

SONOMA SENIORS TODAY

Caregivers Need Care Too

By: Elizabeth Youngs

Do you take care of someone? Maybe it's an aging parent who needs assistance with routine daily activities. Or perhaps it is your spouse who was recently diagnosed with Alzheimer's. They might be your dear friend or neighbor who never quite got back up to speed after that fall. It could even be a disabled adult child who relies on you for daily care. It is common to care for someone we love as we age, but caregiving doesn't come with a handbook!

According to the CDC, nearly 20% of adult Californians over 45 reported being a caregiver to a friend or family member. Ten percent reported providing care or assistance to a loved one with dementia or other cognitive impairment. Caregiving can be rewarding, but it can also be challenging, exhausting, and even isolating. Self-care and community support for people caring for others can make all the difference in the world.

So, you're caring for a loved one and need help, but where do you begin? Many people, especially women, have spent their whole lives caring for others, and it may be pretty foreign to stop and say, "What do I want/need?" However, if you have ever flown on a plane, you have heard the phrase, "Put your mask on before you help the person next to you put on theirs." The flight attendants explain that if we do not, we may not get to our own in time, and we definitely cannot help anyone else! When it comes to self-care, anyone can start with a few small things.

We spoke with several people caring for a loved one and asked what helped them.

P.M. (pictured) finds little things scattered throughout her day, "Stress reduction for me is in my baking, watering and caring for my plants, playing CandyLand on my tablet, taking photographs of nature outside our home in quiet moments, being silly with my loved one, and sharing stories (from his youth). It's all important in keeping us from the downside of caregiving."

C.L. said, "I can tell you that support groups have saved my life. The camaraderie and best practices shared between caregivers during support group sessions are invaluable," and recommended the 24/7 Alzheimer's Association Helpline (800-272-3900; a live chat is available at Alz.org).

M.M. empathized, "One of the things that help me is to be truly present at all times... You will often feel overwhelmed and guilty, but it is important to treat yourself kindly and



remember you are doing your best in a difficult situation."

M.P. stated that she used to find time for gardening, then laughed and said one of her ways to relax was "Cleaning the house, which is therapeutic for me!" She also uses quiet moments for reading, "a fun, relaxing thing," and watching mysteries.

The vital part of self-care is doing things that are replenishing for you, whatever they may be, and making sure to find time regularly, even if just for a few minutes here and there. Self-care also includes such critical things as attending your medical appointments, visiting with friends or family, hygienic activities, and just resting!

For many caregivers, finding longer blocks of time may be easier said than done. Hiring a private caregiver for an hour or two is one option if your loved one cannot be left alone; for individuals who receive Medi-Cal, In-Home Supportive Services (IHSS, 707-565-5900 <https://www.cdss.ca.gov/in-home-supportive-services>) is another.

If your loved one experiences memory loss, Council on Aging's Adult Day Respite Program could help. The program offers care from 10 am – 2 pm, on different days Monday – Friday, including fun activities and a nutritious meal for your loved one. While they are attending the program, you can take the time to do the things

Self Care Comes First

The Importance of Respite Care for Family Caregivers of People with Alzheimer's Disease

Alzheimer's disease is a progressive brain disorder that causes memory loss and other cognitive decline. It is the most common form of dementia, affecting an estimated 6.2 million Americans age 65 and older. Caring for someone with Alzheimer's can be a demanding and overwhelming task. Full-time family caregivers often provide 24/7 care, which can take a toll on their physical and emotional health.

That's why respite care is so important. Respite care provides temporary relief for caregivers by giving them a break from caregiving duties. This can allow caregivers to recharge their batteries, attend to their own needs, and simply have some time to themselves.

Respite care can provide a number of benefits for both caregivers and the people they care for.

For caregivers, respite care can:

- Reduce stress and anxiety
- Improve mood and energy levels
- Increase self-care
- Prevent burnout

CONTINUED ON PAGE 2

you need — appointments, visiting a friend or support group, or even just taking a nap!

If you need someone to talk to, COA's Senior Peer Support program could be just the thing. For more information on all of our programs, please call 707-525-0143 or visit <https://www.councilonaging.com/>.

For more information on caregiving and local services, please explore the following resources.

