

SONOMA SENIORS

COUNCIL ON AGING *Today*

NOVEMBER 2008

“We Were There” –A Veteran’s Story

Veteran Ernie Nackord spearheads World War II pilots group

by Bonnie Allen

In 1996, Dr. Ernest J. Nackord, Jr. a retired clinical psychologist, put “a tiny ad in the Press Democrat.” It said, “World War II fighter pilots: Let’s get together for hangar talk.” He gave a date, reserved a table for 10 at a Santa Rosa restaurant, and crossed his fingers.

Some 35 vets showed up, including two German pilots. Word got around, and the group grew to over 200, meeting every other month.

Now, 12 years later, it has dwindled to its original size, and there’s a sense that their stories need to be told before these pilots are gone.

“So many of us are now in the twilight of our lives,” says Nackord, who enlisted at age 18 and is still the youngest at 84.

“We have only two rules,” he jokes. “Number one, you have to be a World War II pilot. Number two, you can’t die during lunch. If you do, we kick you out.”

The exploits of the pilots are detailed in the group’s Web site at worldwar2pilots.net, which is suffused with Ernie Nackord’s homespun, self-deprecating humor.

Although Nackord didn’t see combat, he had his share of close calls. One of his assignments was to train Free French pilots on American planes, such as Nackord’s B26 Martin Marauder. On a training flight in Oklahoma, his left tire blew out under full power, and the landing strut and the prop dug into the runway.

“All this before you could blink,” he recalls. “I was all elbows, hands and feet, trying to keep it as straight as possible while trying to shut down the engines, fuel pumps, electrical systems, and still not soil my fresh-clean boxer shorts at the same time.”

As pilot, his concern was to get the French pilots off the plane before it blew up.

“Eventually we came to a stop skidding sideways. I turned back to chase those guys out of the plane. They were nowhere to be seen, and the smell of gas was everywhere.”

Nackord’s escape hatch was jammed, but he managed to escape through the nose wheel well,

“Moving as fast as I could away from the plane, I was shouting to the French guys to get out! They were still not to be seen, so I stopped and turned, momentarily debating with myself whether to risk being part of an explosion attempting to save a bunch of Frenchmen or save

my own butt.

“I never had to make that decision, as they were about 100 yards further away from the plane than I was. The fire trucks showed up and doused the plane, and she never did catch fire thankfully, but the plane was a total loss. I never did figure out how they got out so fast.”

After the service, Nackord worked as a pilot for Pan Am before getting involved in sports, first as a high school coach and later as stadium manager for the Forty-Niners and the Raiders. Early on, he worked at San Francisco’s Kezar Stadium, and if you attended between the mid-fifties and the mid-sixties, you likely heard the announcer, Jerry Myer. That was Nackord, and the pseudonym was the name of a priest he knew.

Young athletes had a way of coming to Nackord for advice with personal matters, and he eventually studied psychology and took his doctorate in clinical psychology. He counseled a number of athletes before—and sometimes after—they became famous.

With an insatiable thirst for adventure, Nackord took frequent time off to bum around the world, or take shifts incognito as a ditch digger, truck driver or railroad hand.

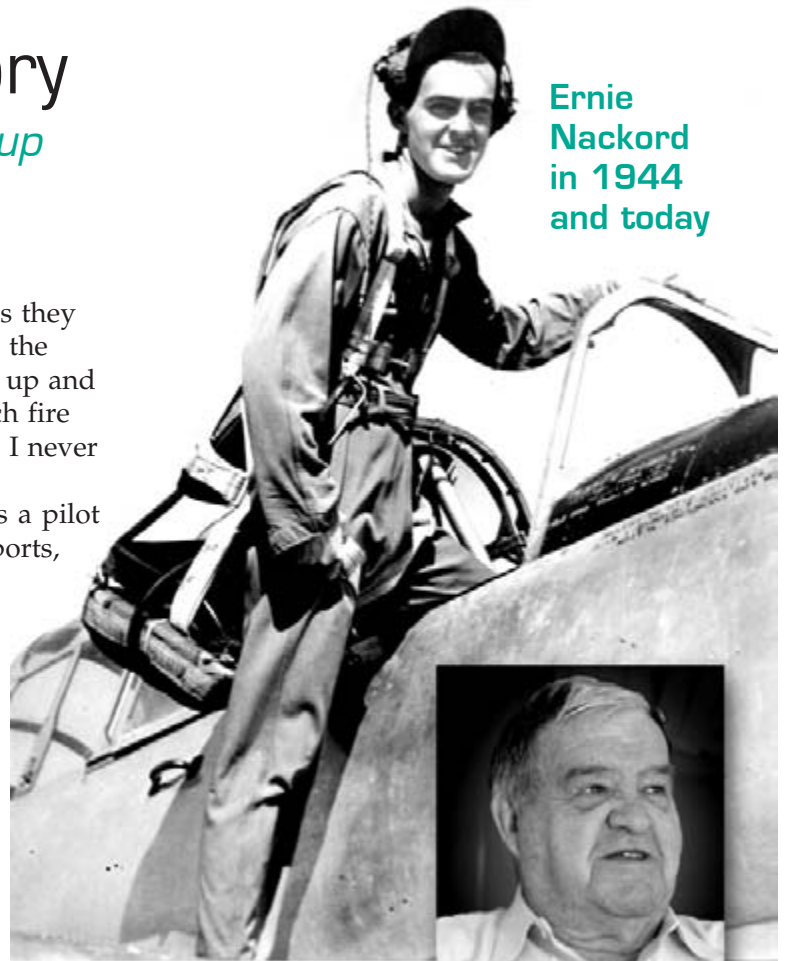
“I’d put on old striped shirts and wouldn’t shave,” he quips.

