

SONOMA SENIORS



COUNCIL ON AGING

Today

APRIL 2009

The Stimulus Bill—What's in It for Seniors?

The American Recovery and Reinvestment Act of 2009

by Bonnie Allen

Could you use an extra \$250? If you're on Social Security, that's what you'll receive in May—a \$250 Social Security bonus, courtesy of the **American Recovery and Reinvestment Act (ARRA)**, signed into law on February 17, 2009, by President Barack Obama. Couples on Social Security will receive \$500. If you're not yet retired and your income is less than \$75,000, you'll receive a \$400 tax rebate.

For some of us, the downturn has wiped out retirement savings and we are having to work longer than expected. Low-income workers will benefit from the tax rebate called the "Earned Income Credit (EIC)," which has been increased this year. For instance, if you earn between \$7,470 and \$13,440, you will receive an extra \$457 over last year's EIC.

But the Economic Recovery act goes beyond individual payments. Funds go to the state to benefit such programs as Medi-Cal for low-income clients (\$11 million). ARRA will fund 14 million senior meals nationwide, relieving local programs that are struggling now when private donors have less to give.

These funds will also alleviate some of the stark health and human services cutbacks in the recently passed California budget. California will receive funds for education, infrastructure and increased unemployment benefits. It will be left to state legislators to decide where some of the money goes, and these funds will take longer to reach their destination, because they need to be allocated by the state legislature.

"What funds are coming now," notes Diane Kaljian, director of the Sonoma County Area Agency on Aging, "are the ones that don't have to go through the legislators."

The act will provide grants for weatherizing homes and increasing energy efficiency. If you qualify, this will shave real money off your monthly energy costs and provide jobs for the people who will do the work of weatherizing your house.

In all, the Weatherization Assistance Pro-

Estimated Share for California:

Health & Human Services:	\$19 billion
Education:	\$11 billion
Infrastructure:	\$7 billion
Labor:	\$5 billion
Energy/Climate	\$3 billion
Science/Technology:	\$3 billion
Housing:	\$1 billion
Public Safety:	\$1 billion
Miscellaneous:	\$1 billion

Source: www.recovery.ca.gov

gram will undertake the largest weatherization program in history, and could pay for up to \$6,500 per home in energy efficiency upgrades for families making up to 200% of the federal poverty level. All while helping cut greenhouse gas emissions that contribute to global warming.

Why do they call it a stimulus? Because it gets money moving in the economy to create more jobs, which can lead to more prosperity.

Say you and 100 other local seniors each spend your \$250 on much-needed washing machine repairs. Repair shops would benefit to the tune of \$25,000. Some of those shops would hire more technicians to meet the increased demand, and those employees in turn spend more on shoes, clothing, a meal in a restaurant, or a needed car repair. All the merchants who supply these needs benefit as the money circulates through the economy, generating tax revenue to fund services for seniors and others. Meanwhile, the money you'd been saving up for that washing machine repair can be spent for something else—maybe this month's prescription costs—helping you maintain your health.

The details are not yet in about what Sonoma County's share of the stimulus will be and where it will be spent, but you can keep track of the decisions on a national level by going online to www.recovery.gov, or on a state level, to www.recovery.ca.gov. And we'll



The Economic Recovery Act will include funds for senior meals

also keep you posted as information comes in.

But how the money is spent depends in part on what our legislators hear from us. Kaljian points out that legislators don't necessarily know the most effective way to spend money to affect seniors' lives. For instance, would you rather see the money go to pay for more nursing homes, or on programs that allow seniors to stay in their homes?

"Most seniors will tell you they want to stay at home," says Kaljian. Where would you like to see stimulus dollars spent? As a growing population, we have clout, if we make our voices heard. Your legislators welcome your phone calls and letters. Keep this list of phone numbers handy:

California Assembly

Noreen Evans: 707-546-4500
Jared Huffman: 707-773-0606
Wes Chesbro: 707-576-2526

California Senate

Mark Leno: 415-479-6612
Pat Wiggins: 707-576-2771

U.S. House of Representatives

Lynn Woolsey: 707-542-7182
Mike Thompson: 707-226-9898

U.S. Senate

Barbara Boxer: 415-403-0100
Dianne Feinstein: 415-393-0707

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Happy Easter!



