

SONOMA SENIORS

COUNCIL ON AGING *Today*

JANUARY 2009

Hope in a Time of Crisis

Looking toward a brighter new year

by Bonnie Allen

Not since the Great Depression have Americans' prospects looked grimmer. Retirement has been abruptly postponed or taken off the table for seniors who lost wealth in the stock market.

Add to this global warming, a healthcare system that is beyond reach for millions of Americans, the steadily growing gap between the rich and poor, and two intractable wars, and there seems little to celebrate as we look forward to the new year.

And yet, for many, renewal is in the air. People are not only ready for change, they are working to bring it about.

The presidential inauguration may well be the largest in American history, certainly the largest since Lyndon B. Johnson's.

California's voter turnout this year was the highest since 1976. And Sonoma County was the champion, with over 93 percent turnout. Many of those new voters are the young.

"My 24-year-old daughter chose to vote for the first time in her life, believing she could make a difference," enthused Council on Aging Development Director Marianne McBride. Retired schoolteacher Dave Silva, who talks regularly with teens from the high school across his street, says that the kids are increasingly sophisticated about what's going on in the world and more likely to get involved.

This bodes well, since it is the young who will be the caretakers of the baby boom generation.

Where does all this hope come from?

Perhaps it is the end of an era of greed and overconsumption that has brought us back to some fundamental questions: What makes us happy? What do we need to thrive as individuals, communities and a nation? During the last two decades economists told us that spending drives our economy and makes us happy. Easy credit allowed us to drive ourselves into record levels of debt—and strangely enough, it didn't make us happy.

Adversity may help us find our way.

"In an environment of declining resources," says Shirlee Zane, Sonoma County's new Third District supervisor and

outgoing Council on Aging CEO, "we are forced to look inward at our hearts and priorities and outward toward others who need our assistance."

"This is a time when new ideas and structures can take root and quickly flourish in the spaces left vacant by dying hidebound institutions," says Sarah van Gelder of *Yes Magazine*. "We'll want to base this new world on our sense of connection, joy, and gratitude—not on fear and exclusion. So exploring happiness may be just what is called for."

Yes Magazine chose to devote their winter 2009 issue to happiness. You can see this uplifting and informative magazine at yesmagazine.org.

What is there to be happy about? Here are some positive signs for our time:

Community gardens: Remember victory gardens? They helped America through a food crisis during World War II. Similarly, community gardens are springing up all over our country, in vacant lots, parks, farmland and reclaimed land in blighted urban areas. The number of community gardens has increased nationwide by 22% over the last five years. Community gardens bring people and neighborhoods together.

Resurgent community spirit: After a long interval of turning our backs on community, we've begun to return to public community spaces—city plazas, sidewalk cafes, neighborhood associations, city-sponsored festivals and parades.

Healthcare reform: As the current healthcare system becomes more and more of a financial burden in a political system that depends on campaign contributions from the healthcare industry, our elected leaders are at last considering creative ways to make healthcare more affordable to all of us. They are ready to act—if enough of us demand a better system.

Opportunity in the midst of crisis: Recognizing that vacant homes cause neighborhoods to fail, the city of Lancaster,



California, has been buying foreclosed homes and offering them for sale or rent to low-income citizens.

Infrastructure renewal: studies have shown that the most cost-effective way to stimulate the economy is to rebuild our aging and neglected infrastructure—roads, schools, hospitals, public buildings and city centers. The new administration has shown a willingness to put people to work on these projects.

The environment: California has just enacted the most sweeping greenhouse-gas-cutting measures in the nation. We've put strict new restrictions on diesel exhaust and are ready to make similar demands on the auto industry—as soon as the new administration takes office. President-elect Obama has vowed to make green energy technology—and the jobs it will create—a top priority.

Stable or lower prices: those on fixed incomes can expect a reprieve from the spiraling cost of living, as lowered demand means the price of food and fuel will decline or stay the same.

As we have been talking with seniors about the Great Depression, one theme emerged clearly: the sense of interdependence that grew out of hard times. Families, neighbors, communities had to pull together to survive. Often families doubled up in cramped homes to make ends meet. They learned to get along because they had to. They learned how to make their own fun because they couldn't afford toys or entertainment.

There are few better remedies for society's ills than learning to get along.

