

SONOMA SENIORS

COUNCIL ON AGING *Today*

MAY 2009

In Memory of Joan Lubar

Passionate advocate, incredible fundraiser.....and dear friend

by Shirlee Zane, Sonoma County Supervisor

When I met Joan Lubar over ten years ago on the first day of my job as executive director for the Council on Aging, I knew I had met my match. At 77 years old, she was blond, perky, and stylish, and talked in a lovely Brooklyn accent. She worked as a paralegal in our law office and loved her clients.

Joan soon became my adopted "Jewish grandmother." She knew all about my relationships and cared about my son. Joan wanted me to succeed as the new director for the Council on Aging. At the time I was a single mom with a boyfriend and a 10-year-old son I was raising. David would frequently come by the office and Joan never failed to visit with him and ask how he was doing.

Joan was such a dynamo that I knew she could help me raise money for the agency—and we needed it! Even with a two-million-dollar budget, we still had no development director and so I had to fulfill both roles as the executive and chief fundraiser.

I needed a "secret weapon," and I found it in Joan Lubar. She would come by my office each day and say "What do ya need? Tell me! I'm here. I'll do anything....but wash windows." And she meant it. She was fearless.

I would give her lists of donors and businesses to call for our fundraisers and she would plow through them in no time at all. She never took "no" for an answer. If a business said they could not give at that time, she would say "well how about just a little donation? Anything! Remember this is for our seniors who need food and assistance."

And the donors never forgot her voice, because with her strong Jewish Brooklyn accent and her charming pushiness, she was unforgettable!

Joan always wore great clothes and jewelry, but loved to brag about how she shopped at second hand and thrift stores to get the best deals. She lived simply, but she was always willing to spend money on travel. Every year she would head off to some exotic place with her daughter Linda or a friend

from her temple. She never failed to bring me back some little souvenir. I have paperweights from Alaska, voodoo dolls from the Caribbean, worry dolls from Guatemala, silk boxes from Asia and many more little trinkets that chronicled Joan's travels.

Joan, like all good Jewish mothers, gave lots of advice. My second year at Council on Aging, she told me I was destined to do great things and that I needed to remember that. When I decided to run for office for the first time about two years ago, of course Joan was thrilled. She would take home precinct binders and make calls for me in the evening. I think she called over 400 people during the primary and general election. She also attended all of my fundraisers and was thrilled when I won my race for county supervisor.

Joan also gave lots of advice on relationships and love. When I met my husband-to-be seven years ago, Joan said that after six months of dating he needed to let me know if he was planning on marrying me and that I should not wait for more than two years for him to do it! I took her advice and was happily married to Peter two and a half years after we met.

Joan inspired me to live life to its fullest. She loved people and she treated all of her legal clients with great respect and compassion. She was the most successful at getting donations from our clients, because she was not afraid to ask and she also gave the best customer service.

A lovely woman named Lois Houston brought her partner of 35 years into Council on Aging to get her will done when she was diagnosed with terminal cancer. Joan gave Lois and her partner wonderful service, and Lois thanked us by writing \$1,000 checks to the Council on Aging. One day Joan introduced me to Lois so I could thank her personally for her generous donations. Lois had been reading my column "Consider This" in our newspaper and felt like she knew me personally, due to a mutual philosophical connection



Top: With Pat Wiggins at kitchen dedication; Left:

Shirlee Zane honors Joan Lubar for her "incredible contributions"

and shared political views on social justice.

Lois eventually asked me and the Council on Aging to be the executor on her estate, since she did not have children or family members she could ask. When Lois died a couple of years later we were shocked to discover she had left over three million dollars to the Council on Aging. This helped us move forward with our plans to build our new Meals on Wheels kitchen and expanded offices. None of this would have occurred had Joan not treated Lois and her partner with her loving consideration.

Joan Lubar was a passionate advocate for seniors, who constantly role-modeled how to live in a way that combined service, fun and compassion. She had many friends and admirers. She even dated Leonard Bernstein one time, who gave her a bottle of champagne that she never opened. She traveled around the world and devoted much time to her grandchildren. She raised thousands of dollars for the Council on Aging and touched many lives.

