

SONOMA SENIORS TODAY

Leaving your Legacy for Future Generations

To leave a bequest is to make a permanent statement of your values. It is by this act of charity that the world will remember what you cared about and what you stood for.

If providing for seniors matters to you, consider a gift to Council on Aging in your estate plans.

In addition to an outright gift, there are various planned giving options, from a trust arrangement that benefits your surviving spouse...to a bequest in a will...to a gift with tax advantages that provides income for your family. Whether you choose a lifetime gift or a bequest, you can structure your gift to meet the needs of those closest to you.

Bequests by Will

By far the most popular means of gift planning, many donors find that a will is the most convenient way of benefiting the community, perpetuating their generosity, and is an effective way to reduce estate taxes.

Contingent Bequests

Most people have family obligations that are their primary motive for executing a will. An ideal plan might include a contingency providing, in case family or friends predecease you, that the estate is directed to benefit your charity.

Charitable Remainder Trust

Assets are placed in a trust, the earnings from which are paid as income to you and your beneficiaries. Upon the death of the last beneficiary, the principal goes to your charity.

Charitable Lead Trust

Assets are placed in a trust for a specified period of time. Income from the principal goes to your charity during the life of the trust. The principal goes to your beneficiaries when the trust terminates.

Real Estate

Gifts of appreciated real estate may provide ideal tax savings and a sizeable gift to your favorite charity. In addition, arrangements can be made whereby you may retain the use of the property for the rest of your life.

IRAs and Retirement Plans

You can make a charity a primary or secondary beneficiary of your IRA or retirement plan. If you are over the age of 70½, you may also do a direct distribution from your IRA to Council on Aging and avoid paying income tax on the gift. You may use the Charitable Distribution Form to instruct your IRA provider.

Life Insurance

There are a number of ways you can use existing life insurance policies as means of giving to a charity. Insurance policies initiated in the past may no longer be needed for family security. The gift of a paid-up policy may result in a substantial tax savings.

Stock

Gifts of stock are such a convenient way of giving gifts of appreciated securities, thereby enjoying additional tax savings.

Many of these options may be funded with appreciated securities resulting in avoidance of capital gains taxes. You should always consult your legal, financial, or tax advisor to examine your overall financial situation to decide what is the right option for you.

Gifting

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

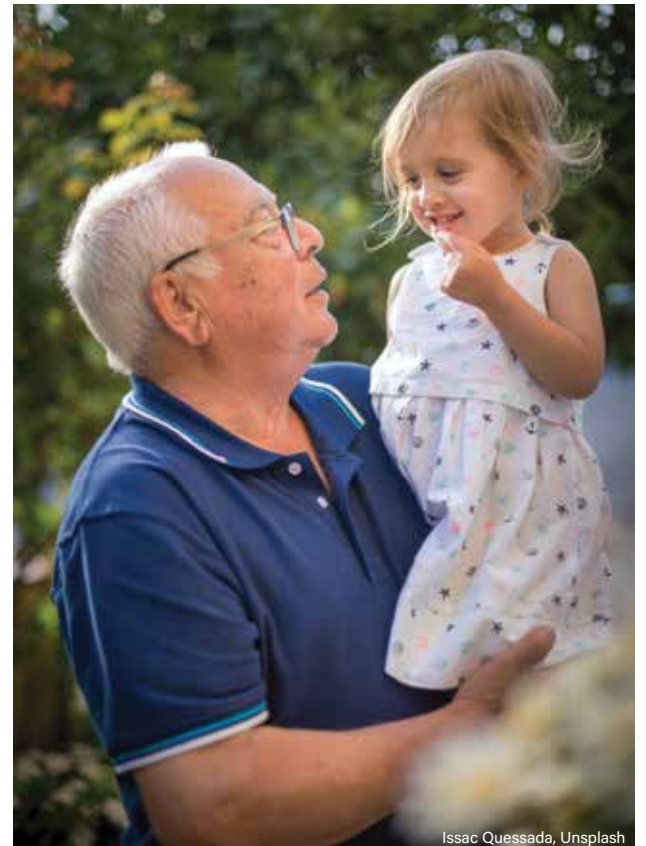
One of the barriers to creating an Estate Plan can be making the decision around who to name as your beneficiary. This can be a difficult decision for individuals and couples who never had children, have strained relationships with their children, or otherwise don't have close family members or friends they feel comfortable gifting their wealth.

Over the years, the Fiduciary Services department has seen a number of combinations as it relates to whom assets are gifted. Most often, these beneficiary combinations include charities and other non-profit organizations. To that end, Planned Giving is an excellent estate planning option.

The idea behind Planned Giving is that a Grantor(s) has identified a non-profit organization(s) whose mission aligns with their personal values and beliefs. By naming this organization as a beneficiary in their estate planning documents, the Grantors are able to make a significant contribution upon their death, creating a legacy.

Of course, organizations accept and appreciate gifts from living donors, but we have seen a number of bequests in Estate Plans for a variety of reasons:

One of those reasons is that while Grantors may want to gift during their lifetime, making a large contribution can be risky. Since we don't know how long we will live and how much money we will need to support ourselves,



parting with a large sum during our lifetime doesn't make sense for most of us. But once we've passed away, giving away our money is pretty much our only option (unless we want to give it back to the State of California). That's why many Grantors love the idea of Planned Giving. Stating you want to gift 50% of your Estate to your favorite non-profit upon your death feels much more comfortable than writing a \$100,000 check today, not knowing what the future holds.

