

SONOMA SENIORS

COUNCIL ON AGING *Today*

MAY 2008

Protect Affordable Housing Policies

Why seniors should vote no on Proposition 98, yes on 99

by Bonnie Allen

Are you ready for another onslaught of confusingly worded propositions on your next ballot?

Well, take heart. This time there are only two! The only problem is that they look very similar—but one is bad news for seniors on a fixed income, and one protects those seniors.

Following a recent Supreme Court ruling that allowed a city to take property and give it to developers, many of us are concerned about having our property taken away by the government—"eminent domain." Both propositions claim to protect homeowners against eminent domain.

But there the resemblance ends. Proposition 98 is a deceptive measure that a group of wealthy landlords placed on California's June 3 ballot.

For seniors on fixed incomes who rent, Proposition 98 is a disaster. It will abolish all future rent control in California, along

with other protections for renters. If you live in a rent-controlled mobile home park, you know that rent control enhances the future value of your mobile home, should you or your heirs decide to sell it. Proposition 98 will also smooth the way for condo conversions of mobile home parks.

According to the Western Center on Law and Poverty, Proposition 98 will invalidate requirements that a certain number of units be set aside for low-income families and seniors. It will also make it easier for landlords to evict good, law-abiding tenants. That's why AARP and six other senior advocacy groups, including Council on Aging, are opposing Proposition 98.

That's not all. If you think water rates are high now, wait until we are fighting over a diminishing water supply. Proposition 98 prohibits eminent domain even to protect and expand the water supply to meet local needs. It doesn't allow regulations to prevent building on ridgetops, dangerous slopes or environmentally sensitive areas. That's why the Sierra Club, the California League of Conservation voters and five other environmental groups oppose it, and why police and firefighters organizations are also against it.

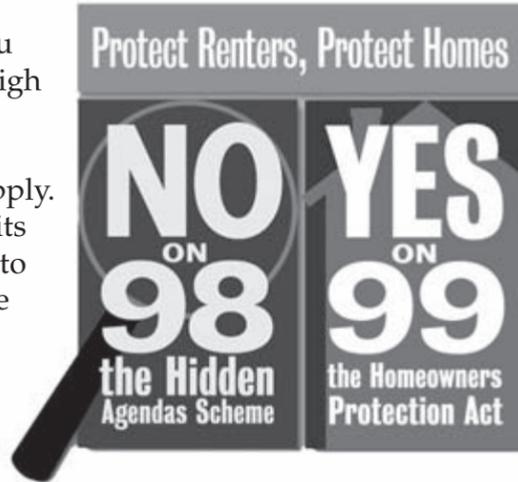
Proposition 98 is bad government. It will tie up in court conflicts between wealthy landowners and local officials elected by you and me, costing us taxpayers enormous sums of money. That's why the California League of Women Voters and State Senator Pat Wiggins oppose it.

Council on Aging recognizes that homeowners do need protection from eminent domain. That's why we support Proposition 99.

Proposition 99 protects your property rights to the home you live in. Period. No hidden clauses that take away rent control, protect developers or prevent the construction of needed schools, roads, and water supply improvements.

Under Proposition 99, your home will never be taken and given to a private entity.

Under Proposition 99, public health and safety protections—things like preventing criminal activity, responding to an emergency, or dealing with environmental contamination—are specifically exempted from eminent domain restrictions. Many of



the same organizations and officials that oppose Proposition 98 support Proposition 99.

Supporters of Proposition 98, on the other hand, include developers, real estate businesses and owners of mobile home parks and apartments. These deep-pockets groups have raised over \$3 million to pass a proposition that

will make it easier for them to squeeze money out of tenants.

For instance, according to *Capitol Weekly* (February 28, 2008), "the Apartment Owners Association PAC has given \$291,000. Apartment owners stand to benefit from both the elimination of rent control and the eminent domain measures in the initiative."

The campaign **against** Proposition 98 has been funded primarily by a \$300,000 contribution from the California League of Conservation Voters, which is concerned about the environmental impact of Proposition 98.

