



SONOMA SENIORS TODAY

Mental Wellness is such a large part of living positively we decided to make this topic an ongoing SST column. We hope you benefit from this critical information.

Finding Well-Being Amidst Loss and Change

Juliana Balistreri,
PEARLS Coach



Juliana Balistreri, PEARLS Coach

In aging, we face many transitions, changes, and losses. These include changes in health, mobility, independence, work, and social roles, and the loss of people and animals we love.

Loss is painful, and cumulative losses can increase our risk for depression. However, it is essential to remember that depression is not an inevitable part of aging or a sign of personal weakness. Depression is a treatable human experience, and help is available. There are ways through that can bring a sense of well-being amidst the challenges of change and loss.

On the topic of Mental Wellness amidst transition, change, and loss, we are pleased to share excerpts from a recent conversation with Dr. Todd Finnemore, a local geropsychologist who specializes in issues of aging, life transitions, and medical-legal decision-making capacity assessments. Dr. Finnemore serves individuals, caregivers, families, and various health care, social service, and legal professionals in his work.

SST: I know this is a big topic; what are some of your thoughts on the experience of loss and change in aging?

Dr. Finnemore: This is a deep, meaningful, and complex topic. Certainly, for many of us, when life brings significant losses and our roles change, we can feel tremendous grief. We might think that we don't know who we are anymore. Letting go of roles, identities, and once-familiar activities can be disorienting. There are issues around independence and dependency in later life. And because we've been established in our lives and have had these roles, agencies, and functions for so long, it can become challenging for us to adjust when they change. We might ask, who am I now?

Addressing this question takes a special kind of attention and intention. It takes time for the identity to catch up with the changed reality, and this is really a mourning process. Mourning not

just as pain but as release, as a good thing. In some ways, it's one of the more important developmental tasks and skills to cultivate throughout the lifespan. And I think this natural mourning process shows up in new and different ways as we age. This process has many meaningful opportunities, and learning to be with grief, move through grief can also be an essential hurdle amid a significant loss. One that we all will face.

It is essential to acknowledge what we're feeling, reach out, and talk about what is happening with us. We can tell someone I'm feeling lonely, or I'm feeling unhappy, or I feel down all the time. There may be ways that these feelings are appropriate responses to challenging situations, losses, and changes. These feelings can be appropriate for certain conditions in our lives and for what we are experiencing. And it's also true that we don't have to continue to live that way, or we don't have to live that way forever. We can make changes and take action at any age to feel better emotionally, psychologically, and spiritually. There is help, treatment, and support available.

SST: What about depressive feelings that can arise with loss and grief?

Dr. Finnemore: I'd like everyone, older adults especially, to know that the experiences of sadness, stress, feeling disconnected, irritable,



Gloria Ramirez, PEARLS Navigator

and lonely, there is a way in which these feelings are normal because we all go through phases of that, particularly when navigating loss. However, if some of those feelings or experiences are so strong and persistent that they arise nearly daily and interfere with quality of life, this should be addressed. If someone has difficulty doing things they want or need to do or staying connected with people, it is important to seek additional help.

For many, the best course of action is to reach out to their primary care doctor. This is an important connection for support. So, start by contacting your primary care doctor and telling



Todd Finnemore, PsyD, Clinical Geropsychologist

them what you are feeling and experiencing. Maybe you're feeling stressed or irritable or sad. More and more primary care doctors are increasingly attuned to depression and older adults' needs. It's not always perfect, but most doctors do their best to recognize the need and provide support, assessments, and resources for the well-being of older patients.

In Sonoma County, primary care is available through various community health centers as well as through Kaiser, Sutter, Providence, and other private primary care offices. There is also a wide variety of mental health and other supportive resources for older adults, such as through County services, Redwood Caregiver Resource Center, Petaluma Peoples Services Center, and all the services offered at the Council on Aging. Support is available.

SST: And we're hearing more about how isolation is related to depression...

Dr. Finnemore: Yes, and when it comes to depression and anxiety, one essential way that support and healing happens is interpersonally. Interactions can often be with family and friends. Yet, they can also be with people we encounter through shorter-term connections in the community and our daily lives.

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Simply doing and enjoying activities with people we care about and who care about us is helpful. Of course, this includes our beloved pets, too. Valuable connections can happen with many other people, too, just about anybody. We don't even have to be in a perfect mood to engage. This can include going to a community event or a senior center to be in a group of people, even if you're feeling angry and out of sorts and have a lot of grief.

Something significant can happen and often does by being connected and engaging with others. The research literature clearly shows that getting activated by what we're interested in, curious about, and enjoying is essential to our mental health and well-being. So, we can ask ourselves, what are things we'd love to do more of, and who would we love to do them with?

Solitary activities are also important to our well-being because they are ways to relax the heart. We benefit from solitary activities that include reading, cooking, hobbies, time in nature, gardening, and other forms of creativity. If a person wants solitude, to be alone, and they are happy and satisfied with introverted activities, that's great. Solitude is wonderful, but there is a difference between having time for solitude and feeling isolated or excluded.

SST: Any final thoughts?

Dr. Finnemore: I think there are ways we can learn to move with mourning amidst change and transitions. It is even possible to relax into the passing of a role or identity by allowing ourselves to be open to stepping into a new one or even enjoying the openness and uncertainty in between. We can explore tools to adapt to change and support the transition into elderhood. At any age, we can continue to learn and explore new roles and ways of being. At this stage of life, we can discover new ways to relate with others, problem-solve our experiences, and engage in activities that bring joy and well-being into the simple moments of our daily lives.

