

# SONOMA SENIORS



COUNCIL ON AGING

Today

JULY 2009

## They're Not "Youth" Hostels Anymore

*On the unsung benefits of senior hostelling*

by Bonnie Allen, senior hosteller

If your idea of a vacation is a luxury hotel with room service and a bar, skip this article. Hostelling is for people who like adventure, meeting new people from all over the world, and paying less than a quarter of what a luxury hotel would cost.

Most people, if they think of hostels at all, imagine them as a European destinations for boisterous college-age backpackers looking for cheap lodgings and all night parties. And indeed, they are often called "youth hostels."

I first learned about youth hostels when I was—well—a youth, from an enthusiastic co-worker who was a member of what was then called American Youth Hostels. As a result of the pressures of earning a living and, later, raising children, I never got around to checking them out.

It wasn't until my fifties that I began to travel—and stay in hostels. By then, a lot of things had changed, including the name of the organization—now called Hostelling International (HI) instead of American Youth Hostels. HI Hostels now offer a senior (55-plus) membership card at a \$10 discount—\$18 instead of \$28. (You can still stay at a hostel if you're not a member—but you'll pay an extra \$3 for your bed.) Hostel membership includes travel insurance, free currency

exchange and bargain-rate phone cards.

Anyone can open a hostel, and they do vary in quality. I'd recommend starting out with HI hostels, which adhere to strict standards of cleanliness and consideration for others. They don't allow alcohol on the premises, and disorderly behavior is not tolerated. HI hostels accept reservations.

A good time for your first hostel visit would be either midweek or before or after the peak season, to avoid crowds. If you're traveling alone, keep in mind that many hotels charge the same rate for one or two people in a room; at a hostel you pay only for your bed—typically between \$20 and \$30 a night. A group traveling together can also rent a whole room.

### Hostel Tales

Over the course of my ten years of hostelling, I've met and shared stories with people from a dozen European countries, Australia, New Zealand, China, Korea, India and Brazil. Most were eager to share views and insights about our respective cultures. In one visit to a Washington DC hostel I discussed healthcare systems with a retired pastor from Canada, international health issues with a nutritionist from India, and immigration policy with a German graduate student who specialized in Chinese literature. In a hostel in Vermont, I encountered a delegation to a national conference on Esperanto. Parents, children and grandparents were all happily babbling in that unique language created in the 1880s to promote international understanding.

HI hostels offer many free tours and programs for guests. Last year the Washington DC hostel (easy access to the Capitol on foot or by bus) offered a half-day tour of the Capitol with a professional tour guide who told us the behind-the-scenes story of the various memorials, including the little-known but stunning Korean War Memorial. Later in the day our guide, a Vietnam veteran, participated in the annual reading of the names on the Vietnam Memorial.

In beautiful Victoria, BC, I took a hostel-organized walking tour of Indian carvings on



From top:  
Exterior  
Kitchen  
Lobby

### Sacramento Hostel: A beautifully restored 1885 Gold Rush mansion

rocks overlooking the ocean. Seattle's hostel (on a hill overlooking the waterfront two blocks away), offered a guided \$3 ferry ride to Bainbridge Island.

Northern California is especially blessed with hostels. Of HI hostels alone, you have your choice of two lighthouses (Pigeon Point and Montara), national parks (Marin Headlands, Fort Mason, Redwood National Park) and a historic, stunningly restored Gold Rush mansion within walking distance of the Capitol in Sacramento. There are hostels in Monterey and Santa Cruz, both within blocks of the beach. There are 12 hostels in San Francisco alone, three of them operated by HI. Two of the HI hostels are downtown and one is near Fisherman's Wharf.

