

SONOMA SENIORS TODAY

Senior Athlete Spotlight

Vicky Guillory’s love was endurance cycling, which she started doing 7 or 8 years ago after signing up for a 100-mile bike ride in Tahoe to raise money for leukemia. “I didn’t even own a bike!” she laughs, “but I started training and joined some teams. I often passed Sunrise Park and would see people playing pickleball. But I have a torn meniscus in my knee, so I didn’t think I could play.” Then, she sat down to watch one day, and someone started telling her you don’t have to run as much on pickleball’s small court. He said they call it the senior sport because there are so many players with bad knees or shoulders. A few months went by before she decided to join the free pickleball class offered by Rohnert Park Pickleball at Sunrise Park. “That’s how I started,” Vicky says. “I took that class, and decided it was my cup of tea.” Then, she suffered a health setback that affected her hand-eye coordination and meant she couldn’t use her hand. She had to take time off of her work as a hygienist to recover, and began walking daily. She soon decided it was time to go back to playing pickleball.

“At first, I would swing and miss the ball,” she says. “But since I wasn’t working, I played every other day and it all started connecting. I could see where I could connect with it on my paddle, and my movements became smoother. After a few months, people would tell me I had the quickest response to hitting the ball. Pickleball brought me back to life!” Vicky says it isn’t just health and coordination reasons that keep her playing pickleball, it’s how supportive the people she’s met are of each other. They all have bad knees or bad shoulders or arthritis, and encourage each other to keep going or offer advice like wrapping their knee or using arnica gel. They check in with each other off the court, too, to see how they’re doing, and sometimes have parties and go wine tasting. “I can’t explain it,” she says, “but it’s such an addicting game. Any type of activity stimulates the brain, creates oxygen in your body and fills it with oxytocin, the happy hormone. That’s what helped me recover so quickly. After three weeks of playing again, I was filling myself with happy hormones by moving and being around other people. Seeing the improvement in my body gave me hope.”

Vicky and her friend won the gold in the Wine Country Games at the Finley Center and she plans to compete again this year.



Vicky Guillory won a medal for the highest points scored at a Round Robin held at Sunrise Park in Rohnert Park.

Wellderly Day

Wellderly Day is celebrated annually on the third Monday in March. This year, it takes place on March 20th. On this day, we aim to celebrate the health of our senior members of society and promote healthy lifestyle changes to ensure longevity and fuller life. It is about looking toward the number of years the elderly have left to enjoy as opposed to the years already lived. This shift in thinking can help them to maintain physical and mental health. Remember: ‘well’ and ‘elderly’ need not be mutually exclusive. Wellderly Day is also known as Well-Elderly Day. It was created by Dr. Dale Anderson along with Act Happy Day to “promote the health benefits of happiness, humor and laughter.” He believed that one should harness the power of happiness and laughter by starting our days laughing in front of the mirror. He reasoned that this simple practice not only puts a person in a better mood but also stimulates beneficial body processes. Dr. Anderson went on to publish a book called “Never Act Your Age,” which talks about how humor and laughter can have many health benefits at any age. According to the World Health Organization, anyone over the age of 65 is considered elderly, while the United Nations considers anyone over

60 as elderly. Of course, this number has changed throughout the years; if you were 50 years old in 1875, you were considered elderly. Healthy Aging is a concept introduced by the World Health Organization. It has four main areas of intervention: creating a health system that is more focused on the elderly, developing a health system that delivers long-term and sustainable care services, creating friendly environments for the elderly, and improving the assessment, monitoring and research of older people’s ailments. Wellderly Day also encourages seniors to take up a hobby, pursue their passions and generally do what makes them happy. It is the ideal time to focus on all the interests they may have put off during their working years. Instead of fearing growing old, this day lets us celebrate the present and the years to come. Growing old is natural and inevitable; instead of trying to shy away from it, it is better to accept it and make the most out of it. Wellderly Day helps to remind the elderly that they can still contribute to their families, to their community or to society at large. As such, they should also take care of their health. Who doesn’t love a good joke, laugh, or funny moment? Wellderly Day utilizes these feel-good tactics to celebrate a life well-lived. <https://nationaltoday.com/wellderly-day/>



SONOMA
WINE COUNTRY
Games

Competitions for athletes 50+



Presented By
council on aging

Bocce • Lawn Bowling • Men’s Basketball

Pickleball • Table Tennis • Track & Field

Women’s Soccer



2023 Games Dates

Friday, June 2nd-Sunday, June 4th

Friday, June 9th-Sunday, June 11th

online registration opens: March 1, 2023

www.WineCountryGames.com

INSIDE

Women’s History Month.....	page 2
Donors.....	page 3
Aerobic Exercise Benefits	page 3
Puzzles	pages 4 and 5
Nutrition News.....	page 7
Senior Resources	page 8
Diversity and Inclusion	page 9
Puzzle Solutions	page 10
Movies to Celebrate	page 11
Joy of Music at any Age.....	page 11
Grandpa Sez	page 12

Women's History Month observed March 20th

Every year March is designated Women's History Month by Presidential proclamation. The month is set aside to honor women's contributions in American history.

Did you know that Women's History Month started as Women's History Week? Women's History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the Sonoma County (California) Commission on the Status of Women planned and executed a "Women's History Week" celebration in 1978. The organizers selected the week of March 8 to correspond with International Women's Day. The movement spread across the country as other communities initiated their own Women's History Week celebrations the following year.

In 1980, a consortium of women's groups and historians—led by the National Women's History Project (now the National Women's History Alliance)—successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women's History Week.

Subsequent Presidents continued to proclaim a National Women's History Week in March until 1987 when Congress passed Public Law 100-9, designating March as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, each president has issued an annual proclamations designating the month of March as "Women's History Month."

National History Women's Museum

From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often, the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital of that of the men whose names we know so well.

President Jimmy Carter

"Celebrating Women Who Tell Our Stories"

The National Women's History Alliance, which spearheaded the movement for March being declared National Women's History Month, has announced the women's history theme for 2023, "Celebrating Women Who Tell Our Stories."

Throughout 2023, the NWHHA will encourage recognition of women, past and present, who have been active in all forms of media and storytelling including print, radio, TV, stage, screen, blogs, podcasts, and more. The timely theme honors women in every community who have devoted their lives and talents to producing art, pursuing truth, and reflecting the human condition decade after decade.