What bright spots do you see in our future? We'd like to hear from you.



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Cycles

A Guest Editorial

by Kate Maxwell, Ph.D., MFT
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There is an often unrecognized benefit to a long life. It takes many years to recognize the personal cycles that we go through as well as the cycles of a community, a country and the financial cycles that effect us personally and nationally. For those of us old enough to identify these cycles it provides a perspective that can be reassuring.

We see the cycle of our personal life: childhood, adolescence, adulthood with its family orientation, maturity and then the oncoming decline in energy, strength and health. When we were young we had no understanding of this cycle. We were so focused on ourselves that we had no idea of our place in the cycle of reproduction and family.

The early phases of the cycle are exciting and inviting as we expand our abilities and our horizons. Then comes the beginning apprehension that we may be included in the same cycle of aging that effects our parents and grandparents. Even as we age we often fight the reality of our position in the cycle, denying our own eventual death, taking it as a personal affront rather than recognizing (with humility) that we are no different than any other person who ever lived. When we have difficulties with this cycle we turn to family and friends for support. It is the meaning of these relationships that gives us support and draws us into an awareness of and connection to the bigger picture. We can come to realize that we are a part of the ever-turning Wheel of Life. What a blessing!

All cycles have their own inevitability. Civilizations rise and fall and financial cycles create millionaires and paupers.

Uppermost in most people's minds at this time is the financial situation. The oldest among us remember the Great Depression and have seen many financial cycles since then. There are lots of theories about financial cycles and according to many of these experts the cycles generally cover approximately five to seven years. There was an identified bust in early 2000 and recently we were informed by the experts that this "recession" began at the end of 2007. So the downturn began a year or so before. If this is the case, we may be about half way through this current cycle. Now that's reassuring!

Financial cycles are not unlike the personal life cycle. As the economy expands people are filled with anticipation and excitement. As the economy declines people become fearful that the good times will not last forever (which, of course, they won't). The very young, without any knowledge of history, may believe that the

world is coming to an end, but those of us who have witnessed the cycles know that nothing lasts forever, even a depression.

Recently a friend of mine, a retired man here in California, got caught up in fear. His wife called me as she was very concerned for him because he was checking the value of their investments every couple of hours and getting up early weekdays to see the opening of the stock market. The constant focus on his fear was taking a physical and emotional toll on him and his wife. He is a good example of how not to deal with the current events.

It is so important not to get caught up in the fear of the young or uninformed. Even many of the so-called experts are adding to the drama and fear although individually there is little or nothing we can do. It is a time to turn off the television news to protect your emotional well being. In addition, this is not the time to recluse yourself, but to focus on and share with others the daily things that bring us pleasure. Just as we gather our family around us in times of emotional hardship we must now gather our community around us.

The personal experience and knowledge we hold, gained from years of observation, is an emotional anchor for those around us as well as for ourselves. We can see beyond our own personal and emotional cycles to the life cycle of the larger community. When we shift our attention from ourselves to those around us we can experience being a part of this larger community, and our own issues are placed in perspective enabling us to weather the personal ups and downs.

With the perspective provided by maturity we can reach out to neighbors and friends. We can take our place in the larger community. So if you can fund a senior's meal, do so. If you can visit a shut-in neighbor, help them to focus on the positive and good memories. Perhaps you can invite them for a meal or take them shopping or take them to church or to the Senior Center. And don't leave out the children. There may be hungry children in your neighborhood who need an afternoon snack. Let us all expand our horizons, our personal understanding of the cycles of life and volunteer time to our favorite cause. What a great opportunity to join in community!

Starting next month!
Ask the therapist—The
"Dear Kate" Column.