### What to expect

Hostel beds are dormitory style, usually bunks. HI hostel beds are quite comfortable. Dorms may be male, female or mixed—you are given a choice. Bathrooms are shared. If you prefer a little more privacy, many offer private rooms, some with private baths. Expect to pay considerably more for these. Most hostels offer Internet access and,

See Hostels, page 7

### Some Northern California HI hostels

▲ **Sacramento:** 925 H St., 916-443-1691

▲ **Marin Headlands:** Golden Gate National Recreation Area, 415-331-2777

▲ **Point Reyes:** 1390 Limantour Spit Road, Point Reyes, 415-663-8811

▲ **Point Montara Lighthouse:** 16th Street and Highway 1, Montara, 650-728-7177

▲ **Redwood National Park:** 14480 Highway 101, Klamath, 707-482-8265

▲ **San Francisco Downtown:** 312 Mason Street, SF, 415-788-5604. (See [sfhostels.com/events](http://sfhostels.com/events) for free and low-cost things to do in SF)

For a description of each hostel as well as other Northern California hostels, see [norcalhostels.org](http://norcalhostels.org). You can also call 888-GO-HI-USA to book a hostel bed anywhere in the U.S.



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# Ask Kate

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

## Dear Kate,

I'm a senior trying to get by on a fixed income. I live in my own mobile home and I'm 84 years old. I survive on my own only with the help of money from state-financed in-home caregivers. I know I can still live on my own with some help, and I know I'm happier living in my own home. I also know that it would be far more expensive for me to live in a nursing home, which would have to be financed through Medicare, because my combined income (Social Security and SSI) is less than \$1,000 a month.

Now I hear in the news that the help I need is going to be cut. I can't sleep and all I do is worry. I'm afraid I'll starve or I won't be able to afford my medications. My neighbor tells me it will be all right, but she seems to have her head in the sand. What can I do? I can't eat, I'm losing weight and the worry is killing me. —Worried Sick

## Dear "Worried Sick"

There are some things you can do, and doing something will make you feel better.

**First:** Let's begin with what you can do to handle stress better, because stress will inhibit your immune system and make you more susceptible to disease.

It sounds simplistic, but how you breathe is important. When a person is stressed they generally catch or hold their breath: The breath becomes shallow and you don't get enough oxygen, which actually causes even more stress. You may remember watching a baby breathe. Their abdomen moves in and out with the movement of their diaphragm. Their chest and shoulders remain still. This is the natural way to breathe. As we get older we have been taught to hold in our stomachs so in order to fill our lungs we tend to expand our chests or raise our shoulders. This is not a stress-free way to breathe, and it requires effort. In order to get a deep natural breath, our diaphragm needs to relax and drop, allowing our lungs to fill completely.

Just as stress causes us to hold our breath, breathing slowly and deeply can cause us to relax. So let me suggest increasing your awareness of your own breathing patterns. You can practice breathing deeply (and slowly) by lying on your back with a small pillow on your abdomen. Place one hand on your chest and then take deep breaths watching the pillow rise and fall while keeping your chest still. Practice this several times a day and always do it when you wake up worrying. When your worries are playing through your mind like a broken record, try concentrating on your breathing and

counting breaths. Count in cycles of ten, only ten. If you find you've gotten above ten, you've lost your concentration. Start over. If you really focus on your breath, it will calm you.

**Second:** Call the agencies providing your income: Ask about the amount of the cuts and request information on alternative programs that could benefit you.

**Third:** ASK FOR HELP! You may never have done this before, but now is the time. Take a deep breath and call your children and let them know what you are dealing with. They may be busy with their own children, but you scrimped, saved and sacrificed for them and now you need their help. Break down your needs into actual tasks rather than just thinking of your needs as "money." Do you need food? Do you need medications? Do you need clothing, transportation, social interaction? If you belong to a church, go to your pastor and see if the congregation can help out. Call agencies such as the Council on Aging for possible resources. Use the Senior Resource Guide available free at your local Senior Center.

**Fourth:** Write or call your California representative and let them know your objections to the proposed cuts. They need to understand that you can't just go out and get a job the way a younger person might. Let them know expenses for elder care will ultimately go up if seniors can't stay in their homes.

