

SONOMA SENIORS



COUNCIL ON AGING

Today

SEPTEMBER 2008

The Grandparent Connection

"When the wisdom of the grandparents is heard, the world will heal."

—Native American saying.

by Bonnie Allen

By the time you read this, I may already be a grandmother. The due date is September 1. In search of the secrets of grandparenting, I consulted grandparents, and asked them about their grandparenting experiences, and their recollections of their own grandparents. And I did a little research on the role of grandparents.

A friend remarked on how little sense of history today's young people have. This is where grandparents come in. It seems to me that if the duty of parents is to prepare children for the future, the duty of grandparents is surely to connect them with the past. As humans, our lives are by nature rooted in tradition. Sometimes in our modern world, nature gets bypassed by the latest trends. But nature is there, like the seafloor beneath the tides of changes. We do well to take heed of it.

In a visit to Geets Vincent's senior autobiography class, I found that several class members habitually send the stories they write about their past to their grandchildren, who eagerly receive them and are in turn influenced to write stories of their own.

"Grandchildren have my stories," says Leona. "It seems to me that's an obligation. To communicate. There are things I can tell them that nobody else can tell them." Leona also saves precious items for them, such as photos and mementos from her own mother.

Connection with the past is one of several major roles grandparents and surrogates play. They are also nurturers, mentors, role models, playmates and heroes.

Grandparents play a role in economics as well. A study in the United Kingdom found that grandparents provided 60 percent of the childcare there, saving the economy \$7.5 billion. A Taiwanese study found that children with a grandparent living in the family had higher academic performance and educational expectations.

Grandparents are also the ones with



Children's Village resident grandparents Jane Schwarten, Hank Mattimore and Sister Judy Breslin



whom adolescents feel able to discuss their plans for their future. "They're very supportive and helpful when it comes to what career to take and that kind of thing," said one teenage boy.

Some seniors who are not biological grandparents are filling grandparent roles in classrooms, children's centers and churches.

Lia Rowley, who envisioned the Children's Village (see "Grandparents to a Village," page 7)

See "Grandparent Connection," page 6

Grandparenting on the Web

- ◆ tinyurl.com/HowToConnect
Playful (and inexpensive) gifts for long-distance grandchildren
- ◆ tinyurl.com/GrandparentsRole
Grandparents' role in the family; information and links
- ◆ tinyurl.com/ConnectingGenerations
Grandmother empowerment!
- ◆ www.grandmothersspeak.com
Grandmother empowerment!
- ◆ tinyurl.com/GreatestGrandparent
How to Be the Greatest Grandparent Ever—how to twirl a basketball on your fingertip, make an ice sculpture, tell a good joke (by Phyllis Diller) and much more. (What's a "tiny url"? See page 4!)

Grandparents to a Village

by Hank Mattimore

From my apartment window, I see two of the older boys tossing a football. Alice and Sandy are playing jump rope. Six-year-old Alex, with considerable pride in his newfound skill, is riding his bike solo for the first time. After two years living as a surrogate grandpa at the Children's Village in Santa Rosa, I've come to know these kids not as foster kids, but as Tommy and Tanya and Alex (not their real names).

It has been quite a journey. When my fellow grandparents and I volunteered to live on site here with kids who had been neglected or abused, we all wondered if we were going to make it. An intergenerational village! Wow! I love kids but living on site with them? I recall saying to a close friend "The kids will either keep me young or send me to an early grave."

Two years later, I am amazed at how well this generational mix is working. My life has changed dramatically. Living so

See "Children's Village," page 7



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Consider This...



Bike Safety for Older Adults

by Shirlee Zane, CEO

I have a confession to make....I do not have a good safety history with bikes! I have been known to collide with cars and trucks on my bike and to have some knarly accidents with gravel. Out of my various accidents, I am proud to say that only two of them were my fault. I am also proud to say that I have lived to share my experiences with others and that I still love to bike!

On July 4, I went on a 14-mile bike ride with the Bike Coalition and rode from south Santa Rosa all the way up to Northern Santa Rosa. There were about 50 of us and we took bike trails so it felt relatively safe. However, we came to some roads and intersections where we needed to be extra cautious.