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Ask Kate

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

Dear Kate,

My mother is a widow in her nineties, lives in the same town and calls me three to five times a day wanting to talk or asking me where something is. I have a sister living 80 miles away and she doesn't want to help out and usually doesn't answer her phone when Mom calls. So my mother calls me, expecting me to drop everything and either talk to her or go to her house and find whatever she is looking for. I am constantly interrupted and I'm feeling very frustrated.

Dear Frustrated,

It would appear that your mother is lonely and expecting you to fill the emptiness in her life. You don't mention whether or not you and your mother are, or were, close. If the relationship has been strained, it will add to your frustration. Seeking out professional help to heal old wounds could be very beneficial.

The major care of an elder tends to fall on the most available adult child. Since you are that child, it is in your best interest to find a solution. Your sister may be avoiding her responsibility in caring for your mother and may be hoping that you will not confront her on that issue. However, if you shoulder the entire burden without requesting or insisting on assistance, it is your choice. Some of the activities I will discuss below involve activity or travel expenses which you could request that your sister cover to offset your time involvement. These activities will allow your mother to expand her social circle, stimulate her mind and body and allow you some uninterrupted time. Many families work out this type of arrangement, but it requires on

going communication between siblings so no one feels taken advantage of.

Here are some resources to consider:

Senior Centers: Many senior centers have a drop-in day care program and extensive social programs as well as exercise classes. You may have to attend the programs with her until she begins to form relationships with other seniors. Bear in mind that many older adults resist going to the senior center, thinking that they don't want to hang out with a bunch of old people. They don't feel old themselves and may think that the only people they will find there are half dead. But, the truth is, the people who go to your local senior center are generally active, alert, interested in current events and have interesting life stories. Dance and exercise classes are tailored to an older group and can provide communal fun and laughter. Exercise helps to keep both body and mind healthy. Bear in mind that studies have shown that connections with community, friends and family provide basic emotional support, which ensures prolonged independence.

Church: If your mother has ever been active in a church, now is the time that her involvement reaps rewards. She may become active as a volunteer to help shut-ins in your community, which would provide both social connections and a sense of purpose. On the other hand, perhaps it is your mother who would need the assistance.

As you are probably aware, churches often take very good care of their elderly, providing activities and support groups.

People who stay isolated at home are more likely to focus on health problems and negative events. So get your mother out and active. The time you invest in changing the current situation will be well rewarded. She will become a more interesting person; you will both enjoy your relationship more. And, don't forget to give her a hug!

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

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Civic Leaders Turn Out for March for Meals on Wheels

Recently, Council on Aging Meals on Wheels participated in the National 2009 March For Meals (MOW) campaign. The event featured mayors representing Cloverdale, Santa Rosa, Healdsburg, Sonoma and District 5 supervisor Efren Carrillo delivering meals on March 11 and 18 to homebound elders throughout our county. Mayor Susan Gorin of Santa Rosa delivered on March 11, and Mayors Joe Palla of Cloverdale, Eric Ziedrick of Healdsburg and Ken Brown of Sonoma delivered meals on March 18.

"We are excited about our March For Meals campaign. We hope to raise awareness of senior hunger in our community," said Jane Doroff, Director of Council on Aging's Senior Meals Program.

"In Sonoma County," she added, "13 percent of our population is 65 years and older, and the percentage is growing. Right now, 41% of our clients receiving MOW are below the federal poverty guidelines. We also

know from client evaluations that 58 percent of those receiving MOW (464 clients) count on the meal providing half of their daily food intake. Another 11 percent (88 clients) said that our meals provide three quarters of their food intake for the day.

"Those numbers are frightening, since our meals are designed to meet only one-third of our clients' needs per day. This tells us that our clients are suffering from food insecurity and need our program desperately. By participating in national programs like the March for Meals, we hope to shed light on the issues facing our seniors and gain needed support from our government officials."

