

SONOMA SENIORS TODAY

2022 Sonoma Wine Country Games Highlights

Our post-COVID reboot of the Sonoma Wine Country Games was a successful labor of love, energy and local contributions of financial and in-kind support. Everyone—the athletes, the sports commissioners, the officials and referees was glad to be back! The proof was on the courts, in the fields and the gymnasiums and evident in the spirited competitions, extraordinary fair play and camaraderie.

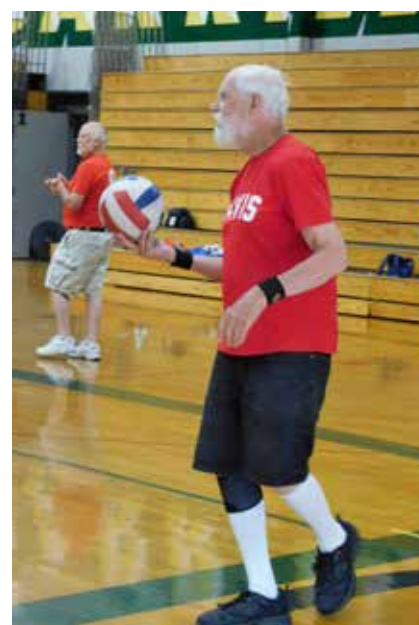
761 athletes registered for 7 events held on the first two weekends of June. This year's competitions were: bocce, lawn bowling, pickleball, soccer (women only), table tennis, throwing events (field), and volleyball (men's, women's and co-ed). At these games, the preponderance of athletes were from California. Thirteen other states were represented: Arizona, Colorado, Florida, Georgia, Hawaii, Indiana, Kansas, Nevada, Oregon, Texas, Utah, Virginia and Washington.

Pickleball was biggest athlete draw and one of the main attractions, with 246 athletes signing up to compete. This year's tournament was hosted by the Rohnert Park Pickleball Club and the courts' rental underwritten for the entire 3-day tournament by the City of Rohnert Park. Although temperatures were in the high 90's during the first two days of competitions, athletes looked out for each other and the games moved forward without incident.

Women's soccer was right behind Pickleball, attracting 222 athletes to play on one of 18 teams. With a soundtrack of rock and roll in the background, these women competed hard for two days (one in the rain).

On another field in Santa Rosa, we tried something new this year: promoting a Throwing Only tournament in lieu of the regular Track & Field competition. There were 54 athletes competing in the discus, hammer, javelin, shot put and weight throw. A pentathlon was added to the competition and well received by all the athletes. The meet was divided into men's and women's events, and proved to be the best attended competitions offered this year. We look forward to growing this event with the local sports commissioner in the coming years.

Bocce, like Lawn Bowling, stands out as one of our most communal sport of the games, primarily attracting teams from Sonoma County. Curiously, it is also the sporting event with the largest age spread in our games, with the youngest competitor being 50 and the oldest 101! Held in Juilliard Park in downtown, Santa Rosa, the tournament brought 13 well-matched teams into a tight medal competition.



True Sportsmanship

By Marcia Singer, MSW

While I am a very active senior, it's been a long time since I played in any team sports or attended a local sports event. I do enjoy certain Olympic games, marveling at the prowess, discipline and courage displayed and taking note of confidence or anxiety where it shows. But I especially admire and appreciate stories and films about athletes—amateur or pro—that reveal the great heart of sportsmanship, regardless of the type of sport.

An early example was during the 1976 Special Olympics in Seattle, Washington. There were nine contestants at the starting line of the one-hundred-yard dash. When the starting gun went off, each runner struck out, hoping to reach the finish line, except for one boy who had already stumbled and fallen and was crying. Two other racers heard him and slowed their pace to check things out. They immediately turned back to the injured runner, making their own chances of winning the race unlikely.

As the other contestants continued the struggle to reach the finish line, the two rescuers helped the hurt child get to his feet. The three then linked arms, and together, they walked to the finish line. The crowd of supportive watchers gave a standing ovation, cheering, many tearing up. These final three smiling boys had won the event, too, in a different kind of way. By finishing as a team, all together, kindness, heart, compassion and sportsmanship had won out as well.

Remembering that story, I went online and found a second, much more recent one to share. It comes from a race track in Navarra, Spain, where long-distance runner Ivan Fernandez Anaya showed the watching world his deep sportsman-like character. He was nearing the finish of a cross-country marathon when he noticed Kenyan racer Abel Mutai. Abel had been out front, clearly in the lead, but he had strangely slowed down near the finish line. Ivan immediately understood what was happening:

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But how do you know I died?

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

When individuals and couples name Council on Aging in their Estate Planning documents, we will have an official onboarding meeting with them to review our process of how we will work on behalf of their estate after they’ve died and what their beneficiaries can expect. Without fail we are always asked the questions, “but how will you know I died?!”

While it’s not a straightforward answer, there are some “common scenarios”. This past month we had a few clients pass away and it occurred to me that it would be helpful to share those recent, real life examples with our readers to highlight various ways our department might learn of a client’s passing:

Scenario One: Client was 70 years old, lived alone and had chronic health issues. His mother (90) lived nearby and they were in regular communication. She was aware he had named COA as his successor trustee. Once the client passed, she called me and left a message that her son passed away over the weekend. We had all of his estate planning documents in our files and our team was able to meet with his mom to obtain his house and car keys, wallet and cell phone. We made sure the house was secure, put in a change of address so his mail would forward to our office, and gathered banking, investment and tax information from his home. His mother ordered extra copies of his death certificate for us and since she was named as his Power of Attorney for health case decisions, she was responsible for his remains and funeral arrangements.