Along the way, he was also chairman of the board of the biggest mortuary in California.

The bright center of Nackord’s life are his five sons; the youngest two, from a later marriage, are still in their early twenties. He has five grandchildren and a great granddaughter. He had to be both mother and father to the younger two, and it is only recently that he has come to terms with the mothering side of his personality.

Last spring, while getting ready for a presentation to a local elementary school along with several other pilots, Nackord collapsed with pneumonia and was rushed to the hospital. His first thought after awakening was to apologize for canceling the event and promise to reschedule.

Nackord was hit with multiple life-threatening diagnoses that should have left him in pain and on oxygen. Somehow, he has



Ernie Nackord in 1944 and today

completely escaped pain, and was able to go off oxygen

after two months. He retains a full head of hair even after chemotherapy. And the diagnosis contained an unexpected reward.

“I’ve been a pretty good father,” he confesses, “but a lousy mother.” Something about the chemotherapy, he theorizes, or maybe just the thought of mortality, has awakened his nurturing side. He experiences it as a kind of immersion in love.

“I can love like I’ve never loved before. I love my children so much sometimes it brings tears to my eyes. My friends, these old guys, we hug and kiss.”

“Not on the lips, of course!” he appends, laughing. “Sometimes I’ll see or hear something and I’ll get tears in my eyes. I haven’t cried since I was a little kid, but these are real tears.

“I’ll be getting off the train pretty soon, but it’s been one terrific ride and I have no complaints.”

For details on individual pilots—their dates of service, theater and type of airplane flown, visit their Web site at worldwar2pilots.net.



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Consider This...



The Changing Roles of Parents and Children

by guest columnist Kate Maxwell, Ph.D., LMFT
Clinical Supervisor, Senior Peer Support Program

As we age, our roles as parents and as children change. These changes are almost always met with resistance. As children, we push for more autonomy as our parents hold us back until they are convinced that we are ready and responsible. Our freedoms are hard won and we jealously guard these freedoms.

As adults raising our own children, we come to understand our parents a little better. Then, as our parents age, we may find ourselves in a changing relationship we had not anticipated. The independence they fought so hard to win as children themselves will, with time, be in jeopardy. We may see signs of confusion, or perhaps their home is not as clean as it used to be. Maybe their diet is inadequate. How do you tell? Look in the refrigerator. One of the first signs of a problem might be mail accumulating and bills paid late or tax returns not filed. Your parents, in order to protect their self esteem and independence, may refuse to address your concerns; they may tell you that the unopened mail is just mail they want to look through.

How do you let them know that you are concerned and willing to help? First of all, you must express your caring and love. You must let them know explicitly how important their wellbeing is to you. If your motivation doesn't come from your love for them, it is invalid and you can almost guarantee that they will resist your efforts. If there is any old resentment on your part, you will need to find a way to forgive them: Talk to them, talk to your pastor or see a family therapist. Providing care for an older parent can be very challenging, even without emotional baggage.

Over time, you may see that they are no longer able to care for themselves. The process is just the opposite of raising a child, with one major difference: They know what they are losing. They know that loss of a driver's license will mean a huge loss of independence, and they know that each step, each little freedom surrendered reduces their control of their own life. Nothing you can say will change that. All you can offer is your presence and your love and concern. Perhaps even more important is your respect. If you can empathize with your parents and respect their choices, perfect or imperfect, then you can move forward with them.