Do you sometimes feel like not bothering to vote one way or another? Council on Aging recommends that you vote, because if both these propositions pass, the one with the most votes will be made law.

Numbers are confusing. Remember: Proposition 98 is bad news for seniors on limited incomes. If passed, it will:

- Eliminate rent control and other renter protection laws
- Threaten water quality and safety
- Hurt the environment and stop regulations that protect our neighborhoods

Vote NO on Proposition 98.

Proposition 99 protects homeowners' rights without stealing away homeowners' and renters' rights to affordable housing.

Vote YES on Proposition 99.

"It would literally take the roofs off most tenants' heads who live in rent control jurisdictions" —Larry Gross, Coalition for Economic Survival, on Proposition 98



Inside.....

Consider This	page 2
Mildred King	page 4
Kentucky Derby	page 6
Senior Nutrition Program	page 6
Senior Art Show	page 6
Drug Price Alert	page 7
Crossword	page 7
Save the Date	page 8
Farmers Market Update	page 8



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Consider This...



by Shirlee Zane, CEO

It is not every day that you get to take a trip with your 80-year-old mother and 48-year-old sister. And yet that is exactly what I did on October 7 to celebrate my mom's birthday. The three of us took a 7-day bus trip to see the New England fall foliage. It was a very memorable seven days.

You see, it turns out that the more things change, the more things stay the same. Sibling rivalries are still alive and well in middle-aged women, and mothers of 80 still have that innate desire to mother and make everything right for their offspring.

The trip began in Boston at the historic Omni Parker House Hotel one block off the commons. There was a heat wave and not much in the way of true fall colors, but we found great joy in the warm weather and the many historic sites of Boston.

The Last Hurrah Bar was where I introduced my sister, being the good Christian that she is, to hard liquor. Dori actually ordered a Manhattan. and I ordered my standard gin Martini with extra olives straight up. (I am my father's daughter; a World War II Marine, he never lost a political debate.) This is where we first bonded after all the estrangement, families, babies, divorces, and religious and political differences that had separated us for the last twenty years.

The second night in Boston was when we began to climb the walls. The bathroom was incredibly small. My mother and I decided to watch the last segment of the Ken Burns PBS documentary on World War II, which Dori said she could not tolerate due to the death of her nephew in the Iraq War.

It wasn't actually the war episode that brought my sister over the edge; it was the lack of space. It seems that in my mother's abundance and generosity, she thought we would all do fine in one room for seven nights, in spite of the fact that Dori and I had never shared a room while growing up. So off we went on our 7-day bus tour of New England, my sister doggedly determined to get that extra room each night in spite of the fact that we had the tour guide from hell.

On the bus, we would take turns seated next to my mother, and the other person would sit in the bus seat behind. After learning how to catch lobsters on a boat in Portland, Maine, I complained bitterly that I had wanted a lobster claw to play with. And so, in a fleeting gesture of generosity,

my sis bought a lobster claw pen for me, which I could snap open and close, grabbing her hair and skin when I sat in the seat behind her. (Like I said earlier, some things never change.)

There were only three nights when we were able to actually have that extra room that gave us the space we required to be civil to one another. My sister is an evangelical affluent Republican from southern California and I am a Democratic, nonprofit executive Episcopalian (liberal Protestant) from Northern California.

After the tour of Calvin Coolidge's homestead in Plymouth Notch, Vermont, I thought we had reached common ground. We discovered that Coolidge was a Republican president who initiated many powerful labor laws—like workers' compensation and the right to unionize. However, that commonality was short lived; as the bus pulled away from the parking lot, my sister blurted out, "I am proud that MY president restored integrity to the White House, by not being caught in any sex scandal!"

It took every ounce of self-restraint within me to not counter with, "Yes, he was just responsible for the death of 4,000 Americans." However, I held my tongue. And my 80-year-old mother breathed a huge sigh of relief.

There were so many sweet and even bittersweet moments during the trip. The evening I helped my mother out of the bathtub and saw her age for the first time. The afternoon my sister and I took a two-hour hike around a beautiful lake in the White Mountains of New Hampshire. Then there were the numerous looks and laughter that we shared on the bus as the travel guide from hell told us his stupid non-historic stories on the microphone.

