

The Hidden Epidemic

Substance abuse among elders—treatment and hope

by Bonnie Allen

No one talks about it much, but substance abuse among older adults is on the rise.

In 2000, according to the 2001 National Household Survey on Drug Abuse (NHSDA) Report, an estimated 568,000 persons aged 55 or older had used illicit drugs in the past month and over five million were “binge” alcohol users, including more than one million who were heavy alcohol users.

Maureen Donaghue, residential program manager for Sonoma County’s Alcohol and Other Drug Services (AODS) Division, says that some 65 percent to 70 percent of hospital admissions of people over age 55 are related to problems with drugs or alcohol.

And the problem is often hidden, she says, because the initial report is of an injury or illness that is only later found to be connected to alcohol or drug use, or a combination.

“Often it’s masked by common symptoms of aging. Maybe someone’s forgetful or falls down once in a while and family or close friends might not connect that to a substance abuse problem. Problems of balance can also be symptoms of substance abuse. So there are a lot of different facets to it.”

What are the causes of substance abuse among elders?

For one thing, says Donaghue, retirement is a difficult time for many men. The occasional drink may morph into habitual drinking as a man copes with no longer having a career, and with no children at home.

Shirlee Zane, CEO of the Council on Aging, sees the primary cause as isolation.

“Isolation in our culture has really devastating consequences for the health and wellbeing of older adults and one of those consequences is binge alcohol use.”

Binge drinkers are those who have had five or more drinks on a single occasion during the previous month.

The NHSDA report found that 11 percent of those aged 60–64 and 6 percent of those aged 65–69 fell into the category of binge drinkers.

“And when you combine that with the fact that older adults are taking an average of five prescription drugs, the interactions of those prescription drugs with alcohol use can be really devastating,” said Zane.



Then there is the accidental substance abuse factor. Many elders are prescribed anxiety drugs such as Valium and Zanax, powerful painkillers such as Vicodin and Oxycontin without being told that these drugs shouldn’t be taken with alcohol or in some cases with each other.

Substance abuse is hard to see in seniors before it becomes a serious problem.

“We need to educate our primary care providers better,” said Donaghue. They need to recognize early symptoms of substance abuse and also educate seniors about the perils of mixing alcohol and drugs.

Donaghue operates the Orenda Center, a Sonoma County facility that offers detox and recovery programs as well as outpatient programs for all ages.

“We’ve seen a gradual increase in seniors,” she said.

Educating seniors and their friends and family members to recognize the early signs of substance abuse is one approach. It’s also important, says Zane, to relieve the isolation.

“Socialization is so critical—being able to get out and be a part of a group and talk to other people that are struggling with some of the same issues.”

An eloquent February 9 editorial in the Press Democrat by Rabon Saip, member of the Mayor’s Advisory Committee on Senior Affairs

See **Substance Abuse**, p. 7



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Consider This...



by Shirlee Zane, CEO

"Hope is a renewable option: If you run out of it at the end of the day, you get to start over in the morning." —Barbara Kingsolver

With all the bad news that inundates us each morning through newspaper headlines and other sources of media, I have been thinking about hope. **Hope** is an intangible in our lives; yet it somehow is as important as the air we breathe. I am not sure that any of us can live for very long without it. It is why spouses that lose their partner after being together for many years often decide to not go on living, and die soon after.

Hope, like love, is an indispensable quality of life; it is what anchors us. Many people, when they lose it, curse the day they were born. When we do not have **hope** we lose our moral compass; we do crazy things like hurt others and ourselves. We jump off bridges, abuse drugs and alcohol, isolate ourselves, and generally stop living. **Hope** is the substance of life that propels us to get up in the morning, reach out of ourselves to others, and be kind. It is the fuel behind every possibility and miracle in life that can be achieved.

Hope is all around us if we simply look and use the senses that we have been given to embrace life. It can even touch us when we feel life's losses. A dear friend just lost her 84-year-old father last week. She sent me a memorabilia page of photos and memories that her aunt and his sister had put together. It was both hopeful and bitter-sweet. Another friend suddenly lost his 58-year-old brother; yet he was feeling grateful that his niece had had the time to spend with her father and his brother in order to say good-bye and heal old wounds.

I suffered my own loss these last few weeks. After many years of wanting to have a second child, I suddenly found myself pregnant. My husband and I were thrilled at the possibility of getting to be parents once again. Only weeks into the pregnancy, I miscarried and my greatest **hope** suddenly became a profound loss. It felt as if the miracle that had been given to me was suddenly snatched away. My joy turned to grief and sorrow.