Now, what if you are the older adult? You know that your adult children are busy with their own lives, and you may be afraid that if they see you as a burden they will withdraw. Your fears may limit your requests for needed assistance. You may think that if you ask for assistance with a small matter, they will decide that you are either helpless in all things or totally

incompetent. The truth is that both you and your adult child will be far more comfortable if you can sit down and discuss your changing needs and lay out a plan. In fact, you will gain their respect if you can realistically assess your needs. You may decide, based on some unpaid bills or bounced checks, that you need assistance. You could turn to family, an accountant or the Council On Aging's Daily Money Management program. Any move you make to address your situation will actually make you look more, rather than less, competent. Why? Because you will be realistically and maturely dealing with the situation. If you need help caring for your home, ask for it. There are resources available outside of your family and they will cost money, although some assistance is available for people on limited incomes. For available resources call the Council On Aging and ask for Information and Referral.

Loss of a driver's license is usually devastating. You know what it means in terms of dependence on others. Do you perceive yourself as a nuisance, or can you share the best in yourself so that others will enjoy their time with you? If you are grumpy and complain a lot, you may find yourself more alone than you would like, and more dependent on public transportation, which in Santa Rosa is very limited. If you live in the country, the reality is that you will become more isolated and lonely, and moving may be your only option regardless of family assistance.

Even more devastating than the loss of a driver's license is loss of mental capacity. I believe that everyone pays more attention to the forgotten name or thought as they get older. It may be reassuring to know that dementia affects only 14% of the population between the ages of 71 and 80. If you do find that you are forgetting important details, feeling overwhelmed by tasks that used to be easy, put yourself at ease and talk to your doctor. There are simple tests that will help you and your doctor determine if your fears are unfounded or if you need more advanced testing. Should you find that you do have reasons to be concerned, get some help making realistic plans that will change as you change. If you develop a plan while you are able, it will reduce possible anxiety and depression. Your plan should include an advanced health care directive and a will.

Having these documents in place will assure that your wishes will be followed and will protect your family from unnecessary conflict.

Last, but not least, addressing the issues will give you the opportunity to teach your children about growing old with grace and wisdom.

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BEQUESTS

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Tom Hartman: Council on Aging 2008 Volunteer of the Year

Tom Hartman, 44, has been a Council on Aging volunteer for 12 years, seeing his work as a way to pay back his community and the State of California for all the help he has received for his disability, Downs Syndrome.

Tom puts in five hours a day, five days a week helping at the Healdsburg dining site.

Each day he sets up tables and chairs, the reception table with the sign-in book, the money box and payment envelopes, and the coffee machine with cream, sugar and cups. He then helps package the hot and cold portions of the meals for Meals on Wheels delivery.

During lunch at the dining site, Tom pours milk for the diners, greets them by name and makes them comfortable. Tom not only visits with the seniors, but also helps them with their chairs, helps them carry packages and gives them his arm for support while walking them to their table. After lunch, Tom washes dishes and helps with general clean-up.

Tom plays cards with the seniors, sets up tables for the bridge players and helps with Bingo.

Tom has an extraordinarily special and positive influence at the Healdsburg



Dining Site. His happy attitude and fun-loving nature are a personal testimony for seniors who have faced many losses, are lonely and depressed. His regular attendance is a great inspiration to other volunteers. Those volunteers who work with Tom see him as a role model and a very hard worker.

Site Manager Phyllis Daniels states unequivocally, "We don't know what we would do without him. Tom never complains about his workload and is always available to help his workmates with their work."

In addition to his work, Tom designs and paints birthday cards for the diners and Day Service participants. He is a great joy to the seniors who come to the site for lunch and to the seniors who visit the Healdsburg Senior Center, and a fine example of self-discipline and the wonderful ability to overcome adversity in life.

In deep gratitude for his work, Council on Aging has presented Tom Hartman the Council on Aging 2008 in-house award for Volunteer of the Year. He has also received the Volunteer Center of Sonoma County's "Volunteer of the Year" award, along with a prize of \$500 for the nonprofit of his choice.

Send a Soldier a Postcard

A suggestion from Council on Aging Board Member John Reyes

Here's a great idea for something to do with your grandchildren, who can probably run rings around you when it comes to computer literacy.

Have them go to the Web site www.LetsSayThanks.com and follow the simple instructions to pick out a thank you card from a selection of cards created by other children. They'll get to create a personalized message on it. Xerox will print it and send it to a soldier serving overseas. You can't pick out who gets it, but it will go to some member of the armed services. It's FREE, and it only takes a second.

It's a wonderful way to say thank-you and also to wish them a MERRY CHRISTMAS.

Wouldn't it be great if each soldier received a bunch of these? Whether you are for or against the war, our guys and gals over there need to know we are behind them.

Of course, if you don't have a grandchild handy but do know your way around a computer, there's nothing to stop you from sending one yourself.