I am seeing a lot more people on their bikes these days, due to the high cost of gasoline. This is great for so many reasons: 1) Bicycling keeps you fit, 2) Bicycling is good for the environment, and 3) Bicycling is cheaper than driving. The only problem with bicycling is that many drivers do not show respect for bicyclists in sharing the road. However, there are things we can do to keep ourselves safe.

Each year in California, over one hundred people are killed, and hundreds of thousands more are injured in bicycle collisions. The keys to safe bicycling include being predictable, visible and communicating your intentions to motorists.

Here are 10 smart ways to protect yourself and continue enjoying biking:

1. Protect your head. Wear a helmet.

2. Assure bicycle readiness. Make sure your bicycle is adjusted properly. Make sure you can stand over the top tube of your bicycle. Adjust your bicycle to fit you (see owner's manual).

3. Stop it. Always check brakes before riding.

Always control your speed by using your brakes. If your bicycle has hand brakes, apply the rear brake slightly before the front brake. Always keep your brakes adjusted. If you cannot stop quickly, adjust your brakes.

4. See and be seen.

Wear clothes that make you more visible. Always wear neon, florescent, or other bright colors when riding a bicycle.

5. Avoid Biking at Night.

It is far more dangerous to bicycle at night than during the day. Most bicycles are equipped for daylight use and need to be adapted for nighttime use.

6. Stay alert. Always keep a lookout for obstacles in your path.

Stay alert at all times. Watch out for potholes, cracks, expansion joints, railroad

tracks, wet leaves, drainage grates, or anything that could make you fall.

7. Go with the flow. The safe way is the RIGHT way.

Ride on the right side in a straight, predictable path. Always go single file in the same direction as other vehicles. Riding against traffic puts you where motorists don't expect you. They may not see you, and may pull across your path, or turn into you.

8. Check for traffic. Always be aware of the traffic around you.

Over 70 percent of car-bicycle crashes occur at driveways or other intersections. Before you enter any street or intersection, check for traffic. Always look left-right-left, and walk your bicycle into the street to begin your ride.

9. Learn rules of the road. Obey traffic laws.

Bicycles are considered vehicles. Bicyclists must obey the same rules as motorists. Read your State drivers handbook, and learn and follow all the traffic signs, laws, and rules for operating a vehicle on the road. Always signal your moves. Be courteous to pedestrians and other vehicle operators.

10. Don't flip over your bicycle. Wheels should be securely fastened.

If your bicycle has quick release wheels, it is your responsibility to make sure they are firmly closed at all times and to use the safety retainer if there is one.

If I had followed all of these safety rules, I simply would have had far fewer accidents. Riding a bicycle is a whole lot of fun, and you get to see things that you normally would not see if you were in a car. So keep riding that bike, but don't forget to do everything you can to stay safe. Moreover, please come to our **Bicycle Safety Class on Thursday, September 25, at The Santa Rosa Senior Center, 10 AM.** Please call 524-5716 for reservations.

Bike ON safely!

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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.



From left: Diana Gordon as a young nurse; her hand-designed needlework tapestry; Diana Gordon today

Diana Gordon

Poet, artist, teacher, entrepreneur, survivor

by Bonnie Allen



Poems are from *Caldera*, by Diana Gordon

Diana Gordon's poems tell of the promise and treachery of love, seasons of loss and renewal, joy and despair and release from joy and despair—all with a woman's eye for the truth behind appearances.

Diana trained as a nurse, but then fell in love with athlete Jack Gordon, married, and soon had small children to care for. Jack would become both a top-notch salesman and a world champion four-wall handball player. Jack was well-known as "El Tigre" in Mexico, where he trained young Mexican players. At home he hobnobbed with other handball enthusiasts, many of them wealthy, while Diana, ill at ease with Jack's friends, found herself bored and lonely at home during Jack's long working days.

Diana decided to get a job, which soon developed into her first career as she opened a successful and acclaimed childcare center.

It was the first of many careers—artist, teacher, playwright, gallery owner—all while raising four children. During the later years when her husband was too ill to work, Diana opened a successful mail order business designing and selling needlework kits and lovely frames built by her son Bill, who lives in Windsor. Though she has retired, her designs are still the subject of Internet queries.

Her poetry has won her prizes and a mentorship with poet Laurie Block. She has published in *Women's Voices* and other journals, and her play, *Maids of Hiroshima*, has been workshopped twice.

