

# SONOMA SENIORS



COUNCIL ON AGING

Today

JUNE 2009

## This Rocket Scientist Travels the World—By Bicycle

by Bonnie Allen

It doesn't take a rocket scientist to ride a bike. But to ride a bike in every continent of the world—well, that's a different story. Alfred Masy laughs when he confesses that he is, in fact, a rocket scientist.

Now in his late sixties, Masy has loved riding bikes since he was a small boy.

He has also loved building rockets. In school, he says, "I can remember teachers rapping my knuckles with a ruler because I'd be designing spacecraft."

On the wall of his living room is a framed photo of Albert Einstein—riding a bicycle.

Talking with Masy as he blends up a gazpacho of tomato juice, garlic and fresh vegetables in his compact Montecito area kitchen, you can believe that few people on this earth have lived the life they chose as successfully as he has.

After what he describes as a "glorious career" at NASA, Masy took early retirement and began traveling the world on his vehicle of choice—a bicycle.

During his career, which began in 1962 at NASA's Ames Research Center in Mountain View, Masy helped design the Cassini spacecraft, among other projects, including his first one, the Galileo probe in 1976. He was an idea person, huddling for months with four or five other "think tankers" to come up with projects that would help NASA achieve its research goals. He began holding seminars on the Cassini project in 1980.

"You wouldn't see the fruits of your efforts for twenty years. From the back-of-the-envelope initial calculations to presentations, seminars, going to NASA headquarters, then a couple of years negotiating with Congress, to raise the money. And then I go on to something else.

"I was involved in the very initial stages, deciding what project to do. We chose Saturn because the big moon, Titan, has organic chemistry, and anything that has organic chemistry has the potential for life. You have to load instruments to test everything, figure out the trajectory. Then it goes to a private

group to study, maybe 50 people, 3-4 million dollars.

"You have a couple of years to test it, then a couple of years to get a launch date at the Cape. Eight more years to launch." Cassini launched in 1997.

Masy commuted to work on his bicycle. In 1990 he took early retirement to fulfill his second dream: traveling the world by bicycle.

Where has he been?

Every country in Europe except Turkey. Africa, the Eastern bloc countries, Asia, including a day in North Korea. Every world region except the Middle East, where he hopes to travel some day.

His favorite countries were what were then called "third world countries"—the developing countries of Africa, Asia and South America. Riding a bike into a small village in, say, Swaziland, was an instant entrée into the intimate life of the people.

"When I pull up into a little village by bicycle, all barriers are down. If you pull up with a Volvo or American automobile, you're just somebody they just can't imagine. But with a bicycle, you're one of them."

"When we travel in these countries that are yet to be developed, they have almost nothing to their name—none of the material stuff—and yet you'll come by on your bicycle in their little village, and you know the bicycle is worth more than their entire home, and yet they invite you into their home and offer you food and even housing. And you know that they don't have anything, and yet they're so happy to see you, to share what they have. That's certainly the joy of going to lesser developed countries."

Masy mostly travels on his own. There aren't that many people who want to spend



Alfred Masy

more than a couple of weeks on a tour, especially on a bicycle. "Most of my friends are still working. And many people just don't have an interest in traveling, especially to third world countries, and I love third world countries."

Masy joined the group SERVAS International, which calls itself "a community of global peace seekers," started in 1949. To become a Servas traveler or host, you undergo a series of interviews and are then issued a letter of introduction, called a Servas Passport. Through Servas, travelers can connect with Servas hosts throughout the world, for free lodgings and usually some inside information about the destination from the host.

"So let's say you're going to go to Estonia. Servas sends you a booklet of the hosts in Estonia. You have to spend a few nights—no money involved. And they welcome Americans, they love Americans all over the world. Especially in third world countries. They'll take you to work and show you what they do. And they'll give you a map and say, see you for dinner."

Last year Masy toured the Far East—including the stopover in North Korea—and this year he's concentrating on the North American continent: Oregon, the Northeast, maybe Quebec.

You may see Masy riding his bicycle around town on errands and visits to friends. He belongs to the Santa Rosa Cycling Club, where he leads rides every fourth Wednesday, and the Petaluma Wheelmen.

When he's not on his bike, Masy enjoys "puttering around in the kitchen" and reading his extensive collection of books about other countries and cooking.