March For Meals is a national campaign, initiated and sponsored by Meals On Wheels Association of America (MOWAA), to raise awareness of senior hunger and to encourage action on the part of the local community. Across the United States, senior nutrition programs like Council on Aging promote



Santa Rosa Mayor Susan Gorin delivers to Meals on Wheels client Vivian G

March for Meals in their local communities through public events, partnerships with local businesses, volunteer recruitment and fundraising initiatives.



Council on Aging Donors

Many thanks to our generous donors who made gifts to Council on Aging's programs and the Holiday Appeal February 9 through March 8, 2009.

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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.

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*In Honor of Ms. Gloria Taky
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BEQUEST

Thank you for Leaving a Legacy and remembering Council on Aging in your estate plans

Estate of Stanley J. Rutter

Council on Aging Awarded \$10,000 Grant for Meals on Wheels

Grant helps program struggling to feed Sonoma County's seniors

Council on Aging Meals on Wheels has been awarded a \$10,000 grant from Meals On Wheels Association of America (MOWAA) and the Wal-Mart Foundation to support our local program in doing what we do best—feed seniors.

This past year, many Meals On Wheels programs were forced to change or reduce services because of severe operating constraints brought on by rising food and gas prices and the economic crisis. The MOWAA/Wal-Mart Foundation Cure Grant is intended to alleviate these burdens for Council on Aging Meals on Wheels and help us restore our nutrition services to better serve our seniors in Sonoma County.

"With the MOWAA/Wal-Mart Foundation Cure Grant, we will be able to feed more of our senior clients in need and make a tremendous impact in our community," said Marianne McBride, Development Director of Council on Aging. "It is so wonderful to have a partner like Wal-Mart here in Sonoma County, so committed to helping our seniors receive the services like Meals on Wheels that maintain their independence."

According to a groundbreaking national research study, "The Causes, Consequences and Future of Senior Hunger in America," commissioned by the MOWAA Foundation, one in nine seniors in America is at risk of hunger. This growing risk of hunger, at the same time that there is an unprece-

dent rate of senior population growth, puts a significant strain on community-based Meals On Wheels programs' ability to provide meals for those in need. The MOWAA/Wal-Mart Foundation Cure Grant Program is intended to increase the number of people served and reverse the forced reduction in meal services seen at Meals On Wheels programs throughout the nation.

"Unlike cancer or AIDS, we have the cure to end senior hunger in America today," said Enid Borden, President and CEO of MOWAA. "We can't thank the Wal-Mart Foundation enough for supporting us in our mission and remembering the seniors we serve during this desperate time."

Large Family?

A Southern California woman's choice to have 14 children has focused media attention on family size. Did you come from a large family (10 siblings or more)? Did you raise a large family? How did having a large family affect you personally? Pluses and minuses of large families? We'd like to hear from you! (See page 2 for our contact information.)



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The Adventures of Beverly Coke

She taught physical education all over the world, then promoted Canine Companions worldwide

By Loren Roth

I have had the great opportunity to visit and speak with Beverly Coke, a longtime resident and active citizen of Santa Rosa. During our time together I learned of her amazing adventures and the remarkable work she has done in Sonoma County and around the world. Although she now calls Santa Rosa home, she has truly been a citizen of the world—working, traveling, and experiencing many different countries and continents.

She was born in 1927 in Hilo, on the big island of Hawaii, and spent her childhood in Puunene, Maui, where her father worked for the sugar plantations. She remembers wearing a handkerchief to keep the ash and smoke out of her lungs and eyes from the burning sugar cane stalks just outside her home.

She enjoyed school, excelled in math and writing, and loved playing sports. After school she and her brother would listen to *Chandu the Magician* and *The Green Hornet* on the radio, or go to the movies and watch Charlie Chaplin in *Modern Times* and Spencer Tracy in *Captains Courageous*. They spent summers swimming at the pool, visiting her grandparents in Honolulu, or surfing at Waikiki beach, where surfboards cost only \$1 a day!

