

SONOMA SENIORS

COUNCIL ON AGING *Today*

JUNE 2008

In Search of Community

Ideas from elders forging community ties in a changing world

by Bonnie Allen

Throughout most of history, people didn't talk or write or think much about community, mostly because community was the invisible fabric of everyone's life. And communities were "vertically integrated"—that is, children, their parents and grandparents were part of the same social circle.

Communities were never consciously created before. They arose as a natural consequence of people living together in the same place for generations. They were neighborhoods, churches, schools, business connections.

But the twentieth century changed all that. Americans became more restless than ever, in search of opportunities lost during the depression and suddenly multiplied by the demands of World War II and the postwar boom. In the great shuffle, communities often got left behind, along with the grandparents who had always been the anchors of those communities. In the twenty-first century, few of us can expect to live our lives in the community we were born in.

And so we try to create communities, and it often seems as though our efforts yield something artificial.

For many elders, the question is how to create community far from their children—whether in distance or in lifestyle. Increasingly, the most efficient answer has become to move into communities of their peers, on the assumption that people of a similar age have the same needs, and thus belong together.

The results of this experiment in age segregation have been mixed. The residents of Oakmont Village, a 55-plus community, enjoy every imaginable community blessing—classes, concerts, book groups, over 50 interest groups and organizations, groups dedicated to tennis, ping-pong or bocce ball to name a few sports, dancing and instruction in the arts.

As Lu Pearson, director of the Oakmont Senior Resources Committee notes, "You could be busy all the time." And fast friendships are formed over ping-pong or bridge.

Of course, these amenities are available

only to seniors who can afford to live in communities like Oakmont and pay the \$400-plus annual membership fee. Senior living facilities vary in how much they can offer. And all these facilities have one thing in common: they take people out of their communities and neighborhoods, and try to replace that connection with a ready-made one of "senior activities."

Some suburban neighborhoods have taken a different path following the departure of their children to raise families elsewhere.

Rather than moving to senior communities, over 100 neighborhoods across the country have formed associations to make life more comfortable, both for the aging and for baby boomers who see aging as a concern down the road. They set membership dues that will go to lining up providers of transportation, home repair, companionship, medical assistance, security and other services to meet their needs at home for as long as possible. This solution is actually more affordable than relocating to senior housing or assisted living facilities, and it allows residents to maintain ties to their community.

"In terms of government support, New York State is at the forefront, with a 20-year-old model known as a Naturally Occurring Retirement Community (NORC). Since 1995, the state has financed social services, including nurses and case managers, in many apartment buildings with a concentration of residents over 60. Last year, it added a few suburban neighborhoods, so-called horizontal NORCs," says reporter Jane Gross in an August 14, 2007, article in the New York Times on seniors "aging in place."

Elders living in a younger world are often in a state of isolation. Senior centers help build community by offering a wide range of free or low-cost group activities—including the option of starting your own group—as well as low-cost dining rooms.

The Petaluma Sages is a group of native and old-time Petalumans who have been meeting at the Petaluma Senior Center to

"In and through community lies the salvation of the world." —Scott Peck



Intergenerational story reading at Sebastopol Senior Center

reminisce about shared childhoods and renew old ties. The stories that flow from this meeting will soon be the subject of a video history.

Free senior classes from Santa Rosa Junior College are another entrée into community. Indeed, SRJC's Older Adult program offers classes in a range of topics that are inherently community building—such as discussion groups and the Involved Elder classes. Writing groups such as Geets Vincent's Senior Autobiography classes in Santa Rosa and Rohnert Park have become institutions. At a youthful 83, Vincent has been teaching her class for 23 years, and the participants have developed profound insights into one another's deepest dreams and memories—which is perhaps the hallmark of true community. The Santa Rosa group is in the process of publishing their 11th anthology of collected writings.

But for those who no longer drive, getting to activities outside the home requires transportation, and in recent years funding for such transportation has been cut. Transportation for elders depends on a combination of city bus policy and volunteer services. One model for such transportation might be a ride-sharing network much like the ride-sharing networks designed for commuters.

Virtual Communities

For those unable to get out physically, there are two electronic ways of "getting out." One, of course, is the Internet, where elders can find groups and forums in every interest area, as well as message boards where you can communicate with friends old and new.