Another reason we see Grantors utilizing planned giving, especially in Sonoma County, is that the majority of their net worth is tied up in their home. During their lifetime, they have no need or desire to sell their property, but at death, liquidating and gifting the proceeds is a comfortable decision.

From a Successor Trustee perspective, working with non-profit organizations is simple. Sometimes a Grantor will inform an organization that they have named them in their estate plan (this is a formalized Planned Giving Process), and other times, it comes as a pleasant surprise. Either way, it's a straightforward process and makes for simple, uncomplicated administration.

Wondering more about the Planned Gifting process from the Administrative Perspective? Feel free to give us a call!

Mia Bennett is the Director of Fiduciary Services at Council on Aging. She can be reached via phone at (707) 525.0143 x108 or send her an email mbennett@councilonaging.com.

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10 SIMPLE THINGS
YOU CAN DO TODAY TO
LEAVE YOUR LEGACY

- 1. Prepare a will.
- 2. Leave a gift in your will for the nonprofit organization that makes a difference in your life.
- 3. Leave a specific dollar amount or a percentage of your assets to a not-for-profit organization.
- 4. Consider using assets for your legacy gift.
- 5. Name a not-for-profit as a beneficiary of your retirement or pension plan.
- 6. Name your favorite not-for-profit as the beneficiary of an existing life insurance policy.
- 7. Purchase a new life insurance policy naming your favorite nonprofit as the beneficiary.
- 8. Remember loved ones with memorial gifts.
- 9. Encourage family and friends to leave gifts to not-for-profit in their wills.
- 10. Ask your financial or estate planning advisor to include charitable giving as part of your financial plan and to incorporate in their counsel to other clients.



Heritage Circle

The Heritage Circle was established to recognize those individuals who choose to leave a lasting legacy with a planned gift to Council on Aging.

Provisions for a gift can be made through bequests in a will or trust, life insurance, an IRA, a Charitable Remainder Trust or other methods. An attorney, accountant, insurance agent, or financial advisor can ensure that you are getting the maximum tax and legal advantages allowed for your gift. If a planned gift to Council on Aging is of interest to you, take the next step and join the Council on Aging Heritage Circle. Please contact Council on Aging at 707-525-0143 for more information.

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Legacy



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If providing for seniors matters to you, consider a gift to Council on Aging in your estate plans.

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- 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!

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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 at www.councilonaging.com

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Discounts available for multiple insertion contracts.

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MAY PUZZLES

Puzzle solutions are on page 10

WORD SCRAMBLE
"FURNITURE"

1. FOAS _ _ _ _
2. CIAHR _ _ _ _ _
3. EADLRC _ _ _ _ _ _
4. AOCBDRUP _ _ _ _ _ _ _ _
5. SEAICH _ _ _ _ _ _
6. COCUH _ _ _ _ _
7. TAOTMNO _ _ _ _ _ _ _
8. RAEUBU _ _ _ _ _ _
9. SARTRECYE _ _ _ _ _ _ _ _
10. SRRDESE _ _ _ _ _ _ _
11. MROREIA _ _ _ _ _ _ _
12. OLTOS _ _ _ _ _

WORD SCRAMBLE
"CLOTHES"

1. URSESRT0 _ _ _ _ _ _ _ _
2. GNSORA _ _ _ _ _ _
3. TSOSHR _ _ _ _ _ _
4. TISRK _ _ _ _ _ _
5. RVALEOL _ _ _ _ _ _ _ _
6. SDESR _ _ _ _ _ _
7. GWON _ _ _ _
8. EOPRRM _ _ _ _ _ _ _
9. SUTIE _ _ _ _ _ _
10. AOTC _ _ _ _ _
11. EOSBUL _ _ _ _ _ _ _
12. RAWESET _ _ _ _ _ _ _ _

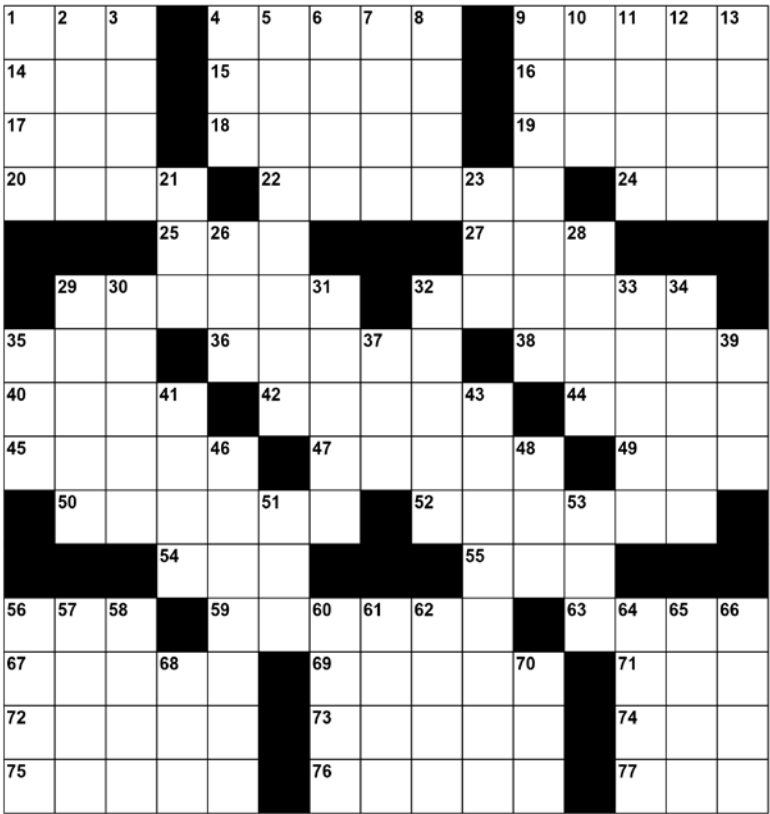
WORD SEARCH
"SINGERS"