She recalls the summer of 1941 as her last “normal summer.” On December 7, 1941, at 7:30 am, the Japanese attacked Pearl Harbor. The next day the family listened intently as President Roosevelt declared war on Japan, in his famous “day of infamy” speech.

For the next few months all the schools on the island were closed for safety. Later, trenches were dug in preparation for more attacks. Soon her mother and father felt Hawaii was not a safe place for children and arranged for them to stay on the mainland with relatives near San Francisco. The boat trip was long, and, because of wartime security, when they finally reached the Port of San Francisco there was no one there to greet them. However, she was

grateful for the American Red Cross, which brought hot chocolate and scarves. Beverly started a different life in California. She attended Castilleja School for girls in Palo Alto and spent her summers teaching tennis and swimming. Finding joy in teaching, she went on to earn her teaching credential at Stanford University in 1950 and then taught physical education at Santa Rosa High School.

But her childhood in Hawaii had given her a sense of adventure, and she yearned to travel and experience new places. In the summer of 1952 Beverly and a friend signed up for a two-month summer bicycle trip across Europe with American Youth Hostels. Traveling by boat from Montreal, Canada, to the seaport town of Bremerhaven, Germany, the group of eleven men and three women then journeyed by train, ship, bicycle and foot though rain, heat, rocky roads, and cobblestones. They toured the beautiful countryside of German and Austria, and viewed the sights in Vienna, Heidelberg, Munich, Salzburg and Paris. Meeting the people of these cities and experiencing the sights and sounds of post-war Europe, she was amazed at how easily the countries were able to rebuild after the Nazi occupation and become unified again. Looking back, her memories of the trip were of the amazing, diversified scenery, the camaraderie of the other young people in the group, and the energy, industriousness, and friendliness of the European people.

After her first trip, Beverly was ready for more travel. She applied for a teaching position on a U.S. military base. In 1954 she was sent to Japan to teach the military, diplomatic, and service children at the Narimasu High School in Tokyo. Her weekdays were filled with teaching volleyball, tennis, and softball, and her weekends devoted to exploring Tokyo and enjoying the beauty and culture of the country. Beverly remembers train rides to the coasts, the Kabuki Theater in Tokyo, the cherry blossoms in Kyoto, and trips to the top of Mount Fuji.

After further assignments in Orleans, France, and Munich, Germany, she returned to California to teach at Hebert Slater Junior High and Santa Rosa Junior High until her retirement in 1982.

After retirement, a friend suggested that she volunteer for a small nonprofit called Canine Companions for Independence. But there was one problem: Beverly was afraid of dogs! As a young girl in Hawaii, she had been attacked and bitten on the face by a small dog, leading to a fear of dogs for many years. Beverly overcame this fear as she witnessed the benefit that Canine Companions brought to those in need.



Beverly Coke and Loren Roth

Canine Companions was founded in Santa Rosa and since 1975 has trained dogs to assist adults and children with physical and developmental disabilities. When Beverly came on the scene in the mid 80's there were very few resources or facilities available for this training. During the growth of Canine Companions, Beverly donated her time and energy to the organization by recruiting volunteers, making lunches for the students and trainers, organizing fundraisers, and even provided a home for a mother and her autistic son during one of the training periods.

When asked how her perception of dogs has changed, she replied “each of these dogs is special, and the joy they bring to the people they are helping has changed my outlook.” The life-changing gift of a dog for the disabled gives her a sense of fulfillment. She has noticed a drastic improvement in self-esteem and confidence as the recipients learned how to care for their dogs. She believes the “canine companion” not only helps them in daily living but gives them a sense of ownership and responsibility.

During the last twenty years Beverly has helped CCI spread across the country and around the world in places such as Japan, South America and Europe. In 2007 the organization graduated over 200 dogs. This year she has seen the 3,000th dog placed with a deserving family. She now works at CCI three days a week, helping with fundraising and charity events. She believes donating time is worthwhile, because meeting wonderful people expands her life experiences. Seeing the progress of this small organization has been gratifying, and she has enjoyed every minute of it.