Scenario Two: Client was predeceased by her husband and had no immediate family in the area. She kept in touch with her sister-in-law who lives in Southern California, talking on the phone almost every day but it wasn’t completely unusual to miss a day or two. Her sister in-law became worried after almost a week had gone by and they hadn’t talked so she called our local police department for a welfare check. Because the front door was locked, the PD had to come in through the back, causing some damage to the sliding glass door. The client had passed away in her home and the police department notified her sister-in-law. The sister-in-law knew the client had made arrangements with a local funeral home and that she had named COA in her estate planning documents so she informed the funeral home and our department of the client’s passing. We confirmed we had the necessary documents on file and our team was put in touch with the police department and the

funeral home. We are also the client’s Health Care Power of Attorney so in addition to beginning the estate administration process we worked with the funeral home to carry out her final wishes of being buried next to her husband.

Scenario Three: Client had lost capacity several years ago at which time COA assumed the Power of Attorney and Successor Trustee roles. Because we were the client’s health care POA and in regular communication with the facility, we were aware when she was placed on hospice and given “a heads up” when her health took a steep decline. We were informed of her passing almost immediately and because we were already working on her behalf, the transition to estate administration was seamless.

So what’s the best way I can prepare for this inevitable situation?

1. If you’re living with someone, ensure they are aware you have named Council on Aging as your Successor Trustee and that they have our contact information. Also inform them to request at least 5 death certificates to provide to us so we can start the process of your trust administration.
2. If you live alone but have family nearby, the above scenario still applies. If you don’t see each other daily, have a routine check-in (phone call or regular visits) and an agreement of next steps if you aren’t answering your phone or door.
3. If you live alone and you don’t have family nearby, make friends with your neighbors. Provide at least one neighbor with a key to your house or the information about where to find your spare key. Ask if they will check-in on you if it appears your mail is stacking up, you haven’t put out your garbage cans or if there is a change in your routine. Give them contact information for Council on Aging and ask your neighbor to call us once they’ve learned you’ve passed away.

*If you have a pet, you may also want to put together a contingency plan with your neighbors to feed your cat and walk your dog until a permanent solution is secured.

Even if you haven’t named COA in your Estate Planning documents, these tips still apply. Work with your Trustee and close family or friends to create a plan of action like the ones mentioned above.

Mia Bennett is the Director of Fiduciary Services at Council on Aging. To find out more about our Fiduciary Services, give Mia a call today (707) 525.0143 x108 or send her an email mbennett@councilonaging.com

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'Sportsmanship' continued from Page 1

Abel didn’t speak or read Spanish. He was confused by the signs, thinking he’d already won! Ivan could have dashed past his confused competitor and won the race for himself. But that’s not what he did. He slowed down and pointed Abel towards the real finish line so he could still claim the win.

“He was the rightful winner,” Ivan said later. “He created a gap that I couldn’t have closed if he hadn’t made a mistake. As soon as I saw him stopping, I knew I wouldn’t pass him.” When a reporter sought him out, asking why he chose to lose, Ivan said, “But what would be the merit of my victory? What would be the honor of that medal? What would my Mom think of that?”

Stories like these make me hopeful for our world because kindness and generosity are so needed, beyond the need to compete to “win,” stand out, be approved of, win the dough—you catch my drift. Recognizing common humanity, developing moral courage and living the Golden Rule are certainly as important (if not more so) than beating someone out of a title. When mentored by compassionate, wise adults, team sports can be a marvelous arena for character building.

I’ll leave you with a wee sporting tale, a true and humorous one.

Little Billy is out practicing with a new baseball and bat he got for his birthday.

Dad is watching indoors at the window. Billy tosses the ball into the air and shouts to anyone within hearing range, “Greatest batter in the world!” He then takes a wild swing –and misses hitting the ball. Completely undaunted, he repeats the toss and the miss. Again, a third time, striking out. Billy then proudly calls out, “Greatest pitcher in the world!”

Now that’s a positive attitude!

Shine DeLight, Marcia

Marcia Singer is an author, counselor and coach. Contact her at www.lovearts.info or marcia.lovearts@gmail.com.

AUGUST PUZZLES

Puzzle solutions are on page 10

WORD SCRAMBLE
"COLORS"

1. OMOANR _ _ _ _ _
2. EASRCTL _ _ _ _ _
3. EOZBRN _ _ _ _ _
4. YUURNGDB _ _ _ _ _
5. AENRGO _ _ _ _ _
6. RCAALHCO _ _ _ _ _
7. PRTEEW _ _ _ _ _
8. ISEVRL _ _ _ _ _
9. VOTLEI _ _ _ _ _
10. GEREN _ _ _ _ _
11. RWNOB _ _ _ _ _
12. YRGA _ _ _ _

WORD SCRAMBLE
"TASTES"

1. ATLSY _ _ _ _ _
2. SWETE _ _ _ _ _
3. SURO _ _ _ _
4. TTEBRI _ _ _ _ _
5. ADRINC _ _ _ _ _
6. CIRTAOAM _ _ _ _ _
7. PGENUNT _ _ _ _ _
8. TNESNTIGAR _ _ _ _ _
9. EMLIACTL _ _ _ _ _
10. OITENRP _ _ _ _ _
11. SYPIC _ _ _ _ _
12. IIDACC _ _ _ _ _

