

SONOMA SENIORS TODAY

COPE Prepares County for Emergencies

CCOPE Northern Sonoma County is a non-profit organization that serves COPE Leaders who represent communities in Sonoma County's 4th District. The mission of COPE (Communities Organized to Prepare for Emergencies) is to help residents, families, and neighborhoods become and remain better prepared to respond to and recover from emergency situations. The organization's Leadership Group meets with COPE Community leaders, fire officials, government representatives, and others monthly to share information and work on projects.

COPE is based on the "neighbors helping neighbors" model, focusing on prevention and preparedness. It assists residents to prepare for and respond to emergencies, such as wildfires, earthquakes, flooding and other potential disasters.

The program is carried out by Neighborhood Leaders who provide guidance to houses in their immediate neighborhood. The work COPE groups did prior to and during the 2019 Kincade Fire and the 2020 Walbridge and Glass fires was credited with significantly lowering property damage and saving lives. There are currently over 40 COPE communities in Northern Sonoma County.

Why join COPE or start a group in your area?

The program:

- Encourages communities to come together and become better prepared
- Supports development of individual and neighborhood preparedness plans
- Endorsed by fire departments, law enforcement, and county government
- Enables residents to be self-reliant when first responders are busy elsewhere
- Dissemination of preparedness information and incident situations
- You don't have to do it alone.

Citizens Organized to Prepare For Emergencies COPE



COPE Northern Sonoma County has developed a senior-focused, 3-part preparedness program that was given to the Cloverdale Senior Center and well received. Attendees received one on one assistance with developing an evacuation plan, making a go bag, and learning how to be smoke ready. The organization recently added two board members who are experts in healthy aging, Marianne McBride and Donna Schafer. The addition of these two individuals will help expand their emergency preparedness program for older adults.

COPE believes that by working together as residents, communities, and local agencies to prepare for emergencies, Northern Sonoma County will be safer and more resilient. To find out how COPE Northern Sonoma County can help you and your neighbors or to join, go to their website:

<https://copenorthernsonomacounty.org/>

Numerous emergency-related resources are available free on their website and on their YouTube channel.

BEING READY TOGETHER

The COPE program was started in Sonoma County in 2002 by Oakmont residents. Since then, COPE programs have expanded throughout Sonoma County. To see if there is a COPE group in your area, outside of County District 4, go to the Sonoma County Department of Emergency Management website, <https://socoemergency.org/get-ready/neighborhood-programs/>. Communities Organized to Prepare for Emergencies was formerly Citizens Organized to Prepare for Emergencies.

Building the foundation

Sue Hattendorf lived through the magnitude 6.7 Northridge earthquake 10 years before she moved to Oakmont. The earthquake caused widespread damage, and more than 60 died and over 9,000 were injured. Neighbors gathered at Sue's house when the earthquake started because she had been elected community manager. When fires ignited in the streets behind Sue's house, she was equipped for action. She had a neighborhood list they'd compiled and recalled a neighbor who worked at the gas company. She asked her to call them to put out the fires - and they did. Problem solved!

In 2004, she looked around her new home in Oakmont and realized it needed the same kind of organizing. From one person's recognition of a need, COPE (Citizens Organized to Prepare for Emergencies) has grown to 238 teams in Oakmont and many more spread throughout Sonoma County and beyond.

Mapping neighborhoods

COPE helps community residents exchange contact information with their neighbors. From these, they create block diagrams showing where people live and the location of gas and electric shut-offs. They also learn who has resources, like a 4-wheel drive or generators, and work with local Fire Departments to prepare for disasters. This process also gives them a very private heads up on residents who might have trouble getting out of their homes.

Organizing a neighborhood and swapping information is just the first step. The next step is finding a way to build relationships.

Neighbors as family

Sue wraps it up beautifully, by saying, "My watchword has always been, in a community such as ours, your neighbors really are your family. When I meet with a new team, I say, "At our ages, we often need some assistance from our families. If we don't have families nearby, that's what our neighbors are for." She suggests that neighbors find out who doesn't have air conditioning and, when it's really hot, invite them over to watch TV, read a book and cool off.

You can reach out as an individual, join a neighborhood organization, become a volunteer for Meals on Wheels or participate in a Neighborfest event. All of these share the common goal of getting to know your neighbors and building relationships that form and strengthen bonds. Those bonds may save a life or simply brighten the life of one of your senior neighbors. They'll certainly always brighten your life, as well!

INSIDE

COA Fiduciary Services.....	page 2
Donors.....	page 3
Puzzles	pages 4 and 5
Senior Resources	page 8
Nutrition News	page 9
Puzzle solutions.....	page 10
Stretch it out!	page 11
Meals on Wheels Testimonial.....	page 12

In the Community: COA Fiduciary Services

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

This month we are highlighting two Fiduciary Services client stories. While people are becoming more familiar with what we do for clients from a high level perspective, it can be difficult to understand the nitty gritty of our daily work. We hope these stories will provide some of that insight.



Client A: Prior to her incapacity, we were unaware this person had named us in her Estate Planning documents. As much as we encourage clients to proactively let us know they have named Council on Aging, this does not always happen. So when we got a call from the hospital letting us know she had lost capacity, we had to start from scratch. We didn't know anything about her financial situation, her family dynamics, or even her health care wishes.

We eventually learned she has a brother on the East Coast and the care facility she was placed into after being discharged from the hospital was more expensive than she could afford. It took us a few weeks to uncover this information after gaining access to her residence and bank accounts. Once we had a more clear understanding of her situation we were able to (as her Health Care & Financial Power of Attorney) determine that she was in a "house rich, cash poor" situation, common for many Sonoma County residents. Her doctors and care team confirmed she would never be able to return home so our Fiduciary Services team worked to ready her house for sale and it was sold.

Because we were coming into this situation blind, it took several months for all of these steps to be completed. In the interim, the client did not have cash to pay for her care so our department loaned her the money until her home was sold. After the sale, we paid back our

department (fee and interest free). Since the proceeds from her home would not sustain the cost of the facility where she was placed after being discharged from the hospital, we found her an appropriate and affordable dementia care facility where she now lives and can afford thanks to the sale of her home and our Services.

Client B: Unlike the previous client, we were aware this individual had named us in his estate planning documents. And while he was not incapacitated, we had semi-annual contact with him. He lived in an Assisted Living facility where the nurse and care staff knew him well. His health started to decline and a nefarious family member got wind. She came to visit him almost daily for a couple of weeks, talking with him about changing his estate planning documents to name her as the Trustee and sole Beneficiary. Luckily, Council on Aging had a good relationship with the facility that they called us as soon as they had learned of her misconduct. Not only did the facility do a great job of looking out for the wellbeing of their resident, our relationship with that facility helped us to learn of the situation so we could act quickly. We were able to protect our client because of their efforts and our informal partnership working together with multiple clients over the years. Fortunately we were able to prevent the family member from having further contact with the client and once he did pass away, we administered his trust per his wishes without any further involvement or issue with the family member.

