

SONOMA SENIORS



COUNCIL ON AGING

Today

FEBRUARY 2009



Bicycling Is for Seniors

Bicycling stories from active elders

by Bonnie Allen

Do you want a low-impact, aerobic workout that strengthens your legs and knees and can help you lose pounds and stay a healthy weight? According to Patrick McCormick, bicycle enthusiast and spokesman for the League of American Bicyclists, a 150-pound cyclist pedaling 12 miles an hour can burn off 410 calories—about what's in a McDonald's quarter pounder.

More and more seniors are taking to the roads on two wheels, and recent legislation supports their efforts.

Assembly Bill 1358, the Complete Streets Act, signed last fall by the Governor, says that all new California transportation plans must

incorporate the needs of non-motorists such as walkers and bicyclists.

"Complete streets" is a concept and movement to make the streets accessible not just to cars, but also to pedestrians, bicyclists, the elderly and disabled as well.

Are more seniors riding bikes?

"Definitely," says senior bike advocate Bernie Album, 72. "I meet a lot more than I ever did before."

Album is actively involved in the annual Bike-to-Work Day. His design for a sign advising riders to ride on the right side of the road was adopted by the Petaluma Police Department, and he created a bicycle resource for COTS (Committee on the Shelterless) clients struggling to enter the work force.

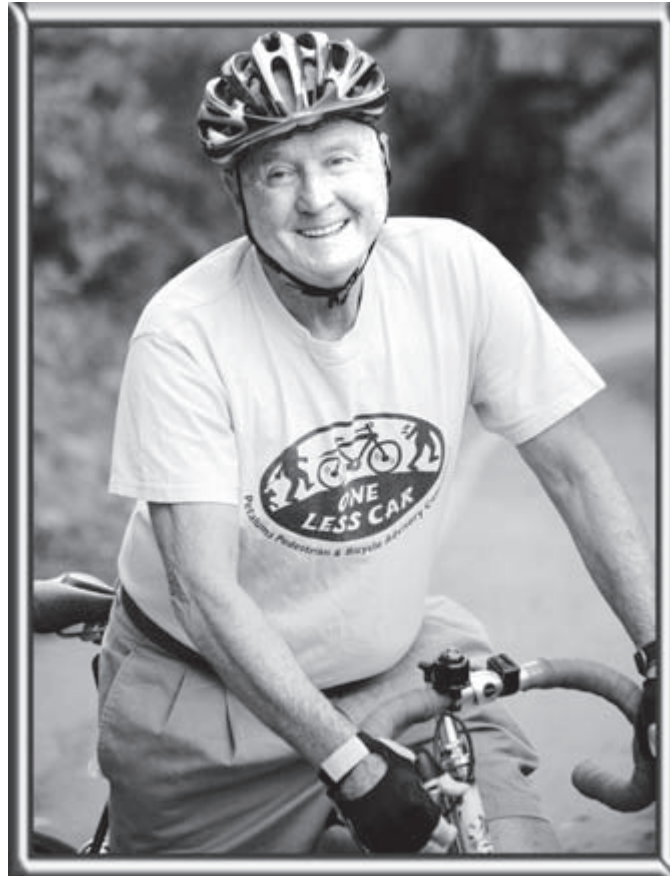
"I like to keep busy," he admits. "I can't stand to be doing nothing."

He was honored with a lifetime achievement award from the Sonoma County Conservation Council as a tribute to his lifelong dedication to the bicycle.

Album's present and past community service on behalf of bicycling includes participation in the Petaluma Bicycle Advisory Committee, the Sonoma County Bicycle and Pedestrian Advisory Committee, the Sonoma County Bicycle Coalition's bicycle safety subcommittee and the Sonoma County Bay Area Air Quality Management District Resource Team.

Album and other senior cyclists—and a few younger ones—meet informally every Wednesday for coffee and a ride.

Bicycling elders can also be found among the 800-strong membership of the Santa Rosa Cycling Club (SRCC), many of whose leaders



"One Less Car"
Bernie Album, 72, senior advocate for bicycling.

Original color photo by Terry Hankins, Petaluma Argus Courier. Used by permission.

qualify for Medicare.

"We have an active group of seniors that do a fair amount of riding," says club president Craig Gaevvert, who is 60.

According to Alfred Masy, a retired rocket scientist and SRCC ride leader who has biked around the

world, seniors are more interested in staying fit and active than they used to be. "Many start for fitness, and then they see the joyous aspects of it, the camaraderie."

(Stay tuned for more about Masy's remarkable bike journeys in a future issue.)

SRCC is a great starting point for information on bicycle safety, choosing the right bike and equipment, and where to ride.