A couple of days after the miscarriage, I drove down my street to see the trees bursting with white and pink blossoms. Tulip trees with their large pink petals had dropped upon the ground, and it reminded me of pink Easter egg shells decorating the streets. The purple iris bulbs had sprouted up in our front yard and the little hummingbird that frequently visits our backyard had come back from Mexico once again to sweep down by the fountain and suck the sweetness from the yellow hibiscus blossoms.

Two days ago, I came home to find my nineteen-year-old stepdaughter baking cookies in the kitchen with her two girlfriends, laughing and filling our home with the exuberance of youth and hopefulness. Then last night I walked into the kitchen and smelled garlic everywhere, finding my nineteen-year-old son whipping up some shrimp scampi for his girlfriend. He was excited to tell me about the great welding school he found in Florida. I felt a sense of renewed **hope** and gratitude that I had such great kids.

Over the weekend new grandbaby photos of the twins arrived. Peter and I sat down to laugh and delight in them, then to shed some tears over what we had lost. However, **hope** is still there, it really never loses us—we lose it. Bad economic forecasts, senseless crime, sad stories of people losing their homes and the high cost of living can all accumulate like a dark cloud that suffocates our **hope**. So we reach within and look up into the sunshine and newness of spring. We laugh at a stupid joke and smile at the kindness of strangers. We find a pathway out of cynicism that leads to tomorrow and we regain our strength and belief in the goodness of life and human beings.

Today I wish for you **hope**, and tomorrow I embrace it as my vision.

Henry & Graham



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.

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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.

Council on Aging Wish List

The Council on Aging Sebastopol Senior Day program is looking for "angels" to help donate supplies for the seniors who attend the three-day-a-week activities program. The program needs:

- ✓ A large, current dictionary
- ✓ Green tea
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An Independent Woman

At 98, Doris Murphy is still changing her world

by Bonnie Allen

Rebel, adventurer, romantic, Doris Bailey Murphy celebrated her 98th birthday recently with an intimate group of 20 or so of her best girlfriends.

"We laughed, we talked politics, we told dirty jokes!" she proclaims proudly.

Born in a privileged home in the heights above Portland and educated in private schools, Doris Bailey never felt she belonged. She would look out over the less fortunate below and wonder what their life was like.

"I always wanted my date to take me down into the slums," she recalls. "I always wanted to go down there and see what was going on."

Later at prestigious Reed College she got her wish, venturing, often alone, into the redlight district to knock on doors and interview prostitutes for a thesis she was writing, much to the consternation of her social circle. She took a degree in social work, but not before starting a short-lived literary magazine and befriending many well-known authors.

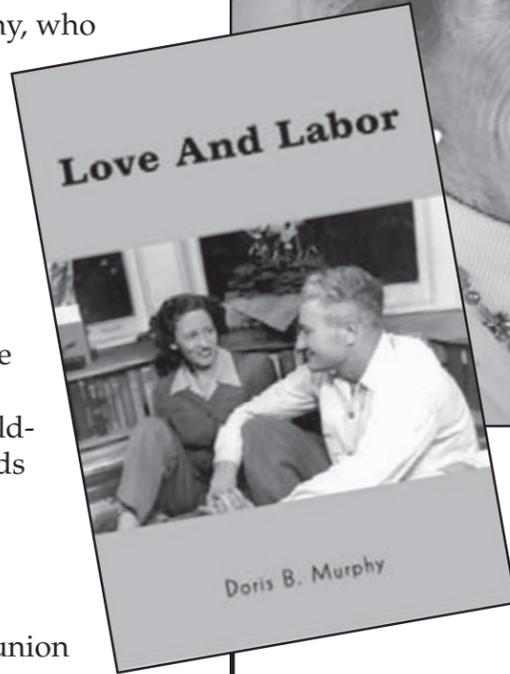
Her friends in Portland and later in San Francisco were political activists, many of

them members of the Communist Party, as was fashionable among reformers in the thirties and forties.

In San Francisco she met the love of her life, labor organizer Joe Murphy, who had left home and joined the "Wobblies"—the Industrial Workers of the World (IWW)—at age 14.

Joe was a beloved and well-known figure in the San Francisco labor scene. He organized the poorly paid unskilled trades and later became an executive of the American Federation of Labor (AFL) building trades. He was often at odds with the leftwing community, especially the Communists, because he believed that organization should be in the hands of the workers, not the union bosses.