- SIMONE SINATRA
- FITZGERALD BELAFONTE
- PIAF TORME
- PARTON COMO
- KITT ARMSTRONG
- CHARLES JONES

"MEMORIAL DAY"

ACROSS

- 1 Fifth month of the
Gregorian calendar year
- 4 Left over
- 9 Leaving
- 14 Expression of surprise
- 15 Freedom from war or
hostility
- 16 Shelter under branches
- 17 Prisoner of war
- 18 Constellation
- 19 River
- 20 In ___ (together)
- 22 Gives a grant
- 24 Morning moisture
- 25 Darken
- 27 Sky
- 29 Gasoline
- 32 Snappish
- 35 Craze
- 36 Observe secretly
- 38 Unhappiness
- 40 Tinted
- 42 Sing
- 44 Harness
- 45 Report
- 47 Letter part
- 49 Fasten
- 50 Public procession of
people
- 52 Ends
- 54 Yang's partner
- 55 Self-esteem
- 56 Whiz
- 59 Enlistee person who
serves in the Navy
- 63 Decorative needle case
- 67 ___ Gras
- 69 Having to do with the navy
- 71 Business abbr.
- 72 Constellation
- 73 Inscribed pillar
- 74 Tell a tall tale
- 75 Gushes out
- 76 Taut
- 77 Limited (abbr.)