When she passed away very suddenly on April 2 at the age of 87, I was able to be by her bedside to tell her how much I loved her and to say goodbye. I will miss her so. It is not every day that a Jewish mother adopts you, loves you, believes in you and gives you the courage to do great things. Joan Lubar was a classic.



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Inside.....

Ask Kate	page 2
For Your Health	page 4
Farmer's Markets	page 4
Great Depression	page 5
Family Matters	page 6
Crossword & Sudoku	page 7
Save the Date	page 8



Ask Kate

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

Dear Kate,

I am a young 76-year-old widow. I look good and take care of myself. My husband died a few years ago and I live alone by choice. Most of my friends have moved away or died. I enjoy reading and watching television and I go grocery shopping once a week. I admit I am lonely, but my daughter lives nearby and comes to visit on Sundays.

The problem is my daughter is becoming a real pest. She keeps after me to go to the senior center and I don't want to spend my time with a lot of elderly people who can only talk about their failing health and operations. I have visited the local senior center and I saw a bunch of old fogeys. Why would I want to spend my time with old people?

I told her I would write to you and ask your opinion. I have agreed to listen and consider your advice.

Dear Young at 76,

It's wonderful that you feel young at heart and you take care of yourself, and when you look in the mirror you see not an old person but the internal enthusiasm and youthful energy that lights your eyes. But what do other people see? Do they see an individual similar to those you saw at the senior center?

Isn't it a shame that your young heart isn't obvious to all who look at you? It may surprise you to find there are actually other older people who feel the same way you do. I know this is true because I've heard your response on a regular basis in my work with seniors.

Why do you think we are so quick to call a person an old fogey and dismiss them as a person? The underlying problem is that you, like most of us over the age of 65, may have accepted our society's denigration of the elderly. We know how poorly elders can be treated and we know that we can be invisible to the youthful. We have grown up in a society with a prejudice against the "old." As a result, we often accept this prejudice and apply it to our own peers! We actually perpetuate this attitude and then we deny that the label applies to us personally. We say, "I am different!" Therefore we avoid people with fascinating stories and a perspective born of long and varied experience simply because they are old (like we are). What a shame.

In truth, we elders are not only growing in population, but we are becoming a force to be reckoned with. We not only live longer than our ancestors, but we are healthier and happier than earlier generations. New research shows that we can be vital contributors to our society and we even have the ability to be more



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—Alonso of Aragon

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creative than younger people. We have valuable experience, insight and perspective to share. Can we hold our heads up high and enjoy our older years with gusto (a slower gusto to be sure)? Reach out to those elders around you and discover the lively ones who have that light of energy and curiosity. In fact, the best way to foster your own youthful energy is to maintain your curiosity in people and in the world around you. Those old people at the senior centers are looking to expand their world: They are taking exercise and educational classes in order to maintain their bodies and youthful outlook. Join them!

Isolation is deadly, and your daughter is trying to keep you healthy and happy by encouraging your connecting to your peers.

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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www.councilonaging.com

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Contributions, Letters & Subscriptions

Editor: Bonnie Allen

(707) 763-2544

Email: SonomaSeniorsToday@gmail.com

Contributors:

Kate Maxwell, Jane Doroff,

Lenore Pimental

Proofreading Assistance:

Steve Della Maggiora

Distribution Manager: Stacey Shade

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

kkennedy@councilonaging.com

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Email: information@councilonaging.com

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Volunteers Needed: Dining Site Assistant

Council on Aging is seeking dining site assistance at the Healdsburg Day Program on M-T-W from 9:30 AM TO 1:30 PM. Help set tables, act as host, serve meals & help with light clean-up. Must be in good physical health, able to lift 25 pounds, work well with senior population and staff. No cost background check mandatory. For registration details, call Michele Leonard at 525-0143, ext. 147.

Happy Mother's Day!

"A man loves his sweetheart the most; his wife the best, but his mother the longest."
—Irish Proverb

"When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child."
—Sophia Loren, *Women and Beauty*

"Of all the rights of women, the greatest is to be a mother."
—Lin Yutang

"My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her."
—George Washington

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For Your Health...