Doris, meanwhile, worked for the Travelers Aid Society, the State Relief Administration and the Red Cross as a social worker, while getting her master's in social work in San Francisco and later her



Doris Murphy today and with Joe Murphy on the cover of her autobiography, *Love and Labor*.

Joe Murphy is the subject of a biographical novel by Eugene Nelson: *Break Their Haughty Power: Joe Murphy in the Heyday of the Wobblies*

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This is one of a series of presentations covering health, relationships, activities, and financial planning impacts on decisions.



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Ph.D in Psychiatric social work at U.C. Berkeley.

Her eyes opened to the plight of the poor, she worked passionately on their behalf, joined the Social Workers Union and was also involved in literary and charitable groups.

When Joe and Doris decided to build a summer home in Occidental, union members donated their labor on weekends constructing the house.

The early fifties were a stressful time. The red-baiting hysteria and loyalty oath requirements turned friend against friend and everyone was afraid. Joe was beaten up by union rivals. After Joe's heart attack and the loss of a union election, the Murphys had had enough.

They moved into the house in on the ridge above Occidental in 1958, and Doris lives there still.

After they moved, she took a job with the Memorial Mental Health Clinic of Santa Rosa, and later took on private clients, while Joe, the two-fisted union man, started a rhododendron nursery.

Doris immersed herself in local affairs, exerting a profound effect on her new hometown. She and a dozen others started the Occidental Community Council, which applied itself to finding and solving local problems. Among its achievements were a low-cost dining room, health clinic and most recently, the Occidental Performing Arts Center.

A passionate horsewoman, Doris rode until she was 80. Her legendary Christmas gatherings continue, hosting 50 or so guests for an elaborate holiday meal.

Doris campaigned for Mike Reilly in

Continued on page 5

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"The Human Race is loads of fun!" says Michele Leonard, director of volunteers at Council on Aging. "And the funds raised really help us serve our seniors better."

You can pick up a pledge sheet at the Council on Aging, 30 Kawana Springs Rd., Santa Rosa, or at the Volunteer Center of Sonoma County, 153 Stony Circle, Ste. 100, Santa Rosa. For more information, call Michele Leonard at Council on Aging, 525-0143, ext. 147.

Doris Murphy continued from page 4

his race for supervisor. This year she hosted a candidates' night for the candidates who are running for his seat.

She has always had one hand in the literary world, and has written short stories and poetry. In 2006, Doris published a fascinating no-holds-barred autobiography, detailing her frequent acts of rebellion—at 18, she and a friend ran away from home and hitchhiked from Portland, Oregon to Arizona where they were to go to college—her many passionate love affairs, and the many people she and Joe knew during very turbulent times.

After Joe's death in 1983, Doris turned a small guest cottage into the "Joe Murphy Library," open to the public by permission, containing Joe's papers, books, photographs and scrapbooks full of clippings about him.

Although slowed down by a broken hip, Doris retains such a turbo-charged mind that it's sometimes hard to keep up with her. She cherishes living alone. Slim and wiry, she works out on an ancient exercise bike and walks around the property with her beloved dog Matilda. A caretaker-tenant looks in on her.

An avid reader and writer, Doris is

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struggling to cope with the loss of her eyesight to macular degeneration. A voracious reader, she now depends on others to read to her.

Otherwise, her health is excellent. Asked for her secret to longevity, she said tartly, "Genes." Her mother lived to be 100, and she has aunts who lived to be 97.

Her advice for staying young, no matter how old you are:

"Keep active; stay involved and independent as long as you can."

"Don't only associate with older people," she adds, though it's doubtful that anyone associating with Doris Murphy would find the experience anything but rejuvenating.

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Walk This Way

How to Avoid Becoming a Traffic Statistic

Every year, more than 10,000 pedestrians over age 55 are injured in traffic accidents—1,500 of them fatally. In any accident, older adults are more likely to be severely injured or even killed than younger ones.

You might think you're taking your life in your hands every time you go out the front door.

But the answer is not to give up walking—we need the exercise, and walking is a great way to do errands and keep in touch with neighbors and friends.

