

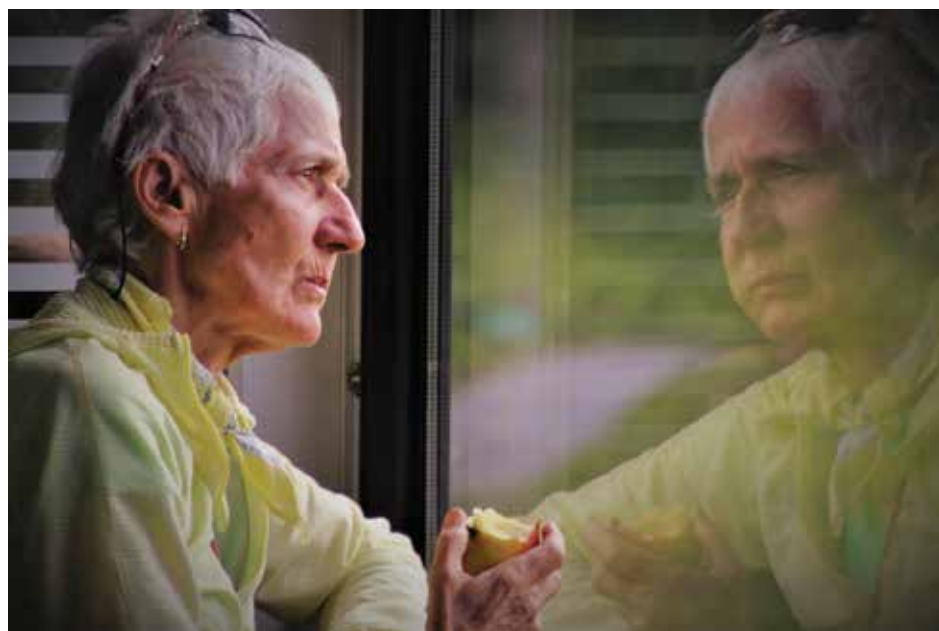


SONOMA SENIORS TODAY

Aging With Inspiration Over Isolation

by Sarah Tucker

Isolation among older adult populations had been a problem long before the COVID-19 Pandemic popularized the term “social isolation.” Isolation is a form of separation when an individual is without relation to other people. Ageism and the structure of society often create marginalization of older adults as they age based upon the person’s abilities and perceived functionality.



Isolation is generally experienced in two forms; physical isolation and psychological isolation. Older adults are more vulnerable to experiencing isolation as they retire from work, live alone or separately from family members, and experience impairments in communication and sensory skills. Although older adults are more susceptible to isolation, this awareness becomes an incredible opportunity to inspire and motivate innovative ways to build and maintain relations with individuals and communities to prevent or combat the negative impacts of isolation.

Mindfulness teaches that awareness with non-judgmental acceptance is the key to effective change. This is a wise starting place for addressing isolation. By noticing one’s own vulnerabilities to isolation and acknowledging that isolation may be a part of one’s aging reality, a person can take action to adapt their lifestyle and frame of mind to reduce isolation.

Self-reflection and introspection can help a person determine if the isolation is primarily a result of physical or psychological causes. Examples of physical isolation include: living alone, mobility impairment, hearing impairment, visual impairment, lack of

transportation, and financial insecurity, to name a few. Psychological isolation has more to do with emotional loneliness and disconnection from others even when a person is not physically isolated; a common example is a person who resides in an assisted living facility or senior housing community and believes they don’t have any friends. Psychological isolation and reframing the feelings of loneliness and

disconnection are most effectively treated in psychotherapy, starting with building therapeutic rapport with a mental health professional. Solutions to prevent or reduce physical isolation can be quicker and easier than psychological isolation, though many people experience both forms of isolation simultaneously. Being able to identify the cause of isolation yields the opportunity to experiment with creative solutions to overcome it.

When isolation is due to sensory impairments, such as vision or hearing loss, a solution might be as simple as seeing a doctor and getting adaptive devices, such as a magnifier or hearing aids. Having appropriate mobility devices, such as a cane or walker, and utilizing public transportation or ride-share options can enable a person to safely step out into the community. Another option for individuals who are homebound to make connections with another person would be enrolling in a “friendly phone call” service or calling CalHOPE for social and emotional support. Establishing new relations might feel awkward, uncomfortable, or scary for some people. Other ways to build relations is to write handwritten letters and express gratitude or appreciation towards someone; volunteering and being of service to others is another effective method to reduce isolation, especially if it’s an ongoing, scheduled commitment. There is no “right” way to overcome isolation, and asking for help is a great starting point. Isolation is a condition of separation and lack of relation, finding connection with others can be an inspiration and solution.

Meals on Wheels : The Power of a Knock

by Meals on Wheels Volunteer Mary Carouba

The first time I delivered a meal to one of my Meals on Wheels clients, she seemed depressed and withdrawn but was friendly and very grateful for her food. Initially, during our weekly visit, she would say everything was fine, but over the next few weeks, she opened up about her life. She began sharing some of her struggles and deep unhappiness with her living situation. Her story unfolded with each delivery, telling me the extent of her unhappiness, her health challenges, and her deep loneliness. It all came tumbling out, week after week.