WORD SEARCH

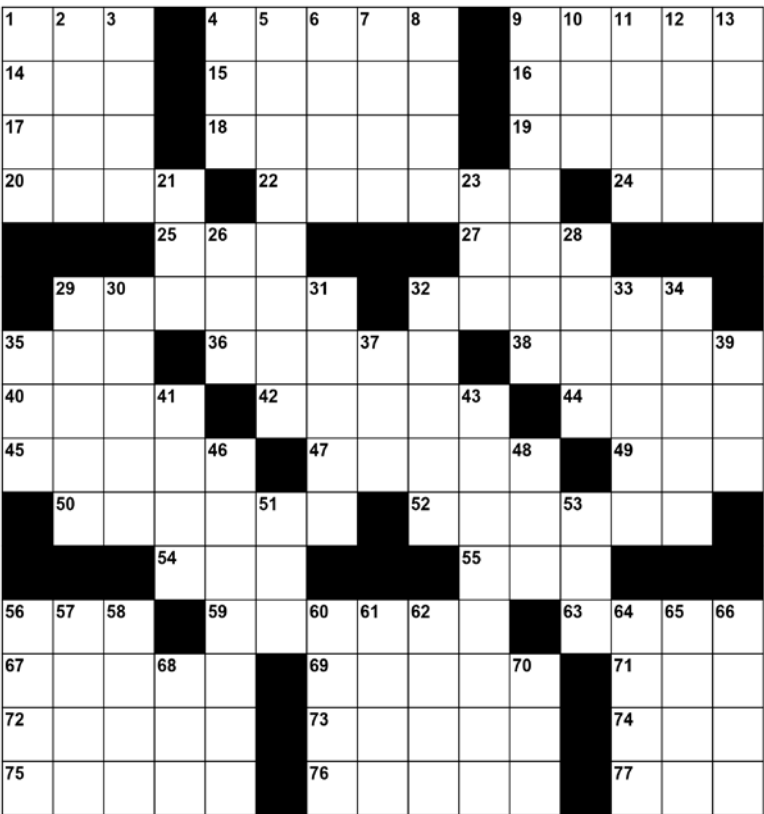
Italian Cities and Towns

- ROME MILAN
- FLORENCE VENICE
- BARI PALERMO
- NAPLES GENOA
- VERONA BOLOGNA
- TURIN PERUGIA

"AUGUST"

ACROSS

- 1 Doctoral degree
- 4 ___ -garde
- 9 Slang term for man
- 14 Tell a tall tale
- 15 Small boat with pointed ends that is moved by using a paddle
- 16 Sandwich cookies brand
- 17 Official canine registry (abbr.)
- 18 Fried bread
- 19 Place where cattle, horses, or sheep are raised
- 20 365 days
- 22 Absence of values
- 24 Air
- 25 Creative work
- 27 Used to be
- 29 Aloha State
- 32 Scandinavian nation
- 35 Pro
- 36 Police
- 38 Confuse
- 40 A spinning toy (2 wds.)
- 42 Unsophisticated
- 44 Rodents
- 45 Demonstrations
- 47 Stadium
- 49 American College of Physicians (abbr.)
- 50 Relating to milk
- 52 Cola brand
- 54 Fox's offspring
- 55 Semiconductor that emits light
- 56 Gorilla
- 59 Weirdo
- 63 Satellite receiver
- 67 Mush up
- 69 Deer-like animal
- 71 Observe secretly
- 72 Produce eggs
- 73 Deals with
- 74 Mouth part
- 75 Went gently
- 76 Seasoning
- 77 Vane direction