Container Gardening: Easy and Delicious

by Jane Doroff
Director of Nutrition

Spring is a time for rejuvenation, a time to grow and to be productive. It seems growing a vegetable garden is the trend this year, from the White House to your local community garden. I have been dabbling in gardening for the past several years, and I got inspired in February after attending a standing-room-only talk about vegetable gardening by a Sonoma County Master Gardener at the Healdsburg Library. Seasoned gardeners and novices like me were there.

Growing up in rural Minnesota, I helped tend my parents' garden, which contained all the necessities to feed a family of six plus enough to can during the summer season to get us through the winter. My mother, who is a young eighty, still plants an unbelievable garden. I am only hoping some of her green thumb finds its way to her daughter. Life seemed simpler then. Maybe this is another reason I want to grow my own vegetables—striving for simplicity during challenging times either for relaxation or to reduce my carbon footprint on the world. And then, the nutritionist in me reaffirms the benefits of fresh-picked vegetables from the garden that cannot be matched by any store-bought vegetable for the nutrients they pack.

One of the simplest ways to enjoy a garden is simply planting a few of your favorite vegetables in containers. This does not require a plot of land and can be done on your back patio. Vegetables that take up little space, such as carrots, radishes and lettuce, or crops that bear fruits over a period of time, such as tomatoes and peppers, are perfect for container vegetable gardens.

What you can grow in a container vegetable garden is limited only by the size of the container and your imagination. Containers for gardening can be anything from gallon milk jugs with the tops cut off



to terracotta pots, plastic window boxes to half barrels, which are plentiful here in Sonoma County.

How about an endless summer salad container? Plant tomatoes such as Patio, Pixie, Tiny Tim, Saladette or similar varieties. These are the easiest to grow and are prolific producers, not to mention a wonderful source of vitamin C. And plant a cucumber (Salad Bush Hybrid, Space-master, Bush Pickle) and lettuce (Buttercrunch, Salad Bowl, Bibb) in your large (24"–30") container. They grow well together and have the same sun requirements. By late summer they might not look so pretty, but they will still be producing into the fall. Remember to pick when the vegetable is bearing fruit to stimulate new growth. In a second container, grow some compliments such as peppers (Sweet Banana, Frigitello) and green onions (Beltsville Bunching, Crystal Wax).

Your 2-cup salad from your container garden would have the following nutrients: 70 calories; 100% of your vitamin A, C & K for the day; 1/3 of your Potassium requirements and 5 grams of fiber. You could add a little grilled chicken, oil & vinegar and have a complete meal.

The Master Gardeners say, "put your garden no further from your back door than you could throw the kitchen sink." I prefer to see my garden from my kitchen window. Here's to your health and success growing your tasty vegetables.

If anyone is interested in partnering with the Council on Aging in planning senior gardens throughout Sonoma County or willing to share your overabundance of produce this summer, please contact me at 525-0143 ext. 119.

Container gardening tips

- ◆ A mixture of compost and potting soil works better than regular garden soil.
- ◆ Containers should be well-drained—with a hole in the bottom or a porous bottom.
- ◆ Terra cotta containers dry out fast, and will need more frequent watering. Black pots can overheat in bright sunlight. Arrange them so the foliage shades the pots.
- ◆ For a really simple container garden, buy a two-cubic foot bag of gardening soil, lay it sideways, cut a slit in the top side and poke some holes in the bottom for drainage. Buy small variety tomatoes or other vegetables in 4-inch pots and transplant them into the open top. Water well and wait for your harvest.

Farmer's Markets

If you're not quite ready to plant your container garden, fresh produce is never too far away in Sonoma County. Spring is here, and farmers are setting up their stands in plazas and parking lots. Now's the time for greens, beets, broccoli, snow peas and countless other spring veggies. Tomatoes and peppers will come later in the summer. Many markets feature entertainment and other activities. Keep this list handy for summer excursions.

CLOVERDALE Fridays, 5:30 to 7:30 PM. June 12–Aug. 29. Cloverdale Plaza and Broad Street (across from the Plaza on Broad Street). 894-4470.

COTATI Thursdays, 4:30 to 7:30 PM. May 29–Sept. 11. La Plaza Park, Downtown Cotati. 795-5508.

GUERNEVILLE Wednesdays, 4 to 7 PM. Mid-May–October. Town Plaza, 16201 First St., downtown Guerneville 869-8079.

