

SONOMA SENIORS TODAY

Active Aging Week Reminds Us to Get Moving!

The International Council on Active Aging began the first Active Aging Week in 2003. This week is meant to celebrate how positive the process of aging can truly be. Active Aging Week encourages adults over the age of 50 to take advantage of all that life has to offer. The goal of this week is to promote wellness initiatives and to get bodies up and moving!

Physical activity is a great way to boost your health and your mood. As you age, staying active can also help you continue doing the things you enjoy. Learn ways to make exercise fun and stay motivated.



How Hard Should You Exercise?

By Denise Johnson, MS, Director of Nutrition

I am often asked by individuals how hard they should exercise or how much weight should they be lifting. I can't tell you exactly because what is easy for one person might be strenuous for another.

I can, however, provide some advice based on research: In addition to heart rate, you can listen to your body. The level of effort you feel you are putting out is likely to agree with what actual physical measurements would show. In other words, if your body tells you that the effort you are exerting while exercising is moderate, your heart rate would probably show that it is working at a moderate level.

The Rating of Perceived Exertion scale is used to identify the intensity of your exercise based on how hard you feel (or perceive) your effort to be. The numbers on the left are a way of helping you describe how hard you feel you are working. Perceived exertion derives from the physical markers an individual may experience. These include increased heart rate, breathing rate, sweating, and muscle fatigue. When using the scale, consider how you feel, rather than focusing on one marker.

Try to work between 4-8 on the RPE scale. Only you know how hard your exercise feels. You can tell how hard an effort you are making by comparing it to your maximum effort. During moderate exercise, for instance, you can sense that you are challenging yourself but you are not near your upper limit.

As your body adapts and you become more fit, you can gradually keep making your workouts more challenging.

Rating of Perceived Exertion Scale

- 0: rest
- 1 to 3: very easy to light exertion
- 4 to 6: moderate exertion
- 7 to 8: vigorous exertion
- 9: very hard exertion
- 10: maximum effort

What are the benefits of exercise on physical health?



Reduced risk
cardiovascular disease



Strengthens bones
and muscles



50% lower risk
of type 2 diabetes



Helps to
control weight



Improves
sleep



Improves energy
levels



30% lower risk
of dementia



Prevents
cognitive decline

INSIDE

Medtronic's commitment to MOW.....	page 2
Donors.....	page 3
Puzzles	pages 4 and 5
Senior Resources	page 8
Healthy Aging & Exercise tips	page 9
Puzzle solutions.....	page 10
At the Movies	page 11
Nutrition News.....	page 12

Medtronic's commitment to its Meals on Wheels route thrives in capable hands!

Laurie Wachter

The Council on Aging fosters volunteering through its Adopt-a-Route program by encouraging community partners to help our Meals on Wheels (MOW) program increase meal deliveries to Sonoma County seniors in need. MOW volunteer drivers deliver what is often the only meal of the day for many of our clients. MOW delivery is often the only human interaction some of these seniors will have all day and seeing a smiling face and knowing someone is checking on them helps reduce their sense of isolation.

Medtronic has been actively participating in the Adopt-a-Route program since January 2021, providing invaluable support to MOW. Medtronic improves patients' lives through medical technology and is committed to making the world a healthier place by strengthening communities through its Medtronic Foundation. The Foundation empowers employees to positively impact their communities and the nonprofit organizations that mean the most to them with skilled services, hands-on volunteering and disaster relief response. The Foundation also provides matched giving and volunteer grants.

Tricia Bullard and Nancy Vierra, Co-coordinators of Medtronic's MOW employee volunteer program, are old hands at coordinating projects at Medtronic and often work together on them. The team took over from Sara Ortiz, who started the program at Medtronic in January 2021, and they have worked hard to grow the number of volunteer employees.

"We have similar interests, and we both love to volunteer," says Nancy, a project coordinator in Medtronic's Research and Development department. "We started in February, just as the pandemic hit, and our MOW commitment was through the end of 2021. We recruited more people and grew big enough that we could split the route into two to give drivers a shorter time away from their desks, which gives them more flexibility. We do a push for more volunteers every six months, and each time we might get responses from 20 people, and 3 or 4 will follow through and sign up. That response has let us extend our commitment to COA through 2022."

"Medtronic is very supportive of volunteering in the community and encourages us to take time away from our desks to do it," adds Tricia, a Clinical Research department

project coordinator. "I've volunteered before, but Medtronic makes it much easier to do it not just on our personal time but to take time away from work if we need to sub for a driver. We oversee two routes every Thursday morning, each with 12-14 deliveries. Nancy and I like to do Route B together because we can gather up all the meals and walk around the neighborhood."

"Delivering meals gives instant gratification because you have direct contact with people and bring them something they need," says Nancy. "With most of the volunteering I've done in the past, like at the food bank, you know you're helping, but you don't see the people you're helping."

The feedback from their fellow employee drivers has been positive, with most people saying that they feel that instant reward of seeing the people they're helping.

"If we have someone sign up to do a route, we find that as soon as they get back to their computer, they've signed up for 2 or 3 more," Tricia says. "Or we find that someone who wasn't too sure rode along with another driver, and the next thing we know, they've signed up for not one but several sessions."

"It's a big morale booster for employees who do this," Nancy adds. "At the end of their route, they return, saying, 'I want more of that!' It energizes how you feel about helping. All the routes are already filled through December 15th."

Nancy offers a quote from one of their peers, who said he benefits from "the sincere gratitude that you get from the participants and a renewed appreciation of my own blessings!"

These two enthusiastic MOW route coordinators believe that other companies in the area should "absolutely do this." The benefits of participating in COA's Adopt-a-Route program include supporting the thousands of seniors who depend on MOW, and enabling their employees to be volunteer drivers gives them a strong sense of being a part of a positive and caring community.

To learn how your company or service organization can become one of our valued partners, or are an individual looking to volunteer, please get in touch with Leigh Galten, Council on Aging's Volunteer Services, Drive-up/Pick-up Coordinator, at 707-525-0143 x121 or email her at lgalten@councilonaging.