She was isolated in an impossibly tiny one-room residence and was sleeping on a 35-year-old mattress stuffed with pillows and newspapers to protect her from the metal coils. I arranged a GoFundMe for her, which allowed us to purchase adaptive equipment for eating and drinking, a special coffee maker (with a year's worth of coffee pods), and an entire bedroom set with a beautiful mattress and bed. People were so moved by her story that numerous individuals brought gifts, homemade Christmas treats, and groceries to cheer her during the holidays.

Because of our client's isolation, loneliness and significant needs, I referred her to a local County agency, Linkages. They met with her and provided services and an iPad and training, which opened her world significantly.

CONTINUED ON PAGE 2

INSIDE

Donors.....	page 3
Puzzles.....	pages 4 and 5
Grandpa Sez	page 6
Nutrition News	page 7
Senior Resources	page 8
7 Mind and Body Podcasts	page 9
Community Table.....	page 9
Puzzle Solutions.....	page 10
Movies to Celebrate.....	page 11
Lunch and Learn.....	page 11

CONTINUED FROM PAGE 1

She often mentioned that she wished she lived in a less secluded location where she could walk to the store rather than being trapped in her small place 24/7. She had been dropped off the Section 8 housing list when it went to lottery, and I asked if she had a family member who could help. She had a daughter in the area, whom I advised how to get her mother back at the top of the list, which she was able to do.

After our client received her Section 8 clearance, her daughter began searching. A few weeks later, our client called me in tears. Her daughter had found a place, but it was worse than where she was now. A tiny, windowless, cheerless place that was as isolated as where she currently lived. She said her daughter had been looking everywhere, and that was all she could find for her. Her daughter was frustrated with her for not wanting to take it, and she felt pressured to accept it.

I spoke with the daughter and told her how frustrating it is when working so hard on someone's behalf, and you think you have finally found a solution, only for them to reject it. I told her that there was something much better out there for her mother, even though she hadn't found it yet. Shortly thereafter, she found a bright and cheery apartment in a senior complex, with weekly bingo, elder services, and socializing with other residents. Best of all, our client reports a grocery store within walking distance!

She recently sent me photos of her living room furniture and said that she could not

believe what a difference being in a nice place, surrounded by other elders, was making in her life. She feels like she's in heaven in her new apartment and sleeping much better. Also, her previous rental took her entire social security with little left for medicine, food, and all else. Now, paying less rent, she has a small financial cushion. She said that being able to walk to the store and buy a treat, instead of only the bare necessities, is amazing, and she is so grateful.

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JUNE PUZZLES

Puzzle solutions are on page 10

WORD SCRAMBLE
"CELEBRATING THE FOURTH"

1. AICAEMR _ _ _ _ _
2. OKEFSRRWI _ _ _ _ _
3. SEPAADR _ _ _ _ _
4. ECBUBAER _ _ _ _ _
5. AVSCRLANI _ _ _ _ _
6. FRIA _ _ _ _
7. ICPINC _ _ _ _ _
8. ERCTOCN _ _ _ _ _
9. BBLEASAL _ _ _ _ _
10. NRNOIUE _ _ _ _ _
11. ESCSHEPE _ _ _ _ _
12. CORCEMYDA _ _ _ _ _

WORD SCRAMBLE
"EAT YOUR VEGGIES!"

1. AESP _ _ _ _
2. CBIROOLC _ _ _ _ _
3. RNCO _ _ _ _
4. CRADH _ _ _ _ _
5. OARCSRT _ _ _ _ _
6. PPPEESR _ _ _ _ _
7. ADEMAME _ _ _ _ _
8. SRAPSAUAG _ _ _ _ _
9. SEBTE _ _ _ _ _
10. LEYERC _ _ _ _ _
11. NLAPTEGG _ _ _ _ _
12. AAUGATRB _ _ _ _ _

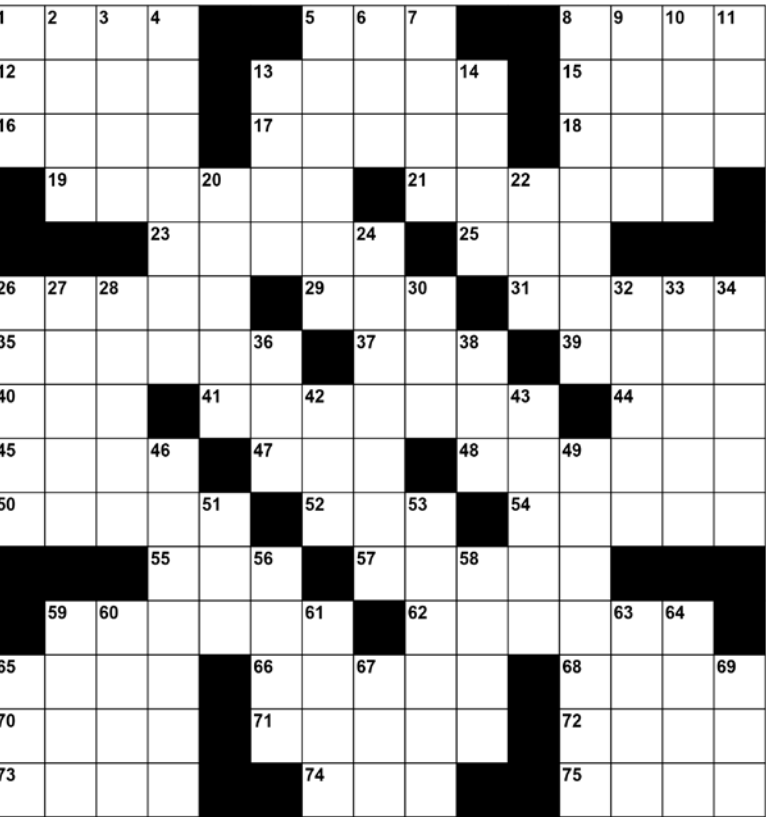
WORD SEARCH
"CLASSIC LITERATURE"

