



SONOMA SENIORS TODAY

Health Benefits for Social Connection for Older Adults

By Dr. Jeremy Holloway, Founder of Tellegacy

Social connection is a vital component of overall health and well-being for older adults. Engaging in meaningful relationships and maintaining an active social network can significantly enhance mental, emotional, and physical health. Social connections provide a sense of belonging and purpose, crucial for emotional stability and happiness. Additionally, having a strong social network provides practical support, whether it's help with daily tasks, transportation, or companionship during medical appointments, all contributing to a higher quality of life.



Dr. Jeremy Holloway

Social connections also play a critical role in stress reduction, which in turn supports immune function and overall health. Older adults who are socially engaged are more likely to adopt and maintain healthy behaviors, such as balanced diets and regular exercise, influenced by the positive behaviors of their social circles.

For these reasons, Intergenerational connections are increasingly recognized as a critical component for promoting health and well-being among older adults. Research indicates that fostering relationships across generations can significantly enhance mental, emotional, and physical health, aligning with the principles of the Age-Friendly Approach and Blue Zones initiatives.

The Health Benefits of Intergenerational Connections

Intergenerational interactions can reduce feelings of loneliness and social isolation, known risk factors for numerous health issues. Studies have shown that these connections can decrease symptoms of depression and anxiety and improve overall mental well-being. Older adults engaged in intergenerational programs often experience a renewed sense of purpose and belonging, which boosts their emotional health and resilience.

Cognitive Health

Engaging with younger generations can stimulate cognitive function. Activities such as storytelling, mentoring and participating in educational programs can keep the minds of older adults active and sharp. This cognitive engagement helps delay the onset of cognitive decline and supports mental agility.

Physical Health

Physical activities incorporated into intergenerational programs, such as group exercise or gardening, promote physical health. Regular physical activity is crucial for maintaining mobility, strength, and cardiovascular health in older adults. Moreover, the motivation and social support from younger participants encourage sustained physical activity.

Social Connections

Building strong social networks through intergenerational programs can lead to meaningful relationships that enhance social support systems. This increased social interaction combats loneliness and fosters a sense of community, essential for emotional and mental well-being.

The Age-Friendly Approach and Creating Our Own Blue Zones

The Age-Friendly Approach emphasizes the importance of creating supportive environments that enable older adults to lead healthy and active lives. This approach includes the 4Ms—What Matters, Medication, Mentation and Mobility—which guide the development of age-friendly health systems. Intergenerational programs align with these principles by focusing on what matters to older adults, supporting cognitive health (mentation) and promoting mobility through physical activities.

Blue Zones, regions known for the longevity of their inhabitants, highlight the significance of



Photo by Cottonbro, Pexels

social connections in promoting long, healthy lives. These areas emphasize the value of community and intergenerational relationships as key factors contributing to the well-being and longevity of their populations.

Tellegacy: A Program for Intergenerational Connection

Tellegacy is an innovative program designed to foster intergenerational connections. This program pairs older adults with volunteers for eight guided sessions where they share their life stories, experiences and lessons learned. These interactions provide social and emotional benefits and create a legacy for the participants.

Benefits of Participating in Tellegacy

Enhanced Social Connections

Participants build meaningful relationships with volunteers, reducing feelings of loneliness and isolation for both folks involved.

Emotional Fulfillment

Sharing life stories provides a sense of purpose and validation, contributing to emotional well-being.

Cognitive Engagement

Reminiscing and storytelling stimulate cognitive function and preserve memory.

Legacy (Book) Creation

A significant outcome of the Tellegacy program is the creation of a personalized legacy book for each participant. This bound hardcover book, presented in full color, serves as a lasting

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Flag Image by fabrikasimf-Freepik

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testament to the participant's life and experiences. Compiling the shared stories, memories, and photos from the sessions with their volunteer legacy builder, the book provides a comprehensive narrative of the older adult's life, including descriptions of their personal history, significant life events, and lessons learned. It can include photographs to add a visual element and to bring their stories to life.

An additional unique feature of the legacy book is the inclusion of reflections from the volunteer legacy builder. These reflections detail the impact that meeting and engaging with the older adult has had on the volunteer, highlighting the reciprocal benefits of the intergenerational connection and to emphasize the mutual enrichment derived from the program.

The legacy book initiative underscores the Tellegacy program's commitment to valuing and

preserving the rich histories of older adults while fostering meaningful intergenerational relationships. It ensures that their stories are heard, cherished and possibly passed down through generations.

How to Get Involved

Join in promoting health, well-being, and meaningful connections across generations. By participating in intergenerational programs like Tellegacy, older adults can experience significant health benefits and contribute to creating a more inclusive, connected community.

If you or someone you know is interested in either participating in the Tellegacy program or volunteering for the program, please contact Council on Aging at 707-525-0143 ext. 129 or brosell@councilonaging.com.