The club features group rides of varying lengths that are categorized by difficulty. Level

See "Bicycling," page 4

Bike Safety Tips

- Always wear a snug-fitting helmet. It can save your life.
- Always carry water if you're going on a long ride.
- Don't assume motorists can see you. Wear bright clothes to make yourself more visible.
- Always ride on the right side of the road with the flow of traffic. Motorists are not expecting oncoming bike traffic.
- A bicycle is subject to vehicle traffic laws. Follow the same rules, signs, signals and pavement markings that you would in a car.
- Keep at least four feet between you and any car, including parked cars with doors that might unexpectedly open.
- To turn left, you can either merge with the car traffic turning left or walk your bike across the crosswalks.
- Use hand signals. Point left to turn left and point right to turn right.
- Avoid sudden swerves.
- Watch the road for potholes and drainage grates.
- If you're new to biking, practice on quiet, familiar streets until you feel confident to attempt urban traffic.

Some Resources:

- FREE helmets** from Santa Rosa Police Dept.: 543-3577
- Santa Rosa Cycling Club:** 545-4133, srcc.memberlodge.com
- Petaluma Wheelmen:** petalumawheelmenclub.memberlodge.com
- Sonoma County Bicycle Coalition:** 545-0153, bikesonoma.org
- How to fit your bike helmet (DOT):** tinyurl.com/HelmetFit
- Sonoma County Bike Trail Map:** tinyurl.com/SCBikeTrails



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Inside.....

- NEW! Ask Kate page 2
- True Love Is Ageless page 4
- The Healthy Heart page 5
- 7,329 Senior Meals Funded ... page 6
- Milk: SST Goes to the Movies . page 7
- Crossword & Sudoku page 7
- Save the Date page 8





Ask Kate

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

Dear Kate,

My 72-year-old mother, who lives out of state, has always been healthy, active and highly independent. Recently a neighbor of hers fell and broke his hip and wasn't discovered for two days. This incident really shook her up and has made her extremely fearful, which is so unlike her. I am not close by and work full time so although I can schedule a trip to visit her, I cannot visit her daily to check on her. Calling her each day is an option but in what other ways can I help to ease her fears which to me seem so premature?

—Concerned in California

Dear Concerned in California,

This could be a good opportunity to enroll your mother in a life alert system. Wearing an emergency device would give her additional confidence that she could summon assistance if she needs it.

More importantly, this is a great opportunity to listen to her concerns and the insecurities triggered by her neighbor's experience. She is aware that she is losing, or has lost, some of her strength and independence; this incident is reminding her of her own losses and bringing to mind "worst case scenarios." She may have specific concerns that she needs to share with you, and as all adult children do, you may reject her concerns as being premature because none of us want to accept the fact that our parents may/will lose their health or independence.

By listening to her concerns and asking questions about her current functioning, you may be able to create a sense of mutual effort that will help her to realistically assess her present needs and the possibility of planning for future support.

Let her take the lead, and yet offer your assistance; this will give her an indication of your caring, support and respect. It is important that you join forces with her in a loving way rather than "telling" her what she needs to do. If she has always been independent she will be guarding that independence as well as needing to know that you will be of assistance when and if she needs it.

An additional resource could be a local program which would provide a daily check-up call to seniors. If you locate such a program in her area you could call your mother and "ask" her if she would appreciate the offered services.

Of course you can also call her frequently, but make sure you are calling to "visit" with her. It may be helpful to ask her if she has time to visit and to let her know how much time you have available when you call, so you can be respectful of your own time and hers.

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Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

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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30 Kawana Springs Road
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707-525-0143 • 800-675-0143

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Contributions, Letters & Subscriptions

Editor: Bonnie Allen

(707) 763-2544

Email: SonomaSeniorsToday@gmail.com

Contributors:

Kate Maxwell, Sharon Spratling

Proofreading Assistance:

Steve Della Maggiora

Distribution Manager: Stacey Shade

Advertising: Kerrie Kennedy, 525-0143, ext. 112

kkennedy@councilonaging.com

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Continued on page 6

True Love Is Ageless

A “Nineties” love story, starring Carl Peterson and Doris Davanzo

by Bonnie Allen

“Once in a while, right in the middle of a very ordinary life, love gives us a fairy tale.”

So goes the old saying, and so said Carl Peterson, 95, in proposing to his sweetheart, Doris Davanzo, 92, through a microphone at a gathering of residents at Merrill Gardens Retirement Community.

“I met a special woman here at Merrill Gardens,” he added, “and found that we want to spend the rest of our hours, days, months and years together.”

You can feel the chemistry when these passionate lovers are together. They can’t keep their hands off each other. The two met over a year ago at Merrill Gardens, introduced by Karen DuCharme, who was a private personal assistant to each of them.

Their relationship got started when they went on a Christmas light tour together, about a month after they met, recalls Carl. “At that time I held her hand.”

DuCharme, who provided meds, rides and household management to each of them separately, was soon passing notes between the two as she did her rounds.