HEALDSBURG Saturdays, 9 AM to NOON; May 3–Nov. 29. North and Vine Streets, and Tuesdays 4 to 6:30 PM. Healdsburg Plaza May 3 through Oct. 28. 431-1956.

PETALUMA Saturdays, 2 PM to 5 PM. May 24–October 25. Walnut Park, Petaluma Blvd So. and D Street; and Wednesdays, 4:30 to 8 PM. June 11–August 27. Intersection of Second St. and B and D Streets. 762-0344

SANTA ROSA Downtown Market (Wednesday Night Market). Wednesdays, 5 to 8:30 PM. May 21–Aug. 27. 524-2123.

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- **Veteran's Memorial Building** Wednesdays and Saturdays, 8:30 AM to noon at the parking lot of the Veterans Memorial Building, 1351 Maple Ave.
- **Oakmont** Saturdays, 9 AM to NOON at Oakmont Drive and White Oak. 538-7023.

SEBASTOPOL Sundays, 10 AM to 1:30 PM. May–Nov. 30 Sebastopol Plaza at McKinley Street. 522-9305.

SONOMA Fridays, 9 AM to NOON, Year-Round, Arnold Field parking lot adjacent to Depot Park, First Street West and Tuesdays, 5:30 PM to dusk; May–October, in the Sonoma Plaza. 538-7023.

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Memories of the Great Depression

A few months ago, we asked readers to send us their memories of the Great Depression. Here are three responses.

Circles and Cycles

By Peggy Raggio

Life runs in circles and cycles. I'm 82 now. Every decade of my life has swung around—like a Ferris wheel at a carnival. First I'm up, then I'm down, through events that led me into all kinds of unbelievable need for patience, faith, and hope. I wonder at the low times and changes. How

did I manage to get through them? The U.S. economy is very scary now. I look

at this slow swing we're in, as I have all the others that we have had. I remind myself what my mother told me many years ago.

"Peggy, nothing stays the same. Everything is temporary." Yes, Mom. This bad economy is something that comes around every few years, and I believe these low times are a test. How do we weather them? As Dad said, "It isn't what happens to us in the slumps that shows our mettle, it's the way we cope with the situations."

The first one I remember—the Great Depression of 1930. I was five years old. Dad told us the banks had closed and we had lost our pretty colonial house in Illinois. Our educated attorney father had lost his job in the mortgage loan business. The family moved into a depressing apartment in Pennsylvania, near our cousins who had a farm. Dad sold vacuum cleaners door-to-door, and my two brothers and I helped Mom, did chores and played board games like Monopoly and Chinese checkers.

One brother begged the neighbors for their old Saturday Evening Posts, sold them for a nickel and gave the money to Mom for food. My older brother cut all the neighbors' grass and walked their dogs. My brothers and I never felt "poor," though, as our folks didn't worry us about it. Mom would smile and say, "Things will get better." And they did.

I hear that 9,000 people in America are losing their homes. The job cuts, the market, retail sales and the sinking dollar have left them unable to pay their bills. I understand. My folks told me that day, when I was five, that we were not alone and that if we help others, we help ourselves. We collected some things we liked, but did not need, and took them to the churches and stores for distribution to the needy. That, for some reason, did help. I learned that I was only a small dot of life on earth. I am important—at least to my dear family and my Higher Power, but I am just one of millions.

So when I read of trouble in the world, I want to help without being reckless with my own finances. I think of the animals too. I grieve for the polar bears that are losing their ice floes. I read about the whales and the sonar that kills some of them. I donate a small sum to the Paralyzed Veterans of America and a little to the local food program. "Giving" helps me forget about "getting." I am grateful for the Social Security check I receive each month.

The cost of goods and services has gone up

very fast in the last year. When I need to shop for food, I compare the prices in the paper. Like everyone, my utilities, health insurance and my meds have gone up. My rent went up \$30 a month for next year. I can't go shopping and fill up a cart—I say "Can I get along without this?" I've lived through the past 82 years in circles and cycles. Our economy is now at the low end of the chart. I know that our new president will do all he can, but he

cannot heal it all by himself.

Maybe it's time some people did what my dad did,

bury your pride and think about a new line of work. Selling vacuums door-to-door may not be your "thing." I'm sure it was not his. Yet dad did get the bills paid and soon times were better.