A Doggone Good Time at the Sebastopol Day Program

Music, pets, good talk and more—just a typical day for these Sebastopol seniors

by Bonnie Allen

It's a time to gather with familiar faces, share stories and ideas, learn something new—and pet a chihuahua.

The elders at the Sebastopol Senior Day program have rich and varied backgrounds and wisdom to share.

Director Adriane Hatkoff knows how to draw out the best in her guests, encouraging the shy and providing direction for the talkative.

On a recent Friday in September, a dozen of them started the day with coffee, tea and socializing, along with a quick group word game. Over coffee, they talked about their lives.

"I love it here," says Frances, an Occidental native who has been coming for three years. "I like the 'boss,'"—gesturing to Hatkoff—"and everybody."

Lena, 95, has only been coming a couple of months. But, she says, "I felt right at home here. I call this my home away from home." Lena comes from a family of 13 children and grew up to be an administrator at Barnard College.

Bruni, in a bright red dress and elegant scarf that complement her willowy figure, came to America from her native Germany as a teenager, but still retains traces of her German accent.

For many years, Bobbie ran a barbecue in her back yard in San Francisco and sold barbecue to her neighbors. "I had a special pit made," she recalls. The meat was smoked all night, and basted with her brother's trademark barbecue sauce.

Bill came from a military family, graduated from West Point, and retired a Lieutenant Colonel. His advice for a long life: "Be nice to people and they'll be nice to you."

Then Yvonne Morones arrived with her elegantly dressed and well-behaved

From top: Alvin with Charlie & Margaret, Bruni & Day Program assistant Terri, Musicians Ava "Mohawk" Grail and Patrick McCarty



"therapy dogs," chihuahuas Alvin and Jalapeña. Yvonne, who trained at the Assistance Dog Institute in Santa Rosa, is a familiar figure at Sebastopol Senior Center. The dogs soon found their way into the laps of the delighted guests.

After adjourning for Friday brunch (see next page), conveniently located across the hall, the participants returned to the activity room and did a few stretching exercises until the afternoon's entertainment arrived. Musicians Ava and Patrick, who generously donate their talents, sang a repertoire ranging from familiar standards to country and western to sultry blues. The enthusiastic audience got up and danced.

The Senior Day program, under the capable direction of Adriane Hatkoff, who fully represents the Council on Aging, is a stimulating program that nurtures friendships and the widening of horizons. It's great for isolated or frail seniors and offers a respite for caregivers.

Council on Aging Senior Day Services are offered three days a week, from 9:30 AM to 2 PM, in Healdsburg, Sebastopol and Sonoma. For more information, call 525-0143.



Election 2008: The Issues

by Bonnie Allen

Seniors are the most reliable voting group in American elections. Political analysts say we vote at a rate 60 percent higher than young people, and 10 percent higher than the national average. And the rate is going up, as the senior population grows.

So one thing we can count on is that politicians will listen to us—if we make our views known and make them known often enough. And there are certainly plenty of issues affecting our lives directly. Regardless of who wins local and national elections on November 4, it behooves us to try to understand the issues so we can provide the wisdom and direction that our politicians need.

Social Security. Should we allow private accounts? Raise the cap on Social Security taxes? Raise the cap on only high-income wage earners? Cut benefits to our children and grandchildren? Do nothing? (Social Security will continue taking in more money than it gives out until 2014, making it one of the more successful government entitlements so far.)

Medicare. Unlike Social Security, Medicare faces a truly staggering shortfall. How will we face this shortfall? Reduce benefits? Increase Medicare taxes? Outsource patient services to Thailand? (Don't laugh, some insurance companies are doing just that—it's cheaper to send patients to Thailand for some major surgery than to treat them in the U.S.)

Health insurance. How do we deal with the intractable problem of premium prices skyrocketing as we get older and more risk prone? Put everyone in one giant government-administered pool (universal healthcare)? Require insurance companies to cover everyone? Give tax credits to cover insurance payments? Health savings accounts? How do we reform the flawed prescription drug benefit (Medicare Part D)?

Affordable senior housing. Homelessness has risen sharply as a result of the mortgage meltdown. Tent cities are springing up in Los Angeles, Seattle and other metropolitan areas, and many of the residents are seniors who have lost their homes. How should our representatives advocate for these seniors?

Taxes. Tax policy affects all other issues. Do we want to roll back taxes? Roll back tax cuts on upper income groups and use the money to fund healthcare programs or entitlements such as Medicare and Social Security? Pay down the debt? Pump money into the economy as a stimulus during the coming lean times?