Here are the people to call. Quick and Easy! Please include your name, where you are calling from, and why. They keep a log of how many people call. For example, you can say "I am Jane/John Smith, calling from Santa Rosa, urging the senator to reject the proposal to eliminate MSSP, Linkages, and the Adult Day Health Programs/ Alzheimer's Program."

### Budget Conference Committee Senators:

- Denise Ducheny**—(916) 651-4040
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- Speaker Karen Bass**—(916) 319-2047
- President Pro Tem Darrell Steinberg**—(916) 651-4006

### Governor:

- Arnold Schwarzenegger**—(916) 445-2841

**Please encourage your friends and family to also write or phone in.**

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).

## Sonoma Seniors Today

published monthly by



COUNCIL ON AGING  
SERVICES FOR SENIORS

30 Kawana Springs Road  
Santa Rosa, CA 95404

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Fax 707-525-0454

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

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

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

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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.

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Steve Sagehorn

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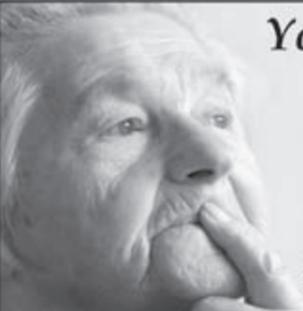
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# Human Race Recognition!

Annual fundraiser brings in \$12,000 for Council on Aging

by Michele Leonard, Director Volunteer Services

A sincere thank-you to those employees and volunteers who participated in the 2009 Human Race. Council on Aging did well by collecting over \$12,000! Many of us had a wonderful time on Saturday, May 9, walking around Spring Lake at Howarth Park. The weather was absolutely fantastic and the turnout was, as usual, huge and inspiring.



Back row: Noella Leonard (on four feet), Bob Leonard, Jane Doroff, Sandra Greenley, Sharon Spratling, Alice Blankenship. Front row: Todd Greenley, Beverly Smith

(See the full list at right. Several walkers were having too much fun browsing the other nonprofits to pose for this picture.)

The complete list of those who brought in the dollars for Council on Aging:

## \$1,000 & Over

Phyllis Daniels \$2,182 ~ Healdsburg Nutrition  
Marilyn Chuck \$2,024 ~ Social Services  
Michele Leonard \$2,000 ~ Volunteer Services  
Carly Wardlaw \$1,350 ~ Social Services  
Barbara Swary \$1,144 ~ Legal Services

## \$400 & Over

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Sue Kopleng \$161.25 ~ Sebastopol Nutrition  
Todd Greenley \$150 ~ Human Resources  
Rose & Daisy Granelli \$150 ~ Volunteers  
Terra Fessler \$150 ~ Volunteer  
Beverly Smith \$125 ~ Sonoma Day Services  
Bonnie Armstrong \$120 ~ Volunteer

## Help for Senior Pet Owners



The loss of a beloved pet is a grievous hurt for all of us, but for elders who must surrender their companion because they can no longer care for it properly it is especially painful. Now a new program sponsored by Episcopal Senior Communities may be able to offer assistance at no cost to senior pet owners.

The program offers monthly pet food and cat litter, dog walking, minor grooming, maintenance of litter boxes, transportation for pet related appointments, low-cost flea and tick preparations and Foster care in event of an emergency. All services are dependent on the availability of a volunteer. Call 318-8986 for more information.

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★ ★ Council on Aging Meals on Wheels Derby Day 2009

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Thank You Sonoma County!