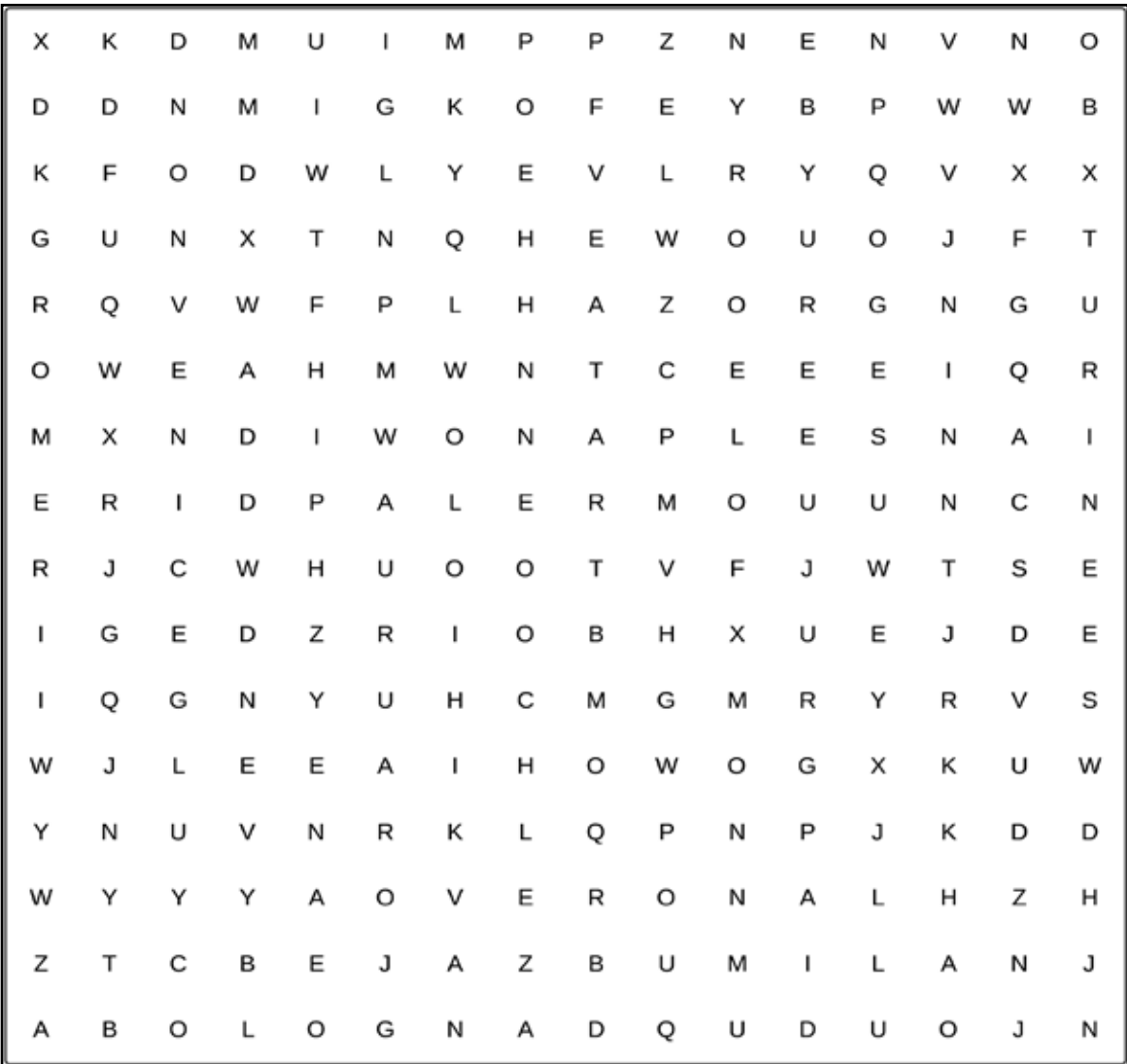


By Evelyn Johnson - www.qets.com

DOWN

- 1 Activity meant to relax or amuse
- 2 Take a long walk in the country
- 3 Factor of ten
- 4 American Cancer Society (abbr.)
- 5 Period of rest
- 6 After awhile
- 7 Taboo
- 8 Swarm
- 9 Between elbow and wrist
- 10 Time period
- 11 Optical device
- 12 Dead bolt
- 13 Pallid
- 21 Uncooked
- 23 The other half of Jima
- 26 Type of music
- 28 Move through the water by body parts
- 29 Place with rooms where people stay
- 30 Perfume
- 31 Jacob's father
- 32 At no time
- 33 Lengthwise
- 34 Desert plant
- 35 Passing trend
- 37 Title of respect
- 39 Spiritedness
- 41 Blemish
- 43 Cages
- 46 Like a salary
- 48 Expert
- 51 Possessive pronoun
- 53 Unusual
- 56 Niche
- 57 Insect in a cocoon
- 58 Extremely long time periods
- 60 Young Men's Christian Association
- 61 Racoon's nickname
- 62 N.A. Indian
- 64 Island
- 65 Form a web
- 66 Publicity
- 68 Ram's mate
- 70 Compass point

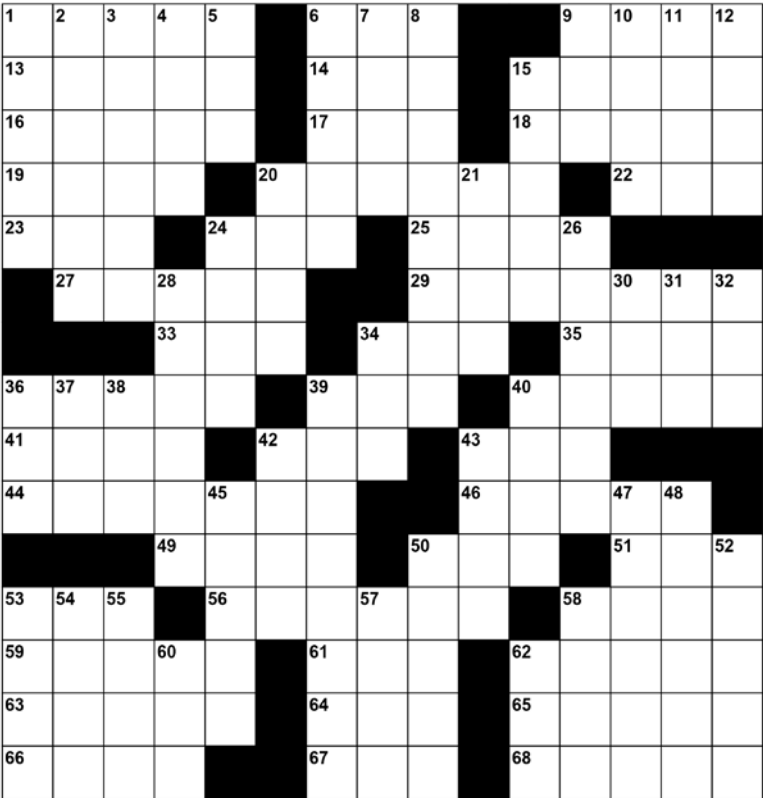
WORD SEARCH - ITALIAN CITIES AND TOWNS



"WILDLIFE"

ACROSS

- 1 Grind
6 Rainy month
9 Breaking sound
13 Playing field
14 Spelling contest
15 Ground dwelling bird often hunted for food
16 Plot of land
17 Electroencephalograph (abbr.)
18 Shade
19 Heave, past tense
20 Refer indirectly
22 Concord e.g.
23 Look
24 Fib
25 Look
27 Constellation
29 Supplies oxygen
33 Decompose
34 Stray
35 Life histories
36 Many times
39 Old-fashioned Fathers
40 Fat
41Pack hunting carnivore
42 Small nocturnal mammal with wings
43 Friday (abbr.)
44 Justified
46 Rest
49 Usher
50 Constellation
51 Rested
53 Resort hotel
56 Smoothed
58 Tardy
59 Ethan that led the Green Mountain Boys
61 Sprocket
62 Leafed through
63 Water bird with a long neck
64 Container
65 Correct
66 Fencing sword
67 Tricky
68 Savoury



By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Woodworker's tool
2 Gully
3 Rodent with wide flat tail that builds dams
4 __ upon a time
5 Rodent with long tail, pointed face, and sharp teeth
6 White poplar
7 Rind
8 Bar usuals
9 Add
10 Nails
11 Put on __
12 Small ground plot
15 Unusual
20 Am not
21 Mammals with hooves that run fast
24 Water bird with a call that sounds like a loud laugh
26 Herbivore with long ears
28 Wrathful
30 Knot
31 Goddess
32 Compass point
34 Devour
36 IOU part
37 Wild mammal with pointed nose, ears and bushy tail
38 What a nurse gives
39 Fenced grazing areas
40 Brand of sandwich cookie
42 Large furry omnivore that hibernates
43 Ran
45 Fishnet
47 Uses
48 Invention making right
50 Long-legged
52 Toy
53 Discerning
54 Set down firmly
55 Healing plant
57 Christmas song
58 Injured
60 East southeast
62 Brand of dispensable candy

SUDOKU

SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SEARCH - FRENCH CITIES AND TOWNS

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

WORD SEARCH

French Cities and Towns

- PARIS
- MARSEILLE
- REIMS
- NICE
- AVIGNON
- LIMOGES
- LYON
- BORDEAUX
- ORLEANS
- VERSAILLES
- GRENOBLE
- DUNKIRK



Roy Johnston

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The guidance you need
for the care they deserve.