Mia Bennett is the Director of Fiduciary Services at Council on Aging. To find out more about our Fiduciary Services, give Mia a call today (707) 525.0143 x108 or send her an email mbennett@councilonaging.com

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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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Sonoma Seniors Today

A monthly publication by



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

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

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SEPTEMBER PUZZLES

"AUTUMN"

Puzzle solutions are on page 10

WORD SCRAMBLE

"DANCES"

1. TTGUBREJI
2. STTIW
3. OOFTRTX
4. NGWIS
5. NOTGA
6. AJZZ
7. ATBLLE
8. HOHPPI
9. ATP
10. LKFO
11. WZALT
12. LGCGNGOI

WORD SCRAMBLE

"HOLLYWOOD"

1. OFOIFCBEX
2. IANCEM
3. HTSGLI
4. AREMCA
5. ATCION
6. EGENR
7. CRACEAHTR
8. ODLI
9. EVIMO
10. AMOULRG
11. LMFI
12. ORSAC
13. FMEA

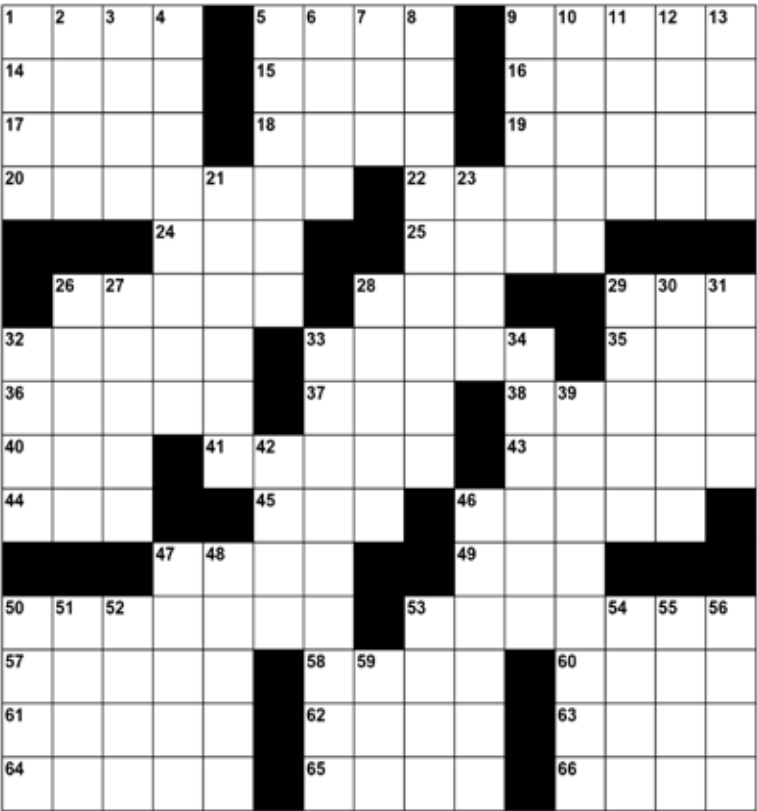
WORD SEARCH

National Parks

- YOSEMITE
- BIGBEND
- EVERGLADES
- ACADIA
- CRATERLAKE
- GRANDCANYON
- GRANDTETON
- CARLSBAD
- GLACIER
- BADLANDS
- DEATHVALLEY
- HOTSPRINGS

ACROSS

- 1 Swiss mountains
- 5 Deliver by post
- 9 Piece together
- 14 Gambling game
- 15 Decorative needle case
- 16 Sound of a sneeze
- 17 On top
- 18 Doings
- 19 Belonging to you
- 20 Review
- 22 Ornamental stand
- 24 Hubbub
- 25 Bearing
- 26 African country
- 28 Compass point
- 29 April (abbr.)
- 32 Disturbance
- 33 Pulls along
- 35 Sign of the zodiac
- 36 List of highly desired guests
- 37 Atmosphere
- 38 Small talks
- 40 Permit
- 41 Courage
- 43 Comfortable
- 44 Those who make the food laws (abbr.)
- 45 Hard boiled food
- 46 Draw with crayons
- 47 What a mosquito bite does
- 49 Pole
- 50 Crop
- 53 Heat
- 57 Once more
- 58 Black
- 60 Deviate
- 61 Gathered the leaves
- 62 Baseball's Nolan
- 63 Self-esteems
- 64 Clothe
- 65 Gorgeous
- 66 Shrimp