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Chefs Jeffrey Madura, Brian Anderson (Bistro 29), Paul Schroeder (Monti's Rotisserie), Justin Wangler (Kendall-Jackson), Mark Dierkhising (Dierk's Parkside Cafe), Mike Matson (Vintage Valley Catering), Les Goodman (Dry Creek Kitchen), Donna Wegener (Pacific Connection Catering), Casey Stone (John Ash & Co), Betsy Fisher (SRJC Culinary Arts), Josh Silvers (Syrah), Sous Chefs Dr. Al Galster (Kaiser Permanente), Supervisors Efrén Carrillo and Shirlee Zane, Auctioneer Brent Farris (KZST), Chef Competition Judges, Heather Irwin (Press Democrat BiteClub), Michael Salinger (SRJC Culinary Arts), Renee Mengali (Mengali Accountancy), Floor Manager Rob Gronbach (Pacific Connection)



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For information about Council on Aging or Meals on Wheels call 525 - 0143 or visit [www.councilonaging.com](http://www.councilonaging.com)

# Going Whole HOG for Sonoma County Seniors

## Harley group's "Summer Run" benefits Meals on Wheels

by Bonnie Allen

They might have been "Wild One" wannabes in their youth, but today's Harley-Davidson owners are apt to be in their fifties, and have a keen sense of responsibility to their community.

Members of the Redwood Empire Chapter of the Harley Owners Group (RECHOG) "like to have fun and ride bikes," as chapter sponsor Jim Leskar says, but they also care deeply about those around them. And at some 290 strong, they have the power to do a lot of good.

Since its founding in 1988, RECHOG has sought ways to give back. They came up with the Summer Run, now in its 21st year, to raise funds for worthy organizations, initially the Muscular Dystrophy Association. Then, for six years, Summer Run receipts went to the Valley of the Moon Children's Center, amounting to nearly \$400,000 in all, helping the children's group to fund their new building in 2005. The level of participation in putting on the Summer Run is astounding—some 50 percent of the members are involved.

In seeking a new organization to support, the members looked at each other and realized

that there was quite a bit of gray hair between them—when there was hair at all, notes Director Pat Pine. They were on the verge of becoming seniors.

"We realized that, by feeding seniors, the Council on Aging was providing an essential service for seniors and seniors-to-be," noted Summer Run committee member Jim Jones.

Three years ago, RECHOG dedicated its Summer Run receipts to Council on Aging Meals on Wheels.

The Summer Run is a 65- to 70-mile circuit to the coast and back. The ride starts at Michael's Harley-Davidson in Santa

Rosa (the RECHOG sponsoring organization) and finishes at the Petaluma Fairgrounds for more events, such as a "slow race" (the winner is the rider who takes the longest to travel 50 feet), entertainment (belly dancers!), food, vendors and a motorcycle show. During the ride participants collect cards for the "Poker Run" competition. There are raffles, culminating in a raffle for the grand prize of the day: a Harley 2009 XL883L.



Scenes from last year's Summer Run



Raffle prize: Harley 2009 XL883L

What's special about this model? Well, according to RECHOG director Pat Pine, it's a great bike for everyone, but being lowslung, it's a perfect choice for the "inseam-challenged." In other words, if your nickname is Shorty, you'll love this bike. Ladies, are you listening?

The brand-new bike was donated by Michael's Harley-Davidson, RECHOG and the Council on Aging.

RECHOG meets on the first Thursday of the month at Sally Tomatoes, 1100 Valley House Dr. (Sonoma Business Center), Rohnert Park. Visitors are welcome. For more information, call Pat Pine at 658-1380, or visit [www.rechog.org](http://www.rechog.org).

Here's what you need to know about the **Summer Run and Motorcycle Raffle:**

**Raffle tickets:** 2 for \$5, available at Michael's Harley-Davidson or Council on Aging, or from any RECHOG member.

**Summer Run entry fee:** \$20—includes a Poker hand, lunch and a run pin for the first 700 riders.

Michael's Harley-Davidson is at 7601 Redwood Drive, Cotati. The ride gets under way at 8:30 am.

# Nancy Hansen Directs *Driving Miss Daisy*, a play for our time

by Bonnie Allen

A high point in Nancy Hansen's childhood was the day she danced in a celebration marking the liberation of Greece at the end of World War II. "We shared the stage at SF Civic Center with Ingrid Bergman and Admiral Nimitz," she notes. The ticket price was a \$25 "war bond."