Senior Apartments/Independent Living
Assisted Living Homes & Communities
Personal & Adult Care Homes
Alzheimer’s & Memory Care Communities
Nursing Homes or In-Home Care

We work with you
at the local level.



LEARN MORE
707-536-0514

RAMONA MAURER
OWNER/ELDERCARE ADVISOR
ASSISTEDLIVINGLOCATORS.COM/SANTAROSA



AT HOME
CAREGIVERS

Wouldn’t you rather be at home?

At Home Caregivers has served Sonoma County for more than 16 years with licensed and vaccinated employee caregivers.

Services provided include:

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



Jackson

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

EXERCISE - IT'S NEVER TOO LATE TO START!



council on aging
Living better, together.



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!

Want to Advertise?

Council on Aging’s monthly newspaper, *Sonoma Seniors Today*, reaches 8,500 Sonoma County residents and is available at over 160 locations throughout the County, including restaurants, hospitals, senior centers, book stores and libraries. It’s also available online in full color on our website at www.councilonaging.com.

Advertisers can choose ad sizes from a 3-1/4 inch single column to a full page, and select color or black and white. We also provide ad design services for an extra fee. We offer discounts for multiple insertion contracts.

Contact us at
SST@councilonaging.com

CELEBRATING 24 YEARS OF FAMILY OWNED BUSINESS IN SONOMA COUNTY!



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

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

Become part of our AT HOME family!

"I can't say enough good things about your Agency. From the managers to the caregivers, I can't tell you how much it meant to feel like we were in such capable hands. Just exceptional, personable, professional and caring people." – LR

"Your caregivers were wonderful. Their holistic approach with both family and the medical community has made these difficult times for Mom and her family manageable. Without their help, I am not sure how we would have managed." – MC

Your home can do more!

With the help of an experienced home equity specialist, your home can do more than just keep a roof over your head, such as:

- fund in-home care
- support monthly expenses
- pay for home improvements

"I'm here to help!"



CALL JOHN FOR A FREE CONSULTATION TO REVIEW YOUR OPTIONS: 707-921-2422



JOHN LECAVE
HOME EQUITY STRATEGIST
FOR OVER 30 YEARS!

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707-921-2422
JLECAVE@WAYLENDHOMES.COM



WayLend
YOUR WAY HOME

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In Times of Crisis, We're Here to Help

As we navigate the health crisis caused by COVID-19, many of the people we care for are facing new challenges. Whether you need help with shopping, bathing, dressing or meals, Interim HealthCare® is here to support you. As the nation's first home care company, we've been helping individuals live safely and independently at home for 50+ years. With Interim, you're not alone. We'll be right beside you until this health crisis is over.

• Shopping • Dressing • Meals • Safety Checks

Call us today for a complimentary, in-home evaluation!



Interim
HEALTHCARE®

(707) 545-4986 | interimhealthcare.com/SantaRosaCA

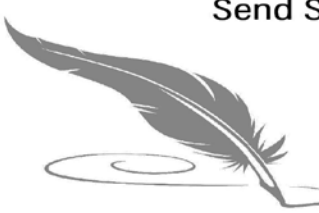
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CALLING ALL SENIOR POETS, WRITERS, ARTISTS & STORY-TELLERS

We want to share your stories with our community!

Council on Aging publishes Sonoma Seniors Today—our widely distributed publication that includes space for your creative talents.

Send Submissions to SST@CouncilonAging.com

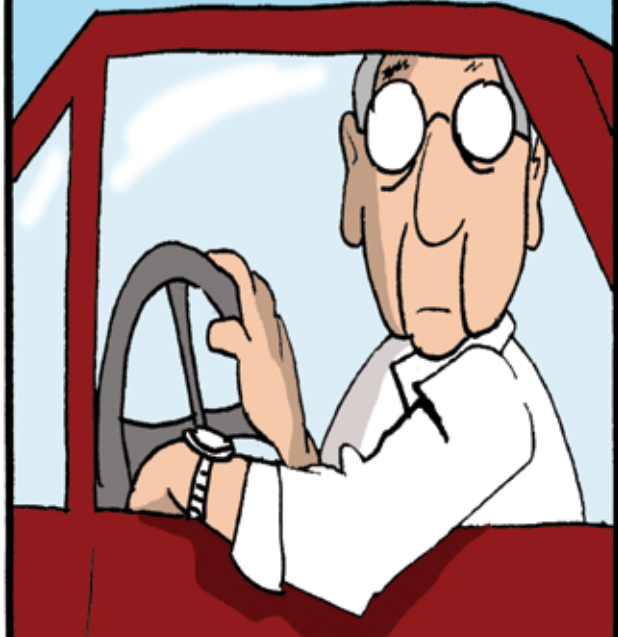


council on aging



GRANDPA SEZ...

I HEARD A COUNTRY SONG ABOUT A GUY WHO'S SELF-DRIVING TRUCK LEFT HIM TOO



JOHN MARTIN

TM & © 2022 John Martin Features
E-Mail: beezwaxcomic@yahoo.com

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
A Walk Down Memory Lane: Sing-Along in partnership with Luther Burbank Center for the Arts Friday, August 26, 2022. 10-11am.
In-Person or Virtual for more information email lhibdon@alz.org or call 707-573-1210.
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
myslsc.org/slider/covid-19-update/
Providing a wide range of services for those with disabilities to help them live as independently as possible. Benefits, Legal, Home Access Modifications, Housing & more.