As human beings, we will all go through change, loss, and grief. We all go through it, one way or another. Yet, there are ways of being with these inevitable changes that recognize that, even down to our last breath, our final moments of life, change can also include a sense of well-being. Our inner experience amidst changes and loss is not fixed or stuck.

While we may experience pain, we are not assigned to suffering. There are ways through, there is support, and there are people with open hearts who can help.

If you or someone you love is experiencing painful loss with grief and depression, below are some resources that may be helpful.

Free Council on Aging Programs

- Senior Peer Support: (707) 525-0143 Ext 125
- PEARLS – Program to Enhance Active Rewarding Lives (707) 525-0143 Ext 139
- Tellegacy and Companion Lunch Programs (707) 525-0143 Ext 129

Mental Health and Grief Resources

- National Suicide and Mental Health Hotline: 9-8-8
- Sonoma County Aging & Disability Resource Hub: (707) 565-INFO
- Adult Protective Services 707-565-5940
- Institute on Aging Friendship Line: (888) 670-1360
- Grief Share (Online and Local support groups): <https://www.griefshare.org/> (800) 395-5755
- Grief.com (Free online grief resources): <https://grief.com/free/>
- Center for Loss and Life Transition: <https://www.centerforloss.com/grief/>
- RECAMFT (Local therapy resources): <https://www.recamft.org/find+-a-therapist>
- Redwood Caregiver Resource Center: (707) 542-0282

Free Grief Support Through Local Hospices

- Providence Memorial Hospice (Santa Rosa): (707) 568-1094
- Providence Hospice of Petaluma: (707) 778-6242
- Providence North County Hospice (Healdsburg): (707) 431-1135
- Sutter Bereavement and Grief Support: (707) 535-5700
- Kaiser Grief and Bereavement Support: (707) 393-3636

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Mission Statement

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

Make SST part of your plan to age successfully!

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CEO Corner with Marrianne McBride



This past summer, I celebrated my 18th year with Council on Aging, causing me to reflect on what I have learned and how our community has changed in that time. In 2005, there were approximately seventy-nine thousand seniors in Sonoma County — now, there are 138,000, and the number is growing. Back then, no one wanted to talk about aging, and now Sonoma County is an Age-Friendly Community working on a local Master Plan for Aging. Albeit slowly, the culture of aging in Sonoma County is changing for the better. Notably, our aging journeys are different. Some are healthy, active, socially engaged, and living with purpose. At the other end of the spectrum, some suffer from chronic health conditions, live in isolation, struggle financially, and do not necessarily live the golden years they anticipated. The differences stem from many reasons, including life choices, unexpected life-changing events, and

support systems, to name a few. Although there are always things out of our control, the good news is that there are things we can do to age in the best possible way, and there is always time to start. A great short series on Netflix – “Live to 100: Secrets of the Blue Zones,” highlights the importance of friendship circles, getting up every morning with purpose, moving your body naturally by working in the yard or walking to town, and adopting a healthy diet. Seeing what is possible when you decide to take charge of your later years is inspiring. At 66 years old, I plan to be more intentional about my aging journey. Please join me over the next few months as I dive deeper into researching longevity strategies. More to follow in our January/February issue. For now—embrace growing older—not everyone is given the opportunity.

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PUZZLES & GAMES

Puzzle solutions are on page 10

WORD SCRAMBLE
"ON THE MENU!"

1. KTRYEU _ _ _ _ _
2. MAH _ _ _
3. HAMSED POSOTETA _ _ _ _ _ _ _ _ _ _
4. GRYVA _ _ _ _ _
5. RAOECRBDN _ _ _ _ _ _ _ _
6. NEIGRDSS _ _ _ _ _ _ _
7. LRASEEC SO _ _ _ _ _ _ _ _
8. ICSTBUIS _ _ _ _ _ _ _ _
9. MUPPIKN EPI _ _ _ _ _ _ _ _ _
10. ARLCOLD SNGREE _ _ _ _ _ _ _ _ _ _
11. ABEDK SPELPA _ _ _ _ _ _ _ _ _
12. RAYBCERNR CUEAS _ _ _ _ _ _ _ _ _ _

SUDOKU - Medium

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SUDOKU - Hard

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WORD SEARCH

"CLASSIC CARTOON STARS"

- Charlie Brown Dagwood
- Goofy Popeye
- Lil Abner Olive Oil
- Dick Tracy Flintstones
- Blondie Andy Capp
- Archie Donald Duck

"HAPPY HOLIDAYS"

ACROSS

- 1 Heavenly body visible from earth as point of light
- 5 Lawyer (abbr.)
- 9 Measuring instrument
- 13 Evergreen tree
- 14 Earth has a N. and S. one
- 15 Eating house
- 16 Volcano
- 17 Ancient Indian
- 18 Behind
- 19 Hollow brick structure for passing smoke from a fire
- 21 Lease
- 23 Visit
- 24 American Cancer Society (abbr.)
- 25 "Pathfinder" maker
- 29 New Year's _____
- 30 Kernel
- 32 BB association
- 33 Type of fur
- 36 Christmas hymn
- 37 Kimono sash
- 38 Musical treble ____
- 39 Relating to the ear
- 40 Chilly
- 41 Grease
- 42 1000 megabytes
- 43 Deciliter
- 44 Applesauce brand
- 45 Chum
- 46 Potato sprouts
- 47 Executive
- 48 Writings
- 50 Expression of surprise
- 51 Wing
- 54 Association (abbr.)
- 56 Day on which business activity is suspended
- 58 Sword
- 61 Vessel
- 63 Demonstration
- 64 Inaccuracy
- 65 Frog
- 66 Sign
- 67 Deprive
- 68 Turfs
- 69 Lassie