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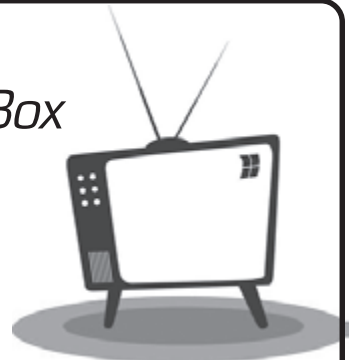
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 Jeaninie Hillman
 Carol Hintze
 Kenneth and Patricia Hlinka
 Doris Hobin
 Thomas Hood
 Edward and Linda Horciza
 Marie Howarth
 Kenneth and Vivian Hower
 Virginia Hughes
 Connie Humbert
 Charles and Wilma Hunt
 Zane Ivey
 C. R. and M. J. Jackson and M.J. Rainwater
 Sylvia Jasso Illsley
 Marcia and Robert Jenkins
 E. T. Jewell
 Eleanor Jewell Bowen
 Gerald and Barbara Johnson
 R. W. Johnson
 Lorraine Johnson
 Claude Johnson
 Mary Johnson
 J. Martin Jones
 Janice Jonkers
 Carol Jordan
 E. Lynne and James Joyce
 William and Susan Kane
 Joseph Wasilewski Karen Barrett
 Ray and Emiko Kaufman
 Ed Keech Sr.
 Christine Keel
 Kenneth Keeney
 Jerome Kelley
 John Kidwell
 Barbara and John Kirvan
 Laura and Maria Klein
 Nandina Koontz
 Art and Sandra Kopecky
 James Kowalik
 Edward and Elizabeth Kozel
 John and Judy Krist
 James Kubicka
 Jeanne Lane
 Ronald and Sheila Leal
 Becky Leffew
 E Z Leggett
 E. V. Leoni
 Bonnie LePera
 Nancy Levin
 Patricia Lew and Dennis Bohannon
 Rebecca Lewis
 Geraldine and John Linn
 Patricia Loomis
 Inge Luiz
 Syd and Trudy Lundgren
 Jeanne MacDonald
 Stephen Machol
 Robin and Orin MacQuarrie
 George and Frances Madsen
 Doro Maffia
 Jzoy Magdalen
 Viva Magnuson
 Diana Mambretti
 Tanya Mandrussow and Stephen Bauer
 Mary Mariani
 Kenneth Markham
 Georga Marosky
 Henri Masse
 Joseph and Elaine Matazzoni
 Joe Maus
 J. A. Mayfield
 Mary McBerty

Dennis McCabe
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 William, Rita and David Mueller
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 Bobbi Jo Nelson
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 Cathleen and Christopher Oakes
 Teri and Michael O'Donnell
 Carolyn Osburn
 J. H. and R. Ostrowski-Jones
 Robert and Linda Paglia
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 Joanna Palmer
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 Richard and Audrey Sharkey
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 Garland Singleton
 Karen Siroky

He Lifts Spirits—Now He Needs a Lift!

Dave Silva is a writer, counselor and lecturer who has overcome personal tragedy and written five books on senior issues. His lectures are sought after at senior centers because he has struggled with the very challenges of loneliness, loss and physical disability that so many seniors confront—and has found meaningful ways to respond to them.

Be sure to read the review here of his latest book, *Years of a Million Dreams*. And stay tuned for his own remarkable story in next month's issue.

But today, Dave, who has given so many seniors a lift, needs a lift himself. Literally.

Dave was recently hospitalized with pneumonia. "My health is failing again. I can't get out of the house and down the steps to go and give my lectures."



His property is too small to accommodate a ramp, and he hasn't yet secured funding for a wheelchair lift.

Meanwhile, what Dave needs is a strong

volunteer who is available in the daytime to get him out of his house and to his speaking engagements. If you can help, or if you have a wheelchair lift you can donate, please call Michele Leonard, Director of Volunteers, at 525-0143, ext. 146.

Elder Law Is Robert Bialkin's Passion

Robert Bialkin has always known what he wanted from life. "I've never had any other vision except to work in elder law—this was my number one choice; it was my only choice."

As a fourth-year law student at Empire College, he wanted to put his talents to work as a paralegal for a nonprofit. So he asked around: what was the best place to do that?

The answers were unanimous: Council on Aging.

"It's the premier one-stop shop for senior services," he says, "and I was going to work here in whatever capacity I could—whether volunteering or working, I was going to become part of this organization."

Bialkin applied for an open paralegal position, and convinced CEO Shirlee Zane of his enthusiasm for the organization.

That was six months ago, and Bialkin has not regretted a moment of it.

"It's more than met my expectations and

beyond." Bialkin also conducts legal clinics for seniors. (See "Save the Date," page 8, for clinic dates.)