I am retired now, but I still have to sacrifice to help this wonderful country of ours be productive once more. I have faith that in time it will begin the ascent, as it always has, and this cycle of bank failures, lost jobs and bad news will end. I tell myself, "Hang on! A fresh breeze is blowing across the land. Hang on!"

Remembering the Depression

By Alice J. Hawker

During the early years of the Great Depression we three children remained blessedly unaware of the tumultuous events that would forever change our lives. The ordeal of those long years, 1929 and well into the thirties and close to World War II, impacted millions of people in many different ways.

At the time, there seemed only the daily struggle to keep a family fed and sheltered. Depression ultimately affected loved ones, friends, neighbors, the entire community. Occasionally the radio blared with staccato chatter about subjects and situations that, as a child, I did not comprehend. But my parents listened in grim silence.

I remember Mother rushing from the house one day in a frantic state so unlike her usual demeanor. After a time she returned, her face pale and stern, eyes moist and reddened. She did not cry in our presence. Only later did I learn that on hearing from a neighbor of the order to close the banks she had run some distance on foot in vain hope of withdrawing the modest savings that remained in their account. Years after, Mother said it was like losing a million dollars.

Then, one day, after an exchange of letters, my aunt and uncle and their two young sons arrived. All they owned and could possibly transport was crammed into, or roped to the outside of, their automobile. Despite what must have been an emotional and difficult occasion for the knowing grow-ups, I only recall the pleasure, the welcome extended to relatives who were coming to live with us.

After that day, there were more troubling adult conversations for me to overhear. I began to understand the scope of the problems, the difficulties and lack of money. My



Scenes from the Depression: men seeking work in Chicago; selling apples in Texas

uncle, a civil engineer, had been laid off when his firm declared bankruptcy. My father was seldom home and rarely spoke to anyone when he was. Mother said he had *business troubles*, and I also sensed his discomfiture with the now crowded and very noisy household.

After awhile, we moved to a house that we would share with the owner, an elderly widower. Apparently the financial arrangement was beneficial to all and we gained some extra space. It was fortunate that the old fellow was quite deaf and not at all bothered by five children under ten running in and out when not in school. An unmarried aunt had also come to live with us at this time. She had excellent secretarial skills and was able to find employment. Her steady paycheck, and familial generosity with it, kept milk and food on the table where there was otherwise no money on hand. We never went hungry; we managed at least to have homemade bread and jam, or potatoes and soup. Coffee must have been cheap; the pot was always on the stove ready to refresh and comfort the worried adults.

My Great Depression Story

by Helen L. Foster

I have an indelible memory of one old woman, a door-to-door salesperson, who personified more than anything else what living in the Great Depression was like. She was Mrs. Roof, an elderly, penniless and childless widow. She carried two huge bundles of clothing and linens. She unloaded them on our kitchen table as my mother and us six kids gathered around expectantly.

There were hardly any surprises. The colors were drab and the styles, which might have been fashionable once, appeared long since outdated. But the prices were rock-bottom and transactions did take place, often on an installment plan. Mrs. Roof added up the amounts mentally. No written records were kept. It was just a matter of trust in those days.

She would pack up any unsold articles into a bundle. She smiled gratefully and expressed her thanks as she headed toward the door. She would look back over her shoulder as she bid us good-bye, saying, "I'll see you next week, God willing."



Family Matters

By Lenore Pimental

"The years are flying by in a blur and I suspect I'm having a wonderful retirement."

My youngest grandson wasn't talking in complete sentences when he was two years old, but I didn't worry. My middle daughter was even older than that before she talked and today she's an extremely articulate mechanical engineer. People have their own paths, even in the very beginning. Statistics don't apply to individuals.

Anyway, there was Danny in my living room last evening, two and a half now, clearing my coffee table so he could make room for toys.

"Moving everything off the table," he mumbled to himself. "Put stuff on wood stove. Stove not hot. No fire in stove. Here is candles, box, books."

I stood watching as he marched back and forth arranging things to his liking, absolutely intent and happy. Then he went into my office to get his favorite toys.

