

March 2011

“Never in My Wildest Dreams”

A talk with Belva Davis about her eye-opening new memoir

by Bonnie Allen

For most of her life, relates pioneering journalist Belva Davis in her new memoir, *Never in My Wildest Dreams: A Black Woman's Life in Journalism*, she has carried with her a worn and folded piece of paper that reads, “Don’t be afraid of the space between your dreams and reality. If you can dream it, you can make it so.” She had written the words when she was a “young single mother caring for two children and juggling three part-time jobs to pay the rent.”

Since then, Davis has reported from prisons, hospitals, the Capitol, wherever there was a story no one else was reporting. As a young reporter for radio station KDIA, she and her news director were spotted at the Republican convention in 1964 and driven from the Cow Palace with threats and jeers. Covering a march in Cummings, GA in 1987, she was spat upon by a white woman counter-demonstrator. Stunned almost to tears, Davis, the consummate reporter, nevertheless withheld the attack from the news report. Instead, she focused on the others who were victims of bigotry that day.

“I remain resolved,” she writes, “to advocate for overlooked and even unpopular stories.” After her visit to Soledad prison to cover the swelling population of Three Strikes prisoners, her show, “This Week in Northern California,” became a weekly hit at the prison. “The idea that you cared enough to cover our story is a comfort and even an encouragement to many,” wrote one prisoner.

Never in My Wildest Dreams is a page-turner of a book that sprawls across the social movements of the past 60 years with humor, humility and depth. It would make a great recent American history course. Because of her background as an African American in the deep South, says Davis of the book, “quite often there’s a unique little angle, or something that happened to me or circumstances that were different for me than for other people, and that’s what I wanted to note.”

Born Belvagene Melton in Monroe, Louisiana, to a mother who was only 14 years old and earned four dollars a week as a laundress, Davis often felt overlooked and

unloved as her parents struggled to make ends meet with the hardscrabble jobs that were all that were available to African Americans in the Deep South.

It was the depths of the depression. The memoir tells how Davis was often farmed out to relatives, some loving, some strict and loveless. As extended family members moved in and out between jobs, there were never enough beds to go around. Davis spent much of her childhood sleeping on the kitchen floor.

The family moved to West Oakland during World War II in search of wartime government jobs. When Davis first saw the lovely Victorian house they had rented, her heart soared—until she found that they had rented only the basement. Once again, she was relegated to the kitchen floor.

Davis often had doubts that anyone cared about her at all. Her parents were not in the habit of telling her they loved her. It was perhaps these doubts that led her to seek to excel at everything she did, to prove her worthiness. Perhaps it was also what caused her to make a hasty marriage when she was barely out of high school.

She had been accepted at San Francisco State College—the first in her family—but there was simply no money to pay her tuition. She swallowed her heartbreak and passed the Civil Service exam to become a typist. And she got married. The marriage was shaky from the start, but it gave her two wonderful children.

Today, Davis understands that her parents were simply too preoccupied with their own struggles to focus on her emotional needs. Both worked hard for white people at menial, ill-paid jobs. She describes her mother as a hard worker and her father as a brilliant man who was never allowed to live up to his potential.

With her marriage on the rocks, Davis searched for something to do to give her life meaning and satisfy her lifelong urge to make a difference in the world. It was also becoming clear that she would have to support her children herself. She began contributing articles

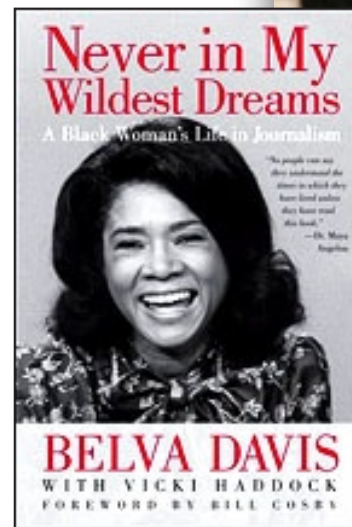


Photo by William Moore

Never in My Wildest Dreams: A Black Woman's Life in Journalism. by Belva Davis and Vicki Haddock. Polipoint Press, 2011, 272 pages.

to local newspapers, starting with the San Francisco Shopping News. Through connections there, she found her way to the new Jet Magazine. Her writing was good enough that she became a regular and eventually began to be paid a small amount.