- Redwood Caregiver Resource Center: <http://www.redwoodcrc.org> or 1-800-834-1636
- Family Caregiver Alliance: 1-800-445-8106 or <https://www.caregiver.org/>
- Sonoma County Area Agency on Aging: 707-565-4636
- County of Sonoma Adult and Aging Division: <https://sonomacounty.ca.gov/health-and-human-services/human-services/older-adults-people-with-disabilities>

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For the person with Alzheimer's, respite care can:

- Provide social interaction
- Stimulate cognitive function
- Prevent boredom and loneliness
- Promote a sense of well-being

If you are a full-time family caregiver of someone with Alzheimer's, respite care is a valuable resource you may want to consider. There are many different types of respite care available, including:

- In-home care: A caregiver comes to the home of the person with Alzheimer's to provide care while the family caregiver is away.
- Overnight care: The person with Alzheimer's stays in a residential care facility overnight while the family caregiver gets a break.
- Adult day care: The person with Alzheimer's attends a day program where they receive care from trained professionals while the family caregiver is at work or running errands.

The latter, Adult Day Care, is a program offered by Council on Aging. We offer four locations throughout Sonoma County with various levels of care and payment options. To learn more, give COA's Day Respite Program a call (707-525-0143 x111).

If you are a family caregiver of someone with Alzheimer's, don't hesitate to reach out for help. There are many resources available to you, and you don't have to go through this alone.

Mia Bennett

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.



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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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PUZZLES & GAMES

Puzzle solutions are on page 10

WORD SCRAMBLE
"HARVEST"

1. APRE _ _ _ _ _
2. IKNIGPC _ _ _ _ _ _ _
3. TEVGANI _ _ _ _ _ _ _
4. GEALN _ _ _ _ _
5. YDELI _ _ _ _ _
6. LTVEEGBEA _ _ _ _ _ _ _ _ _
7. RPEAGS _ _ _ _ _ _
8. OXEUQIN _ _ _ _ _ _ _
9. SAEPLP _ _ _ _ _ _
10. BRLEITEOANC _ _ _ _ _ _ _ _ _ _
11. GTRAEH _ _ _ _ _ _
12. ARNERG _ _ _ _ _ _

SUDOKU - Medium

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

SUDOKU - Hard

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

WORD SEARCH
"HALLOWEEN"

- CANDLE CANDY
- APPLES COSTUME
- ENCHANTMENT FLASHLIGHT
- BROOMSTICK TRICK OR TREAT
- DOORBELL BOOOOOO
- PUMPKIN CANDYCORN

"AUTUMN"

ACROSS

- 1 Knife
- 5 Block
- 9 Michelangelo's famous statue
- 14 Tel __ (Israel's capital)
- 15 Read attentively
- 16 Gentry
- 17 Nude
- 18 Assess
- 19 Motor lodge
- 20 Concerned
- 22 Giant wave
- 24 Day of the wk.
- 25 Not there
- 26 Misses
- 28 Harness horse
- 29 Compass point
- 32 Odor
- 33 Cherishes
- 35 Cut grass
- 36 Trainee
- 37 Bullfight cheer
- 38 Cut of beef
- 40 Airport abbr.
- 41 Incite (2 wds.)
- 43 Not inner
- 44 New Jersey's neighbor
- 45 Atmosphere
- 46 Common last name
- 47 Evils
- 49 Chicken creation
- 50 Crop
- 53 Worn when cold
- 57 Once more
- 58 Island
- 60 Wash
- 61 Gathered the leaves
- 62 Chill
- 63 Wagon pullers
- 64 Make flat
- 65 Compass point
- 66 Gust

1	2	3	4		5	6	7	8		9	10	11	12	13
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64						65					66			

By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Baby's "ball"
- 2 Elliptical
- 3 Italian money
- 4 Pays time and a half
- 5 Larks
- 6 Stow
- 7 Artist's creation
- 8 German composer
- 9 Raise an objection
- 10 Lonely
- 11 Brief autobiographical sketch
- 12 Detail
- 13 Cafe
- 21 Alter
- 23 Southeast by east
- 26 Talk
- 27 Particular style
- 28 Black
- 29 Struck
- 30 Femurs
- 31 Pitcher
- 32 Did well
- 33 Military specialty
- 34 Curly, for example
- 39 Cottage
- 42 Girls
- 46 Jewelry need
- 47 Crawling vines
- 48 Allows to borrow
- 50 Angel's instrument
- 51 Seaweed substance
- 52 Collect leaves
- 53 Sloven
- 54 Cab
- 55 Fair
- 56 Tear
- 59 Plant