Whence came his interest in elder law? As a youth, the 27-year-old lived with his

grandparents, exchanging work around the house for his room and board. "I got the guidance and wisdom of my grandparents. I really found I could communicate well with seniors and I enjoyed being around seniors." Bialkin also lived with his grandparents during their final years.

After he gets his law degree, Bialkin hopes to work for Council on Aging as long as the organization needs him. But he has other plans as well. He and his fiancée, Sierra Klauenburch, are opening an organic yogurt shop, **Honey Moon Frozen Yogurt**, which Bialkin helped build himself. The Sebastopol shop is across the street from where Bialkin plans to open his legal offices.

"Elders," notes Bialkin, "are in need of help. So I urge everyone out there to volunteer in any way they can. We have extremely limited resources, and we provide a seriously good service. If you're going to be giving somewhere, this is where it will have a big effect."



Leo and Ella Rose Smith
Young Smith
Anne Smith
Linda Spomer
Allan St. Marie
Kenneth and Sandy Stein
Otto and Mary Alice Steinhardt
Robert Stevens
Richard and Marlene Stevenson
Lorraine Stickney
Janet Strobel
Frederick and Anne Styles
Cynthia Sumner
C. Sundberg
Darlene Talbot Helner
Keith and Linda Taylor
Stanley and Verna Thomsen
Marilyn and Jack Troutfetter
Doris Trucco
Pamela Ann Turner
Adolf and Sarra Tyutinman
Darrel Uber
Kent Ustiantseff
Shelby Vance
Joseph and Donna Vetter
Margarite A. Villavicencio
Paula Vinson
Daniel and Claudia Viola
Patricia A. Vossen
James and Betsy Waliszewski
Nancy Wallace

Delores Ward
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Thomas Wilson
Nina Wilson
Linda N. Wilson
Laurie Winkler
Frank Wulff
Donnella Wymer
Lloyd and Nancy Yoshioka
Joanna and Howard Young
Emma Yriberri and Lynne Rochette
Gust and Marian Zagorites
Frank Zwolinski
Scott and Jan Wilmore
4 Anonymous

Years of a Million Dreams Seniors Look at Yesterday, Today, and Tomorrow

Reviewed by
Bonnie Allen

"Can you remember when yesterday had little meaning, when only today and tomorrow were important?" writes David Silva. "While we lived through the passing years

yesterday gradually became more and more of a reality. We began to realize that all we are today, our education, our work, our families, our lifestyle, even our health were built on the steps of yesterday. While the years pass, yesterday continues to grow in importance."

Years of a Million Dreams is a conversational ramble that meanders like a gentle stream through the transition from looking forward to the future to looking back to the past, and mines this transition for its hidden gems. It touches on our memories of love, war and other transitions.

A master story teller, Silva at one point interweaves his own past with the reality of visiting his aged father with his own child in tow, marveling at the comfort of the family home, and metaphorically, the memories that give us all meaning. He asks us not to forget the magnificent reality that is our entire lives in our preoccupation with our present limitations. He cautions us to honor our precious memories without giving in to the temptation to simply live in the past; to live in the moment without forgetting where we came from. He explores prayer, meditation, humor and service to others as ways to enlarge our sometimes constricted view of the world.

Along the way he offers practical tips on health, safety, memory lapses, sleep needs and sexual well-being. The book closes with inspirational quotes, humorous aphorisms ("Birthdays are good for you; the more you have, the longer you live.") and sage advice of his own: "Every moment of our lives we are in this world either making it better or making it worse."

Silva writes with the authenticity of someone who's lived what he writes about.



You can order *Years of a Million Dreams* through Amazon, Barnes & Noble, or Outskirts Press (www.outskirtspress.com).

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Ask COA Legal



Review of Estate Planning Documents

by Barbara Swary, Legal Director

Happy New Year! The following is a New Year's resolution that we should all think of doing every year or two, especially with the changes in the economy.

Your New Year's Resolution is to review your estate planning documents, including your will and/or trust, as well as your Advanced Health Care Directives (Durable Power of Attorney for Health Care) and your Durable Powers of Attorney for Finance.

If any of the following changes have occurred, you should have an attorney review its potential effect on your will and estate plan to determine whether they should be revised. (This is not an all-inclusive list.)