Davis’s initial career choice had been to be a teacher, “because teachers were so important in my life that I wanted to join their ranks.” When that option was closed to her, she began writing.

“And then when I had exposure to the power of the media, it was absolutely fascinating, and I think what gave it ever more weight in my life is the possibility that I could do it if I wanted to work hard at it, because America was changing at that time in terms of its attitude toward both gender and racial issues.”

After working in print media in the Bay Area—including the Sun-Reporter, owned by the fiery crusador Dr. Carlton Goodlett, whose name now graces the street in front of San Francisco City Hall—Davis next moved to radio. with stints at KSAN and Oakland’s KDIA. From there, she turned her sights to TV. In 1966, with trepidation and a few recommendations from media people she knew, she applied for a news job at KPIX. To her surprise,

See **Belva Davis**, page 6



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Ask Kate

by Kate Maxwell,
Ph.D., MFT
Clinical Supervisor,
Council on Aging

Dear Kate,

Our mother is in her mid eighties and has just had a stroke. Her physical health remains good (although fragile) and emotionally she is doing well. But she now has trouble organizing her thoughts and responding to questions. We just discovered she had been to the doctor five years ago where her doctor informed her of a 75% blockage in one of her carotid arteries. Mom told her doctor she felt fine and didn't want any treatment. Mom never told me or my sisters about the appointment or the test results. Mom has always been so independent and we felt she didn't want us worrying about her or meddling in her business. We are upset over the possibility that we missed something and now she is at risk of another stroke due to blockages in both carotid arteries. What did we miss and how could this have been prevented?

—*Sincerely, Anxious Sisters*

Dear Sisters,

I wish I could tell you the stroke could have been prevented had you known about the previous test results. If your mother smoked or has diabetes or high blood pressure, these factors are associated with a higher risk of a stroke, but as far as I know there is no certain method for preventing a stroke. Even if she had the above risk factors, she may have taken the usual stance: "It won't happen to me."

But you can take some steps to make sure no one in your family faces the same experience. You can redefine the way your families deal with health issues, especially with the older members.

It is best if medical care, test results, and the like can be addressed as a family matter. That means an open discussion with all adult members of the family regarding current and historical health issues. The benefit of a "transparent" family health history is that all members are aware of possible genetic family traits. Now, for example, you know that your family may be at risk for cholesterol plaques or for strokes. Your children should know what is happening with their grandmother. The experience can be a good teaching opportunity. You want to set a good example so they will know to keep a watch over you as you get older and also to bear this issue in mind when managing their own health.

Visits to a doctor are often stressful, resulting in distractions from the questions that should be asked. One way to manage questions and the doctor's responses is to take a family member and a notepad with you when you go to the doctor. Have written questions prepared and be ready to

make notes on the answers the doctor gives. When should this practice begin? Perhaps around the age of 65 we should make a habit of having someone accompany us. Then we have a person with whom to discuss the meeting and both practical and emotional responses to the information. This person could be a family member or a friend, but as we get older it should be family.

When major health issues arise, notes should be made and kept with the medical records (all in one place or file and known to all family members). In this digital age it's easy to include family members, making loss of the information less likely. The sharing of this kind of information helps to create and/or maintain the family bond that becomes more and more important as the older persons age.

Obviously, from your own experience with your mother, you will want to encourage your own children's participation in your own health care at least by the age of 70, if not before. Bear in mind that by the time you qualify as elderly, like your mother, you may feel you can make wise decisions by yourself without discussion with your children. So set the stage for things to be different for you and yours: You don't want your children to be anguishing over the results of lack of information as you now are.

A final note: Please remember that independence is precious to all of us and we may be tempted to cling to that independence even when it may not serve us. Also older persons are often reluctant to ask for support out of fear they may be perceived as a burden and the children may withdraw. Your mother needs your loving support now. Blaming her for her shortsightedness or yourselves for missing invisible signs won't serve any of you. Try to focus on the value of your relationships and the love you share.

Have a question about aging issues or family dynamics? Send it to Kate Maxwell at Council on Aging, 30 Kawana Springs Rd., Santa Rosa, or email to kmaxwell@councilonaging.com.