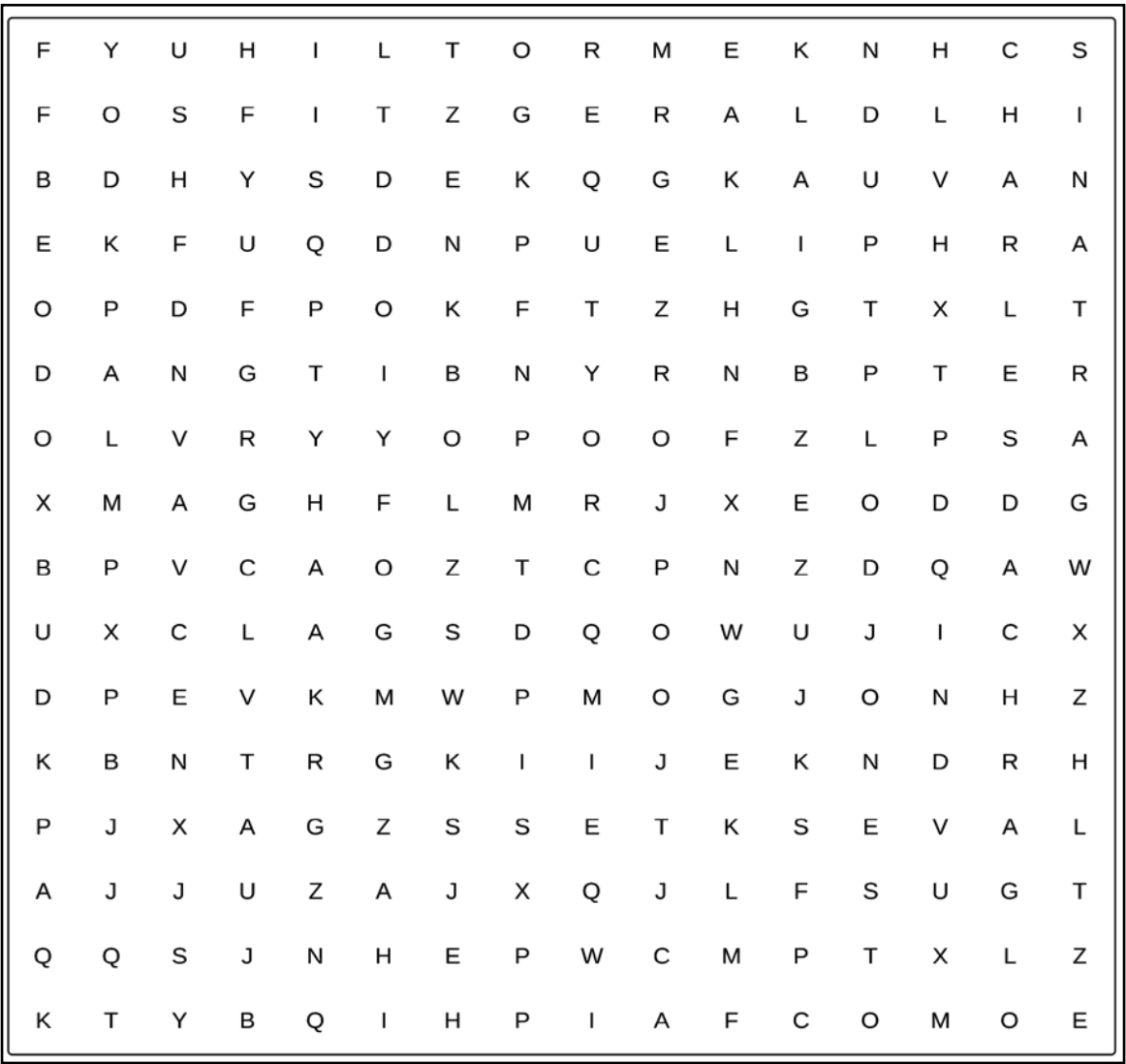


By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Charts
- 2 Sailors "hey"
- 3 Gape
- 4 Resort hotel
- 5 Rites performed in
order to give honor
- 6 Precipitation
- 7 Did well
- 8 Mexican money
- 9 Refueling, with "up"
- 10 Unrefined metal
- 11 As previously cited
- 12 Not any
- 13 Nourished
- 21 Central daylight time
- 23 Armed fighting
- 26 Tax agency
- 28 Depend
- 29 Remit (2 wds.)
- 30 Water retention
- 31 Baggy
- 32 Musical production
- 33 Bird perch
- 34 Harnesses
- 35 Former US president
- 37 Poem
- 39 Kitten's cry
- 41 Rowboat
- 43 Left wing members
- 46 Dried grapes
- 48 Mist
- 51 Deoxyribonucleic
acid (abbr.)
- 53 Seafood
- 56 Famous cookies
- 57 Cavil
- 58 Canal
- 60 Institution (abbr.)
- 61 Opp. of early
- 62 Kiln
- 64 Dig up the soil
- 65 Part
- 66 Chilled
- 68 ___ Jones Industrial
average
- 70 Downwind

WORD SEARCH - "SINGERS"



"WILDFLOWERS"

ACROSS

- 1 Irritate
- 6 Dining hall
- 10 Gadfly
- 14 Small breads
- 15 First man
- 16 Peel
- 17 Association (abbr.)
- 18 Challenge
- 19 Take aback
- 20 Cry like a cat
- 21 A group of plants having biologically similar features
- 23 Central processing unit
- 24 Student's dread
- 26 Lamps
- 28 Subclass including ticks and mites
- 31 Pennsylvania (abbr.)
- 32 Marsh
- 33 Chemical compound
- 36 U.S. Department of Agriculture
- 40 Clunk
- 42 Mutilate
- 43 Grows another plant when put into the ground
- 44 Desert region native
- 45 Undependable
- 48 Ending
- 49 Grows downward into the soil
- 51 Explodes
- 53 Lives only one growing season
- 56 American Association of Retired Persons (abbr.)
- 57 Caustic substance
- 58 Warning
- 61 Buns
- 65 Swiss mountains
- 67 Air (prefix)
- 68 Governing group
- 69 Trench
- 70 Rend
- 71 Sort
- 72 Simply
- 73 Women's magazine
- 74 Dwarf

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72					73					74				

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DOWN

- 1 Study
- 2 Tights
- 3 Too
- 4 Colorful part of a plant
- 5 Escudo
- 6 Lady's title
- 7 Cheese
- 8 Asian dress
- 9 Nose
- 10 Hertz
- 11 Lock
- 12 Explode
- 13 A group of closely related species
- 21 Crazes
- 22 Yang's partner
- 25 Roman twelve
- 27 African antelope
- 28 What children learn
- 29 Soda
- 30 Excited
- 31 Cheer up
- 34 Skip
- 35 McDonald's "Big ____"
- 37 Flow out slowly
- 38 Indent
- 39 Totals
- 41 South American country
- 45 Leaf shaped
- 46 Usually flat and green
- 47 Goof
- 50 Cereal
- 52 Commotion
- 53 "Remember the ____"
- 54 Synthetic fiber
- 55 Asian nation
- 56 Before
- 59 Rind
- 60 Spoken
- 62 Unmake
- 63 Part of a plant from which a flower grows
- 64 Bunny
- 66 Pigpen
- 68 Run

WORD SEARCH - "MUSIC STYLES"

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

SUDOKU

SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SEARCH

"MUSIC STYLES"

- CLASSICAL
- BLUEGRASS
- FOLK
- ROCKNROLL
- COUNTRY
- CAJUN
- GOSPEL
- JAZZ
- BAROQUE
- BLUES
- HIPHOP
- CHAMBER

The Orange Apron



Our Heroes Don't Wear Capes
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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.

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Value of One - Power of Many !



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





Sunday, May 14th

GRANDPA SEZ...

I CAN PROCRASTINATE,
WASTE TIME AND BE
UNPRODUCTIVE ALL
AT THE SAME TIME.
I CALL IT
MULTI-TASKING



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

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



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



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

Benefits of Avocado



What is an Avocado

Avocado is a creamy, rich textured, delicious, and easy to use fruit that is loaded with nutrients often missing in the American diet.