From the earliest storytellers through pioneering journalists, our experiences have been captured by a wide variety of artists and teachers. These include authors, songwriters, scholars, playwrights, performers, and grandmothers throughout time. Women have long been instrumental in passing on our

heritage in word and in print to communicate the lessons of those who came before us. Women's stories, and the larger human story, expand our understanding and strengthen our connections with each other.

As in previous years, the Alliance, which is centered in Santa Rosa, California, will encourage local communities throughout the country to use the year's theme to guide their own celebrations. The NWHHA will popularize national efforts through online celebrations, a special magazine, and thematic products that recognize and honor these brave, accomplished, and influential women who told – and continue to tell – our stories. Today and over the years ahead, their dedication and shared desire to give voice to the voiceless are critical to keeping us informed, entertained, and aware.

National Women's History Alliance | 730 2nd St.,
PO Box 469, Santa Rosa, CA 95402 |
707-636-2888
<https://nationalwomenshistoryalliance.org/>

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Sonoma Seniors Today strives to share a variety of viewpoints on subjects of interest to a broad range of its readership. Opinions and viewpoints expressed by contributors and those interviewed for articles do not necessarily reflect the opinions of Council on Aging. Readers are invited to share their ideas, opinions and viewpoints by writing to this publication. Suggestions for improving this publication are given careful consideration, and letters to the editor are welcomed. Photographs may also be submitted.

Editor's note: Publication of all material is at the discretion of the editor; originals become the property of SST and cannot be returned. Mail all submissions to *Sonoma Seniors Today* c/o Council on Aging, 30 Kawana Springs Road, Santa Rosa, CA 95404, or email to SonomaSeniorsToday@councilonaging.com.

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

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Sonoma Seniors Today is your local resource for all things aging-related, with tips on how to stay healthy, engaged and financially secure.

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Doing any aerobic activity regularly may help you live longer

By Heidi Godman, Harvard Health Letter

Any kind of activity that gets your heart and lungs working is good for you. But does one type of exercise help you live longer than another? Not really, according to research published online Aug. 24, 2022, by JAMA Network Open.

The observational study involved more than 272,000 adults (average age 70) who answered questions about their health and activity levels in 1995 and again in 2005, and were followed for another 12 years. Participants reported how much time they spent jogging or running; cycling; swimming laps; doing other aerobic exercise (such as taking an aerobics class or using an exercise machine); playing tennis, squash, or racquetball; playing golf; or walking.

Doing any of those activities for the recommended amount of time each week was associated with a 13% lower risk for premature death from any cause, compared with not exercising. Playing racquet sports and running produced the greatest risk reductions (16% and 15%), probably because they are more demanding, say study authors. But since all of the activities were linked to a longer life, the authors say it's most important to simply choose an exercise you enjoy and can sustain over time.

The Physical Activity Guidelines for Americans recommends doing 2.5 to 5 hours per week of moderate-intensity activity (like brisk walking), or 1.25 to 2.5 hours per week of vigorous-intensity activity (like playing tennis).



Javier Sanchez Mingorance

MARCH PUZZLES

Puzzle solutions are on page 10

WORD SCRAMBLE
"OCEANA"

1. RASHK _ _ _ _ _
2. UATN _ _ _ _
3. AMONLS _ _ _ _ _ _
4. OSHFSRWID _ _ _ _ _ _ _ _
5. PRUEGOR _ _ _ _ _ _
6. NSGUOTER _ _ _ _ _ _ _
7. LEMCEKRA _ _ _ _ _ _ _
8. ILPONHD _ _ _ _ _ _ _
9. SWLAEH _ _ _ _ _ _
10. ESA EHSOR _ _ _ _ _ _ _ _
11. NERPSPA _ _ _ _ _ _ _
12. NERRGHI _ _ _ _ _ _ _

WORD SCRAMBLE
"LITERARY GREATS"

1. AEOLGNU _ _ _ _ _ _ _
2. TLOSTYO _ _ _ _ _ _ _
3. MIWNYHEGA _ _ _ _ _ _ _ _
4. ATNIW _ _ _ _ _
5. AREPHRLEE _ _ _ _ _ _ _ _
6. ALGZTRDIEF _ _ _ _ _ _ _ _ _
7. MNRORISO _ _ _ _ _ _ _ _
8. OBENRT _ _ _ _ _ _
9. NIOKLTE _ _ _ _ _ _ _
10. IERTCIHS _ _ _ _ _ _ _ _
11. FOLWO _ _ _ _ _
12. AVIMSO _ _ _ _ _ _

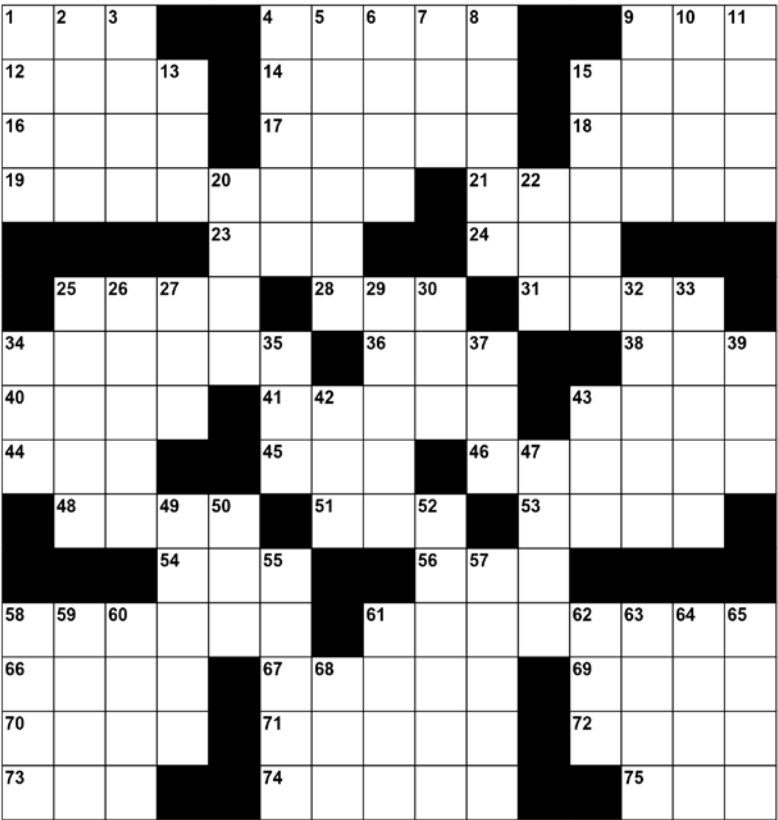
WORD SEARCH
"SPRING FLOWERS"

