Sherill & Ronald Thurner	Judith A. Johnson
Sharon & Scott McEvoy	Rick J. Olufs	Reliable Hardware & Steel Co., Inc.	Gary & Randi Shirley	Jeff C. Tiedeman	Carol & Louis Zanardi
Joan K. McFadden	Darla K. Omholt	Margo & James Requarth	Wyatt R. Shook	John Tierney	Alice & Don Zanini
	Doreen Onizuka	Janie Resing-Raymond	Mark C. Short	Steven Tierra	Paul Zarn
		James D. Resneck	Juanita & Robert Shrader	Janice & Halden Tolbert	Ann & Richard Zimmer
		Larry R. Resnikoff	Mercy Sidbury		Gordon Zlot
			Kathleen Sikora		Kathleen & Joel Zunino
					Matthew Zwerling
					Frank J. Zwolinski

FEBRUARY Puzzle Solutions

CALIFORNIA PLACES



VALENTINE'S DAY



Valentine's Day



Presidents' Day



SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SCRAMBLE
NUTRITION

1. COIAERSL CALORIES
2. SEIERECX EXERCISE
3. WGESHLISIT WEIGHTLOSS
4. HETLYAH HEALTHY
5. GISNAR GRAINS
6. FUTSRI FRUITS
7. TELESVGAEB VEGETABLES
8. RYIDA DAIRY
9. VAGNE VEGAN
10. REBFI FIBER
11. VSTINAIM VITAMINS
12. PRITONSO PORTIONS

WORD SCRAMBLE
IN THE KITCHEN

1. PHOC CHOP
2. KOOC COOK
3. BLOIGN BOILING
4. LGLRI GRILL
5. PRNOA APRON
6. ESSDIH DISHES
7. PSECIS SPICES
8. EEZFRRE FREEZER
9. TASUE SAUTE
10. MAAOR AROMA
11. CERIEP RECIPE
12. AUTSALP SPATULA

Caregiving : Care for Yourself While Caring for Others

By Renee Tolliver, Council on Aging Director of Social Services

February 17 is National Caregivers Day. At Council on Aging, we celebrate the enormous efforts and contributions made on behalf of loved ones by family caregivers. They invest in the care and well-being of others, at great cost—emotionally, physically and financially. While assistance from professionals or paid helpers may also be beneficial, most of the time, family members and friends are the main source of support, with one or more assisting and serving in the role of caregiver, often at the expense of leaving their paying jobs. Assisting in the care of a loved one may involve personal care, household tasks, legal or financial tasks, shopping or errands arranging for and/or accompanying our loved one to appointments or services emotional support, being there so our loved one is not alone.

Planning for care

A network of support may include close and distant relatives, friends, neighbors and members of our faith communities, so coordinating the efforts and communication among different team members can be challenging, another task that often falls to the primary caregiver. Adding a professional or a neutral facilitator to a loved one’s care can also be useful to track different points of view, or to ease tension or conflict among family members and/or friends.

It is critical to take care of yourself while you are taking care of your loved one, in order to maintain your emotional and physical strength. Physicians and mental health professionals think of caregivers as “hidden patients.” Studies show that caregivers are at higher risk of health problems that have stress related components such as, depression, anxiety, high blood pressure, cardiac issues, increased drug, alcohol and tobacco use, obesity, diabetes and others. In

addition, physical strain from lifting and bathing present hazards, as well.

Tips to help invest in your own wellness

- Avoid overuse of alcohol and tobacco. They can affect your sleep and cause health problems if used frequently.
- Eating a healthy, balanced diet. Your body needs nourishing food to give you energy.
- Exercise regularly. Thirty minutes of exercise a few times a week can increase your energy, reduce stress, and improve your mood.
- Get enough sleep. Your body needs regular sleep to recover physically and mentally. If possible, try to take naps when your loved one does.
- Ask for help. Use your network of friends and family members. Join a support group to share common experiences with others in a similar situation.

You may feel like you have to “do it all,” regardless of the toll it takes on you. However, you can’t take care of anyone else if you don’t take care of yourself. Caregiving is certainly challenging, but it can also reap rewards. There are both positive and negative effects from helping. These effects may differ depending on:

- Whether help is being given out of love and devotion.
- Feelings of obligation.
- A desire to give back to the person who cared for us in the past.
- The quality of our relationship.
- Whether or not there is anyone else to help.

Positive effects commonly experienced are:

- Feeling grateful or honored to be able to help.
- Feeling closer to those we are helping.

- Learning new skills and ways of coping (Schulz R, Sherwood PR. Physical and mental health effects of family caregiving. Am J Nurs. 2008;108 (9 Suppl):23–27).

Negative effects such as feeling sad, downhearted or blue are more common when:

- All caregiving responsibilities fall on us.
- We have many other work or family-care responsibilities.
- More hours and/or more intense help is needed.
- A loved one has a condition that causes dementia or challenging behaviors.
- Unexpected changes or complications occur to a loved one’s illness or disability (Feinberg, et al).