“They know I do their medication services back-to-back, so they had me deliver messages. Sometimes he says, ‘Tell her I still love her,’ and she says, ‘Tell my friend I still love him and he won’t be sorry!’”

Soon DuCharme was escorting the two together. She took them on a picnic at Dillon Beach, playing favorites by Ella Fitzgerald and Nat King Cole on the way. It was very romantic, says DuCharme. “On the way back, I had to ask them to behave themselves in the backseat!”

After Doris responded to Carl’s proposal in triplicate—“Yes! Yes! Yes!”—DuCharme put her organizational talents to work planning their wedding, held three weeks later on September 28, 2008, celebrated by residents, friends and family.

Residents chipped in, one with help altering Doris’s wedding dress, another with flowers and decorations. The regular

Merrill Gardens pianist offered to play, and DuCharme’s own fiancé volunteered some tender love ballads. Family members walked the bride and groom down the aisle.

The Reverend Milo Illich, Merrill Gardens resident and minister, performed the ceremony, despite having taken a severe fall and finding himself in the emergency room the morning of the wedding.

Carl grew up in a Danish-Norwegian household in Minnesota, spending his summers on his uncles’ farms riding horses and milking ten cows twice daily. When he was sixteen, he began to run with a crowd his mother didn’t approve of, so she urged him to enlist in the military, agreeing to lie about his age so he could get in.

After three years in the United States Cavalry in Fort Des Moines, Iowa, Carl married and went to work for his wife’s father. During the depression he ran a poker parlor and supported his entire family on his winnings. The interest in card games stuck, and he later became a national Grand Master in bridge. For 24 years he worked for the Addressograph Company, maintaining the machines and teaching crews how to maintain them.

Doris grew up in Brooklyn, New York, the daughter of a barber. Married with three sons and trained as a beautician, she decided to open her own beauty parlor. The parlor helped her support her school-age children after her husband died in a tragic accident. After her second husband passed away, her family encouraged her to move to California to be near them.

As we talk in the couple’s snug apartment, they pass around pictures of Doris at her beauty parlor and Carl in his cavalry days and later as Grand Master in the Masons. A sense of warm humor and

“You and I are just like a couple of tots
Runnin’ across the meadow
Pickin’ up lots of forget-me-nots.
You make me feel so young.”



Carl & Doris Peterson, engagement and wedding photos.

love pervades the room.

Doris mentions that she found the climate here a little chilly after living in Florida previously. This is Carl’s cue to remind her: “That cold weather makes us get closer and put our arms around one another more.” He demonstrates by cuddling up.

Says Doris, “We laugh and laugh and have so much fun!”

“I’ll do anything to make her happy,” adds Carl.

“Bicycling” Continued from page 1

A rides are gentle, leisurely rides perfect for those who haven’t been on a bike in a while. Many are led by Janice Eunice, a retired teacher and senior herself.

Another senior cyclist, Martin Clinton, is a certified instructor who teaches a monthly bicycle safety class that is packed with useful information.

“I’ve been riding for 40 years and I thought I knew everything,” says Album, “but I took his class and I learned a lot of things I didn’t know.”

SRCC welcomes visitors to their monthly meeting on the 2nd Wednesday of each month at a local restaurant. (See Resources, page 1, for contact information.)

What challenges do senior cyclists face?

“Riding without holding on to the

handlebars is not an option anymore,” quips Album, who cautions that as we age, our sense of balance can be affected.

Bill Young, 74, a member of the Petaluma Wheelmen who frequently rides with Album, was grounded after surgery and has only recently gotten back on a bike. He hopes to regain the stamina that allowed him to take 30 to 60 mile rides before the surgery.

“It’s a wonderful exercise and it’s gotten me in much better health. Good for your knees and good for your lungs.”

Young is actively involved in trying to talk Sonoma County out of repaving rural roads with chip seal, an aggregate that makes the roads unrideable.

“It just tears up the tires,” says Young, whose favorite routes are scheduled to be chip sealed.

Helmets Save Lives—Including Mine

by Bonnie Allen

We all remember when nobody wore a bicycle helmet. In the 1980s, parents began insisting that their children wear them for safety. Naturally, the children resisted. Why should they wear helmets when the parents didn’t? Only years later did parents begin to ask themselves, “Who will take care of the children if I suffer a fatal head injury?”

Last summer I was in a bicycle accident that smashed my helmet—but left me with my head intact. If I hadn’t worn a helmet, *Sonoma Seniors Today* would have had to find a new editor!

The Healthy Heart

Cut back on salt and saturated fat—and see your dentist

by Sharon Spratling, RD

The heart is the symbolic center of love and literally the pump that keeps our blood moving.

With thoughts of Valentine's Day, it seems only fitting to take time to think about heart health: what's old, what's new, and what we need to do.