Here are a few tips for staying safe on the streets:

- ◆ Use marked crosswalks whenever possible.
- ◆ Don't begin crossing a street if the "Don't Walk" sign is flashing. You won't have time to get across safely. If there's a median and the "Don't Walk" sign starts flashing, wait in the median for the next "Walk" sign.
- ◆ Always cross in front of vehicles, not behind them.
- ◆ Be ready for the unexpected:
 - Parked vehicles starting up
 - Vehicles backing up
 - Car doors opening

- Vehicles turning onto the street you're crossing
- Bicycles
- ◆ Never assume a vehicle with its turn signal on is going to turn.
- ◆ If there's no sidewalk, walk facing the traffic.
- ◆ Before crossing a street, look left, right and left again before walking.
- ◆ Make eye contact with approaching drivers to be sure they see you before crossing.
- ◆ When crossing in front of a stopped car, watch for other approaching cars that may not see you behind the stopped car.
- ◆ If you must walk at night, wear white, or wear something with a reflector strip. Walk in well-lit areas.

Being a safe pedestrian is important at all ages, but there are extra precautions we should take as we age.

- ◆ If you need glasses or a hearing aid, wear them when walking.
- ◆ You've heard "Don't drink and drive." The same goes for walking. Intoxicated walkers are more likely to be injured.
- ◆ If you take medications, be aware of any physical or mental changes they may cause.
- ◆ Know your limitations. Allow for slower reaction time, decreased night vision or balance problems when walking.



- ◆ Start with shorter walks, and work up to longer ones.
- ◆ Avoid going out in extreme heat or cold.
- ◆ Wear comfortable, stable walking shoes.
- ◆ Don't let yourself get dehydrated. Drink plenty of water.
- ◆ For safety and enjoyability, nothing beats walking with a friend.

Council on Aging has received a grant from the Santa Rosa Police Department for education on pedestrian and bicycle safety over the next two years.

If at first you don't succeed, then skydiving is definitely not for you.

Special Economic Stimulus Payment Packages Go to Social Security, Veterans Recipients

Under the Economic Stimulus Act of 2008, you may be eligible for the minimum payment of \$300 (\$600 for married couples) even if you do not normally file a tax return.

Did you file a tax return for 2007? If so, and your income is less than \$75,000, you'll automatically receive the payment from the the Internal Revenue Service.

If you didn't file, you can still receive the stimulus payment. The IRS is mailing special information packages to 20.5 million recipients of Social Security or Veterans Affairs benefits to help them get

their 2008 economic stimulus payment.

The 10-page tax package contains everything you need to file a 2007 tax form immediately. Each package contains an informational notice, tips for completing Form 1040A, a sample Form 1040A and an actual Form 1040A to complete.

To be eligible, you must have at least \$3,000 in income, including Social Security and Veterans' Benefits.

Note: Do not give tax information to anyone who requests it by email or phone. The IRS does not collect tax information by email or phone.

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Resources

Where to get help with substance abuse for yourself or a loved one

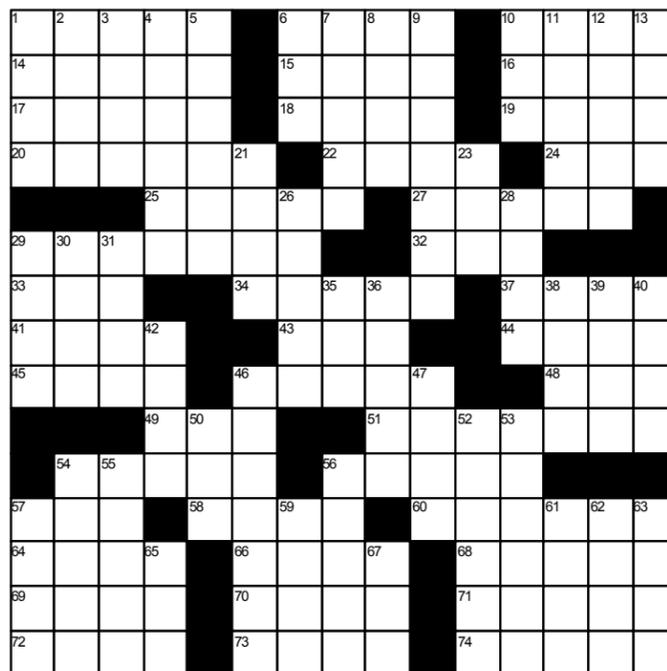
- ◆ Council on Aging Information & Assistance: 525-0143, ext. 113
- ◆ 24-hour Addictions Referral Network: 800-577-4740
- ◆ Alcohol & Drug Treatment Referral Helpline: 800-758-5877
- ◆ California Department of Alcohol and Drug Programs Resource Center: 800-879-2772
- ◆ Drug Abuse Alternatives Center: 544-3295
- ◆ National Clearing House for Alcohol and Drug Information: 800-729-6686
- ◆ Sonoma County Dept. of Health Services Orenda Center 24-hour: 565-7640
- ◆ Treatment Centers: For a complete list of treatment centers in your area, see txworks.adp.ca.gov
- ◆ Alcoholics Anonymous meetings in Sonoma County: users.ap.net/~aa
Santa Rosa 544-1300
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Sonoma 938-8508
Long Distance Only 800-224-1300
Spanish Speaking 829-1272
- ◆ Alanon/Alateen: ncwsa.org/d05, 575-6760
- ◆ Narcotics Anonymous: norcalna.org, 575-7837