WORD SEARCH - "HALLOWEEN"

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

Tim Oxford	Shellie & Adrian	Glenn R. Salkeld	Elsie P. Smith	Katherine A. Thompson	Sylvia J. Wasson
Jane & Michael Oyer	Ramazzotti	Carol Sanders	Geraldine M. Smith	George Thow	Nan C. Waters
Pacific Door Products, Inc.	Susan Randall	Judy & James Sannar	Ella & Leo Smith	Sherill & Ronald Thurner	Carla Wedemeyer
Ron Pagano	Julia M. Ratto	Claudia & Robert Santini	Steven J. Smith	Sue J. & Greg S. Tichava	Melissa Weese
Carol & Larry Page	Rae Rehn	Susan Savonis	Susan E. Smith	Linda A. Tobes	Teresa Weinberger
Diane Parente	Valerie Reid	Tom E. Sawyer	Diana & David Sowell	Susan Torres	Lois A. Weinstein
Doris E. Parker	Kathleen Renz	Maiken & Klaus Scheftner	Stella Spahr	Beverly Totemeier	Jane & Nelson Weller
Maidie L. Parmenter	Margo & James Requarth	Rose Mary & Ed Schmidt	Audrey Spall	Lanada Tuft	James E. Whalen
Monica & William	Larry R. Resnikoff	Tammy Schmolder	Choi Y. Spellacy	Carol & Don Turner	D. Anthony White
Patterson	Jennifer A. Richardson &	Monika K. Schnieder	Lisa Spurlock	Spari C. Uchida	Mark G. White
Ophelia & Dennis Paulson	Shawn Brumbaugh	William J. Schoemann	Susan St. Marie	Art Valencia	Barbara W. Wilford
Tammy Azcarate & John	Sharon H. Ricks	Lucia & James Schultz	Marjorie Stambaugh	Myrna Valones	Olive & Stuart Wilson
R. Pearson, C.F.P.	Ingrid Riddell	Leanne Schy	Marilyn M. Stark	Dixie & Martin van der	Kyaw Win
Eugene & Hester Perani	Ann Marie Rivas	Ralph W. Scott	Steven E. Berlin, Inc.	Kamp	Abby & Ho-Fai Wong
Nan & Patrick Perrott	River Rock Casino	Bob B. Scott & Tim	Shirley & Clint Stevenson	Van Kirk Property	Lynette Wood
Petaluma Auto Works	Charles C. Roach	McDonald	Wallace Stewart	Rebecca & Paul Van Lith	Heidi Would
Barbara A. Petersen	Karen L. Robertson	Ann Sebastian	Kelly & Joe Stogner	Connie A. Van Schaick	Robert H. Wulf
Jane C. Petersen	Jose Rocha, Jr.	Chere Secrist	Dana Simpson-Stokes &	Patricia M. Veale	Burrell L. Wyle
Joan Peterson	Kathleen Roche & James	Carol & Douglas Seiberling	Kenneth Stokes	Nancy Veiga	Barbara Yorton
Linda & Steve Pickell	Doust	Bruce Selfridge	Darylan Stratten	Rhonda Vela	Gary Young
Mary & Mike Pierre, Jr.	Bonnie Rodecker Holm	Margaret & Michael	Kris Sundquist	Laura Miera-Verniers &	Kathy & George Young
Lynn & John Pizza	Zenna Roe	Senneff	John A. Sunseri	Randall Verniers	Mary Jo & Ray Yung
Patricia A. Pomerleau	Loria J. Rolander	Cathy Sewell	John R. Suter	Pamela & Charles Vetrano	Jeffrey M. Zamacona
Deb & Rory Pool	Darci C. Rosales	Hugh Shacklett	Bo Svensson	Donna & Joseph Vetter	Paul Zarn
Katherine A. Popich	Priscilla R. Roslyn	Lindsey & Charles Shere	Jess Swartz	Norma & Dennis	Linda Zepponi-Hervey &
Charlotte Proctor	Deborah Ross	Gary & Randi Shirley	Nancy E. Swartz	Viglienzone	John Hervey
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N. Quinn	Barbara Doyle Roy	Mark C. Short	Barbara & Gary Tatman	Sandra & Mark Walheim	
Mary Radu & Richard	Steve Sagehorn	Diane & William Silveira	Mary Taylor	Cynthia Walsh	
Auger	Gloria & Richard Salander	Marian R. Singer	Kathleen & Peter Thomas	Mark A. Walsvick	
Roy Ragghianti	Sue Salinas	Karen Siroky	Mildred & Philip Thomas	Pauline Ward	

COA's Tellegacy Program Addresses Social Isolation

By Brooke Rosell

The Surgeon General recently declared social isolation in seniors an epidemic. In response, we introduced the Tellegacy program to Sonoma County. The goal is to connect younger and older populations through conversation to combat the widespread issue of loneliness and isolation among seniors. It creates a space for older adults to reminisce and reflect on their lives by sharing their beliefs, history, and life lessons.