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30 Kawana Springs Road
Santa Rosa, CA 95404
707-525-0143 • 800-675-0143
Fax 707-525-0454
@councilonaging.com
www.councilonaging.com

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Editor: Laurie Wachter
lwachter@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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A MEALS ON WHEELS TESTIMONIAL

JB was born and raised in Seattle, Washington, spending many vacations on Newport Island in California, and loved the sunshine compared to the rain in Seattle. She decided to move to CA 20 years ago. She has one brother, who lives in Redwood City, and her sister and the rest of her extended family live in Seattle. JB worked as a Dental Assistant and has a 7-year-old Tabby cat named Sheba.

JB had a kidney transplant 15 years ago, and she is currently healthy. Part of JB's ongoing care includes working with three Registered Dietitians regularly and following renal diet plans.

After a leg injury, she began exercising at Santa Rosa Junior College's Physical Therapy Program. She loves exercising, and the class motivates her to continue exercising regularly. The Center for Wellbeing has also been a great help to her health.

Her friend volunteered at Council on Aging (COA) and strongly suggested the Meals on Wheels (MOW) program. Her friend said that the meals are nutritious and the drivers are very



friendly. Now that JB is a MOW client, she agrees with everything her friend said about MOW—The meals are very convenient since physical therapy keeps her busy, and the meals are ready when she returns. She says that the drivers have been so kind and always bring a smile to her face. Her neighbors get meals, too, and they love them! JB's participation in the Meals on Wheels program has been a positive experience for her health. The doctor took her aside and told her that her lipid panel results were astonishing, and it is because she has eaten meals from Meals on Wheels, which are nutritious, low-fat, and mostly vegetarian!

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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 on our website : www.councilonaging.com

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OCTOBER PUZZLES

Puzzle solutions are on page 10

WORD SCRAMBLE
"HOLIDAY ON THE 31st"

1. NUKPMIP _ _ _ _ _ _ _
2. SHOGT _ _ _ _ _
3. KSPOYO _ _ _ _ _ _
4. IBLGNO _ _ _ _ _ _
5. ANYDC _ _ _ _ _
6. TSTRAE _ _ _ _ _ _
7. ECUOTMS _ _ _ _ _ _ _
8. MAK5 _ _ _ _
9. MIEPARV _ _ _ _ _ _ _
10. YMMMU _ _ _ _ _
11. ONMO _ _ _ _
12. KRSITC _ _ _ _ _ _

WORD SCRAMBLE
"AUTUMN DAYS"

1. SRHVAET _ _ _ _ _ _ _
2. EEVLAS _ _ _ _ _ _
3. CDRIE _ _ _ _ _
4. COLOSR _ _ _ _ _ _
5. ACRNO _ _ _ _ _
6. IEATMGR _ _ _ _ _ _ _
7. ARKE _ _ _ _
8. ESSTTNCHU _ _ _ _ _ _ _ _
9. EALOGIF _ _ _ _ _ _ _
10. HECANG _ _ _ _ _ _
11. LWOYLE _ _ _ _ _ _
12. ESGEE _ _ _ _ _

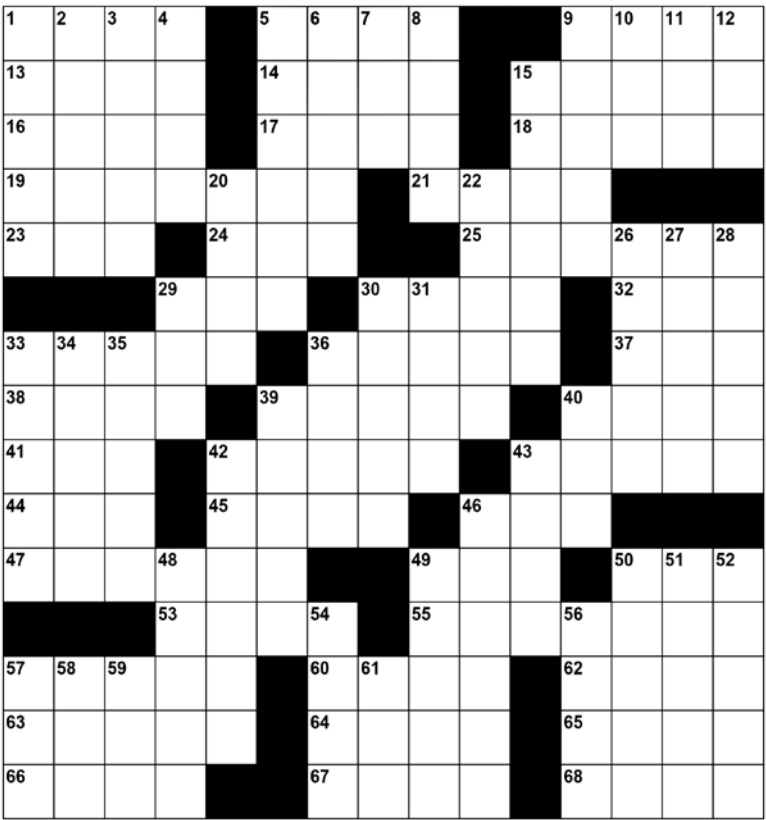
WORD SEARCH
Hollywood Flicks

- CASABLANCA PYCHO
- CITIZEN KANE THE BIRDS
- GODFATHER NETWORK
- FRANKENSTEIN REAR WINDOW
- MARY POPPINS CHINATOWN
- SUPERMAN RAGING BULL

"HALLOWEEN"

ACROSS

- 1 Welt
- 5 What kids do
- 9 Look for
- 13 Chilled
- 14 Costa _
- 15 Do penitence
- 16 Siamese
- 17 Sign
- 18 What Trick-or-Treaters get
- 19 Clothing worn to resemble some other person, animal, or thing
- 21 Annoying insect
- 23 Fiery
- 24 Watch secretly
- 25 Refrigerator
- 29 Central daylight time
- 30 Wise Man
- 32 Avenue
- 33 Popular condiment
- 36 Country house
- 37 Take flight
- 38 Treat with contempt
- 39 Impressionist painter
- 40 Rolled chocolate candy brand
- 41 Tree
- 42 Actress Day
- 43 Table cloth fabric
- 44 Unrefined metal
- 45 Volcano
- 46 Spiritedness
- 47 Duration
- 49 Night flying mammal
- 50 Small carnivorous furry mammal
- 53 Chop up
- 55 Limber
- 57 "wreak _"
- 60 Asian country
- 62 Aroma
- 63 Scots' neighbors
- 64 Agreement
- 65 Not women's
- 66 Short play
- 67 Pen fillers
- 68 Advance