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The Wonder of It

Reflections on spring and renewal

by Sylvia Bailin

This is my first spring without Lou, so the extra-cold early winter seemed even more severe. I hate the cold!

Two months ago, the chill seeped through our window's double-panes; it crept in under doors and sneaked into my bed. The bare limbs of the lovely black oak outside my window shivered with the wind. Some mornings I saw ice sparkling on the water's surface of our courtyard fountain. At first, I mistook it for a sheet of Saran Wrap. But that didn't make sense. The demure little fawn statue peering into the fountain seemed to agree, "Yes, it's really ice." That's one of the effects of global warming, I'm told—weather extremes.

The frigid air reminded me of my young days in Chicago. The feel of the raw wind off Lake Michigan is so real I shudder decades later. One day I had to walk the six blocks to our nearest streetcar corner. The icy air had penetrated my coat and once arriving at the tram stop, I scrambled into the abandoned newsstand. (Who would be crazy enough to come out for a paper?) I huddled into its farthest corner, knees to chin and prayed to hear the trolley's rumble soon. It was there, as my breath steamed up my glasses and my teeth chattered, that I determined never, ever to experience another Chicago winter. Maybe that's why I adore spring—the flowers, the birdsong, the warmth.

On a blue-sky April day, drops of water plopped on my schoolbooks as I was about to enter my apartment building. Ah! Melting icicles from the window ledges above. In several days, green daffodil stems poked through the damp dirt near our building. The air smelled earthy, promising. A week later, the double-skirted blooms, greeted me. I hurried upstairs and found A.A. Milne's "Daffodowndilly."



*She wore her yellow sunbonnet,
She wore her greenest gown,
She turned to the south
And curtsied up and down.
She turned to the sunlight
And shook her yellow head,
And whispered to her neighbor,
"Winter is dead."*

Our universal joy with spring goes back at least 15,000 years. Neolithic man discovered the wonder of growing his own food supply if he observed the yearly rhythm of the sun. He must have celebrated his gratitude to spring with ritual.

I found a reference to Passover's origins in pre-Israelite rituals for the first harvest, their vital food supply. Today, the holiday falls on the first night of the full moon after the Vernal Equinox. As secular Jews, we celebrated by reading the story of the exodus out of Egyptian slavery to freedom. (My solemn father liked to add his cautions about other forms of slavery—money and food.)

We need only listen to Stravinsky's "Rites of Spring" to feel the heart-pumping rapture of renewed pagan energy. Eastre, the Teutonic goddess of spring, was worshipped with vigorous rites of renewal, fertility and rebirth. Easter evolved from that but was much refined in the Christian commemoration of Jesus' resurrection. Mary's purity is associated with Easter lilies. Today's secular side of Easter has residual fertility symbols: bunny rabbits and eggs.

When Lou and I stood gaping at Stonehenge years ago, the guide said it was thought to be a holy, ritualistic site. Other theories linked it to observations of the sun's apparent movement. It must have struck the ancient humans with at least the same awe we felt at observing the grandeur of planetary motion.

In Sonoma County, at this writing, I already see vast fields splashed with mustard flowers. The ice has long melted. The rose garden shows signs of renewed life. That black oak outside my window, looks grateful for its tiny buds—and we have yet to cross the Vernal Equinox. So I retract complaints about a cold winter.

After all, I didn't have to huddle in an abandoned newsstand.

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Letter from the Chef

Thank you to all of you who have sent so many nice compliments to me. It has been quite a life experience being a chef consultant for Meals on Wheels. I am still learning to cook 850 to 1,000 meals a day.

My big lesson this month: Do not make Jell-o with fresh pineapples!

To prepare and deliver meals for so many clients is slightly different from having a "white table cloth" restaurant. But a lot of things are still the same. I am trying to provide a tasty meal with the best local ingredients, while keeping food costs in mind, which sometimes can be challenging (this is nothing new from running a restaurant). The organization is running on a tight budget, and we depend a great deal on donations. The government pays \$2.45 per meal. Then there are the logistics of

having the meals delivered every day, ready and hot without overcooking the food. The volunteers are doing a great job with that.