Find out where your representative—and your presidential candidate—stands on these issues. As the elders of our society, we carry the responsibility of being informed about the issues and advocating for the best direction as we see it.

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Last month we asked you for your favorite senior discounts. Here are some supermarket discounts you shared.

✓ **Oliver's Market**, Santa Rosa: 461 Stony Point Road and 560 Montecito Center; Cotati: 546 E. Cotati Avenue; 10% senior discount, Wednesdays, 7 am–4 pm.

✓ **Petaluma Market**, 210 Western Ave., Petaluma: 10% senior discount, Thursdays, all day.

Do you shop at Safeway? You can download and print coupons from the Internet at safeway.com/IFL/Grocery/Coupons.

For Lucky shoppers, type in luckysupermarkets.gsnrecipes.com/Shop/Coupons.aspx

Next month we'll explore senior discounts at restaurants and other sites. Keep those suggestions coming!

Let's Go Out for Brunch

Fridays are special at senior dining sites

by Bonnie Allen

Adorned with a crisp white tablecloth, flowers and a pyramid of oranges, Friday's buffet table at the Sebastopol Senior Center would not have been out of place in a fashionable tea room frequented by ladies in white gloves. The new Council on Aging Friday brunch is perhaps the best-kept secret in elegant budget dining at Council on Aging senior dining sites.

Servers helped guests to a selection of goodies that included a sausage scramble quiche, pancakes and syrup, a salad of spring greens, muffins, fresh fruit, cranberry juice, coffee and milk. It was good enough for many to ask for seconds.

On other Fridays, entrees have included breakfast burritos, sweet potato waffles, a veggie egg bake and mouthwatering sides of sausage, cheddar cornbread, spinach artichoke pasta salad and many other toothsome treats.

Friday brunch starts a little earlier than



Friday brunch at Sebastopol Senior Center

lunch—at 11:30 am, and the suggested donation is \$5.00. Seniors over 60, caregivers and family are welcome. The casual setting encourages friendly conversation.

Although drop-ins are accepted, the staff can better estimate the number of portions if most people sign up ahead of time. To make a reservation, call 525-0143, ext. 135.



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By the way, what's a URL?

That's the Web "address" you type in the space at the top of your Web browser. At one time you had to type in the full address, but in most cases, you can now leave off the "http://www." portion. So the full address for [flusource.com](http://www.flusource.com) would be <http://www.flusource.com>. You could just type in www.flusource.com, or you could leave off the "www." as I have done above.

Okay, so what's a Web browser?

That's the program you use to get onto the Internet, such as Internet Explorer or Firefox.

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Flu shot clinics dependent on vaccine availability.

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Petaluma 9 a.m. to noon	Petaluma Health Center 1301 Southpoint Blvd., Suite D
Santa Rosa 9 a.m. to noon	Empire College 3035 Cleveland Ave.
Santa Rosa 9 a.m. to noon	Lawrence Cook Middle School 2480 Sebastopol Rd.
Sebastopol 9 a.m. to noon	Palm Drive Hospital 501 Petaluma Ave.
Sonoma Valley 9 a.m. to noon	Vintage House Senior Center 264 First St. East
Windsor 9 a.m. to noon	Our Lady of Guadalupe Church/ Furth Center 8400 Old Redwood Hwy.

2100 09/2008

For Your Health...



Reducing Your Diabetes Risk

by Jane Doroff, R.D.
Director of Nutrition
and Day Services

I enjoy reading the monthly AARP magazine and, as a registered dietitian, I'm especially drawn to the health section.

The recent article, **Reduce Your Diabetes Risk**, which was both informative and encouraging, led me to share some facts with you here. The bottom line is that if we take proactive measures, we can reduce our likelihood of developing chronic conditions such as diabetes.

Prediabetes is a relatively new medical diagnosis term. It means your fasting blood sugar level is above normal—between 100 and 125 mg/dl—but not high enough to be classified as diabetes, which starts at 126 mg/dl). Still, the stakes are high. If you have prediabetes, the long-term damage of diabetes—especially to your heart and circulatory system—may already be starting.

In the United States, 54 million adults have prediabetes, according to the American Diabetes Association. Without intervention, prediabetes can become type 2 diabetes in as little as ten years.

So you might be asking yourself, "Am I at risk for prediabetes?" If you are an average American over 45, you probably are, especially if you answer "yes" to any of the following questions:

Are you overweight? Being overweight is a primary risk factor for prediabetes. The more fatty tissue you have, especially around your abdomen, the more resistant your cells become to insulin, a hormone that helps your body metabolize sugar and get it out of your blood stream.