Dori and I were merciless about the lack of color we saw in the New England foliage. "Look, look!" we would yell. "There's a red leaf!" It was an Indian summer with temperatures in the high 70's and 80's, so we did not see the fall leaves until the last two days in Vermont.

In the end, though, the real change had been in us. We had grown up and become mothers and wives and were now watching our own children leaving the nest. My mother still loved us as passionately as she did when we were young girls, and we realized we were truly blessed. We were blessed to have each other and an 80-year-old mother who thought there was nothing better she could do for her birthday than spend seven days on a bus with her two grown middle-aged daughters, watching the leaves turn.

Turns out my mother is always right.

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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"We Lived in the Best of Times"

Mildred King on life then and now

by Bonnie Allen

Although Addie Atwater died in 1912, she can still sometimes be seen on a Saturday morning in Petaluma, thanks to Mildred King, a Petaluma Historical Museum docent and sometime impersonator.

Addie was active in Petaluma affairs, starting the Ladies Improvement Club. Their efforts gave birth to two downtown parks. She organized and presided over the Humane Society, and provided the property for the first Petaluma Library, funded by the Carnegie Foundation. That library is now the Petaluma Historical Museum at B Street and Kentucky.

Mildred "Milly" King is a fitting person to carry the mantle of Addie Atwater. A retired businesswoman and teacher, she headed the docent program at the Museum for many years, and is one of a living history group called "The Petalumans," who reveal the secrets of old Petaluma in the full costume and persona of Petaluma's founding citizens.

Mildred Nelson was born and raised in Petaluma a stone's throw from her current home across from McNear Park. In fact, she remembers when George McNear, a wealthy town father, built the park.

Her grandparents were Swiss immigrants who became dairy farmers. Their farm, the Tresch Ranch, is still in the family and produces organic milk, the only kind King will drink.

Childhood in Petaluma was a happy time.

"We lived in the best of times," she says. "It was a small town. If you did anything wrong, your parents knew about it before you came home." Since it was the depression, people didn't move very much. "We went all through school together."

"There was no television. And that was very good. We were so innocent. And we walked everywhere—there were no fat kids in school!"

Milly's family, with six children, had to struggle to survive, but her father, uneducated himself, nevertheless vowed that every one of his children must go to college.

After graduation from Petaluma High in 1941, her father pressed her to go to Santa Rosa Junior College. Her response proved prescient.

"I said, 'No, there's a war coming.' He didn't believe it, because he'd been in World War I, the 'war to end all wars.'"

She reasoned correctly that the job market for women would soon be booming. So she enrolled in the Luther Burbank School of Commerce to gain business skills for employment.

The attack on Pearl turned Petaluma upside down. It was a time of near panic, when it was thought that the Japanese would next attack the coast of California.

Volunteers and retirees posted a 24-hour lookout at an outpost atop the Hotel Petaluma.

It was also a time of anti-immigrant hysteria. "The hatred against the Japanese was unbelievable. Our government came in and took family leaders, and the families were to come in a month or so.

"They would go to neighbors and ask them to take care of the property. Some did and some didn't. They were also hated because they were so capable. They were hard workers, and they worked together so their prices were very competitive.

"I remember them huddled down by the train station; they had suitcases, and everybody was crying."

As her male classmates volunteered or

were drafted for the war, young women were joining the workforce in droves.

Soon, Milly had a secretarial job at Hamilton Field in Marin County, carpooling with fellow employees to save on scarce gas.

It was an exciting time to be a young woman, with all the employment opportunities, USO dances—and soldiers to date.

"It was our duty," says Milly with a laugh. Many of her friends were soon married, some to soldiers they had met, some to childhood sweethearts on their way to the front.

But Milly was not ready to settle down. After the war she enrolled at U.C. Berkeley to get her degree in business.

"I worked my way through college," she recalls. "I didn't take a cent from my parents." As secretary to the head librarian, she earned 75 cents an hour and saved money by living in the co-ops.