- FUCHSIA MILKWEED
- YARROW IRIS
- CROCUS CAMELLIA
- DAFFODIL POPPY
- MUSTARD VIOLET
- LILLY SNOWDROP

"March"

ACROSS

- 1 Against
- 4 Accumulate
- 9 Internal Revenue Service
- 12 Put down
- 14 Author of "The Inferno"
- 15 White flakes of ice that fall from the sky
- 16 Volcano
- 17 Architect Frank __ Wright
- 18 Continent
- 19 From Ghana
- 21 Softly
- 23 South by west
- 24 Munch
- 25 Pixies
- 28 Infirm
- 31 Drops of water that fall from the sky
- 34 Depletes
- 36 Roman three
- 38 Pouch
- 40 Light covered frame that is flown in the air at end of long string
- 41 Deep brown
- 43 Skid
- 44 Mountain Time
- 45 Purchase
- 46 Assumes the prayer position
- 48 Natural fiber
- 51 Telegraphic signal
- 53 Deeds
- 54 Creative work
- 56 Halloween mo.
- 58 Bathroom wall fixture
- 61 High-topped waterproof overshoes
- 66 Little Mermaid's love
- 67 Adult insect
- 69 Dr. Jekyll and Mr. __
- 70 Butterfly's cousin
- 71 Mock
- 72 Dueling sword
- 73 Single
- 74 Smooth
- 75 Terminate

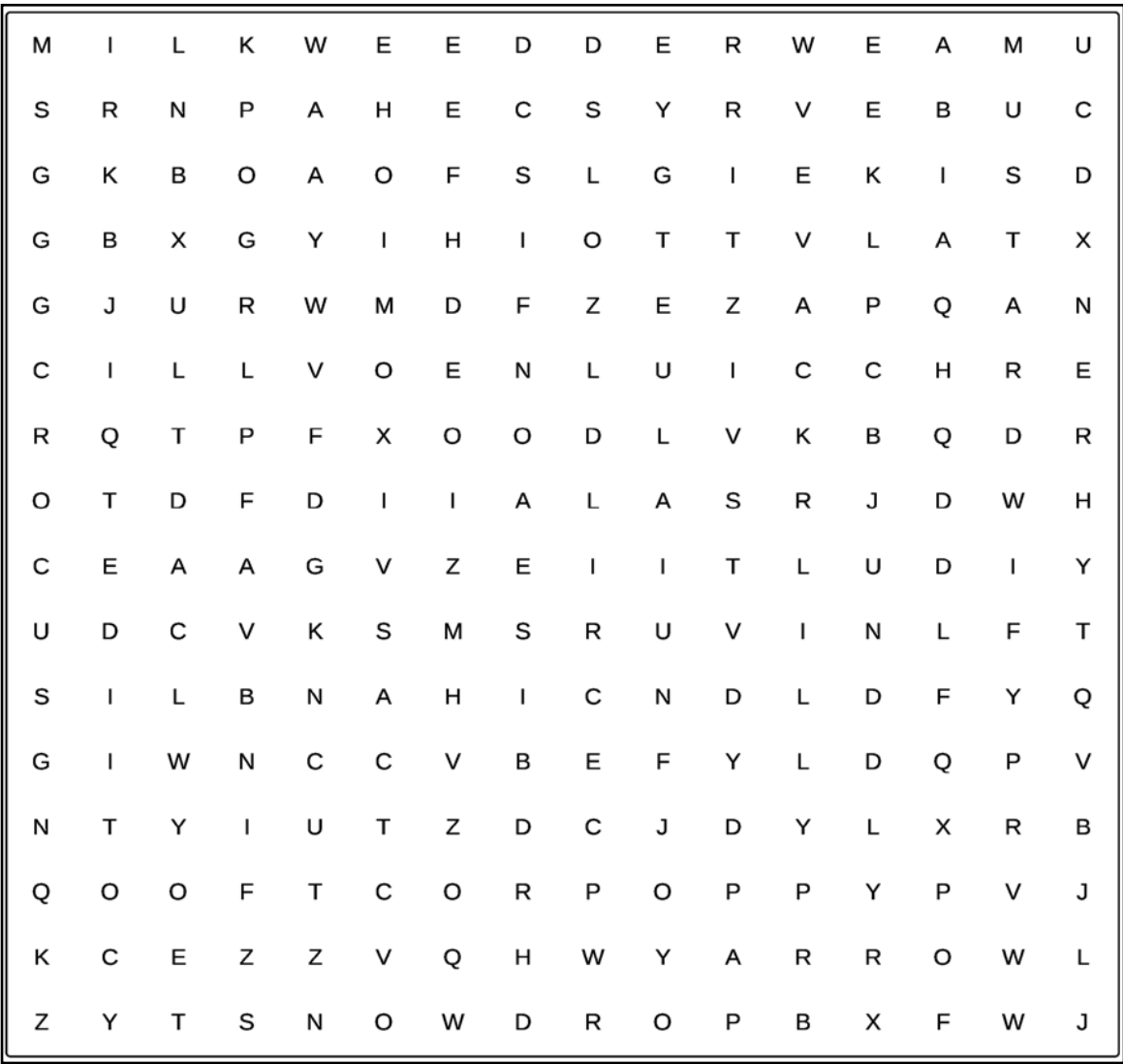


By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Horse fly
- 2 Vow
- 3 One of Columbus' ships
- 4 Speak without preparation
- 5 African country
- 6 After awhile
- 7 Eye infection
- 8 Grassy marsh plant
- 9 Institution (abbr.)
- 10 Churn
- 11 Swag
- 13 Newsman Rather
- 15 Present bringer
- 20 Association (abbr.)
- 22 Serving of corn
- 25 About Ireland
- 26 Flat
- 27 Pastry
- 29 African country
- 30 Tell a tall tale
- 32 Small island
- 33 Nabs
- 34 10 meters (abbr. for dekameter)
- 35 Underwater boat
- 37 Annoy
- 39 Hertz
- 42 Wet earth turned soft
- 43 Part of a min.
- 47 World organization
- 49 Third month
- 50 Not against
- 52 Sandwich
- 55 Prunes
- 57 Device for time
- 58 Business note
- 59 Cast metal
- 60 Ritual
- 61 Match
- 62 That girl
- 63 Hoopla
- 64 Adam's garden
- 65 Germ
- 68 Cubic centimeter