At 86, Diana lives in a neat apartment adorned with her paintings and needlework. Meals on Wheels brings food not just for her, but for her cat and the bird feeder outside on her balcony. Diana has completed her autobiography, *I Heard My Child Screaming*, and continues to write poetry and give readings when she can. She struggles with the isolation that age brings, but continues to walk regularly and stay involved in the community and in touch with her four children.

A Promise

I stayed up late last night
to watch the stars
and each one carried
a promise of the things
that will be ours
when we are married

The deepness and immensity of space
now holds me breathless
Each star outlines the pattern
of your face
for all time
deathless

And we know when dreams
and wills are bent
in one direction
stars become the symbols
of fulfillment

Who Am I

Who am I that wears
this aging skin
whose joints are failing
who hates each sting of
cruel indifference

I wrap my pride around me

I can love the stranger
I know one's need before I'm asked

When I tremble
I wrap my strength around me

Caldera

Alone beside the spreading warmth of rising
heat
I plan

I've burned my journals
A black-feathered dome
floats above the cooling cinders

I will sweep it up and mix the ash with compost

I sealed your ash in an oak box
and buried it

My cloud will float free
My spirit will prevail
I will be childlike in my old age
no wailing
no whining

Black ash beautiful black ash
return to the dark earth
become as food for the flowers
join restless root rivers forever.

The Rose

Higher than the barbered bush below
the slender stalk
sweeps upward toward the sun
uplifts the fragrant petals
awaits the sharpened blade of love

Save the date...✓

◆ **Sept. 4: First Thursday Artwalk.** Sebastopol's monthly strolling tour of art displays in galleries, restaurants, cafes and businesses. Self-guided beginning at the Sebastopol Center for the Arts, 6780 Depot St., Sebastopol. Time varies, but mostly 5–7 PM. FREE. 823-3032.

◆ **Sept. 5: First Friday Art Walk.** Downtown Santa Rosa, 5–8 PM. Self-guided walking tour of more than 40 in-store art exhibits and studios plus street performers and other activities throughout the Downtown Arts District. Free carriage rides at Railroad Square. FREE. 543-3090.

◆ **Sept. 20: 9th Annual Sonoma County Book Festival.** Old Courthouse Square, Santa Rosa 10 AM–5 PM. Over 60 author readings and panels, 70 literary booths, and activities for everyone! FREE. 527-5412.

◆ **Sept. 21: Petaluma's 13th annual Poetry Walk.** Downtown Petaluma, 12–8 PM. All events within easy walking distance. Award-winning poets present their work, music and the special ambiance of Historic Petaluma. FREE. 763-4271.

◆ **Sept. 25: Bicycle Safety for Older Adults.** Santa Rosa Senior Center, 704 Bennett Valley Rd., 10 AM–NOON. See page 5 for reservations and details.

◆ **Sept. 27: Festival on the Hill & Hill on Wheels Car Show.** UCC Church, 825 Middlefield Dr., Petaluma, 10 AM–2 PM. Vintage and classic autos and pickup trucks, both stock and modified; also chicken barbecue, lively music, opportunity drawing, children's carnival and other activities. FREE (\$30 to enter a car in the show, \$40 day of event). 763-2454.

◆ **Sept. 28: The Great West End Hand-Car Regatta.** Wilson between 3rd & 5th, Santa Rosa, 11 AM–6 PM. Live music, public art, kinetic sculpture and local food and drink, on the railroad tracks and around Depot Park in Santa Rosa's historic Railroad Square. FREE. 570-0008.

◆ **Sept. 28: Petaluma Downtown Antique Faire.** 8 AM–4 PM. This show attracts over 10,000 discerning collectors as well as first time buyers wishing to collect and invest in real antiques. FREE. 762-9348.

◆ **Sept. 30: Walk Safe—Walk Smart: Pedestrian Safety Workshop for Older Adults.** Finley Community Center, 2060 W. College Ave., Santa Rosa, 10 AM–NOON. See page 8 for details and reservations.

What's a "Tiny URL"?

The tinyurl.com Web site is an Internet site where you can copy and paste long Web addresses (URLs) and turn them into short ones that are easy to type in. For instance, on page one, tinyurl.com/GreatestGrandparent is actually a link to a much longer URL called www.aarpmagazine.org/family/Articles/a2003-01-21-greatest.html?page=2. (Imagine having to type all that in!) Visit tinyurl.com to see how it works.



