Aging Together
Community connection is key to new collaborative program
by Bonnie Allen

As a member of Sonoma County Health Action, Council on Aging CEO Marrianne McBride was aware of the County’s commendable efforts toward making Sonoma County the healthiest in the state by 2020. But in the focus on general health and children’s programs, something was missing from the plans—the health and well-being of the 23 percent of Sonoma County citizens who are older than 60.

“Local initiatives are aligned with the goal. But none were for seniors. It wasn’t easy for age 50-plus people to align themselves with those initiatives,” says McBride.

Council on Aging serves the needs of often frail and disabled seniors. But increasingly, COA has wanted to play a role in achieving a healthy and active lifestyle for seniors, focusing on something called “healthspan” rather than lifespan. For too many seniors, a long life is simply a prolonged period of poor physical and mental health.

The Sonoma Wine Country Games arose out of this quest. “We learned from the senior games that a whole sector is having a great aging experience, so we thought it was important to understand why and how we can align others.”

She wasn’t alone in her concerns for these two issues. In June 2013, she got together with Diane Kaljian, Sonoma County Adult and Aging Division Director, to talk about supporting the needs of current and future seniors in Sonoma County.

“There really is not a concerted public health effort around planning for the current aging population or the numbers of people that are going to be aging in the next 25 years,” says Kaljian. Furthermore, the challenge of high housing costs means 41 percent of those over 60 in Sonoma County live in poverty, according to the University of California Elder Economic Security Index.

To initiate action, a leadership team of six formed the Sonoma County Healthy Aging Collaborative. In addition to McBride and Kaljian, the other leaders are Shirlee Zane, Sonoma County Third District Supervisor; Ellen Bauer, Sonoma County Public Health Division Director; Oscar Chavez, Assistant Director of Sonoma County Human Services Department; and Dr. Mary Maddux-Gonzalez, Chief Medical Officer of Redwood Community Health.

The group wrote up a call to action and applied to the National Leadership Academy for the Public’s Health (a program funded by the Center for Disease Control) that supports winning proposals with webinars, coaching support and a multi-day retreat, as well as the chance to network with other groups and their projects. They were the only group accepted that focused on the aging population.

Back home, the Collaborative started a year-long process that yielded a series of 13 community meetings throughout Sonoma County. The meetings drew 200 people from all age groups and ethnicities, as well as city leaders and service providers.

“They were thrilled to come out,” says McBride. “It was a very enthusiastic audience. They all wanted more opportunities to talk. They said, ‘This is all great, and we’ve had great conversations before, but we hope something really happens this time.’ They said, ‘there’s got to be a plan.’ We hope something really happens this month. ‘They said, ‘there’s got to be a plan.’ We hope something really happens this month.”

The list seemed to go on and on. It all came unbearably heavy, and I found...
Rebecca Aliotti
March Employee of the Month

Rebecca Aliotti is the Information and Referral Specialist in the Social and Financial department, and has been with Council on Aging for 1½ years. She is the first person to take incoming calls to help direct people to services.

Rebecca has also been instrumental in helping seniors get emergency funding from Season of Sharing, This is a program, through Salvation Army, that helps give people funds when they are unable to pay in emergency situations. The paperwork for this can be very daunting to our elders, and Rebecca is there to help them through the process. She has received many praises from the Season of Sharing folks on the work she is doing to help.

Rebecca is both professional and caring to the clients she works with and has been a huge contributor to the department and COA. Congratulations, Rebecca!

“The man who views the world at fifty the same as he did at twenty has wasted thirty years of his life.”
—Muhammad Ali

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Sustainable Community

Sonoma Seniors Today
April 2019  page 3
I’ve grown weary with doomsday predictions. Some of my elder generation speak with such authority about the end of days. Just look at all the signs, they say: global warming, economic crisis, corruption, endless war, degradation everywhere. Our addiction to unsustainable growth has sealed our fate, they say. And so, my shame and guilt for not having worked harder to secure the future for the children and grandchildren I love so much. What can I do?

Lately I have found hope with those young people who occasionally walk through traffic staring down at their hand held communication devices. They are the largest generation in history, outnumbering the Boomers by millions; and, they will soon become a dominant force in American society. In just five years, one in three American adults will be a Millennial; in just ten years, seventy-five percent of American workers will be Millennial (born approximately 1982 - 2003).