Hansen, 73, was first bitten by the acting bug in third grade, when she played the "Speaking Angel" in a Christmas play. She went on to dance semi-professionally and became a member of the Thespian Society in high school. After completing a BA in Dramatic Arts at UC Berkeley, she became an acting coach, taught ballet at the Raoul Pause Ballet Academy and started a daycare center as a way of caring for her two daughters. She collaborated with ACT actor/director Dana Evans to open the Actor's School in Albany, leading to such endeavors as the Lunchbox Theater.

Then came a challenging 25-year career in

healthcare, developing and managing quality assurance and risk management programs in hospitals, all while staying active in community theater. Upon retirement, Hansen turned her full attention to theater, dance and life-long learning—racking up 70 units at SRJC, 20 of them in theater.

Two years ago, she landed the role of Gertrude in Edward Albee's *Finding The Sun* at Guerneville's Pegasus Theater.

Since then, she has become artistic director for Pegasus, appeared in several leading and supporting roles and directed *Art*, by Yasmina Reza. She is now directing *Driving Miss Daisy*, which opens July 10. Of it, she says, "How often do you get a major play or even a novel that is essentially about a woman aged 72 through 97? This is really a play about seniors."

*Driving Miss Daisy* is the story of a wealthy Jewish widow in the South who has to give up driving, much against her will. She is furious that her son has hired a chauffeur for her, and the play is about her often testy 25-year relationship with her driver.

Both a comedy and a mirror of the evolving racial assumptions of small-town America, it's also very much about the stresses of giving up fiercely valued independence and having to depend on the assistance of others. Daisy herself is a victim of both racism—as a Jew in the 1940s South—and her own stereotypes about black Americans.

"*Driving Miss Daisy*, like the best of theater, has a lot to tell us about our

Photo by Buzz Bense



Nancy Hansen, Artistic Director, Pegasus Theater.

Inset: Lois Pearlman as Daisy and Arnold House as Hoke in *Driving Miss Daisy*

contemporary situation," writes Hansen. "As President Obama said during his campaign in his landmark speech in Philadelphia on race, quoting William Faulkner, 'The past isn't dead and buried. In fact, it isn't even past.'"

"*Driving Miss Daisy*" opens Friday, July 10, at the Guerneville Community Church. Tickets are \$15 (except for the first night), with a "pay-what-you-can" option on Thursdays and the final day's matinee on August 1. For more information or reservations, call the Box Office at 707-522-9043, or visit the Web site at [pegasustheater.com](http://pegasustheater.com).

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### Community Meetings

|   |   |   |   |
|---|---|---|---|
| July 1, 2009<br>11 a.m.<br>Redwood Cafe<br>8240 Old Redwood Hwy.<br>Cotati, CA 94931  | July 7, 2009<br>10 a.m.<br>Palms Grill<br>18999 Sonoma Hwy.<br>Sonoma, CA 95476       | July 14, 2009<br>2 p.m.<br>Marie Callender's<br>2460 Mendocino Ave.<br>Santa Rosa, CA 95403 | July 15, 2009<br>2 p.m.<br>Sam's Place<br>1545 S. Novato Blvd.<br>Novato, CA 94947    |
| July 15, 2009<br>2 p.m.<br>Johnny Garlic's<br>8999 Brooks Rd. S.<br>Windsor, CA 95492 | July 20, 2009<br>11 a.m.<br>Redwood Cafe<br>8240 Old Redwood Hwy.<br>Cotati, CA 94931 | July 21, 2009<br>10 a.m.<br>Boulevard Cafe<br>1096 N. Petaluma Blvd.<br>Petaluma, CA 94952  | July 29, 2009<br>2 p.m.<br>Johnny Garlic's<br>8999 Brooks Rd. S.<br>Windsor, CA 95492 |

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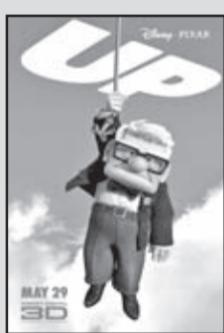
A sales representative will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-800-890-0056, TTY: 711.