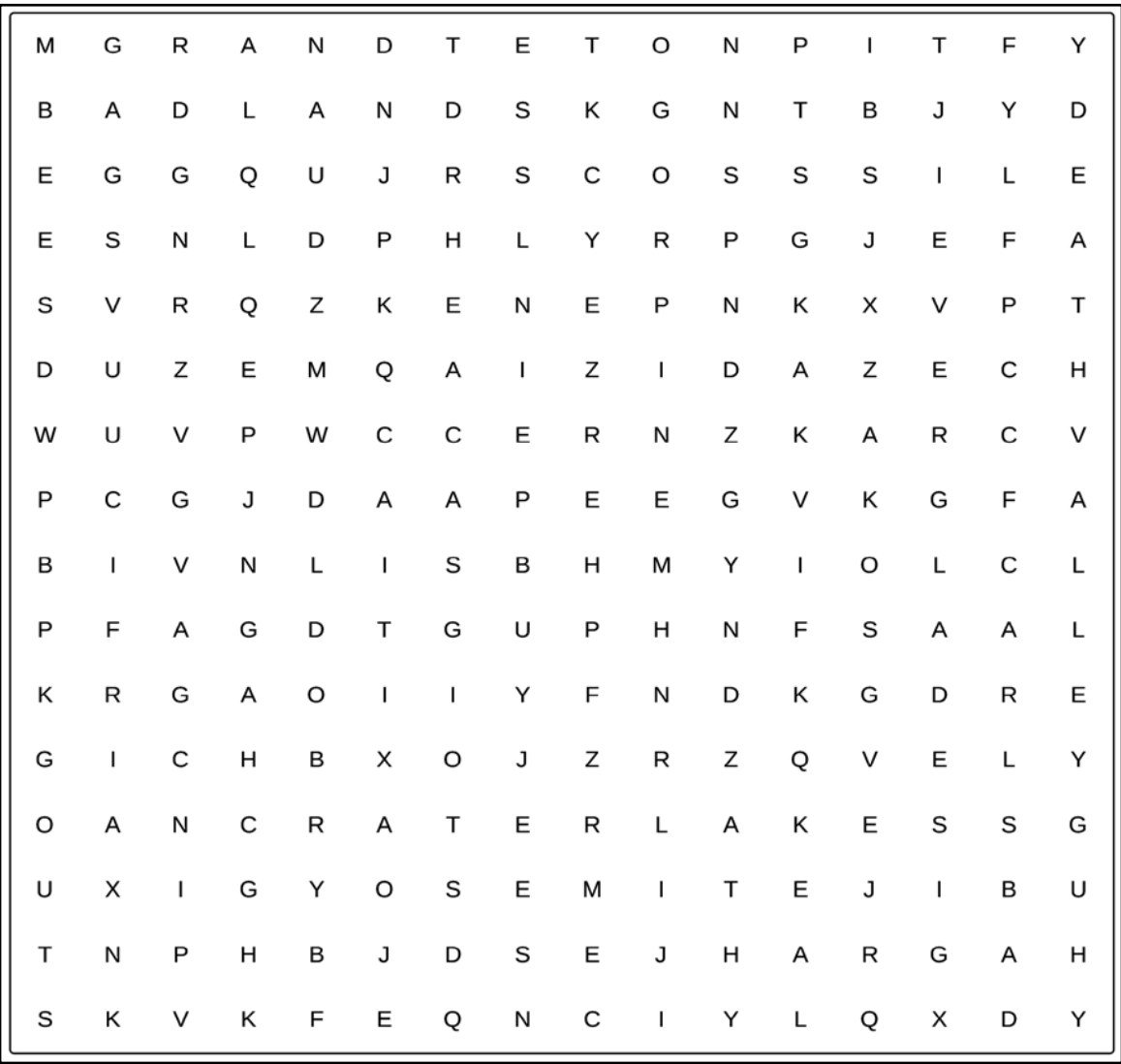


By Jimmy and Evelyn Johnson - www.qets.com

DOWN

- 1 Far away
- 2 Unpunctual
- 3 Professor (abbr.)
- 4 HBO mob show
- 5 Time of the year
- 6 Engrave
- 7 Tree seed
- 8 Unload from a ship
- 9 Recipient
- 10 Squirrel's dinner
- 11 Hoodlum
- 12 Cob vegetable
- 13 Flexible tube
- 21 Decrees
- 23 __ pong
- 26 Bundled hay
- 27 1997 Madonna movie
- 28 Twist the water out
- 29 "Remember the __"
- 30 __, Paul and Mary
- 31 Good outlook
- 32 Not whole
- 33 Female children
- 34 What children attend
- 39 Held over tradition
- 42 Upper body muscles
- 46 Nook and __
- 47 Crawling vines
- 48 Takes care of
- 50 Difficult
- 51 Seaweed substance
- 52 Collect leaves
- 53 Cajole
- 54 Prego's competition
- 55 Take the wrinkles out
- 56 Saclike structures filled with fluid or diseased matter
- 59 Farewell

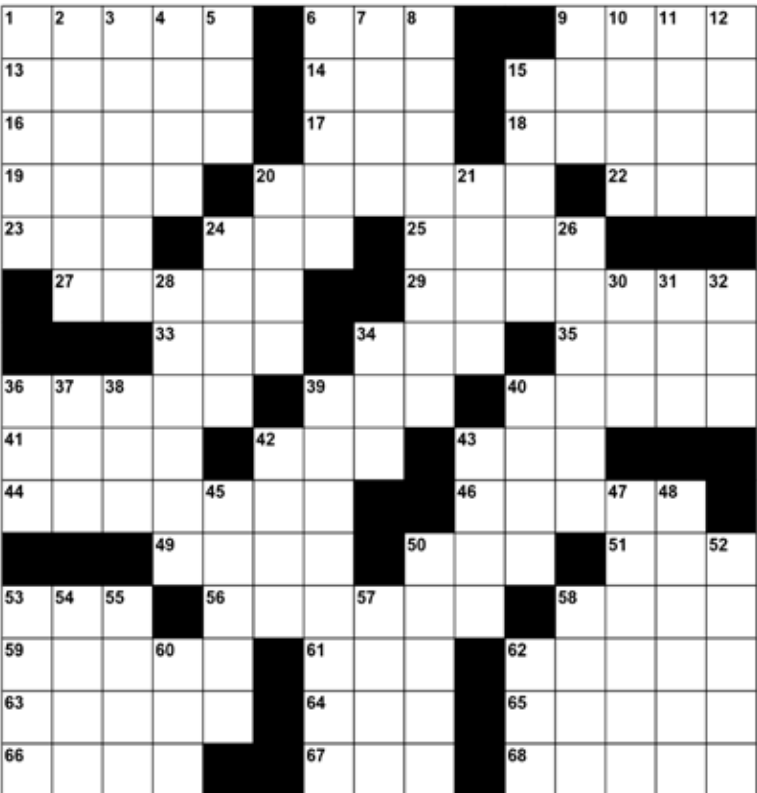
WORD SEARCH - NATIONAL PARKS



"PATRIOT DAY"

ACROSS

- 1 Stone
- 6 United States of America
- 9 Volcano
- 13 Food consumer
- 14 Luau dish
- 15 Moral principles
- 16 Marriage site
- 17 Sticky black substance
- 18 Brag
- 19 Groan
- 20 Sports car brand
- 22 Fuel
- 23 Part of a min.
- 24 Vase
- 25 Telephone sound
- 27 Slide across the ice
- 29 Varied
- 33 Period between sunrise and sunset
- 34 Football assoc.
- 35 Fogginess
- 36 Embarrass
- 39 Cereal
- 40 Fertilizer component
- 41 Go at it alone
- 42 Purchase
- 43 Bread
- 44 One who loves his or her country
- 46 Loathing
- 49 Star Trek Automoton's
- 50 East northeast
- 51 Web
- 53 Wing
- 56 Mother __
- 58 Stretched car
- 59 Leg bone
- 61 Choose
- 62 Subatomic particle
- 63 Pull__ (sweaters)
- 64 Tiny
- 65 What people do in their sleep
- 66 Peter, for short
- 67 Perceive
- 68 Frozen pizza brand