But another virtual community has recently sprung up that requires only a telephone. It's called Senior Center Without Walls.

"Community" continued on page 5



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Consider This...



by Shirlee Zane, CEO

One Monday morning I walked into my office surprised to see about fifty quilts hanging all over our walls. I had been out of the office on the previous Friday and the staff, well they got a little restless, and they decided we should hang all of the beautiful quilts that The Santa Rosa Quilting Society had made for us as a fundraiser.

When I walked into my office, I let out a delighted squeal to see a large green, pink, and yellow quilt with a huge smiley sun in the middle of it. The staff broke into laughter. It clearly belonged in a child's room but somehow they felt it needed to be in my office and they were surprised that I loved it so. The sun is still smiling down at me as I type this column.

No sooner had we hung the quilts than the staff started buying them as a fundraiser for our Meals on Wheels program, which was the intent all along, but in the midst of our Capital Campaign to build a new kitchen our quilt fundraiser was put on the back burner. The guild had actually produced over 100 gorgeous unique quilts, each with its own character and style.

Quilts have long been sewn to raise money for causes. The abolitionist movement quilted to raise money to free slaves during the Civil War and to raise money for the war.

Quilting has been around for centuries. Although the exact origins are not yet confirmed, historians know that quilting, piecing, and appliqué were used for clothing and furnishings all over the world. It is assumed that quilting originated in China and Egypt simultaneously.

Nobody comes into our offices without commenting on the art hanging from our walls. The quilts have grown on us so that even though many of them have now been bought and have "SOLD" signs on them, they remain hanging out of the generosity of the staff to share their own special quilts.

This ancient art form of quilting has led me to think about quilting as a metaphor for our lives. We sew up various patches or parts of our life to create ourselves as unique beings. Some quilts have incredibly bold colors not unlike some of our bold staff members, while others are subdued in soft pale yellow and muted blues, but still make their own unique statement.

Our lives are like quilts—bits and pieces of joy and sorrow, stitched with time. These patches represent chapters in

our lives, some that are memorable and incredibly happy, and some that are painful and challenging. Nevertheless, they all are interwoven into one large piece of fabric. The fabric of each life is a remarkable story if only we could pause and reflect upon it. I think about the many seniors we serve each day and the incredible stories they must have within them. It saddens me that we do not have the time to hear each one and write it down. Perhaps this would be a wonderful writing class at the State University or Junior College

I know from my old hospital chaplain days that listening to people's stories is a gift that brings healing to the storyteller. I don't mean passive listening; I mean really listening from deep in our hearts.

As I have stopped in the hallways to examine some of the quilts more closely, I have discovered special patches that I had not noticed previously—such as the quilt that contains pictures of dolphins, polar bears and killer whales, all Arctic mammals that are surrounded by colorful patches. I wonder if the quilter was trying to say, pay attention, we may lose these beautiful creatures if we do not take care of our earth.

All of these quilts have backs to them that are different from the fronts. In fact you can't really tell the difference between what should have been the front or the back. They are reversible and flexible like human beings. We all have many different aspects to our personalities that we reveal with different people in our lives. I can be the visionary competent leader in my CEO hat and the warm empathic and vulnerable wife with my husband.

There is something very special about a quilt. We can wrap ourselves in a blanket and feel warm, but when we wrap ourselves in a quilt, we wrap ourselves in a story and in a piece of art that speaks to the creative side that exists within each of us.

If you want to give a special piece of art that also brings warmth stop by our new offices at 30 Kawana Springs and buy a quilt to help us feed our seniors. It is an investment in love and art woven together.

Have You Visited Our Blog?

We treasure your feedback. One way to let us know what you're thinking is to visit our new Internet blog at and share your thoughts and ideas. It's easy! Type [considerthisblog.net](http://www.councilonaging.com/considerthisblog.net) in the URL line at the top of your browser. Then scroll to the "comments" link and click to comment on each article. Or you can go to our new Web site at www.councilonaging.com and click on "Consider This Blog" on the left side of the page. If you don't have Internet, you can still write to Shirlee Zane, Council on Aging, 30 Kawana Springs Road, Santa Rosa, 95404.

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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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.



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.