Council on Aging  
Services for Seniors  
30 Kawana Springs Road  
Santa Rosa, CA 95404

Nonprofit Org.  
U.S. Postage  
**PAID**  
Permit No. 341  
Santa Rosa, CA 95401

*Inside.....*

Ask Kate .....	page 2
Gene Shepherd .....	page 4
Derby Day a Success! .....	page 5
Leaving Your Legacy .....	page 6
Crossword & Sudoku .....	page 7
Sebastopol Center Events .....	page 7
Save the Date .....	page 8



# Ask Kate

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

## Dear Kate,

I live in a retirement community. My husband died a couple of years ago and I want to remarry. One of our members is a nice man whose wife is dying. She is expected to die soon and I would like to know how soon after she dies is too soon to let this man know I'm interested. I know some other women who have mentioned him, so I think I would have serious competition. —Sincerely, "Impatient"

## Dear "Impatient"

This is the first time I've received such a transparent question on this topic. As you have failed to mention any friendship with or love for this man, it appears that you and your women acquaintances are waiting, like vultures, to pounce on this poor man as soon as his wife dies. I'm presuming you all want to replace his wife, but will you even give him time to grieve his current wife before you all descend on him?

You don't mention an ongoing friendship with the man and his wife, but if you have had one he will know you as a friend and will probably turn to you for support after his wife dies. If you have not been a friend to him before now, what makes you think you know him well enough to jump into a relationship with him? Are you willing to take any man as long as he is breathing?

I realize that the number of men decreases as a woman gets older, but if you haven't reflected on the "whys" of your desire to stalk this man, now is the time. What is it you want: male companionship; husband; money? My guess is that, based upon the amount of interest, there must be money available. After all, how many women would choose to stalk a poor man?

I'm seeing a lack of consideration for this man as well as a lack of consideration for yourself. Let's start with the man in question: Why would you believe he would want another relationship? Perhaps his wife is the love of his life and he will have no interest in the gathering gold diggers. Or, maybe he's exhausted and needs time to rest and put his life in a new order that meets his needs. Show this man some respect, give him some space and provide your condolences and a gift of prepared food after his wife's death. Try not to be intrusive or insensitive.

Now let's consider your needs. Are you truly in need of male companionship? If that's the case, there are church and social groups where you can enjoy a man's friendship without all the complications of a committed relationship. Although marriage is often the goal, bear in mind that not all marriages are truly happy. Think

twice before you go jumping into a widower's nest. There could be some hidden surprises.

There are pros and cons to the single life and a married life. In order to find a good balance you can live with, you will need to consider your own likes, your willingness to compromise and your need for independence as well as for solitude.

Seriously, make a list of pros and cons to marriage. We tend to focus on what we don't have rather than on what we do have. What do you value in the way you live now? It can be refreshing to live life according to your own needs and time frames. Be honest with yourself in your assessment of your needs and desires. Be aware if you have characteristics that make it difficult for you to live with others, or for them to live with you. What are you missing? Look for diverse ways in which you can meet your social needs. If you are missing companionship, don't forget that your single women friends would often love to accompany you to a social event. Focus on being a good friend and develop warm and supporting relationships to keep you company. Good friendships outweigh a hasty marriage anytime. Don't they?

*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](mailto:kmaxwell@councilonaging.com).*



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 13  
Monday, May 11  
Monday, June 8  
Monday, July 13  
Monday, August 10  
Monday, September 14  
Monday, October 12

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

Sign-up for this fun, informative class today!

The class FREE!  
Reserve your spot today!

(707) 545-8608



## Correction

Windsor Certified Farmers Market was omitted from the list of farmers markets last month. It's at Windsor Town Green, Sundays, May-Nov, 10 AM-1:30 PM; Thursdays, June-Aug, 5-8:00 PM. 838-1320. Start dates for other markets were off by one day, though weekdays were correct.

## Sonoma Seniors Today

published monthly by



COUNCIL ON AGING  
SERVICES FOR SENIORS

30 Kawana Springs Road  
Santa Rosa, CA 95404

707-525-0143 • 800-675-0143

Fax 707-525-0454

[www.councilonaging.com](http://www.councilonaging.com)

Interim Chief Executive Officer: Mare O'Connell

### BOARD OF DIRECTORS

Bonnie Burrell, President

Jeff Beeson, Vice President

Lee Cachola, Margaret Clift, Carroll Estes, Ph.D.,

Corrine Lorenzen, Jeffrey Madura, Terry Moore,

Michael Randolph, John Reyes

and Komron Shahhosseini.

### Contributions, Letters & Subscriptions

Editor: Bonnie Allen

(707) 763-2544

Email: [SonomaSeniorsToday@gmail.com](mailto:SonomaSeniorsToday@gmail.com)

### Contributors:

Kate Maxwell, Marianne McBride,

Connie Wallace

### Proofreading Assistance:

Steve Della Maggiora

Distribution Manager: Stacey Shade

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

[kkennedy@councilonaging.com](mailto:kkennedy@councilonaging.com)

*Sonoma Seniors Today* is a publication of Council on Aging, 30 Kawana Springs Road, Santa Rosa, CA 95404, (707) 525-0143

Email: [information@councilonaging.com](mailto:information@councilonaging.com)

[www.councilonaging.com](http://www.councilonaging.com)

*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.