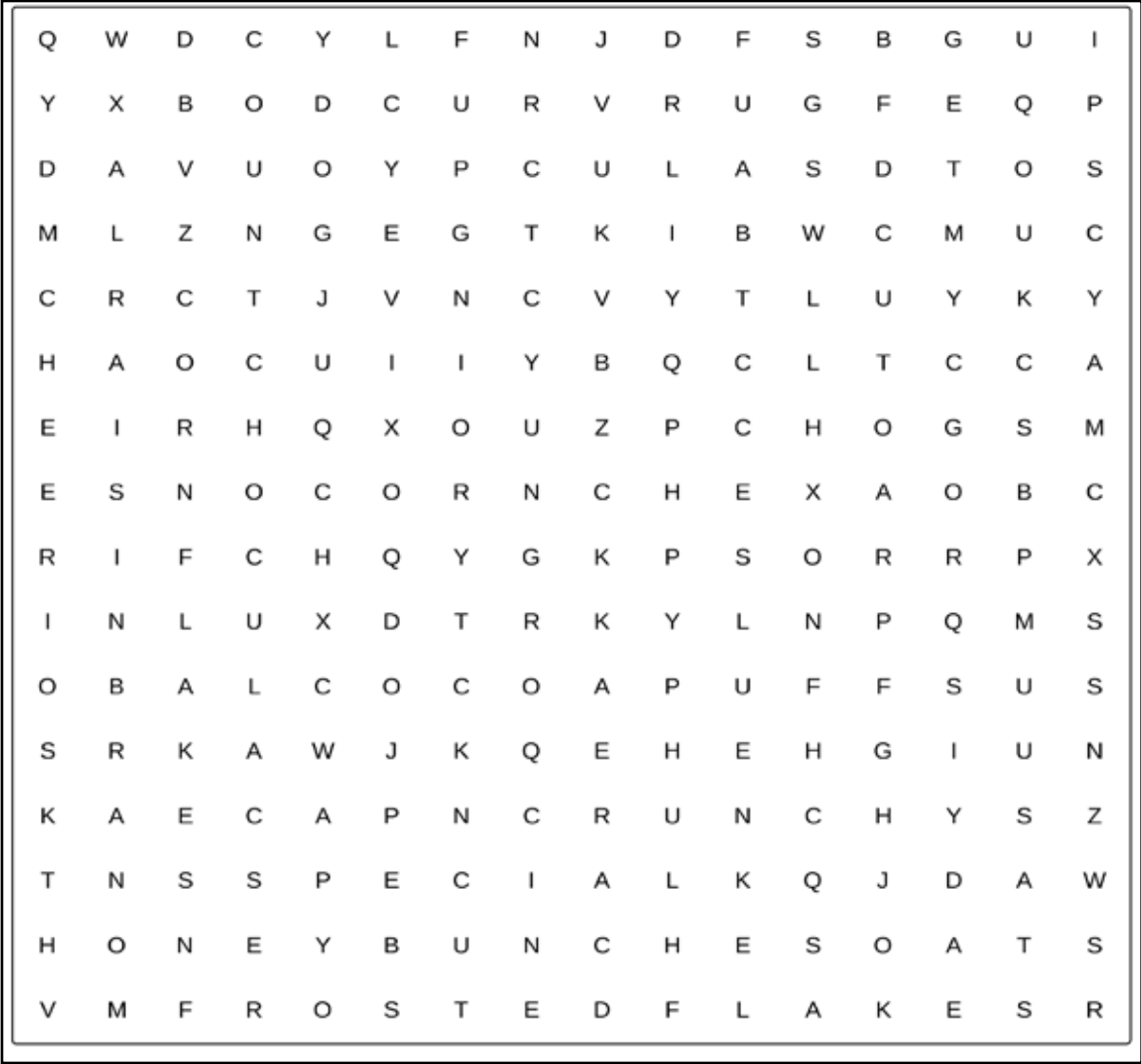


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DOWN

- 1 Clothing stitches
- 2 Angels' head rings
- 3 Launch an assault on
- 4 Slant
- 5 Be incorrect
- 6 "The Jungle" author Sinclair
- 7 Glide
- 8 Any machine that can fly through the air
- 9 Estimated time of arrival
- 10 Hoodlum
- 11 One of Columbus' ships
- 12 Deeds
- 15 Happening
- 20 Victim
- 21 Small mountain
- 24 Beehive State
- 26 Sign of the zodiac
- 28 Suck up
- 30 Trail
- 31 Before, poetically
- 32 Danish krone (abbr.)
- 34 Congressional vote
- 36 Viper
- 37 Scarf
- 38 Alternative (abbr.)
- 39 Becomes larger than
- 40 Au naturel
- 42 Drill a hole
- 43 __ fide
- 45 Tiny amounts
- 47 At the same time
- 48 Ability to remember an experience
- 50 Sugar-free brand
- 52 Sounds
- 53 On top
- 54 Active
- 55 To incite
- 57 Fencing sword
- 58 Comedian Jay
- 60 Wrath
- 62 Clock time

WORD SEARCH - BREAKFAST CEREALS



SUDOKU

SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SEARCH

Breakfast Cereals

- CHEERIOS
- FROSTEDFLAKES
- RAISINBRAN
- CAPNCRUNCH
- COUNTCHOCULA
- SPECIALK
- LUCKYCHARMS
- CORNFLAKES
- FRUITLOOPS
- HONEYBUNCHEISOATS
- CORNCHEX
- COCOAPUFFS



Roy Johnston

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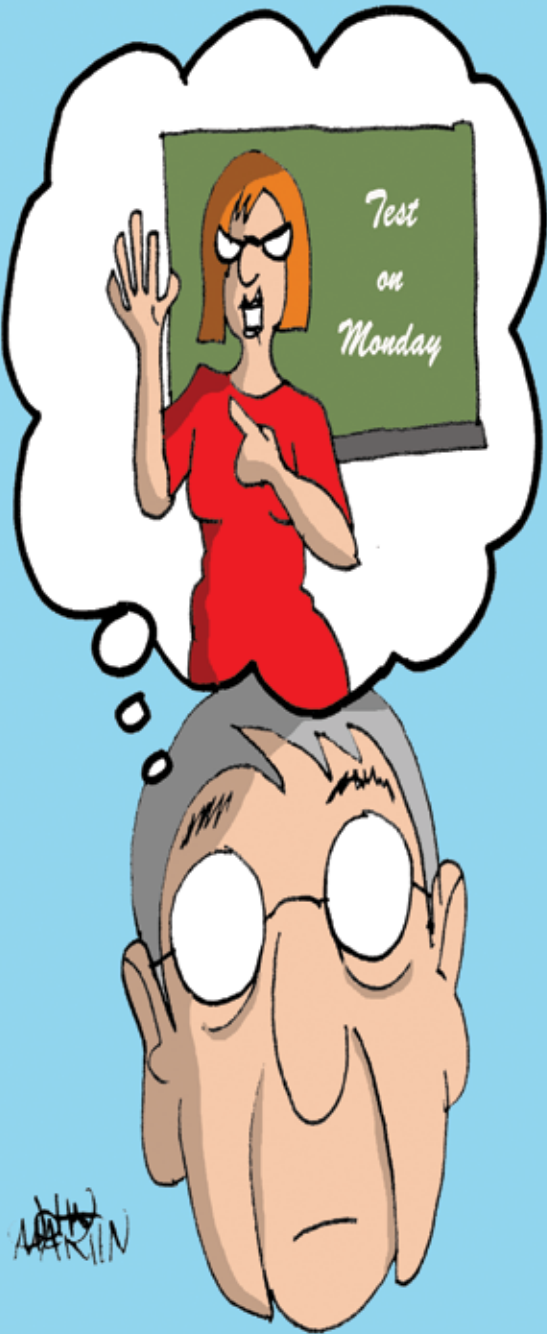
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GRANDPA SEZ...