A Gift from Ye Olde Treasure House

Nonprofit donates \$1,000 to Council on Aging

At the corner of Wilson and 8th streets a few blocks off Santa Rosa's Railroad Square stands a modest turn-of-the-century wood-framed building called **Ye Olde Treasure House**. Inside are treasures of a bygone era—antiques and collectibles—as well as household items and even a bargain corner.

A remarkable group of volunteers has been running the shop here and in its previous location since 1962.

Ye Olde Treasure House is a nonprofit consignment and donation shop—staffed entirely by senior women—whose mission is to raise funds for the YWCA safe house for battered women and their children.

"We've just donated \$2,000 to them for playground equipment for the children," said Treasure House president Pat Sardella, who has been volunteering at the shop since 1999.

When there are extra funds, staff members vote on how to distribute them. In this case it was easy. The group had invited Marilyn Chuck from Council on Aging's Daily Money Management program to speak at their quarterly lunch meeting.

"She just floored everyone," said Treasure House publicist Lucille Dumbrava. "She talked about all the things Council on Aging does. As soon as she left, we decided to donate \$1,000 to Council on Aging's Social and Financial Department."

"We had no idea that Council on Aging offered so many services," said Sardella.

The group has in the past donated to the Redwood Empire Food Bank, the Lions Club, the Living Room and other groups.

Volunteers work about two days a month each. Some have been participating for decades. Many are in their 80s, and one is 93. "She comes in twice a month without fail," said Sardella.

Ye Olde Treasure House, at 700 Wilson Street, is open Monday through Thursday from 10 AM to 4 PM, and Friday and Saturday from 11 to 4. The shop accepts donations on Mondays from 10 AM to 2 PM. Consignments are accepted on the first Saturday of each



Treasure House volunteer staff member Donna Hawk (right) accepts a donation from a customer.

month from 11 AM to 2 PM. The shop keeps 30 percent from the sale of consignment items, and the seller gets the rest.

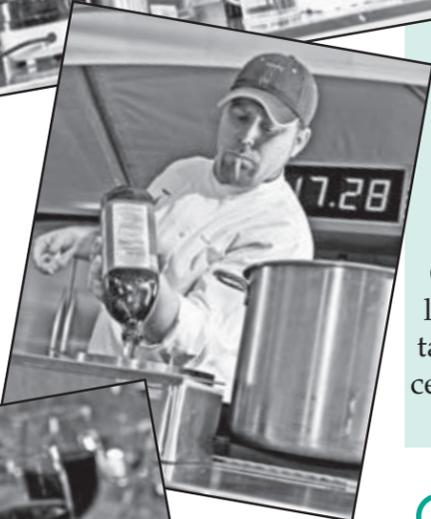
Since the shop is small, please call them at 523-1188 before donating large items.

The next time you're in Old Railroad Square, check out Ye Olde Treasure House. It's a great place to support a heartfelt cause and find one-of-a-kind treasures.

Meals on Wheels Derby Day Delights

*Merriment with a purpose:
\$123,000 raised for Meals on Wheels*

With hats, horses and haute cuisine, May 13 marked another successful Run for the Roses, and another successful run for Council on Aging Meals on Wheels. Together, volunteers, donors and participants raised \$123,000 to provide hot, nutritious meals delivered directly to Sonoma County elders.



Perfect weather prevailed, festive derby attire abounded, culinary expectations were exceeded, and generous hearts opened.

In an afternoon celebrating the best of Sonoma County's food and wine, Chef **Paul Schroeder** from Monti's Rotisserie became the first chef in the Meals on Wheels Derby Day history to win the Chef Competition two years in a row. Accompanied by sous chef, **Dr. Al Galster** from Kaiser Permanente, Paul dazzled the judges and reigned over round one winner, **Mark Dierkhising** from Dierk's Parkside.

Following the chef competition, live auction items causing a bidding frenzy included a Martini Party for 20 at McDonald Mansion, a one-week stay in a 17th century Paris apartment and a Paella Event for 20 with Chef **Gerard Nebesky**. The afternoon concluded with a live broadcast of the Kentucky Derby and the presentation of the grand Derby Day raffle prize—a \$1400 gift certificate at the Kenwood Inn and Spa.