If you are experiencing some of the negative effects of caring for your loved one, there are resources that can help. Council on Aging can help you identify programs and services that are helpful to you and your family. Call our Resource Specialist at 707- 525-0143 x102 for general information about services for seniors in Sonoma County. In addition, these organizations can provide information regarding support for caregivers:

- Council on Aging Adult Day Respite Program and Caregiver Support Groups: 707-525-0143 x103
- Redwood Caregivers Resource Center: 707-542-0282
- Care Partners Initiative (Sonoma): 707-509-0031
- Alzheimer’s Association: alz.org
- Sonoma County Human Services Adult and Aging Division: 707-565-4636
- Alzheimer’s Foundation of America: <https://alzfdn.org/caregiving-resources/>
- Family Caregiver Alliance: <https://www.caregiver.org/>

MOVIES TO CELEBRATE

Barbara Spear

BLACK NARCISSUS (1947) was directed by the famed British duo of Michael Powell and Emeric Pressburger (THE RED SHOES) and was an early film starring Deborah Kerr before she traveled to Hollywood to receive even greater acclaim. David Farrar, Flora Robson, Kathleen Byron, and a young Jean Simmons co-star. The directors adapted their screenplay from the novel by Rumor Godden. BLACK NARCISSUS is about a group of nuns who struggle to establish a convent in the



Himalayas and must deal with isolation, extreme weather, altitude, and culture clashes. It involves turbulence, desire, and unchecked passion. Powell said, “It is the most erotic film I’ve ever made. It is all done by suggestion.” The use of color in the film is breathtaking. The executive director of the Technicolor Corporation when



asked to name the film that best represented the Technicolor process selected BLACK NARCISSUS (rather than an obvious choice such as THE WIZARD OF OZ), and Jack Cardiff won an Oscar for his Color Cinematography. Keith Uhlich in Time Out wrote, “There’s something truly unearthly about this place of howling winds, yawning chasms and atmosphere thick with temptation. Sanctity, it will be proven, is no match for sin.” BLACK NARCISSUS has a perfect score of 100% on the Rotten Tomatoes website and is available to stream from Amazon Prime for \$3.99.

THE RIDER (2018) is the second feature film by the director Chloé Zhao (NOMADLAND). It is a historical western that was filmed on the Pine Ridge Indian Reservation in South Dakota and uses genuine cowboys as actors playing fictionalized versions of themselves. At the center is Brady Jandreau (playing Brady Blackburn) who acts in his own true story as he deals with and tries to recover from a devastating injury that he sustained in a rodeo. Brady cannot give up breaking horses but if he sustains another injury it could be fatal. What’s a cowboy to do when that’s all he knows? What’s the psychological impact of an injury like Brady’s? How can he continue to live in



America’s heartland and not be able to live up to the ideal image of a cowboy? Ben Croll of thewrap.com says, “The Rider marries the majestic vistas of the greatest American westerns with a deeply interior story of a cowboy having to renegotiate his identity.” And Peter Travers in Rolling Stone raves, “Filmmaker Chloé Zhao turns the story of real-life bronc rider Brady Jandreau into a gritty, graceful character study. Once The Rider hooks you - and believe me, it will - there’s no way you will ever forget it.” THE RIDER has a terrific score of 97% on the Rotten Tomatoes website. It’s rated R, for language and drug use, and is available to stream from Amazon Prime for \$2.99.

Barbara Spear organizes and moderates Lifelong Friends of Film, meeting 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 list, contact her at shadowvoyager7@gmail.com.



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Volunteer at Meals on Wheels
HEROES ARE INVITED TO CALL 707.525.0143 x121

Pet Body Language You Might Be Misreading

Learn the secrets behind the signals that your dog or cat is giving out

AARP

About 23 million American households added a pet to the family during the pandemic. While you may have the feeding and housebreaking under control, one aspect of ownership that can be daunting is communication. You may think you know what that tail wag or cuddle means, but do you? We asked a few experts for guidance.

Dogs smiling



What you think it means: All is well.

What it really means: That grinning look is not the same for dogs as for humans. "Generally speaking, tension in the mouth is a sign of stress," Case says. "If the dog is actually feeling happy, their mouth isn't going to have tension to it. It might be open a little bit with what we call a soft face."

Cat rolling over



What you think it means: Rub my belly.

What it really means: Not that. "Most cats do not love belly rubs," says feline behaviorist Marci L. Koski. "That's where the Venus cat trap comes into play. You put your hand on the belly and then, whoo, there goes the claws."

Cat rubbing up against you



What you think it means: I like you.

What else it can mean: "It's also a way to leave their scent behind," Koski says. "The most common way a cat will rub up against somebody is with their cheek. This deposits those facial pheromones that are often used in marking territory."

Dog Panting



What you think it means: I'm hot.

What else it can mean: "Panting can sometimes mean stress," says Courtney Case, a trainer at the Granada Hills, California-based J9's K9s Dog Training. "So if you're sitting inside and your dog hears a noise and they start panting, it might mean that they're a little bit stressed, and they're just trying to get a little bit more oxygen into those lungs."

GRANDPA SEZ...

DO YOU KNOW WHAT
THE STAMP SAID TO THE
ENVELOPE ON VALENTINE'S
DAY? ..."I'M STUCK
ON YOU!"



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