Milly met William King at a dance, and the couple was married in 1950. The couple moved to Bakersfield and seven years later, to San Jose. It was no longer wartime, and married women were not considered such desirable employees, especially if they got pregnant, which Milly did in short order.

During a two-year stint in Japan when her husband, still in the reserves, was called to active duty, her eldest son picked up flawless Japanese, which he still retains, simply by playing with the neighborhood kids.

Milly and William shared a lifelong love of travel. "We couldn't pass up a back road that we hadn't checked out."

They traveled to Russia, Japan, Europe, and Latin America, often with Elderhostel programs. Death Valley and Hawaii's Waikiki Beach were favorites that Milly continues to return to regularly.

"We could go hiking in Death Valley and the mountains. When we lived there there would be oceans of lupines and poppies. Now it's getting too populated, too polluted."

It was on the way back from a trip to Montana that the Kings found their home. They stopped at Klamath Falls, Oregon, and William, an engineer, decided to visit the campus of the Oregon Institute of Technology. The president



of the college happened to be there, and before long, William had been enlisted to help set up the engineering program.

The Kings settled in Klamath Falls, where their two children grew up. Good luck seemed to follow the Kings. Milly joined the American Association of University Women, and, at a meeting, sat next to the head of the business department at the

local high school. Would she like a teaching job? The answer was an emphatic yes.

Milly had earned a teaching credential in San Jose as an insurance against need. She taught high school for 12 years, and after getting her MA, college for 8 years.

In high school, she was given free rein to develop innovative classes for business students and practical business skills for all students. Her salary paid her eldest son's tuition at Reed College.

Retirement brought Mildred King full circle. She and William moved back to Petaluma to be near family and friends.

Though her husband has passed away, Milly continues to make time for travel in her life. Current travel plans include a trip to Ottawa and Montreal, visits to her children and four grandchildren and excursions with Daytrippers.

She walks a mile or two a day and keeps her mind in shape with frequent classes through Sonoma State's Osher Lifelong Learning. She's also studied Spanish and California history at San Francisco State. Every few months she gets together with about 12 high school classmates for potluck.

On being a successful elder:

"Be active as much as you can. We have so much available. My grandmother had church and family. We have everything—a senior center, exercise, transportation."

"I'm 84. What I've learned is you have to live every day as though it's your last. Let people know you care for them and never hold animosity or a grudge, because that's only burning yourself up."

"And for goodness sake," she chuckles, "don't dwell on your aches and pains."

(For more on Addie Atwater and "The Petalumans," see realpetaluma.com/thepetalumans/atwater.html)

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The Kentucky Derby

Horses Plus A "Hat-a-Rama"

By Geets Vincent

Since 1875, when Oliver Lewis rode a horse named Aristides to victory in the first Kentucky Derby at Louisville's Churchill Downs, the race has taken place every first Saturday in May. It is the oldest continuously run horse race in the United States.

The event, founded by Col. M. Lewis Clark (grandson of explorer William Clark, of Lewis and Clark fame) is called "Run for the Roses," since the winner is blanketed by a garland of 554 red roses. The Kentucky Derby trophy is made of 56 ounces of 14- and 18-carat gold and is two feet high. Over 20,000 mint juleps are served to those attending at Churchill Downs alone.

But the Derby is not just about horses. It has spawned traditions for many who find horses of secondary interest; they watch and sip mint juleps and are eager to see—or be seen in—the "Derby Hat Parade."

Headgear is featured everywhere—on both men and women. Big hats date to the Derby's early years when ladies turned the historic event into a high society occasion.

Fashionable women wear elaborate chapeaux made by meticulous milliners. Some exclusive examples seen in "Millionaire's Row" cost up to \$2,000. Victorian and Edwardian styles are particularly popular; others could be described as "moderne," frilly, silly and even zany. Vintage 1920 photos show hats with finery from flowers, feathers and wide brims. Louisville's Derby Museum is said to display one hat made from coffee cans to look like a horse's head!

Men's choices range from the traditional derby to straw boaters, fedoras, and top hats.