- COLOR PURPLE FRANKENSTEIN
- EAST OF EDEN OF MICE AND MEN
- MACBETH BRAVE NEW WORLD
- JANE EYRE ODYSSEY
- GREAT GATSBY SUN ALSO RISES
- LITTLE WOMEN GRAPES OF WRATH

"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



By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Pacific Time
- 2 Heroic
- 3 Loop
- 4 Patella
- 5 Menace
- 6 Record
- 7 Daring deed
- 8 Navies
- 9 Data transmit rate
- 10 Span between birth and death
- 11 Imp
- 13 Moving swell of fabric caused by 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 Belonging by birth or naturalization
- 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 - "CLASSIC LITERATURE"

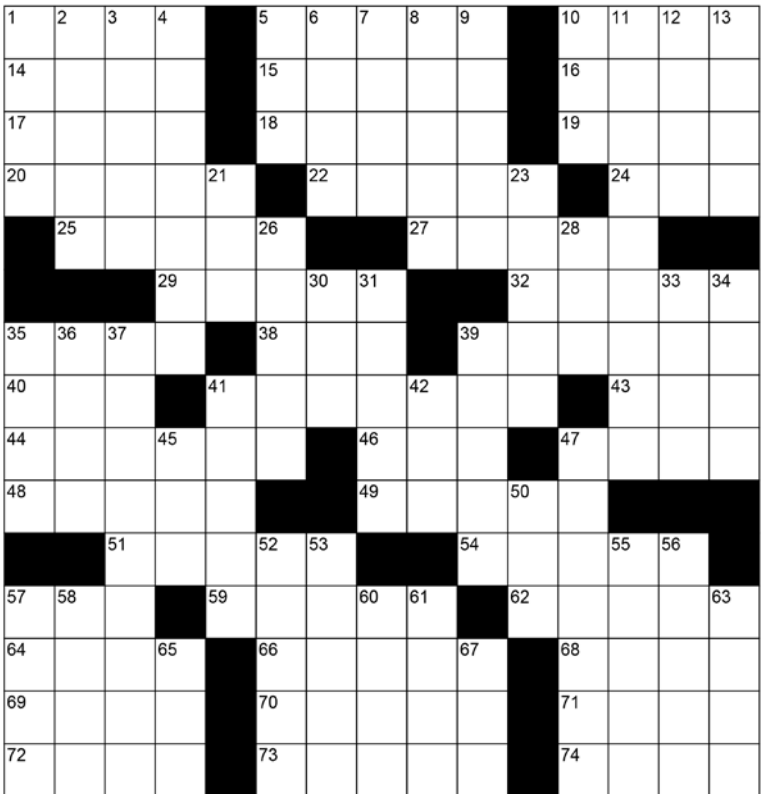
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C	V	R	Y	I	E	P	I	B	E	R	S	T	K	J	I
D	O	K	C	R	B	X	V	R	S	E	I	T	G	M	X
E	K	L	A	Q	Z	X	Y	T	S	C	F	F	R	F	O
K	A	D	O	I	H	E	V	I	F	Y	R	L	A	Z	F
H	H	S	T	R	E	T	R	E	E	Q	A	I	P	P	M
K	W	O	T	N	P	O	I	S	L	Y	N	T	E	Q	I
Y	X	S	A	O	S	U	S	F	G	M	K	T	S	B	C
N	S	J	B	L	F	Y	R	M	X	A	E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



"FLAGS and FIREWORKS"

ACROSS

- 1 False bible god
- 5 Earring locales
- 10 Chances of winning
- 14 Opposed
- 15 Handle
- 16 Wind
- 17 Prick
- 18 Triangle island
- 19 Roman emperor
- 20 Floor coverings
- 22 Drink noisily
- 24 Colony insect
- 25 Tic tac's competitor
- 27 Sacred poem
- 29 Mary __ Moore
- 32 Spring flower
- 35 Sailors "hey"
- 38 United States of America
- 39 Domain
- 40 Against
- 41 Programs
- 43 Family
- 44 Flips a switch
- 46 Wheel tooth
- 47 Bench
- 48 Orange cheese
- 49 Slave
- 51 Power controlling device
- 54 Has ears
- 57 Fire remains
- 59 Roof overhang
- 62 Mature
- 64 Small break in a cup
- 66 "Star Wars" creator
- 68 Field game
- 69 Teepee
- 70 Marry secretly
- 71 Repeat
- 72 Adventure story
- 73 Strain
- 74 Shank