*Editor's note: Publication of all material is at the discretion of the editor; originals become the property of SST and cannot be returned. Mail all submissions to Sonoma Seniors Today c/o Council on Aging, 30 Kawana Springs Road, Santa Rosa, CA 95404.*

All rights reserved

© 2009 Council on Aging

## Come Home to VALLEY ORCHARDS...



Celebrating  
25 Years  
of Excellence

Active Retirement Living  
in Beautiful Sonoma County

Rates as Low as \$1,490 Including All Meals and Services (new residents only)

Call for more information:  
(707) 778-6030

2100 East Washington St.  
Petaluma, CA 94954

[www.ValleyOrchards.com](http://www.ValleyOrchards.com)  
Visit our Napa Valley Community - [www.SilveradoOrchards.com](http://www.SilveradoOrchards.com)



Family Owned & Operated  
Continuously Since 1983

A FULL SERVICE RETIREMENT COMMUNITY



# Council on Aging Donors

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

## GENERAL FUND

### \$100-\$249

Center for Spiritual Living, Santa Rosa  
Kathryn M. Marquet  
Kenneth K. Schulze

### \$1-\$99

Cheryl C. Cummins  
Douglas W. Price and Leslie J. Price  
Fager  
Susan Savonis

## MEALS ON WHEELS

### \$5000 and above

Indirect Vitamins Products

### \$250-\$499

Alex S. Bendahan

### \$1-\$99

Catherine E. Deprima  
P. M. Gillespie  
Martha M. Parmelee  
Nora G. Reed and Lawrence R. Andersen

## MEALS ON WHEELS- HEALDSBURG

### \$100-\$249

Katherine A. Popich

## SENIOR LEGAL SERVICES

### \$1-\$99

Keith and Carmen Taylor

## HOLIDAY APPEAL

\$250-\$499  
Kathleen M. Banks

### \$100-\$249

Greg and Kris Baird  
Steve Jones  
Ruth Meacham  
Jeanne and Thomas Nelson  
Muriel Smith  
James T. Spahr, Jr.

### \$1-\$99

Ronald F. and Celeste Hall  
James R. Kidder  
Wanda Seiber  
Barbara Shilo  
Naomi Tolf

## DERBY DAY FEED A SENIOR

### \$5,000

Jennifer and John Webley  
Anonymous

### \$1,000

Linda Evans and Brian Burt  
Al Galster, MD and Linda Revetria  
Lawrence and Dorothy Harper  
W. A. (Smokey) and Jane Hynes  
Gregg Kahler  
Robert LaVine  
M. W. and Diane Montgomery  
Stanley Nussbaum, M.D.  
Myrtleann Pappas  
Andrea Perata  
David Perata  
Barbara Ragsdale  
Kristin Wells  
Joe and Penny White

### \$500-\$999

L. Mathew Adams  
Kathryn Boyd  
Julian Dakkak  
Robert H. and Susan Durler, Sr.  
Gary and Karen Geerdes  
Michael Livingston  
Randy and Marianne McBride  
Jim Parsley  
Joe and Elena Reynosa  
Lynn Small and Suzanne Rayburn  
Laura Whiton  
JoAnn and Steve Wilson  
Tom Wimmer

### \$100-\$499

June Barton  
Rhen Cain  
Joan A. Cooper  
Matt Cornfoot  
Karen and Harry Gabelman  
Franci Griffith  
Mike Hernandez  
Lee and Susan Janvrin  
Jennifer Jordan  
Lyle and Suzanne La Faver  
Marissa Olney  
Brenda Putnam  
Jill Rexford  
Kathleen Rhodes and Carl Campbell  
Regina Silvers  
Katie Specht  
Sean Sullivan  
Wendi Thomas  
Leanne Wangler  
William E. Wilson  
Jane Hodges Young  
Vince and Valerie Zukowski

## KITCHEN DONOR

Teresa de la O

## MEMORIAL GIFTS

*In Honor of Joanne Maffei*  
Kenneth J. and Karen Adelson

*In Memory of*  
*Karl John Paul Schneider*  
Harold and Linda Roa

*In Memory of Joan Lubar*  
Jackie and Frank Dono  
Lang H. Montgomery  
Warren and Mary Silver

*In Memory of*  
*Kathleen Baaroke*  
Adele Mortensen



*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.*

To leave a bequest is to make a permanent statement of your values. It is by this act of charity that the world will remember what you cared about and what you stood for. If providing for seniors matters to you, consider a gift to **COUNCIL ON AGING** in your estate plans.

## Your Talents Make a Difference



Looking for retired nurses and social workers with a few hours per month willing to visit frail seniors in their homes to assess their needs and connect them with services that will help maintain their independence and preserve their quality of life. Training will be provided. For information call Michele, Director of Volunteer Services at 707-525-0143 ext. 147 or email [mleonard@councilonaging.com](mailto:mleonard@councilonaging.com).