The avocado is considered a superfood, and becoming more popular due to the nutrient-dense health benefits. They are a great source of fiber.

There are multiple types of avocados ranging from round shape to pear shape, and green to black. The most popular and well-known variety is the Hass. The most well-known dish made from avocados is guacamole.

Nutrient levels in a 3.5 ounce serving of Avocado:

- 160 calories, 2g protein, 9g carbohydrates, 7g fiber and 15g of good fat
- Vitamin K: 26% of daily value
- Folate: 20% of daily value
- Vitamin C: 17% of daily value
- Vitamin B5: 14% of daily value
- Vitamin B6: 13% of daily value
- Vitamin E: 10% of daily value
- Avocados also contain manganese, magnesium, iron, zinc, copper, phosphorous and vitamins A, B1, B2, and B3
- Avocados contain more potassium than bananas

Avocados & Cholesterol

- Helps reduce total cholesterol levels
- Helps reduce triglycerides by up to 20%
- Helps increase HDL (good cholesterol) by 11%
- Helps decrease LDL (bad cholesterol) by up to 22%

Heart Healthy Monounsaturated Fatty Acids:

- Majority of fat in avocados is oleic acid, a monounsaturated fatty acid that is also a major fat in olive oil

Easy Guacamole Recipe:

- 2-3-ripe avocados
- 1- lime
- 1-2 cloves of garlic finely minced
- Optional Ingredients: chopped tomato, cilantro, chopped onion, minced jalapenos

Cut the avocados, remove the pit, and scoop the flesh into a bowl. Cut the lime in half and squeeze both halves with the avocado. Add garlic and optional ingredients. Gently fork mash each avocado half a few times then stir all the ingredients together. Enjoy!

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

The Community Table

Attention
60
&
Better



Connecting through Food, Fun and Conversation

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

 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

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



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.

Parkinson’s Support Group.

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

Disability Services & Legal Center

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

Institute on Aging - Friendship Line

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

Jewish Community Center

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

Senior Advocacy Services

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

SHARE Sonoma County

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

The Sonoma County Library

Join Sonoma County Library's community of

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

City Resources

Cloverdale Senior Center

Market Days - Friday Produce Markets are made possible by Front Porch. Wholesale Priced produce is available to the whole community. All ages are welcome. EBT accepted. Fridays 10:00-11:00 am.
Coffee with the Mayor & Friends - Community Event (Monthly)
Thursday, May 11, 2023 10:00 -11:00 AM
Staff are available by phone at 707-894-4826 Monday through Friday, 8:30 am-4 pm. If you or someone you know needs any assistance please call or email us!

Healdsburg Seniors Center

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

Petaluma

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

Rohnert Park

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

Santa Rosa

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

Sebastopol

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

Sebastopol Area Senior Center

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

Sebastopol Center for the Arts

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

Sonoma

Friends in Sonoma Helping

or "FISH" provides safety net services to the Sonoma Valley community from Schellville to Kenwood. Need help? Call FISH at (707) 996-

0111 (weekdays 9 a.m. - 3 p.m.) 18330 Sonoma Hwy, Sonoma, CA (vehicle entrance on Sierra Drive). FISH is an all-volunteer organization, and currently has more than 120 dedicated volunteers working as dispatchers, drivers, and with our Food Room, Clothes Closet, and rental/utilities assistance programs. Join us! 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

https://www.jccsoco.org/
MAH JONGG with Leslie Kline and Deborah Greenfield. Beginners and seasoned players are all welcome. Wednesdays, May 10 & 17 / 1:00-3:00 PM. Downstairs at the Jewish Community Center, 1301 Farmers Lane, Suite C103, Santa Rosa, CA 95405. Masks are optional and proof of vaccinations (copy of card is fine) will be required at the door. Contact Leslie Kline (559) 273-7826; Sandy Andresen (707) 528-1182 or friendshipcircle@jccsoco.com.

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. OLLI Spring 2023 Course Schedule: Monday, April 10 – Thursday, May 18
Contact Us: Email: olli@sonoma.edu
Phone: 707-664-2691. Questions Regarding the OLLI Program? Email: Dr. Jason Lau at Jason.Lau@sonoma.edu.

Senior Planet

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

Intergenerational Program seeking homebound seniors and interested volunteers

Many homebound seniors are isolated, leading to feelings of loneliness and isolation. With the assistance of the County, the Area Agency on Aging, and funding from the California Department on Aging, we have created the Intergenerational Program. In this companion lunch program, clients will be matched with a volunteer who will come to their home to share a meal, great conversation, and some fun activities. All meals and activities will be provided by the Council on Aging and are free. By sharing a meal and chatting with

seniors, we hope to bring a greater sense of purpose and community to both the seniors and volunteers. In fact, research shows that seniors who participate in intergenerational activities have fewer trips to the hospital.

If you are a homebound senior age 60 or better and are interested in participating in this program or someone who would like to volunteer to dine with a senior in their home, please call or email Noelle Johnson at 707-525-0143 x129 (njohnson@councilonaging.com).

You're Not Alone

Jordan Jungwirth, Nursing Student SSU

Aging can be difficult, and there are many precipitating factors that can exacerbate that difficulty, but one of the biggest challenges can be feeling alone. Luckily, there are many programs available to you within Sonoma County, and you don't have to look far.