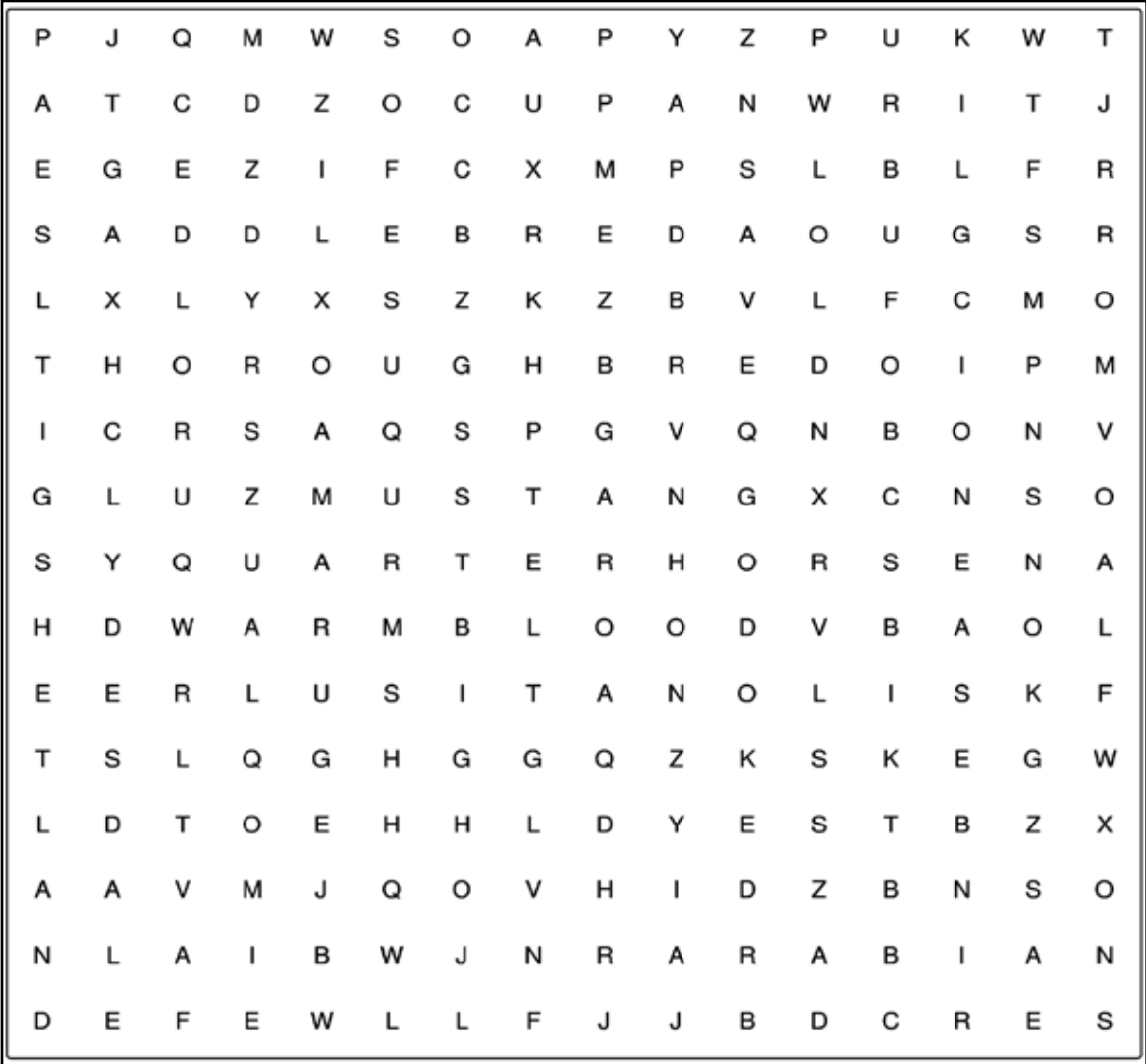


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DOWN

- 1. Plant fiber used in ropes
- 2 Prank
- 3 Dickens' " __ of Two Cities (2 wds.)
- 4 Freedom
- 5 Limited (abbr.)
- 6 Mined metals
- 7 Hollow metal cup that makes a ringing sound when struck by a hard object
- 8 Devour (2 wds.)
- 9 Fifty white symbols each with five points on US flag
- 10 Have
- 11 Like a dream
- 12 Drat!
- 13 Commercial
- 21 Pigpen
- 23 Hand heels
- 26 Counterfeit coins
- 28 Edge
- 30 Vane direction
- 31 Farm
- 33 Opera solo
- 34 Penny
- 35 Acting (abbr.)
- 36 Santa call (2 wds.)
- 37 Dashing forward
- 39 National bird of th3 United States
- 41 Hip
- 42 Deer
- 45 Lyric poem
- 47 Long narrow red and white bands on the US flag
- 50 Canoe propeller
- 52 Parker
- 53 Small egg
- 55 Era
- 56 Headquarters of British India
- 57 Deeds
- 58 Popular stadium
- 60 Economics abrv.
- 61 Dupes
- 63 Middyay
- 65 School group
- 67 Espy

WORD SEARCH - "HORSE BREEDS"



SUDOKU

SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SEARCH

"HORSE BREEDS"

- THOROUGHBRED
- LUSITANO
- WARMBLOOD
- QUARTER HORSE
- ARABIAN
- MUSTANG
- SHETLAND
- APPALOOSA
- FRIESIAN
- SADDLEBRED
- CLYDESDALE
- PASO FINO

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NUTRITION NEWS

Everyday Eating for Healthier You



A healthy eating plan can help you achieve and maintain a healthy weight and reduce the risk of developing diet-related chronic diseases. An important step is to balance calorie intake with physical activity while adhering to a healthy eating plan.