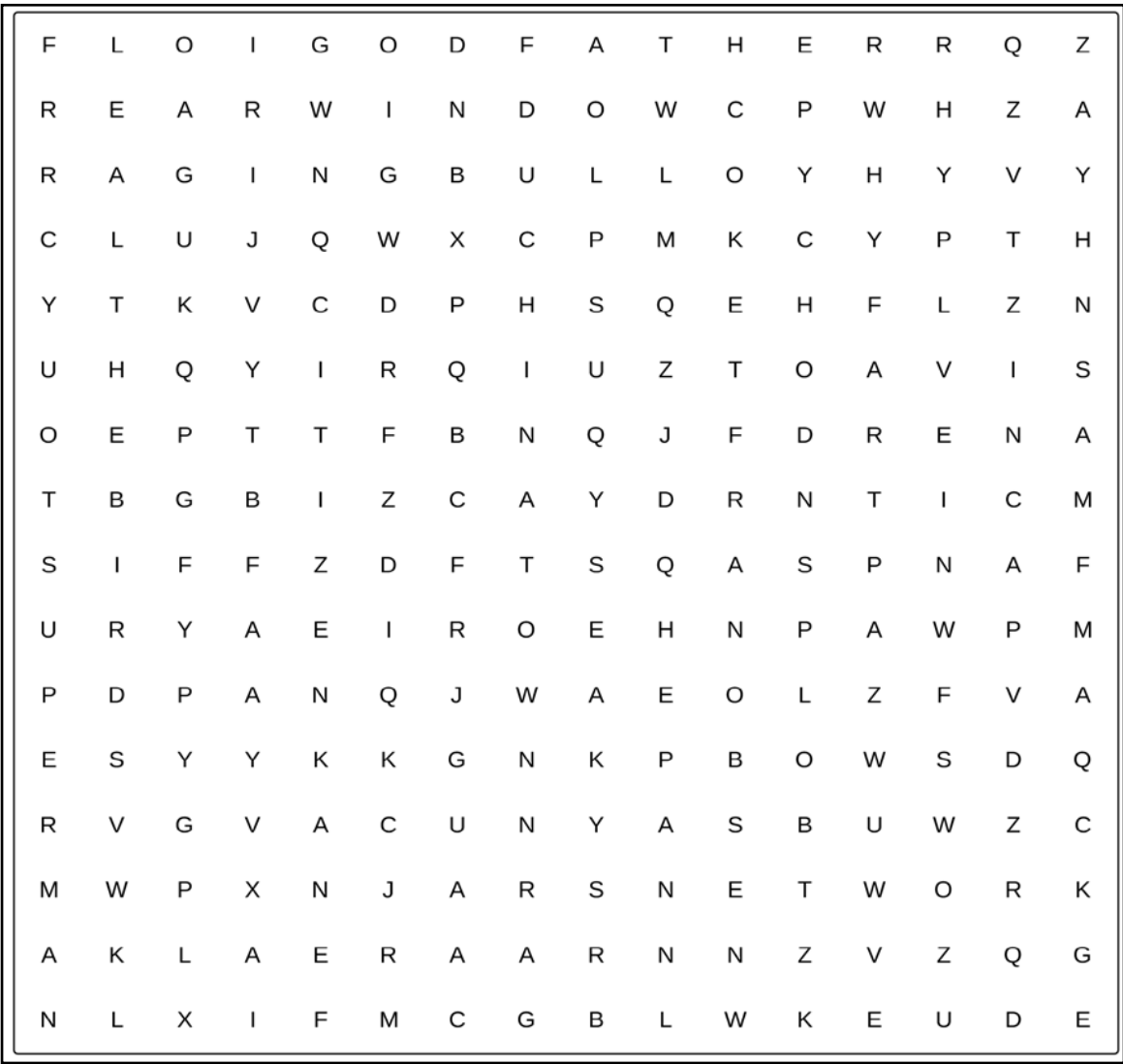


By Evelyn Johnson - www.qets.com

DOWN

- 1 Woman who practices occult magic
- 2 Sound of a sneeze
- 3 Minimum amount
- 4 Revise
- 5 Remind
- 6 English sailor
- 7 Expert
- 8 Yin's partner
- 9 Tell
- 10 Long time
- 11 Discontinue
- 12 Opens lock
- 15 Gum tree
- 20 U.S. Department of Agriculture
- 22 Hours of darkness between sunset/dawn
- 26 Nobleman
- 27 Plant seed
- 28 Xe
- 29 Clock time
- 30 Craze
- 31 Pros
- 33 Kitchen seat
- 34 Knowing
- 35 Consider equal
- 36 Fix the socks
- 39 Butterflies cousins
- 40 Rest in Peace
- 42 Come apart
- 43 Allows
- 46 Makes a picture
- 48 Spirit of someone who has died
- 49 Darkest color, which absorbs not reflect light
- 50 Encoded
- 51 With
- 52 Concise
- 54 N.A. Indian
- 56 A few
- 57 Possessive pronoun
- 58 Boat
- 59 Roman numeral seven
- 61 Woman's partner