When I started on December 6, I was a little nervous about having a dietitian as my director, but with using fresh ingredients I have learned that I can meet the low sodium standard with flying colors. Using mustard, ginger and fresh herbs replaces a lot of the salt, and allows for a more complex delicious flavor. I hope that you are enjoying the changes I have made.

It has been and still is a pleasure working for you. Any suggestions are more than welcome.

—Chef Josef Keller

P.S. Don't forget to donate—and put that saltshaker away!



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Meals on Wheels driver Al Lenhardt



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Belva Davis, *continued from page 1*

she was hired, becoming the first black woman news anchor at a mainstream station.

Along with the news, Davis brought the struggles for equal rights for all into Bay Area living rooms. She covered civil rights marches, interviewed feminists, worked with gays, became the first reporter to visit San Francisco's Ward 5B, the first ever ward for HIV patients. She interviewed third-strike prisoners at Soledad, where prisoners were serving life sentences for such crimes as stealing a pair of socks.

"To me it's almost hypocritical to say you're for opening up avenues of progress for one group of people and not others, and I think the person who really moves ahead in this area has to give all people who are suffering in this world from inequity the help to attain their rights."

Talking with Davis is like talking with an old friend. She is disarmingly humble at the opportunities she has had—never mind the courage and determination to achieve her status as San Francisco's first black and first female news anchor. She blossomed as we discussed our grandchildren. Hers are 4 and 14 years old.

"My 4-year-old is very inquisitive. She asked me, 'Why did you write a book?' I told her that I wrote it for her. And in a way I did. I wrote it so she would understand my world—because I know that by the time she's an adult there's very little chance I'll be around. I want her to know about my world and my dreams and hopes for her."

She insisted that photos of her grandchildren be included in the book. "The publisher kept saying, this is not a family album, and I said, well, for them I wanted them to think of it that way."

Davis has been in the forefront of reporting on and advocating civil rights for African Americans, women, gays and prisoners. How about older Americans?

"I'm on the board of the Institute on Aging, so I certainly recognize that. Many people my age just had no inkling that the challenges of today would be what they are—in terms of just staying healthy, staying housed, even with the high cost of the basic necessities. We're a special group also, that needs to have our own advocacy, that needs to stay alert and needs to stay participating."

"So many people your age have settled into the rocking chair," I said to Davis, "but your memoir makes it clear that you continue to see yourself as a work in progress. What do you see ahead for the coming years?"

"I think the rocking chair is becoming less of an option for most of us. One of the reasons we [continue to work] is because we like what we're doing, but also when we started retirement planning, we had no idea the economy was going to be what it is today. It's not horrible for us because we both worked in industries that had good retirement plans, but even with that, if you want to do the extras—the cruises and the vacations—many people are finding it convenient to have some sort of extra income."

Davis at 78 still presides at her award-winning KQED show, *This Week in Northern California*, and does other small projects. She is happily married to photographer William Moore, also a black pioneer in media.

"I love what I do, and it's very hard to think of not doing it. So I'll have to think of some nonprofit or something that will allow me to keep doing what I do—I have this curiosity about people and things that being a journalist gives you license to practice without seeming rude," she says with a laugh.

She has some advice for growing old

Register Now for Senior Games



Registration is now open for the 1st Annual Sonoma Wine Country Senior Games. All interested active senior men and women 50+ can sign up to compete in their choice of seven sports—soccer, golf, bowling, basketball, road racing (5K, 10K, walking) swimming, bocce ball, and tennis competitions by registering online at www.winecountrygames.com.

The Sonoma Wine Country Senior Games will be held June 2-5 in venues around the county. Council on Aging Services for Seniors is producing and hosting this inaugural event.

The Sonoma Wine Country Senior Games are part of the Senior Games of California and the National Senior Games. In California, there are currently six other Senior Games held each year.

The registration fee is \$39 per person, plus a small additional fee for each sport. Along with the sporting events, there will be an opening ceremony on Friday, June 3, at the Flamingo Hotel in Santa Rosa, where participating athletes will be recognized and a wine reception will be held. Other activities are planned for the athletes and their families to enjoy during their visit. Volunteers are needed and can sign up at the website www.winecountrygames.com.

"We want every active senior, whether a recreational athlete or a former Olympian, to participate," says Sonoma Wine Country Games Director, Dena Lash. "The Sonoma Wine Country Senior Games will truly be a celebration of life after 50 and give a new meaning to the term, 'senior moment.'"