One client, Terry Hilton, said, "The program would be great, especially for a senior who's alone or kept away from the general community; it could mean a lot to that senior, making him or her feel a lot better about themselves. You reminisce and go over things throughout your life that maybe you forgot."

Volunteers have the opportunity to listen and learn about what it was like and meant to have grown up in an earlier era. It gives the younger generations a face and name to form a better understanding, perspective, and possibly tolerance of the lives of the older generations.

Our incredible Council on Aging volunteers make this program possible. They are passionate about sharing the participant's stories and helping them leave their legacy. Utilizing the Tellegacy 8-session program, volunteers have a meal with a senior and compile the senior's life stories and lessons into a legacy book.

One of our volunteers, Christina Tornello, expressed, "The experience has been a real gift to me." When asked why she would recommend this program to older adults, she said, "It helps the older adult to possibly reframe difficult times in their lives by also seeing the good times and remembering those times." The main goal of Tellegacy is to assist seniors feeling isolated and alone in our community back to living a



Cynthia Landecker receiving her Legacy Book

happier, fulfilled life. This is done through the coordination of volunteer visits and igniting stimulating conversation. One of the things participants appreciate most about the program is the ability to look back on their life from a different perspective.

While looking through her completed legacy book, Joan Pool expressed her gratitude and reflected on her experience in the program, saying, "It makes me feel like your life is worthwhile, and it has been. Every minute of it. The good times as well as the bad."

Stories are out there waiting to be told, heard, and written in a Legacy book! If this sounds like a program you want to get involved with, whether as a participant or a volunteer, contact Brooke Rosell at 707-525-0143 ext. 129 or brosell@councilonaging.com.

Meals on Wheels Testimonial

Born and raised in San Francisco, California, DG has one sister. DG served in the Vietnam War. After the war, he left the military and worked driving concrete trucks and as a Sales Representative in the electronics industry at TRW Systems.

DG loves to read mysteries and detective stories. His greatest accomplishment is surviving the challenges of being in the Vietnam War and living to be 80 years old! Having children has brought DG joy, and he is very close to his stepson and stepdaughter, who speak with him, often. His words of wisdom to future generations are, "Listen and keep your mouth closed!"

Meals on Wheels has made a big difference in DG's life since he is disabled and has difficulty shopping and cooking. He said, "The meals have been consistently there for me, coming like clockwork. And they have been sustaining and keeping me alive. I look forward to getting the meals, every day! Keep up the good work!"

DG really enjoys seeing his drivers, as they have been very nice and courteous. Also, living alone, the wellness checks help him to feel safe. DG has experienced positive health benefits since being on the meals, as they are heart-healthy, low sodium, and nutritious!



Intergenerational Pickleball!

On Tuesday, May 16th, Council on Aging hosted an Intergenerational Pickleball event. Seniors from the Sonoma County Pickleball Club instructed youth from Vista Academy on how to play pickleball. FUN was had by all!

After playing a few games, we sat and ate a nutritious dinner at the park together.

Mental Wellness for Older Adults

Program to Encourage Active and Rewarding Lives for Seniors



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- Empower Yourself
- Become more Social and Active
- Engage in Pleasant Activities
- Relearn How to Enjoy Life

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



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THANK YOU
TO THE
HUNDREDS WHO
VOLUNTEER
THROUGHOUT
THE YEAR!



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COUNSELOR SUGGEST YOU
SHOULD PUT A SIZZLE BACK
IN YOUR MARRIAGE.
SO I MADE BACON FOR
MY WIFE THIS
MORNING!



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Roy Johnston

Do you know what's in your estate plan?

Let's take a look, free of charge!