April Crossword Puzzle

Solution on page 8

ACROSS

- 1 Diving acronym
- 6 Black
- 10 "Don't drink and ___"
- 14 Protective covering
- 15 Mineral source
- 16 Vivacity
- 17 Prominent person
- 18 "Night ___ Night," Reagan film
- 19 Prong
- 20 Sundial pointer
- 22 Away
- 24 Stretch to make do
- 25 Wear away
- 27 Stadium
- 29 Priggishness
- 32 Trinitrotoluene, briefly
- 33 Brain scan, for short
- 34 Tiny fly
- 37 "Some ___ Running," Sinatra vehicle
- 41 Farm landmark
- 43 Neither's partner
- 44 Adjudicate
- 45 Black gem
- 46 Leered at
- 48 Colette's affirmative
- 49 Snakelike fish
- 51 Like some gardens
- 54 His twin brother is Graham
- 56 One kind of COA service
- 57 Bronze element
- 58 TV award
- 60 Pitch the tent
- 64 Volcano
- 66 Posture
- 68 Seoul is its capital
- 69 Type of missile
- 70 Movie star
- 71 Smooths
- 72 "All ___ and Heaven, Too," Davis-Boyer film
- 73 Unit of life
- 74 Curls up with a book



www.CrosswordWeaver.com

DOWN

- 1 Imitated a a canary
- 2 Juice blend opener
- 3 Convex shape
- 4 Flourished
- 5 Speaker on substance abuse
- 6 Australian bird
- 7 Type of drinking
- 8 Aware of
- 9 Newborn
- 10 Like some bars
- 11 Like E.T.
- 12 Sri ___
- 13 Joint
- 21 Rule
- 23 White-tailed eagle (var.)
- 26 Fading
- 28 Engrave
- 29 El mariachi's coin
- 30 Horse gear
- 31 Unattractive
- 35 Fed. agency
- 36 Loon-like seabird
- 38 Billion years
- 39 Where Lahaina is
- 40 CBS anchor Severeid
- 42 Wagon pullers
- 46 ___ Games or peninsula
- 47 Former magistrate of Venice
- 50 Before, poetically
- 52 Cargo ship
- 53 Recess
- 54 Catch a ride
- 55 Boredom
- 56 Household disinfectant
- 57 Trial
- 59 Style
- 61 Realm
- 62 Repair
- 63 Elapse
- 65 Spots
- 67 Wing

Substance Abuse, continued from page 1

and recovered substance abuser, addressed this need from a personal perspective:

"What I had in common with many elders today was being on the outside looking in, which can be a devastating experience.

"For the retired elder, after a lifetime of active participation there can be a feeling of such despair, such uselessness and isolation, that self medication becomes an answer.

"This need for continued involvement—the need to belong—is a large part of what must be addressed in dealing with this hidden epidemic."

Groups like Alcoholics Anonymous (AA) provide crucial socialization for recovering substance abusers, Zane says. (See information on AA and other groups, above.)

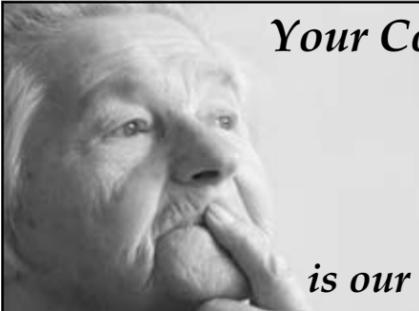
On May 8, Council on Aging will present a workshop, "Addiction and Older Adults: The Hidden Epidemic" (see page 1 for details), conducted by Patrick Arbore, Ed.D., director and cofounder of the Center for Elderly Suicide Prevention and Grief-Related Services (CESP). He conducts workshops and lectures locally and nationally and is the author of numerous articles. Dr. Arbore was the 1998 recipient of the American Society on Aging's award for outstanding contributions in the field of aging.

"He's really great if you've not heard him," says Donaghue.