Changes affecting family and personal matters:

1. Change in your marital status or domestic partnership as a result of marriage, divorce, separation or death.
2. Birth, adoption, maturity, marriage, divorce, or death of a child or grandchild
3. Death of a beneficiary
4. Serious illness or incapacity of spouse, domestic partner, child, or any other significant beneficiary
5. Significant change in economic status of spouse, domestic partner, child, or any other significant beneficiary
6. Significant change in relationship between yourself and any beneficiary
7. Significant change in your health
8. Change of your residence to another state or country
9. Change in relationship between yourself and the person(s) named as executor, trustee, or guardian; incapacity, unavailability, or death of that person

Changes in your financial status:

1. Significant change in your income, your net worth or the nature of your assets
2. Disposal of specific assets mentioned in your will or trust
3. Change in employment
4. Change in business interests: new partnerships or corporations; dissolution of partnerships or corporations
5. Acquisition or disposal of property in a different state or country



Send your questions to SST, Legal Q&A, 30 Kawana Springs Road, Santa Rosa, 95404 or by email to legalcoa@sonic.net. Barbara Swary, Esq., Director of Senior Legal Services at Council on Aging, will answer a question every other month.

Only in America...

...do drugstores make sick people walk all the way to the back of the store to get their prescriptions, while healthy people can buy cigarettes up front.

...do banks leave both doors open and then chain the pens to the countertops.

...do they have drive-up ATM machines with Braille lettering.

...do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.

Why...

...is the time of day when traffic is slowest called "rush hour"?

...is the man who invests all your money called a "broker"?

...didn't Noah swat those two mosquitoes?

...don't you ever see the headline, "Psychic Wins Lottery"?

...is it that doctors call what they do "practice"?



Thank you!

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9AM-7PM
SATURDAY
9AM-6PM / Rx 10AM-6PM
SUNDAY
10AM-6PM