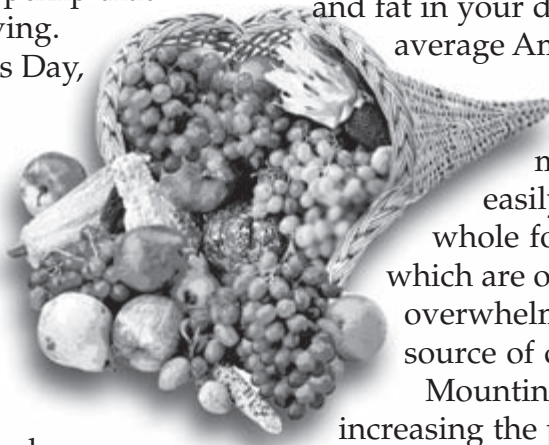
Medical science continues to evolve as research adds to our growing understanding of the complexities of health and disease. Well-established risk factors for heart disease haven't changed—factors such as high cholesterol, high blood pressure, smoking, diabetes, obesity, particularly excess abdominal fat, and an inactive lifestyle.

Now researchers have discovered a new risk factor: chronic inflammation.

When it comes to heart health, it is inflammation involving the walls of arteries that is the culprit. An inflammatory response begins when oxidized LDL cholesterol damages the interior wall of an artery. This damage can be worsened if you smoke, have high blood pressure, or high blood sugar. This signals a series of biochemical reactions as the immune system responds to the injury. Over time this chronic inflammation leads to the build up of plaques in the arteries (atherosclerosis). These plaques can then rupture and form a clot. If the clot breaks away from the artery wall it can lead to a heart attack or stroke.

A blood test for a protein called C-reactive protein, or CRP, can be useful to assess inflammation. Studies have found that the higher your CRP levels, the higher the risk of having a heart attack. Keep in mind though that CRP is only a marker. It's not the cause of the problem. Cigarette smoking, high blood pressure, and obesity are all potential causes of inflammation.

The American Heart Association does not recommend routine checking of CRP for people at low risk for heart disease, though your doctor may order the test if you have other risk factors for heart attack or stroke.



On a related note, several recent studies have shown a link between periodontal (gum) disease and an increased risk of heart disease, perhaps because gum disease causes low-grade chronic inflammation.



In addition to controlling inflammation, the standard recommendations to limit salt and fat in your diet still hold true. The average American eats 5000–6000 mg of sodium each day. We only need about 500 mg for health. You can easily get this amount in whole foods. Processed foods, which are often oversalted, are overwhelmingly the greatest source of dietary sodium.

Mounting evidence shows that increasing the potassium in your diet along with limiting sodium may reverse the risk of cardiovascular disease. Sources of potassium include **fruits and vegetables, nuts and seeds, and whole grains.**

A low-fat diet has also been the standard recommendation for heart health for many years. Now dietitians are fine-tuning the message. Evidence shows a benefit to embracing heart-healthy fats such as **olive oil, canola oil, nuts, and seeds.** Adopting a Mediterranean diet rich in these foods, as well as **fruits and vegetables,** has been shown to help prevent heart disease by improving cholesterol ratios and reducing inflammation.

My Funny Valentine...

"If love is blind, why is lingerie so popular?"

—Anonymous

"Love wouldn't be blind if the Braille weren't so damned much fun."

—Anonymous

"True love comes quietly, without banners or flashing lights. If you hear bells, get your ears checked."

—Erich Segal

"Without love, what are we worth? Eighty-nine cents! Eighty-nine cents worth of chemicals walking around lonely."

—Hawkeye, M.A.S.H.



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Dave Silva—Next Month



Because of space considerations, the Dave Silva story will appear in the March issue of *Sonoma Seniors Today*

Get more out of life with a reverse mortgage

A free video from MetLife Bank can show you how.

If you're a homeowner age 62 or older, a reverse mortgage could give you the financial flexibility you need. MetLife Bank has the expertise and financial strength to help you get the most from this important financial tool. **Call today for your free reverse mortgage video—there's no obligation.**

Wally Tice
Reverse Mortgage Consultant
(707) 360-5861

MetLife

For the if in life:

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Local Grocers and Their Customers Fund 7,329 Senior Meals Over the Holidays

This year, over Thanksgiving and Christmas, **Ken Silveira** of Pacific Markets in Santa Rosa, Sebastopol and Rohnert Park, **John and Kim Lloyd** of Big John's Market in Healdsburg, and **Dean, Brian and Joe Molsberry** of Molsberry Market in Larkfield all offered their customers the opportunity to support Council on Aging's Meals on Wheels program by adding a donation to "Feed a Senior" at checkout.

Their employees joined in the spirit by asking each customer if they would like to donate and their enthusiasm paid off! Together these local



markets raised over \$25,650 to provide 7,329 senior meals.

It's just another reminder of why we all should support the local grocers who help to make ours a better community.

On behalf of Council on Aging and the seniors receiving meals, a huge thanks to the owners, employees and generous customers of Pacific Markets, Big John's Market and Molsberry Market.