Since Queen Victoria, women among Britain's royalty have been noted (and often criticized!) for their choice of headgear, so Derby enthusiasts were agog



Best Derby Hat: Meals on Wheels Derby Day, 2006

last year when Queen Elizabeth II, an avid horsewoman, attended. Her Majesty's green hat with fuchsia trim afforded ample opportunity for opinions.

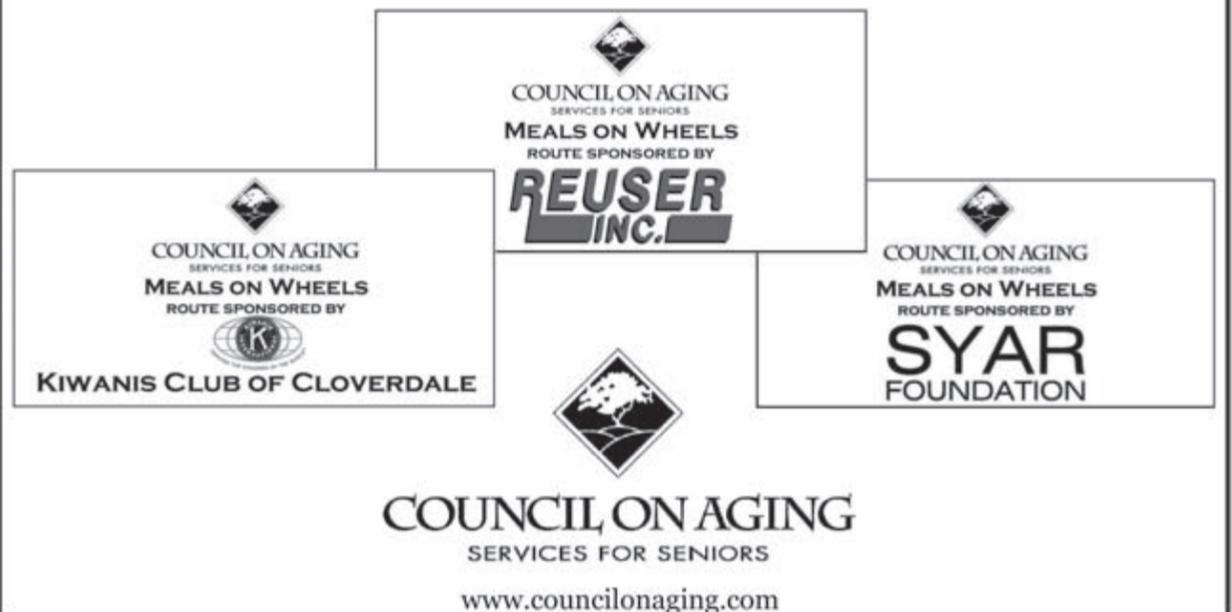
Every sport has its special history and trivia. But where else can you find such dramatic style as in this famous annual "Hat-a-Rama?"



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More Derby Trivia

The fastest Derby win was by Secretariat in 1973, at a blazing 1:59.4. The race is so intense that horses lose between 15 and 25 pounds and may wear out a new set of shoes during the race.

Fillies, or female horses, have won just three Derbies. Speaking of females, the Derby's first female jockey, Diane Crump, rode in 1970.

African-American jockeys won 15 of the first 28 Derbies, including the first Derby.

Eddie Arcaro and Bill Hartack each rode five Kentucky Derby winners. Arcaro went on to win the Triple Crown (Derby, Preakness and Belmont Stakes) twice, with Whirlaway in 1941 and Citation in 1948.

Willie Shoemaker was the oldest winner, finishing first in 1986 at age 54, on Ferdinand.

There are still a few tickets left for the May 3 Meals on Wheels Derby Day! For details on this vital Meals on Wheels fundraiser, see "Save the Date" on page 8.

A Little Inspiration...

"We often spend so much time coping with problems along our path that we forget why we are on that path in the first place. The result is that we only have a dim, or even inaccurate, view of what's really important to us."

—Peter Senge

The smallest act of kindness is worth more than the greatest intention.

—Kahlil Gibran

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Ask COA Legal



Q: What are the most common ways for people to steal your identity?

by Barbara Swary, Legal Director

(This is the first of a three-part series on identity theft.)