Images from top: ladies enjoying the festivities; hat competition; emcees **Josh Silvers** from Syrah and **Betsy Fischer** from SRJC Culinary Arts Program; Chef's Competition winner **Paul Schroeder** from Monti's Rotisserie; Seafood Gumbo prepared by Chef **Christophe Preyale** from Fountaingrove Golf and Country Club; Chef **Mark Dierkhising** from Dierk's Parkside Café with sous chef, **Barbara Wimmer**

This year's honored senior and Meals on Wheels client, Mark Platt with Shirlee Zane, CEO.



Mark Platt as "Dream Curly" with Katharine Sergava, 1943

As a teenager from Seattle, Mark danced for the Ballet Russe troupe until he abandoned ballet for Broadway where he created the role of "Dream Curly" for the original production of the historic *Oklahoma!* He was one of the brothers in MGM's *Seven Brides For Seven Brothers* and combined work as a choreographer, Broadway dancer and Hollywood dance partner for Rita Hayworth. He ended his career as director of ballet and a producer at Radio City Music Hall in New York. At 95, he now lives in Santa Rosa and receives Meals on Wheels.

Limitation Can Be a Gift

A conversation with Rabon Saip, elder extraordinaire, on disability, community, technology and more

by Bonnie Allen

This is an amazing time to be alive," says Rabon Saip. "There has never been this kind of accelerated culture and technology. There are things right around the corner that could essentially change our whole species, the way we are. Certainly information technology has already done it."

For Saip, who is legally blind, technology allowed him to emerge from a life of frustrated ambition, acquire an education and pursue the sense of community that eluded him during his hardscrabble upbringing in Macon, Georgia, and his years of trying to fit into a sighted world.

Denial was his first approach. He got a driver's license and worked at a series of jobs where he lasted until employers figured out that he couldn't see what he was doing. It was a difficult path, and he drifted into substance abuse to help smooth the way.

When he went to the state to ask what he could do to earn a living, he was invited to apply for Social Security Disability. The arrival of the first disability check was a crisis for him. He went to the Social Security office to ask what he could do to earn the money.

"Nothing," they said. It was devastating, as though his productive life had been set aside forever.

Saip became a fine woodworker, for 25 years creating ingenious and beautiful furniture, such as a chair that was also a harp. He designed a "wind axe," to capture music from the wind at Point Reyes.

"Woodworking helped me find myself," says Saip. He eventually gave up woodworking because of the difficulty of attracting the capital needed to expand his business. But a new path soon opened.

In his youth, Saip had applied to many colleges. "They were nice, they were understanding. But they said, 'We don't know what to do with you.'"

Then in the early nineties, technology began to catch up with Saip's needs. Computers opened up a whole new world for him. They enabled him to get his bachelor's degree in 1993, followed by a master's degree and completed coursework for a Ph.D. in clinical psychology.

Ultimately, he chose not to pursue work in his field. "Therapy is a sacred trust; but legal and insurance industries owned my field. I went back to stuff that fascinated me along the way."

He had delved into history, mythology, the transition from oral to written culture, the meaning of community. Ideas about community had been bouncing around in his head ever since studying at Sonoma State University's "Learning Community," a concept of education developed at Washington's Evergreen College.

Combining twin fascinations—with community and the potential of the

Internet—he joined Earth Elders and started a Web site, Eldertimes.org. There you will find his musings on topics ranging from art to religion, politics, the role of today's elders, intergenerational community and transportation for non-drivers, as well as writings by Earth Elders and members of Geets Vincent's senior autobiography class.

Saip is on the Board of Directors of Community Resources for Independence (CRI). He is a member of the Mayor's Advisory Committee on Senior Affairs, and the Area Agency on Aging Transportation Committee. Clean and sober for nearly 27 years, he recently put together a seminar on substance abuse and persuaded the Council on Aging to sponsor it. This wide-ranging activist is now working to develop a nonprofit tentatively called OATS (Older Adults Transportation Services), a volunteer organization to ease the transition from driving to public transportation.

"Rather than having to face the harsh reality of no longer being in control of their own mobility," he writes, "elders would be gradually exposed to alternatives, even before they quit driving."

Saip himself still sees well enough to ride an electric-assisted bicycle.

A current passion for Saip is the concept of intergenerational community.