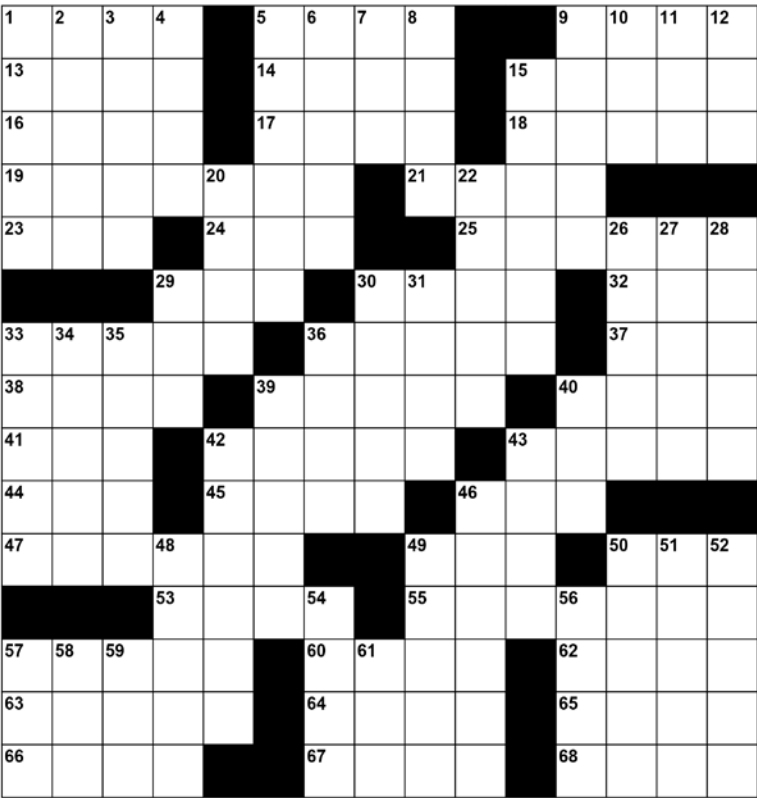
WORD SEARCH - HOLLYWOOD FLICKS



"HARVEST FESTIVAL"

ACROSS

- 1 Applaud
- 5 Autumn
- 9 Roman iv
- 13 Model
- 14 Domain
- 15 Furious
- 16 Speck
- 17 Cry like a cat
- 18 Famed
- 19 Large gourdlike orange fruit
- 21 Southwest by south
- 23 Resort hotel
- 24 Wing
- 25 Motels
- 29 Jimmy
- 30 Scent
- 32 Positive vote
- 33 Sound of a sneeze
- 36 Fruit of the oak tree
- 37 __ Lanka
- 38 Frog's cousin
- 39 Conquer
- 40 Tack
- 41 Lab animal
- 42 Relating to the ear
- 43 play sweetly (music)
- 44 Frost
- 45 Noggin
- 46 Lurked
- 47 Brief expression
- 49 Old-fashioned Dads
- 50 Prompt
- 53 Be on fire
- 55 Old
- 57 Juice pressed from apples for drinking or making vinegar
- 60 Goofs
- 62 German composer
- 63 Wood nymph
- 64 Tool consisting of a long handle and a row of tines
- 65 Island
- 66 Seethe
- 67 Opaque gem
- 68 Stags