As I research this generation, their confident optimism and civic minded values, I can see how some would claim them to be the new Hero Generation (a repeat of the WW II G.I. Generation). I wonder. But since my world view is through a complex filter of several decades that saw a steady degradation in the lives of most Americans, I cannot directly know the fresh and hopeful world view of a young Millennial. Nevertheless, I can offer my heart, I can learn to dream of a new way forward and apprentice myself to a Millennial future.

© Rabon Dellmore Saip 2015
Volunteer, continued from page 1

myself on a path to self-destruction.

Then, through word-of-mouth, I heard about how Council on Aging helps seniors. I contacted their Social Service Department and obtained a case manager who connected me with Season of Sharing and the Peer Support Program.

The clinical supervisor came out to my home, and I scored very high on a test for depression. He and I discussed a few things we had in common; I felt comfortable and safe with his advice, and he convinced me to become a volunteer for the Senior Peer Support Program. The new educational training started in the spring of 2014, and I attended all of the classes.

Slowly, as I became more involved with my new social connections and the information that I was learning through the program, I moved out of that destructive mind set and began to heal inch by inch.

One day, the clinical supervisor told our group that with the growing demands of SPS, he could use a volunteer to assist him. I offered my service and thus opened another door of opportunity, furthering my journey of accomplishment and metamorphosis. For the first few months, I assisted on Tuesdays with filing and photocopying, but within a relatively short period of time, I committed to ten hours a week and was empowered with more meaningful tasks.

Now I am a paid contractor and work 20 hours a week. I discovered a profound joy in learning new things. My confidence grew as I discovered success in doing things I never knew I could do. Learning how to compile statistics for our quarterly reports is fun, but more importantly I find that I bring a sense of calmness to those around me who might otherwise suffer from anxiety.

It’s such a pleasure to work with people who see your talents even if you don’t. What I like to say to myself (and to anyone else who is interested), is this: Open your eyes. Take a risk and open yourself up to others. You can heal yourself from the past. When I wake up in the morning, I’m so happy. The days just keep getting better and better!

“Time does not become sacred to us until we have lived it.”

—John Burroughs

Thinking About Volunteering at Council on Aging?

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All positions require some training and/or orientation and background checks. For
information and registration, contact Michele Leonard, Director of Volunteer
Services, 525-0143, ext. 147 or mleonard@councilonaging.com.

Legal Q & A

by Paul Miller
Director of Legal Services

My wife and I set up our estate plan more than 20 years ago. Since then, one of our
children passed away, we have many grandchildren, and we sold our large family
home and bought a smaller home. Does our estate plan have to be updated?

—Roy, Santa Rosa.

Just as your automobile, your home, and your teeth need regular checkups and
maintenance, so too does your estate plan. You should review your estate plan
regularly (perhaps every couple years or so), and have it reviewed by an estate
planning attorney after major life changes (such as the birth or death of a family
member) to ensure that it reflects your current family situation.

In the decades since your estate plan was set up, estate planning law (and, in
particular, estate tax law) has changed considerably, and you may want to have
your estate plan updated to reflect these changes in the law.

In addition, your assets may have changed considerably since you set up your
trust more than 20 years ago: You should ensure that when you purchased your new
home, it was properly titled in the name of your trust, and that any new brokerage or
significant banking accounts have been properly transferred to your trust.

Finally, you may wish to review who you named as successor trustee of your
trust, executor under your will, attorney in fact under your durable power of attorney,
and health care agent under your advance health care directive to make sure that these
choices reflect your current wishes.

Disclaimer: The information provided in this column is general in nature, and cannot be
deemed legal advice, nor does it give rise to an
attorney-client relationship. The contents of this column are not intended as attorney advertising or
as a solicitation for legal services.

Legal services offered to seniors by Council
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Our Legal Services Department also prepares
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powers of attorney. For more information about
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directly at 525-0143, ext. 143.

“We invite you to submit a question for
Paul’s column (with your first name and city)
by sending it to pmiller@councilonaging.com.

Paul Miller, Esq. is the Director of Legal
Services at the Council on Aging. He
received his law degree (cum laude) from
Empire College School of Law in 2002, and
he will be completing his Masters in Tax Law
(LL.M.) at Golden Gate University in 2015.

[Image]
A German Soldier’s Encounter with the Night Witches
Dr. Wolfgang Seibt’s World War II story

by Bonnie Allen

For Dr. Wolfgang Seibt, German-born physician who was a draftee during World War II, last month’s story about the Soviet Night Witches who made life hard for German soldiers reached across the years. (If you missed the March issue, pick one up at Council on Aging or read it online at tinyurl.com/March-SST.)