"My excitement is education—not formal education, but generations learning from each other. For the first time in history, each generation is born into a significantly



Rabon Saip at Aroma Roasters Coffee House

different world. For centuries, grandparents could teach grandchildren useful skills."

But the gap is growing between each generation's technologies. The need for communication and understanding is crucial. And he believes that elders must step up to the plate "as repository and transmitter of culture."

Last year he pulled together a group of 20 high school students and 20 elders at a city council meeting. This year his goal is bigger: "I'd like to get four generations together to discuss things." The group would include high school students, young adults, baby boomers and elders.

Saip is also planning an intergenerational playday in the park on worldwide Intergenerational Day, the first Sunday in October. (See gt.pitt.edu for more on the intergenerational movement.) A busy man, he is also involved in organizing a CRI-sponsored technology expo in the fall. Clearly, disability is not, in his case, a mental state.

"Dealing with limitation is a gift—because you gain so much in the process."

Community Continued from page 1

This remarkable service allows elders in the greater Bay Area to join groups, classes, poetry readings, and even parties and aerobics classes, by calling a toll-free telephone number and hooking up in conference calls with 5 to 15 or more other elders. And it's absolutely free.

But is there a way to recover the blending of generations that was once the norm for communities? Sonoma County activist and elder Rabon Saip (see article above) thinks so. One has only to look at the success of "Grandparents' Day" at Oakmont and other communities and schools. One of Saip's deepest pleasures was visiting his grandson's school on Grandparents' Day and witnessing the connections this fostered among the generations.

Perhaps today's most vibrant intergenerational connections are faith communities. In churches and synagogues, the old are often literally identified as "Elders," presiding over church policy and social structure, while at the same time babies are nurtured by the entire congregation, beginning with birth ceremonies.

With the increasingly rapid pace of technological changes, says Saip, communication among the generations is more important than ever.

What does community mean in your life today? How have you succeeded or struggled to fulfill your needs for human companionship? We'd love to hear from you.

Community Resources

Senior Centers

Sebastopol: 829-2440,

SebastopolSeniorCenter.org

Santa Rosa: 542-1228,

SantaRosaSeniorCenter.org

Vintage House Sonoma: 996-0311

Rohnert Park: 585-6780

Healdsburg: 431-3324

Petaluma: 778-4399

Windsor: 285-1992

Council on Aging Adult Day Services

socializing and recreation for seniors (Healdsburg/Windsor/Cloverdale, Sebastopol area, Sonoma): call Council on Aging at 525-0143 for information.

Senior Center Without Walls: 1-877-797-7299,

SeniorCenterWithoutWalls.org

Earth Elders: EarthElders.org

Elder Times (online community):

ElderTimes.org

Oakmont Village Association:

539-1611, OakmontVillage.com

Santa Rosa JC Seniors Program (Free

enrichment classes for elders): 527-4533

Santa Rosa Recreation & Parks: Classes and activities. To be added to the mailing list, call 543-3737 or visit santarosarec.com.

Sonoma County Senior Resource Guide: For a free copy of this comprehensive guide, call the Area Agency on Aging at 565-5950. Or visit socoaaa.org to download a copy.

Leaving Your Legacy



A Legacy Reflects Your Values

By Marianne McBride
Director of Development

Many people are concerned about leaving a legacy: evidence that their life mattered and that they made a difference in the world and in the lives of those they love.

A legacy reflects who you are as a person and what your life was about. Take time to reflect on the events in your life: the things you have accomplished, the people you have loved, and the memories that you cherish. Creating a legacy that reflects your life is a valuable gift to your family and friends, and can help ease your own sorrow about leaving them behind.

How do you want to be remembered by your family?

Americans believe strongly in benefiting the next generation, not only in helping provide for their children's material needs, but also in instilling deeply held values. Children learn such values not just by hearing what their parents say, but by witnessing how they live their lives. For 75 percent of us, philanthropy is a pervasive value. Charitable giving is something we do during our lifetime. It is, however, possible to leave a legacy by planning beyond our lifetime. A gift to charity in your estate plans is a living, lasting statement of your values. Planned gifts can often reduce taxes and sometimes even provide an income for you.

If a charitable gift in your estate plans is of interest, talk to the organizations whose values are consistent with yours. Begin a conversation about the possibilities. You may be able to make a difference in ways that you never dreamed possible.