Council on Aging Senior Care Coordination Services

Three new plans and a list of screened caregivers guide seniors through the hurdles of finding in-home help

by Connie Aust
Director of Social and Financial Services

The **Helpers for Seniors** List of prescreened workers has been available for many years to those who need an affordable alternative for in-home help.

Caregivers on our list have been interviewed by our professional staff, have provided a clean statewide criminal background check, a California Department of Motor Vehicles report with no infractions, and have three good references from previous employers that confirm that the worker is in good standing with the previous employer.

The list tells what services—such as light housework, driving, cooking and personal care—each worker is willing and able to do.

The following is an example of a senior who benefited from the helpers list:

When 83-year-old Mary was being released from the hospital after breaking her ankle in a fall, she knew she would need some help with shopping, housekeeping and even dressing. Her daughter, Valerie, was in town to visit her mother but had to return to her home in Idaho after her two-week stay.

Valerie contacted the Council on Aging and spoke to the Information and Referral specialist, Carol Martin. Carol explained all of the options available to Mary when she returned to her home. Valerie felt that even though her mother was not on public benefits, money was still an issue and that an agency hire was not an option.

Valerie purchased the Helpers for Seniors List from Council on Aging and was able to find a worker who could give the types of services that Mary was going to need. The match worked well for all, and Valerie has contacted Council on Aging to help her mother with other needs, such as Legal Services for estate planning and a health care directive.

Recently, Council on Aging changed the way our Helpers List is distributed.

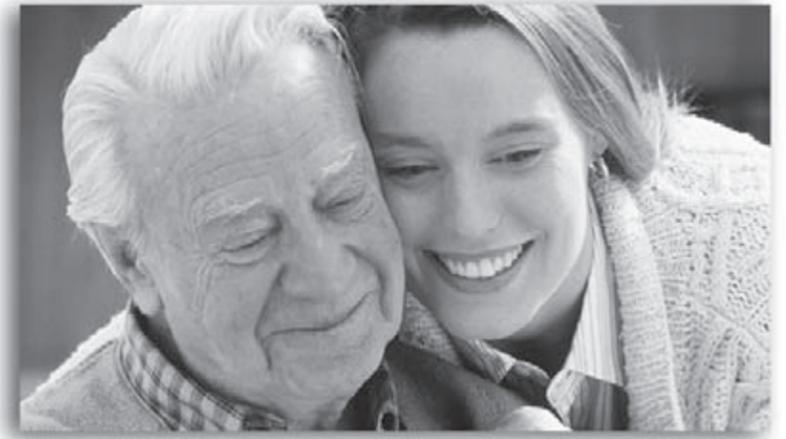
When a senior or a family member wants to purchase a list, a Council on Aging care coordinator delivers the list during a free home visit. At that time, the care coordinator does an assessment of the senior's nutritional, social and functional needs, as well as a cursory home safety check. The care coordinator also verifies whether the senior has made his/her estate plan and final arrangements and offers referrals as needed. Our care coordinators can help in the hiring process for those seniors who live alone.

The Council on Aging Senior Care Coordination Program now offers help to seniors or their family members who purchase the Helpers for Seniors List by providing support through the hiring process.

Option One: "Coaching and Support While Hiring from the List" This option is for all seniors, but may be most appropriate for seniors who live alone and are frail or are temporarily impaired or recovering from a recent hospital stay.

Within a maximum of four home visits, our experienced care coordinators help seniors contact potential workers they are interested in hiring from the list. They can help seniors make calls to schedule interviews, review résumés and be present through the interview process, as well as during the first day of work for the caregiver. They can also help seniors express their wishes in writing so that the duties and responsibilities as dictated by the senior are clear for the new caregiver. They can also help explain the payroll process to the new employee.

We also offer a follow-up home visit to verify that the match is working for the senior, that his/her needs are being met, and that the division-of-duties is being followed. The exact combination of services provided within the four home visits will be mutually agreed upon



by the care coordinator and the senior before signing a letter of agreement. The fee for this service is \$250 plus mileage at 60 cents per mile.