All the grandkids love my toys. Instead of playing with computer games, they build cities and towns with my wood blocks, and highways filled with cars and trucks. A train on tracks runs around everything. People stand about in these towns and real things happen to them, especially when the boys are playing.

"Crash!" Danny yells, piling cars on top of each other. Then he looks to me and says, "I need tow truck, please, and fire engine and ambulance." He is grinning madly.

I tell myself Danny is learning that difficulties occur, and that people have the resources to deal with them. The real truth is that he and all my grandsons thrive on chaos. Whereas my granddaughters create orderly worlds where babies are fed and dressed, a dollhouse beautifully arranged, and pretty gardens set before cozy houses, the boys create mayhem.

The boys also love anything scatological. As I helped each of them with phonetic reading, nothing succeeded more than the occasional insertion of something about big poops and toots. Sounding things out, the boys would collapse in shrieks of delight and shrill laughter. And come back eagerly for more. They are all avid readers, now, but who knows at what taste level.

The girls never needed such enticements. My daughters and granddaughters all came to reading as naturally as lily pads on a pond, and with the same deep roots. Nine-year-old Lauren recently gave me forty-four outgrown books for the first graders I tutor. The books looked brand new. The boys gave me books that were missing covers, bedraggled, having been buried beneath muddy shoes and skates.

It's astounding that I've had the opportunity to know my grandkids so well. My daughters and their families all live within a mile of me, having moved away for their individual careers but returning as soon as they could. When the babies started to come, the family gathered as a support mechanism. I'm on the "emergency call list" for everyone and I get to see the children in all their performances, games, T'ai Kwon Do demonstrations, recitals and concerts. I'm connected, even vital, and I'm amazed. The years are flying by in a blur and I suspect I'm having a wonderful retirement.

Here's the mystery. I come from a family of strangers. My sisters and I live thousands of miles apart, and my parents only knew my children on a "guest level" despite their visits, despite letters and calls. They missed out on so much.

Proximity is everything with children. You have to be there to see the leaps and bounds in development, to hear a child's first joke, to see the look on a toddler's face when she chases her mother with the garden hose. You have to be listening to

realize that six-year-old Matthew has a vivid and magical imagination, peopled with wizards and scientists and talking lima beans. You had to be there when twelve-year-old Chris suddenly came into his own and emerged a leader, a charming and gracious teacher, a real gift to the world. They are miracles, every last one of my grandchildren, and I've been there as a witness from the very beginning of their lives.

It's only in looking back that you see how the dots are connected, how things came to be.

As a child I wished for the family I have today. Here and there I saw glimpses of close families among my relatives in New England and Ireland, parents who laughed with their children and sat down to eat together each and every evening. I spent as much time away from home as I could, worn down by the in-fighting among my sisters, the rancor between my parents. Despairing of ever having a peaceful home, I married too young.

Family matters. Counting the father of my children and his wife, there are fifteen of us who gather for every family occasion. We are there for every birthday, holiday, graduation, wedding and birth. We fill rooms at restaurants, take up the hospital hallway, fill the bleachers at games. We're there for each other when things are hard, easy, joyful or sorrowful. When breaches occur, and they were frequent in my daughters' teen years, we wait them out with perfect faith. Love never wavers.

Now, anyone who comes into our individual lives discovers sooner or later that we come as a package. The boundaries have moved out over time, taking in countless friends who become family as the need arises, extending our dining room tables to full capacity. Still, the support system stays intact and primary.

"When you and Dad grow old," my second daughter recently said, "I'm going to lobby for a house with a separate in-law cottage. That way, if either of you needs watching, I'll be right there."

I'm touched by my daughter's concern, hopeful that I will never have to give up my independence, and secretly confident that it's her father who will need help first. Truth be known, he's counting on one day moving permanently to our town, finally being relieved of his nearly constant commute. I've been the lucky one all these years. I'm the one who became the unwitting hub of a wheel composed of people whom I would have chosen as friends in any other context, whom I dearly love as family. My dream came true.