1	2	3	4		5	6	7	8		9	10	11	12		
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58	59	60				61	62				63				
64						65					66				
67						68					69				

By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Eyeglasses
- 2 Religious offering
- 3 Red headed orphan
- 4 Stack of paper
- 5 For each one
- 6 Frozen pizza brand
- 7 What a nurse gives
- 8 Time period
- 9 Present
- 10 Colony insect
- 11 "To the right!"
- 12 Be incorrect
- 15 O.T. prophet
- 20 Central church part
- 22 Recruit
- 26 Snout
- 27 Monastery superior
- 28 Hammer's partner
- 29 Santa's helper
- 30 Pieces of stiff paper used to send greetings

- 31 Spoken
- 33 View
- 34 Anonym
- 35 Metal objects that make pleasant sounds when hit
- 36 Copper (abbr.)
- 39 Chasm
- 40 Murmur
- 42 Fountain
- 44 Supper
- 47 Groups of notes
- 49 Baseball player Hank ____
- 50 Leading
- 51 Water retention
- 52 Tinseled cloth
- 53 French city
- 55 Meshes
- 57 False god graven image
- 58 Stitch
- 59 To be
- 60 Undergarment
- 62 Date

WORD SEARCH - "CLASSIC CARTOON STARS"

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

Meals on Wheels - How a meal is made

by Bill Govan, Director of Culinary Operations

How does a meal begin its journey to you? Well, let's take it from the top, starting with a smidge of background. The process begins with a set of mandates that come from the state and the Area Agency on Aging regarding nutritional makeup. Included in these directives are portion sizes for each macronutrient, as well as instructions to ensure variety. The Culinary Team is always working on recipes based on client feedback, looking at market conditions, and working within the per-meal budget from the funding agency. Once a recipe is developed, it goes through nutritional software analysis and is given to the Registered Dietician for approval. This process is done at a minimum of one month in advance for all three menus: Choice 1-Poultry, Choice 2- Vegetarian, Choice 3-Beef, Fish or Pork and Café. The goal of every meal/recipe is to have the food taste great for our diverse clientele.

When we receive the approved menus, the chef starts planning the production and ordering schedules and the prep lists based on available team members, volunteers, and equipment. The food is ordered, inspected, and properly stored. Daily production begins very early in the morning (before the rooster rises), prepping, cooking, and cooling. Next, the Culinary Team makes a sample plate as the standard for the packing team. Then, they do more prepping and cleaning (they are always cleaning). The culinarians are typically done before 1 p.m.

A few members of the packing team come in around daybreak to cut fruit, pack coolers with meals that are ready to go and pair them with their other components (fruit, milk, and the rolls from Costeaux). These processes continue throughout the day.

The rest of the packing team arrives in mid-morning when the bulk of the cooking takes



KITCHEN MANAGEMENT TEAM AND PACKING CREW

Front Row, left to right: Gallo Reyes, Lulu Cuevas, Noel Michau, Rosa Pineda, Celia Ortiz, Paula Perez
Back Row, left to right: J.Martinez, Irasema Moran, Rosa Ramos, Bill Govan



CULINARY TEAM

Left to Right
Chef Rhonda Boczon, Dee Jennings, Shay Watkins

place, and they get ready to pack, seal, label, and sort. The first steps are gathering the food items and the measuring utensils they'll need while the packing machine (sealer) warms up. Then, part of the packing team carefully portions food (one meal type at a time) into the trays and puts them through the machine to be sealed and labeled. One member of the packing team, "The Catcher," checks the meals for proper sealing and labeling at the other end of the machine, packs them into totes and into refrigeration until they meet up later with the other components, organized by Meals on Wheels route, Drive-Up-Pick-Up site or Community Dining.

The Kitchen produces approximately 1,500 meals daily and 35,000 meals monthly. That is a lot of coordination, ordering, cleaning, labeling, wrapping, and many other tasks not mentioned. Without the Kitchen Director, Chef, Culinary Assistants, Packers, Wrappers, Cutters, and Slicers, your meal would never be made.

Free Tablets & Training

For four months, Council on Aging (COA) partnered with the nonprofit Community Tech Network (CTN) to offer our seniors accessible technology classes and devices. Included with the tablet and training are six months of complimentary intranet. CTN will accommodate your training needs; options are Zoom, one-on-one, or in a group setting.

We're so happy with the results so far! Folks have used their tablets to learn how to use the internet to keep in touch with family and friends, order groceries and medicine online, and even watch their favorite shows and movies. Navigating the web safely and avoiding internet scams is also covered.

Vivian, a tablet recipient, says: "My instructors are patient, and I feel safe asking questions during the lessons. This program has helped me learn and navigate the internet at my speed and comfort level."

Who is Eligible:

- Seniors cannot have a digital device (tablet, laptop, computer) except a cell phone.
- Older adults 60 and better
- Adults with disabilities age 18 or older
- English and Spanish speakers are welcome

If you are interested in this program or becoming a volunteer to assist with training to help seniors learn their devices and technology questions, contact Denise Johnson at 707-525-0143 ext. 119 or djohnson@councilonaging.com.



Photo by Roberto Nickson - Pexels.com



Right at Home
In Home Care & Assistance



Carol Brohmer RN
Life...Less Complicated
Let us Simplify Your Life
707.843.5192
www.RAHSonomaCounty.net

Legacy



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.