The people that produce this newspaper you are reading, The Council on Aging, provide many different services for seniors. If you find yourself able and willing to get out of the house for a little bit but aren't sure what to do or where to go, the Council on Aging has many opportunities for you to participate in:

Community Table is a program where you can have a nutritious meal and meet new friends or Lunch and Learns where you can eat lunch while learning about a new topic, both available throughout the Sonoma County area. Maybe you would like to give back for an hour or two; the Council on Aging offers many different volunteer opportunities, helping to set up and run those different programs as well as helping with delivering meals to homebound seniors.

For homebound seniors, the Council on Aging has started a new program called "Tellagacy." Tellagacy is specifically designed for seniors who want an opportunity to connect with someone and talk about all of the things they experienced during their lives through eight separate

meetings. These meetings are guided by open-ended questions and cause you to reflect on your experiences. You are able to go through old pictures and reminisce about happy memories, talk about what you were planning on doing during the coming weeks, and have the opportunity for making a friend through our Tellagacy volunteers. At the end of the Tellagacy program, you will have the opportunity to receive a book that summarizes your experiences and gives you a lasting memory to share with your family for generations to come.

If having eight scheduled sessions seems like a bit too much, or if you would like to just dip your toe in the water before jumping right in, consider trying the meal companion program.

With the meal companion program, you can schedule a meal with someone and see how you like it. If you end up enjoying that service, you can always apply to be a part of the Tellagacy program. While it may feel like you are alone, please know that there are programs available for you to connect with others and continue experiencing life.

To find out more about programs that can assist you or for you to sign up, please contact Denise Johnson: (707) 525-0143 ext 119 or email: djohnson@councilonaging.com.

More than a just a Meal!

*Council on Aging's
Community Dining program*



We strive to bring entertainment, educational presentations, and fun to seniors during our lunches. Recently in Sebastopol at Burbank Heights and Orchards, seniors were entertained by a talented group of youth from Nordquist - Taylor Ballroom Dance Studio. Students arranged a performance during their valued Spring Break vacation. They then had an intergenerational meal with our senior patrons.

Nordquist- Taylor is a program that provides a safe and comfortable environment where teens learn American-style social ballroom dance. Their classes build the student's confidence and blend in a balance of social behavior, manners, and dress. One older adult said, "I was a ballroom dancer as a young child, and seeing these dancers brought me back - what a joy." The dancers enjoyed the experience as well.

Council on Aging provides a new program that integrates generations to bring a greater sense of purpose and community. The younger generation has the opportunity to better understand and learn from seniors. Seniors who are isolated and lonely have an opportunity to talk and feel more connected to the younger generations.

If interested, please contact us at:

- Intergenerational Lunch or Volunteering
njohnson@councilonaging.com or 707-525-0143 ext. 129
- Nordquist Taylor Dance
www.nordquisttaylordance.com
- Community Dining Lunch Service
lklapoth@councilonaging.com or 707-525-0143 ext. 128

Connecting Generations!

*Council on Aging hosted an
Intergenerational Dinner in April
and more to come!*

Seniors and youth socialized and enjoyed a nutritious meal together.

The goal of the event was to engage youth with older adults and provide an opportunity for seniors to socialize with each other and also with a younger age group in hopes of connecting the generations.

It sold out and was so successful that seniors are requesting to have another one soon.

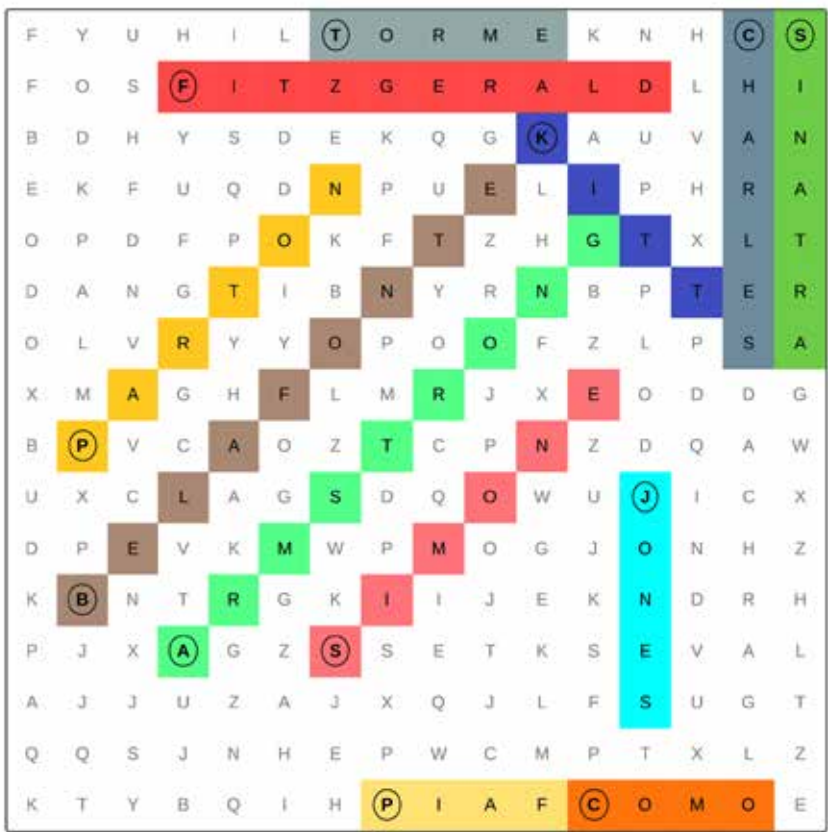
Everyone who participated received flowers donated by Farm to Pantry.