Institute on Aging - Friendship Line

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

Jewish Community Center

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

Senior Advocacy Services

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

SHARE Sonoma County

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

The Sonoma County Library

Sonoma County Library's 2022 Summer Reading Challenge continues through August 13, encouraging readers to celebrate learning—your way! Read something that sparks your curiosity for at least 20 minutes a day, log the minutes you read through Beanstack (or the Beanstack Tracker app), or record them on

paper logs to earn prizes. Sign up online or visit your local library to join the fun.
<https://sonomalibrary.org/>.

City Resources

Cloverdale Senior Center

The Cloverdale Senior Multipurpose Center offers yoga for seniors to help improve muscle tone, enhance flexibility, ease pain, and more. All skill levels are welcome, and chair yoga is also offered in addition to standing yoga.
Monday - Wednesday 8:45 am - 9:45 am
<https://www.cloverdaleseniorcenter.org> or call 707-894-4826, 8:30 am-4 pm, Monday through Friday. Staff available Weekdays, 8:30 - 4pm

Healdsburg Seniors Center

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

Petaluma

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

Rohnert Park

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

Santa Rosa

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

Sebastopol

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

Sebastopol Senior Center

The Harvest Cafe is reopening! We anticipate early August for our re-opening, but we need our amazing, dedicated volunteers to help us run our cafe ~ specifically, front and back of house. Call for sign-up information, 707-829-2440. We are serving over 100 seniors weekly with our classes and workshops. Most of our classes are in person, but we do have an online presence via Zoom. Visit our website: sebastopolseniorcenter.org

Sebastopol Center for the Arts

For the most updated list of classes, visit our website: <https://www.sebastopolseniorcenter.org/virtual-classes> - Gentle Yoga: This mindful, slow practice incorporates standing postures, balancing postures, seated, supine, and deep relaxation. Days: Tuesday & Thursday
Location: Currently on ZOOM Time: 9:30am - 10:45am Instructor: Barbara King Cost: Members \$10 | Non-Members \$8.
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. August 10, August 17 . Downstairs at the Jewish Community Center, 1301 Farmers Lane, Suite C103, Santa Rosa, CA 95405. Cost: \$2 Masks and proof of vaccinations required. RSVP and we'll hold a seat for you! (707) 528-1182 or friendshipcircle@jccsoco.org

Highway61.co

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

Gentle Chair "YogaCise"

Zooming Fridays, 2:30-3:30 pm. Developed for Brookdale Assisted Living, great for anyone wanting to avoid injury. Enjoy a thorough program, mindful breathing and movements. Closing meditation. Instructor Marcia Singer, MSW: lovearts@att.net.

Green Music Center

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

SRJC Older Adults Program

Free, noncredit courses designed specifically for older adults. Our Older Adult Program (OAP) courses provide opportunities for growth and development, group interaction, mental stimulation, and physical activity. No minimum age requirement. To register: <https://older-adults.santarosa.edu/join-class>.

Sonoma State University OLLI

Fall 2022 OLLI Class Sessions
Monday, September 12 – Monday, October 31
Course Preview Open House IN PERSON @ SSU – Person Theater. Wednesday, August 31, 9 am (doors open) – 11:45 am Includes: light breakfast / Presentations by OLLI Instructors. Phone: 707-664-2691 OLLI is a unique learning community for adults age 50 years old or better. SSU faculty and other Bay Area educators enjoy sharing their expertise.

Free Tax Assistance Program

The Sonoma/Napa Tax-Aide program is offering an in-person summer/fall tax clinic, offering tax preparation and electronic filing. For taxpayers who didn't file a 2021 tax return by April 17th, or haven't filed a prior year tax return or need to amend a filed return, or have an issue with the IRS or California Franchise Tax Board. The clinic is on selective Mondays, from May through October 10, at Franklin Park Clubhouse, 2095 Franklin Avenue, Santa Rosa. Appointments available - 9:30 a.m. to 1:35 p.m. Appointments are required and can be made by phone, by leaving a message at 707-536-1518. Those with a tax question should call the main district number, 707-327-2401, and leave a message. This free service, while aimed at low and moderate-income seniors, is open to anyone regardless of age or income. It is sponsored by the AARP Foundation, but AARP membership is not in any way required.

The Orange Apron



Our Heroes Don't Wear Capes
And they don't supply hammers, ladders, lightbulbs or power tools.
Our tools are people tools.

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

If you have what it takes to wear The Orange Apron,
Council on Aging has a volunteer opportunity for you.

Meals on Wheels • Community Dining • Drive-up/Pick-up
HEROES ARE INVITED TO CALL 707.525.0143 x121

NUTRITION NEWS FOR AUGUST

Choosing Healthy Meals as you get older



Your body continues to change through your 60s, 70s, 80s, and beyond. As your metabolism slows down, you need less calories. Your body also needs more of certain nutrients so it becomes more important to choose foods that give you the best nutritional value.

Plan Healthy Meals:

- Get advice on what to eat, how much to eat, and which foods to choose. Plan sensible, flexible ways to choose and prepare nutritious meals so you can eat foods you need.
- Lean Protein
- Colorful Fruits & Vegetables
- Whole Grains
- Low-fat Dairy

Vary Your Vegetables:

- Include a variety of different colored vegetables as color is derived from different nutrients. The more colors you have on your plate the more nutrients you are eating. Most vegetables are low-calorie and have a variety of nutrients and fiber.

Nutrition Facts Label:

- Learn how to read the nutrition label on foods. Pay attention to important nutrients including calories, fats, sodium, and vitamins/minerals.

Stay Hydrated:

- Water is an important nutrient. Drink small amounts of water consistently throughout the day. Stay away from drinks with sugar and salt added to them. Low-fat or fat-free milk or 100% fruit juice can also help you stay hydrated.