Sonoma County Senior Resources

Welcome to the newly enhanced Senior Resource Section of Sonoma Seniors Today. Each issue will showcase expanded content for specific services related to healthy aging. Content will include local resources, ads, articles, best practices, tips and valuable information when choosing a service provider. Be sure to CLIP AND SAVE these valuable resources for your future reference.

CLIP AND SAVE



Sonoma County Community Centers

Providing Programs, Services and Resources that Support Healthy Aging

City	Community Center	Street Address	Phone	Website
Sonoma	Vintage House Senior Center	264 1st Street East	707-996-0311	vintagehouse.org
Santa Rosa	Finley Community Center Steele Lane Community Center Salvation Army Senior Center Jewish Community Center	2060 W. College Ave 415 Steele Lane 115 Pierce Street 3421 Bonita Vista Lane	707-543-3737 707-543-3282 707-230-5032 707-528-4222	srcity.org/753/Finley-Community-Center srcity.org/2111/Steele-Lane-Community-Center santarosa.salvationarmy.org jccsoco.org
Healdsburg	Healdsburg Senior Center	133 Matheson Street	707-431-3324	healdsburg.gov/269/Senior-Services
Rohnert Park	Rohnert Park Senior Center	6800 Hunter Drive	707-585-6780	rpcity.org/cms/one.aspx?pageld=3360932
Sebastopol	Sebastopol Area Senior Center	167 N. High Street	707-829-2440	sebastopolseniorcenter.org
Windsor	Windsor Senior Center	9231 Foxwood Drive	707-838-1250	townofwindsor.com/319/Windsor-Senior-Recreation Center
Cotati	Ray Miller Community Center	216 E. School Street	707-792-4600	cotaticity.org
Cloverdale	Cloverdale Senior Center	311 N. Main Street	707-894-4826	cloverdaleseniorcenter.org
Guerneville	Russian River Senior Center	16390 Main Street	707-823-1640	westcountyservices.org/russian-river-senior-center
Forestville	Hollydale Community Clubhouse	10241 Old River Road	707-887-0330	holyleclub.org
Monte Rio	Monte Rio Community Center	20488 Highway 116	707-865-2487	mrrpd.org/monte-rio-community-center
Graton	Graton Community Club	8996 Graton Road	707-829-5314	gratoncommunityclub.org

CLIP AND SAVE

Attention
60
&
Better

The Community Table



Connecting through Food, Fun and Conversation

CLOVERDALE
Kings Valley Senior Apartments
100 Kings Circle
TUE 11:00 AM

HEALDSBURG
Fitch Mountain Senior Apartments
710 S. Fitch Mountain Rd.
TUE 12:00 - 1:00 PM
No Lunch Service 11/21, 12/26

ROHNERT PARK
Rohnert Park Senior Center
6800 Hunter Drive, St. A
MON - FRI 12:00 - 1:00 PM
No Lunch Service 11/10, 11/23, 11/24, 12/22, 12/25, 12/29

SANTA ROSA
Finley Community Center
2060 W. College Ave.
MON 12:15 PM
No Lunch Service 12/25

SANTA ROSA
Salvation Army Senior Activity Center
115 Pierce Street
FRI 11:30 AM - 12:30 PM
No Lunch Service 11/10, 11/24, 12/22, 12/29

SEBASTOPOL
Burbank Heights & Orchard
7777 Bodega Avenue
WED 12:00 - 1:00 PM

SONOMA
Oakridge Senior Apartments
18800 Beatrice Drive
TUE 12:00 - 1:00 PM
No Lunch Service 11/21, 12/26

SONOMA
Vintage House
264 First Street East
MON 12:00 - 1:00 PM
No Lunch Service 12/25

WINDSOR
Bell Manor Senior Apartments
8780 Bell Road
WED 12:00 - 1:00 PM
No Lunch Service 11/22, 12/27

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. (Rev. 9/25/23-2)