From top: John Reyes with Kim & John Lloyd of Big John's Market; John Reyes with Brian, Joe & Dean Molsberry; Chet Strech & Mary Chase of Pacific Markets & John Reyes

Mary Chouinard
Barbara and Gene Clark
Sarah and John Clark
Robert Clarke
Raimond Clary, Jr.
Orson Kellog and Christine Cobaugh
Rebecca Corder
Carol Coy
Leslie Davis
Sharon and Richard De Benedetti
Marie De Bonis
Mary Dilillo
Lorraine Dold
Danielle and Steve Donica
Margaret Thea and Steve Doty
Jane Duerson
Denny Dukes
Michael and Robin Dunsing
Ann Eckelhoff
Carl and Deena Edwards
Mark and Shelia Elrod
Bill and Barbara Emmerich
Karen Ernsberger
Denise Facendini
Judith Finley
Richard and Shelley Fitch
Margaret Fleming
Joan Froess
Moria and Bob Gardner
Kenneth Giovannetti
Carol Glover
Myrna Goodman
Marilyn Goodwin
Ellen and Bill Govan
Milton and Alice Greenberg
George Greeott
Art and Pat Guy
Minerva Haddad
Kay Hall
Lynne and Robert Hammond
Leslie Haney Fessler
Walter Hanhy
Linda Haviland
Allie Hedges
Mary Heeney
Elizabeth and Bill Hofmann
Thomas Honrath
Carolyn and Jon Hossli
Loren and Lorrel Hovland
Mary Lee Huff
Chris Irvine
Maureen Jackson
Leslie Jarzombek
Elizabeth Jones
Joni Jones
Jacqueline Jones
Lisa Joslen and Sasun Torikian
Mr. & Mrs. Keating Keating
Li Keiser
Susan and Frank Kirby
Janice and Mark Landman
Frank and Marion Langford
Andre Larochelle
Holly Hoods and Peter Leary
Leasure Financial & Town Green Mortgage
Andrew Levine and Susan Bartholome
Steven Lightman
Myron London
Ralph and Amelia Lozinto
Muriel Lubar
Jzoy Magdalen
Simon and Lynn Malouf
Theresa and Phillip Marquand
Velma Marshall
Carol Matej
Marguerite Matthews
Dennis McCabe
Nancy McKean
Brunhilde Merrill
Angelina Meza
Helen and Frank Michetti Jr.
Valerie Mills
Bo-Bette Minson
Joe and Signe Minuskin
Jean Montague
Rebecca and Bill Montgomery
Janet and John Moore
Paul Morrison
Captain and Mrs. Moyes Moyes
James Muhlstein
Olive Naylor
Stanley and Laurina Nelson
Katherine Norton
Joan O'Donnell
Vane and Vanitta Olinger
Barbara and Peter Olsen
Elizabeth Park
Betty Peter
Maria Philbin
Nancy Pimentel
Ann Possinger
Cheryll and George Powers
Daniel and Dorisann Regan
Linda Reynaga
Cheryl Richardson
Peter and Rosemary Rizzo
Josephine Robinson
Amy Rodney
Marilyn Rooney
Kathleen Rosa
Maxine Rozario
Kathleen and Bill Rueve
Joanne and Mike Salinger
Nancy Salvail
Ovido Sarubbi
Gary and Marianne Saxe
Irma Schelter
Tricia and Irby Schexnaydre
George Sequeira, Jr.
Varsha and Dhanendra Shah
Heather Silveri
Karen and Joe Simili
Lawyer Simmons
Larry Smith
Doris Southerland
Bruce and Mary Alice Stephen
Ed and Maureen Storck
Frederick and Anne Styles
Vikki Sutherland and Tom Barber
Winifred Swanson
Deborah and Michael Symons
Darlene Talbot Helner
Dorothy Tarver
Linda Tauzer
The Beverage People
Brian and J. L. Tolson
Traendly Productions
Mary Tresh
Elizabeth and Joe Turner
Patricia Underwood
Rafaelita and Nelson Valdoz
Kathleen Valm
Albert and Gloria Van Cleave, Sr.
Shelby Vance
Philip Wadsworth
Eugene Wagner
Kathy Washington
Kay and Dale Webb
Arline and Michael Wedge
Stephen and Janet Weinberger
Wallace and Denise Wiggam
Nancy Wilcox
Linda Wilkinson
Jeane Williams
Lenora Williams
Melitta Wright
Jessica Brande and Gregg Wisley
Gust and Marian Zagorites
Tara Zamacona