Here's to the fathers in our lives:

"I talk and talk and talk, and I haven't taught people in 50 years what my father taught by example in one week." — Mario Cuomo

"When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was

## Track your Social Security Rebate

If you receive Social Security or SSI (Supplemental Security Income) and have not received your \$250 by June 4, 2009, you can track that payment on the Internet at [www.socialsecurity.gov](http://www.socialsecurity.gov). More information and a brief informational video are also available at that site.

golden living centers

### Golden Living Center Santa Rosa

24 Hour Skilled Nursing Needs focusing on:

- ❖ Short-Term Rehabilitation
- ❖ Long-Term Nursing Needs
- ❖ Respite Care
- ❖ Stroke Recovery

Take a Tour Today!  
4650 Hoen Avenue  
Santa Rosa, CA  
707-546-0471

astonished at how much he had learned in seven years." — Mark Twain

*Happy Father's Day!*

*Your Concern...*

*is our expertise.*

**HIRED HANDS INC. Homecare**  
*Trustworthy & Compassionate Caregiving*

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](http://WWW.HIREDHANDSHOMECARE.COM)

# From Gypsy Violins to the Santa Rosa Symphony

## The story of Hungarian immigrant Gene Shepherd

by Connie Wallace

The telegram read, "Would you be interested in joining the orchestra for the Air Force show opening on Broadway in November? Please wire collect immediately." Sunrise Senior Living resident Gene Shepherd jumped at the chance.

Raised in a small Hungarian community in Cleveland, Ohio, young Jenó Juhasz (now Gene Shepherd) fell in love with gypsy violins. At age eight, his first teacher was a gypsy who taught by rote, playing a piece, making a few notations and telling Gene to "learn this by next week." Eventually he studied privately with a member of the Cleveland Symphony. In high school his considerable talent was recognized by band director, Peter F. McCormick, who insisted Gene apply for a scholarship at the small prestigious Conservatory of Baldwin-Wallace outside Cleveland in Berea, Ohio. This artistic community encourages and nurtures each student's personal and professional growth. There he earned a B.A. degree and auditioned for Juilliard School of Music in New York. His audition piece was the Tchaikovsky Violin Concerto, "a monster of a thing," and he became the first graduate of Baldwin-Wallace to receive a fellowship to study at Juilliard. Gene says that the atmosphere at Juilliard was the same warm encouraging one he'd experienced as an undergraduate.

When war was declared in 1941, Gene joined the Army Air Corps. While stationed in North Carolina, he got the aforementioned telegram. He was soon a part of the 350-member cast of *Winged Victory Air Force Show On Broadway*. It opened on November 20, 1943, and played to packed houses. The illustrious cast consisted of Red Buttons, Edmond O'Brien, Karl Malden, Lee J. Cobb, and John Forsythe, to name just a few. Sylvia Kaye, Olive Deering and Barbara Baxter also starred. Jeanne Craine and Judy Holliday made their movie debuts in the film version. The hundreds of men on stage were all members of the Air Force. To

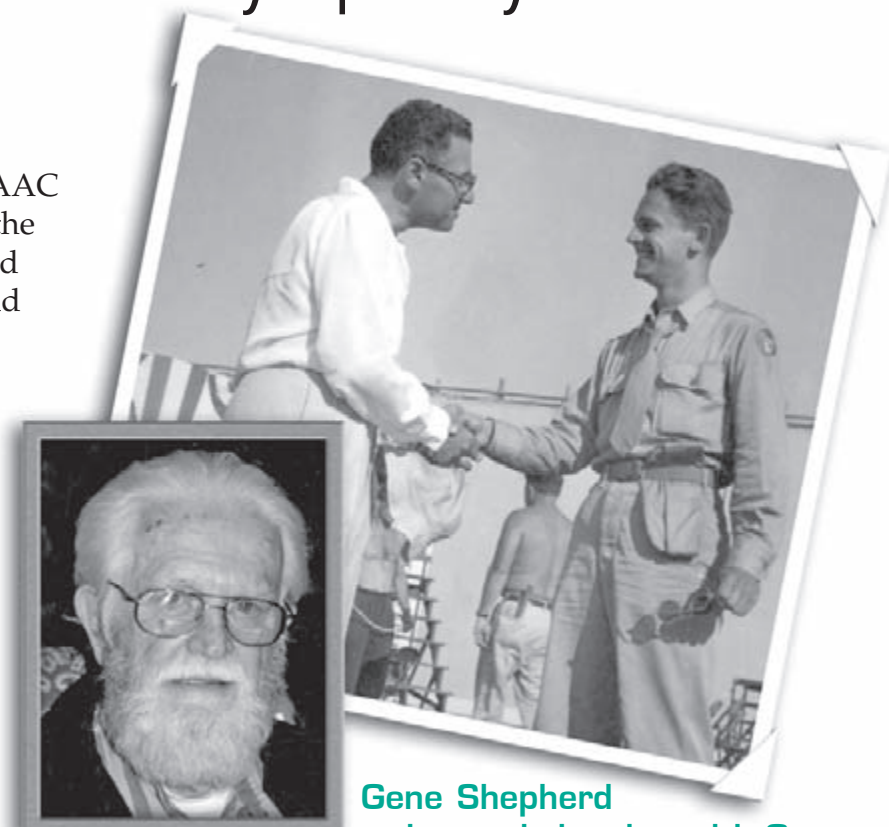
remind him and his fellow AAC members they were still in the service, the military installed bunks in the hotel rooms and marched them from train stations to musical engagements with gas masks slung over their shoulders. This duty served as an important morale builder for the country and the armed forces.