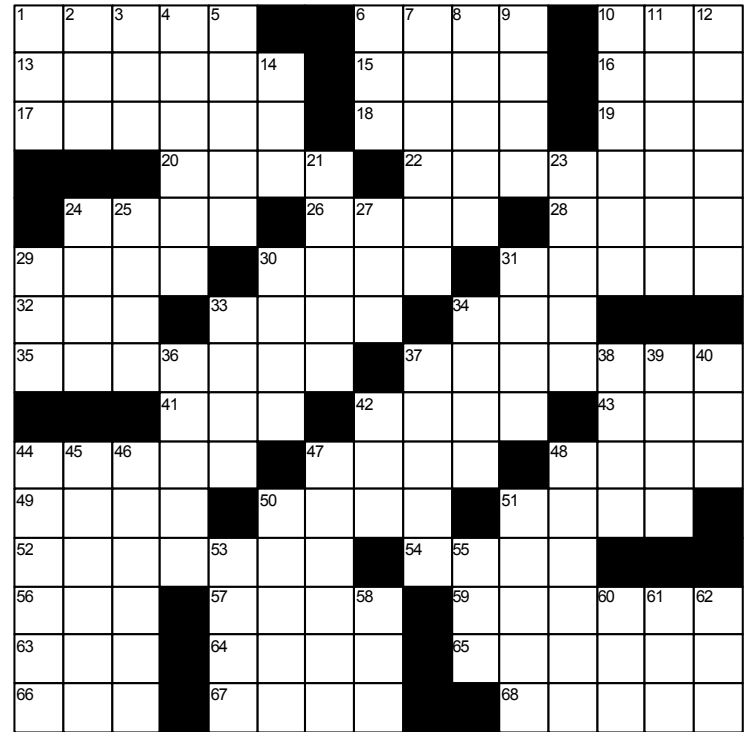
January Crossword Puzzle

ACROSS

- 1 Stands by
- 6 Grp. for 50+ folks
- 10 Opening
- 13 Evade
- 15 Herr's wife
- 16 Past
- 17 Not ours
- 18 Stumble
- 19 ___ Lanka
- 20 Daddy
- 22 Like Sarah Palin
- 24 Guitar feature
- 26 Restroom designation
- 28 David Silva's need
- 29 Bad luck number for Romans
- 30 Clump
- 31 ___ Moon, a new yogurt shop
- 32 Lodge
- 33 Connie ____, senior financial services lady
- 34 "Road to ____, " with Hope & Crosby
- 35 Pamper
- 37 Intention
- 41 Bro's opposite
- 42 "Ask ____, " SST's new column
- 43 "___ Night," free movie this month
- 44 Head
- 47 Stem material
- 48 Granary
- 49 Prego's competition
- 50 Allot
- 51 Christmas song
- 52 Burst out
- 54 Baseball's Nolan
- 56 Tax pro
- 57 Beehive State
- 59 Takes in
- 63 Egg source
- 64 Go at it alone
- 65 Robe
- 66 Epoch
- 67 Emcee
- 68 Shabby

DOWN

- 1 Sodden
- 2 Tree
- 3 Winter hazard
- 4 National capital
- 5 Small herring
- 6 Nautical direction
- 7 Brazen
- 8 Stair grips
- 9 Insect in a cocoon
- 10 60s counterculture guru Stephen
- 11 Ornamental clasp
- 12 Conical, informally
- 14 Sixth sense
- 21 Entertain
- 23 Sailing vessel
- 24 Huck ___
- 25 Peel
- 27 Online paymt.
- 29 It precedes 29 Across
- 30 Harbor helpers
- 31 Retain
- 33 Arabic first letter
- 34 Biblical gleaner
- 36 Expend
- 37 Mater's mate
- 38 Off-Broadway award
- 39 Window part
- 40 Latin "I"
- 42 Caboodle's partner
- 44 Christmas scene
- 45 Author Lee (To Kill a Mockingbird)
- 46 Lizard
- 47 Rides a bike
- 48 Winning county, CA voter turnout
- 50 Ditto
- 51 Lowest point
- 53 Derriere
- 55 Wild ox
- 58 Popular
- 60 Pan's partner
- 61 Palindromic explosive
- 62 Chinese sauce ingredient



LUCKY 9 the ARTery presents:
Small Works from K-99

**February 7
Small Works**

Art show opening and reception at
The Artery
461 Sebastopol Ave.
Santa Rosa,
5-8 PM.
A benefit for Artstart

Coordinator Angelina Duckett is seeking submissions of small art, including sculpture (9"x9" or smaller), for this juried show. Seniors are especially encouraged to enter!

Entries will be accepted on Saturday, January 31, 11 AM-2 PM, at the ArtStart Arthouse, 716 Bennett Valley Rd. (next to Bennett Valley Senior Center). \$5 covers up to three entries.

A Senior Community Service Project by Angelina Duckett, Ursuline High. For information, call 546-2345, or email thearterygallery@yahoo.com

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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.)

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

Do you want to help Alzheimer's Disease research?

Alzheimer's is a devastating disease. Its progression is inevitable, and activities that were once routine can become difficult or impossible to do.

Research doctors are seeking people with mild to moderate Alzheimer's Disease as well as reasonably healthy people without Alzheimer's Disease to take part in a clinical study to find an imaging method of testing for Alzheimer's Disease. If the research is successful, it will help doctors make a better diagnosis and know whether treatments are working.



For more information, please contact:
Terry C. Hess MA CCRC
Study Coordinator
(707) 521-3802

Working for You

Information & Assistance/ Case Management:

Do you need help with senior resources? Call us any time for information, assistance and case management services. Call Carol Martin at 525-0143, ext. 113. Sebastopol seniors only: call the Russian River Senior Center at 869-0618.

Senior Financial Services:

Our bonded and insured counselors assist seniors who are unable to handle bill paying, checkbook reconciliation, eligibility documentation for retirement programs, and other financial needs relative to their daily money management. This program is especially designed for the forgetful senior or the senior with poor vision and often protects them from financial abuse and late fees associated with forgetting to pay their bills. For peace of mind, call Connie Aust, Director, today at (707) 525-0143, ext. 108.

Senior Peer Support:

This program is to help seniors struggling with serious mental illness access services and programs that help them develop skills and social support, leading to a more constructive and satisfying life. After an assessment visit by CoA case managers and a licensed marriage and family therapist, clients are matched with trained volunteers for 12 weekly support sessions to develop a care plan solution with the client's approval, then follow-up with progress notes. Sponsored by the Department of Mental Health Services. Call Michele Leonard, Director of Volunteers, 525-0143, ext. 147, for information.