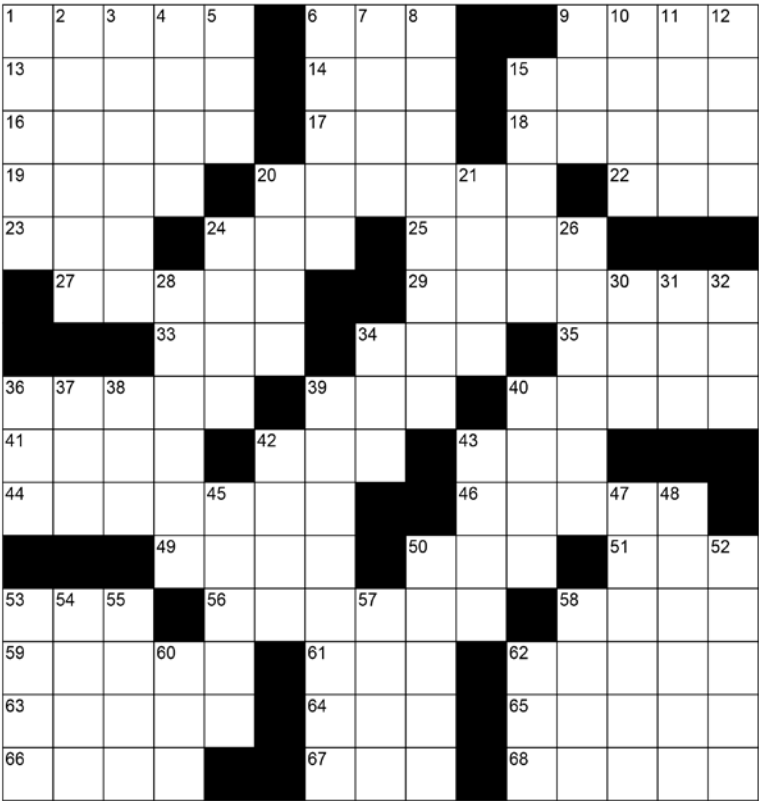
WORD SEARCH - "SPRING FLOWERS"



"Wind and Weather"

ACROSS

- 1 Male relative
- 6 Crimson
- 9 Chest wear
- 13 Crippling disease
- 14 Brew
- 15 Helper
- 16 Elbows
- 17 Peaked
- 18 Neutral color
- 19 Flightless birds
- 20 What pepper makes you do
- 22 Digit
- 23 Really cool
- 24 Timid
- 25 Signal
- 27 Household cleaner brand
- 29 Land of the lucky
- 33 Garden tool
- 34 Date
- 35 Opera solo
- 36 Mountain climbing tool
- 39 Males
- 40 Small fish
- 41 Large flat-bottomed boat
- 42 Entrance rug
- 43 Deoxyribonucleic acid (abbr.)
- 44 Compose
- 46 Bleacher
- 49 Decay, like metal
- 50 Beret
- 51 Radioactivity unit
- 53 South southeast
- 56 Constrict
- 58 Lacking in color
- 59 Vigorously
- 61 Billion years
- 62 Spanish coins
- 63 Marked by bursts of wind or rain
- 64 Take to court
- 65 Regions
- 66 Gets older
- 67 Pigpen
- 68 Covered with mud