Seibt, a medical student whose education was disrupted by the war, did not see eye-to-eye with the Nazi party, he says, and endangered his future by criticizing the party. He distanced himself by moving to Czechoslovakia and, when drafted, applying to join the Austrian Mountain Troops, an elite unit that required skills in mountaineering, skiing and rock climbing. The requirements appealed to his sense of adventure.

While serving in the Caucasus Mountains, he and his fellow troops slept in the open, and were frequent targets of the Soviet Night Witches. “We called them sewing machines,” he recalls, because of the sound the single engine planes made before the young female pilots cut the engine for the descent to drop bombs.

The Night Witches were more than an annoyance. They kept the troops awake at night, bombarding them with leaflets encouraging them to give up, bombs they heaved through the windows of their primitive cropdusters, and even hand grenades they dropped after pulling the pins. One night, Seibt, a sharpshooter, fired into the exposed open-air engine on the front of one of the planes and brought it down. The plane crash landed in a field and the two women aboard were captured and sent to a prison camp. Seibt, who received the Iron Cross for his action, never learned what happened to them, but he was dumbfounded by their youth. “They were just teenagers.” And like all teenagers, concerned about their appearance. No sooner did they step out of the plane than they began freshening up their makeup, as Seibt remembers.

Dr. Seibt’s views on war were tempered by his World War II experiences. In addition to being shot three times, he experienced starvation when Hitler diverted food and weapons to the Stalingrad campaign, and sickness from drinking contaminated water. At one point he weighed only 94 pounds.

“War is deadly,” he says. “Shoot first so they are dead, not you.”

But Dr. Seibt recalls a poignant episode

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Fabulous food, fashion, and auction items are on tap at the 16th annual Meals on Wheels Derby Day, one of Sonoma County’s premier nonprofit events. This year, Derby Day takes place Saturday, May 2, 11 a.m. to 3:30 p.m. at a new venue: The Pavilion at Chalk Hill Estate in Healdsburg.

A sell-out each year, Derby Day brings in more than $250,000 for Council on Aging’s Meals on Wheels program and other services that promote senior independence and well-being.

The event celebrates the pageantry and traditions of one of America’s most beloved sporting events, the Kentucky Derby®. Guests are encouraged to dress in bright, springtime garb with hats—in the spirit of the fashions sported at Churchill Downs—and walk the catwalk for a chance to earn fabulous prizes.

A team of celebrated Sonoma County chefs will prepare the sumptuous four-course, southern-inspired gourmet luncheon. Reception and luncheon wines being poured are from the Foley family.

New this year is the VIP Experience, which includes an oyster bar, specialty hors d’oeuvres, champagne, mint juleps, estate Foley family wines, and VIP access to The Pavilion’s terrace, overlooking the vineyards and culinary gardens.

We’d Like to Hear From You!
by Bonnie Allen
Editor, Sonoma Seniors Today

Life expectancy projections suggest that people who are alive today have a strong chance of reaching 100 years or more. How are we preparing for that possibility? How are we helping each other as a community to reach that milestone in a healthy way? What are we telling our children and grandchildren to help them prepare for the new longevity?

If you have thoughts and ideas, please share them by calling 763-2544, emailing sonomaseniorstoday@gmail.com, or mailing your thoughts to Sonoma Seniors Today, 30 Kawana Springs Rd., Santa Rosa, CA 95403.

I hope to hear from many of you!

“Death is not the end. There remains the litigation over the estate.”
—Ambrose Bierce

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30 Kawana Springs Road, Santa Rosa
(1st drive east of Santa Rosa Ave.)
German Soldier, continued from page 6
where, on patrol, he surprised a couple of young Soviet soldiers playing a game of chess in the woods. As the son of an ambassador, one of the soldiers had gone to high school in Berlin and spoke perfect German—as good as Dr. Seibt's own.

"I said, my god! Why do I have to kill him? This is nonsense. This whole war is terrible!" He sent the young man and his two fellow soldiers away with their weapons—knowing that if they returned without them they would be executed. Although Dr. Seibt didn’t mention it, letting the soldiers go with their weapons was also grounds for his own execution.