The *Winged Victory* show was written and directed by Moss Hart with music and arrangements by David Rose. Because Moss Hart felt it was important for the entire country to see the show, after seven months he took it on the road for 26 weeks, ending in California for the film version. In one of Gene's scrapbooks, among the many photos of the shoot, there is one of him and director George Cukor engaged in conversation, speaking their native Hungarian. "When I'm asked what I did in the service," Gene admits with a laugh, "I reply that we captured Broadway, established a beachhead at Santa Monica, then worked in a Twentieth Century foxhole."

Following his tour of duty in the Air Force Gene was asked by a friend to replace him in the Glenn Miller Band under the direction of Tex Beneke. In 1947 the band played that king of the big band ballrooms, the Hollywood Palladium. The opening-night performance drew a crowd of 6,750 dancers, setting a record. While playing with Beneke on the RKO circuit, Gene worked with newcomers Dean Martin and Jerry Lewis for five weeks, doing five shows a day, seven days a week. When Henry Mancini joined the band as a pianist he and Gene discovered they were both from Cleveland and had been at Juilliard at the same time and never met. Later when Beneke, for financial reasons, was forced to eliminate the string section of the Miller Band, Gene decided to pursue another area of interest, psychology.

He earned a degree from USC, moved to Sonoma County and worked at the Sonoma Developmental Center in Glen Ellen for two years as a registered occupational therapist. But the siren song of music called and he went back to school once more, got his teaching credential and returned to the music field full time. Bringing his mother to Napa he not only taught school there but founded the Napa Youth Symphony.

Gene found Santa Rosa to be an "oasis for music" in the fifties and joined the Santa Rosa Symphony in 1952. He became concertmaster in 1953 and filled that position until 1980. He was band and orchestra director for Cook Junior High



Gene Shepherd today, and chatting with George Cukor in Hungarian in 1941

School from 1959 to 1980. Gene founded and was conductor of the Sonoma County Junior Symphony in 1959 and it remained under his baton until 1994. This was the first orchestra to play at Charles Schultz's Ice Arena. Gene was always invited to Beethoven's Birthday Party in December at the Schultz home and he'd bring a string quartet along. Once Gene couldn't find a tee shirt with a picture of Beethoven on the front so he came to the event wearing a blank shirt. "Sparky" Shultz took Gene in his office and quickly rendered a striking portrait of Beethoven on the front. The outstanding drawing is now framed and hanging in his apartment.

Gene didn't let retirement in 1980 stop him; he then became musical director and conductor of the Santa Rosa Junior College Baroque Sinfonia until 2005.

The most fulfilling time of Gene's life was working with the Youth Symphony. Two former members of that group visited him during a recent reunion and recalled that playing in the orchestra and the lifelong friends they made was an important part of their lives. The success of former students Sid Page, who plays with Hollywood studio orchestras, and Anthony Martin, a first chair player for the San Francisco Sinfonia is very gratifying as well.

Gene's marriage ended in divorce after thirteen years, but he remains close with daughter Gina and his three grandchildren. Matthew has a rock band, Taylor writes for films and Nicole plays the trombone. All three appreciate the big band sound.

Today among all the memorabilia, CD collections, art and numerous scrapbooks, Gene is still involved in life. He takes an autobiographical writing class and participates in exercise classes but misses his regular Tuesday golf group at Bennett Valley and looks forward to rejoining them. Gene believes in keeping your head above water so you can look skyward.

Connie Wallace is a volunteer at Sunrise Senior Living.