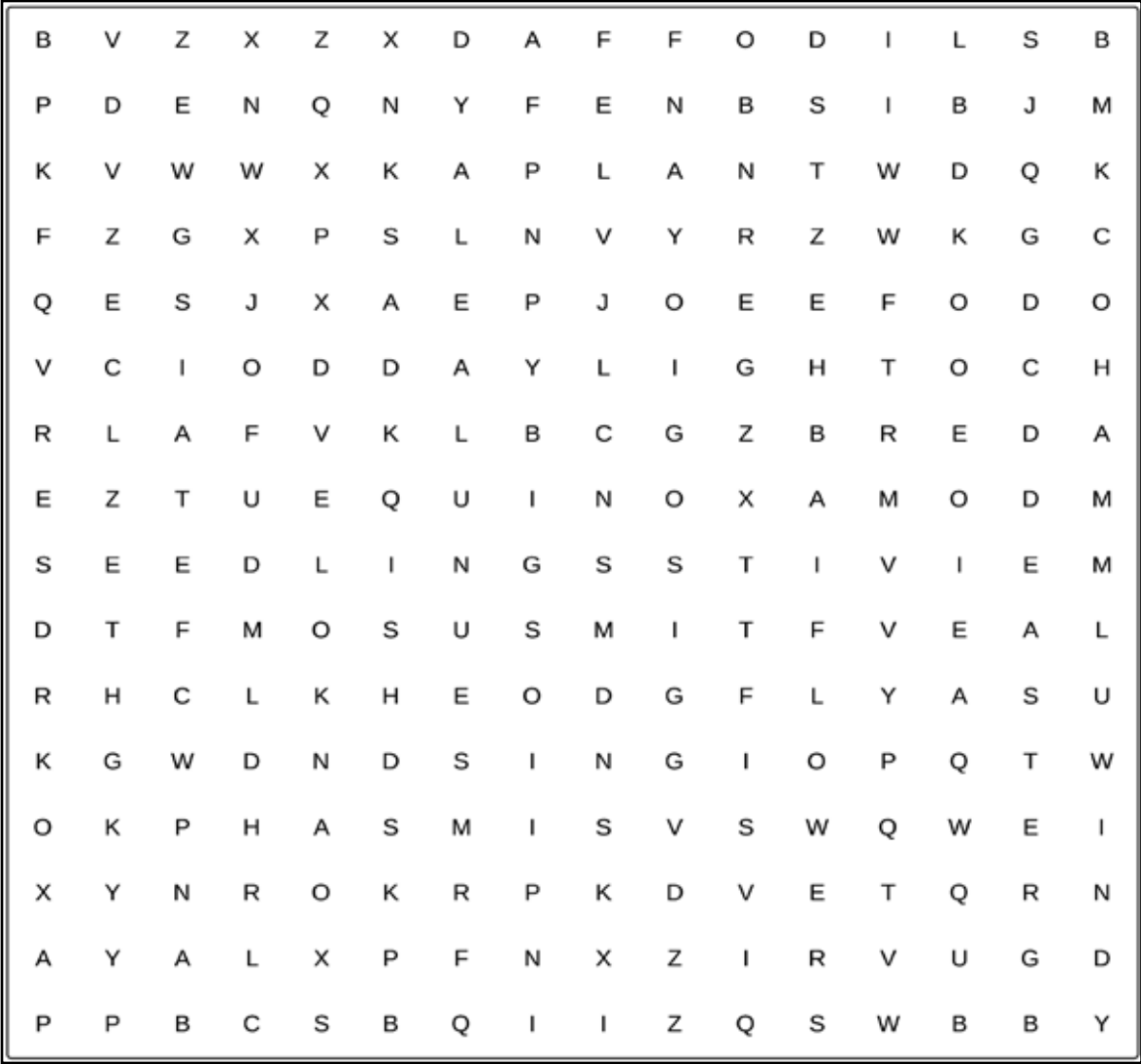


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DOWN

- 1 Higher
- 2 Wanted
- 3 Overcast
- 4 Caps
- 5 Aurora
- 6 Characterized by or having rain
- 7 Women's magazine
- 8 Removal
- 9 Compete
- 10 Blue-pencil
- 11 Sego lily's bulb
- 12 Birch
- 15 White poplar
- 20 Lone
- 21 Goose egg
- 24 ___ skin cap
- 26 Horse-like animals
- 28 Brief fall of rain
- 30 Be
- 31 Goose egg
- 32 Digital audio tape
- 34 Soaked with water
- 36 Pacific Time
- 37 Covered with ice
- 38 Highest point
- 39 Bed
- 40 Annoyance
- 42 Tableland
- 43 Depict
- 45 Having much sunlight
- 47 Wiped out
- 48 Put more ammunition in
- 50 What bees make
- 52 Disorderly
- 53 Heroic tale
- 54 Self-righteous
- 55 Relieve
- 57 Defeat
- 58 South American nation
- 60 ___ A Small World...
- 62 Brand of non-stick spray

WORD SEARCH - "WORDS FOR MARCH"



SUDOKU

SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SEARCH

"WORDS FOR MARCH"

- FLOWERS
- EASTER
- SPRINGTIME
- DAFFODILS
- DAYLIGHT
- PLANT
- WINDY
- IDITAROD
- EQUINOX
- BLOSSOMS
- PARADES
- SEEDLINGS

Lunch & Learn

BRAIN HEALTH

Join us for a
Lunch & Learn Event!

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11 AM - 12 NOON
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Space is Limited

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council on aging

ITS SPRING
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Pixabay

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Vegetarian Options are Available

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All Meals are Heart Healthy & Low Sodium

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

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HEALDSBURG
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133 Matheson Street
WED 9:30 - 10:30 AM

ROHNERT PARK
Rohnert Park Senior Center
6800 Hunter Drive, Suite A
WED 9:00 - 11:00 AM

SANTA ROSA
Steele Lane Community Center
415 Steele Lane
THUR 10:30 AM - 12:00 PM

SANTA ROSA
Council on Aging
30 Kawana Springs Road
THUR 10:00 AM - 12:00 PM

SEBASTOPOL
Sebastopol Senior Center
167 High Street
THUR 10:00 AM - 12:00 PM

SONOMA
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264 First Street East
MON 11:00 AM - 12:00 PM

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Windsor Senior Center
9231 Foxwood Drive
FRI 9:30 - 10:30 AM

council on aging
living better, together.

To Register, Call 707-525-0143 x121
Must Reserve 1 Week in Advance

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.

AT HOME
CAREGIVERS

PacificSun
Best of Marin
2022

Wouldn't you rather be at home?

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

Services provided include:

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

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

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

NUTRITION NEWS

DIET & IMMUNE FUNCTION



Immune System: The immune system consists of various organs, tissues, and cells located throughout the body. There are three levels of defense against disease-causing organisms. First is the barriers to prevent entry, second is the general defense, and third is the specific defense.

A well-functioning immune system is critical for survival. The immune system must constantly be on guard, monitoring for signs of danger and invasions.

Aging is usually associated with an increase in chronic diseases and infections. Your body's immune system tends to get weaker with age.

Defense: Certain immune cells produce a concentrated burst of damaging substances that help kill off the invading organisms and foreign invaders. Important antioxidant nutrients protect the cells and keep that burst going.

There is no one diet that improves immunity, however, a variety of foods that provide a vitamin and mineral-rich diet helps the body.

Nutrients that support Immune Function:
EPA & DHA: Commonly known as Omega 3's good sources are found in fatty/oily fish such as herring, salmon, and sardines.

Vitamin A: Good sources are found in eggs, carrots & sweet potatoes.

Vitamin C: Good sources are found in sweet red pepper, citrus fruits, kiwi & strawberries.

Vitamin D: Good sources are found in pink salmon, sardines, fortified milk, and from sunshine.

Vitamin E: Good sources are found in almonds, sunflower oil, and avocado.

Folate: Good sources are found in lentils spinach and enriched bread.

Vitamin B12: Good sources are found in clams, mackerel, and beef.

Vitamin B6: Good sources are found in salmon, turkey, and potatoes with skins.

Zinc: Good sources are found in oysters, beef, and yogurt.

Iron: Good sources are found in beef, tuna, and lentils.

Copper: Good sources are found in oysters, cashew nuts, and lentils.

Selenium: Good sources are found in tuna, pork, and whole wheat bread.

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

Attention
60
&
Better

The Community Table



Connecting through Food, Fun and Conversation

CLOVERDALE Kings Valley Senior Apartments 100 Kings Circle MON 12:00 - 1:00 PM	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 TUE, WED, THUR, FRI 11:00 AM - 12:00 PM New Time Starting 3/7 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



council on aging
living better, together.

To Register, Call
707-525-0143 x128
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.



Roy Johnston

Do you know what's in your estate plan?

Let's take a look, free of charge!

If we've learned anything from 2020, it's to expect the unexpected. I can offer you a completely free-of-charge review of your estate plan to make sure you're well-covered for whatever comes your way.