MY MATH TEACHER ONCE ASKED ME: "IF I HAVE 5 BOTTLES IN ONE HAND AND 3 IN THE OTHER, WHAT DO I HAVE?" I TOLD HER A DRINKING PROBLEM.



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Wouldn't you rather be at home?

At Home Caregivers has served Sonoma County for more than 16 years with licensed and vaccinated employee caregivers.

Services provided include:

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



Jackson



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

55 or older and tired of sitting at home? Become a Senior Companion Program Volunteer!

The North Bay Resource Center’s Senior Companion Program

We help seniors improve their lives and feel more connected by partnering Volunteers with people who have cerebral palsy, epilepsy, Downs Syndrome, autism or other intellectual or developmental disability in a supervised setting.

What is required?

- 55 years or older and low income
- Pass criminal history checks
- Able to drive or take a bus
- Attend and pass required training
- Be caring, accepting, kind and patient with staff and clients
- Follow confidentiality requirements
- Available 5-40 hours per week

Is there training?

Yes! 20 hours of in-service training before starting the supervised Day Program and ongoing in-service training each month. Spend a few hours each service day playing games, creating art projects, reading, singing, going on walks and being a friend. If you meet income limits, \$3/hr, meal and transportation costs, paid training/time off.

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

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



council on aging
living better, together.



Now Accepting All Vehicle Donations

RVs • Trailers • Jet Skis • Motorcycles
Cars • Trucks • Boats • Airplanes • Buses



To learn more, call 844-411-5768
or visit
<https://careasy.org/council-on-aging.com>

Benefits of Donating your Car

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

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

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The Community Table

Connecting through food & conversation



GAMES



ACTIVITIES



CONNECTION

Food, Fun & Friendship Now Happening at These Locations!

CLOVERDALE Kings Valley Senior Apartments 100 Kings Circle MON 11:00 AM - 12:00 PM	SANTA ROSA* Steele Lane Community Center 415 Steele Lane MON 12:15 PM	SONOMA Oakridge Senior Apartments 18800 Beatrice Drive TUE 12:00 PM - 1:00 PM
HEALDSBURG Fitch Mountain Senior Apartments 710 S. Fitch Mountain Road TUE 12:00 PM - 1:00 PM	SANTA ROSA Silvercrest Senior Apartments 1050 Third Street FRI 11:30 AM - 12:30 PM	SONOMA (Starting 8/22) Vintage House 264 First Street East MON 12:00 PM - 1:00 PM
ROHNERT PARK** Rohnert Park Senior Center 6800 Hunter Drive, Suite A TUE, THUR & FRI 11:00 AM - 12:00 PM	SEBASTOPOL Burbank Heights & Orchard 7777 Bodega Avenue WED 11:30 AM - 12:30 PM	WINDSOR Bell Manor Senior Apartments 8780 Bell Road WED 12:00 PM - 1:00 PM



council on aging
living better, together.

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

Meals Funded in Part
by County of Sonoma

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

Resources for Seniors

County Resources

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

Adult Protective Services (APS)

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

Alzheimer’s Association

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

Disability Services & Legal Center

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

Institute on Aging - Friendship Line

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

Jewish Community Center

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

Senior Advocacy Services

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

SHARE Sonoma County

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

The Sonoma County Library

Sonoma Back-to-School Resources for All Ages. Did you know that Sonoma County Library has educational resources for everyone, no matter your age?
We've got you covered. All you need is your library card. Visit: https://sonomalibrary.org/

City Resources

Cloverdale Senior Center

The Cloverdale Senior Multipurpose Center offers yoga for seniors to help improve muscle tone, enhance flexibility, ease pain, and more.

All skill levels are welcome, and chair yoga is also offered in addition to standing yoga.
Monday - Wednesday 8:45 am - 9:45 am
https://www.cloverdaleseniorcenter.org or call 707-894-4826, 8:30 am-4 pm, Monday through Friday. Staff available Weekdays, 8:30 - 4pm

Healdsburg Seniors Center

(707) 431-3324. senior@cityofhealdsburg.org
cityofhealdsburg.org/269/Senior-Service. The Senior Center offers activities, programs and services. Older Adult and Senior Services Response Plan - The City’s Community Services Department has developed multiple programs to ensure our seniors and older adults are connected and have the essential nutrition and transportation needed.For more information, please visit www.cityofhealdsburg.org/covid19, email senior@cityofhealdsburg.org, or call 707-431-3324.

Petaluma

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

Rohnert Park

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

Santa Rosa

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

Sebastopol

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

Sebastopol Area Senior Center

New Executive Director Tate Birnie, President of the Board of Directors for the Sebastopol Area Senior Center, announced today the hiring of Joan Churchill as their new Executive Director. Joan will take over for the departing Executive Director, Katie Davis.
The Harvest Cafe is open and seeking volunteers. Call for sign up information: 707-829-2440. We are serving over 100 seniors weekly with our classes and workshops. Most of our classes are in person, but we do have an online presence via Zoom. Visit our website: sebastopolseniorcenter.org

Sebastopol Center for the Arts

For the most updated list of classes, visit our website: https://www.sebastopolseniorcenter.org/virtual-classes - Gentle Yoga: This mindful, slow practice incorporates standing postures, balancing postures, seated, supine, and deep relaxation. Days: Tuesday & Thursday
Location: Currently on ZOOM Time: 9:30am - 10:45am Instructor: Barbara King Cost: Members \$10 | Non-Members \$8.
707-829-4797.

Sonoma

www.sonomacity.org/coronavirus-resources
include Food Assistance Calendar. Vintage House Delivers: Complete online application for grocery, prescription delivery. Vintage House staff available at (707) 996-0311 F.I.S.H. (707) 996-0111 for help. Resource lists at friendsinsonomahelping.org.

West County Community Services

(707) 823-1640, www.westcountyservices.org

Windsor

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

Online Games / Virtual Classes

AARP Games Portal

aarp.org & games.aarp.org/games

Jewish Community Center

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

Highway61.co

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

Gentle Chair "YogaCise"

Zooming Fridays, 2:30-3:30 pm. Developed for Brookdale Assisted Living, great for anyone wanting to avoid injury. Enjoy a thorough program, mindful breathing and movements. Closing meditation. Instructor Marcia Singer, MSW: lovearts@att.net.