Herbs & Spices:

- If your favorite foods taste different, it may not be the foods. Your sense of taste and smell may have changed. Some medicines may also change how foods taste. Try adding more herbs and spices to your meals to enhance flavors.

Make Eating a Social Event:

- Meals and variety of foods are more enjoyable when you eat with others. Go to your local senior center to eat a healthy meal with others. Ask your friends or neighbors over for a potluck; everyone brings a dish to share.

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

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

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

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

ROHNERT PARK
Rohnert Park Senior Center
6800 Hunter Drive Ste. A
Wednesdays 9:30 – 11:30

SANTA ROSA
Council on Aging
30 Kawana Springs Rd.
Thursdays 10:00 – 12:00
and
Steele Lane Community Center
415 Steele Lane
Thursdays 10:30 – 12:00

SEBASTOPOL
Sebastopol Senior Center
167 High Street
Thursdays 10:00am - 12:00pm

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



council on aging

DRIVE-UP PICK-UP MEALS



Chef Prepared

Restaurant Quality

Providing Meals to Seniors 60+
We ask for a contribution of \$4.00 per meal
No one is denied for their inability to pay

Must Register In Advance
48 Hour Notice Required

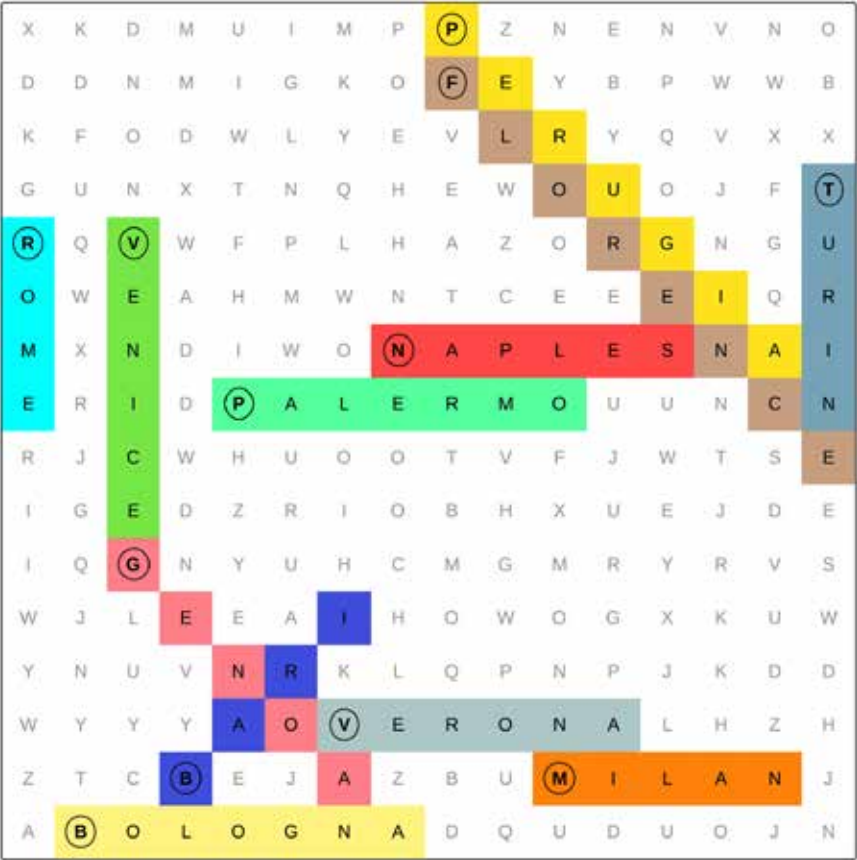
707-525-0143 ext 013

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

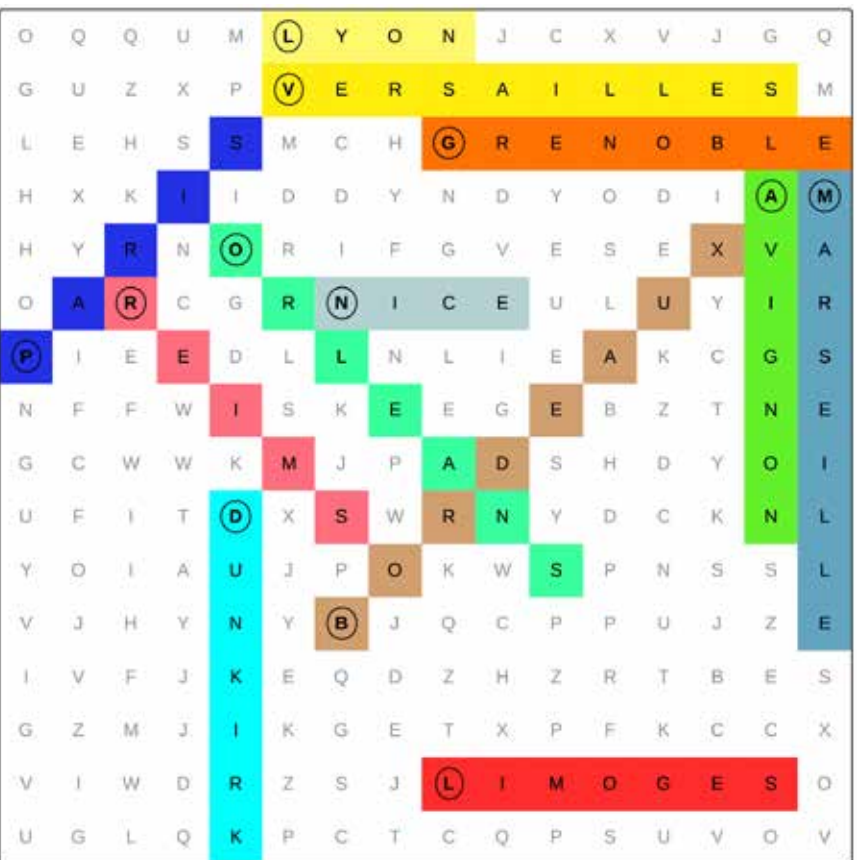
Rev. 1/7/2022

August Puzzle Solutions

ITALIAN CITIES AND TOWNS



FRENCH CITIES AND TOWNS



AUGUST



WILDLIFE



SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SCRAMBLE
COLORS

1. OMOANR M A R O O N
2. EASRCTL S C A R L E T
3. EOZBRN B R O N Z E
4. YUURNGDB B U R G U N D Y
5. AENRGO O R A N G E
6. RCAALHCO C H A R C O A L
7. PRTEEW P E W T E R
8. ISEVRL S I L V E R
9. VOTLEI V I O L E T
10. GEREN G R E E N
11. RWNOB B R O W N
12. YRGA G R A Y