The Orange Apron



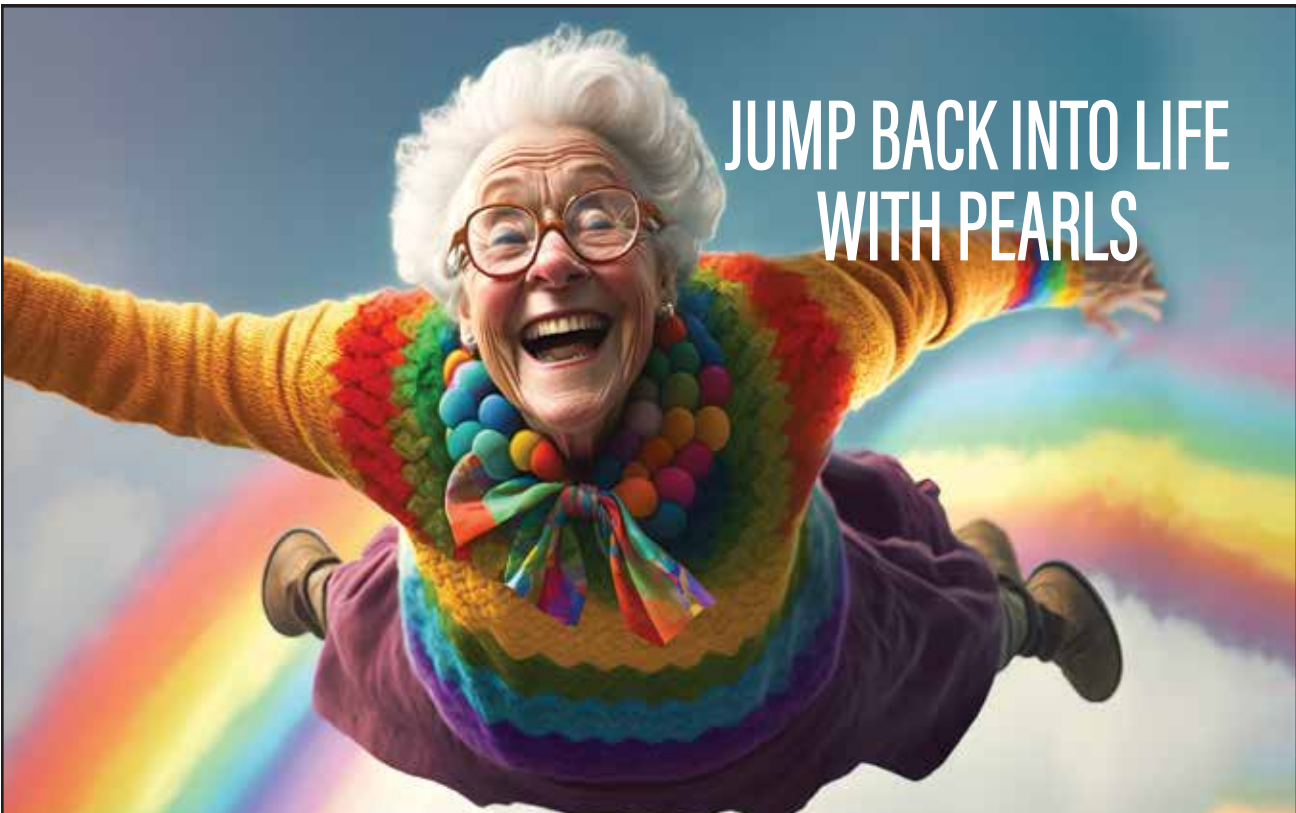
Our Heroes Don't Wear Capes.
And they don't supply hammers, ladder, lightbulbs or power tools.

Our Tools are People Tools.
We build relationships with Sonoma County seniors to battle food insecurity and isolation—one senior at a time.

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



Meals on Wheels • Community Dining • Drive-Up/Pick-Up
Heroes are Invited to Call 707.525.0143 x121



JUMP BACK INTO LIFE WITH PEARLS

MENTAL WELLNESS FOR OLDER ADULTS



PEARLS is an evidence-based program offered by COA to reduce symptoms of depression and improve quality of life for older adults. PEARLS provides confidential high-quality mental health coaching for those who want to improve the way they feel. During 6-8 sessions over a 6-month period, participants work with a PEARLS coach on learning problem-solving skills and behavioral techniques to enhance their overall mental wellness.

WHO QUALIFIES?

Anyone 60+ living in Sonoma County who is encountering different kinds of depression: dysthymia, minor depression, and/or major depression. Eligibility screening is required to assess depression symptoms and appropriateness for the program.

HOW DOES IT WORK?

- Problem Solving Treatment:** Participants are guided in a seven-step process to define and select problems they want to address. One problem is addressed at each session.
- Social and Physical Activation:** Increased activity leads to decreased depression. At each session the coach works with participants to increase social and physical activities.
- Pleasant Activity Scheduling:** At each session, coaches encourage participants to select an activity that they would enjoy as homework. Skydiving anyone?

WHAT DOES IT COST?

This program is FREE for participants.



To Learn More, Call Gloria Ramirez at 707-525-0143 x139 or Email gramirez@councilonaging.com

Holiday Roasted Vegetables

Serves 8



- 2 Pounds Potatoes (Mix of Red and Yukon Gold Potatoes, Unpeeled and Cut into Wedges)
- 3 Cups Large Carrots (Peeled and Cut into 1-1/2 Inch Pieces)
- 3 Cups Large Parsnips, Optional (Peeled and Cut into 1-1/2 Inch Pieces)
- 2 Large Yellow or Red Onions (Peeled and Cut into Wedges)
- 1 Tbs Fresh or Dried Rosemary Leaves
- 2 Tsp Granulated Garlic Powder
- 3/4 Cup Melted Unsalted Butter
- Salt and Pepper to Taste

Directions:

Preheat oven to 450°

In a large mixing bowl, combine the cut potatoes, carrots, parsnips and onions with the rosemary and garlic powder.

Drizzle with melted butter, salt and pepper to taste.

Toss to coat evenly and spread out in a large roasting pan that has been coated with olive, vegetable, or avocado oil.

Bake at 450° F for 40-45 minutes or until fork tender (not mushy). About half-way through, toss the vegetables to caramelize on other side.

Arrange on serving platter and garnish with fresh sprigs of rosemary.



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





Kibbles of Kindness

No Pet Should Go Hungry

In 2012, when we heard that our Meals on Wheels clients were sharing their meals with their pets because they couldn't afford to buy pet food, **Kibbles of Kindness** was born. At the Council on Aging, we work tirelessly to make sure no senior goes hungry and neither should their beloved pets.

Will you help support these vulnerable and loving animals by donating to our Kibbles of Kindness program today?

Yes! I would like to donate to *Kibbles of Kindness*!

Name _____ Amount \$ _____

Phone _____

Address/City/State/Zip _____

Credit Card Number _____ Exp: _____

You can send a check payable to COA with *Kibbles of Kindness* in the memo. Our mailing address is 30 Kawana Springs Rd. Santa Rosa, CA 95404.