Affordable Apartments in Sebastopol

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Burbank Heights is a non-smoking HUD-subsidized complex with apartments for people aged 62 and older.

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SST Watch: Drug Companies



How outrageous is it that the courts can no longer rely on the FDA to do its job of protecting consumers?

The state of Alaska is suing Eli Lilly for failing to disclose health risks (like diabetes and weight gain) allegedly associated with Lilly's hugely profitable "atypical antipsychotic" drug Zyprexa.

Moreover, after lawyers for Eli Lilly asked Judge Rindner to dismiss the case, saying that the matter was one for the Food and Drug Administration (FDA), and not for individual states, the judge refused, saying that evidence presented by the state over the past two weeks established that the FDA "isn't capable of policing this."

It's not the first time Eli Lilly has asked for dismissal and been refused. Last year, U.S. District Court Judge Jack Weinstein refused to dismiss a case against Lilly, saying that the lawsuits "furnish back-stop protection against under-regulated, potentially dangerous activity by a market where caveat emptor largely rules."

The bottom line, according to these two judges, is that the FDA lacks both the resources (money, staff) and the political

Why Drug Lawsuits are Necessary: FDA "isn't capable of policing" drug safety, says Alaska Judge

will to hold drug companies accountable and to force them to disclose safety risks associated with hugely profitable drugs.

Nine other states are suing Eli Lilly for Zyprexa, and judges are openly questioning the ability of the FDA to protect the public from fraudulent merchandising of drugs.

The case before Judge Weinstein involves an email in which an Eli Lilly vice president appears to advocate marketing Zyprexa for off-label purchases—including for the treatment of children and adolescents—urging drug representatives to promote Zyprexa to child psychiatrists and pediatricians and to get data on treating "disruptive kids" with the drug.

"We must seize the opportunity to expand our work with Zyprexa in this same child-adolescent population," he wrote.

Physicians have received actual payment for giving talks promoting the drug for children as well as for adults with dementia, and for putting their names on promotional articles by Eli Lilly writers.

In the face of the FDA's abdication of its core mission, the Courts are a vital safety net to ensure that drug companies cannot rip off and injure consumers with impunity. In the past few years, vital information about dangerous drugs has come to light only through litigation.

Adapted from an article by the Prescription Access Litigation (PAL) project. For the full article, see tinyurl.com/5volym online. To find out more about PAL, see prescriptionaccess.org.



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Tracy Kline

The waiting list for 2-bedroom apartments is short at this time. Income eligibility is between \$1,272 and \$2,353 per month and rent is \$646-\$706 a month. Section 8 vouchers are not accepted for 2-bedroom apartments.

Burbank Heights Apartments are located at 7777 Bodega Ave. in Sebastopol. To find out more, call 823-1361 (TTY: 711) during office hours of 9 AM-NOON and 1-4 PM, weekdays.

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'Young @ Heart'



Sonoma Seniors Today Goes to the Movies



Young @ Heart Is from the Heart
By Geets Vincent

This unusual documentary follows a group of two dozen New England elders, whose average age is 80, as they sing loud and clear just for the sheer joy of doing so. They aim to please themselves, the audiences who have hailed them wherever they perform, and their tough but dedicated director Bob Climan.

However, this is not the stereotypical old folks chorus. These seniors belt out rock, punk and rhythm and blues classics in a style that at first may startle viewers. Even more startling can be the camera's close-ups—showing every wrinkle and blemish—that these hardy souls simply ignore. Instead, audiences are quickly privileged to share the enthusiasm and zest for living the group possesses in spite of the toll age can bring. Inner beauty quickly trumps any physical disabilities, making them almost incidental.



If, by the time you read this review, **Young @ Heart** is no longer showing at the Rialto Theatre, don't despair, as it's bound to turn up at video stores soon. But a suggestion: Plan to watch it with friends or at least one other person, so you can clap and even join in shouting the lyrics of the R&B classic, "Yes We Can Can Can," or James Brown's raucous "I Feel Good!" It's soon natural to find these performers enjoying the Beatles or Jimi Hendrix.