A: People who are skilled at identity theft use a variety of methods to steal your personal information. Here is a list of five of the more common ways:

1. They rummage through the trash looking for bills or other documents with your personal information—this is called **DUMPSTER DIVING**.
2. They steal credit/debit card numbers by using a special storage device when processing your card—called **SKIMMING**.
3. They pretend to be financial institutions or companies and send spam or pop-up messages to get you to reveal your personal information—called **PHISHING**.
4. They divert your billing statements to another location by completing a change-of-address" form—called **CHANGING YOUR ADDRESS**.
5. They steal your wallet or purse; or they steal your mail, including bank and credit card statements, pre-approved credit offers and new checks or tax information. They steal personnel records from their employers, or bribe employees who have access—called **"OLD FASHIONED" STEALING**.

So what can be done to deter Identity Theft? Here are some tips:

- ◆ **SHRED FINANCIAL DOCUMENTS** and paperwork with personal information before you discard them.
- ◆ **PROTECT YOUR SOCIAL SECURITY** number—don't carry the card with you. Give it out only if absolutely necessary, or ask to use another identifier.
- ◆ **DON'T GIVE OUT** personal information on the phone, through the mail, or over the internet unless you know whom you are dealing with.
- ◆ **NEVER CLICK ON LINKS** sent in unsolicited email. Use the address you know. Use firewalls, anti-spyware, and anti-virus software to protect your home computer. Keep them up to date.
- ◆ **DON'T USE OBVIOUS PASSWORDS** like your birth date, your mother's maiden name, or the last 4 digits of your social security number.
- ◆ **KEEP YOUR PERSONAL INFORMATION** in a secure place at home, especially if you have housemates, employ outside help, or are having work done in your home.

In future articles, I will talk about how to detect and then defend against identity theft.



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Date: Thursday, May 29, 2008
Time: 4 to 5:30 p.m.
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Enjoy ease of hearing at our looped facility

Call 525-0143 for more information

Elder Abuse Awareness

A morning of Q and A

- ◆ How to protect yourself and loved ones
- ◆ How to recognize warning signs
- ◆ How to protect yourself from identity theft

Speakers

- ◆ Stephen Passalacqua, Sonoma County District Attorney
- ◆ Shirlee Zane, CEO of Council on Aging
- ◆ Adult Protective Services

Please join us on
Wednesday, May 21
9:00-11:00 AM

Council on Aging offices
30 Kawana Springs Road
Santa Rosa



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 Shirlee Zane, CEO, at **525-1059**.

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 524.3151.

Tired of High Rx Drug Prices?

Have you taken Provigil?

Help us fight drug company greed! Council on Aging is a member of the **Prescription Access Litigation (PAL) Project**, a national coalition whose members recruit plaintiffs to become part of lawsuits that sue drug companies for illegally inflating the price of prescription drugs.

If you have purchased Provigil since December 2003 and paid for some or all of the cost, you may be eligible to be part of a class action lawsuit. Please call the following person as soon as possible:

Julie Bizzotto
Prescription Access Litigation Project
866-208-9800, ext. 2931 (toll free)

For information about the Prescription Access Litigation Project, go to www.prescriptionaccess.org.

Funding Facts: Meals on Wheels

Cost per meal \$6.68
Area Agency on Aging gives \$2.50
Seniors' average donation \$1.35
Remaining \$2.83
Times 214,000 meals per yearh ... \$606,689