Dietary Guidelines Encourage Americans to Eat More:

Vegetables: Eat a variety of red, orange and dark green leafy vegetables, beans, legumes and peas. Most of us need at least 2 ½ cups of vegetables per day.

Whole Grain: Increase your whole grains by choosing whole grain cereals, crackers and breads, whole wheat pasta and brown rice. Make at least half of your grains whole grains.

Fruit: Increase your fruits to get about 2 cups per day. Fresh are best, frozen are great, and when canned, look for no sugar or lite syrup, and drain the syrup and rinse the fruit before eating.

Low-Fat or Fat Free milk, cheese, and yogurts or fortified soy beverages: Reach for 3 cups per day to get adequate amounts of calcium, vitamin D, potassium, and protein.

Oils: Such as corn, canola, olive, peanut, and soybean which are high in monounsaturated and polyunsaturated fats. Use in moderation and in place of solid fats such as butter or shortening.

Plant-based foods: Like nuts, seeds, olives, and avocados which contain healthy fats.

Seafood: Replace meat and poultry more often with a variety of seafood.

Dietary Guidelines Recommend American Eat Less:
Added sugars, solid fats, salt and refined grains.

Additional Tips for Healthy Everyday Eating:
Prepare foods with limited or no salt and use less high sodium ingredients.

Omit adding salt when cooking pasta, hot cereals, rice & vegetables, use herbs instead.

Don't salt foods. Lightly salt food as needed and not out of habit.

Use herbs and herb rubs.

Eat fresh fruits and vegetables as they are naturally low in sodium.

Look for labels that show "no added salt" or "low sodium."

Eat foods that have not been processed.

Cook vegetables in new ways. Try grilling, roasting or sauteing with garlic, mushrooms, shallots, or onions. Add a squeeze of fresh lemon, lemon zest, or lime just before cooking.

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



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.

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Resources for Seniors

County Resources

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

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

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

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

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

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

Jewish Community Center
(707) 528-4222 / www.jccsoco.org
Senior Friendship Circle: Virtual programs and on-line newsletter. www.jccsoco.org/friendshipcircle. For more information contact Friendship Circle Program Director, Sandy Andresen - friendshipcircle@jccsoco.org (707) 528-1182.

Senior Advocacy Services
(707) 526-4108senioradvocacyservices.org
TDD/TTY 800-735-2929 or 7-1-1 to report abuse, neglect or self-neglect of a long-term care resident. Available 24-hours.

SHARE Sonoma County
Housing Resources: sharesonomacounty.org
(707) 766-8800 info@sharesonomacounty.org.

The Sonoma County Library
Join Sonoma County Library’s community of

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

City Resources

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

Healdsburg Seniors Center
(707) 431-3324. senior@cityofhealdsburg.org
cityofhealdsburg.org/269/Senior-Service. The Senior Center offers activities, programs and services. Older Adult and Senior Services Response Plan - The City’s Community Services Department has developed multiple programs to ensure our seniors and older adults are connected and have the essential nutrition and transportation needed. For more information: ci.healdsburg.ca.us/269/Senior-Services. Email: agrant@ci.healdsburg.ca.us. 707-431-3324.

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

Rohnert Park
www.rpcity.org for information.
Rohnert Park Senior Center (707) 585-6780
www.rpcity.org/city_hall/departments/community_services/senior_center.

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

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

Sebastopol Area Senior Center
We are serving over 100 seniors weekly with our classes and workshops. Most of our classes are in person, but we do have an online presence via Zoom. Visit our website: sebastopolseniorcenter.org.

Sebastopol Center for the Arts
Sebastopol Center for the Arts is an award-winning, community-funded art space which attracts over 50,000 artists and art enthusiasts annually. For updated list of classes, events and exhibitions, visit our website: https://www.sebarts.org/classes-and-events. 707 829-4797.

Sonoma

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

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

West County Community Services
707) 823-1640, www.westcountyservices.org
Windsor
townofwindsor.com / Windsor Senior Recreation Center 707-838-1250.

Online Games / Virtual Classes
AARP Games Portal
aarp.org & games.aarp.org/games.

Jewish Community Center
https://www.jccsoco.org/
Highway61.co
Online chat rooms to learn, support and communicate. Aging Alone Support Group, Daily Bingo, Classic Movies discussion group, Morning Coffee Chat, Poetry Hour, and more.

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

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

SRJC Older Adults Program
Our Older Adult Program (OAP) courses provide opportunities for personal growth and development, group interaction, mental stimulation, and physical activity. Our programs have no minimum age requirement. Free, non-credit courses are tailored toward older adults. Students get many benefits, including free SR bus passes, food, library access, dental and medical at a discount, as well as merchant discounts. https://older-adults.santarosa.edu/ Contact us: (707) 527-4533.