If you are interested in participating in a future Intergenerational Event please contact Noelle Johnson (707) 525-0143 ext 129 or email - njohnson@councilonaging.com.

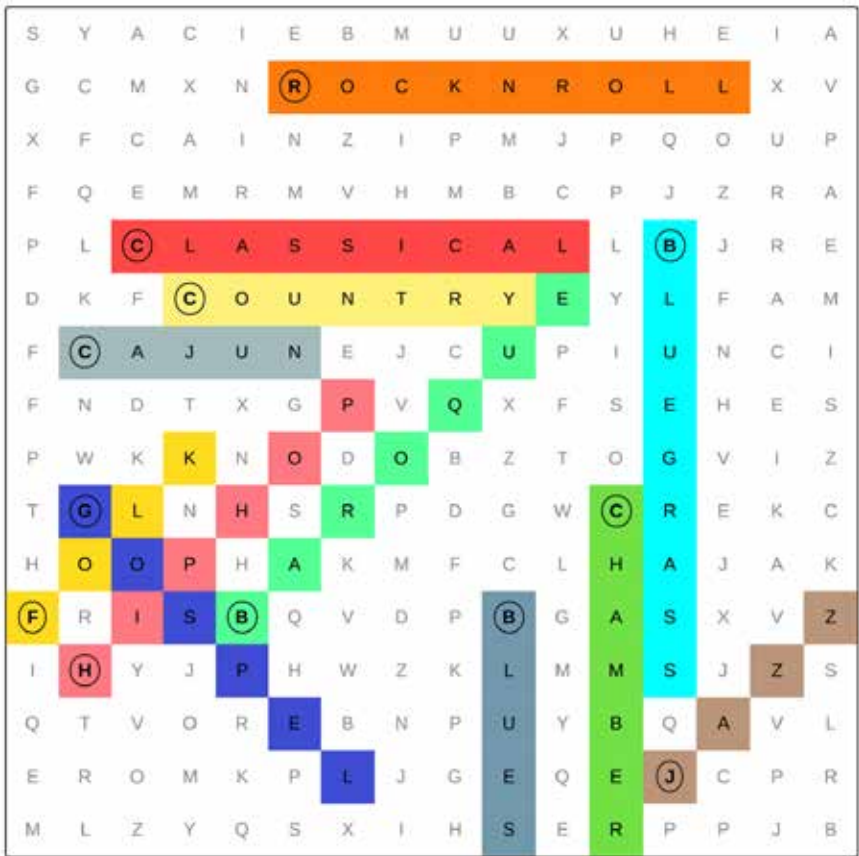


MAY Puzzle Solutions

"SINGERS"



"MUSIC STYLES"



"MEMORIAL DAY"



"WILDFLOWERS"



WORD SCRAMBLE
"FURNITURE"

1. FOAS S O F A
2. CIAHR C H A I R
3. EADLRC C R A D L E
4. AOCBDRUP C U P B O A R D
5. SEAICH C H A I S E
6. COCUH C O U C H
7. TAOTMNO O T T O M A N
8. RAEUBU B U R E A U
9. SARTRECYE S E C R E T A R Y
10. SRRDESE D R E S S E R
11. MROREIA A R M O I R E
12. OLTOS S T O O L

WORD SCRAMBLE
"CLOTHES"

1. URSESRTO T R O U S E R S
2. GNSORA S A R O N G
3. TSOSHR S H O R T S
4. TISRK S K I R T
5. RVALEOL O V E R A L L
6. SDESR D R E S S
7. GWON G O W N
8. EOPRRM R O M P E R
9. SUTIE S U I T E
10. AOTC C O A T
11. EOSBUL B L O U S E
12. RAWESSET S W E A T E R

SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

MOVIES TO CELEBRATE

Barbara Spear

HERO (2002) is a visually breathtaking martial arts epic set in ancient China. The film was directed by Yimou Zhang and stars Jet Li, Maggie Cheung, and Ziyi Zhang. Li plays Nameless, a warrior who is being honored for defeating three of the most dangerous enemies of the King of Qin. As Nameless recounts his tales of battle, we see death-defying action sequences that sweep across Chinese history.



The King challenges Nameless’ stories and puts the warrior’s life in jeopardy. Besides offering everything a martial arts fan could ask for, HERO, like Akira Kurosawa’s RASHOMON, is a mystery told from different points of view, which could be either true or false. Roger Ebert of the “Chicago Sun-Times” says the film “demonstrates how the martial arts genre transcends action and violence and moves into poetry, ballet and philosophy.” And Kenneth Turan of the “Los Angeles Times” raves, “Led by



director Yimou Zhang and dazzling cinematographer Christopher Doyle, the unseen HERO production team has made what just might be the most artistically sophisticated, most formally beautiful martial arts film the genre has seen.” HERO was nominated for an Oscar for Best Foreign Language Film. It has a great score of 94% on the Rotten Tomatoes website, is rated PG-13, and can be streamed from Amazon Prime for \$3.99.