You may also donate online at: www.councilonaging.com/donate or call us at: 707-525-0143 ext. 146

Spooktacular Seniors' Bingo and Lunch! Thanks to Keysight Volunteers!

On Monday, October 9th we celebrated Halloween with Bingo and Lunch. Many seniors enjoyed playing Bingo, socializing and eating a nutritious meal. We want to recognize and thank our Volunteers from Keysight who assisted with this great event. We could not serve so many seniors without the help of Volunteers.



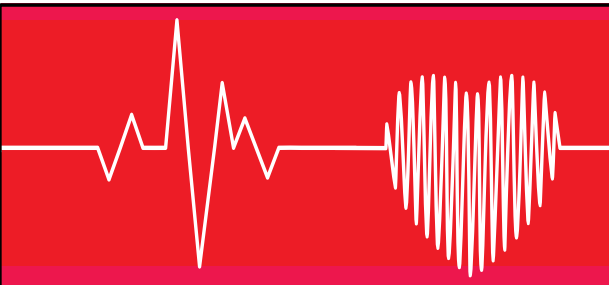
Halloween Bingo Costume Winner
Rowena

Conrad Diehl plays at the Community Table Lunch

Sebastopol hosts the popular "Take yer Medicine" band, featuring Patrick Michael McCarty, at Council on Aging's Community Table Lunch service. Conrad was intrigued by the stage presence and variety of tunes that Patrick and his band played and asked if he could accompany them.



Conrad took his harmonica from his pants pocket and chimed into the next song playing without warming up. The whole crowd was shocked seeing the hidden talent Conrad had. Later, we learned Conrad is a musician and songwriter who has mastered a variety of instruments. During "Take yer Medicine" off weeks, Conrad still entertains the crowd solo, playing the guitar, harmonica and singing all at once! It is inspiring to see seniors flourish and have the opportunity to showcase their talents.



ADULT FIRST AID & CPR TRAINING

Learn Life Savings Skills for Individuals and Organizations

Nov 7 • 1:00 – 3:00 PM
Council on Aging
30 Kawana Springs Rd., Santa Rosa
\$80/Per Person • Space is Limited

council on aging

To Register, call
Denise Johnson 707-525-0143 x119
djohnson@councilonaging.com

Meals on Wheels Testimonial

For most people, today is just an ordinary day, but not for me. I'm looking forward to my weekly delivery from Meals on Wheels. Dennis, with his smiling face and perky attitude, is coming by. I can hear his cart rolling down the walkway toward my door. As a senior, engaging with others and having something to look forward to is essential. This is my opportunity to say "hello," get out of my head and receive the nourishment I need daily; this is why the program has become so important to me. For that, I am most appreciative. The growing cost of groceries at the store is beyond what I can afford on a fixed budget. So, the word FREE is very enticing. Yes, I said "free". Their carefully prepared meals testify to their team's respect and devotion to seniors' needs.

I have spent my whole life giving back to the communities I have lived in. I've been certified in CA as an EMT I, graduated with honors from the SRJC when I was 46 years old, spent a decade doing in-home support for the elderly, and volunteered as a music therapist for those confined to hospitals, institutions, and prisons in the Bay Area, and been the Chair of the Senior Citizens Advisory Commission in Rohnert Park. The years have caught up with me, and now is the time to accept that I need empathy and help. And it's OK to ask for help. That is why I turned to the Council on Aging. Their entire purpose is to uplift the lives of those who have devoted so much of their valuable life experiences to their families and their communities. They make it possible to believe in the goodness of human beings. I recommend anyone call the Council on Aging (707 525-0143 ext. 135) and get referred to the Meals on Wheels home delivery program. You may even make a new friend like Kitty (Client Intake Specialist), who, with the generosity of spirit, has made me feel like I matter and I'm worth being taken care of. For that, I am forever grateful.

Make Light in the Dark

By Leigh Anne Caryl

*Dearest one,
pale, broken, and lonely,
sit up!
Stretch out your arms
and take a deep cleansing breath.
You don't have to hold
yourself apart
from others anymore.
Cradle your intention,
slowly rock away the fears,
long to see the light,
listen to the raindrops,
splash away the tears.
Forgive yourself.
Be a better purveyor
of your own destiny.
You are ever-changing and growing with age.
Intentionally litter your psyche
with sprinkles and
multi-colored streamers.
Dance often ...
Make light in the dark.
Hold yourself
in a palm of love.
You are refreshed and emboldened.
Have trust and solace in your self-pride,
rest easy, be playful,
cast away all doubts.
Throw kisses into the wind ...*

Taking Care of Mental Health this Holiday Season

By Simranjeet Kaur, COA Nurse Intern

Holidays are the most exciting time of the year for most people, filled with pretty twinkling lights, festive music, and joyful gatherings. A time that is supposed to be merry and bright, but did you know that it's also the time when one can find themselves struggling with emotions and feelings of sadness and depression, known as the Holiday Blues? Knowing you are not alone if you ever feel down during holidays is essential. The high emotions and pressure to be jolly with the expectations of perfect celebrations can weigh on anyone. Let's talk about these holiday blues and try to understand some signs you or someone you care about might be struggling with. Holiday blues refers to feelings of sadness, loneliness, or depression experienced by people during or after the holiday seasons, including days like Thanksgiving Day, Christmas, or New Year's. These feelings may originate from different factors, which include stress, unrealistic expectations, social isolation, and remembering lost loved ones. There are many ways to take care of your mental health or someone you care about during these holiday blues. Managing your expectations and realizing that not aiming for perfection is acceptable can reduce your stress and anxiety levels. Another way would be reaching out to your loved ones to seek and provide support to reduce loneliness and isolation. It's also essential to prioritize self-care through relaxation and taking breaks from festivities anytime you feel overwhelmed or have too much on your plate. Giving back through volunteering and community service can also help reduce sadness and loneliness. And it is an excellent way to be there for someone struggling during holidays. Lastly, realizing that it's okay to need that extra help is essential.