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

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

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

7 Mind-and Body-Boosting Podcasts That Promote Healthy Aging

These will inspire you!

I love listening to podcasts. They're like buddies who keep me entertained while I trudge on the treadmill, clean the house or go on long car trips. They can make me laugh, cry or gasp in surprise, and I always learn new things.

When podcasts were introduced in 2005, they were basically a way to download a radio show that you could then listen to at your convenience. Since then the medium has exploded, with some 2 million podcasts offering original content on everything from true crime to comedy to wellness advice and the daily news.

Podcasts are popular among older adults. According to the latest data from Edison Research, which closely tracks the podcasting industry, 22 percent of adults 55 and over in the

United States listened to a podcast in the last month.

Psychotherapist Amy Morin, host of The Verywell Mind Podcast, had authored numerous books and was a popular lecturer on becoming mentally strong before she created her podcast a few years ago. Morin emphasizes that a mental health podcast isn't a substitute for therapy. But, she says, a good podcast "can help you gain a better understanding of how to improve your mental health, how to recognize when you have a problem, and how to manage difficult emotions."

Here are some podcasts, both old and new, that may inspire you with their discussions touching on many aspects of successful aging.

The Happiness Lab

Yale professor of psychology Laurie Santos's course on the science of happiness, introduced in 2018, became the most popular course in Yale's history. Her weekly 30-minute podcast offers insights into better ways to handle anxiety and stress and find more happiness in life.

70 Over 70

The idea for this inspirational podcast, hosted by Max Linsky, began with a heartfelt conversation he had in 2020 with his then-80-year-old father about his zest for life and whether he feared dying. Linsky then decided to talk to others 70 and older who have found new sources of joy and contentment in later life. Each episode features an interview with a well-known person, as well as short stories from regular people. Famous or not, all offer frank — and often funny — comments about creating our best life, right now.

Dr. Streicher's Inside Information: The Menopause Podcast

Very few podcasts talk specifically about the issues women face due to menopause. Enter expert Lauren Streicher, M.D., who runs a menopause medical clinic in Chicago and is a professor of obstetrics and gynecology at Northwestern University's Feinberg School of Medicine. Her straightforward, fact-filled podcast tackles everything from skin changes and thinning hair to bladder problems and low libido. Imagine your brainy best friend as a talkative gynecologist: That's how it feels listening to Lauren.

Hidden Brain

This popular podcast explores the unconscious and complex ways our brains drive behavior. Hosted since 2015 by science journalist Shankar Vedantam, the show covers a wide range of topics, such as deciding whether to do the right thing, even if it hurts those close to us, and how to shield ourselves from the toxic effects of the increase in rudeness. Vedantam's low-key style allows his guests to speak openly and uninterrupted.

The Verywell Mind Podcast

This mental health show, hosted by psychotherapist Amy Morin, features interviews with a variety of people — such as a couples therapist, a neuroscientist and a best-selling author — about their struggles and strategies for staying mentally strong. Morin is a sharp interviewer, and each episode focuses on providing practical suggestions.

This American Life

Sometimes you just need to get lost in a really good story, one that is revelatory, poignant, funny, engrossing. This American Life is based on the long-running weekly public radio show of the same name. One of the most popular episodes, "Switched at Birth," is about two baby girls born on the same day in 1951 who were accidentally switched at the hospital. One of the mothers knew the switch had occurred, but she didn't tell anyone until 43 years later.

Next Question with Katie Couric

Couric, 65, has been a familiar face on television news for much of our lives. Now she's a familiar voice in our ears with her new podcast, which allows her to do what she does best — interview people about their accomplishments and struggles. Couric talked recently to former child star Melissa Gilbert, of Little House on the Prairie fame, about aging and patients and medical experts on the acute symptoms and causes of long COVID.

by Candy Sagon, The Ethel, AARP

Attention
60
&
Better

The Community Table



Connecting through Food, Fun and Conversation

CLOVERDALE Kings Valley Senior Apartments 100 Kings Circle TUE 11:00 AM	SANTA ROSA Finley Community Center 2060 W. College Ave. MON 12:15 PM	SONOMA Oakridge Senior Apartments 18800 Beatrice Drive TUE 12:00 - 1:00 PM
HEALDSBURG Fitch Mountain Senior Apartments 710 S. Fitch Mountain Road TUE 12:00 - 1:00 PM	SANTA ROSA Silvercrest Senior Apartments 1050 Third Street FRI 11:30 AM - 12:30 PM	SONOMA Vintage House 264 First Street East MON 12:00 - 1:00 PM
ROHNERT PARK Rohnert Park Senior Center 6800 Hunter Drive, Suite A MON - FRI 12:00 - 1:00 PM	SEBASTOPOL Burbank Heights & Orchard 7777 Bodega Avenue WED 11:30 AM - 12:30 PM	WINDSOR Bell Manor Senior Apartments 8780 Bell Road WED 12:00 - 1:00 PM

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To Register, Call
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Must Reserve 1 Week in Advance

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Please note: Contributions are voluntary and confidential, and no eligible person will be denied a meal for choosing not to contribute. If you would like to make a \$4 contribution to support our Dining Program, please deposit your funds in the collection box. Eligible and ineligible individuals who do not complete a registration form are required to pay \$7.