Option Two: "Follow-Up After the Worker is Hired" This option may be most appropriate for families who are only able to help the senior hire the caregiver. The family may not be available to provide follow-up with the senior and the new employee because they live out of town, work full time or both—such as Mary's daughter Valerie, who was unable to be present when Mary returned home from the hospital.

After the worker is hired from our Helpers for Seniors List, our experienced care coordinators work with the senior, family members and the new caregiver to verify that the arrangement is working out. We provide three home visits and follow-up phone calls to confirm the match is a good one, that the division-of-duties is being followed and that the senior's wishes are being honored. The care coordinator and the senior or family members will have a written and mutually agreed upon agreement, signed by the senior or family member, regarding who will be contacted about the caregiving arrangement. The fee for this service is \$200 plus mileage at 60 cents per mile.

Option Three: "Senior Care Coordination Services" Experienced care coordinators provide long-term care coordination services, including:

- ◆ an assessment and evaluation of the senior's status, including but not limited to financial, mental, and emotional status and ability to perform the activities of daily living.
- ◆ a care plan and recommendations to the senior and family members.
- ◆ coordination of services with community resources, service advocacy, and regular home visits to verify the senior is safe and that care is being provided properly.

If the senior or the family wishes, the care coordinator can regularly communicate to the family the senior's current condition and status. The fee for this service is \$65 per hour plus travel time and mileage at 60 cents per mile.

The fee to purchase the list is \$100, with a free updated list within six months of the original purchase date. During the one-time, free home visit, we will be able to offer other Council on Aging services as well as other resources in our community.

If you are interested in purchasing the Helpers for Seniors List, please contact the Council on Aging at 525-0143 and speak to Caroline Edillor at ext. 104 or Connie Aust at ext. 108.



COUNCIL ON AGING
SERVICES FOR SENIORS



"Bicycle Safety for Older Adults"

Thursday, September 25, 10 am-Noon
Santa Rosa Senior Center
704 Bennett Valley Rd.

Presented by Martin Clinton, Instructor
"Street Skills for Cyclists"
and with the League of American Bicyclists

To reserve space, call the Senior Center at 524-5716 today!



Q: What do you do if you suspect your identity has been stolen?

by Barbara Swary, Legal Director
Third of a three-part series on identity theft.

A: As soon as you suspect that you may be a victim of identity theft, take the following four steps:

1. Place a "Fraud alert" on your credit reports, and review the reports carefully. This alert tells creditors to follow certain procedures before they open new accounts in your name or make changes to your existing accounts. To place an initial 90-day fraud alert, call any one of the following three nationwide consumer reporting companies at the following toll-free numbers:

EQUIFAX: 1-800-525-6285
EXPERIAN: 1-888-397-3742
TRANSUNION: 1-800-680-7289

Placing a fraud alert entitles you to free copies of your credit reports. When you read your report, look for inquiries from companies you have not contacted, accounts you did not open, and debts on your existing accounts that you cannot explain.

2. Close accounts that have been tampered with or established fraudulently.

- ◆ Call the security or fraud departments of each company where an account was opened or changed without your okay. Follow up in writing, with copies of supporting documents.
- ◆ Use the ID theft affidavit at ftc.gov/idtheft to support your written statement.
- ◆ Ask for verification that the disputed account has been closed and the fraudulent debts discharged.
- ◆ Keep copies of documents and records of your conversations about the theft.

3. File a police report. File a report with law enforcement officials to help you with creditors who may want proof of the crime.

4. Report the theft to the Federal Trade Commission. Your report helps law enforcement officials across the country in their investigations. Here are the ways to report:

- ◆ Online: ftc.gov/idtheft
- ◆ By phone: 1-877-438-4338 or TTY 1-866-653-4261
- ◆ By mail: Identity Theft Clearing House, Federal Trade Commission, Washington, DC 20580.

This completes my series on identity theft. Let's all be more conscious of potential threats to our financial security and practice "Deter-Detect-Defend" against Identity Theft.

"Grandparent Connection," continued from page 1

Village," page one) and brought the dream to reality, knew that if it takes a village to raise a child, that village must include grandparents.

My own grandmother was the anchor in my life during a time when I found myself in foster homes and a series of unstable family situations.