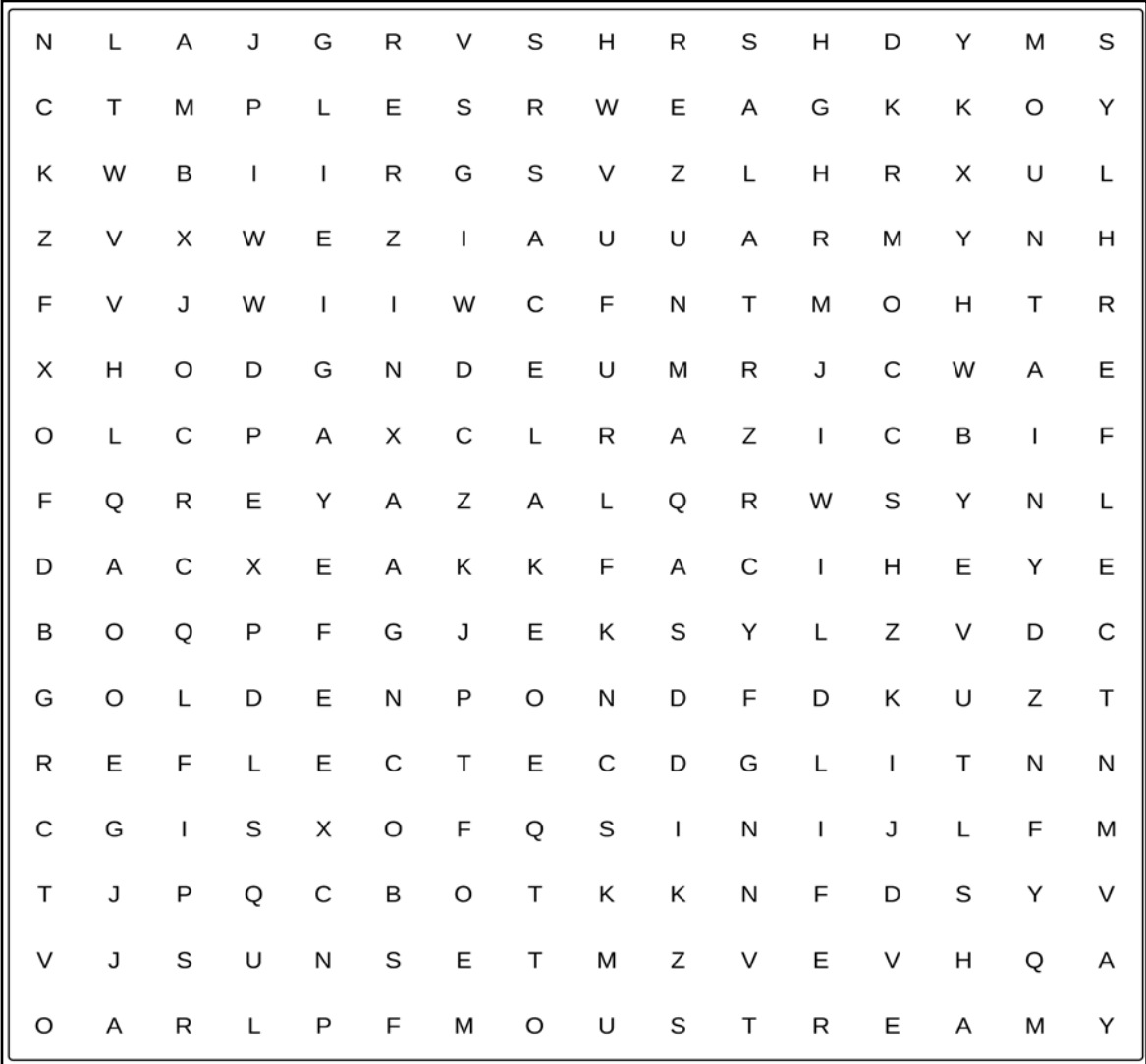


By Evelyn Johnson - www.qets.com

DOWN

- 1 Cowboy leg wear
- 2 Respite
- 3 Perfume
- 4 Splendor
- 5 Parents and children
- 6 Stadium
- 7 MGM's Lion
- 8 Statutes
- 9 White covering of dew frozen into ice crystals
- 10 Grain
- 11 North American Indian
- 12 First color on the spectrum
- 15 Present from birth
- 20 Corn syrup brand
- 22 Spiral
- 26 Artist's need
- 27 Musical
- 28 Fishnet
- 29 Pea holder
- 30 Sea
- 31 Girl's toy
- 33 A vacation (2 wds.)
- 34 Instructor
- 35 Malicious person
- 36 Manner
- 39 Suspect
- 40 Pole
- 42 Funny
- 43 Record
- 46 Gretel's friend
- 48 Right angle to a ships length
- 49 Heavy coat
- 50 Terminate
- 51 Male relative
- 52 Anesthetic
- 54 Roman emperor
- 56 Same cite as previous
- 57 Central daylight time
- 58 Anger
- 59 Tinge
- 61 Knock

WORD SEARCH - NATURE



SUDOKU

SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SEARCH

Nature

- FLOWERS
- WILDLIFE
- PEACEFUL
- GOLDEN POND
- STREAM
- OCEAN WAVES
- LAKE
- SUNRISE
- SUNSET
- REFLECT
- MOUNTAIN
- REFLECT



Roy Johnston

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What is required?

- 55 years or older and low income
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- Follow confidentiality requirements
- Available 5-40 hours per week

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To volunteer or learn more, contact Ana Horta, SCP Supervisor at 707-566-3005 or anah@nbrc.net.

What volunteers say : I feel alive again for the first time in years.” “It’s so good to be needed again.” “The clients are so delighted to see us.



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- Donating avoids the costs associated with keeping a car, such as registration, insurance, car repairs, and more.
- You can free up space at home and/or stop paying for extra parking.
- It's better than a low trade-in offer.
- Vehicle donations are tax-deductible, and you could reduce your taxable income when taxes are itemized.
- Donating to Council on Aging feels good and makes a difference!

The Orange Apron



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

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council on aging

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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. 8/18/22

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

HEALDSBURG
Healdsburg Senior Center
133 Matheson Street
Tuesdays 10:30 – 11:30

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 10:00 – 12:00

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

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

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 HEALDSBURG Fitch Mountain Senior Apartments 710 S. Fitch Mountain Road TUE 12:00 PM - 1:00 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 SANTA ROSA Silvercrest Senior Apartments 1050 Third Street FRI 11:30 AM - 12:30 PM SEBASTOPOL Burbank Heights & Orchard 7777 Bodega Avenue WED 11:30 AM - 12:30 PM	SONOMA Oakridge Senior Apartments 18800 Beatrice Drive TUE 12:00 PM - 1:00 PM SONOMA (Starting 8/22) Vintage House 264 First Street East MON 12:00 PM - 1:00 PM WINDSOR Bell Manor Senior Apartments 8780 Bell Road WED 12:00 PM - 1:00 PM
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council on aging
Living better, together.

Meals are provided at no cost. Contributions in any amount are welcome. If you would like to make a \$4 Contribution to support our Dining Program, please deposit your funds in the collection box. Eligible and ineligible individuals who do not complete a registration form are required to pay \$7.
No one will ever be denied meals for an inability to contribute.
* Santa Rosa Steele Lane: Participants Must Register with Steele Lane Community Center at 543-3282 and the Council on Aging.

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

Meals Funded in Part
by County of Sonoma

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
Sonoma Back-to-School Resources for All Ages. Did you know that Sonoma County Library has educational resources for everyone, no matter your age?
We’ve got you covered. All you need is your library card. Visit: 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 needed.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 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
The Harvest Cafe is open and seeking volunteers. 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. Downstairs at the Jewish Community Center, 1301 Farmers Lane, Suite C103, Santa Rosa, CA 95405. Cost: \$2 Masks and proof of vaccinations required. RSVP and we’ll hold a seat for you! (707) 528-1182 or friendshipcircle@jccsoco.org

Highway61.co
Online chat rooms to learn, support and communicate. Aging Alone Support Group, Daily Bingo, Classic Movies discussion group, Morning Coffee Chat, Poetry Hour, and more.

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

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

SRJC Older Adults Program
The Older Adult Program (OAP) at SRJC Fall Session has begun! Free, noncredit courses designed specifically for older adults. Students get many benefits, including free SR bus passes, food, library access, dental and medical at a discount, as well as merchant discounts. Visit https://older-adults.santarosa.edu/join-class. The Fall 2022 semester session continues weekly until December 14th. (707) 527-4533

Sonoma State University OLLI
Osher Lifetime Learning Institute is a unique learning community for adults age 50 years old or better. SSU faculty and other Bay Area educators enjoy sharing their expertise. Registration for Fall courses now open: http://olli.sonoma.edu/. Register online up until 5:00 p.m. two days before class at olli.sonoma.edu/registration. Register by phone up until 5:00 p.m. the day before the class: 707-664-2691 (8:00 a.m. – 5:00 p.m.). ONLINE (ZOOM) classes: Registered students will receive email with class Zoom link the day before class starts. IN PERSON classes: Registered students will receive an email the day before class starts with course location, directions, and parking information. There is a \$5 daily parking fee at the SSU campus. Course materials are available at: olli.sonoma.edu/course-materials

Free Tax Assistance Program
The Sonoma/Napa Tax-Aide program is offering an in-person fall tax clinic, offering tax preparation and electronic filing. For those 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, Santa Rosa. Appointments - 9:30 a.m. to 1:35 p.m. Appointments required and can be made by leaving a message at 707-536-1518. Those with a tax question should call the main district number, 707-327-2401. 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.