Continued from page 3

Devika Brandt
Jane Brown
Bruce Broyles
Marilyn Bruce
Susan and Jim Burch
Joann and George Bursick
Alan and Margaret Butler
Carol Buzzini
Dennis Calabi
Tammera Campbell
Rhonda and James Chapman
Ken and Maureen Chapman
Shirley and Wayne Clark
Joe Clendenin
William and Sally Condon
Jerome and Kathy Cowan
Sheryl Daida
Naomi and Maurice Davis
Carol Dean
Susan Dickson
Betty Doerksen
Margaret Duffy
Duncan Design Inc.
East West Café
Gerald Eliaser
Judith Enrico
Sheldon Erkkila
Yvette Fallandy
Judith Farina-Weller
Sherree and Harry Fogel
David and Sherri Foote
Gary Forsman
Christopher Fritzsche
William Fulwider
Arthur Gambini
Donald Gardina
Benny Gatteys-Bail
Charleen Gavette
Jean Gill
Vilma Ginzberg
Carol Giovannini
Fernando and Mary Gomez
Michael Goodnight
Michael and Cinda Gough
Aaron and Kristine Greene
Russell Greenspan
Steven Grell
Jeanne and Gregg Grubin
Rhonda Guaraglia
John Hamann
Hanford ARC

Debby Hendershot
Richard and Debra Hernandez
Neil Herring and Dena Bliss
Diane and Bryant Hichwa
Patricia Hines
Liselotte and Stephen Hyde
Candace and Samuel Jones
George Jones, Jr.
Patricia Keadle
Alana Kelly
James Kernohan
Rita and Stuart Kesler
Marilyn Kilgannon Evans
Lourdes Kistel
Cheryl and Ron Klein-Nagy
Jami Lee Knuthson
Eunice La Dell Escola
Landmark Concrete Construction, Inc.
Gary and Marianne Lathrop
Craig and Melinda Lewis
Robert and Elaine Lewon
Donna Llamas
Charlotte Lowrey
La Moyne Lundahl
Gene Luttrell
Sarah Lyon
Janice Maberry
William Mac Donald
Sandy Mackey
Homer and Helen Malaby Jr.
Eileen Maloy
Ramona Mark
Lucinda Martin
Eileen Martin-Rawson
Richard Marx
Judith Matkin
Ray and Ursula Mattison
John McGovern
E. J. McVey, Jr.
Fritz Meier
Louis and Sandra Menachof
James Metcalfe
Henry and Hilda Metz
Robert Meyer
Peter Mirkovich

Maureen Mitchell
Sheree Moss
Martha Moss Yates
Dorothy Nickolai
Northwood Gardens
Jeanne Nourse
Vincel Odale
Janet and Philip Olsen
Gerard Orme
F. B. Palmer
Donna Perez
Mark and Carol Peterson
Cynthia Peterson
Bebora Phillips
John and Melissa Plunkett
Evelyn Pollard
Steven and Elizabeth Richards
Kay Riper
Barbara Roads
Leroy and Denise Roberts
Ellen Robin
Carole Robison
Ernest Rose
Jayne Rosenberg
Calvin Russell
Russian River Utility Co.
Louis and Marjorie Saffores
R. and G. Salander
Donna Schafer
Margaret and Donald Schild
Robert and Judy Schoenberger
Robert and Sharon Schriener
Ken Schulze
Joan Simon
Janis Smiley
Steve and Wendy Smit
Michelle Smith
James Soracco
Robert Sorensen
Sandra Lee Spencer
Patricia Spencer
Deborah Sturges
Jack and Marilyn Swire
Theodore and Elizabeth Theiss
Sylvia Thorne
Brunhilde and Roy Thylin
Susan Torres
Hetty Truax-Keith

Rosemarie and Henry Von Der Mehden
Frances Waite
Sandra and Mark Walheim
Roberta Walker
David Walls
Mark Walters
Jane and Sapir Weiss
Betty and Allan Wendt
Lauren Wendt
Tod and Doris Wilmsen
Rosalie Wilson
Scott and Marion Wilson
Petrilla Wright and Thomas Babcock
Dallas and Mary Wright
Diana and Tom Yannes
John Young Jr. M.D.
Larry Zech
Linda and Ernest Zinn

\$1-\$49

Stella and Rodrigo Agudelo
Jack Aho
Paul and Linda Aiello
Marion Anderson
Aileen Andresen
Dennis and Dona Asti
Norma Austin
Leonard Baron
Francis Barrett
George and Larisa Batchelder
Chris Baudour
Debby Belansky
Cyrsh Bell
Adele Bellero
Debbie and Dan Benzon
Evelyn and John Berger
Hilma and Homer Bower
Wayne and Sylvia Brigden
Diane Broderick
Ruth Browning-Scheuermann
Bonnie Bruinsslot
Albert and Joan Bruni
Linda Burdette Lewis
Geraldine Burgess
Alyce and Alvin Cadd
David Cartee
Letitia and Michael Caruso
Mary Chamberlain

Any errors or omissions in these listings are inadvertent. If your name was omitted in error, please accept our apologies and let us know. We will print a correction in a future issue.