THE WOMEN (1939) was made by noted “women’s director” George Cukor and was adapted by Anita Loos and Jane Murn from Clare Booth Luce’s Broadway play. It contains a pantheon of female stars, including “queen of the MGM lot” Norma Shearer, Joan Crawford, Rosalind Russell, Paulette Goddard, and Joan Fontaine. This clever comedy pits Shearer’s perfect wife, Mary, against Crawford’s scheming, sexy shopgirl Crystal with whom Shearer’s husband is having an affair. All the women obsess over their men, resulting in plenty of catty gossip, whisperings about planned indiscretions, and even physical fights. The women carry on in a manner best described by Crawford: “There’s a name for you ladies, but it’s not used in high society outside of kennels.” The



poster for the movie proclaimed, “It’s all about men!” Yet not one male appears onscreen. The black-and-white movie contains a Technicolor fashion show which takes advantage of the talents of MGM chief costume designer Adrian. Ian Coster of the “London Evening Standard” calls the film “brilliantly witty.” And Paul Koury of the “Kansas City Star” says, “It is the men who will get the time of their lives listening to the kind of chatter that goes on behind boudoir doors.” THE WOMEN has a terrific score of 94% on the Rotten Tomatoes website and is available to stream from Amazon Prime for \$2.99.

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



council on aging

living better, together

Now Introducing!

Day Respite Program

Flex Care Services

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

• Staff who are trained to provide additional support for care needs

• Greater variety of activities and ability to choose group or independent activities

• Flexible program hours to accommodate personal schedules

SERVICES OFFERED

MONDAYS & WEDNESDAYS



CONTACT JAKE LARKIN

DAY RESPITE PROGRAM MANAGER

707-525-0143 ext. 103

30 Kawana Springs Road, Santa Rosa CA 95404

(707) 525-0143 councilonaging.com

Serving Seniors Since 1996

501(c)(3) Tax ID:94-6138714

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



Free Income Tax Assistance

The Sonoma County Tax-Aide program is again offering an in-person summer/fall tax clinic, with free tax preparation and electronic filing. This is for taxpayers who have not yet filed a 2022 tax return, and either want to or are required to. It's also for those who haven't filed a prior year tax return and now want to do so, or need to amend a filed tax return, or have an issue involving the IRS or the California Franchise Tax Board.



The clinic is on selective Tuesdays and Fridays, from May through October 13, at Franklin Park Clubhouse, 2095 Franklin Avenue, Santa Rosa. Appointments are available as early as 9:30 a.m. and as late as 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.

It's How You Pivot

By Coby LaFayette

Nancy Dito was not the average girl next door. She was the girl next door who played basketball. She lettered her freshman year at Mercy High School in San Francisco. She was a high-scoring star of the Golden State Warriors women's basketball league during the '70s, and she came "this close" to being on the first women's Olympic basketball team.

"I was that good," Nancy says directly and honestly.



She was a competitor when women's basketball scholarships and leagues were a dream for athletes of her caliber. So, she pivoted. Nancy created a full and very active life for herself, teaching and coaching. She spent 27 years coordinating athletic and recreational activities for the San Francisco Recreation & Parks Department. In fact, she became their first woman basketball referee.

During this time of her life, she continued playing hard--dribbling, batting, and volleying all manner of balls because she loved it and she could. Sidelined by debilitating pickleball injuries in her 60s, Nancy had to pivot her competitive drive once again, this time limiting her focus to only one sport:bocce. "It keeps me engaged and alive," she says. And, so, she went all in.



**Assisted Living
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Your local senior living advisor

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for the care they deserve.**

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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

What does "all in" look like if you're Nancy Dito? She helped grow the sport of bocce in Sonoma by attracting new players, building a community around the game, donating a new court to the local league and taking the sport up a notch by offering strategy clinics to women players. Fifty-five (55!) women attended that first clinic, along with a lone male nay-sayer. Once Nancy convinced him that elevating women's games strategically made for stronger teams overall, he backed down.

But that's the kind of pushback that has been dogging Nancy her entire life. As a woman and an LGBTQ athlete she's heard it all. So, she learned that respect was most easily won with a little one-on-one. "Let's get on the court," she'd offer, "I don't need to tell you who I am."

That confidence and competitive spirit sustains her still. Now in her 70's, Nancy is a big proponent of active aging. In fact, she is a walking demonstration of accepting- physical challenges and pivoting with them in a way that keeps you involved in sport and community.

"I cannot pick up a bocce ball," she shared, "because I suffer from Meniere's disease and vertigo." Of course, that doesn't stop her, and that's where that community she helped build show ups. Her teammates support her game by literally picking up her balls. "I can still play, right or left-handed," she continued, "and I love, love, love it when I hear people say 'she can throw it both ways.'" "It psyches them out," she adds gleefully, in a moment that is pure Nancy.

Nancy and her Sonoma League teams will be competing in this year's Bocce Tournament, June 3rd & 4th in Juilliard Park. And they are out for gold. "I'm going to catch that first place one of these days," she promised. Maybe that happens this year, either way, I guarantee it will be worth watching.



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