1511 La Esplanada Place  
Santa Rosa

## La Esplanada

Apartments for Seniors

**From \$850 per month**  
limited time only

<ul style="list-style-type: none"> <li>Brand New 2-Bedroom Units</li> <li>Granite Countertops</li> <li>Crown Molding</li> <li>Bathroom Tile</li> <li>Bocci Ball Court</li> <li>Putting Green</li> <li>Close to Hospital</li> </ul>	<ul style="list-style-type: none"> <li>Gated Community</li> <li>Upgraded Carpet</li> <li>Hardwood Floors</li> <li>Maple Cabinets</li> <li>Park-like Setting</li> <li>Parking Available</li> <li>Close to Shopping</li> </ul>
--	--

**An Active Community**  
**For Adults 55 Years and Up**

**877-765-2888**

# Another Derby Day Success!

*Rain clouds hovered, sprinkling throughout the day but the generosity poured. Derby attire prevailed, culinary expectations were surpassed, and hearts opened.*

by Marianne McBride, Director of Development



Following the chef competition, auctioneer Brent Farris from KZST caused a bidding frenzy on live lots that included a complete one-week package from Santa Rosa to Cape Cod, a make-your-own wine cellar, and a full year of movies at the Rialto paired with fabulous dinners from local restaurants. The afternoon concluded with a live broadcast of the Kentucky Derby and long shot "Mine That Bird" crossing the finish line first, to the delight of Derby Day guests.

Save the date: May 1, 2010!

## *Photos: Scenes from Derby Day 2009*

Top three photos by Yo Bliss: Chef Paul Schroeder & sous chef Dr. Al Galster; Sous chefs Shirlee Zane & Efren Carrillo; Friendly Visitor Jim Livermore with 95-year-old COA client Helen.

Remaining photos by Phillip C. Hahn: Auction scene; Trumpeter Pete Estabrook; Queen's table; auctioneer Brent Farris; Studying the program; Master & Mistress of Ceremonies Josh Silvers & Betsy Fischer; They're off and running!

(Copyright Phillip C. Hann, 2009. All rights reserved. Used with permission.)

## Leaving Your Legacy



### Why & How

By Marianne McBride  
Director of  
Development

Many of Sonoma County's charitable or nonprofit organizations will struggle to meet the needs of our community in the coming years without an increase in planned or bequest giving. That's why many people who give generously to their favorite charitable organizations while they are alive are concerned that their contributions will be missed when they're gone.

And rightly so. Even though 80 percent of us give, at some point in our lives, to charities, only 7 percent of us remember those same charities in our estate plans. With a little planning, people can continue to make a difference. While some gifts may be large, many are small. Regardless of size, all gifts are important to help continue the vital work of our charitable or nonprofit organizations.

Many worry that by leaving a legacy, they will not have enough assets to see them through the rest of their lives or through any difficulties, such as a health crisis. They may also be concerned that family members or children will not benefit from receiving the full sum of their estates. Any professional financial advisor can show you how a legacy gift can generate tax savings and/or an income stream for yourself, a spouse or children.

So where do you begin? Talk to your professional financial advisors and begin collecting information so you can determine the best approach for leaving your legacy. Making a bequest or other testamentary gift is actually quite simple. It can be as easy as including a bequest in your will, or changing the name of the beneficiary of a life insurance policy or an IRA.

It is important that you consult a legal or tax advisor when making decisions to leave a charitable gift through a will or from your estate. It is critical to seek the advice of your attorney and other advisors, including accountants, insurance agents, investment planners, professional trust officers and financial planners. Seek an attorney and/or professional financial advisor who shares your commitment to charitable giving. Determine your attorney and/or advisor's expertise in relationship to your needs, whether it be wills, accounting, tax laws, trusts, or other areas of expertise. With the right advisors you will put together a plan that achieves your goals of providing for your family and the charities that you care about. You will also be assured that your legacy lives on.



# VOTED BEST PHARMACY 2 YEARS IN A ROW!

2008/2009  
Best of Sonoma Winner  
in the Pharmacy Category

—U.S. Local Business Association



*We appreciate your support!*



**SONOMA**  
303 WEST NAPA ST. | 707.938.1147  
pharmaca.com

**STORE HOURS**  
MONDAY-FRIDAY 9AM-7PM  
SATURDAY 9AM-6PM  
SUNDAY 10AM-6PM  
RX 10AM-6PM



**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.

# Focus on Sebastopol Senior Center: June Events

Sebastopol Senior Center is a happening place! Below are a few of the SSC events this month, free unless otherwise noted. Everyone is welcome to join our friendly community at 167 North High Street, Sebastopol (next to the library). For information, call 829-2440.

■ **June 9, 1 PM, Feldenkrais Can Help With Chronic Pain**, Learn how this gentle exercise program is so beneficial for senior citizens and everyone who is living with chronic pain and stiffness, regardless of age or physical capability.

■ **June 12, 1:30 PM, Actor/writer Robert Nichols (Sebastopol resident) to speak and show "The Thing," one of many movies to feature Robert.** He'll talk about how the movie was made and how he got the part and answer questions about the great Hollywood days.

■ **June 16, 1 PM, Tips to Help Your Memory**, with Doctor Bernstein, Neurologist.

■ **June 19, 2 PM, Doctor Steven Kim, Podiatrist**, will discuss proper foot care and common foot problems, such as diabetic and wound care and foot and ankle surgery.