Are you inactive? Exercise helps your body use insulin and process glucose—the body's sugar. Glucose is a main source of energy for the cells that make up your muscles and other tissues. The less active you are, the greater your risk of prediabetes. Exercise helps you control your weight, uses up glucose as energy and makes your cells more sensitive to insulin.

Are you genetically predisposed? If you have a parent or a sibling who has type 2 diabetes, this increases your risk for developing prediabetes. Diabetes is also more prevalent in ethnic groups: African American, Latinos, American Indians and Asian Americans.

Are you numerically predisposed? Your risk of prediabetes rises if you have high blood pressure or low HDL (high-density lipoprotein), 35 mg/dl or less of "the good" cholesterol, or high triglycerides—fats in the blood—(200 mg/dl or more).

A "yes" to any of the above questions suggests you should take the proactive approach by:

✓ **Eating healthy foods.** Choose foods low in fat and calories and high in fiber. Focus on fruits, vegetables, lean meats, low fat dairy and whole grains. Strive for a variety to help you achieve your goals without compromising taste or nutrition.

✓ **Getting more exercise.** Aim for 30 to 60 minutes of moderate physical activity at least five days per week. Check with your doctor before starting any new exercise program.

✓ **Losing excess pounds.** Losing just 5 to 10 percent of your body weight can reduce the risk of developing type 2 diabetes

Lifestyle changes do make a difference, according to a study conducted by National Institutes of Health. It showed that lifestyle changes and medication dramatically reduce the progression of prediabetes to type 2 diabetes. And, interestingly, lifestyle changes worked better at preventing the disease than medication did; people 60 and older who made lifestyle changes (diet, exercise, behavior modification) reduced their risk by 71 percent. So, what's stopping you?

Living Longer, Living Better

A Council on Aging Education series

HICAP to Present Information
and Answer Questions on ...

2009 Medicare Changes

Wednesday, November 19

3:00 to 4:00 PM

Council on Aging

30 Kawana Springs Road

Santa Rosa

For information, call 525-0143, ext. 101



Speaker: Julie Bennett, HICAP outreach coordinator, who will discuss:

Medicare Parts A and B
Part C (Medicare Advantage Plans)
Part D (Prescription Drug Plans)
Questions and Answers

Presented by

HICAP

(Health Insurance Counseling and Advocacy Program)

A Program of **Senior Advocacy Services**

For a one-on-one counseling appointment,
call **HICAP, 1-800-434-0222.**

HICAP is a free service.



COUNCIL ON AGING
SERVICES FOR SENIORS

Seniors Lose a Benefit

New state law takes effect immediately

Until now, the state paid the Medicare Part B Monthly Premium through the Medi-Cal program instead of having that premium deducted from Social Security benefits or billing the premium.

The health omnibus trailer signed by the governor cuts Medicare Part B Premium Payments for Seniors who have a monthly share of cost (SOC) of more than \$500 per month.

Since most dual eligible beneficiaries have more than a \$500 per month SOC, this exception will not relieve seniors from having to make impossible choices between health care and food and other life-sustaining essentials.

For many of those affected by this change, the premium will again be

deducted from Social Security Disability or Retirement INSURANCE (not SSI) benefits; it appears that those affected who have other sources of income will have to remember to pay that premium.

The new premium takes effect immediately—with November's Social Security payment.

Background: AB 1183, Section 26 amends Welfare and Institutions Code (WIC) Section 14005.11. To read the bill, go to www.TinyURL.com/ab1183 on the Internet.

Did you know that Council on Aging dining sites offer vegetarian meals? To reserve your vegetarian meal, call 525-0143, ext. 135 (en espanol, 525-0143, ext. 127) at least one day in advance. A \$4 donation is requested.



EB Exchange Bank

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.

The Great Depression: Your input wanted!

by Bonnie Allen

Did you live through the Great Depression? Did you struggle to survive or sail through it? How did you cope? We'd like to hear from you. Today's economic downturn has many of us thinking about hard times. What would you tell people now who are facing financial hardship?

If you'd like to share your story and thoughts, contact me in one of these ways:

Phone: 763-2544

Email: SonomaSeniorsToday@gmail.com

Mail: Bonnie Allen, Sonoma Seniors Today, 30 Kawana Springs Rd., Santa Rosa, CA 95404.

I look forward to hearing from you!