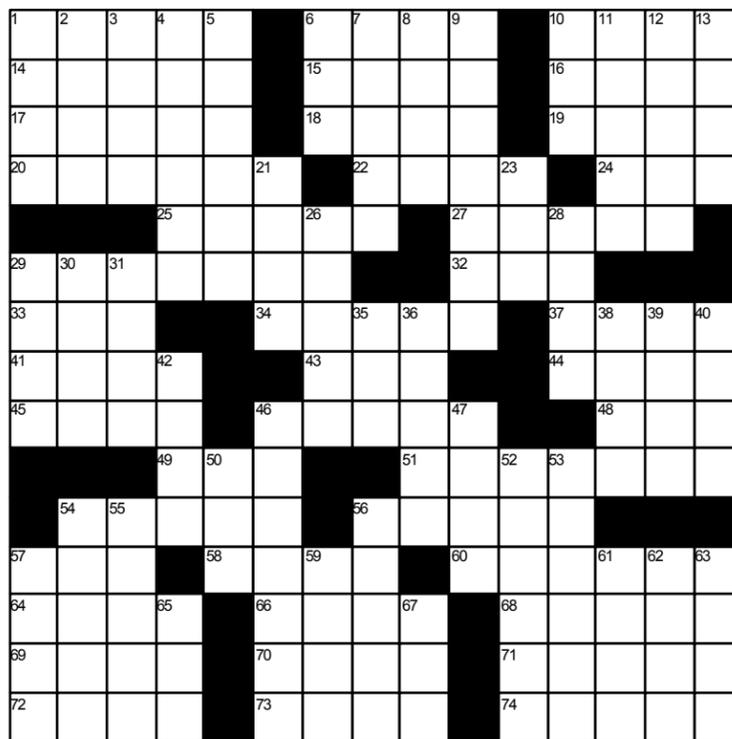
This amount has to be covered by fundraising programs like Meals on Wheels Derby Day, the Feed-A-Senior program and other fundraising appeals. The government's share of Meals on Wheels is only 37% and, increasingly, fundraising must fill the gap.

May Crossword Puzzle

Solution on page 8

ACROSS

- 1 Attack
- 6 Katharine Hepburn's "The ___ in Winter"
- 10 Dogie
- 14 Disaster
- 15 Food for Fido
- 16 Notion
- 17 Indian or Pacific
- 18 Eat sparingly
- 19 6th month (Jewish calendar)
- 20 Moved sinuously
- 22 Pituitary hormone, briefly
- 24 Anger
- 25 Like a cornstalk
- 27 Mature
- 29 Listlessness (usu. plural)
- 32 Org. that sponsored wartime dances
- 33 Early Muslim caliph
- 34 Measure
- 37 Net
- 41 Exited
- 43 Lodge
- 44 Insect stage
- 45 Infinitesimal amount
- 46 Flabbergast
- 48 Beaten path
- 49 Spain-France dir.
- 51 Techniques
- 54 Binary star in Perseus
- 56 Actor Fonda
- 57 Snoop
- 58 Cook in the microwave
- 60 Called on
- 64 HI time zone
- 66 Upkeep
- 68 Task
- 69 Religious painting
- 70 Food for a dog
- 71 Spooky
- 72 Skin
- 73 Green Gables dweller
- 74 Smile scornfully



www.CrosswordWeaver.com

- 10 Spy agency
- 11 Mildred's alter-ego
- 12 Find out
- 13 Taxi passenger
- 21 Pharmaceutical
- 23 "___ Girl Friday," 1940 comedy
- 26 Snail-mail alternative
- 28 Ostentatious display
- 29 Surrealist painter
- 30 Margarine
- 31 Heft
- 35 Card game or candy bar
- 36 Dwarf
- 38 New coin of 2002
- 39 Potato
- 40 Subjects of a Derby competition?
- 42 Astronauts' drink
- 46 Mediterranean sailing vessel
- 47 Vote Yes or 99 to protect ___ control
- 50 Pierre's denial
- 52 Outlines
- 53 Dash
- 54 Quickly
- 55 Household disinfectant
- 56 Wading bird
- 57 Transport
- 59 Actress Madeline ___ ("Blazing Saddles")
- 61 Minute opening
- 62 City or canal
- 63 Bambi, for one
- 65 Palindromic Explosive
- 67 Palindromic farm animal



DOWN

- 1 Exhibit
- 2 Mexican fingerfood
- 3 Done
- 4 Wandered
- 5 Park near Mildred's home
- 6 "___: A Dog" (Terhune novel)
- 7 Trojan War epic
- 8 Oil cartel
- 9 False (2 wds.)



Learn to Ride...

...Enjoy Your Independence!