Graton Community Club

Fall Flower Show and Plant Sale

Friday and Saturday, October 14 and 15

9am - 4pm

8996 Graton Rd in Downtown Graton
707-829-5314

www.gratoncommunityclub.org

Free Admission

After a two year Covid pause we are very excited to be offering you a Fall Flower Show filled with Mystical Magic to lift all our spirits and give us hope that things are indeed getting better. Our main hall will be bedecked with flowers and all things magical. There are many plants for sale, handmade novelties, recycled treasures and a fabulous raffle. Lunch - including homemade desserts from 11-2 for \$15.

Live local music all day.

This event benefits a scholarship program for local JC students.

Achieve Health Aging!

You don't have to be a gym rat to benefit from exercise. If you are just starting out, begin with 15 minutes per day and work your way up to 60 minutes per day. If you have been consistently exercising, I would suggest you start with the amount of time that you are used to and increase from there. Many people believe that cardio is the way to go. Others believe that lifting weights is really a must. They are both right! You do need both, but in different percentages depending on what age you are. When you are younger and up to age 25, your workout should be 70% cardio and 30% muscle building or weight lifting. Things change as we get older. At around 40, your workout should include 50% cardio and 50% muscle building. After age 25, we start to lose muscle mass. Exercise and supplement intake has the potential to slow down and even stop the loss of muscle mass.

So, after the age of 50, your workout should consist of 60% muscle building and 40% cardio. Once you reach your 60s, you should be doing weight-bearing exercises such as brisk walking, golf, dancing, yoga, etc. that will increase your muscle mass. Not only does exercise improve your bone health, it also increases muscle strength, coordination, and balance, leading to better overall health.

Healthy Aging Exercise Tips

Here are a few tips that I follow when it comes to exercise:

First, never let more than 2 days go by without exercising! Second, practice interval training – just 15 minutes per day, three times per week. It is super-efficient and the ideal workout for a busy schedule. Third, alternate your cardio and muscle building days.

Always take one day off a week to let your muscles recover. Finally, do what you love! If you don't like running, then don't run. Pick something that you love doing. You will be more consistent.

Stress and Exercise

Stress can be a big factor in determining our health. I find that most people who feel unwell have been neglecting self-care. So, on our day off, taking a little time out to care for ourselves makes us better at everything we do. Free from our careers and our relationships we see our personal problems in a different light. One of my favorite pastimes is soaking away the stress of the day in a detoxifying Epsom salt bath. Enjoy!

Debbie Stevenson - Sixty and Me

5 TIPS

to help you stay motivated to exercise



Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

1

Find ways to fit exercise into your day.

You are more likely to get moving if exercise is a convenient part of your day.



2

Do activities you enjoy to make it more fun.

Be creative and try something new!



3

Make it social.

Find a virtual "exercise buddy" to help keep you going and provide emotional support.



4

If there's a break in your routine, get back on track.

Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



5

Keep track of your progress.

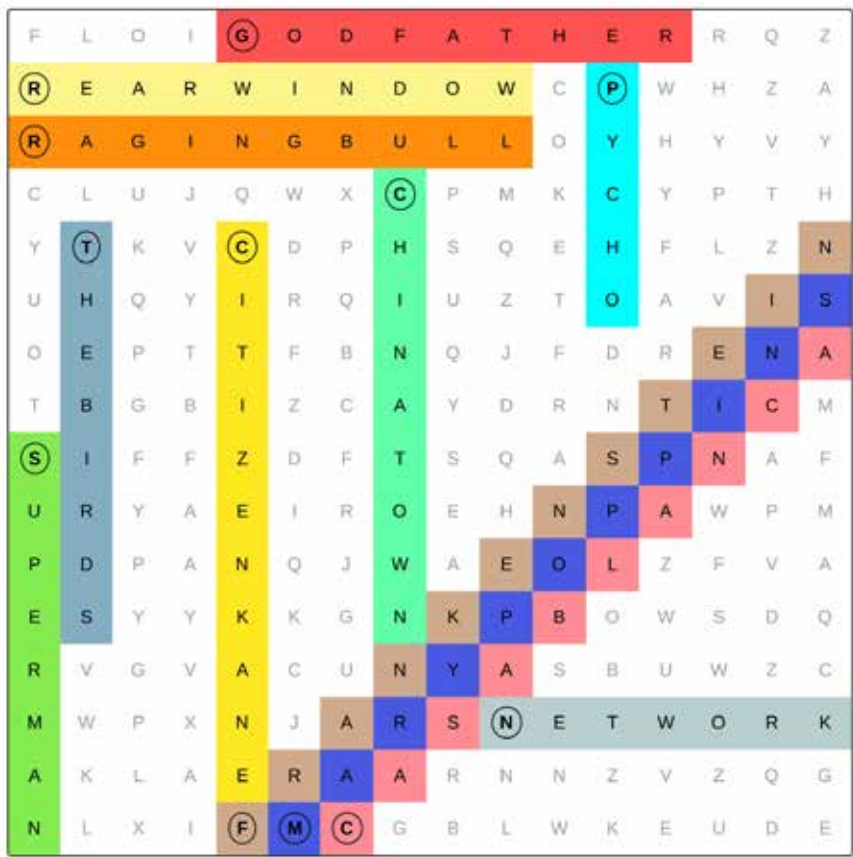
Make an exercise plan and don't forget to reward yourself when you reach your goals.