Beverly's courage and positive outlook have shaped her life into one adventure after another; her story has inspired me to experience life from all corners of the world, and to help and serve the community.

Loren Roth is a senior at Sonoma State University working towards her B.A. in psychology with a minor in gerontology. “Volunteering with seniors,” she says, “helps us to understand the process of growing old as well as giving back to the generations who have come before us.”

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Form Your Own Walking Group

Stay in shape, make friends and enjoy the beauty of our county

by Marianne McBride, Director of Development

As the rains fade away and the sun takes up permanent residence, it's time to get out there and start walking again. For some, it may be the only way to get where you are going, but walking is also a great opportunity for socializing and for improving your health. Regular exercise will help protect you from chronic disease, improve your mood and lower your chances of injury.

In Cloverdale, there is a two-mile round trip walk in the Cloverdale River Park. Most weekday mornings, groups of seniors meet and enjoy the walk together. Think about forming your own walking group. Walking with others has lots of benefits: It's safer than walking alone, it relieves boredom, it's fun and motivating, it gives you a chance to meet and make friends, and it increases your commitment to your walking routine.

AARP provides some great tips for starting your own walking club.

Advertise. Post fliers in your local library, recreation or community center, senior center, health club, cafeteria at work or place of worship. Take advantage of free calendar listings in local newspapers or newsletters. The fliers should invite interested walkers to a meeting. Give people a day, time, and place. Choose a public meeting place like the library or



neighborhood coffee shop. You also could include a telephone number for people to contact you.

Hold a meeting. At your first meeting, listen to what the group has to say. Then decide together:

- How many times a week the group will walk
- Where you will walk
- What time you will meet and how far you will go

You might want to map and scope out several different routes. You can increase the distance as you go along. Other things you might want to discuss include dressing for the weather, warming up and cooling down, and recording and tracking progress.

Finally, demonstrate proper walking techniques: arms swinging, chest high, stomach in, back straight, rolling from heel

to toe on both feet. Before the meeting ends, create a telephone tree so group members can contact each other. Include email addresses.

Get organized. Once your group is up and walking, you might want to get more organized. Here are some of the things you can do:

- Give your group a name and have T-shirts or visors made.
- Have coffee or lunch after your walks. Spin off a dinner club or book club. Organize an all-day or weekend walk to explore a new place.
- Start a newsletter.

Stay Motivated. Remember that your continued enthusiasm as the group's leader is very important. Talk about how walking has improved your life. Encourage interested members and welcome new walkers. And most of all, be a role model by being a committed walker.

Further Resources:

Bicycle and Pedestrian Safety Info Center: www.pedbikeinfo.org
Department of Transportation: safety.fhwa.dot.gov/ped_bike
California Office of Traffic Safety: www.ots.ca.gov

Council on Aging received a grant from the Santa Rosa Police Department through the Office of Traffic Safety and is partnering with them to provide bicycle and pedestrian safety education. If you are interested in attending an upcoming safety presentation please call Kerrie Kennedy at Council on Aging at 525-0143 ext. 112.



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Walking Safely

When your walks take you to the streets, it is important to remember some simple pointers that will keep you safe.

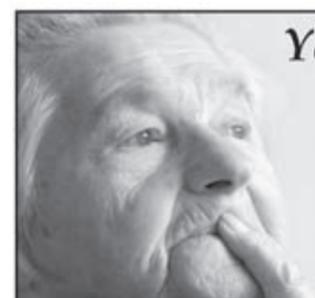
- ◆ **Walk on the Sidewalk.** Stay on the sidewalk and in crosswalks. If there is no sidewalk, walk facing traffic.
- ◆ **Crossing the street.** Before you step off the curb into a crosswalk, stop and look left, then right and then left again, checking not only for moving traffic but for a car that may turn into your path. If you are crossing a double lane and one car has stopped for you, slow to make sure there is not a moving vehicle in the second lane.
- ◆ **Intersection Safety.** A green light or a walk sign doesn't necessarily mean it is safe to step off the curb. Always stop and look for cars in all directions including those that may be making a right hand turn on a red light or a left hand turn toward you. If you are in the middle of the street when a "Don't Walk" flashes, continue to the other side.