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**Sonoma Seniors Today Goes to the Movies**

**The Way To Go Is: *Up***  
by Geets Vincent

Folks who enjoyed any of Pixar's wonderful computer animated full-length features, such as *Toy Story*, *Monsters, Inc.*, and *WALL-E*, will savor the pun that this, their newest production, has reached new heights—literally, as well as in the realm of lovely fantasy and fun. Everything about *Up* is heartwarming and—well—uplifting. Don't fret about not seeing it in 3-D, because even on conventional screens this feature is memorable.

Google can provide all kinds of history about Pixar, the company headquartered in Emeryville, and its chief creative officer and Sonoma County resident, John Lasseter. What's important is that audiences of all ages will cheer *Up*, except for those indifferent to the clever creations now being made in this relatively new and sophisticated medium.

Ed Asner (still remembered for his TV persona, Lou Grant) is the eccentric curmudgeon who wants to realize the dream shared with his late "little wife": the adventure of going to South America. The couple's loving life together is silently but unforgettably presented to viewers at the film's beginning with touching reality. Camera work and music are superb.

Everyone knows balloons can't possibly transport a house to another continent! But those balloons, exquisitely photographed, do just that; the old man and his roly-poly young companion,



Russell, share one incredible adventure after another with an implausible yet convincing cast.

Christopher Plummer's voice makes the explorer Charles Munz a true villain as he tries to capture the very realistic legendary bird the odd couple of travelers befriend. They flee from Munz's pack of snarling, talking dogs (perhaps too scary for some tykes) except for one dog that attaches himself to the unlikely travelers.

An impossible plot? Indeed! Yet this inspiring presentation suggests that just as such tales as *Gulliver's Travels* and *Pinocchio* have become beloved by all ages, *Up* will join the ranks of classics. Since 2001, when the Academy Awards inaugurated recognition for Best Animated Feature, Pixar has been nominated six times and has won four of these awards. Is another in the offing?

**Continued from page 1**

increasingly, free wireless for those with laptops. HI Hostels accept reservations.

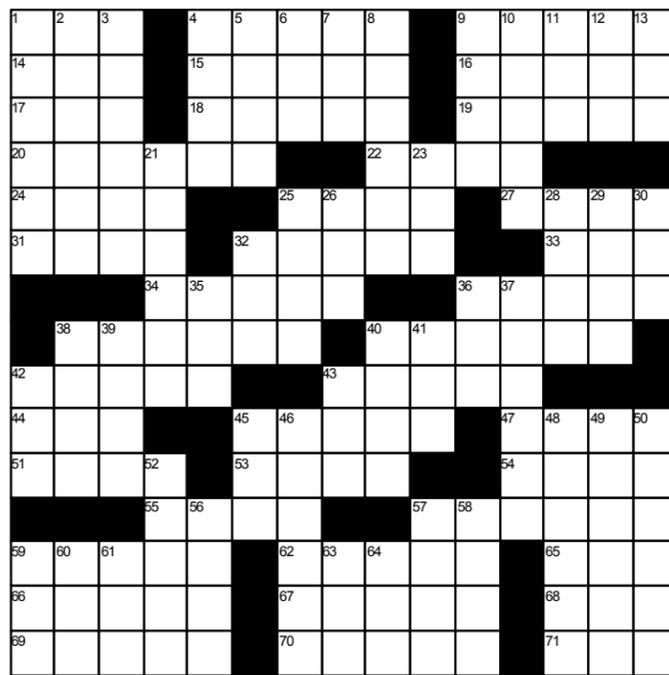
All hostels have a common room and kitchen, with cubby holes and refrigerator space for your food. Some offer a free or low-cost breakfast. The delightful thing about eating at a hostel is that you rub shoulders with guests from Australia, Sweden, Korea, Italy, you name it. Most are eager to share their story and pump you for information about America.