If the feelings of depression, sadness, anxiety, and loneliness are persistent, it's vital to understand there may be something more going on and to seek help from a professional. In the end, remember that it's okay to feel a little blue during the holidays. Embrace your feelings, and don't be too hard on yourself. Remember not to be hesitant or afraid to reach out for extra help from a mental health professional if you find holiday blues persistent and overwhelming to help navigate through possible underlying causes and treatment/coping options with the help of a professional. Here's to a cozy, content, and cheerful holiday season



MOVIES TO CELEBRATE

Barbara Spear



CHRISTMAS IN CONNECTICUT (1945) is a screwball comedy that stars Barbara Stanwyck as a food writer and columnist who pretends to be a farm wife and mother and an expert cook. But her sham life is threatened with exposure when she is forced to invite a World War II Naval hero (Dennis Morgan) and her publisher (Sydney Greenstreet) to her country place for the Yuletide holidays in order to provide a happy domestic Christmas for her readers.

In fact, she is an unmarried New Yorker who cannot boil an egg, let alone cook. Directed by Peter Godfrey, the movie began production before WWII ended but was released a few months after VE day. We see a few war scenes, but there's also social commentary concerning the hypocrisy of assigned gender roles in light of their fluctuation because of women's exposure to working in factories during the war and the reabsorption of returning servicemen on the home front. MaryAnn Johanson of the Flick Philosopher website rates the entire film as "very fluffy and silly and perfectly wonderful." And Rachel Wagner of Rachel's Reviews on YouTube says, "If you want a pleasant and romantic comedy that has some good laughs and some good chemistry, it's a ... really entertaining little Christmas movie." CHRISTMAS IN CONNECTICUT has a terrific rating of 89% on the Rotten Tomatoes website and can be streamed from Amazon Prime for \$2.99.



THE APARTMENT (1960) is a film that, appropriately for the season, ends on a note that will certainly put you in the mood for a very Happy New Year. It's a comedy directed by the great Billy Wilder and stars Jack Lemmon, Shirley MacLaine, Fred MacMurray, and Edie Adams. Lemmon's a clerk in a New York City insurance office who tries to improve his status in the company by letting its executives use his apartment for their extra-marital affairs. Everything is going just fine until Lemmon falls for an attractive elevator operator (MacLaine)



who's involved with one of the bosses. The film is strongly romantic, but there's also satiric social commentary and a strong dose of the famous Wilder wit. Bosley Crowther of the New York Times describes THE APARTMENT as "A gleeful, tender and even sentimental film." And contemporary critic Ben Kubasik of Newsday says, "Director Wilder has come up with another real winner in The Apartment ... It is a film with plenty of fun and one that promises hope in a society whose moral standards seem to be rapidly deteriorating." THE APARTMENT was nominated for ten Oscars and was awarded five, including Best Picture, Director, and Original Screenplay. It has a terrific rating of 93% on the Rotten Tomatoes website and can be streamed from Amazon Prime for \$3.89.



Crossword

1	S	2	T	3	A	4	R		5	A	6	T	7	T	8	Y		9	G	10	A	11	G	12	E
13	P	I	N	E				14	P	O	L	E			15	D	I	N	E	R					
16	E	T	N	A				17	I	N	C	A			18	A	F	T	E	R					
19	C	H	I	M	20	N	E	Y		21	R	22	E	N	T										
23	S	E	E		24	A	C	S				25	N	I	S	26	S	27	A	28	N				
				29	E	V	E		30	C	31	O	R	E			32	N	B	A					
33	S	34	A	35	B	L	E		36	C	A	R	O	L			37	O	B	I					
38	C	L	E	F				39	A	U	R	A	L			40	C	O	O	L					
41	O	I	L			42	G	B		43	D	L			44	M	O	T	T	S					
45	P	A	L			46	E	Y	E	S			47	C	E	O									
48	E	S	S	49	A	Y	S				50	A	H	A			51	E	52	L	53	L			
				54	A	S	S	55	N		56	H	O	L	57	I	D	A	Y						
58	S	59	A	60	B	R	E			61	E	W	E	R			63	D	E	M	O				
64	E	R	R	O	R					65	T	O	A	D			66	O	M	E	N				
67	W	E	A	N						68	S	O	D	S			69	L	A	S	S				

PUZZLE SOLUTIONS

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

Word Search

Meals on Wheels
Testimonial

MG was born and raised in Kanosha, Wisconsin, with one brother. She ventured out on her own and lived independently from an early age. She later moved to California. MG has a love for science, and she became a medical technician, working in various medical laboratories for many years. Two of her current hobbies are studying quantum physics and planetary science.

Later, MG decided to make a career change and became a Property Manager and Real Estate Agent, and she and her husband started their own property management business. She became one of the first five female Commercial Certified Investment Members! The highest real estate certification allows the agent to sell commercial properties like golf courses, restaurants, and businesses. MG helped pave the way for more women to be certified for this license!

Now in her 90s, she still works full-time from her home office as a Property Manager and loves every moment! Her daughter and accountant help run the business.