CEO Corner with Marianne McBride

Dawn of a New Day

I recently heard, "It is the dawn of a new day," and for non-profits, this has never been truer. For years the mission of many non-profit organizations has been to care for and support the disadvantaged, disenfranchised, marginalized, and those experiencing resource insecurity. Often, that commitment stretches the ability to serve beyond capacity, compromising financial stability and, in some cases, leading to a non-profit organization's ultimate demise.

Over the last 20 years, successful non-profits have had to balance the desire to serve with the knowledge that they must function as a business and cannot always provide the level of service the community needs. For dedicated staff, this can be heart-wrenching.

In recent years, the non-profit community has flourished in many ways. Thanks to additional funding in the aftermath of fires and during and following the pandemic, there was enough funding to address growing needs.

The "dawn of a new day" has presented itself with the highest needs we have seen in years, coupled with not only the absence of disaster

funding (which is a very good thing) but also declining Federal and State funding streams as the governments deals with their own fiscal challenges.

To remain fiscally strong and responsible to funders and donors, non-profits must reduce services that our vulnerable community relies on to ensure they are here to continue serving in the future.

Council on Aging has been financially sound for 58 years and will remain so, boasting a balanced budget, healthy reserves and clean financial audits. That also means difficult decisions. Due to reductions in funding for nutrition programs at the Federal and State levels and a 50% increase in food costs over the past three years, Council on Aging has had to implement a waiting list for seniors needing home-delivered Meals on Wheels for the first time in at least 20 years. This is unacceptable to us, as it should be to our entire community.

We are currently seeking innovative solutions and other potential revenue streams and will work diligently to move seniors off the waiting list as quickly as possible. Your assistance is always appreciated. Write or email your elected officials and let them know how important it is to increase funding for nutrition programs. Volunteer with Council on Aging to deliver meals. If you are able and not struggling in this economy, direct a single or monthly donation to our Meals on Wheels program. \$150 feeds a senior for an entire month. Together, we can create the community we envision.

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PUZZLES & GAMES

Puzzle solutions are on page 8

WORD SCRAMBLE
"BASEBALL TEAMS"

1. SORIOLE _ _ _ _ _ _ _
2. YEAKESN _ _ _ _ _ _ _
3. PTRAIES _ _ _ _ _ _ _
4. BSEAVR _ _ _ _ _ _ _
5. WBREERS _ _ _ _ _ _ _
6. GEODRDS _ _ _ _ _ _ _
7. RNGESAR _ _ _ _ _ _ _
8. ALYROS _ _ _ _ _ _ _
9. TGIANS _ _ _ _ _ _ _
10. CARSANDIL _ _ _ _ _ _ _ _ _
11. LELSIHIP _ _ _ _ _ _ _
12. STASRO _ _ _ _ _ _ _

SUDOKU - Medium

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

SUDOKU - Hard

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

WORD SEARCH
"LAKES IN THE USA"

- SUPERIOR DONNER
- ERIE CRATER
- WINNEBAGO OKEECHOBEE
- MICHIGAN TAHOE
- HURON ONTARIO
- SALT LAKE CHAMPLAIN

"INDEPENDENCE DAY"

ACROSS

- 1 Smack
- 5 Tender loving care
- 8 Can
- 12 Reeled
- 13 Shout
- 15 Berate
- 16 Wheel
- 17 Reason
- 18 Hand wear
- 19 Adhere
- 21 Public procession of people and things
- 23 Limpid
- 25 US flag color of seven of the stripes
- 26 George, plaster cast artist
- 29 Little bit
- 31 Small wrapped candies
- 35 French pancake treats
- 37 Yank
- 39 Cleaning agent
- 40 Vase
- 41 Belongs to Sir Isaac
- 44 United States of America
- 45 Substance that is ingested by living creatures
- 47 California (abbr.)
- 48 Informal outdoor meal
- 50 Trick
- 52 Game official
- 54 Move up to
- 55 Woeful
- 57 Capital of Morocco
- 59 Song of patriotism
- 62 Fabric
- 65 Package label
- 66 Cheat
- 68 Zooms
- 70 Air (prefix)
- 71 Out loud
- 72 Decorative needle case
- 73 Inclined plane
- 74 Exceed
- 75 Loch __ monster

DOWN

- 1 Pacific Time
- 2 Heroic
- 3 Loop
- 4 Patella
- 5 Menace
- 6 Record
- 7 Daring deed
- 8 Navies
- 9 Data transmission rate
- 10 Span between birth & death
- 11 Imp
- 13 Moving swell of fabric caused by the wind
- 14 Fruit
- 20 Ethan that led the Green Mountain Boys
- 22 Rock group
- 24 Dangerous snake
- 26 Shuffle
- 27 Flub
- 28 City
- 30 Dynamic __
- 32 Hillock
- 33 Herb
- 34 Quickly
- 36 Part of a min.
- 38 Gross national product (abbr.)
- 42 Struggle
- 43 Strong rope fiber
- 46 Floor cleaner (2 wds.)
- 49 Person belonging by birth or naturalization to a nation
- 51 Morse code "T"
- 53 Face upwards
- 56 Prefix ten
- 58 Group of people playing musical instruments
- 59 Realm
- 60 Reference point
- 61 Cast off
- 63 Refer to
- 64 Sonata
- 65 Distant
- 67 San Diego attraction
- 69 Bro.'s sibling

WORD SEARCH "LAKES IN THE USA"

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

Community Spirit Soars at Council on Aging Fundraising Event

by Rachel Ochoa Jones, Council on Aging, Development Director

In a heartwarming display of community spirit, Council on Aging hosted a fun and inspiring fundraising event in May—"Heels for Meals & More: Step into Your Favorite Decade." The event successfully raised much-needed funds for senior services in Sonoma County.