Green Music Center

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

SRJC Older Adults Program

The Older Adult Program (OAP) at SRJC Fall Session has begun! Free, noncredit courses designed specifically for older adults. Students get many benefits, including free SR bus passes, food, library access, dental and medical at a discount, as well as merchant discounts. Visit https://older-adults.santarosa.edu/join-class. Free Online Class For LGBTQ+ Seniors “Aging Gayfully!” is a unique class being offered online as part of the Older Adults Program of Santa Rosa Junior College. The class provides a comfortable space for lesbian, gay, bisexual, transgender, queer and questioning adults to explore skillful aging strategies that address their unique aging issues. The Fall 2022 semester session begins online on Wednesday, August 17th from 11 am to 1 pm and continues weekly until December 14th. For more information or for instructions on how to enroll email the instructor Gary “Buz” Hermes MA at ghermes@santarosa.edu.

Sonoma State University OLLI

Fall 2022 OLLI Class Sessions
Monday, September 12 – Monday, October 31
Phone: 707-664-2691 OLLI is a unique learning community for adults age 50 years old or better. SSU faculty and other Bay Area educators enjoy sharing their expertise.

Free Tax Assistance Program

The Sonoma/Napa Tax-Aide program is offering an in-person fall tax clinic, offering tax preparation and electronic filing. For those who didn't file a 2021 tax return by April 17th, or haven't filed a prior year tax return or need to amend a filed return, or have an issue with the IRS or California Franchise Tax Board. The clinic is on selective Mondays, from May through October 10, at Franklin Park Clubhouse, Santa Rosa. Appointments - 9:30 a.m. to 1:35 p.m. Appointments required and can be made by leaving a message at 707-536-1518. Those with a tax question should call the main district number, 707-327-2401. This free service, while aimed at low and moderate-income seniors, is open to anyone regardless of age or income. It is sponsored by the AARP Foundation, but AARP membership is not in any way required.

NUTRITION NEWS

Serving & Portion Sizes: How Much Should I Eat?

Serving & Portion

The term serving size and portion size are often thought to mean the same thing, however, they don't. Serving size is a standard of measure for foods. It means the portion of food used as a reference on the nutrition label of that food or, the recommended portion of food to be eaten.

Portion is simple; it's the amount of food you eat which may be more or less than a recommended serving size. The key to eating healthy is knowing and choosing the appropriate variety and types of foods, and eating the right portion sizes. Read the Nutritional Fact Label on food packaging to identify the appropriate serving size of that food. Using the right tools for measuring, portion out your food onto a plate and then put the container away. Eating from a package often leads to consuming more than the recommended serving. Try using smaller plates and bowls to make portion sizes appear larger.

How Many Calories Do I Need?

A calorie describes how much energy is released when your body breaks down food. Calories does not indicate if a food is nutritious or not, however, tracking how many calories you take in will help with healthy eating habits.

Use the following dietary guidelines if you are over the age of 60 and want to maintain your current weight:

Women <i>(Calories per Day)</i>	Men <i>(Calories per Day)</i>
Not Active: 1,600	Not Active: 2,000-2,200
Moderately Active: 1,800	Moderately Active: 2,200-2,400
Active: 2,000-2,200	Active: 2,400-2,600

Healthy Eating

Make small changes over time in healthier food choices. Start with changing from high-calorie snacks to nutrient-dense snacks such as carrots. Change refined grains to whole grains. Instead of snacks with added salt and sugars, eat snacks without added salt or sugar such as nuts and fresh or dried fruits. Reduce or omit saturated fats and replace with healthy fats such as olive oil and avocado. Keep changes simple so you can be successful!

Getting the right nutrients you need and eating the right amounts of foods is important. As you age you often need less calories, but you need more nutrients, therefore, eating healthy nutrient-dense foods across all the food groups is important.

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

Growing Elder
with Marcia Singer, MSW, CHT

I'm an active senior. I hike or bike, garden and stretch daily, and still offer weekly chair yoga-cise instruction. Summer activity requires sufficient hydration; I confess to struggling with that. But on the plus "green" side, I drink H2O from glasses and don't purchase plastic bottled water. I collect gray sink water for toilet flushes and wash my hair outdoors to water plants instead of drains.

Have you ever studied H₂O? It's fascinating. Its chemical composition is constant—two parts hydrogen and one part oxygen. But its structure—the way water molecules arrange themselves and cluster together—is capable of

A fascinating 2008 film, "Water: The Great Mystery," documents cutting-edge global research, technologies and spiritual teachings that suggest how human thought-forms continuously affect the structure of water. Water is intelligent! Check out the pioneering research of Japanese scientist Dr. Masaru Emoto in his famous book, *Love Thyself: The Hidden Messages of Water*. It features stunning photographs of frozen water crystals. Each reflects specific words, prayers or music—positive or negative—that were



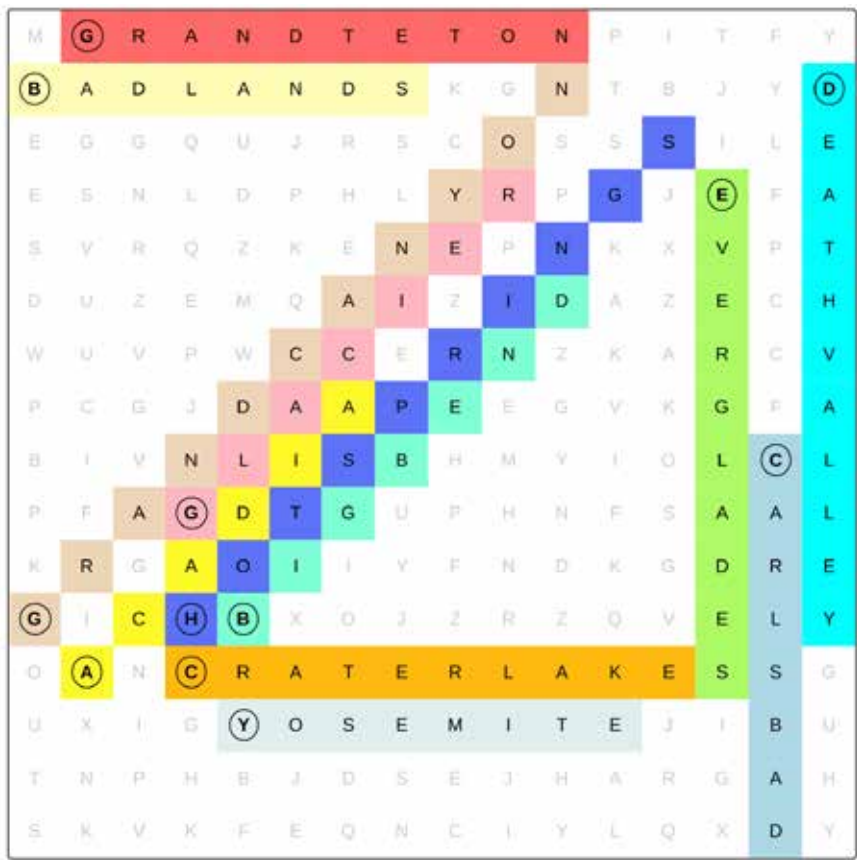
This summer, drink your water and give gratitude: “Thank you, I love you!” Our inner bodies of water like that. Put a sticky note on your water filter that says, “Blessings flowing.” Place a glass of pure water beside your grandchild’s photo. Later, you can drink in the love and good vibes (a game kids enjoy). Send wholesome thoughts to our polluted oceans and local creeks, appreciating them, blessing them and offering healing vibes.