For more information, visit the website at www.winecountrygames.com or contact Dena Lash at 707. 525.0143 ext. 128 or sonomacountyseniorgames@gmail.com.

productively. "The worst thing you can do is look backwards. In order to grow and stay vital, you need to keep your mind active and looking at the next challenge." That doesn't mean you have to be an Olympic star, she explains. She advises looking for your comfort space where you can participate in this rapidly changing world during that extra decade you may have earned by eating well, exercising or keeping your mind alert.

And finally, Davis adds, learn to use the Internet! "I hope that everyone in my age group will really appreciate the possibility of learning this whole new world the Internet has brought to us, and utilize it. I'm not good at it, but I'm a good Google person. It helps me, it nurtures my curiosity."

Addendum: Great advice, Belva! Readers can start now by going to www.councilonaging.com. Click on Sonoma Seniors and enjoy this publication in full color with live links to Web sites cited in the text. And while you're on the Internet, see www.belvadavis.com for more about Belva Davis, her new memoir, and where you can get a copy. It's a read you won't want to miss!

Medicare Changes for 2011

by Julie Bennett

HICAP (Health Insurance Counseling & Advocacy Program), a program of Senior Advocacy Services, is continuously scheduling presentations to explain Medicare. Our goal is to reach as many people as possible, giving them the tools to find the answers to their questions and helping them find their way through the maze called "Medicare."

Changes to Medicare in 2011 include:

- **Preventive Screenings Covered under Medicare Part B:** Most preventive tests are now covered at 100% and there is a new Yearly "Wellness" Visit for people who have been on Medicare Part B longer than 12 months.

- **Medicare Prescription Drug Plans (PDP) (Medicare Part D):** If a person reaches the prescription drug "donut hole" (coverage gap), he/she may receive 50% discount on brand-name drugs and 7% discount on generic drugs, depending on the drug plan chosen.

- **Annual Election Period (AEP):** The Annual Election Period is also known as the Annual Enrollment Period for Medicare Advantage and Medicare Part D plans. The dates to make your annual change in 2011 have changed to Oct. 15, 2011, through Dec. 7, 2011, with a Jan. 1, 2012, effective date.

If you'd like a HICAP presentation at your senior center, retirement community, senior mobile home park or other group, call me at 1-800-434-0222, ext. 104, or email me at or call me with a few dates and times that will work for your group. For a one-on-one counseling appointment with a HICAP counselor, call Ed Matheson at 1-800-434-0222 or 526-4108, ext. 106.



Estate Planning Service

Providing revocable, simple trusts to Sonoma County residents who own a home and wish to avoid probate of their estate.

Fees:

\$800 for a single trust

\$ 1,150 2 person trust

\$300-500 Amending current trust

For more information or to make an appointment please call Barbara Swary at Council on Aging, 707-525-0143 x 143



Senior Center & Social Club Highlights

Note: Senior Social Club is not a drop-in program. To register, call the individual club numbers.

Sebastopol Senior Center

167 N High St, Sebastopol, 829-2440,
www.sebastopolseniorcenter.org.

- **Thursday, Mar 3, 10 AM, Getting Grounded Gracefully Balance Class:** A weekly class to help you improve your balance. This two-month-long series uses Feldenkrais methods researched and tested by the National Aging Research Institute, showing significant improvement in balance. \$6.00/class.

- **Tuesday, Mar 8, 12:20 PM, March Birthday Party Social:** Lively Celtic music and sumptuous refreshments. Everyone is invited. FREE, but please RSVP. (Come for lunch at Noon for \$4.00 donation and try some of the great food that Chef Josef is preparing for Meals on Wheels.)

- **Thursday, Mar 31, 2 PM, Pilates Demonstration** with Virginia Mathews. Pilates, originally used to rehabilitate bedridden or immobile patients during WWI, can help you move more freely and efficiently, improve mental and physical well-being, increase flexibility, strengthen muscles, increase spinal flexibility and align the torso correctly. Virginia will teach both from a chair and standing. This system has enabled her to stay strong and flexible into her 60's. FREE, RSVP.