- ◆ **See and Be Seen.** Drivers must see you to avoid you. Stay out of driver's blind spots. Make eye contact with drivers when crossing the street. Wear bright colors or reflective clothing at dusk. Carry a flashlight at night.

- ◆ **Backing Cars.** Always watch for cars backing out of driveways or parking spaces in parking lots.

These tips will keep you safe as you get out and enjoy the beauty of Sonoma County.

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Ask COA Legal



Q: What is POLST?

by Barbara Swary, Legal Director

A: POLST is an acronym for **Physician Orders for Life-Sustaining Treatment**.

California Assembly Bill 3000 established POLST in California Law. It took effect on January 1, 2009.

The purpose of a POLST form is to document your treatment preferences and what life-sustaining treatment orders would reflect your values. It is an actual doctor's order that's a part of your medical record. You and/or your named agent will complete the form.

If you are in a nursing home, hospital or other care providing facility, this should be the first document in the clinical record. The original should always stay with you from one setting to another or at your home. A copy should be kept in your individual medical record. HIPAA (Health Insurance Portability and Accountability Act) allows disclosure of the POLST to other health care professionals as needed.

Note that a POLST form does not take the place of advanced health care directives or the do not resuscitate order. POLST is meant to be something that can be changed as chronic illnesses or other medical conditions change, to stay current with your wishes for health/medical care treatment during your life.

For more information about the POLST, speak with your primary care physician, or visit www.finalchoices.org on the Web.



Send your questions to Legal Q&A, 30 Kawana Springs Road, Santa Rosa, 95404 or email to bswary@councilonaging.com. Barbara Swary, Esq., Director of Senior Legal Services at Council on Aging, will answer a question every other month.



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- Russian River Valley Wines
- Live Kentucky Derby broadcast
- Fabulous Auction items including vacation stays in Puerto Vallarta and Gualala, a Pig Hunt, Abalone Party, Make your own Wine Cellar and more!

Derby Day Chefs

Mike Matson of *Vintage Valley Catering*

Mark Dierkhising of *Dierk's Parkside Café*

Donna Wegener of *Pacific Connection Catering*

Les Goodman of *Dry Creek Kitchen*

Casey Stone of *John Ash & Co.*

The Competition Chefs

Justin Wangler of *Kendall Jackson*

Brian Anderson of *Bistro 29*

Paul Schroeder of *Monti's Rotisserie & Bar*

Master and Mistress of Ceremonies

Josh Silvers of *Syrah Restaurant*

Betsy Fischer of *SRJC Culinary Arts Program*

Special Thanks to our Sponsors

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Clubhouse Sponsors:

Santa Rosa Press Democrat ♦ Winzler & Kelly ♦ North Bay Business Journal



COUNCIL ON AGING
SERVICES FOR SENIORS

Call 525 – 0143 x 146 for individual tickets
(\$135 per person) or a table (\$1000).

Call for tickets,
This event sells out!



Your Human Race Pledges Keep Council on Aging Strong!

At Council on Aging, we're still cooking 1,000 hot meals a day, and our mission is still a classic: "To help keep isolated seniors safe and living independently." It takes long hours and dedication to keep Council on Aging working as a strong safety net in our community. Here's how you can help.

The **Human Race** is Sonoma County's upcoming community fundraiser. The theme this year is "**Be the Change!**" Everyone can get involved or simply feel great about supporting the nonprofit of their choice by making a financial contribution. On **Saturday, May 9**, volunteers from all walks of life will come together to participate. You can compete by running the 3K or 10k route, or you can stroll along beside your dog

and enjoy the beauty of the morning. You can participate by collecting pledges from family and friends, or you can donate directly by sending your check to Council on Aging, made out to The Human Race. Whatever you decide to do, come visit Herbert Slater Middle School in Santa Rosa on Saturday, May 9! It's a heart-warming experience and we know you'll be impressed.