Hardship dogged the civilian population as well. As populations shifted with control of territory, both sides inflicted atrocities and expulsions. When the Soviets took Silesia, where Dr. Seibt and his future wife lived, the then-German inhabitants were expelled and their homes confiscated.

"The real heroes of WWII are not soldiers. They were the women who walked through the snow with children."

Of the 18 million who fled, says Dr. Seibt, only half survived.

Seibt’s fiancee, Ilse, was one of the expelled. A member of a prosperous farm family, she led a train of 70 women and their children 340 miles to German territory. It took three months. The convoy was fired on by Soviets, Germans and Americans, and Ilse herself was wounded by an American machine gun, says Dr. Seibt. She was 18 years old.

After the war, the couple reunited, and Dr. Seibt returned to his medical studies at the University of Munich, the only functioning university in Germany at that point. Even though the buildings had no roofs, the competition to get in was severe. Dr. Seibt was placed high on the list because he was 70 percent disabled at that point and on crutches for two years.

Meanwhile, Ilse had become a dental hygienist and was working for the U.S. army. After receiving his medical degree, Dr. Seibt practiced in Germany for five years. "Because I saw many of the maimed, we wanted to help. We repaired human beings. I did this for five years, but I was never paid."

He then worked for the U.S. Army for two years. An American friend told him to come to America, where he could be paid for his services. But after the war, no visas were being given to Germans. A lieutenant colonel who had befriended the Seibts was able to pull some strings, and got Congress to vote a special bill of rights for the couple.

There was still an interview with the army to be hurdles—and Seibt didn’t speak English. His English-speaking wife said, "Don’t worry. I’ll tap your foot with mine."

If I tape once, say yes. If I tap twice, say no."

The Seibts passed the interview and arrived in America with their infant son. There was one more hurdle: You couldn’t take the American medical exam until you were a citizen, which took five years. But the state of Georgia allowed the exam if you took the oath of citizenship. Three and a half years later, he had his medical license.

Dr. Seibt went to work for a doctor in Chicago and eventually set up his own practice. On the first day, he had 27 patients. "We saw patients until midnight, seven days a week." He delivered 2,000 babies. Because of labor laws, nurses did not work beyond 6 p.m. But many of the poor people he saw could not see a doctor during their working hours. So Ilse became his after-hours assistant and office manager.

The Seibts prospered. But one day Ilse said, "How long will you do this? You should sell your business and enjoy life." Dr. Seibt took her advice to heart. "At the moment I was 65, I quit medicine." Chicago, he added, "is good for business, but not good for life." He was tired of shoveling snow. The couple moved west in search of fresh air. That meant Reno, NV, where the Seibts settled and enjoyed a retirement of world travel and sailing the sailboat they had towed all the way from Chicago. Together, they climbed Mt. Kilimanjaro, sailed the Caribbean and joined an expedition down the Amazon where they discovered a new tree species. Dr. Seibt was one of the first to observe dolphins feeding their young.

These days, Dr. Seibt, 92, is never without his wife close by. Though she suffers from dementia and physical disabilities, their love is as vivid as it was when the first met at a ballroom dance class before the war. Their love survived the years when neither knew if the other was still alive, when both worked 16-hour days in his practice in Chicago, and through all the travels they took together in retirement.

What, Dr. Seibt was asked, is the secret of a lasting marriage?

"You are on a date," he replied, "day and night. So act like it."
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Meet and compete against athletes from all over the country. Come on, show us what you’re made of!

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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 Marianne McBride, President & CEO, 707.525.0143, Ext. 111.

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 707.524.3151.

Registration Opens March 1st

Determined Bowler Gets “Back in the Game”

by Cheri Lieurance, Marketing Coordinator

Older athletes are just as passionate—and persistent—about pursuing their favorite sports as younger athletes.

Bill Roffeld, 73, of Santa Rosa, started bowling around age 10 with a variation of 10-pin bowling called duck pins, a game played primarily on the East Coast. He continued to bowl through high school, at one point appearing on a local Baltimore TV show called “Bowling for Dollars.” His skills got him through four weeks of the five-week TV tournament.

“I’ve always been very competitive,” says Roffeld. “I love to win.”

In fact, it was probably Roffeld’s love of bowling and his competitive streak that brought him back to the game after surgery in 2012 to alleviate his spinal stenosis and sciatica.

To get back in bowling shape, he sought coaching help from Curtis Woods, Assistant Manager of Double Decker Lanes in Rohnert Park. “He was a very good teacher and had to make a lot of corrections in my style to take pressure off the left side of my back,” says Roffeld.