- **Thursday, Mar 24, 4 PM, Spring Fling:** Our annual "Spring Fling" hosted by the Rotary club of Sebastopol Sunrise. Light supper, entertainment with Dave Marty, singer, Hall of Fame banjo player and comedian. This is a great way to welcome spring. FREE, RSVP.

Healdsburg Senior Social Club

For enrollment information, call Robin Mahon, 433-6161, Mon-Wed, 9 AM-2 PM.

- **Wednesday, Mar 2, 10:15 am: sixth grade class visits to play games.**
- **Wednesday, Mar 23, 11 AM: Music, singing and dancing.**
- **Monday, Mar 28, 1 PM: Accordion music.**

Santa Rosa Senior Center

704 Bennett Valley Rd., Santa Rosa, 543-4624

- **Thursday, Mar 10, 10:30-11 AM: Maggie Watson,** author of A Graceful Farewell: Putting Your Affairs in Order, will address our Thursday Morning Motivations.
- **Thursday, Mar 17, 11:30 AM: St. Patty's Day Luncheon,** provided by Council on Aging.

It's Spring!

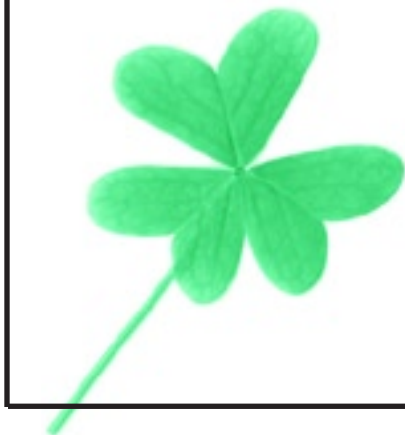
"I stuck my head out the window this morning and spring kissed me bang in the face." —Langston Hughes

"In the spring, at the end of the day, you should smell like dirt." —Margaret Atwood

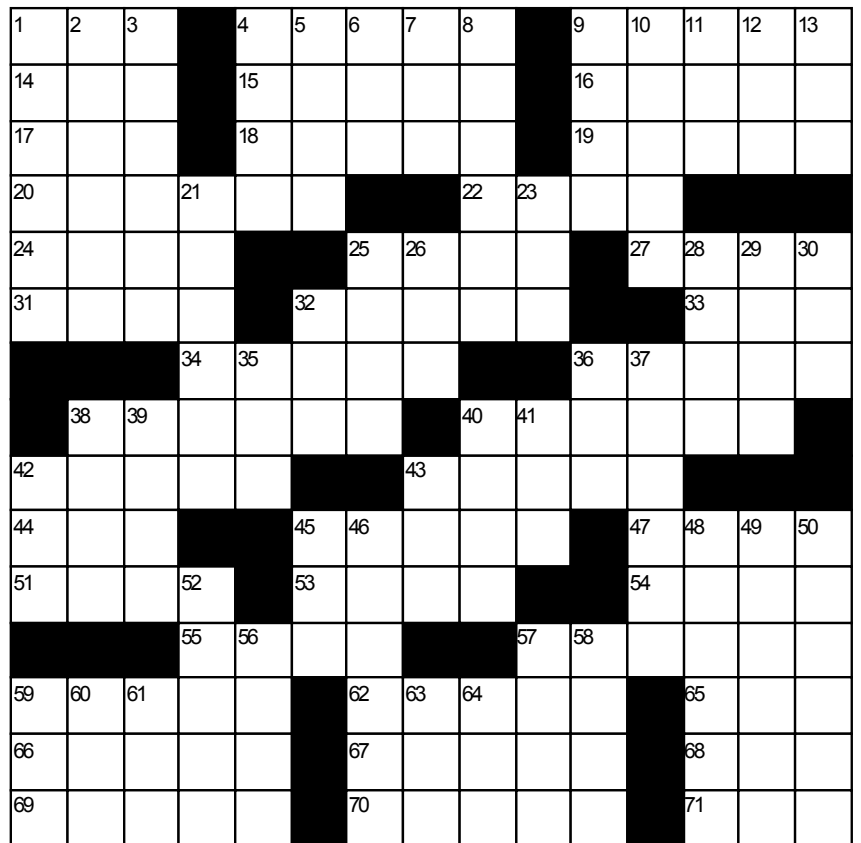
"It's spring fever.... You don't quite know what it is you DO want, but it just fairly makes your heart ache, you want it so!" —Mark Twain