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

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

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1400 N. Dutton Avenue Suite 21, Santa Rosa, CA 95401

NUTRITION NEWS

Powering up with Breakfast



Healthy Start to the Day:
A healthy breakfast is important for everyone as it provides the energy needed to start the day. Here are some quick breakfast ideas.

Yogurt: A good protein source; Greek yogurt has more protein than regular yogurt.

Eggs: Great protein source with vitamins and other nutrients. Although yolks are high in cholesterol, they don't appear to increase the risk of developing heart disease.

Whole Grains: High fiber whole grain cereals and breads can help keep your blood sugar in line and avoid the mid-morning energy crash. Bran cereal, bran flakes, and steel-cut oatmeal are typically the healthier cereals.

Tips to Help You Start a Healthy Day:

- Layer low-fat plain yogurt with your favorite crunchy cereal such as Grape Nuts and top with fresh blueberries, strawberries, or raspberries.
- Make a breakfast smoothie with low-fat milk, wheat germ, tofu, frozen berries and frozen banana, and low-fat plain yogurt.
- Prepare instant plain oatmeal with low-fat milk instead of water. Top with dried cranberries, raisins and chopped walnuts.
- Prepare one packet of instant plain oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce and dust the top with cinnamon or pumpkin pie spice.
- Toast a whole grain bagel and spread with low-fat cream cheese and top with sliced strawberries.
- Top pancakes or waffles with low-fat yogurt and fresh or canned peach slices.
- Spread all-natural peanut butter on a whole wheat flour tortilla. Add a banana and roll up.
- Stuff a whole wheat pita with scrambled eggs or sliced hard cooked eggs and low-fat Swiss cheese.
- Toast a whole grain bagel and top with low sodium lean ham or Canadian bacon and low-fat Swiss cheese.
- Fill a bowl halfway with your favorite nugget cereal, add 100% bran cereal, toasted sunflower seeds, toasted sliced almonds, sliced banana, raisins, and your favorite fresh berries. Mix in 1 cup strawberry or raspberry low-fat yogurt.
- Take leftover rice and mix with low-fat yogurt, dried unsweetened fruits, chopped walnuts and dust the top with cinnamon.

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



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Senior Apartments/Independent Living
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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. 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. 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. Staff are available by phone at 707-894-4826 Monday through Friday, 8:30 am-4 pm.

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

CarePartners Initiative

CarePartners is a Sonoma Valley based nonprofit with a mission "To increase awareness and support for family members caring for a loved one with dementia. "We offer monthly caregiver support groups, monthly social activities for caregivers and their loved ones, quarterly educational forums, one-on-one caregiver support, and much more. Our volunteers will help you survive your “36 hour day.” Help Line: 707 732-9436
Website: carepartnersinitiative.org.

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. FISH is an all-volunteer organization as dispatchers, drivers, and with our Food Room, Clothes Closet, and rental/ utilities assistance programs. Join us!

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/

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. Free, non-credit courses are tailored toward 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. 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. 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.

Free Webinar on Senior Housing Options

As we age, where we live matters. Should you stay, downsize, move closer to family? Being proactive with experienced coaches may help you make the right choice. Margaret Kapranos (DRE 01383378 Berkshire Hathaway HomeServices) is a Senior Real Estate Specialist who helps people 55+ navigate their options in Marin and Sonoma Counties. Kathlene Carney (NMLS #2040727 of NEXA Mortgage) discusses loan options for people 55+. The third Thursday of each month, 5:00 p.m. RSVP for Zoom link: kcarney@nexamortgage.com.

Creating Community Around Activity

By Coby LaFayette

It takes practice to become good at something, anything, and this is especially true while shimmying up to excellence in any sport. Often excellence looks suspiciously like luck, but it's not. At this year's Sonoma Wine Country Games, I had many opportunities to see greatness in action. Sure, there were some lucky shots/breaks, but mostly not. Mostly, it was skill. Skill? Well that can only come from playing a lot,



bringing me to my next point: active aging. These days, people are throwing those words around like popcorn at a bad movie. For me, active aging means social engagement. Engagement, let's be clear, is

about being in community. There is no better opportunity for community building than through sport. Sport, for the seasoned athlete and the newbie, is about engaging with people to learn and grow in skill. The camaraderie I've witnessed on the courts and field and in the gyms, is astonishing and beautiful. So, I'm here to not only say: "Keep on keeping on," but also: "Get off your rockers" and "What are you waiting for?" Regardless of your level of fitness, you can take up a sport. Whether that be the dignified strategy of bocce or lawn bowling or the wild exuberance of table tennis or pickleball (and everything in between), there are endless opportunities to engage. Archery, cornhole, and dancing are a few ideas.