On the other hand, Coldplay's touching "Fix You," sung by a man with a breathing tube, is bound to bring tears to many. So this is a group that, for the past 25 years (and not with the same members, naturally) has been touring the world entertaining—as seen in the film—in prisons or huge halls or the homes of some of the group's members. They bring the message, "It is possible to age gracefully. It is possible to grow old without growing boring."

The performers call Bob Climan a taskmaster; yet they obviously adore him. The director returns these feelings of fondness. He considers his charges family, yet grants them no slack. Climan is also executive director of the Northampton Arts Council. The documentary's British producer, Stephen Walker, is the only slight irritant in this otherwise superb presentation. His voice-over comments are usually superfluous and even slightly patronizing. These singers need no explanation as they "just do their thing." They need no help in telling enthusiastic audiences of all ages and occupations that life is good—even as death is ultimately inevitable. Indeed, the show does go on, especially as the beauty of inter-generational communicating becomes the real message.

June Crossword Puzzle

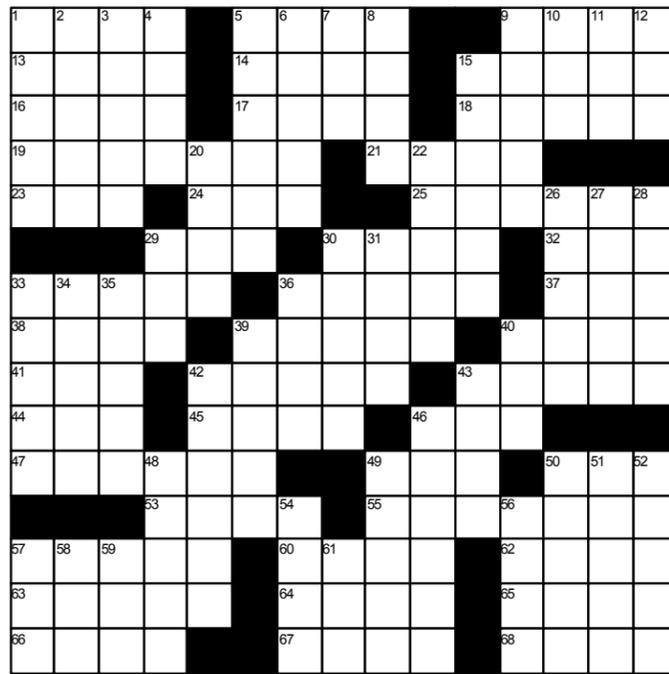
Solution on page 8

ACROSS

- 1 Edible mollusk
- 5 Inch or milligram
- 9 In __ (together)
- 13 Cowboy's accessory
- 14 Position
- 15 Turn over
- 16 Transportation service acronym
- 17 Fish anatomical feature
- 18 Ancient letters
- 19 Map books
- 21 Rich dirt
- 23 "___ Kingdom come"
- 24 Plaything
- 25 Blood disorder
- 29 Goatlike god
- 30 Polynesian image
- 32 Sixth sense, for short
- 33 It's a horserace
- 36 1951 war zone
- 37 It rises in spring
- 38 Singles
- 39 Obvious
- 40 Destination
- 41 Music video station
- 42 Scourge of allergy sufferers
- 43 Example of 5 across
- 44 Before, before
- 45 Peewee
- 46 Wail
- 47 Wooded
- 49 Signal to begin
- 50 Sargasso, for instance
- 53 Always
- 55 Sonorous
- 57 Spooky
- 60 Sentry's cry
- 62 Skin
- 63 Booth
- 64 God of love
- 65 At the summit of
- 66 Grub
- 67 Eagle's nest (var.)
- 68 Salamander

DOWN

- 1 Former Yugoslavian
- 2 Averse
- 3 Fitly
- 4 Plateau
- 5 Impel (2 wds.)
- 6 Loud
- 7 Sick
- 8 Inform
- 9 Froth
- 10 Craving
- 11 Sebastopol-Clearlake dir.
- 12 Disks
- 15 Muse of astronomy
- 20 Remain
- 22 "The Old ___ Bucket"
- 26 Subatomic particle
- 27 Stern or Asimov
- 28 Tempting fruit
- 29 Network for "The News Hour"
- 30 Breakfast side dish
- 31 Spring flower
- 33 Some sports stadiums
- 34 Doorway
- 35 Celebrate
- 36 Part of the "KKK"
- 39 Trim
- 40 Gal's pal
- 42 Former '08 Presidential candidate
- 43 Nabisco snack
- 46 Bow
- 48 Brides' headdresses
- 49 TV type
- 50 Large hotel room
- 51 Furnish with an income
- 52 Skilled
- 54 Ostrich-like bird
- 56 "Easier said ___ done"
- 57 Geyserville-Santa Rosa dir.
- 58 7th Greek letter
- 59 Stool pigeon
- 61 "___ You Lonesome Tonight?"