ACROSS

- 1 Take the prize
- 4 British peers
- 9 Street cars
- 14 Sebastopol-Santa Rosa dir.
- 15 Sonoma County harvest event
- 16 President Rutherford
- 17 Cry of understanding
- 18 Krishna follower
- 19 Concerning
- 20 French liqueur
- 22 Voucher for a small debt
- 24 Sandwich cookie
- 25 Jab
- 27 Risk-free
- 31 Computer expert?
- 32 Like a good beer
- 33 Deer relative
- 34 Turn over
- 36 Concur
- 38 Triangle-shaped Greek letters
- 40 Great wave
- 42 Seoul is its capital
- 43 Heart artery
- 44 Pressure unit
- 45 Origin stories
- 47 Aged sufficiently
- 51 Listen to
- 53 Scoff
- 54 Coll. class
- 55 Convex shape
- 57 Traveling by horseback
- 59 Last pass at a bullfight
- 62 Constellation Ursa ____
- 65 Spy grp.
- 66 Build
- 67 Excuse
- 68 Part of a journey
- 69 Father
- 70 Dubs
- 71 Libya-Yemen dir.



March Crossword Puzzle



www.CrosswordWeaver.com

DOWN

- 1 Pike or sword
- 2 Over this way!
- 3 "____, my God, to thee"
- 4 Toyota compact
- 5 Like a desert
- 6 Updike's "Rabbit, ____"
- 7 Hallucinogen, for short
- 8 Peels corn
- 9 Southeast Asian
- 10 Bombastic speech
- 11 Popeye's affirmative
- 12 Chess pieces
- 13 This newspaper, for short
- 21 Small bump
- 23 Attention-getting word
- 25 Clever word plays
- 26 3, 9, 15, for example
- 28 Nautical starter
- 29 Used wings
- 30 Stretch to make do
- 32 Sargasso, for instance
- 35 School grp.
- 36 Computer key
- 37 Glowered
- 38 Medicine amount
- 39 Lake or Canal
- 40 Danish physicist
- 41 Tax dept.
- 42 Speed, in Canada
- 43 Consumed
- 45 Old coffee brand
- 46 Navy cleric
- 48 Christmas decoration
- 49 Small horses
- 50 Employ
- 52 Dummy
- 56 ____ Dillon of "Gunsmoke"
- 57 After-bath wear
- 58 Spring flower
- 59 Valentine mo.
- 60 "Diamonds ____ Forever"
- 61 Brain wave test, briefly
- 63 Chicken ____ King
- 64 Mountain Man Bridger

SUDOKU A logic puzzle

Supply the missing numbers so that every row, column and 9-digit square contain only one of each number. No math skills are required, and no guesswork. For hints on doing Sudoku puzzles, visit www.websudoku.com, or send a stamped, self-addressed envelope to Sonoma Seniors Today, 30 Kawana Springs Rd., Santa Rosa, CA 95404. (Solution on page 8.)

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

You said...

Letters to the editor

Dear Ms. Bailin,

I was so touched by your "Reflections on the Passing of a Spouse" that I had to write. How beautifully you described your pain, loss and journey through grief. It made me feel like someone truly put into words the feelings. I have not lost a spouse to death, but to divorce, and my parents have both passed away. I related to your expressions. Thank you for sharing. You're a beautiful writer.

May the rest of your days be spent in peace and a newfound love for the single life. Your husband sounds to me like an awesome man!

Sincere regards,
Celeste Felciano
Glen Ellen



Working for You

Information & Assistance/ Case Management:

Do you need help with senior resources? Call us any time for information, assistance and case management services. Call Carol Martin at 525-0143, ext. 101. Sebastopol seniors only: call the Russian River Senior Center at 869-0618.

Senior Financial Services:

Our bonded and insured counselors assist seniors who are unable to handle bill paying, checkbook reconciliation, eligibility documentation for retirement programs, and other financial needs relative to their daily money management. This program is especially designed for the forgetful senior or the senior with poor vision and often protects them from financial abuse and late fees associated with forgetting to pay their bills. For peace of mind, call Connie Aust, Director, today at 525-0143, ext. 108.