Where to learn

Bocce

An expert player tells me that half an hour of one-on-one time is all you need to understand the basics of bocce. After that, you can find a league and join it. The following links are for the two largest bocce clubs in Sonoma County. Depending on your location, one may be more convenient than the other.

<https://sscasonoma.org/bocce-sonoma/home/>
<https://www.sonomacountybocce.org/>

Pickleball

As the latest "IT" sport, there are many places to learn pickleball basics. Most community centers offer lessons. There are also several groups on Meetup you can tap into for upcoming classes. There are lessons and workshops offered:

- Rohnert Park Pickleball Club: <https://rohrnertparkpickleball.com/>
- Sonoma Pickleball Club (based in Santa Rosa): <https://www.sonomacountypickleballclub.com/>

Other sports & opportunities

Table Tennis

According to many geriatricians, this is the perfect sport for the senior athlete, regardless of fitness level. It combines movement, balance, coordination, and strategizing—all excellent activities for the brain and body. In Sonoma County you can learn table tennis at a couple of places:

- **Cavanagh Recreation Center**, in Petaluma: 707-778-4536
- **Sebastopol Grange**: 707-331-4400



- **Santa Rosa, Recreation and Parks Department** offers many fitness classes at the Person Senior Wing—billiards, line and ballroom dance, golf, table tennis, Tai Chi, and yoga. There's also masters swimming offered through the swim club at Finley Center. www.santarosarec.com or 707-543-3737 for information or to register.
- **Empire Throwers** can teach you to shot put, throw the discus or javelin, and toss a hammer or weight. <https://www.facebook.com/groups/empirethrowers/>
- **Senior Centers** We are fortunate to have several very active senior centers in Sonoma County. Many offer table tennis, dance, walking classes, music lessons, board and card games, and language training and conversation. The following offer the most robust programs in the county.
 - Healdsburg: 707-431-3324
 - Petaluma: 707-778-4399
 - Santa Rosa: 707-543-3745
 - Sebastopol: 707-829-2240
 - Sonoma: 707-996-0311
 - Windsor: 707-838-1250

A Parting Shot

Dr. Diana Yu, a senior athlete, says, "The more we move and stay active, the longer we maintain our good health, stave off osteoporosis, and improve our mental well-being." She emphasized the variety of sports available to the "serious and not so serious" athlete, like recreational sports, walking, hiking, dancing, competitive and team sports. "Age," she says, "is just a number that signifies the years you have been alive. It has nothing to do with our capacity to remain active and be vibrant societal contributors."

October 2023 Celebrates Active Aging

Active Aging Week (Monday, October 2 through Sunday, October 8) promotes the benefits of a healthy lifestyle on a national scale by giving older adults the opportunity to experience diverse activities and exercise in a safe, friendly and fun atmosphere.

Active aging promotes the vision of all individuals—regardless of age, socioeconomic status or health—fully engaging in life within seven dimensions of wellness: emotional, environmental, intellectual/cognitive, physical, professional/vocational, social and spiritual.

Council on Aging is a member of the International Council on Active Aging (ICAA), the host organization for Active Aging Week, sponsored by Humana Health. The seven dimensions of wellness are in close alignment with our continuing work to promote livable communities for all ages in a Sonoma County that is a great place to grow up AND a great place to grow old!



Who participates in the Sonoma Wine Country Games?

Most of our games athletes are local, especially in sports like pickleball, but our athletes come from afar to compete here. This year we had 36 of the 58 California counties represented. Athletes also came from 16 states this year, as far west as Hawaii and northeast as Maryland!

Drive-Up Pick-Up Meals

Weekly Food Distribution Program for Seniors 60+



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	SANTA ROSA Council on Aging 30 Kawana Springs Road THUR 10:00 AM - 12:00 PM
HEALDSBURG Healdsburg Senior Center 133 Matheson Street MON 9:30 - 10:30 AM (EFF. 9/11/23)	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 9:30 - 11:30 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



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.

86

40

28

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

Halloween
BINGO

53

5

13

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22

Monday, October 9th
11:00 am - 12:30 pm

Dress in costume to be entered to win a Prize.