■ **June 23, 1 PM, Panel: "What to Look For and Watch For When You Need More Help."** Featuring 3 speakers: Ombudsmen, the non-profit senior advocacy agency that address the needs of seniors and people with disabilities by advocating for their dignity, rights, and quality of life, and promoting knowledge and self-determination; Margo Louwerse, owner, Las Palmas Residential Care Facility, will speak about "What to look for in residential care facilities"; and Lana Fennel from Home Instead, will speak on "How to hire the right caregiver or extra help."

■ **Mondays, June 29–August 17, 2:30-4:30 PM, A Matter Of Balance.** Practical strategies to avoid or manage falls. You will learn to view falls as controllable, make changes to reduce fall risks at home, and learn the exercises to increase strength and balance. Suggested donation: \$20.00 (no one turned away for lack of funds). RSVP to 829-2440.

## When you go, why not arrive early for lunch?

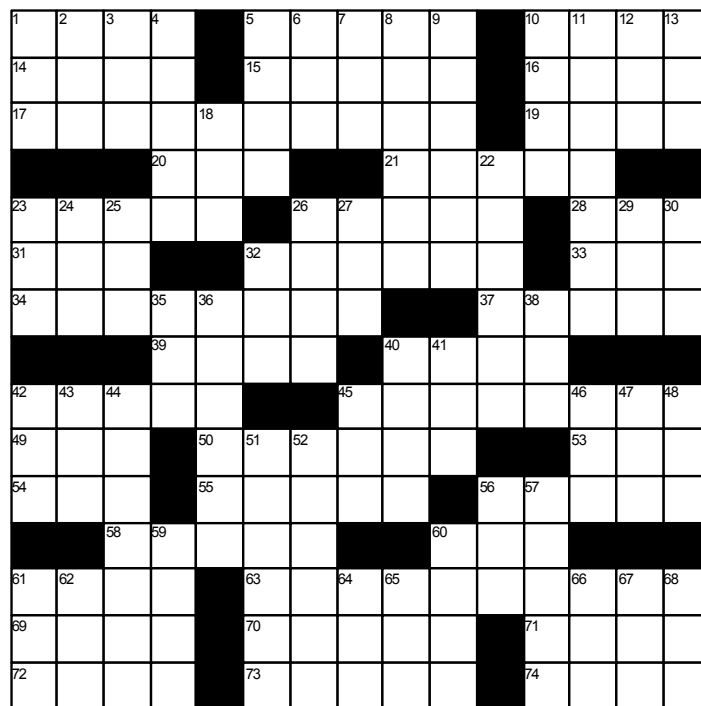
Lunch at Council on Aging dining centers is at noon, Monday through Thursday, with a special Friday brunch that starts at 11:30. It's a great way to meet people and have an economical meal out. Call 829-8381 for reservations.



## ACROSS

- 1 Basics
- 5 Water-loving mammal
- 10 Paco's friend
- 14 Tie together
- 15 Indian or Atlantic
- 16 Tel \_\_ (Israel's capital)
- 17 Interlace
- 19 Peter, for short
- 20 Slippery one
- 21 Criminal imprisoned for life
- 23 Change
- 26 Dwelling
- 28 \_\_ Chi Chu'an, Chinese exercise
- 31 Observed
- 32 International travel org.
- 33 Computer key
- 34 Superabundance
- 37 State that was once a republic
- 39 Tramp
- 40 Jewish calendar month
- 42 Influences
- 45 Tricky
- 49 Egg layer
- 50 Stopwatches
- 53 Dined
- 54 Affirmation
- 55 Swelling
- 56 Challenged
- 58 They supply water or oil
- 60 "Meathead" actor Reiner
- 61 Prow
- 63 Free thinker
- 69 Lotion brand
- 70 Rich and powerful one
- 71 Univ. class
- 72 Org.
- 73 Move effortlessly
- 74 Musical pause

# June Crossword Puzzle



www.CrosswordWeaver.com

## DOWN

- 1 Boxer Muhammad
- 2 Disallow
- 3 SF time
- 4 Luster
- 5 Ginsberg poem
- 6 Summer drink additive
- 7 Legume
- 8 Behavioral psychologist
- 9 New York Indian
- 10 Jest
- 11 Charge too many tariffs
- 12 Command for Rover
- 13 Night before
- 18 Communist or Republican
- 22 Joyful
- 23 Cleopatra's nemesis
- 24 Bad beginning
- 25 Ram's mate
- 26 Nautical or dynamic starter
- 27 Lingerie
- 29 Wing
- 30 " \_\_ a Wonderful Life"
- 32 Weep
- 35 Scriptural your
- 36 Lodging
- 38 Bard's before
- 40 Halo
- 41 Insult
- 42 Bashful
- 43 Bitsy
- 44 Responds
- 45 Jewel
- 46 Remote
- 47 Shoshonean
- 48 Type of light, for short
- 51 Loafing
- 52 Tequila source
- 56 One of seven dwarfs
- 57 More competent
- 59 Discharge
- 60 After-bath attire
- 61 Winter sport
- 62 Perfect score
- 64 Kimono sash
- 65 Okay
- 66 Genius
- 67 Distress call
- 68 Nobel's invention



TWEETEN  
ELDERCARE  
ADVISORS

Free assisted  
living placement  
for seniors and  
families

707.570.2589 ■ [tweeteneldercare.com](http://tweeteneldercare.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](http://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.)