In addition to co-owning a successful property management business, MG fulfilled her dream of becoming a pilot. She and her husband both became certified as Commercial Pilots. They flew their private plane to many locations across the United States and had many incredible adventures!

There were some harrowing trips and nerve-racking landings, which MG nicknamed “Double-Martini Landings.” Her most meaningful accomplishment was earning the commercial pilot license!

In reminiscing, MG said that the one experience that brought her the greatest joy was being married a second time to her husband aboard a cruise ship. She had a wonderful marriage, and she and her husband traveled worldwide together.

MG signed up for Meals on Wheels (MOW) because she wanted nutritious and well-balanced meals. She also appreciates the convenience of heating the meals in the microwave whenever she is ready. MG prefers to eat dinner early. At the same time, the rest of her family tends to eat later, so being on MOW allows her the flexibility to do this. She is very grateful for the service!

WORD SCRAMBLE - On the Menu!

1. KTRYEU	Turkey
2. MAH	Ham
3. HAMSED POSOTETA	Mashed potatoes
4. GRYVA	Gravy
5. RAOECRBDN	Cornbread
6. NEIGRDSS	Dressing
7. LRASEEC SO	Casserole
8. ICSTBUIS	Biscuits
9. MUPPIKN EPI	Pumpkin pie
10. ARLCOLD SNGREE	Collard greens
11. ABEDK SPELPA	Baked apples
12. RAYBCERNR CUEAS	Cranberry sauce



Vegetarian Options are Available



All Meals are Chef Inspired & Restaurant Quality Meals



All Meals are Heart Healthy & Low Sodium

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

CLOVERDALE
Kings Valley Senior Apartments
100 Kings Circle
TUE 10:30 - 11:30 AM

HEALDSBURG
Healdsburg Senior Center
133 Matheson Street
MON 9:30 - 10:30 AM (EFF. 9/11/23)

ROHNERT PARK
Rohnert Park Senior Center
6800 Hunter Drive, Suite A
WED 9:30 - 11:30 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
Vintage House
264 First Street East
MON 11:00 AM - 12:00 PM

WINDSOR
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.

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, AND FRIDAYS

Contact Jamie Escoubas
707-525-0143 x108
jescoubas@councilonaging.com

 **council on aging**
Living better, together.

30 Kawana Springs Road, Santa Rosa, CA 95404 • Council on Aging is a 501 (c)(3) Organization

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.



Serving Seniors Since 1966

SUDOKU - Medium

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

SUDOKU - Hard

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

NUTRITION NEWS
HEALTHY EATING TIPS FOR
VEGETARIANS



What is a Vegetarian Diet?
There are several types of vegetarian diets. Most follow a vegetarian diet that excludes meat, poultry and seafood. Some choose a plant-based diet, also known as vegan, that also excludes dairy and eggs.

Well-planned vegetarian or vegan diets are appropriate for all ages, including adults. A well-planned vegetarian diet can be healthy, taste great and provide healthy benefits in the prevention and treatment of certain diseases.

What are the Health Benefits?
Those who follow a vegetarian diet often have lower cholesterol levels and decreased development of hypertension and Type 2 diabetes than those who do not follow a vegetarian diet. Vegetarians also tend to have a healthier weight and lower overall cancer rates. These benefits may be the results from higher intakes of fruits, vegetables, whole grains, nuts and fiber and lower intake of saturated fats.

Food Groups:
The food groups for vegetarian diets are the same food groups in the USDA's MyPlate.

- **Fruits:** Consume a wide variety of colorful fruits, including fresh, frozen and canned (no added sugar). Fruit provides a variety of vitamins, minerals and fiber.
- **Vegetables:** Choose a wide variety of colors, especially dark green, orange and red. These colors provide a variety of vitamins, minerals and fiber. Vegetables can be fresh, frozen or canned (without salt).
- **Protein:** Again, variety is very important in this food group. Beans, peas and lentils are loaded with iron, zinc, fiber and protein. Nuts, seeds and soy products are also great options.
- **Grains:** Consume whole grains in place of refined grains. Whole grains such as millet and quinoa are higher in protein. Replace pasta, white rice and breads with whole grains.
- **Dairy:** Select low-fat or fat free milk, yogurt and cheese. These are high in calcium and often fortified with vitamin D. Nondairy options are also available such as calcium-fortified soy milk, almond milk and oat milk.

- Vegetarian Snacks:**
- Whole grain bagel with nut butters
 - Vegetable soup with whole grain crackers
 - Hummus, pita wedges or fresh vegetables
 - Yogurt parfait with whole grain cereal and sliced fresh fruit or berries.

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

Join us for an afternoon of
Fun, Food, and Festivities!

TURKEY BINGO

Space is Limited.
Must Reserve by Nov. 8th

Join us for a Turkey Sandwich with Cranberry, Side and Games

16TH
NOVEMBER
THURSDAY

11:00 AM - 12:30 PM or 1:00 PM - 2:30 PM
COUNCIL ON AGING
30 KAWANA SPRINGS ROAD, SANTA ROSA

Register with Denise Johnson at 707-525-0143 x119
djohnson@councilonaging.com

Council on Aging Holiday Closures

Our offices will be closed on the following dates
in observance of the respective holidays

Friday, November 10 - Veteran's Day
Thursday, November 23 - Thanksgiving
Friday, November 24 - Day After Thanksgiving
Friday, December 22 - In Observance of Christmas Eve
Monday, December 25 - Christmas Day
Friday, December 29 - In Observance of New Year's Eve
Monday, January 1, 2024 - New Year's Day

Happy Holidays

CoA council on aging
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