An ounce of mother is worth a ton of priests. —Spanish proverb

Learning Today for Living Tomorrow

Older Americans Month Event

The Sonoma County Area Agency on Aging is sponsoring a special event honoring Sonoma County Seniors on May 21, 10 AM to 2 PM, at the Santa Rosa Veterans Memorial Auditorium. "Learning Today for Living Tomorrow" is the theme of this year's celebration. Highlighted activities include **CarFit**, a program that provides trained volunteer technicians to conduct a 12-point evaluation of a senior's car to determine adjustments or to suggest adaptive equipment that may better accommodate the driver's needs. Appointments are recommended as space is limited for this activity.



There will be numerous displays focusing on fall prevention, transportation options, senior centers and more! For more information or an appointment for CarFit, contact Joanne DeAlejandro at the Adult & Aging Division, Sonoma County Human Services Department at 565-5950.

Grandchildren Far Away? Keep in Touch by Web Cam!

by Bonnie Allen

I am a proud first-time grandmother. But I live 800 miles away from my granddaughter. Nevertheless, I can see her any time I want—through the magic of the Internet, a Web cam (camera you connect to the computer) and a free Internet phone service called Skype (www.skype.com).

Though it may sound complicated, teleconferencing online is fairly simple and the equipment you'll need is not expensive. If you're not computer savvy, chances are your children can help set you up.

When grandchildren are small, it's a good way for them to remember you in between visits, so they'll recognize you when you come. Later you can read books, play games, or just talk about school and life. To read a *New York Times* article about Web cam connections with grandchildren, type tinyurl.com/grandchildWebcam in your Internet browser. You may be asked to register to read the article, but it's free.

Do you yearn to be a grandmother closer to home? Consider volunteering at the Children's Village of Sonoma County, a group home that creates a family atmosphere for children. Several "grandparents" live on site at the Santa Rosa campus, and others serve as volunteers. To find out more about volunteering, call 566-7044, or see www.thechildrensvillage.com.

ACROSS

- 1 Pixies
- 5 Prognosticators
- 10 He wrote "Pygmalion"
- 14 Biblical prophet
- 15 Fish
- 16 Fit
- 17 Phyllis Diller, for instance
- 19 Discharge
- 20 Be incorrect
- 21 Butcher's waste products
- 23 Lenore's grandson
- 26 Blunder
- 28 Stretch to make do
- 31 Caesar's three
- 32 Auto evaluation
- 33 Container
- 34 Market place
- 37 Eat a morsel
- 39 Do business
- 40 Powder ingredient
- 42 Greased
- 45 Cutting gems
- 49 Enemy
- 50 Wish
- 53 Romance
- 54 Trinitrotoluene
- 55 Misses
- 56 Musical sound
- 58 ___ Woods
- 60 Mademoiselle's assent
- 61 Made thread
- 63 Renew
- 69 Foot wear
- 70 Tree knot
- 71 Selfs
- 72 Binds
- 73 School assignment
- 74 Frolic