www.CrosswordWeaver.com

"He didn't tell me how to live; he lived, and let me watch him do it."
~Clarence Budington Kelland on his dad

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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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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.)

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



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...✓

◆ June 2-3: Healdsburg Jazz Festival.

- Free events:
- June 2, 4-8 PM. Bop & Shop, with jazz combos in the Plaza.
- June 3, 6-8 PM. Plaza Concert with Wayne Wallace Latin Jazz Ensemble

◆ June 7-8: Forestville Youth Park BBQ and Parade.

Forestville, 10 AM-8 PM. BBQ chicken, ribs, oysters, steak, beer and wine, craft vendors. Carnival rides for the kids! Old fashioned water balloon toss, pie eating contest! Live Bands:

◆ June 12: LandPaths Family Outings: Laguna Uplands String Music & Family Picnic.

Bring your family & picnic dinner & join us at the Laguna Uplands overlooking the Laguna de Santa Rosa We'll take advantage of the long summer evening with nature-based activities for the youngsters and musicians sharing folk songs into the twilight. FREE, reservation required. To reserve space and for outing details, call 524-9318, or email outings@landpaths.org.

◆ June 14: Cotati Jazz, Blues & Arts Festival.

Downtown Cotati, 12 NOON-12 MIDNIGHT. An afternoon and evening of Music, Art, Food & Fun. Jazz ensembles will be playing all over downtown Cotati! FREE. 794-8100.

◆ June 14: Docent-led Bird Walk.

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.

◆ June 14: Movies in the Park.

McNear Park baseball field, 8th & G Streets, Petaluma, dusk. Pre-movie activities offered two hours before the show. Bring warm clothes, blankets and LOW chairs. FREE, but donations appreciated. 765-8828, www.petalumamovies.com.

◆ June 15: Father's Day 14th Annual Car Show.

Juilliard Park, Santa Rosa, 9 am-4 pm. Drinks, food, music & raffle contest. Fundraiser for MSA & ECA scholarship programs. FREE to spectators, \$25 to enter your car. 546-5500.

◆ June 15: Third Annual Family Fun Day.

Jungle Vibes, 136 Petaluma Blvd. N., Petaluma, all day. Bring the grandchildren! Animals, pony rides, balloons, free slurpies & popcorn, arts & crafts to make gifts for Dad. FREE. 762-6583.

◆ June 19: Sonoma-Marín Fair.

Seniors' Day. \$2 admission includes rides, exhibits, concerts. Open noon to midnight, gates close at 10 PM. Call 283-3247 or visit sonoma-marinfair.org for schedule.

◆ June 28-29: Celebration of the Accordion.

Putnam Plaza and the Petaluma Historical Library & Museum (20 4th St.). Tribute to "Petaluma's Official Instrument" by musicians from all over the nation. Sat. 11 AM-5 PM, Sun. NOON-4 PM. FREE. 762-3923.

Ongoing Events

◆ 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.

◆ 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.

◆ Thursdays through August: Windsor Summer Nights on the Green.

Windsor Town Green 5-8 PM. Farmers Market/live music, food for sale. Bring low-back chairs and blankets, picnic. Visit shops and restaurants "on and off" the Green. FREE. 838-5382 or 838-1260.

◆ June 5: Pride & Joy (10-piece soul, R&B, Motown band), 6 PM.

• June 12: Moonlight Movie Classic on a huge outdoor screen (dusk).

• June 19: Broken English (Caribbean), 6 PM.

• June 26: Moonlight Movie Classic (dusk).

◆ Tuesdays and Fridays: More movies! Movies at Sebastopol Senior Center.

Tue. & Fri. 1:30 PM, at 167 N. High St., Sebastopol. Call 829-2440 for info on movies scheduled.

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