'Milk'



Sonoma Seniors Today Goes to the Movies



Milk Is a Must for Many Reasons

Reviewed by Geets Vincent

Some 30-plus years ago, Northern Californians knew all about the San Francisco campaigns fought by Harvey Milk—a name still revered by these “old-timers.” His life and times may be unknown among younger generations, but moviegoers of all ages and persuasions can find much that deserves attention and praise in the movie, *Milk*.

Excellent theater can demand suspension of belief. Audiences know Romeo and Juliet will die, yet a fine performance leaves them waiting breathlessly to see what will transpire. In just such a manner many moviegoers attending *Milk* know about the grim assassinations by Dan White of San Francisco Mayor George Moscone and Supervisor Harvey Milk, yet that knowledge doesn't deter their interest. Events on screen concentrate on the decade before these deaths as they follow the 40-year-old from New York who found his way to the Castro district in the “City by the Bay.”

Sean Penn's portrayal of Milk, from his first political campaigns to his election to the Board of Supervisors, has been justly hailed, along with the performance of Josh Brolin as Dan White and James Franco as Milk's early partner, Scott Smith.

Harvey Milk gained national recognition for contributing to the defeat of a state senate proposal to prohibit homosexuals from teaching in California public schools. But the movie is about more than Milk's emphasis on gay rights: His demands on local government on behalf of other minorities, workers and the elderly are impressive and effective.

Milk shows that we have made some progress against fear and ignorance, even as its excellent presentation reminds us there is still a long way to go.

“Milk is a must-see, just to witness Sean Penn's depiction of Harvey Milk. If you look at old footage of Harvey Milk from back in the seventies, Sean Penn nailed his facial expression, his mannerisms, his voice, his body language—he was absolutely brilliant; his physical appearance, his hair, his ears—it was an unbelievable likeness. For his performance alone you just absolutely have to see it.”

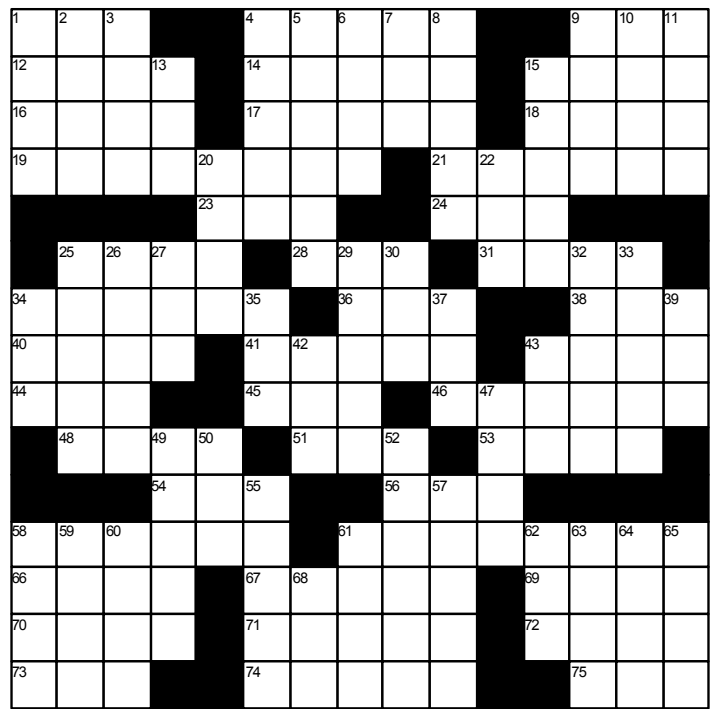
—Marriane McBride, Development Director, Council on Aging



ACROSS

- 1 Fast plane
- 4 “Remember the ___”
- 9 Valentine mo.
- 12 “Wind in the Willows” character
- 14 Lady's title
- 15 Style
- 16 Women's magazine
- 17 Athletic field
- 18 Exhort
- 19 Indian shoe
- 21 Bike accessory
- 23 N. American nation
- 24 Computer key
- 25 Frau's husband
- 28 ___ to get ready
- 31 Royal treasury
- 34 Antenna
- 36 Tint
- 38 Luau dish
- 40 Data transmission rate
- 41 “___ but for fortune...”
- 43 Reject
- 44 Inflammation protein, for short
- 45 DOD's purview
- 46 Expels
- 48 Eye infection
- 51 Car speed
- 53 Gets older
- 54 Picnic pest
- 56 Naval rank (abbr.)
- 58 Taiwan capital
- 61 Tongs
- 66 A few strands
- 67 Insect stage
- 69 Seaweed substance
- 70 Lazily
- 71 Extraterrestrial
- 72 Mil. training grp.
- 73 Ball holder
- 74 African country
- 75 Champagne designation