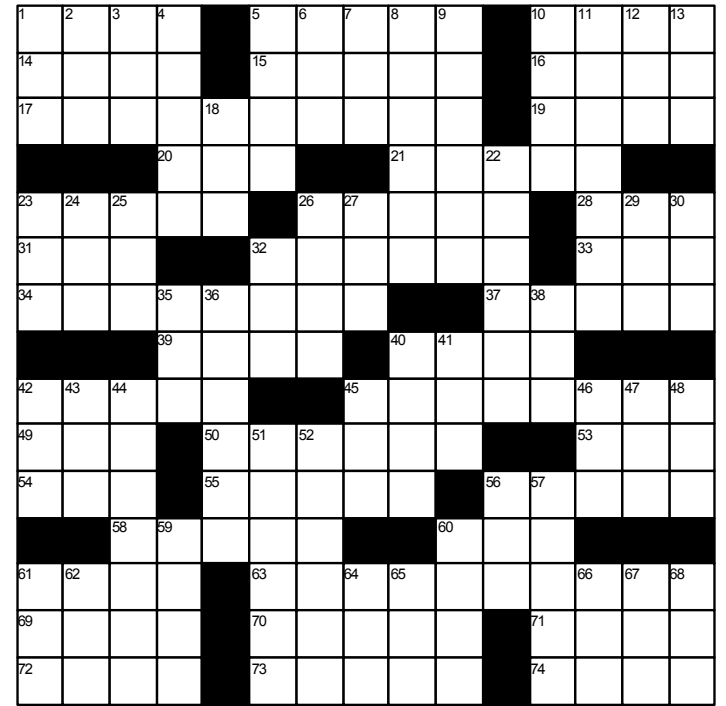
DOWN

- 1 Business title ending
- 2 Barnyard comment
- 3 Petaluma Mayor Torliatt


- 4 Luster
- 5 Mix
- 6 Before, palindromically
- 7 Billion years
- 8 Storm excess
- 9 Tennis' Graf
- 10 Popular stadium
- 11 Small villages
- 12 Boxer Muhammad
- 13 Dampen
- 18 Sere
- 22 Fitness
- 23 Mold
- 24 Aspire
- 25 Bite
- 26 Ancient Europe
- 27 One kind of mortgage, briefly

- 29 Baby fox
- 30 Saudi Arabia-Iraq dir.
- 32 Napa culinary inst.
- 35 Poem of praise
- 36 Beer brand
- 38 Feign
- 40 Cigarette residues
- 41 Expert
- 42 Frequently, in poems
- 43 Charged particle
- 44 Good container crop
- 45 Adjust
- 46 ___ Jima, WWII site
- 47 Neither's partner
- 48 Odin or Quetzalcoatl
- 51 Surface
- 52 They tempted Odysseus
- 56 Prompt
- 57 Human resources person
- 59 Pen fillers
- 60 Just
- 61 This newspaper, briefly
- 62 Luau dish
- 64 Vapor
- 65 Epoch
- 66 Gone by
- 67 The piper's son
- 68 Sixth sense


May Crossword Puzzle




www.CrosswordWeaver.com



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Redwood Empire Chapter Harley Owners Group
& Michael's Harley Davidson selling raffle tickets
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available at Michael's
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7601 Redwood Dr.
Cotati, CA
793-9180
Or
Council on Aging
30 Kawana Springs Rd.,
Santa Rosa, CA
525-0143



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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.)

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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]

◆ **May 2: Tenth Annual Meals on Wheels Derby Day.** Sonoma-Cutrer Vineyards, 11 AM-3:30 PM. Top chef and celebrity cookoff; live Kentucky Derby broadcast on big screen; live and silent auctions; 4-course Derby Day Southern Style Luncheon. Tickets \$135 (\$1,000/table). Call 525-0143, ext. 146, to reserve tickets. Hurry, tickets sell out every year. A major fundraiser for Council on Aging Meals on Wheels.

◆ **May 9: Human Race of Sonoma County.** Sonoma County's largest cooperative fundraiser, with over 430 participating nonprofits. Over 9,000 participants join together for a 3K and 10K walk and run through two Santa Rosa parks. Anyone can join the Human Race and raise money for their favorite community organization. Meet at Slater Middle School, 8 AM. Walkers Free; Runners \$25. For additional details and registration information, call 573-3399.

◆ **May 9-10: American Philharmonic 10th Season Gala.** Celebrate Mother's Day with an extraordinary concert featuring two exquisite new works, the world's favorite piano concerto and the combined forces of our community's choruses and orchestra in a celebration of love, passion, and life! Wells Fargo Center, 50 Mark West Springs Rd., Santa Rosa, Sat., 8 PM; Sun., 3:30 PM. Free tickets available day of show only. 546-3600.

◆ **May 16: 115th Annual Luther Burbank Rose Parade.** "Through the Decades," 10 AM-12:30 PM, downtown Santa

Rosa (E Street to Fourth to Courthouse Square). No festival this year. 542-7673, www.roseparadefestival.com.

◆ **May 21: "Learning Today for Living Tomorrow."** Celebrate Older Americans Month, Thur., May 21, 10 AM-2 PM, Santa Rosa Veterans Memorial Building, 1351 Maple Avenue, Santa Rosa. CarFit Check; transportation alternatives and driving skills; health and fitness booths with great information on walking for health, improving balance and preventing falls. Sponsored by Sonoma County Area on Aging. Call 565-5950 to schedule CarFit Check. See page 6 for more 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.

◆ **4th Fridays of the month: Parkinson's Support Group.** Petaluma, 1:30-3 PM. Relaxing atmosphere of sharing and caring for patients, family members and caregivers. Call Pearl Sorensen, 795-4858 for location.

◆ **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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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.