Just call (707) 545-6542 now for your complimentary estate plan review

Trusts & Wills

Probate & Trust Administration

Special Needs Trusts

Business & Real Estate Law

JOHNSTON | THOMAS

ATTORNEYS AT LAW, PC

(707) 545-6542
rjohnston@johnstonthomas.com
1400 N. Dutton Avenue Suite 21, Santa Rosa, CA 95401

Resources for Seniors

County Resources

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

Adult Protective Services (APS)

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

Alzheimer’s Association

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

Disability Services & Legal Center

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

Institute on Aging - Friendship Line

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

Jewish Community Center

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

Senior Advocacy Services

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

SHARE Sonoma County

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

The Sonoma County Library

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

City Resources

Cloverdale Senior Center

Market Days - Wholesale price produce.
Fridays 10:00-11:00 am.
Peter Van Gelder & Friends - Musical BenefitTuesday. Peter Van Gelder is a well-known performer with his sitar. He is being joined by Eric London as a vocalist and Tim Witter playing Tabla (aka drums). This is a special activity for our community to visit our Center and enjoy the sounds of joyous melodies, and a glass of wine with our neighbors. Together this group is playing Classical and Folk Melodies of India.
5:00 PM - 7:00 PM Tickets are \$35
CSMC Members Discount Ticket \$25
Ticket Sales Close Friday, March 10
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
Day Trip to Petaluma Wildlife and Natural Science Museum - Thursday, MARCH 23, 2023 - 11:00 AM 12:30 PM. Cost: Members \$23/ Non-members \$30. 707-829-2440.
We are serving over 100 seniors weekly with our classes and workshops. Most of our classes are in person, but we do have an online presence via Zoom. Visit our website: sebastopolseniorcenter.org.

Sebastopol Center for the Arts

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

Sonoma

Friends in Sonoma Helping or "FISH" provides safety net services to the Sonoma Valley community from Schellville to Kenwood. We recently celebrated our 50th anniversary! 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 have more than 120 dedicated volunteers working as dispatchers, drivers, and with our Food Room, Clothes Closet, and rental/utilities assistance programs.
Join us! Volunteer opportunities exist in all parts of the organization. Every volunteer is trained to ensure that client needs are met.

West County Community Services

707) 823-1640, www.westcountyservices.org

Windsor

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

Online Games / Virtual Classes

AARP Games Portal

aarp.org & games.aarp.org/games.

Jewish Community Center

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

Highway61.co

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

Gentle Chair “YogaCise”

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

Green Music Center

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

SRJC Older Adults Program

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, though courses are tailored toward older adults. These are free, noncredit courses. 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.

Senior Planet

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

The AARP Foundation's Tax-Aide Program

prepares tax returns, including electronic filing, at no cost to taxpayers. Though the focus is low-to-moderate income households headed by someone 50 years and older, there is neither an age limit nor an income cap. If you're under 50, you're still welcome to use Tax-Aide services. AARP membership is not required.



AARP Foundation Tax-Aide Service – 2023
---- Sonoma County ----

OUR HELP IS FREE, INDIVIDUALIZED,
AND WITH NO STRINGS ATTACHED.
WE ARE RIGHT HERE IN YOUR COMMUNITY.

Service at all locations is by appointment only – CALL for an appointment.

Location	Hours	Start / End Date and phone #
Cloverdale Senior Center 311 N. Main St, Cloverdale	SITE NOT USED FOR 2023 TAX SEASON.	See Healdsburg
Franklin Park Clubhouse 2095 Franklin Ave., Santa Rosa	Monday, Tuesday, Thursday, Friday, 9:30 am - 2:30 pm (Closed 2/10, 2/17, 3/3, 3/17, and 4/14)	January 30/ April 18; limited days April 20 through May 15 (707) 536-1518
Healdsburg Community Center 1557 Healdsburg Ave, Healdsburg	Thursday, 10 am - 3 pm	February 9 / April 13 (707) 836-3198
Oakmont Village Berger Center Fireplace Room, 6633 Oakmont Dr., Santa Rosa	Monday and Wednesday, 9 am - 3 pm (Closed April 3)	February 1 / April 17 (707) 582-0565
Petaluma Community Center 320 N. McDowell Blvd., Petaluma	Monday, 9 am - 2 pm (closed February 20)	January 30 / April 17 (707) 276-6603
Rincon Valley Regional Library 6959 Montecito Blvd., Santa Rosa	Friday, 1 pm to 5 pm <i>Four days only</i>	February 10, March 3, 17; April 14 (707) 536-1518
Rohnert Park Senior Center 6800 Hunter Dr., Rohnert Park	Friday, 9 am – 2 pm (closed February 17)	February 3 / April 14 (707) 241-3616
Sebastopol Center for the Arts (SCA) - Veterans Bldg 282 High St., Sebastopol	Tuesday, 9 am - 2 pm	February 7/ April 18 (707) 408-3190
Sonoma Valley Regional Library 755 W. Napa St., Sonoma	Friday, 10 am - 2 pm <i>Four days only</i>	February 24, March 10, 24; April 7 (707) 996-5217 or in-person at library.
Town of Windsor Bluebird Center 25 Bluebird Drive, Windsor	Tuesday, noon - 4 pm	February 7 / April 11 (707) 687-9883

Revised January 24, 2023
District phone number: 707-327-2401 <https://bill0745.wixsite.com/aarpc2/sonoma>

Diversity and Inclusion includes Older Adults

Recent events like the deaths of George Floyd and Elijah McClain surrounding racial discrimination and the movements that have followed have led to an increase in Diversity, Equity and Inclusion (DEI) programs, especially in the corporate setting, according to an article in GRC Insights. These programs aim to promote the inclusion of a more diverse group of individuals, which leads to better employee happiness, retention and increased efficiency.

It is not just about adding diverse individuals into a culture, it is also about creating an environment that is welcoming and inclusive of all individuals, regardless of race, ethnicity, age, abilities, gender and many other characteristics. The expansion of these programs has helped shed light on discrimination in the workplace and highlight areas for improvement.

When you think of diversity, equity, and inclusion, quite often race, ethnicity and gender are the main areas considered. Diversity is so much more than this and the intersectionality of these factors needs to be addressed as well. One factor repeatedly excluded in this review is age, specifically the population of older adults. This group is often left out of this discussion and ageism — prejudice or discrimination because of the age of the person — has only increased.

In an attempt to increase the diversity of corporate cultures, many companies are bringing in young professionals from different backgrounds to meet this need for change, which leads to less space for older employees. According to a Forbes article, older adults are seeing fewer opportunities in their field and are not being included in or considered a part of the company culture. This leads to negative feelings in the workplace and older workers often feel forced to leave the workplace due to a lack of inclusion.

The augmentation of the DEI programs have overall been a positive change as companies become more diverse and inclusive. The change needs to continue to evolve to include more diverse characteristics including age when considering diversity. Making sure that all individuals feel included and considered an important part of a company's culture should continue to be a driving force for change in the workplace. This can be done by including age in the company's DEI policy or by including ageism when conducting diversity training.

by Cassie Voit, MSWI



Pixabay

UP ON THE HILL

The wolf sits still,
A soft breeze rustling its fur
A slow-moving cloud covers a full moon
The wolf awaits impatiently
Soon now, the cloud is gone
The wolf howls
It echoes off the distant hills
Shattering the silence

By Janie Haggerty

Pain? Relief!