Highlights of the event included the delightful appearance of Snoopy from Snoopy's Home Ice, accompanied by the Vintage Figures and the NorCal PinUp Girls, who charmed the crowd with their stylish 1940s attire. Craig Matsuda graciously volunteered his time to play guitar beautifully during our reception. Leading the entertainment with her vibrant personality was Heather Holmes, a KTVU News Anchor. Our engaging and passionate auctioneer, Kenn Cunningham from Gavel for Good, along with our very own CEO, Marianne McBride, inspired guests to donate and bid generously. During the show, Heather invited guests to "Walk the Runway" to show off their decades-themed attire. Linda Chavez from Chavez

Family Cellars thrilled guests with her fabulous strut to "Hot Stuff" by Donna Summer in her 1970s-themed ensemble!

We are deeply grateful to our leading Heels for Meals & More Sponsor, the Federated Indians of Graton Rancheria. A standing ovation goes to the John Jordan Foundation for their generous \$30,000 "Raise the Paddle" donation, which will help provide 4,250 meals to seniors. A big thank you to our in-kind sponsors: Brutocao Family Wines, Korbel, Eagle Distributing, ATL, BiRite Food Distributors, Donelan Family Wines, and Montoya Jewelry Design.

Special thanks to Mark and Terri Stark of Stark Reality Restaurants for their generous participation as guests, bidders and donors. They donated a "Dine Around Gift Card" for each of their restaurants, including their new establishment, Augie's French, in downtown Santa Rosa. Their contributions significantly boosted our fundraising efforts.

Congratulations to our costume contest winners: Janine Kopping from BiRite Food-service Distributors, Willy Linares and friends from Kaiser Permanente, and Kimberly Waite from Redwood Credit Union. Additionally, COA awarded Community First Credit Union with the "Making A Difference" award for their long-term and generous support. COA was also humbled to receive an award from Representative Mike Thompson's office for our commitment to fostering strong partnerships in our community.

This event brought together many community members committed to supporting vulnerable seniors in Sonoma County. We extend our heartfelt gratitude to all sponsors, guests, donors, committee members, volunteers, staff and everyone who made this event memorable and impactful. The funds raised will ensure vital senior services continue in Sonoma County. Thank you!



Jamie, Leigh and Noel, COA staff Volunteers



Snoopy greets another guest!



Marianne and Denise



"Heels for Meals & More: Step into your Favorite Decade" PinUp Girls!

Special Thanks to our Heels for Meals & More Sponsors & VIP Supporters

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VOLUNTEERS
NEEDED

Looking for mature compassionate men and women that are dedicated to providing support to seniors in need.

Volunteers provide weekly, one-on-one visits at the senior's home to assist clients to address their self-identified goals, while seeking to foster a sense of connection, empowerment, self-efficacy and self confidence. Training for this volunteer position will begin in September.

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lgalten@councilonaging.com





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Personal Assistant to Independent Seniors
adams.anitacarol@gmail.com
1 (707) 326-0781

Shrimp Boil

Prep Time: 15 Min. | Total Time: 1 Hr. 30 Min.
Serves: 4



Ingredients

- 2 Cups V-8 Juice, Low Sodium or Spicy
- 2 California Bay Leaves
- 1 Lemon, Halved, Sliced & Seeded
- 1 Orange, Halved, Sliced and Seeded
- 3 Oz Old Bay Seasoning + Some for Garnish
- 2 Tbs Flake Style Kosher or Sea Salt
- 1 Lb Fingerling Potatoes, Halved Lengthwise
- 3 Ears Fresh Sweet Corn, Shucked & cut into 2" pieces
- ½ Lb Smoked Sausage, Thinly Sliced
- 2 Lbs 26-30 or Larger, Raw Shrimp-Easy Peel, Shell/Tail On
- 1 Tbs Finely Chopped Fresh Italian Flat-Leaf Parsley

Instructions:

Step 1. Combine V8, Bay Leaf, Citrus, Old Bay, Salt, Potatoes and 1 gallon of water in a large pot with a perforated basket; bring to a boil. Cook until potatoes are almost tender, 5 to 7 minutes.

Step 2: Add corn and sausage. cook until corn is tender, 4 to 6 minutes. Add shrimp until bright pink and the tails curl up 3 to 5 minutes. Carefully, lift the basket from the pot, being mindful that residual boiling water drips out.

Step 3: Transfer to a newspaper lined table or a larger serving platter. Sprinkle with parsley and Old Bay. Serve with an aioli, seasoned mayo or other sauce to your liking.