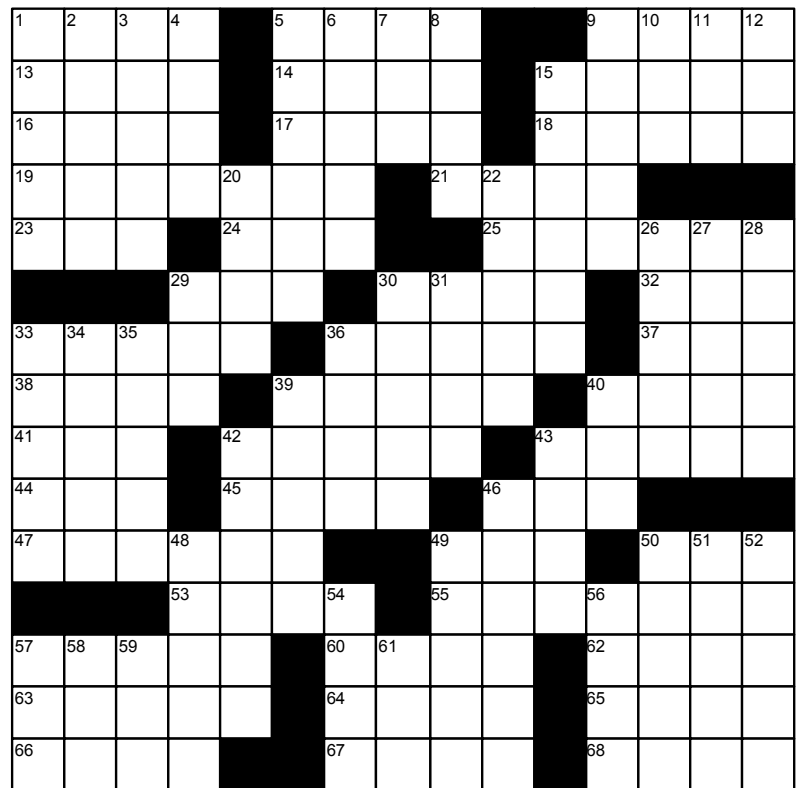
November Crossword Puzzle

ACROSS

- 1 "Let's Say Thanks" will send one to a soldier
- 5 Possesses
- 9 Arab leader
- 13 Your nose knows it
- 14 "___ Touch of Mink," with Cary Grant
- 15 Piano key
- 16 Brain region
- 17 Southwest native
- 18 Silly person
- 19 Internet application
- 21 Skating area
- 23 "The best is ___ to come"
- 24 Web "address"
- 25 They have aunts or uncles
- 29 Commercial notices/Spots
- 30 Strip
- 32 Fire
- 33 Plays the lead
- 36 Locale
- 37 Korean car
- 38 Udder part
- 39 Chili's partner
- 40 Congeal
- 41 Lodge
- 42 Epics
- 43 Water carriers
- 44 Brit. company
- 45 Get food ready to cook
- 46 Pungent herb
- 47 Foil
- 49 Chi or kwan do
- 50 Downwind side
- 53 Ceremonial dress item
- 55 Malady
- 57 Raccoon-like animal
- 60 Leer at
- 62 Grub
- 63 Canine "therapist" at Senior Day Services
- 64 Park in N.Y. or London
- 65 Not in port
- 66 "The Seven ___ Itch"
- 67 Bad luck sign
- 68 "___ Were Expendable," WW II pic

DOWN

- 1 Cheddar-like cheese



www.CrosswordWeaver.com

- 2 Dote on
- 3 R2-D2, for instance
- 4 Sketched
- 5 "Do unto ___ ..."
- 6 Spiral
- 7 Afternoon break
- 8 Recipe instruction
- 9 Elicit
- 10 Barnyard sound
- 11 Apr. 15 nemesis
- 12 Type of whiskey
- 15 Set afire
- 20 Foam
- 22 Silly
- 26 Clumps up
- 27 Banish
- 28 Closes securely
- 29 Output by Van Gogh
- 30 Junk
- 31 Glasses part
- 33 Height enhancer
- 34 Ordinal number
- 35 Root beer brand
- 36 Astute
- 39 Wheeled tables
- 40 Gladness
- 42 Ankle injury
- 43 Frequent thunderstorm effect
- 46 Type of whale
- 48 Active
- 49 Spanish diacritical mark
- 50 Dog-walking necessity
- 51 ___ Lauder
- 52 School assignment
- 54 Santa's comment
- 56 Shipshape
- 57 Small island
- 58 Roberto's cheer
- 59 She sings for seniors
- 61 Exercise place

"On Thanksgiving Day we acknowledge our dependence."
—William Jennings Bryan

Rebuilding Together

Home repair for
low-income seniors



Every year a wonderful volunteer organization called **Rebuilding Together** gathers volunteers to repair homes for low-income seniors.

Repairs are done in April, except in cases such as a leaky roof or broken heater that need immediate attention. There is no charge for labor and materials, which are all donated.