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Options are
Available



All Meals are
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& Restaurant
Quality Meals



All Meals are
Heart Healthy
& Low Sodium

Participants Receive Frozen Meals Each Week Plus Fruit and Low Fat Milk

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

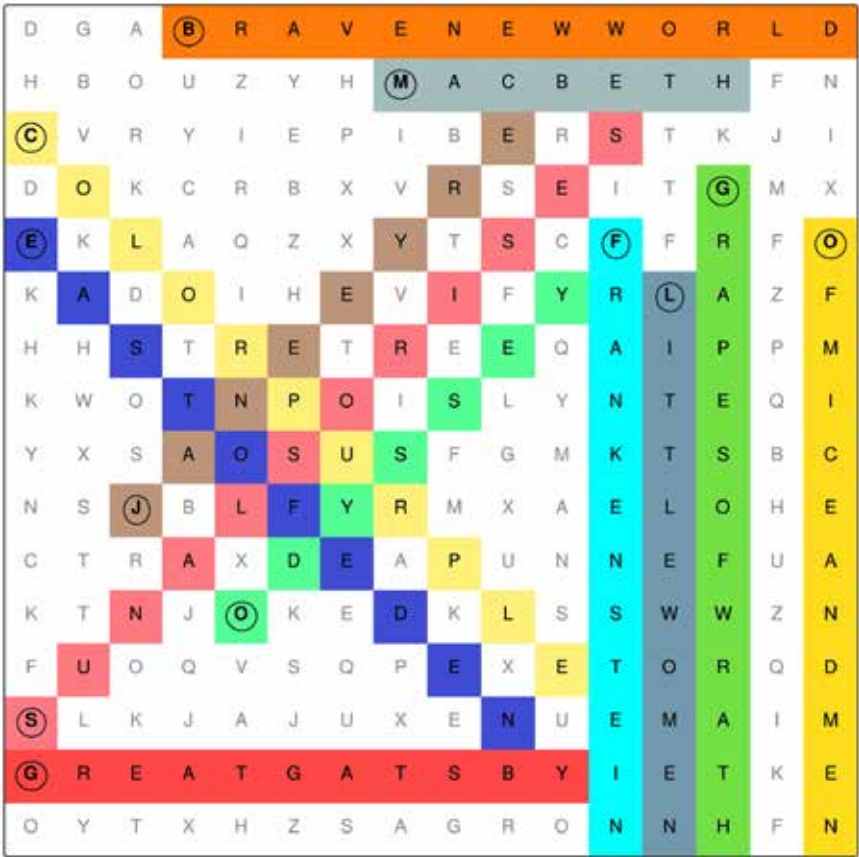
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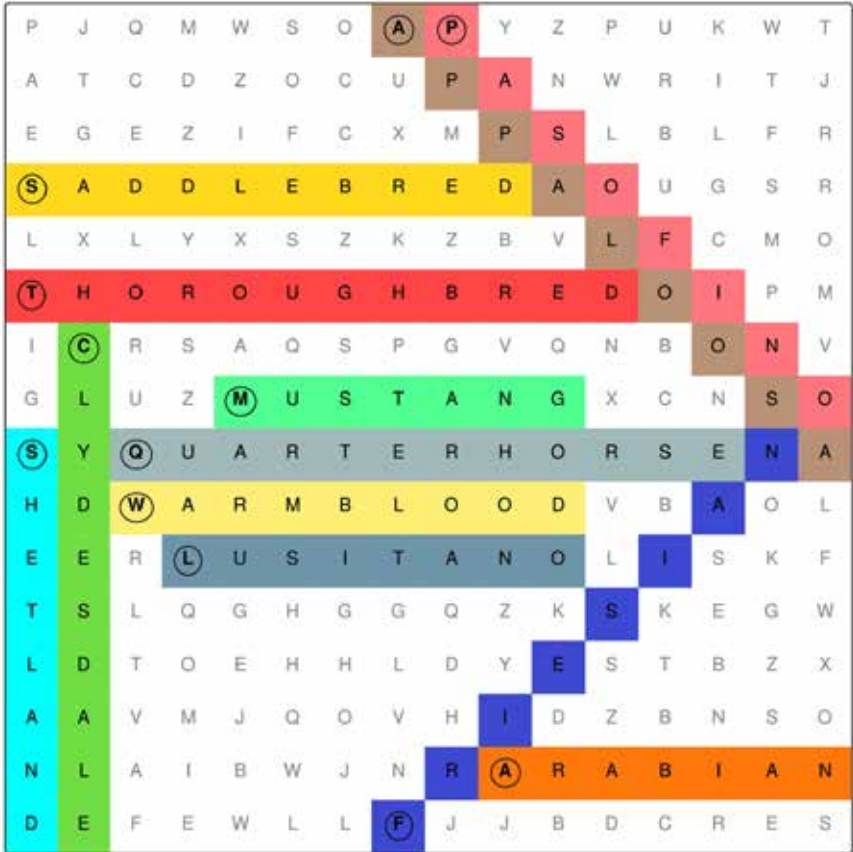
All locations are drive-thru and honor safe distancing protocols. Partners and Spouses Under 60 eligible for program. We ask for a contribution of \$4 per meal, however, no one is denied for their inability to make a contribution. Locations & Times Subject to Change.