Senior Peer Support:

This program is to help seniors struggling with serious mental illness access services and programs that help them develop skills and social support, leading to a more constructive and satisfying life. After an assessment visit by CoA case managers and a licensed marriage and family therapist, clients are matched with trained volunteers for 12 weekly support sessions to develop a care plan solution with the client's approval, then follow-up with progress notes. Sponsored by the Department of Mental Health Services. Call Michele Leonard, Director of Volunteers, 525-0143, ext. 147, for information.

Lawyer Referral Service:

If you are 60 years old or older and need an attorney, you will be referred to a panel of elder law attorneys experienced in working with seniors. An initial half-hour consultation is \$30. If you retain the attorney for further services, fees will be at the attorney's usual rate. The service is certified by the California State Bar, Certification #0111. Call 525-1146.

Senior Meals:

Meals on Wheels delivers hot meals to temporarily home-bound or chronically ill seniors. Ten dining sites provide meals and companionship. Therapeutic meals and nutritional counseling are available for special needs. Call 525-0383 for information on home delivery or dining site locations.

Senior Social Club:

This service has helped hundreds of people to reconnect with others through our Social Club Activities program, offering the opportunity to gather for meals, exercise, entertainment, companionship, and arts and crafts. The programs are held in Healdsburg, Sonoma, and Sebastopol. Call Connie Aust at 525-0143, ext. 108.

Senior Legal Services:

Legal consultation and representation in matters of housing, consumer fraud, Social Security and SSI, Medi-Cal and Medicare, and elder abuse are provided. Also available are simple trusts, wills and durable powers of attorney for health care and finance. Call 525-0143, ext. 140.

Senior Transportation:

The Caryl Weis Transportation Program provides rides for seniors, 60 and older. Our volunteers use their own personal vehicles to transport seniors from inside the home to inside the door of their destination. Ride coordination fees are \$10 round trip and \$5 one-way. Payments are made in advanced once the rider is registered. At this time, we cannot accommodate wheelchairs. Call Deb Berk for more information at (707) 525.0143, ext. 113.

Save the date... ✓ [Events are free unless otherwise indicated]

◆ Mar 16: Planning Your Future.

Everything you need to know to plan and preserve your estate. Council on Aging, 30 Kawana Springs Rd, Santa Rosa. See page 5 for details.

◆ Mar 18: Russian River Chamber Music.

Enjoy live music featuring the Cypress String Quartet. 1100 University Ave., Healdsburg, 7:30 PM. 524-8700.

◆ Mar 26: Repo Art Show Closing Reception.

Arts Guild of Sonoma, 140 E. Napa, Sonoma, 6-9 PM. Join us for live music, food, and great art. Wheelchair accessible. 996-3115.

◆ Every Wednesday: COAT

Toastmasters. Council on Aging, 30 Kawana Springs Rd, 8-9 AM. Would you like to become a competent communicator, net work, hone your skills for a career change or simply have a good time with a marvelous group of individuals? Hang your jacket on the hook at COAT and JOIN US! Info: Judy Bolduc, 526-1459,

judy.bolduc1@gmail.com.

◆ **Mar 28:** Alzheimer's Association presents "Know the 10 Signs: Early Detection Matters," 10 AM-NOON, Oakmont Gardens, 301 White Oak Drive, Santa Rosa. Memory loss that disrupts daily life is not a typical part of aging. It may be a symptom of Alzheimer's that causes a slow decline in memory, thinking and reasoning skills. This program will provide information about the 10 warning signs of Alzheimer's disease and the importance of early detection. To register, call 573-1210.

◆ 4th Fridays of the month: Parkinson's Support Group.

Petaluma, 1:30-3 PM. Relaxing atmosphere of sharing and caring for patients, family members and caregivers. Call Pearl Sorensen, 795-4858 for location.

Have a calendar item to share? Send it to *Sonoma Seniors Today*, 30 Kawana Springs Rd., Santa Rosa, CA 95404, or sonomaseniorstoday@gmail.com. Calendar events should be free or low-cost.

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www.lifelinenorthbay.com





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707.570.2589 tweeteneldercare.com

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

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

**Council on Aging
Mission Statement:**
To enhance the quality of life for Sonoma County's aging community by providing services that promote well-being and maintain independence.