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Feed a Senior

No One Should Go Hungry!



AN URGENT MESSAGE!

In April, Council on Aging had to start a waiting list for the first time since the beginning of our Meals on Wheels program due to decreased government funding. We urgently need support of individuals and businesses like yours to ensure no senior in Sonoma County goes hungry!

Will you help support our vulnerable seniors by donating to our Meals on Wheels program today!

Three Ways You Can Donate!

- Mail a check payable to Council on Aging
Attn: Meals on Wheels noted on the check
30 Kawana Springs Rd., Santa Rosa, CA 95404
- Make a secure online donation online at www.councilonaging.com/donate
- Call 707-525-0143 Ext. 146



council on aging

Lunch & Learn



Your Legacy Matters

Navigating Estate Planning for Your Future

Join us for an informative session designed to empower you with the knowledge and tools necessary to effectively create an estate plan and leave a lasting legacy. Whether you're just starting to consider estate planning or looking to optimize your existing plan, this session will provide valuable insights into estate management, fiduciary services, and charitable giving.

Key Topics:

- Understanding the importance of estate planning
- Key components of an estate plan
- Common misconceptions and pitfalls to avoid
- Exploring the roll of a fiduciary and types of services
- Benefits of incorporating planned giving and charitable contributions into your estate



Guest Speaker, Paul Miller, Esq.
Estate Planning Law

Thursday, August 22
11:30 am - 1:00 pm

Location: Council on Aging
30 Kawana Springs Rd., Santa Rosa

Space is Limited

Must Register by August 14
DENISE JOHNSON | 707-525-0143 X119
djohnson@councilonaging.com



council on aging
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NUTRITION NEWS

Hydration and your Health



Staying hydrated is an essential part of staying healthy. It enables our most important body functions. Without drinking enough water each day, your body will quickly become dehydrated, resulting in fatigue, headache and other more serious health issues. By staying hydrated, you stay energized, active and healthy.

Keeping properly hydrated is important all year long. For healthy hydration, the key is understanding what to drink and how much to drink; often an extra glass will do you good.

Healthy Hydration Choices: Water, soda, sports drinks, energy drinks, fruit juices, coffee and tea can all help maintain your hydration level. However, it is important to remember that the low or zero calorie choices are usually the best. Sweetened beverages can be high in calories and low in nutrients and lead to weight gain and other health issues. Also, they often don't quench your thirst causing you to drink more of the sugar-loaded beverages.

How Much is Enough? There are many opinions on how much water to drink; however, as a general rule, drinking about 9-12 glasses of water is recommended for most adults.

Specific recommendations vary based on activity, caloric intake, temperature and your personal medical history. Check with your physician or a registered dietitian for individual specific recommendations.

Tips for Getting Enough Fluids:

- Drink a glass of water or other fluid with each meal and snack
- Drink a glass of water between each meal
- Fill your glass from a 64 ounce container of water, drink one full container each day
- Keep a log of your drinks for a week to see if you're getting enough
- Carry a full water bottle with you when you're on-the-go
- Begin and end your day with water; drink a glass when you wake up and a glass before you go to bed
- Add flavoring such as fresh lemon or lime to your water
- Eat more fruits and vegetables as they contain large amounts of water; up to twenty percent of your fluid intake comes from the foods you eat
- Don't wait until you're very thirsty—you may already be dehydrated. Drink enough water and other fluids throughout each and every day to stay hydrated and keep your body working well.

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



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Cookies!



On Thursday, April 11th, Girl Scout Troop 10290 of Northern California delivered forty-four cases of delicious Girl Scout cookies for Council on Aging's senior clients. We will distribute these to our Community Dining and Drive Up Pick Up clients. Council on Aging would like to thank the Girl Scouts for this generous donation.



From left: Debbie Caro, Troop Leader
Monet Regazzi and her Mom, Monique Wallace



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Volunteer Spotlight—*Making friends and making a difference at the same time*

By Leigh Galten, Volunteer Coordinator,
Council on Aging

The volunteers at the Church of the Roses Day Respite program are a dedicated and compassionate group. Rosie and Judy have been volunteering since the site’s opening over four years ago. Initially, neither had experience working with people experiencing cognitive decline. However, they both had extensive backgrounds in caring for family members and were eager to find a place to volunteer. Judy expressed initial concerns about her lack of experience but quickly discovered that she loved the work and had a lot of fun doing it.

Rosie and Judy affectionately refer to the clients, their caretakers, staff and volunteers as their “bonus family.” Lynn, who started volunteering in March, shared, “I always feel terrific after volunteering. I love to be able to give the caretakers a break.” As coffee brews and anticipation builds, the volunteers eagerly await



Volunteers: from left, Rosie Von de Madhen, Judy Klassa, and Lynn Ravazzini

the arrival of the clients, greeting them with huge smiles and hugs. They focus on the clients’ stories, not their challenges, creating a warm and welcoming environment.