Lawyer Referral Service:

If you are 60 years old or older and need an attorney, you will be referred to a panel of elder law attorneys experienced in working with seniors. An initial half-hour consultation is \$30. If you retain the attorney for further services, fees will be at the attorney's usual rate. The service is certified by the California State Bar, Certification #0111. Call 525-1146 for information.

Senior Meals:

Meals on Wheels delivers hot meals to temporarily home-bound or chronically ill seniors. Ten dining sites provide meals and companionship. Therapeutic meals and nutritional counseling are available for special needs. Call 525-0143, ext. 135, for information on home delivery or dining site locations.

Senior Day Services:

This service has helped hundreds of people to reconnect with others through our Senior Day Activities program, offering the opportunity to gather for meals, exercise, entertainment, companionship, and arts and crafts. The programs are held in Healdsburg, Sonoma, and Sebastopol. Call Sharon Boyce at 525-0143, ext. 116.

Senior Helper List:

Our referral list includes caregivers in the county pre-screened with DMV/criminal background checks, employer references and interviews. Their services include some light housework, driving, cooking, and personal care. They charge approximately \$15-\$18 per hour. The cost of the list is \$100. Call Caroline Edillor, 525-0143, ext. 104.

Senior Legal Services:

Legal consultation and representation in matters of housing, consumer fraud, Social Security and SSI, Medi-Cal and Medicare, and elder abuse are provided. Also available are simple trusts, wills and durable powers of attorney for health care and finance. Call 525-0143, ext. 140.

Council on Aging

Mission Statement:

To provide services that support the independence and well-being of older adults in Sonoma County, and to be a strong advocate for the quality of life of elders locally and nationally.

Save the date...✓

◆ Jan. 7 & 21: Senior Legal Clinic.

• 10 AM-12 NOON: Sebastopol Senior Center, 167 N High St, Sebastopol, 829-2441

• 2-4 PM: Healdsburg Senior Center, 133 Matheson St, Healdsburg, 431-3324.

Council on Aging paralegal Robert Bialkin will assist with senior legal issues. FREE, please RSVP to Robert Bialkin, 525-0143, ext. 142. Sponsored by Council on Aging.

◆ Jan. 25: Olive Curing Workshop.

B.R. Cohn Winery, 15000 Sonoma Hwy. 12, Glen Ellen, 11 AM-1 PM. Olive expert Don Landis talks about the history of the olive and how to cure olives without lye. Include olive tasting. FREE, reservations required. 800-330-4064, ext. 124.

◆ Tuesdays & Fridays: Movies at

Sebastopol Senior Center. 167 North High Street, Sebastopol, 1:30 pm. 829-2440.

• Jan 29 & Feb 1: *Big Night*, with Stanley Tucci and Minnie Driver.

• Feb 5 & 8: *The Wedding Planner*, with Jennifer Lopez and Matthew McConaughey.

◆ 1st Thursdays of the month: FREE

Movies for Seniors. Third Street Cinemas, downtown Santa Rosa, 10 AM.

Choice of 4 current films, Call Street Cinemas recording, 522-0330, ext. 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.

◆ 3rd Saturdays of the month:

Pacific Coast Air Museum Open House. 2330 Airport Boulevard, Santa Rosa. 10 AM-4 PM. The cockpit of a featured aircraft is open for our visitors to view and inspect. FREE. 575-7900.

◆ 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.

◆ **Attention Readers:** Is there a free event you'd like to share with others? Let us know by the **10th of the preceding month**, and if it's appropriate, we'll put it on our calendar. Call 763-2544, write *Sonoma Seniors Today*, 30 Kawana Springs Rd., Santa Rosa, CA 95404, or email SonomaSeniorsToday@gmail.com.

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Q: How can you invest in the well-being of Sonoma County seniors?

A: Set up a charitable trust or estate plan that will help us feed and care for seniors now and into the future.

For information on how you can help Sonoma County seniors, call Shirlee Zane, CEO, at 525-1059.

The Council on Aging is proud to announce that the Endowment Fund is managed by Exchange Bank. The Exchange Bank continuously serves Sonoma County community charitable endeavors.

For more information, call 524.3151.

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

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