For questions on how to participate, call Michele Leonard at 525-0143 x147. To download a pledge form for the Human Race, go to the Council on Aging Web site at www.councilonaging.com. Click on "Events." Scroll to the Human Race event and click on "Download Pledge Form." Follow instructions to fill out and return the form.

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



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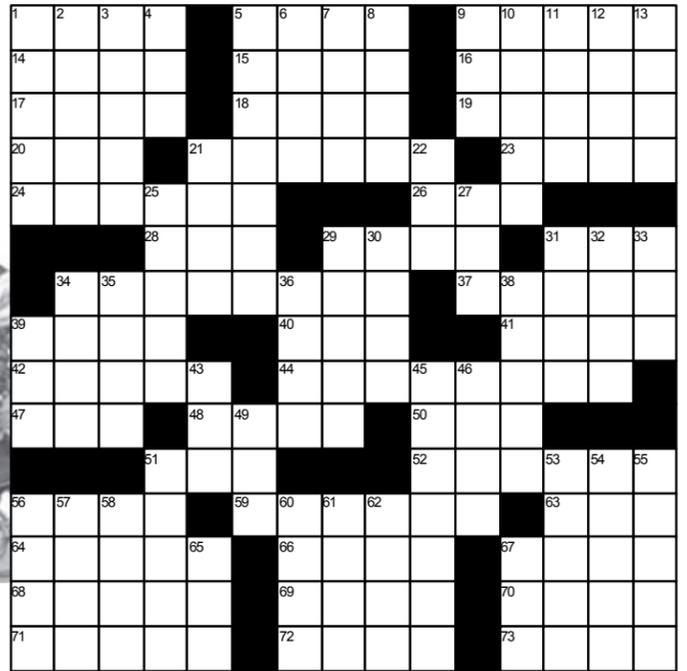
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ACROSS

- 1 Back or head symptom
- 5 Otherwise
- 9 Open
- 14 Billy or Nanny
- 15 Afternoon "opera"
- 16 Rounded
- 17 Capital of Western Samoa
- 18 Polynesian god image
- 19 Cured
- 20 Annoy
- 21 One place where Beverly taught
- 23 Lazily
- 24 Shipboard woe
- 26 Coffee pot
- 28 Goof
- 29 One place to find walking tips
- 31 Drivel
- 34 Scary monsters
- 37 General ___ (a cereal company)
- 39 El ___, border town
- 40 Petaluma-Vallejo dir.
- 41 Castle security zone
- 42 City on the Arkansas River
- 44 In these times
- 47 Hubbub
- 48 Fastener
- 50 Dowel
- 51 Beige
- 52 "___ Will Talk," Cary Grant comedy
- 56 Stimulus bill, for short
- 59 Daisy's boyfriend
- 63 Egg layer
- 64 Sonnets or cinquains
- 66 Cold cuts source
- 67 Adhere
- 68 Stair units
- 69 Margo Fonteyn, for instance
- 70 "Do ___ others..."
- 71 Acclaim
- 72 Sun
- 73 Kitty communication



April Crossword Puzzle



www.CrosswordWeaver.com

DOWN

- 1 Do over
- 2 Dried coconut
- 3 Japanese poem
- 4 Airport abbr.
- 5 Sea inlet
- 6 Cut of beef
- 7 Rice wine
- 8 Beowulf, for instance
- 9 Insert
- 10 Mayor who delivered meals
- 11 Among
- 12 Take the rind off
- 13 Swirl
- 21 Bare
- 22 "Ben ___," Biblical epic
- 25 Lilies
- 27 Engine speed
- 29 Fable writer
- 30 Afresh
- 31 Strategem
- 32 Woe is me!
- 33 Winter time for Sonoma County
- 34 Data transmission rate
- 35 Capital of Norway
- 36 Caesar's mind
- 38 Adult insect
- 39 School group
- 43 "___ moment," realization)
- 45 Petitioner
- 46 Accomplishment
- 49 "See ___ be seen," advice to walkers
- 51 Florida City
- 53 Call
- 54 Musical "slow"
- 55 Furnish with an income
- 56 Recess
- 57 College mil. training grp.
- 58 Spin
- 60 Chances of winning
- 61 In order
- 62 ___ Mater
- 65 This paper, for short
- 67 Tramp