The program offers a safe and positive space designed to help clients stay mentally and

physically active. It provides a variety of activities to reduce isolation and gives caretakers a much-needed respite. Judy emphasized the importance of understanding each client’s needs: “We watch their body language and learn from the client about what they need and how to help them be happy. Each of them is so different, and sometimes just smiling at them is all they need!”

Lynn recounted an instance where a client was agitated, and Rosie, knowing his love for dance, put on some music and asked him to dance. This simple act brought smiles and joy to the client and everyone watching.

If you are compassionate, understanding, alert and aware, this program could greatly benefit from your help. Volunteering at any of our Day Respite programs is a rewarding experience for both the volunteers and the clients. To learn more, please visit: www.councilonaging.galaxydigital.com or Leigh Galten at lgalten@councilonaging.com 707-525-0143 x121.

Crossword PUZZLE SOLUTIONS Word Search

1	P	2	E	3	C	4	K				5	T	6	L	7	C			8	A	9	B	10	L	11	E
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SCRAMBLE - Baseball Teams SUDOKU - Medium SUDOKU - Hard

1. SORIOLE	O R I O L E S
2. YEAKESN	Y A N K E E S
3. PTRAIES	P I R A T E S
4. BSEAVR	B R A V E S
5. WBREERS	B R E W E R S
6. GEODRDS	D O D G E R S
7. RNGESAR	R A N G E R S
8. ALYROS	R O Y A L S
9. TGIANS	G I A N T S
10. CARSANDIL	C A R D I N A L S
11. LELSIHIP	P H I L L I E S
12. STASRO	A S T R O S

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7	1	4	3	2	9	8	6	5
3	6	5	7	8	1	2	4	9
2	7	9	1	4	5	3	8	6
8	3	1	6	7	2	5	9	4
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6	4	3	8	5	7	9	1	2
1	8	7	2	9	6	4	5	3
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Caregiver Corner: Using a Professional Fiduciary in Your Estate Planning

By Dayna Farquhar, Esq.
of Krankemann Law
Offices P.C.



Planning for the future can be complex, especially when deciding what happens to your assets and health if you cannot do so yourself. It's a task that requires careful consideration and often involves grappling with difficult choices. Among these is the crucial decision of who will manage your affairs should the need arise. This decision can be uncertain for many due to geographical distance from family members, strained relationships or a desire not to burden loved ones with such weighty responsibilities. Council on Aging offers a crucial service to address these uncertainties: professional fiduciary services. Many people are unaware of how a professional fiduciary can be integrated into their estate planning to help ensure their needs are met during their lifetime and their estate is efficiently administered upon death.

What is a professional Fiduciary?

At its core, a professional fiduciary is a designated individual entrusted with making decisions on behalf of another person, often in legal, financial, or health matters. They provide vital services to seniors, individuals with disabilities and children, prioritizing their clients' best interests. Professional fiduciaries must be licensed, insured and bonded, and they must meet specific educational and certification requirements set by the State of California.

Why would I use a professional fiduciary?

Many individuals lack dependable family members or friends to handle their financial and healthcare matters or administer their estate. By incorporating a professional fiduciary in an estate plan, individuals can ensure that trained professionals manage their affairs objectively, impartially and efficiently, alleviating concerns about burdening family and friends during times of sadness and stress.

What would a professional fiduciary do for me?

While you are alive, if you become unable to make decisions, a professional fiduciary can step in and manage your finances and healthcare. Typically, this is achieved through legal documents such as a Durable Power of Attorney for Finance and an Advanced Healthcare Directive. The former designates someone to handle your financial affairs in the event of incapacity, while the latter authorizes an agent to make medical decisions on your behalf. These documents are essential in preventing the need for a court-appointed conservator and ensuring that your wishes are respected even when you're unable to communicate them directly. After you are gone, a professional fiduciary can serve as an executor of a will or successor trustee of a trust, ensuring that an individual's wishes are carried out according to legal requirements. They oversee asset distribution and manage an estate's legal and financial aspects after the individual's death.

In addition to overseeing your finances and healthcare during life and administering your estate after you have passed away, a professional fiduciary can play a crucial role in managing a Special Needs Trust (SNT). This type of trust is specifically designed to support individuals with disabilities to give them extra financial support while still allowing them to receive government benefits. However, finding the right person to manage a trust in this case can be tricky. They need to be good with money and committed for the long haul. The trustee's decisions can impact the person with the disability's life and what benefits they can receive. That's why having a professional fiduciary as trustee of an SNT is a good idea. They'll handle everything with care, expertise and understanding.

When would a professional fiduciary step in?

The timing and manner in which a professional fiduciary assumes their responsibilities depends on your preferences and the specific circumstances outlined in your estate planning documents. You can have them ready to act immediately in the event of incapacity or specify that their involvement begins after certain conditions are met, such as a physician's confirmation of your inability to make decisions.

What professional fiduciary services does Council on Aging offer?

Council on Aging has provided fiduciary services in Sonoma County for over 50 years. Licensed professional fiduciaries are on staff to serve as trusted advocates, managing critical aspects of an individual's life. The fiduciary team helps individuals navigate complex legal and financial matters while providing peace of mind regarding executing their wishes.