Acupuncturist Specializing in Senior Wellness
*I work with your own body's natural ability to
Heal and Relieve pain.*
Acupuncture works on new or long-term issues

35 Years of Experience!



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

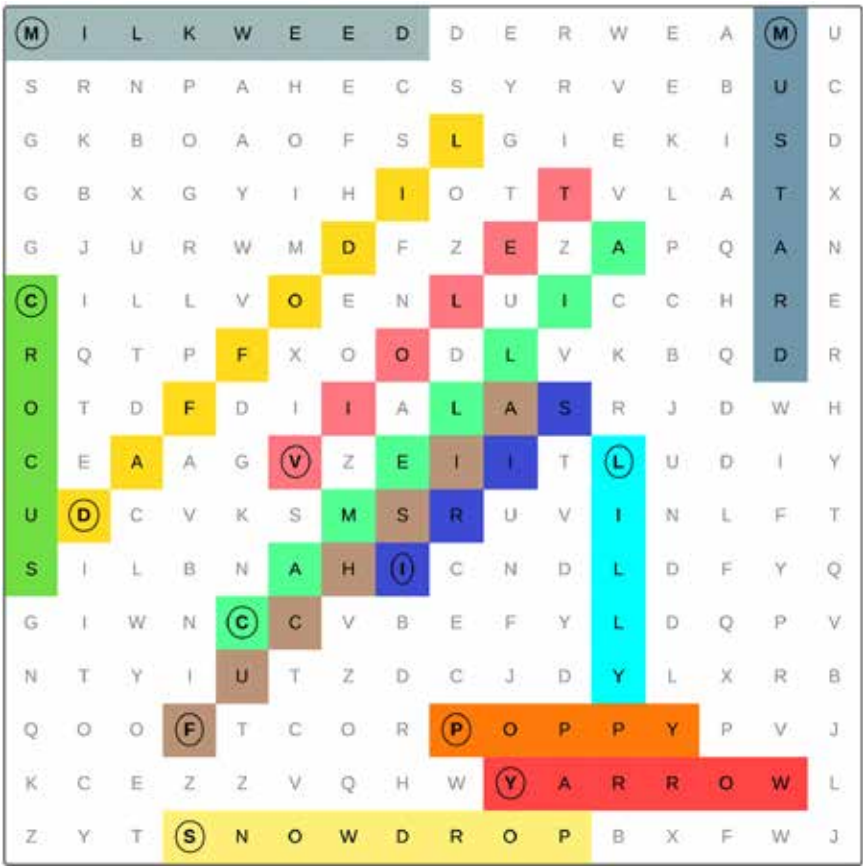
(530) 708-1628
95 Montgomery, Suite 204, Santa Rosa

Want to Advertise?

Council on Aging's monthly newspaper, *Sonoma Seniors Today*, reaches over 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 at www.councilonaging.com Advertisers can choose ad size 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. Discounts available for multiple insertion contracts.

Contact us at
SST@councilonaging.com

"SPRING FLOWERS"



B	V	Z	X	Z	X	(D)	A	F	F	O	D	I	L	S	B
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3. MIWNYHEGA	H E M I N G W A Y
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6. ALGZTRDIEF	F I T Z G E R A L D
7. MNRORISO	M O R R I S O N
8. OBENRT	B R O N T E
9. NIOKLTE	T O L K I E N
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11. FOLWO	W O O L F
12. AVIMSO	A S I M O V

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MOVIES TO CELEBRATE

Barbara Spear

Gaslight

GASLIGHT (1944) is based on the play *Angel Street* by Patrick Hamilton, which is the origin of the term “gaslighting,” meaning the psychological manipulation of a person that causes the victim to question the validity of their own thoughts, perception of reality or memories. This leads to confusion and emotional instability — an effective tool for an abuser to use on a victim — and has lately been used in connection with the #MeToo movement.



GASLIGHT is the story of a young wife who’s led to believe that she’s slowly going mad. Ingrid Bergman won her first Oscar for her luminous and touching portrayal as the victim, and the film was awarded an additional Academy Award for Cedric Gibbons’ stunning black and white art direction. Also in the cast are



Charles Boyer, Joseph Cotten and 18-year-old Angela Lansbury in her very first role on the screen, playing a scheming maid who’s a brazen flirt. Lansbury was nominated for a Best Supporting Actress Oscar for her performance. The climax of the film is a study in psychological terror. Paul Byrnes of the *Sydney Morning Herald* calls GASLIGHT “a superbly creepy thriller, with universal themes ... An essential movie in anyone's canon.” GASLIGHT has a terrific score of 89% on the Rotten Tomatoes website and is available to stream from Amazon Prime for \$2.99.

Russian Ark

RUSSIAN ARK (2002) is a Russian film that was shot on location at the famous State Hermitage Museum in St. Petersburg. The movie has attracted much attention because it was entirely filmed in one continuous long take with no editing — no cuts at all. During its 100 minutes, the viewer is swept through not just the physical space of the museum but hundreds of years of Russian history (complete with costumes, etc.), slipping back and forth in time as an unseen narrator crosses thresholds from one room to another. We visit an 18th century reception when the Hermitage was being used as the Winter Palace of the Tsar. We attend the last royal ball of 1913, complete with a live orchestra. We come across many historical figures,



including Peter the Great and Catherine II. All this was orchestrated by director Alexander Sukurov and his cameraman, Tilman Buttner. Kirk Honeycutt of *The Hollywood Reporter* says, “This movie in a single breath goes to the very heart of the Russian experience.” RUSSIAN ARK has a terrific score of 89% on the Rotten Tomatoes website. It has not been rated and is available for free from the Sonoma County Library streaming website Kanopy (kanopy.com). Just provide your Library card number and a password to establish your account and begin borrowing great films like RUSSIAN ARK.

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.

The Joy of Music at Any Age

Cassie Voit, MSWI

When I was first introduced to the documentary *ALIVE INSIDE*, I was inspired by what was being done for patients with dementia who were often minimally responsive and showed little interest in participating in life. Their exposure to something so simple as music brought life back into their faces and sparks in their eyes. As an intern getting my Master's in Social Work, I decided to try to bring this experience to some of our amazing clients. The Adult Day Respite Program at Council on Aging provides stimulating activities to clients with cognitive decline while allowing their caregivers a much-needed respite. I had the opportunity to interview two clients from this program and create playlists for them.