What to bring: Some hostels require you to bring your own sheets, or rent theirs for a couple of dollars. Many hostels offer lockers, but you have to supply the lock. Bring towels

**ACROSS**

- 1 Drunkard
- 4 Arabic for God
- 9 Barbie and others
- 14 Bard's before
- 15 "The \_\_\_ Kid," radio & TV cowboy
- 16 Urge on
- 17 "\_\_\_ of the Sixth Happiness"
- 18 Underworld
- 19 Worn
- 20 Gentle breeze
- 22 Derriere
- 24 A Great Lake
- 25 Fawn's mothers
- 27 Kindergarten subject
- 31 In \_\_\_ (together)
- 32 Hawks
- 33 "Chicken \_\_\_ King"
- 34 Steak
- 36 Scarf
- 38 Chides
- 40 Goopy
- 42 Make eyes (at)
- 43 Create ruffles
- 44 Camp bed
- 45 Ship's caulking
- 47 Mountains
- 51 Be a partner in crime
- 53 inch or liter
- 54 Beast of burden
- 55 Destroy
- 57 Go quickly
- 59 Book's final word, often
- 62 Say
- 65 Owns
- 66 Peach or plum
- 67 Wait for
- 68 Valley Ford-Petaluma dir.
- 69 Star of Up
- 70 Truck
- 71 Communist or conservative

**July Crossword Puzzle**



www.CrosswordWeaver.com

**DOWN**

- 1 Confiscates
- 2 Stubborn
- 3 Bowling essential
- 4 Sore
- 5 Prevaricator
- 6 60s drug
- 7 Expert
- 8 There's one at the Point Montara Lighthouse
- 9 Fades
- 10 Warren Buffett's home
- 11 Nurse initials
- 12 Lamb cut
- 13 Foxy
- 21 Achilles killed him
- 23 Ship initials
- 25 Lairs
- 26 Roberto's cheer
- 28 Support
- 29 \_\_\_ing: disgustingly sweet
- 30 Rested
- 32 Turf
- 35 Sandwich initials
- 36 Atmosphere
- 37 Leaves abruptly
- 38 Untidy person
- 39 Refer to
- 40 Close
- 41 Dickens' Tiny \_\_\_
- 42 Farm credit org.
- 43 Have fun at Squaw Valley
- 45 Yes to Jean-Pierre
- 46 Yearly
- 48 German religious reformer
- 49 Delight
- 50 Perceived
- 52 Nonsense
- 56 Consumer
- 57 Successor
- 58 Chichi
- 59 Food regulatory initials
- 60 Tax initials
- 61 Sister
- 63 Mitchum-Maclaine's "\_\_\_ for the Seesaw"
- 64 Feathers partner



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and toiletries. Bring an adventurous spirit.

What to expect: no room service. Some hostels close during the midday hours, so you'll need to be out and about at that time. Usually, there's a rack of brochures or a list of hostel events to get you started.

Not sure hostelling is for you? Drop in on one of the several hostels within a two-hour drive to see what it's like. A good time to go would be during the 100th anniversary of Hostelling International, when hostels will be holding open houses during the week of August 23-30. We'll keep you posted on the dates in a future issue.

I can honestly say that I've learned more about the world and its citizens from staying at hostels than from anything else I've done.