Council on Aging will act as an agent on Durable Power of Attorney for Finances, an agent on the Advanced Healthcare Directive, an executor of a will, a trustee of a revocable trust and a trustee of a special needs trust.

What happens after I list Council on Aging in my estate planning documents?

Once you've decided to enlist the services of Council on Aging, an attorney can include the legal language in your estate documents. The process then involves a thorough discussion with the COA fiduciary team to confirm that they understand your needs, preferences and goals. This ongoing dialogue continues with regular check-ins and updates to ensure your estate plan aligns with your evolving circumstances and priorities.

For further information regarding fiduciary services at COA, please call 707-525-0143 or visit the website at www.councilonaging.com.

About the author:
Dayna Farquhar is an estate planning attorney with Krankemann Law Offices, P.C. in Santa Rosa. She advises clients on a full range of estate, trust, and probate matters. Her practice is drafting trusts, wills, powers of attorney for finance, health care directives, real property transfers, trust administration and probate. For more information about legal services, call 707.524.2200.

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THE SHOWER AND GOT
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A SOAP OPERA

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Look for: **Council on Aging**

To learn more about Estate Planning, attend our Lunch and Learn on August 22nd. See page 6.

Introducing Chris Rairdon

In service to the well-being and mental health concerns of older adults in Sonoma County, Council on Aging offers innovative programs such as Program to Encourage Active and Rewarding Lives for Seniors (PEARLS) and Senior Peer Support (SPS). Each of these programs provides vital, short-term support to seniors experiencing mental health and social challenges, including social isolation, depression, and other concerns. These grant and donation-funded programs are offered at no cost to individuals sixty and over through the dedicated efforts of trained coaches and older adult peer volunteers. Clinical supervision is also at the heart of these programs, providing regular, ongoing training, guidance, and expertise to the coaches and volunteers. In this article, COA is pleased to introduce Chris Rairdon, Licensed Clinical Social Worker (LCSW), our newly appointed clinical supervisor for the PEARLS and SPS programs.

A Kansas native, Chris came to Sonoma County after completing his undergraduate work at the University of Kansas. For several years, he immersed himself in the vibrant community here before returning to Kansas to pursue a graduate degree in social work while helping to care for his father. Drawn by his passion for service, Chris returned to Sonoma County to embark on his professional journey in social work. Chris worked as a medical social worker for several years before attaining his clinical licensure in 2018 and eventually transitioned to providing behavioral health services.

PEARLS coaches: What got you started in the social services field?

Chris, LCSW: Well, I began my career as a medical social worker, and right away, I got a lot of great experience working as part of a multi-disciplinary team of doctors, nurses, and other providers. I only just pivoted to behavioral health a few years ago, primarily because therapeutic work was what originally drew me to pursue a Master of Social Work (MSW) to begin with. I had been putting off the transition for some time, mostly because of the uncertainty of taking on a completely new role, but I was also wary of the learning curve that a licensed clinical social worker faces when they decide to become a therapist. That's because social workers aren't trained in the same way that Marriage & Family Therapists (MFTs) are, specifically to do therapy. It's part of our coursework, but it's really on us to find our way to becoming therapists, beginning with clinical licensure. Once I got around to taking that plunge, though, I really enjoyed the work."

PEARLS coaches: What has been most meaningful to you in social work and the transition to behavioral health?"

Chris, LCSW: Well, first of all, I'd always hoped to produce more with my time and energy than just a paycheck and for my work to benefit me and others in my community (or the world, at the risk of sounding cheesy). Unfortunately, until I returned to school to pursue the MSW, I never had the proper credentials to do the kind of work I wanted. That's how I concluded that I would need a different piece of paper than the one I had. It took me a while to get there, but it's been one of the best decisions I ever made.

But I'd have to say that the most meaningful aspect has been the perspective I've gained. Since becoming a therapist, I've developed a much deeper appreciation for and understanding of the human condition of our unique but often quite similar struggles. Doing therapeutic work with clients affords a rare glimpse behind the curtain, so to speak, and with that perspective, I've learned a lot about myself and



my fellow humans. It's been fascinating and honestly quite challenging but in a really good way. I've also been very fortunate to have had the benefit of a lot of support to make the transition to behavioral health a doable one for me.

PEARLS coaches: Can you give us some background on the different populations you have worked with and where you've felt called?

Chris, LCSW: As a social worker, one expects to work with vulnerable populations, and over the years, I've had ample opportunity to work with many of those. But since my pivot to behavioral health, the bulk of my work has been with folks who are, have been, or are facing the threat of becoming unhoused or unsheltered. I've also had many opportunities to support folks struggling with substance use disorder. In general, though, through my work in various settings, I've found that I most enjoy working with older adults.