Council on Aging
30 Kawana Springs Road,
Santa Rosa

Must Reserve by
October 2nd

Space is Limited.

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

14

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MOVIES TO CELEBRATE

Barbara Spear

A PLACE IN THE SUN (1951), directed by George Stevens, was based on Theodore Dreiser’s novel An American Tragedy. The cast includes Montgomery Clift, Elizabeth Taylor, and Shelley Winters. Clift plays the poor relation of a wealthy manufacturer who falls in love with a beautiful socialite (Taylor), while at the same time having an affair with a factory girl (Winters) who becomes pregnant. Clift and Winters were both nominated for Oscars, while Taylor has stated that, despite all her experience as a child actor in films such as NATIONAL VELVET, this performance was the first time she felt she actually knew what acting was about. The film was awarded six Oscars, including Best Director, Screenplay, and Cinematography. Glenn Heath Jr. of the website “Little White Lies” says, “Clift’s mesmerizing, tragic performance only deepens with time.” And Clyde Gilmour of “Maclean’s Magazine” raves, “A Place in the Sun is a crowning achievement for director George Stevens. Under his guidance actor Clift and actresses Shelley Winters and Elizabeth Taylor have come through with the most compelling performances of their careers.” A PLACE IN THE SUN has a solid score of 81% on the Rotten Tomatoes website and is available to stream from kanopy.com for free and from Amazon Prime 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 contemporary movie and discuss it after the screening. For more information or to be added to the monthly email notification list, contact her at shadowvoyager7@gmail.com.



Crossword

1	B	O	L	O		5	S	L	A	B		9	D	A	V	I	D	
14	A	V	I	V		15	P	O	R	E		16	E	L	I	T	E	
17	B	A	R	E		18	R	A	T	E		19	M	O	T	E	L	
20	A	L	A	R	21	M	E	D		22	T	S	U	N	A	M	I	
				24	T	U	E			25	H	E	R	E				
	26	O	M	I	T	S			28	C	O	B		29	S	B	E	
32	A	R	O	M	A		33	L	O	V	E	34	S		35	M	O	W
36	C	A	D	E	T		37	O	L	E		38	T	B	O	N	E	
40	E	T	A		41	E	G	G	O	N		43	O	U	T	E	R	
44	D	E	L			45	A	I	R		46	J	O	N	E	S		
				47	I	L	L	S			49	E	G	G				
50	H	A	R	V	E	S	T		53	S	W	E	A	T	E	R		
57	A	G	A	I	N		58	I	S	L	E		60	L	A	V	E	
61	R	A	K	E	D		62	C	O	O	L		63	O	X	E	N	
64	P	R	E	S	S		65	S	W	B	S		66	W	I	N	D	

PUZZLE SOLUTIONS

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

Word Search

Managing Your Asthma

Kristie Starbuck, RN, University of Phoenix Nursing Intern

According to the Centers for Disease Control, 10.1% of adults in Sonoma County have asthma. The management and prevention of asthma are essential because as we age, our lung capacity decreases, making breathing harder. Asthma significantly impacts older adults' ability to perform activities of daily living, such as limiting their ability to do housework and prepare and cook meals; this is why everyone needs to learn to manage their asthma symptoms.

The good news is that people with controlled asthma will have little to no symptoms, need little to no emergency medications, and can participate in physical activities without restrictions.

The first step in well-controlled asthma is to educate on the basic facts about asthma. A narrowing of the airways, inflammation, and swelling of the airway mucosa characterizes asthma. Narrowing of the airway and excess mucus production lead to difficulty breathing, shortness of breath, coughing, and wheezing. One common cause of asthma attacks is

cigarette smoke, so people with asthma must avoid smoking and secondhand smoke. Studies have shown that patients that quit smoking require 25% less of their asthma medications. It is also essential to decrease triggers at home as much as possible. Common home triggers include pets, rodents, cockroaches, dust mites, mold, and secondhand smoke. Many of these triggers decrease with cleaning.

It is important to remember that prescription asthma medication is essential to take. Using a spacer with a meter-dose inhaler can significantly increase the inhaler's benefits because it helps coordinate the inhalation of the medication with your breathing by delivering the medicine directly into your lungs rather than the mouth and throat, thus markedly increasing medicine effectiveness. Ask your healthcare provider or pharmacist for one if you don't have a spacer. For more tips on managing your asthma, contact your primary care physician or visit the Asthma and Allergy Foundation of America's website at <https://aafa.org/asthma/living-with-asthma/asthma-in-older-adults/>.