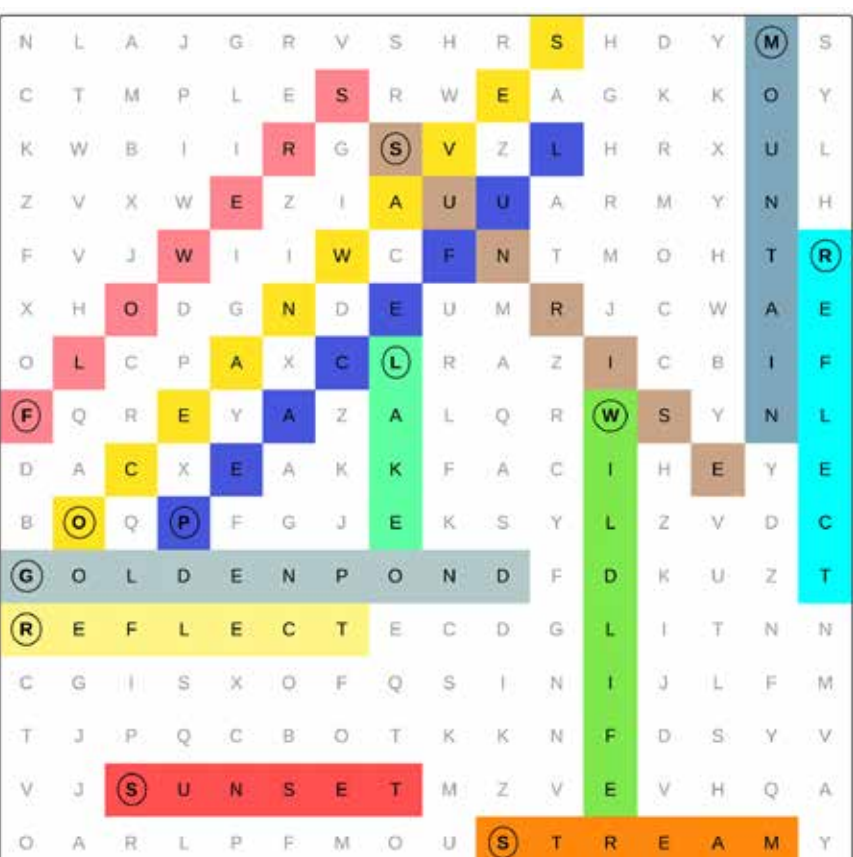
Visit www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults

September Puzzle Solutions

HOLLYWOOD FLICKS



NATURE



HALLOWEEN



HARVEST FESTIVAL



SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SCRAMBLE

HOLIDAY ON THE 31st

1. NUKPMIP P U M P K I N
2. SHOGT G H O S T
3. KSPOYO S P O O K Y
4. IBLGNO G O B L I N
5. ANYDC C A N D Y
6. TSTRAE T R E A T S
7. ECUOTMS C O S T U M E
8. MAK M A S K
9. MIEPARV V A M P I R E
10. YMMMU M U M M Y
11. ONMO M O O N
12. KRSITC T R I C K S

WORD SCRAMBLE

AUTUMN DAYS

1. SRHVAET H A R V E S T
2. EEVLAS L E A V E S
3. CDRIE C I D E R
4. COLOSR C O L O R S
5. ACRNO A C O R N
6. IEATMGR M I G R A T E
7. ARKE R A K E
8. ESSTTNCHU C H E S T N U T S
9. EALOGIF F O L I A G E
10. HECANG C H A N G E
11. LWOYLE Y E L L O W
12. ESGEE G E E S E

AT THE MOVIES

Barbara Spear

Perhaps the best film that the great comedic genius, Preston Sturges, wrote and directed was THE LADY EVE from 1941. It stars Barbara Stanwyck and Henry Fonda as two people who fall in love on a cruise ship, but this is a far-from-typical romance. Fonda is an innocent beer heir whose only interest is the snakes he's been studying and Stanwyck is a card shark con woman who's attracted by Fonda's money.

Allen Almachar of The MacGuffin website says THE LADY EVE "has a style and wit rarely seen today, while having all the slapstick you could ask for in a screwball comedy." And Calum Marsh of Esquire Magazine calls the film, "A hilarious comedy of misunderstanding, and even at more than 70 years old, it seems as fresh and relevant today as ever." THE LADY EVE has a perfect score of 100% with the critics on the Rotten Tomatoes website. It's available to stream on Amazon Prime and YouTube for \$3.99.



LEAVE NO TRACE is a 2018 film directed by Debra Granik, who made her name in 2010 with WINTER'S BONE starring Jennifer Lawrence. LEAVE NO TRACE tells the story of a father (Ben Foster) and his daughter (Thomasin McKenzie) who have lived off the grid in a vast urban park for several years when



they are put into social services and their idyllic life is shattered. Brian Tallerico at rogerebert.com says, "Once again, Granik introduces us to a kind of family that cinema rarely captures believably, and she does so with a style that's both lyrical and realistic at the same time, anchored by a pair of unforgettable performances." And Stephanie Zacharek in Time magazine raves, "Leave No Trace is a gorgeous story about adolescence, about basic human kindness, about separation and reconciliation, about the limits of what parents can teach their kids." The PG-rated film has a perfect score of 100% with the critics on the Rotten Tomatoes website. It's available to stream on Netflix and from Amazon Prime and YouTube 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 matinee of a contemporary movie and discuss it in the theater after the screening. For more information or to be added to the monthly email notification list, contact her at spearb@sonoma.edu.

GROWING ELDER

with Marcia Singer, MSW, CHt

Cultivate Your Sense of Humor

How do you spell relief? H-U-M-O-R is nature's remedy for the blues and blahs. Finding light-hearted, playful perspectives means breathing easier, literally dissolving tensions and feeling in the flow again—naturally.

A sense of humor (SOH) is fundamental to your well-being. It blows our serious mindsets, releasing new possibilities for happiness. Finding an amusing angle on a problem helps us see life's Bigger Picture. A humorous temperament can dissipate anxiety and transform experiences of hardship, bringing hope and optimism, even to a dire diagnosis. "Dis-ease" signals a grim lack of any ease when we need it most, blocking the relief that playfulness can bring.