This became apparent when, as a graduate student, I had some really impactful internships working with older adults, where I found that I enjoyed the quality of those client interactions. That's when I knew I would seek to work with this population. My first social work job was with an organization interested in developing a strong palliative care component, and I was hired primarily because of my experience working with older adults. In that role, I facilitated many challenging conversations with older adults and their families, and I did a lot of advanced care planning and bereavement work. Years later, while working on various hospital units where I worked closely with many really complex patients, I again found myself working with older adults much of the time. I very much appreciate seniors' heightened ability to be present and genuine, which I still feel and experience today.

PEARLS coaches: Did you have mentoring from peers or other therapists?

Chris, LCSW: Yes, even before I started doing therapy myself. Besides my clinical supervisor at the time and my own therapist, I didn't know anybody socially doing this work. But then, all of a sudden, almost as soon as I began doing therapy, all these acquaintances in my community revealed themselves to be therapists, too. Suddenly, it seemed nearly every other person I met was a therapist! That was very strange, but it was also nice to connect with peers and people in my community doing this same kind of work. In addition to that, throughout my adult life, I've had a history of connecting with other older mentor types. For example, I have a fascinating and brilliant octogenarian therapist I've been with since 2015, and he's been urging me to do this work since we first connected. In my pre-social work life, I became very close with an older sculptor who became somewhat of a father figure while I was employed at his studio as a mold-maker following my graduation from

college. So I've definitely had the benefit of a whole lot of supportive relationships and wise mentors, all of whom helped to guide me here!

PEARLS coaches: What excites you about being a part of the PEARLS and Senior Peer Support programs and being the new clinical supervisor?

Chris, LCSW: The exciting thing for me is that there aren't many opportunities to work with older adults as a social worker outside of hospital work, hospice, or home health. Each of those is both important and necessary, and they're all roles I've had before, but they no longer call to me personally at this point in my career. And so I thought, wow, here's this unique opportunity; let's give it a shot! Not only that, but I've always been interested in learning to do more and different things, expanding my toolbox, and growing as a social worker and a clinician. For example, supervising others has never been a professional role of mine, despite having always found myself working as part of a team. I'd never been asked to manage, guide, or facilitate in this way, so that aspect of my new role is really exciting, just in its novelty to me. The SPS and PEARLS programs both present unique opportunities to stretch myself in such a way and, at the same time, utilize pretty much all of my diverse work experience! I think that is super cool.

PEARLS coaches: What is the best advice another person has given you?

Chris, LCSW: It was a former manager of mine who told me "Relationships are everything." Those words have become even more true the further I go in life. Relationships are everything, and it's changed my approach as a professional. When you encounter somebody in a professional context who doesn't value relationships, you just know right away. You can also tell right away when you encounter and work with somebody who values relationships; it's in the way they listen and communicate, and right away, it's very obvious. That was some really good advice.

Another great piece of advice, in the form of a mantra I've adopted, is to "Learn to live comfortably with uncertainty." That's the other best piece of advice I've received, and it's something I think about a lot, probably every day. It's also something that I've shared a lot with clients because its application is so universal that we all have to grapple with uncertainty. Uncertainty is just a condition of the universe that's never going to go away, and while you can struggle and fight it and try to eliminate it as best you can, you're not going to succeed. So, you might as well learn to live comfortably with that uncertainty because it's built into the deal, right? I've gotten a lot of mileage out of that one.

PEARLS coaches: If you could have any superpower, what would it be and why?

Chris, LCSW: If I had a superpower, it would be the ability to time travel. I'd love to be able to go back in time and re-do certain things or make better choices. But if I couldn't time travel, it would be pretty sweet if I had the power to heal others. Talk about job security!

If you or someone you know are interested in more information about participating in the PEARLS or Senior Peer Support programs, please visit Council on Aging's website: www.councilonaging.com or contact PEARLS or Senior Peer Support PEARLS: 707-525-0143 ext.139 Senior Peer Support: 707-525-0143 ext.103

PEARLS Testimonial—Tamara C.

How did you first hear about PEARLS?

Tamara: I was talking to someone from Meals on Wheels. She mentioned the PEARLS program and told me a little about it. She asked if I would be interested in something like that, and I said yes! Please sign me up.

What interested you about PEARLS?

Tamara: It was simply because I have ups and downs, lows and highs. And lately, there have been so many problems and deaths and problems in the world that it was really affecting me. So, I really needed a bit of extra support, a way to get out of the quicksand before I got in too deep.

How would you describe PEARLS to friends?

Tamara: I like that you don't have to go to an office. It's more direct and personal. You don't have to explain a lot, which made it easier to deal with my emotions and reactions to situations in my life. Any suggestions were to the point because the coach is right there where you live.

What did you enjoy about PEARLS?

Tamara: I enjoyed it to the point where I didn't want it to end. I haven't had a week in this six-month period where I didn't have a new problem to deal with, so it was never just one incessant thing to deal with. It was more like when I dealt with one thing, something else would pop up. Once I had help dealing with one, I was able to get help with another, so it was just coincidentally perfect.

How did PEARLS help you address challenges that were impacting your life?