**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.)





## 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.

## AND THE ROCKETS RED GLARE...

### Fourth of July celebrations and fireworks

- ◆ **July 3: Bodega Bay Fireworks Over the Harbor.** Best viewed from the Westshore Road or Doran Regional Park. Call for more information. Dusk. 875-3866.
- ◆ **July 3: Sebastopol.** Analy High School, 5:30 PM, fireworks at dusk. Entertainment \$3-\$7, or bring a blanket and enjoy fireworks free from nearby. 823-1511.
- ◆ **July 3: Windsor.** Live music, food and family fun, 4-9 PM. The fireworks start at 9:30 PM at Keiser Park, 700 Windsor River Rd. No parking in Keiser Park—park at Windsor High, 8695 Windsor Rd. Designated parking and viewing at Windsor High for those with disabilities. 838-1260.
- ◆ **July 4: Monte Rio.** One of a kind: Parade of Lites, water curtain with American flag projection, fireworks at dusk. 865-9956.
- ◆ **July 4: Guerneville.** Crafts fair, BBQ, and block party, culminating in a fireworks show above Main Street. Starts at 10 AM, BBQ at 1 PM, fireworks at dark. 869-9000.
- ◆ **July 4: Santa Rosa: Red, White & Boom.** One of the largest fireworks

- displays in the North Bay. 6-10 PM. Food booths, entertainment and more. Sonoma County Fairgrounds, Santa Rosa. Parking \$10, all lots, or park free downtown and take courtesy bus to fairgrounds. 545-4200.
- ◆ **July 4: Sonoma.** The Plaza, 10 AM-5 PM. An eclectic parade, food, live music, and more. Fireworks at dusk, a block west on Spain Street (in front of Gen. Vallejo's house). 833-4085.
- ◆ **July 4: Healdsburg.** Presented by the American Legion—Sotoyome Post 111, at Healdsburg High School Athletic Field. Fireworks start at 9:30 PM. 433-3059.
- ◆ **July 4: Kenwood.** "An Old Fashioned Kenwood 4th of July." 7 AM: Pancake Breakfast, Kenwood Community Church; 7:30 AM: 3k-10k Kenwood Footrace; 10 AM: Kenwood Hometown Parade Plaza Park. [kenwoodparade@cds1.net](mailto:kenwoodparade@cds1.net).
- ◆ **July 4: Petaluma.** Sonoma-Marin Fairgrounds, starting at 3:30 PM. Live music, food booths, entertainment. Fireworks at dusk. \$2. 778-4380.



**Save the date...✓** [Events are free unless otherwise indicated]

- ◆ **July 1: Free Senior Health & Safety Fair.** Bethlehem Towers, 801 Tupper, Santa Rosa. 9 AM-NOON. Learn more about senior programs and resources. Enjoy a chair massage, talk with a podiatrist, a pharmacist and a Medical consultant. Refreshments provided. Invite your family and friends! 544-5007.
- ◆ **July 4: Lavender Festival.** Petaluma Farmers Market, Walnut Park, 4th and D St. 2-5 PM. Music by Rose Town Ramblers. 762-0344, [design@lefflandscape.com](mailto:design@lefflandscape.com).
- ◆ **July 11 & 12: Sturgeon's Mill Demonstration.** 2150 Green Hill Road, Sebastopol, 10 AM-3 PM. Public demonstration of the last steam powered lumber mill in California. No trees were harvested for this demonstration. Donations support restoration of Sturgeon's Mill. 328-6072.
- ◆ **July 12: Petaluma Art & Garden Festival.** Visit historic downtown for an afternoon of home and garden art, local crafts, fine wines and food, jazz & blues. Fourth Street and A Street parking lot. 11 AM-5 PM. 762-9348.

- ◆ **July 12: Reader Recommendation!** 40 & 8 Flea Market, Santa Rosa Vets Bldg., 1351 Maple Ave., across from fairgrounds. 300 vendors with all kinds of collectibles and garage-sale items, food. Held one Sunday a month through Sept. 522-9391.
- ◆ **July 18: First Annual Classic Wings & Wheels.** Petaluma Municipal Airport, 601 Sky ranch Dr. off East Washington, 10 AM-5 PM. 50 aircraft and more than 60 classic and custom cars, trucks, motorcycles and vintage Petaluma police and fire vehicles on display. Sonoma County Sheriff's helicopter will be on hand from NOON to 1 PM. Donations requested to support the Petaluma Area Pilots Assn. Scholarship Fund. 875-3200 ext 303, [papapetaluma.org](http://papapetaluma.org).
- ◆ **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.



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