Learn all about Santa Rosa CityBus!
Trip planning! Fares and Routes!

Where: Santa Rosa Senior Center
704 Bennett Valley Road

When: Monday, April 14
Monday, May 12
Monday, June 9
Monday, July 14
Monday, August 11
Monday, September 8
Monday, October 13

Time: 9:30 a.m. - 11:15 a.m.

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The class FREE!
Reserve your spot today!



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Your Concern...



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We provide comprehensive Non-medical Homecare Services, enabling our clients to maintain their quality of life, safely and comfortably at home.

HIRED HANDS INC. is family-owned & operated, and has been dedicated to Seniors since 1994.

Now serving Sonoma Co. from our NEW Rohnert Park office!

707-584-5400
WWW.HIREDHANDSHOMECARE.COM

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 5.)

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

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 \$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.

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 525-0143, ext. 140.

Save the date...✓

◆ **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.

◆ **May 4: Annual May Day Festival.** Music, kid's games, great food, local wines & family fun. Geyser Peak Picnic Grounds, Geyserville, 12-4 pm FREE. 857-3745.

◆ **May 5: Celebrate Cinco de Mayo** on Windsor Town Green. 9455 Bell Road, Windsor, 5-8 pm. Family fun for all ages. Music, entertainment, food & beverage and children's crafts. FREE. 838-1260.

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

◆ **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 Council on Aging programs. Call 525-0143, ext. 147.

◆ **May 10: 11th Annual Senior Art Show.** Santa Rosa Veterans Memorial Building, 12:30-4:30 pm. Refreshments, music, art demonstrations. See page 5 for more info.

◆ **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.

◆ **May 17: Luther Burbank Rose Parade and Festival.**

"Go Green to X-treme" is this year's theme. Parade starts at 10 AM in downtown Santa Rosa, and the Festival is 11 AM-4 PM at the Sonoma County Fairgrounds. FREE. 542-7673.

◆ **May 22-24: Country Fair and Twilight Parade.** Healdsburg Future Farmers. Competitions, livestock auction & more. Parade down central Healdsburg May 22, 6 PM. FREE. 433-1014.



Ongoing Events

◆ **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.

◆ **Through October 31: Luther Burbank Home & Gardens.** Docent Tours of the famous home, gardens of Luther Burbank, world famous horticulturist, 10 AM-4 PM, Tue-Sun & holidays. Corner of Santa Rosa & Sonoma Ave. FREE. 524-5445.

◆ **May 10 and June 14: Docent-led Bird Walks.** See birds, water-fowl and their newly hatched chicks. Shollenberger Wetlands Park, Cader Lane off McDowell extension, Petaluma. Sat., 9-11 AM. Meet at first kiosk. Viewing scopes available. FREE. 763-2934.



Farmer's Markets

It's that time of year when you can pick up yummy fresh, local and often organically grown produce all over Sonoma County.

When you buy locally, you are helping our farm economy and helping keep diversified agriculture in Sonoma County. You are also being kind to the environment, because you are buying produce that hasn't been shipped from thousands of miles away. Here's the lineup of local farmer's markets, most opening this month:

Tuesdays: Guerneville Town Square, 4-7 PM; Sonoma Plaza, 5:30 pm-dusk; Healdsburg, Matheson St. on the Plaza, 4-6:30 PM (Starts in June)

Wednesdays: Santa Rosa Downtown Market, 5:30-8 PM, 4th St. from B to D streets and the Santa Rosa Plaza

Thursdays: Cotati, La Plaza Park, 4:30-7:30 pm; Windsor Town Green, 5-8 PM

Fridays: Downtown Occidental, 4 PM-dusk; Sonoma, Depot Park, 9 AM-NOON

Saturdays: Duncans Mills, Blue Heron Restaurant, 11 am-4 PM; Petaluma, Walnut Park, 2-5 PM; Healdsburg, North & Vine Streets, 9 AM-NOON

Sundays: Sebastopol, Downtown Plaza, 10 AM-1:30 PM; Windsor Town Green, 10 AM-1 PM.

Many of these events feature live music, foods and handmade crafts.