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



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.

JOIN US FOR OUR COMMUNITY OPEN HOUSE  
SATURDAY, JUNE 20 and SUNDAY, JUNE 21 • 1:00 - 3:00 p.m.  
Space is Limited. Please RSVP.

(707)538-1914 | [www.kiscoseniorkiving.com](http://www.kiscoseniorkiving.com)

Oakmont  
Gardens   
A KISCO SENIOR LIVING COMMUNITY

License No. 496801029 | 301 White Oak Drive, Santa Rosa, CA 95409



## 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]

◆ **June 2: Healdsburg Jazz Festival: Montclair Woman's Big Band.** Free community concert on the Healdsburg Plaza, Healdsburg Ave. & Matheson St., 6-8 PM. 433-4644.

◆ **June 3: Public Hearing: Transportation and Mobility for Seniors: What good are services if you can't get there?** Sonoma County Human Services Department, Adult and Aging Division, 3725 Westwind Boulevard, Santa Rosa, 9-11 AM. Sponsored by the California Commission on Aging, Sonoma County Area Agency on Aging and Sonoma AAA Advisory Council. Topics: Transportation planning for service access, walkable communities, safe driving for seniors, using volunteers to transport seniors, and transitioning older drivers to alternative forms of transportation. Featured panelists: Lynn Daucher, Ginny Doyle, Judith Eisen, Rabon Saip, and Cindy Scarborough. For info, call Sandra Fitzpatrick, (916) 419-7591.

◆ **June 3: LandPaths 3rd Annual Laguna Uplands String Music & Family Picnic.** Laguna Uplands Preserve, 6-9:30 PM. Bring your family & picnic dinner & join us as we gather at the Laguna Uplands, a small but lovely property overlooking the Laguna de Santa Rosa that has been protected by the District. We'll take advantage of the long summer evening with nature-based activities for the youngsters and acoustic musicians sharing folk songs into the twilight. ADA Accessible. Registration required: call 524-9318 for registration and directions, or sign up online at [www.landpaths.org](http://www.landpaths.org).

◆ **June 6: Parade. Forestville Youth Park Parade, Carnival & BBQ.** "The Rhythm of Forestville." Downtown Forestville, 10 AM. 887-8530.

◆ **June 6-7: 42nd Annual Russian River Rodeo & Parade.** Parade: Main Street, Guerneville, 10 AM. (Rodeo at Duncan's Mills Rodeo Grounds, 1 PM, \$12 adults, \$7 seniors, \$5 children.) 865-9854.

◆ **June 20: 29th Annual Cotati Jazz**

**Festival.** Music, art, food & fun for the whole family! Jazz ensembles will be playing all over downtown Cotati. 794-8100.

◆ **June 20-21: Celebrate the Accordion!** Petaluma downtown, near Yacht Club at 1st & C Streets, overlooking the beautiful Petaluma River, 11 AM-5 PM. Live music all day long 762-9348.

◆ **June 21: Father's Day 15th Annual Car Show.** Juilliard Park, Santa Rosa, 9 AM-4 PM. Talk "shop" with car owners or "show & shine" your own vehicle (\$25 fee to enter a vehicle). Drinks, food, music entertainment & raffle contest. All proceeds go to the MSA & ECA scholarship programs. 546-5500.

◆ **June 28: Santa Rosa Wellness Festival/Family Expo.** Santa Rosa Vets Memorial Building—Main Auditorium, 10 AM-5 PM. An extravaganza to create healthy happy lifestyles, with special sections for babies and seniors. The latest products, services and info featuring the best in health/wellness, education, home, sports, hobbies, financial. 623-2138.

◆ **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.

"Fatherhood is pretending the present you love most is soap-on-a-rope." —Bill Cosby

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

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

## Funding Cuts

### Property Tax Postponement, Homeowners and Renters Assistance Suspended

Senate Bill X 3 8 (Ch4, 2009) signed by the Governor on February 20, suspends Property Tax Postponement indefinitely. This means the State Controller's Office will no longer be able to provide property tax postponement assistance to senior, disabled or blind homeowners. If you have been postponing your property taxes, you will no longer receive an application in the mail in May 2009.

Homeowners and Renters Assistance also became "unfunded indefinitely" last year.