In her peaceful cottage overlooking a shady canyon in Los Gatos, I learned to make bread and strawberry jam; Scottish shortbread and candied walnuts for Christmas. She taught me how to use the black sewing machine that had been upgraded from manual to electric sometimes in its long life. I was allowed to iron all the handkerchiefs, and when I scorched one she showed me how to rinse it out and hang it outside so the sun could bleach out the scorch.

We gathered black walnuts from country lanes to feed the squirrels in a little box attached to a tree outside her house. There was a special long-handled spoon to reach out over the two-story chasm to the tree, which was barely within reach of my little arms. She fretted when the bluejays robbed the nuts, and it was much later that I was surprised to learn that most people fret when squirrels steal the bird food.

In the drowsy afternoons, I curled up in her lap for a story.

As I grew older, we played Canasta, watched "What's My Line," ate chocolate-covered raisins and took long journeys in her green Volkswagen. In some ways we were children together.

When I was a teenager, I used to drive over to her house and spend the night to get away from the continual uproar of my large family.

She revealed to me something she never told anyone else: how she regretted being the stern disciplinarian with her own daughter, my mother.

Some people are born to be grandparents. "When I was a kid I always wanted to be a grandmother because it meant holidays and hugs and big family dinners and seeing all the people I loved," said Council on Aging's Marilyn Chuck. For her, parenting meant cooking and cleaning—and stern discipline. Now that she has two grandchildren, "We do email, greeting cards, text messaging, phone calls and special outings when they come up here."

Grandparents offer respite care. "Our twin grandbabies have been with us a week now and we like to bring them up to our bedroom first thing in the morning so their exhausted mother can rest and we can play with them. They entertain us and remind us of the miracle of life and the circle of life," says CEO Shirlee Zane.

Grandparents are a calm port in the

family storm. "Grandfather and I adored each other," recalls Betty Smithson. "He was such a wonderful influence in my life. First thing Saturday I would get dressed and run down to his house. He'd entertain me by the hour. We'd go for walks; we were hunter-gatherers. Grandfather was such a source of strength to me." Betty repaid the gift by teaching her own grandchildren to cook.

"When I think of my grandma," says Diane Traversi, "I think of unconditional love—and it's the best feeling in the world. That's what I want to be for my grandchild!"

Grandparents can play a dual role: My paternal grandfather was the family autocrat, says Edmund Coon. "I loved him and also was terrified of him."

What is it like being a grandparent?

"So amazing—so breathtakingly sweet—I have never experienced such a calm, sweet, pure love for anyone in my life! I cry all the way home," says Diane Traversi.

"It has changed my priorities drastically—my vacation time is now used going to San Diego to spend time with my grandson instead of jetting all over the place to exotic locations. I also do not

mind losing sleep so that my son and daughter-in-law can get some extra rest—I know I can always go back home and return to normal sleep—they are VERY grateful for the time together to go on a date or sleep in!"

Leona Tockey says, "It's been the greatest motivator to keep active in life. I'm supposed to be the cool grandmother. I don't want to let them down."

What will the future hold for me and my granddaughter? I can't wait.



Grandparents Needed!

Want to make a difference? Consider joining the Children's Village of Sonoma County as a grandparent. You can be single or part of a couple. Grandparents live at the Village in small but attractive one-bedroom apartments. They pay monthly rent and spend at least ten hours per week volunteering with the children. Village grandparents

- ◆ relate positively with kids
- ◆ want to share skills and interests
- ◆ plan to stay three years or more
- ◆ might enjoy owning a pet
- ◆ have experience working with or parenting children and youth

Children's Village
707-566-7044

www.thechildrensvillage.com



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 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. (See page 5.)

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.

"Walk Safe Walk Smart"

A Pedestrian Safety Workshop for Older Adults

Tuesday, September 30, 10 AM-Noon
Finey Community Center
Live Oak Room
2060 West College Avenue
Santa Rosa



How to stay safe on and off the road when walking in our community

Reserve your space by calling Council on Aging at 525-0143, ext. 112

Presented by Council on Aging and the Santa Rosa Police Dept., with funding by a grant from the California Office of Traffic Safety.



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Where: Santa Rosa Senior Center
704 Bennett Valley Road

When: Monday, April 14
Monday, May 12
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Monday, July 14
Monday, August 11
Monday, September 8
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