February Crossword Puzzle



www.CrosswordWeaver.com

DOWN

- 1 Plant trunk
- 2 Go at it alone
- 3 Baby powder
- 4 Accumulate
- 5 Rope
- 6 City in Yemen
- 7 Staff
- 8 Warren Buffett's home
- 9 Mold
- 10 Verge
- 11 Heart-healthy vegetable
- 13 Last of 12, for short
- 15 Many
- 20 Halo
- 22 Santa's helper
- 25 Listens
- 26 Burst out
- 27 Disencumber
- 29 Puppy
- 30 “___ Hearts Were Young and Gay”
- 32 Seasoning
- 33 Young horses
- 34 TV Network
- 35 Long-term memory
- 37 Men's shoe width
- 39 ___ A Small World...
- 42 That man
- 43 Dance
- 47 Upper part of shoe
- 49 Like some small dogs
- 50 Compass point
- 52 Mr. Milk
- 55 A Hindu's red dot
- 57 Prince William's mother
- 58 Fool
- 59 Assistant
- 60 ___ of Man
- 61 Show pleasure
- 62 Golfer's goal
- 63 Id's counterparts
- 64 Assess
- 65 Bicycling grp.
- 68 Brew

The number of Americans who ride bicycles is greater than all those who ski, golf, and play tennis combined.
—National Sporting Goods Assn., 2007

The more cyclists there are, the safer cycling is.
—Injury Prevention, 9, 205-209



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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.)

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



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. 113. 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 (707) 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 for information.

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 525-0143, ext. 135, for information on home delivery or dining site locations.

Senior Day Services:

This service has helped hundreds of people to reconnect with others through our Senior Day 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 Sharon Boyce at 525-0143, ext. 116.

Senior Helper List:

Our referral list includes caregivers in the county pre-screened with DMV/criminal background checks, employer references and interviews. Their services include some light housework, driving, cooking, and personal care. They charge approximately \$15-\$18 per hour. The cost of the list is \$100. Call Caroline Edillor, 525-0143, ext. 104.

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

Council on Aging

Mission Statement:

To provide services that support the independence and well-being of older adults in Sonoma County, and to be a strong advocate for the quality of life of elders locally and nationally.

Save the date...✓

◆ Feb 4 & 18: Senior Legal Clinic.

• 10 AM-12 NOON: Sebastopol Senior Center, 167 N High St, Sebastopol, 829-2441.

• 2-4 PM: Healdsburg Senior Center, 133 Matheson St, Healdsburg, 431-3324.

Council on Aging paralegal Robert Bialkin will assist with senior legal issues. FREE, please RSVP to Robert Bialkin, 525-0143, ext. 142. Sponsored by Council on Aging.

◆ **Feb. 7: Free Family Day.** Take the grandchildren! Crafts activities for children at the Sonoma County Museum, 425 Seventh St., Santa Rosa, 11 AM-4 PM. FREE. 579-1500, x 17.

◆ **Feb. 14: Book Mini-Faire.** Forum Room, Santa Rosa Central Library, 3rd & E, 10 AM-4 PM. Friends of the Santa Rosa Library's One-Day Specialty Book Faire with emphasis on gardening and cooking, children's books, fiction and mysteries. FREE. 545-0831, x541.

◆ Feb. 18: Meet the Artists.

Reception, 6-8:30 PM, Armando Flores Meeting Room at the Rohnert Park-Cotati Regional Library, 6250 Lynne Conde Way, Rohnert Park. Sonoma County artists are featured in a show that runs through Feb. 28.

Sponsors: Rohnert Park Association for the Arts (AFTA) and the Library Art Committee. FREE. 584-9121.

◆ Feb. 19: Walk Safe, Walk Smart.

Council on Aging, 30 Kawana Springs Rd., Santa Rosa, 1-3 PM. See page 5 for details.

◆ **1st Thursdays of the month: FREE Movies for Seniors.** Third Street

Cinemas, downtown Santa Rosa, 10 AM. Choice of four current films. Call Street Cinemas recording, 522-0330, x 3, for titles. Pick up flyers at senior centers and Council on Aging. For further information, call Gwen at 523-1586, x 21, or 484-7328.

◆ **Attention Readers:** Is there a free event you'd like to share with others? Let us know by the **10th of the preceding month**, and if it's appropriate, we'll put it on our calendar. Call 763-2544, write *Sonoma Seniors Today*, 30 Kawana Springs Rd., Santa Rosa, CA 95404, or email SonomaSeniorsToday@gmail.com.

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EB Exchange Bank

Q: How can you invest in the well-being of Sonoma County seniors?

A: Set up a charitable trust or estate plan that will help us feed and care for seniors now and into the future.

For information on how you can help Sonoma County seniors, call Marianne McBride, Development Director, 707.525.0143, Ext. 146.

The Council on Aging is proud to announce that the Endowment Fund is managed by Exchange Bank. The Exchange Bank continuously serves Sonoma County community charitable endeavors.

For more information, call 707.524.3151.

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

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