Music has always been an important part of my life. It is ingrained in my memories growing up, and certain songs will bring me back to an experience, a book, or even a person. It came as no surprise to me when I learned that music is used to improve the lives of individuals living with dementia. What did surprise me was that access to music was not already readily available to these patients.

Looking further into the program that helps to bring music to these patients, Music and Memory, I quickly learned how unique each playlist was. The process involved interviewing the client and a caregiver, if possible. Subjects addressed included what year the client graduated high school, what songs were popular at their prom, and their favorite song or type of music. Diving deeper, songs would be played for the client and their reaction would be recorded. Then, based on this information, a personalized playlist would be created for them to enjoy.



With this information, I compiled lists of top songs by popular artists with the years they were most popular for easy reference. I researched the top ten artists of each decade and then selected five to ten of their most popular songs. I categorized them based on the genre and the decades that they were most active and included diverse genres. Of course, creating this list brought back my own happy memories of growing up listening to music with my dad.

I met with my first client and his wife for about 30 minutes, and we talked about all of the music that they love to listen and dance to. They even came prepared with a few CDs and a list of the client's favorite songs. The playlist that I created consisted of eighteen songs that included songs with particular meaning to the couple.

The playlist began with “What a Wonderful World” by Louis Armstrong and meandered

through artists like The Beatles, Tony Bennett, Lyle Lovett, and Miles Davis.

I interviewed the next client alone, and at first, she wasn't able to clearly communicate her preferences to me. Continuing a casual conversation and mentioning songs and artists that she might know sparked memories, and she was able to express a clear picture of what she really loved. Her face would light up at the sound of an artist like she had a happy memory.

I was able to create for each client a CD with their own unique playlist. A few weeks after the CDs had been delivered to the clients, I received an email from the spouse of one saying how much they enjoyed listening to the songs together and how they appreciated their wedding dance song being included. This was followed a few days later by the caregiver of the other client reaching out, saying how much the client enjoys the CD and plays it multiple times a day. I was happy to hear that the playlists brought some enjoyment to the clients and hope that others find joy in music.

ADOPTION RESOURCES

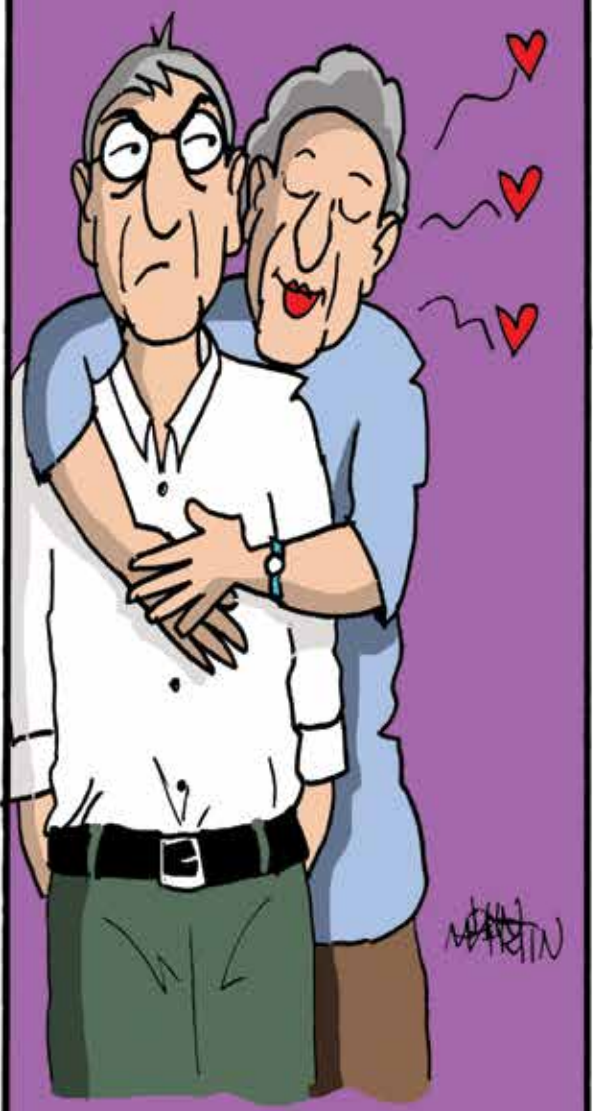
Sonoma County Animal Services
707-565-7100 for info or email to: theanimalshelter@sonoma-county.org
Open Kennel - Santa Rosa 707- 565-7109

Humane Society of Sonoma County

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

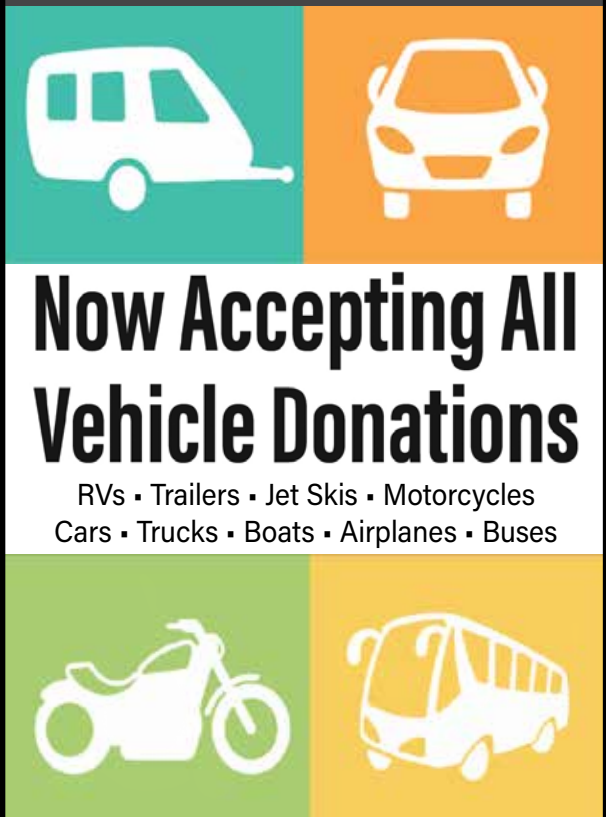
GRANDPA SEZ...

I TOLD MY WIFE SHE SHOULD EMBRACE HER MISTAKES...SO SHE GAVE ME A HUG!



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