Wild ideas? Planet Earth was once thought to be flat. Appreciating water and playing with re-structuring its aliveness are good water-wise environmental practices. And healthy fun!

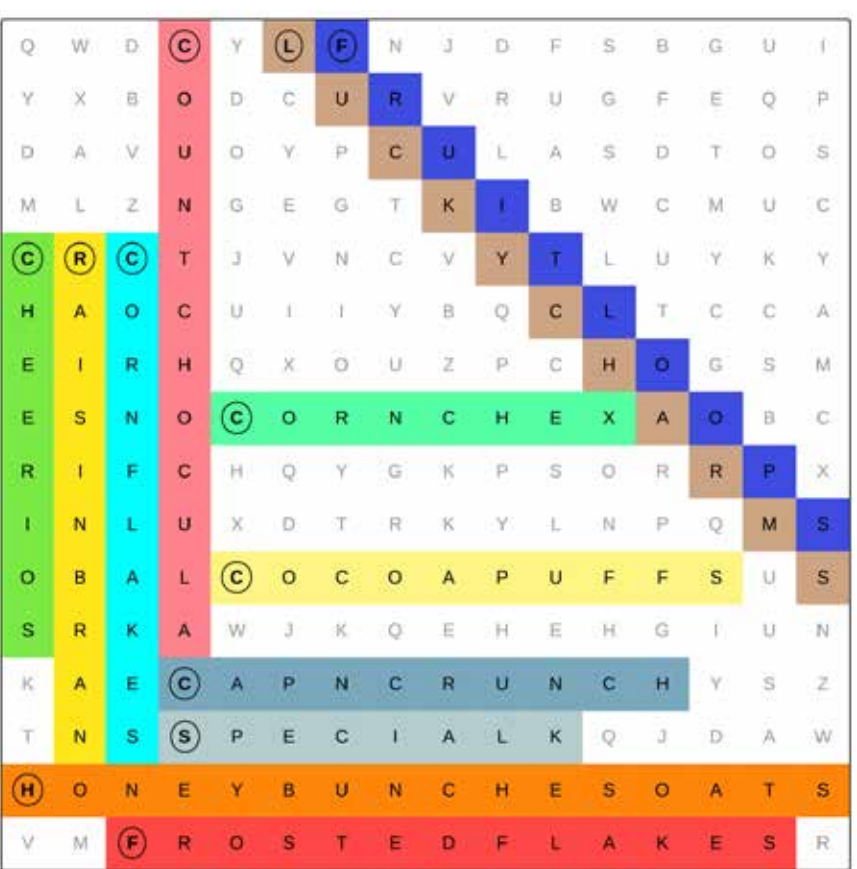
Shining deLight, Marcia

September Puzzle Solutions

NATIONAL PARKS



BREAKFAST CEREALS



AUTUMN



PATRIOT DAY



SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SCRAMBLE
DANCES

- TTGUBREJI JITTERBUG
- STTIW TWIST
- OOFTRTX FOXTROT
- NGWIS SWING
- NOTGA TANGO
- AJZZ JAZZ
- ATBLLE BALLET
- HOHPPI HIPHOP
- ATP TAP
- LKFO FOLK
- WZALT WALTZ
- LGCGNGOI CLOGGING

WORD SCRAMBLE
HOLLYWOOD

- OFOIFCBEX BOXOFFICE
- IANCEM CINEMA
- HTSGLI LIGHTS
- AREMCA CAMERA
- ATCION ACTION
- EGENR GENRE
- CRACEAHTR CHARACTER
- ODLI IDOL
- EVIMO MOVIE
- AMOULRG GLAMOUR
- LMFI FILM
- ORSAC OSCAR
- FMEA FAME

Stretch it out!

Elannah De La O, Intern

With age, our bodies are not what they once were. Our skin loses elasticity, bones lose density, muscle tone decreases, and tendons begin to stiffen. All of these contributes to our body’s natural decrease in flexibility. Flexibility is the capacity of the muscles and tendons to lengthen and stretch in response to movement, as well as a joint to move through its full range of motion. Flexibility is not just about being able to bend over and touch your toes. It can assist in improving balance, decreasing back pain, supporting good posture, alleviating fatigue, clearing and sharpening the mind. One may wonder, “Is it possible to gain flexibility later in life?” The answer is yes!

Follow these simple guidelines while stretching:

- Only stretch until you feel slight discomfort, not pain.
- Stretch statically meaning do not bounce while you stretch.
- Warm up your muscles before stretching for 5-10 minutes.
- Do not hold your breath when stretching - breath normally.
- Hold for a minimum of 20-30 seconds and repeat each stretch 2-3 times

Exercises one can do in a chair:

Neck stretches:

Sit tall in a chair and keep the shoulders looking forward. With your chin, look to the right and hold for a minimum of 20-30 seconds. Look to the left and repeat 2-3 times.

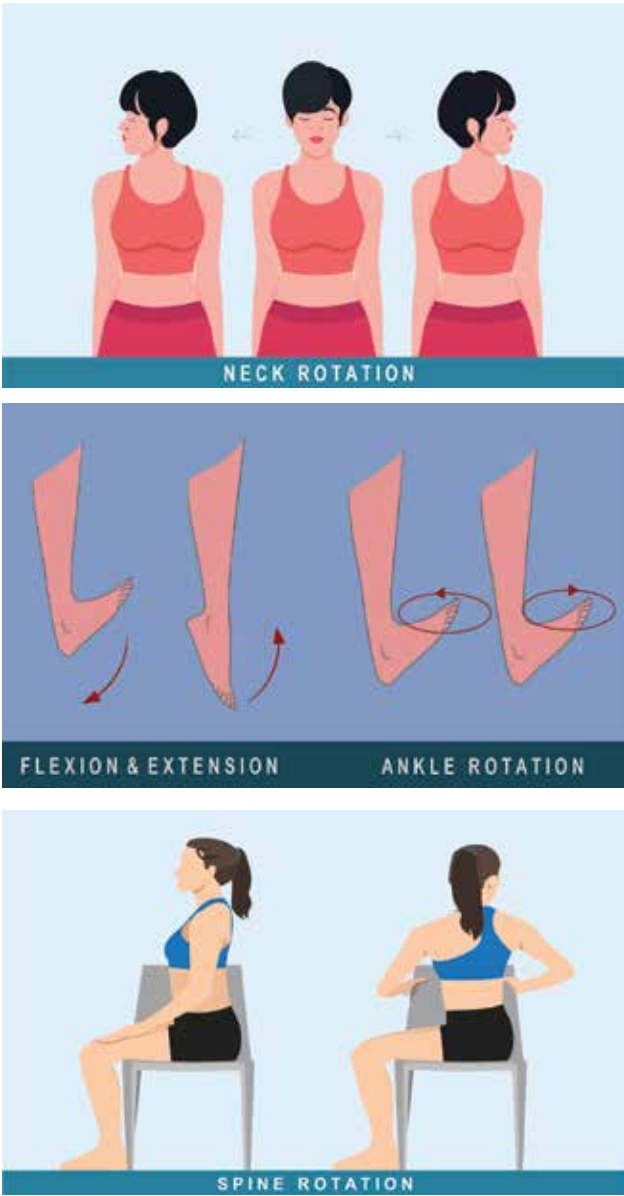
Ankle stretches:

1. In a chair, gently elevate one foot and begin by rotating the ankle in a clockwise direction. After 20-30 seconds, rotate in a counter-clockwise direction and repeat on the other foot.
2. Elevate one leg, then slowly bring the foot backwards and forwards. The motion can be thought of as pointing the toes away from you and flexing the toes towards you. Do this slowly for 20-30 seconds and repeat on the opposite foot.

Spinal stretch:

Sitting tall in a chair, begin by slowly rotating to the right. Depending how one is seated, you can gently grab onto the knees, an arm rest, or the back of a chair to assist with the stretch. After 20-30 seconds minimum, turn the body to the left to repeat on the other side.

It is important to keep in mind that building flexibility is a process that takes time and can be a tool to to help improve your quality of life. So, when you can, don't forget to stretch it out!



1st Annual 60 or Better Art Exhibition a Success!

Council on Aging held its inaugural Senior Art Show organized by Liz Klaproth, the COA Community Table Coordinator. The 30 artists' contributions covered all mediums; oils, pastels, sketching, sculpture, and textile. The attendees were inspired and amazed by their talent and creativity. Guests were treated to a guitar performance by Craig Matsuda and refreshments provided by the COA Chef made for a lovely afternoon at the Oakridge Senior Apts. in Sonoma. COA plans on hosting future art shows.



Oil painter, Lloyd E. with Liz Klaproth, COA Coordinator



Pencil and oil painter, Leta H.



Pencil artist, Margo P.

THAUMATURGIC TAPESTRY A poem by Robert William Gruhn

Oh, this wondrous fabric of history,
Weaving from my mind,
Flowing from my quill,
This magic,
As brain instructs hand,
To speak words of ink,
A world,
Floating in space,
So beautiful,
A miracle of creation,
Centuries past,
In many ways so different,
Yet knitted neatly together,
These stepping stones,
To humankind's future,
These time worn mirrors,
Allowing us to look back,
Watching ancestor,
Pounding stone into wheel,
Spinning stick into fire,
Seeing the birth of innovation,
The wonders of nature,
This miraculous tapestry of our lives,
Learning just recently to fly,
Through life giving air,
Even soaring in a vacuum,
Called space,
Only decades ago unreachable,
What a magical time,
Visions sent through thin air,
Our voices,
Spoken softly,
Yet heard clearly,
Around the Earth,
We've been given the tools,
To forge our own destiny,
Let's use them for good,,
Then our eternal destiny,
Will be complete.

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CALLING ALL SENIOR POETS, WRITERS, ARTISTS & STORY-TELLERS

We want to share your stories with our community!
Council on Aging publishes Sonoma Seniors Today—our widely distributed publication that includes space for your creative talents.

Send Submissions to SST@CouncilonAging.com





The Red Bag

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

Our drivers carry love down the road.

We use empathy, compassion, commitment and reverence to build relationships with Sonoma County seniors, and battle food insecurity and isolation, one day at a time.

If you have what it takes to carry The Red Bag,
Council on Aging has a volunteer opportunity for you.

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

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

Driver and Community Dining Coordinator Relief positions are open.

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

A Testimonial for Meals on Wheels

Robert G - RG Life Story

Born back in 1950 in Eureka, California, RG lived there until he was 10 years old and moved to the suburb area of San Anselmo, California, where he grew up and graduated from Sir Francis Drake High School.

His father AG was the Executive Officer of the Eureka Labor Union Council and Geographical Vice President and then President of the California Labor Federation AFL-CIO. He was President for 36 years, and was elected every 2 years, 18 times, a Labor Leader record! Nancy Pelosi, Speaker of the House, is a family friend of RG's and shares the same birth date!

He attended College of Marin and served a 4-year apprenticeship in the Typographical Union #21 at the San Francisco Chronicle & San Francisco Examiner newspapers and became a Journeyman Compositor & Graphic Designer. In 1980 RG founded Sportography Inc. which was a graphics company that produced collectors prints for professional sports athletes. The Gem item of RG's company was a career retirement signed collectors print of the late great Willie "Stretch" McCovey, beloved San Francisco Giants Hall of Fame Player. RG had an exclusive 5 year signed contract with Willie!

In 1992 RG founded a microbrew company, San Francisco Fog Inc. The name of the ale was San Francisco Amber Mist! Also founder of a rock band back in high school in 1965, RG was Drummer and Lead singer. RG's hobbies include writing poetry & song lyrics, and he especially enjoys singing for Seniors!

"Meals On Wheels" has been an "Awesome Help" to RG as a Senior, he is currently busy caring for a MOW client with Dementia, and is living on a fixed-income. RG thinks the meals are well-prepared, delicious and offer a great variety. He expresses a deep gratitude to MOW!

Value of One - Power of Many !



THANK YOU TO THE HUNDREDS WHO VOLUNTEER THROUGHOUT THE YEAR!



CELEBRATING 24 YEARS OF FAMILY OWNED BUSINESS IN SONOMA COUNTY!



Become part of our AT HOME family!

"I can't say enough good things about your Agency. From the managers to the caregivers, I can't tell you how much it meant to feel like we were in such capable hands. Just exceptional, personable, professional and caring people." - LR

"Your caregivers were wonderful. Their holistic approach with both family and the medical community has made these difficult times for Mom and her family manageable. Without their help, I am not sure how we would have managed." - MC



Caregivers For You

**1378 A Corporate Center Pkwy
Santa Rosa**

707-546-8773
www.athomenursing.com
There's No Place Like Home!

A NURSE MODEL AGENCY, WE HAVE VERY STRICT POLICIES ON COVID. REGULAR TESTING, USE OF N95 MASKS AND KEEPING EVERYONE SAFE! WE ARE ABLE TO TEST OUR CLIENTS AT HOME IF NEEDED AND OUR NURSES ARE OVERSEEING OUR CLIENTS' CARE.