JUNE Puzzle Solutions

"CLASSIC LITERATURE"



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"INDEPENDENCE DAY"



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SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SCRAMBLE

"CELEBRATING THE FOURTH"

1. AICAEMR A M E R I C A
2. OKEFSRRWI F I R E W O R K S
3. SEPAADR P A R A D E S
4. ECBUBAER B A R B E C U E
5. AVSCRLANI C A R N I V A L S
6. FRIA F A I R
7. ICPINC P I C N I C
8. ERCTOCN C O N C E R T
9. BBLEASAL B A S E B A L L
10. NRNOIUE R E U N I O N
11. ESCSHEPE S P E E C H E S
12. CORCEMYDA D E M O C R A C Y

WORD SCRAMBLE

"EAT YOUR VEGGIES"

1. AESP P E A S
2. CBIROOLC B R O C C O L I
3. RNCO C O R N
4. CRADH C H A R D
5. OARCSRT C A R R O T S
6. PPPEESR P E P P E R S
7. ADEMAME E D A M A M E
8. SRAPSAUAG A S P A R A G U S
9. SEBTE B E E T S
10. LEYERC C E L E R Y
11. NLAPTEGG E G G P L A N T
12. AAUGATRB R U T A B A G A

MOVIES TO CELEBRATE

Barbara Spear



THE COURT JESTER (1955) is a delightful Technicolor comedy for the entire family that was written and directed by Melvin Frank and Norman Panama. It stars triple-threat funnyman Danny Kaye (in his best film) as a hard-luck carnival performer who masquerades as the court jester in a plot against an evil ruler who has overthrown the rightful king. Glynis Johns and Angela Lansbury provide the feminine interest, and Basil Rathbone, as the dastardly villain, is the perfect foil for Kaye's antics. And there are antics aplenty, including slapstick comedy and verbal wit. The film contains several songs with words and music by Sammy Cahn and Sylvia Fine. Fine was married to Kaye for forty-seven years, during which time she wrote a great deal of material for his work on stage, screen, and television. Though the film was not financially successful upon release, it has grown to be a beloved classic that is now viewed as the perfect swashbuckler spoof. Matt Brunson of "Film Frenzy" says, "Nothing can top the fantastic wordplay involving the vessel with the pestle, the chalice from the palace, and the flagon with a dragon ... only one of which holds the brew that is true." THE COURT JESTER has a terrific score of 97% on the Rotten Tomatoes website and is available to stream from Amazon Prime for \$4.29.

INGRID BERGMAN: IN HER OWN WORDS (2015) is a documentary directed by the Swedish filmmaker Stig Bjorkman that gives us a captivating look behind the scenes at the remarkable life of a young Swedish girl who became one of the most celebrated performers in Hollywood and the world. It is based on



Bergman's own letters, diaries and movies. Her words are voiced offscreen by Oscar-winner Alicia Vikander. Then there is the footage Bergman herself shot with a film camera that she always carried with her; we see her personal and professional life through her own eyes. Also included are interviews with her daughter Pia Lindstrom and her twins Isotta and Isabella Rossellini, as well as comments from such actors as Sigourney Weaver and Liv Ullman. Ann Hornaday of the "Washington Post" calls the film, "A rich, generous-spirited portrait of a woman who, in her unapologetic pursuit of art, fame and personal growth, was far ahead of her time." Walter V. Addiego of the "San Francisco Chronicle" says, "Devotees of classic Hollywood



will miss this movie at their peril." And Manohla Dargis in the "New York Times" boils it down to two words: "Cinephile catnip." INGRID BERGMAN: IN HER OWN WORDS has a near-perfect score of 98% on the Rotten Tomatoes website. It is not rated and can be streamed from Amazon Prime for \$3.99.

Barbara Spear organizes and moderates Lifelong Friends of Film, which meets on the last Friday of the month at the Rialto Cinemas Sebastopol to watch a contemporary movie and discuss it in the theater after the screening. For more information or to be added to the monthly email notification list, contact her at shadowvoyager7@gmail.com.

Lunch & Learn

Emergency Preparedness

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

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

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

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

ALL PARTICIPANTS WILL RECEIVE A
FREE EMERGENCY GO-BAG & LUNCH!
RESERVE BY JUNE 28 • SPACE IS LIMITED.

RSVP Denise Johnson
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djohnson@councilonaging.com

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Day Respite Program

Flex Care Services

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

- Staff who are trained to provide additional support for care needs
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- Flexible program hours to accommodate personal schedules

SERVICES OFFERED
MONDAYS & WEDNESDAYS

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

30 Kawana Springs Road, Santa Rosa CA 95404
(707) 525-0143 councilonaging.com

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For decades, Council on Aging has had the privilege to offer Day Respite Programs which give seniors living with dementia a safe and engaging group space to spend their day, while providing caregivers with much-needed respite time.

HOUSING OPTIONS

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

Explore your options with our Senior Housing Experts.
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to schedule (complimentary).

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