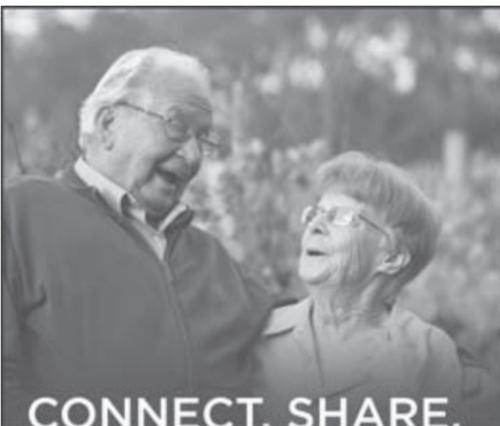
With Easter on the way, let's swap some colored eggs. In this fast, easy, timed computer game, you swap two adjacent eggs to create a row of at least four eggs of the same color. The eggs disappear and you get some points. To play, go online to tinyurl.com/EasterEggGame.



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.)

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



Oakmont Gardens is all about belonging to a community that shares your passion for living well. From the variety of programs we offer to the full services we provide, friendship and community connections are an important part of The Art of Living Well™ culture.

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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 powers of attorney for health care and finance. Call 525-0143, ext. 140.

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...✓ [Events are free unless otherwise indicated]

◆ April 1, 15, 29: Senior Legal Clinic.

• 10 AM-12 NOON: Sebastopol Senior Center, 167 N High St, Sebastopol, 829-2440.

• 2-3 PM: (By appointment only) 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.

◆ April 2: Wine Country Band

Camp Concert. Healdsburg Community Church, 1100 University Ave., Healdsburg, 7:30 PM. Something for everyone—marches, classical, jazz, big band, folk, pop and show tunes by 105 concert band musicians age 50-plus from across the U.S. and Canada. Reservations suggested but not required. Call 537-8580 for info/reserved seating.

◆ April 4: Annual Occidental Fools

Parade. Celebrating Spring, West County Community & Inherent Foolishness. Occidental Community Center, Occidental. Participants gather at noon, parade starts at 1 PM. Live music, and much more. 869-9883. or www.occidentalfoolsparade.com

◆ April 4-5: American Philharmonic Quintessential Classics.

Mozart, Marcello, Brahms, Beethoven. Ruth Finley Person Theater at Wells Fargo Center for the Arts, 50 Mark West Springs Rd, Santa Rosa. April 4 at 8 PM; April 5 at 3 PM. Discover the beauty, power, and magic of symphonic music in a distinctly inclusive community setting with the North Bay's amazing **People's Orchestra**. 546-3600.

◆ April 12: Sonoma Annual Easter

Sunrise Service. Sonoma Plaza, Sonoma, 6 AM, 996-2736.

◆ April 19: Earth Day on the Green.

Showcase of environmentally sound products and services by local groups. Informational booths, interactive activities, family games, crafts, entertainment & food. Windsor Town Green, 9455 Bell Road, Windsor. 11 AM-2 PM. 838-1000.

◆ April 25: Petaluma's Butter & Egg

Days & Parade. Downtown Petaluma, 10 am-5 pm, parade at noon. Sponsored by Petaluma Downtown Association. 762-9348 or 769-0429, www.butterandeggdays.com.

◆ 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.

◆ 1st Saturdays of the month:

Parkinsons support group. Christ Church United Methodist, 1717 Yulupa Ave., Santa Rosa, 1-3 PM, first Saturday of each month, except in August and December, when we meet on the second Saturday. No meetings in January, July or September. 575-5331 or 544-5329.

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

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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.