WORD SCRAMBLE
TASTES

1. ATLSY S A L T Y
2. SWETE S W E E T
3. SURO S O U R
4. TTEBRI B I T T E R
5. ADRINC R A N C I D
6. CIRTAOAM A R O M A T I C
7. PGENUNT P U N G E N T
8. TNESNTIGAR A S T R I N G E N T
9. EMLIACLT M E T A L L I C
10. OITENRP P R O T E I N
11. SYPIC S P I C Y
12. IIDACC A C I D I C

BALANCE - Everything you need to know - Pt III

By Denise Johnson, MS

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

Muscle Strength deficits in leg strength are associated with diminished gait velocity, stride length and balance, and increased risk for falling in the elderly.

Attentional demands are greater for walking than for standing quietly or sitting. **Several diseases** interfere with balance. As we discussed earlier sensory, neurological (diseases such as Parkinson's, dementia, seizures, etc.), cognitive and musculoskeletal conditions like arthritic conditions which weaken muscles, joints or bones.

Polypharmacy is the use of 4 or more prescription medications and is a common cause of falls. Tinetti & Speechly have proposed a direct relationship between the number of drugs an older person takes and the frequency of falls.

What does this all mean? Traditional exercise programs consisting of mostly aerobic, strength or flexibility have not been as effective as alternative exercise programs that specifically train the systems involved in balance, specifically visual, vestibular, somatosensory and musculoskeletal. To improve balance, you need to train those systems. Here is an at-home seated exercise you can do.



"ANGEL WINGS" Heels and Toes

Starting Position:
Sitting with back in neutral
Facing forward
Feet flat on the ground.

Heels



ACTION: Lift heels and bring them to the center, lift heels and take them to the outside. Lift heels and bring them back to center and repeat.

Toes



ACTION: Lift toes and bring them to the center, lift toes and take them to the outside. Lift toes and bring them back to center and repeat.

EFFECTIVE COMMUNICATION STRATEGIES

An education program presented by the Alzheimer's Association® and Council on Aging

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect.

Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

- 10:30-10:35 a.m. Welcome**
Shelley Dombroski, Senior Regional Director, Alzheimer's Association
Renee Tolliver, Director of Social Services, Council on Aging
- 10:35-11:35 a.m. Effective Communication Strategies**
Gene Girimonte, Alzheimer's Association Volunteer Community Educator
- 11:35-Noon Where to Turn for Help?**
Learn about local community and support services.

In partnership with: 

Wednesday, August 17, 2022
10:30 a.m. – Noon
Council on Aging
30 Kawana Springs Road
Santa Rosa, CA 95404

Register at tinyurl.com/ECS08172022 or call 800.272.3900 for more information.



ALZHEIMER'S ASSOCIATION®

Visit alz.org/CRF to explore additional education programs in your area.



The Community Table

Connecting through food & conversation



GAMES



ACTIVITIES



CONNECTION

Food, Fun & Friendship Now Happening at These Locations!

CLOVERDALE Kings Valley Senior Apartments 100 Kings Circle MON 11:00 AM - 12:00 PM	ROHNERT PARK** Rohnert Park Senior Center 6800 Hunter Drive, Suite A TUE, THUR & FRI 11:00 AM - 12:00 PM	SANTA ROSA* Steele Lane Community Center 415 Steele Lane MON 12:15 PM
COTATI Charles Street Village 42 Charles Street THUR 12:00 PM - 1:00 PM	SEBASTOPOL Burbank Heights & Orchard 7777 Bodega Avenue WED 11:30 AM - 12:30 PM	SANTA ROSA Silvercrest Senior Apartments 1050 Third Street FRI 11:30 AM - 12:30 PM
HEALDSBURG Fitch Mountain Senior Apartments 710 S. Fitch Mountain Road TUE 12:00 PM - 1:00 PM	SONOMA Oakridge Senior Apartments 18800 Beatrice Drive TUE 12:00 PM - 1:00 PM	WINDSOR Bell Manor Senior Apartments 8780 Bell Road WED 12:00 PM - 1:00 PM



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

Meals Funded in Part by County of Sonoma

Meals are provided at no cost. Contributions in any amount are welcome. If you would like to make a \$4 Contribution to support our Dining Program, please deposit your funds in the collection box. Eligible and ineligible individuals who do not complete a registration form are required to pay \$7. No one will ever be denied meals for an inability to contribute.

* Santa Rosa Steele Lane: Participants Must Register with Steele Lane Community Center at 543-3282 and the Council on Aging.
**Effective July 1, 2022, we are adding Fridays for the Rohnert Park Community Table Location.

REV. 6/13/2022



Our Heartfelt Thanks

At Providence, we think of all nurses, doctors and hospital workers as caregivers.

We embrace the opportunity to show our respect, admiration and gratitude for them – the very definition of essential workers – during National Nurses Week, National Hospital Week and every week of the year.



Providence
We see the life in you.

[Providence.org/Life](https://www.providence.org/Life)



Sonoma County

Santa Rosa Memorial Hospital • Petaluma Valley Hospital
Healdsburg Hospital • Providence Medical Group • Home Health & Hospice