The power of humor—and its sidekick laughter—to jumpstart the healing process is well documented in the famous lives of both Norman Cousins and Dr. "Patch" Adams. Cousins was the UCLA professor and former editor of The Saturday Review who used laughter as medicine to help send an "incurable" collagen disease into remission. Given six months to live, Cousins decided to die laughing. Visitors brought comical books, tapes, cartoons, and gag gifts, helping him laugh himself into living another fifteen years. Equally inspiring is the story of visionary physician Patch Adams. The '98 film "Patch," starring Robin Williams, shows Adams' penchant for wearing a red clown's nose while visiting his patients almost getting him kicked out of med school, and then instead graduating with honors and going on to inspire

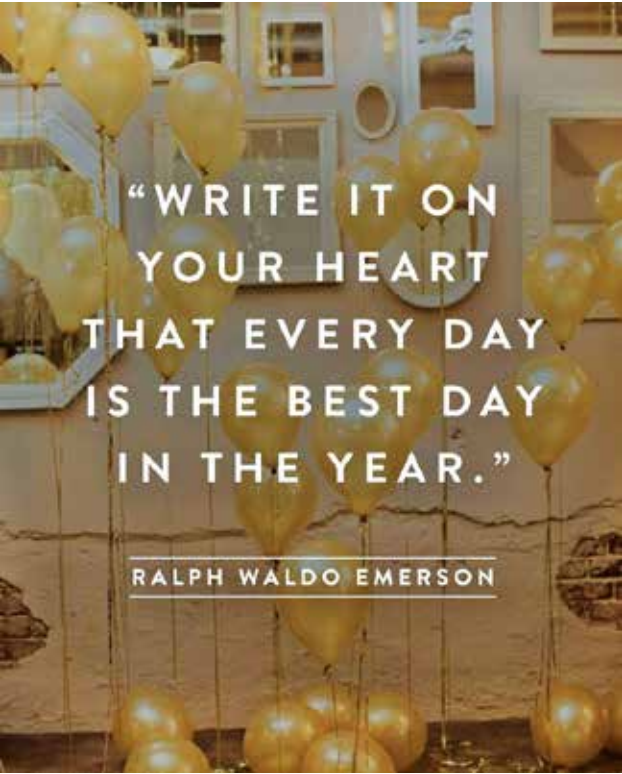
"Humor is our greatest natural resource." James Thurber

changes in medical practice using love, hugs and sacred silliness. His Gesundheit! Institute, a free clinic he ran for twelve years, embodied his dream of a "happy hospital" steeped in a healing community, the arts, nature, farming and joy, and his traveling medicine show featured wonder, laughing and friendship.

Science tells us that humor and mirth can improve our physical, emotional and psychological well-being, while belly laughs release endorphins, reduce pain, increase blood circulation, and aid digestion, elimination, and respiration. Guffaws and titters help boost immunity, NK cell activity and T-cell counts, reduce burnout and lower the output of the stress hormone cortisol. Witty a-muse-ments lubricate creative wheels and make learning fun while connecting us happily to one another. Daring to meet challenges with a lighter heart assures de-light along de way.

Have a Humor Day! Loosen up with comics, jokes and comedy videos. Doodle a monster, or draw a cartoon to perk yourself up. Find a kid eager to make funny faces with you—stretching smile muscles turns on tons of limbic brain cells. Try a groaner "knock-knock" joke on a grumpy neighbor. This Halloween, put on weird makeup, wear your clothes backward and sing a friend a silly ditty: It's a mutual toon up. Shining deLight, Marcia

marcia.lovearts@gmail.com
<https://www.lovearts.info>



RYTHM OF OUR HEARTS

A poem by Robert Willaim Gruhn

These living miracle machines
Tapping out a beat
Like new summer rain
Billions of human clocks

Ticking toward their destiny
All mortal
Temporary brittle engines
Running such delicate bodies

Pulsing
Fluttering
Pounding
Racing

So many different variations
Aching for missed love
Then from sadness
Bursting with romance found

Swelling with true pride
Brimming over from compassion
This little mighty wonder
So many take for granted

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Ready to work for an organization that promotes and enhances the lives of the aging community?

Driver and Community Dining Coordinator Relief positions open

Contact Denise Johnson - djohnson@councilonaging.com
or 707.525.0143 ext119 for more information or to apply.

NUTRITION NEWS

Healthy Weight Loss

What is Healthy Weight Loss?

People who lose weight gradually and steadily typically are more successful at keeping it off than those who lose weight very quickly. A healthy weight loss is about 1 to 2 pounds per week. Losing weight is not easy! It takes commitment and should include healthy eating and physical activity.

Once you start losing 5 to 10 percent of your weight, you will likely experience health benefits such as improvement to cholesterol, blood sugar, and blood pressure.

Set Goals:

- ♦ Start with knowing what your Body Mass Index (BMI) is, and what range it should be in. Establish small smart success goals. For example, select a goal of 3-5% of your body weight. If you weigh 200 pounds that would be a 6-10 pound goal. Short term goals are often more achievable than long term goals. Make these goals forgiving. When you have a setback, get back on track as soon as possible. Identify ways to prevent similar setbacks from happening in the future.

Resources and Support:

- ♦ Recruit family members or friends who will support your weight loss journey. This support person needs to be encouraging and there for you to talk with and rely on without judgement. You might be able to find someone with similar goals that each of you can support.
- ♦ Continually check in with yourself and your support member to track your progress.
- ♦ Walk and/or exercise with your support member.

Consider the Mediterranean Diet:

- ♦ This diet is not a diet, it's a lifestyle change. This is a high protein diet of animal sources such as fatty fish and plant sources such as legumes; rich in healthy fats such as olive oil, nuts, and avocados; low in added sugars; and high in fruits and vegetables and fiber-rich whole grains, brown rice, barley, sweet potatoes, and barley.
- ♦ Avoid eating while standing, or while sitting in front of the TV. Instead, sit down at a table and eat with family and friends.

Manage Portion Sizes:

- ♦ It's easy to overeat when you have too much food on your plate. Smaller portions of healthier foods can help prevent you from eating too much.

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



We Are Caregivers.

We Understand Senior Care.

Interim HealthCare® helps people live independently in their homes. As a leader in home care, we provide trusted, experienced services ranging from personal assistance to skilled care. From a few hours a week to **emergency 24 hour care** for last minute discharges, Interim Healthcare provides the services you're looking for.

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2200 Range Ave. | #100 | Santa Rosa, CA | 95403

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The Red Bag

Our Heroes Don't Wear Capes
And our volunteer drivers travel the roads long forgotten.

Our drivers carry love down the road.

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 carry The Red Bag,
Council on Aging has a volunteer opportunity for you.

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

Value of One - Power of Many !

**THANK YOU
TO THE
HUNDREDS WHO
VOLUNTEER
THROUGHOUT
THE YEAR!**

CELEBRATING 24 YEARS OF FAMILY OWNED BUSINESS IN SONOMA COUNTY!

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

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.