Tamara: PEARLS helped with problem-solving and suggestions on how to process my thoughts about the problems and then go on to the actions. That kind of collage was helpful. The suggestions, the ideas, the reinforcement, the



positive reinforcement; they all worked together. If it wasn't for PEARLS, I could have really gotten stuck down the quicksand because it's been one thing after another after another. You've helped me take action to connect with some things that I needed to do. Basically, PEARLS helped me stay out of the quicksand. If anybody knows what that feels like, it is a tremendous amount of energy that gets sucked out of your body. It was helpful to have someone to talk with. Friends might have your best interest in mind but they're not always helpful, not always positive thinkers. The coach helped give reality-based brain-storming suggestions. Friends also don't have the kind of connections that PEARLS does, to be able to offer other resources to turn to for help. This is a multi-help program and organization, especially for people who are feeling a bit lost and out of step with the world.

There's a structure to PEARLS, but it's not invasive. It allows you the freedom for your personality, your likes and dislikes, and your idiosyncrasies. It's the support that meshed all of these things together. It was co-creative and helped me find my own ways.

Is there anything else you'd like to share?

Tamara: I've come to appreciate even more that when you give out good, you get good back. It's like a circle, that goes around and around. If you smile, you usually get a smile back. If you're frowning, you mostly get frowning back. It is similar to PEARLS. It's sort of like a light that shines on you, and you shine it back at the world. Then, you get positive reactions back and this helps keep building more positive feelings and responses.

Lunch and Learn

On a sunny Thursday afternoon, amidst the gentle hum of chatter and the aroma of a wholesome lunch, Dr. Finnemore, a distinguished Clinical Geropsychologist, took center stage at the Council on Aging. With a warm smile, Dr. Finnemore embarked on a journey through the science of artful aging, captivating an audience of 30 seniors.



With expertise honed over years of specialization in aging, life transitions, and medical-legal decision-making capacity, Dr. Finnemore delved into insightful research, offering a roadmap for aging gracefully. From the intricacies of cognitive health to the importance of physical movement, good nutrition, and social connectedness, every aspect of aging was illuminated with clarity.

Amidst nods of understanding and murmurs of agreement, seniors enjoyed a nutritious lunch, savoring not only the food but also the camaraderie. Conversations flowed effortlessly, enriched by newfound knowledge and shared experiences.

As the day drew to a close, it was announced that the next Lunch and Learn session will take place on August 22nd (See Page 6 for details). With hearts full of gratitude and minds eager for more, the seniors departed, carrying the invaluable lessons of the day and looking forward to the next opportunity to gather, learn, and grow together.

Aging in Place

With joy, we unveil our latest endeavor: The Aging Better Sonoma County program. Generously funded and passionately crafted, this initiative is tailored for those aged 60 and older residing within Sonoma County.

This transformative journey spans over eight weeks, a testament to our commitment to fostering lasting change. Twice weekly, twelve participants will convene, gathering to learn about nutrition and exercise. But this program isn't just about the passing of time; it's about embracing vitality, resilience, and community.

Our sights are set on those who often find themselves on the fringes – the low-income, at-risk seniors navigating the complexities of life without the luxury of transportation. For them, our doors swing open wider, extending a warm invitation to join us in this journey toward independence and well-being.

The introductory session begins at Burbank Housing in the heart of Santa Rosa. Yet, as we embark on this noble venture, we acknowledge the importance of support. Thus, we extend a heartfelt call for a volunteer – to aid our coordinator in each class. If you are interested in being a volunteer for this program please contact Leigh Galten at 707-525-0143 ext.121 or lgalten@councilonaging.com

Council on Aging Awarded "Innovations in Fall Prevention" Grant

The Council on Aging has been awarded one of nine prestigious Innovations in Fall Prevention grants from the National Council on Aging. This grant aims to address the needs of seniors who are at risk of falling and are homebound, ensuring they receive the necessary support to improve their safety and mobility.

The program spans eight weeks and involves an in-home Coach who will meet with participants twice weekly. These sessions will focus on customized exercise routines and flexibility/mobility programs tailored to each senior's needs. The Coach will guide participants through the exercises, ensuring they are performed correctly and effectively.

To assess the program's success, participants will undergo pre-and post-testing, providing valuable data on their progress. Additionally, each participant will receive exercise equipment and an Emergency to-go bag to enhance their safety and preparedness.

Throughout the eight weeks, seniors will have ample opportunities for learning, education, and movement, contributing to their overall well-being. This initiative not only aims to prevent falls but also to improve the quality of

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life for homebound seniors.

Seniors at high risk for falling and who are homebound are encouraged to participate. For more information, please contact Denise Johnson at 707-525-0143 ext. 119 or via email at djohnson@councilonaging.com.



For the you keeping it, and staying cool.

Kaiser Permanente is a proud supporter of the Council on Aging.

Keeping yourself healthy is one of the best gifts you can give to the many lives you touch — and to yourself. At Kaiser Permanente, you'll find caring professionals who provide high-quality healthcare for women at every stage of their lives. We provide comprehensive treatment and a broad range of programs and services for women of all ages. Learn more at kp.org/santarosa/womenshealth

For all that is Sonoma. For all that is you.



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