If you are a senior over 60 or are disabled, meet the income requirements and live in Santa Rosa, Sebastopol, or Rohnert Park, you may be eligible for home repairs. For more information, call 541-7618, email rebuild@RTsantarosa.org or write Rebuilding Together, PO Box 1787, Santa Rosa, CA 95402. You can also download an application from the Web site at RTSantaRosa.org.



HIRED HANDS INC.
Homecare
Trustworthy & Compassionate Caregiving

We provide comprehensive Non-medical Homecare Services, enabling our clients to maintain their quality of life, safely and comfortably at home.

HIRED HANDS INC. is family-owned & operated, and has been dedicated to Seniors since 1994.

Now serving Sonoma Co. from
our NEW Rohnert Park office!

707-584-5400

www.HiredHandsHomecare.com



Estate Planning Service

Providing revocable, simple "A" trusts to Sonoma County residents who own a home and wish to avoid probate of their estate.

Fees:

\$750 for a single settlor trust

\$975 for a co-settlor trust

For more information or to make an appointment please call Barbara Swary at Council on Aging, 707-525-0143 x 143



COUNCIL ON AGING
SERVICES FOR SENIORS

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



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.

Save the date...✓

◆ November Landpaths Outings.

FREE, but RSVP required. 524-9318 to RSVP & for information, and directions. Sponsored by LandPaths.org.

• Nov. 1: Trails & Birds of the Laguna.

Easy walk & talk; BYO lunch & binoculars; 8-11 AM. Tour a new trail proposed through the Laguna de Santa Rosa. We'll watch for our feathered friends and talk about how the district and its partners are working to create public access and protect the Laguna's natural & agricultural resources.

• Nov. 22: Stewardship on Poppy Creek. Santa Rosa Urban Creeks Series; 9:30 AM-1 PM. Help monitor, weed, and eradicate non-native plants on Poppy Creek. Our work will include removing invasive burmuda grass and installing weed barriers and will help prepare the site for future school projects.

• Dec. 7: Carrington Ranch Badger Hike. Easy walk & talk; 2 miles; BYO lunch; families welcome; 1:30-4:30 PM. We'll walk through some prime badger real estate, sharing badger facts (& fictions) while taking in the fantastic coastal views along a future section of the California Coastal Trail.

◆ Nov. 11: Annual Northbay Veterans Day Parade.

Petaluma. Vintage war birds and sleek air racers fly in to take part in what has been called the "largest Veterans Day parade north of the Golden Gate." The planes will fly in formation over Historic Downtown Petaluma, between 1 and 2 PM. Parade starts at 1 PM, Walnut Park at D Street, and circles through town. FREE. 762-5710.

◆ Nov. 15: "Remembering Our Manongs." Documentary by Leny Strobel, Assoc. Prof., American Multicultural Studies, and panel discussion on early 1900s Filipino immigrants. Finley Community Center, 2060 W. College Ave., Santa Rosa, 1-4 PM. FREE. 294-3784.

◆ Nov. 27: Sonoma Community Center's Thanksgiving Holiday.

Please join us for our annual Free Thanksgiving Dinner. We will have a hosted bar, music, festive holiday decor and traditional foods. 276 East Napa Street, Sonoma, 3 PM. FREE. 938-4626, ext. 1.

◆ Nov. 29: Santa's Riverboat

Arrival. Holiday, Family Fun: Santa and Mrs. Claus arrive at the Petaluma riverfront onboard the tug, "Petaluma," to greet the children and distribute candy canes. Petaluma River Turning Basin, downtown Petaluma, 12 NOON. 769-0429. Then go to 4th & B for the **Antique Wagon And Horse Procession**. Antique wagons, decorated horse teams and fairy-tale characters on horseback, 1-1:30 PM. 769-0429.

◆ 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.

◆ **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.

Dining Sites Host Thanksgiving Meal

Thanksgiving dinner and festivities will be held at all Council on Aging Dining sites, Thursday, November 20, at 12 Noon.

Donation of \$4 requested for seniors, \$6 charge for non-senior guests. Call centers for reservations.

Codding Senior Center, Rohnert Park
6800 Hunter Drive, 585-4487
Silvercrest Senior Center, Santa Rosa
1050 3rd Street, 525-4487
Santa Rosa Senior Center (4PM)
704 Bennett Valley Rd., 545-8608
Jerry Casson Senior Center, Sonoma
64 First St. E., 996-1414
Sebastopol Senior Center
167 High St., 829-8381
Vinecrest Senior Apartments, Windsor
8400 Hembree Lane, 838-9261

Cloverdale Senior Center
311 Main Street, 894-4826
Healdsburg Senior Center
133 Matheson Street, 433-7515
Russian River Senior Center, Guerneville
15010 Armstrong Woods Rd., 869-0618



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

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