Lunch & Learn

Emergency Preparedness

Join Us for a 2-Part Lunch & Learn Event!

Are you prepared for an emergency? Join us for this FREE 2-part workshop. Emergency Prep Help customizes their workshops for older adults. Guest speakers include first responders, emergency managers, and pet experts.

Part 1: Thurs, Sept 28 • 11 AM - 12:30 PM
Topics include fire and evacuation safety, where to go and what to do, basic equipment and emergency supplies and earthquake preparedness.

Part 2: Thurs, Oct 12 • 11 AM - 12:30 PM
Topics include steps to take in extended power outages, pet safety in emergencies, and working together as a community to stay safe.

Location: 30 Kawana Springs Rd., Santa Rosa

ALL PARTICIPANTS WILL RECEIVE A
FREE EMERGENCY GO-BAG & LUNCH!
RESERVE BY SEP 20th • SPACE IS LIMITED.

RSVP Denise Johnson

707-525-0143 x119 or

djohnson@councilonaging.com

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.

WORD SCRAMBLE - Harvest

1. APRE	R E A P
2. IKNIGPC	P I C K I N G
3. TEVGANI	V I N T A G E
4. GEALN	G L E A N
5. YDELI	Y I E L D
6. LTVEEGBEA	V E G E T A B L E
7. RPEAGS	G R A P E S
8. OXEUQIN	E Q U I N O X
9. SAEPLP	A P P L E S
10. BRLEITEOANC	C E L E B R A T I O N
11. GTRAEH	G A T H E R
12. ARNERG	G A R N E R

SUDOKU - Medium

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

SUDOKU - Hard

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

Understanding Your
MEDICARE



Join this Free & Unbiased Seminar
from the only agency approved
by the CA Dept. of Aging
to offer Medicare Seminars

Learn more about
your healthcare coverage:

- Rights to Purchase a Medigap Supplemental Plan
- Cost Saving Considerations
- Understand Details that Could Become an Issue
- When Portions of your Part A or B Claim is Denied
- Question & Answer Period

THURSDAY, SEPTEMBER 14
11:00 - TO NOON
Council on Aging
30 Kawana Springs Rd., Santa Rosa



HICAP
Medicare Health Insurance
Counseling & Advocacy Program



council on aging
Living better, together.

RESERVE YOUR SPOT
9/6/2023

**FOR MORE INFORMATION
OR TO RSVP, CONTACT
DENISE JOHNSON
707-525-0143 X119
djohnson@councilonaging.com**

BINGO!



Council on Aging recently held a sold-out
Bingo Community Dining event.
Forty seniors and youth from Becoming
Independent enjoyed lunch, playing Bingo
and winning prizes.



The Orange Apron



Our Heroes Don't Wear Capes
And they don't supply hammers, ladders, lightbulbs or power tools.
Our tools are people tools.
We use empathy, compassion, commitment and reverence to build relationships with
Sonoma County seniors, and battle food insecurity and isolation, one day at a time.

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



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



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 Road
TUE 12:00 - 1:00 PM

ROHNERT PARK
Rohnert Park Senior Center
6800 Hunter Drive, Suite A
MON - FRI 12:00 - 1:00 PM

SANTA ROSA
Finley Community Center
2060 W. College Ave.
MON 12:15 PM

SANTA ROSA
Salvation Army Senior Activity Center
115 Pierce Street
FRI 11:30 AM - 12:30 PM (Eff. 9/1/23)

SEBASTOPOL
Burbank Heights & Orchard
7777 Bodega Avenue
WED 11:30 AM - 12:30 PM
WED 12:00 - 1:00 PM (Eff. 9/6/23)

SONOMA
Oakridge Senior Apartments
18800 Beatrice Drive
TUE 12:00 - 1:00 PM

SONOMA
Vintage House
264 First Street East
MON 12:00 - 1:00 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.



FIRST AID & CPR TRAINING

Would you or your organization like to learn lifesaving skills? The Council on Aging offers classes in Adult CPR/AED and First Aid.

For more information, call
Denise Johnson 707-525-0143 x119
djohnson@councilonaging.com



council on aging



Thanks to the North Cal Girl Scout Troop 10290 and 10291!
who donated
33 cases of Girl Scout Cookies
so our Community Dining seniors can enjoy cookies for dessert after lunch service.