"Council on Aging got involved in this because the county didn't have the funding to sponsor the workshop this year, and they

came to us for assistance," says Zane. "We see this hidden problem of substance abuse every day with our clients, and so we really felt this needed to be a priority. This is an excellent opportunity for us to educate people—especially those who provide services to older adults."

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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.

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

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.

Nutrition:

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 Shelli Kittelson, 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 \$50. 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 powers of attorney for health care and finance. Call 525-0143, ext. 140.

Mediation Services:

Are you about to create an estate plan and document all of your wishes about medical and financial decision making? Would you like to include your family in the process? A mediator or facilitator can help make that conversation work smoothly. Mediators can help everyone participate in the most useful way. For more information call Gary Weiner, General Counsel, 525-0143, ext. 145.

Save the date...✓

◆ Nov.-June: Free Senior Movies.

(First Thursday of every month), 10 AM, Third Street Cinemas, 620 Third Street, Santa Rosa. For movie titles, call 522-0330, ext. 3. Sponsors: Todd VanDenburg Financial & Insurance Services, Santa Rosa Memorial Park & Mortuary/Eggen & Lance Chapel, and Dr. Daniel Brown/Synergy Medical Group. For info call 523-1586, ext. 21.

◆ **April 5: 4th Annual Occidental Fools Parade.** Celebrating Spring, West County Community & Inherent Foolishness. Occidental Village Square, 1 PM. Followed by live music, and more. FREE. occidentalfoolsparade.com, 869-9883.

◆ **April 6: Fountaingrove Art Show and Sale.** Vineyard Commons, 3585 Round Barn Blvd. off Fountaingrove Parkway. 1-4 PM. Enjoy the work of senior artists. FREE. 578-8400.

◆ **April 17: Living Longer, Living Better.** Council on Aging, 30 Kawana Springs Rd., Santa Rosa, 3 PM. Dr. L. Reed Walker speaks and answers question about diabetes. FREE. See page 4 for details.

◆ **April 26: Petaluma's Butter & Egg Days Parade & Celebration.** Celebrate Petaluma's agricultural heritage with an old-fashioned hometown parade. Downtown Petaluma, 10 AM-5 PM. 100+ floats, drill teams, novelty units, equestrian units, marching bands, and much more. petalumadowntown.com/butter_main.shtml, 762-9348.

◆ **April 26: Castles and Kites Festival.** Bring the grandchildren! Picnic, build sand castles, fly kites, surf, fish and so much more. Doran Regional Park Beach, Bodega Bay, 10 AM-3 PM. FREE. 565-2041.

◆ **May 3: Meals on Wheels Derby Day.** Sonoma-Cutrer Vineyards, 11 am-3:30 pm. Major annual fundraiser for Meals on Wheels. Live Kentucky Derby broadcast, auctions, celebrity chefs. Tickets \$135, tables \$1,000. Event sells out! Call 525-0143, ext. 146 for tickets. See ad on page 5 for complete details.

◆ **May 8: Addiction & Older Adults: The Hidden Epidemic.** Finley Community Center, 2060 W College Ave, 9 AM-12 PM. FREE. See page 1 for details.

◆ **May 10: Human Race 2008.** Herbert Slater Middle School, 3500 Sonoma Ave., Santa Rosa, 8 am. Contests! Prizes! Fun! Register now to help raise money for

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Council on Aging programs. Call 525-0143, ext. 147. See page 5 for details.

◆ May 16-17: Garden Tour 2008.

Healdsburg, 10 am-4 pm. Features six diverse estate gardens and three architecturally unique homes. Local artists' wares, an artist at work, musicians and workshops, master gardeners. A benefit for Council on Aging and other organizations. Sponsored by Sonoma County Medical Association Alliance Foundation. Tickets: \$40 before April 30, \$45 after. To order tickets, call 526-9748 or visit scmaa.org. See ad on page 3 for details.

Ongoing Events:

◆ **Sonoma Overlook Trail Docent Led Hikes.** Saturdays, 10 AM through June 7. Enjoy a beautiful hike through woodland and grassland while learning about the local flora, fauna, and history from our trained docents. Meet at the SOT main trailhead at the entrance to the Mountain Cemetery, off First Street West, Sonoma. No dogs. FREE. 415-404-6409.

◆ **Pacific Coast Air Museum Open House.** Every 3rd Saturday of the month, 10 AM-4 PM. Each month the cockpit of a featured aircraft will be open for our visitors to view and inspect. At the Pacific Coast Air Museum, 2330 Airport Boulevard, Santa Rosa. FREE. 575-7900.

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