Two years after his surgery, Roffeld is back to bowling—big time—thanks to Wood’s instruction and an exercise regimen that has strengthened Roffeld’s core muscles. He bowls in two local leagues, won a gold medal in his age division at the Encore Games held last November (a qualifying event for the National Senior Games), and plans to compete in the National Senior Games July 3–16 in Minnesota.

“It’s nice to be out there with other people who love to bowl, and inspiring to see what people are continuing to do physically, at any age,” says Roffeld.

Indulge your competitive streak and find yourself inspired by joining the many other talented athletes aged 50+ who are participating in the 2015 Sonoma Wine Country Games. The Games, sponsored by Council on Aging, offer 20 different sports from cycling to swimming, at various venues in Sonoma County, June 4–14. Registration is now open at www.winecountrygames.com.

“A young boy is a theory. An old man is a fact.”
——Edgar Watson Howe

Wine Country Games athlete Bill Roffeld
Aging Together, continued from page 1

Bennett Valley Senior Center
704 Bennett Valley Rd., Santa Rosa, 543-4624
• Wed, Apr 1, 11 am: Fall Prevention Seminar. Presented by Golden Living.
• Thu, Apr 9, 10:30–11:30 am: Recommended Preventative Health Measures for Seniors. Presented by Deborah Hunter, MD.
• Thu, Apr 30, 9–11:30 am: Better Hearing Seminar. Presented by California Phonics.

Cloverdale Senior Center
311 North Main, 894-4826
www.cloverdaleniorcenter.com
• Sat, Apr 11, 1–3 pm: Literary Luncheon. This year’s featured author is Trini Amador III, founding partner of Gracianna Winery and author of Gracianna. Lunch will be catered by “The Pasta King.” Members: $25; for members; non-members: $30. Space is limited, so call to reserve.

Finley Center
4060 W. College Ave, Santa Rosa, 543-3745
http://finleycenter.org/PersonSeniorCenter
• Fridays in April, 1–4 pm: Senior Ballroom Dance. Apr 3: Larry Broderic Trio; Apr 10: Tom Shader Trio; Apr 17: Steve Luther DJ; Apr 24: Manny Gutierrez. $8. 543-3737.

Sebastopol Senior Center
167 N High St, Sebastopol, 829-2440
www.sebastopolseniorscenter.org
• Sat, Apr 11, 4–6 pm: Community Passover Seder. Led by the dynamic and humorous Steve Einstein and a Traditional Catered Dinner. Passover is not simply a Jewish holiday; it is an invitation to be free and a method for achieving freedom. The holiday takes its name from the ancient Israelites’ last night in Egypt some 3,200 years ago. Passover celebrates freedom—past, present and future, both national and personal. The central practice of Passover today is the Seder—a family and friends dinner party featuring story-telling, conversation, eating and drinking wine. Questions and questioning are central features of freedom and each is celebrated at the Seder. Passover reminds us that we are only as free as our minds and spirits are. $30. RSVP by April 7.
• Sat, Apr 25, 6:30–10:30 pm: LGBT Dance Party with DJ Dave Brown. Let’s just get together and dance and have fun! Dancing together brings people together. Refreshments, wine, chill room to relax and talk to friends. $10 at the door.
• Wed, Apr 29, 2 pm: Lip Reading and Active Listening Skills Educational Seminar. For people who are struggling with hearing or concentrating. You will learn to strengthen your communication skills to help you stay connected. The focus of the lecture will be on teaching important listening skills and strategies with a basic overview of lip reading. Audience participation is encouraged so the lecture can include your needs. FREE.
• Thu, Apr 30, 1 pm: Taking Charge of Your Health. Doctor Gregory Rosa will be sharing his thoughts on the foundation of health and the cornerstones of sleep, exercise, nutrition and meditation. FREE

Shelter Care Home Instead can help.
• Fri, Apr 3, 9:30–11 am: Senior Vision Expo. Call us for a complimentary security and peace of mind care consultation.
• Mon, Apr 13, 9–11 am: Natural Healers Workshop. This event is for all senior citizens. FREE.

Call us for a complimentary no-obligation appointment! 707.586.1516
Serving Sonoma County

Senior Center Highlights

Vintage House Senior Center
264 First St East, Sonoma, 996-0311
www.vintaghousen.vn
• Mondays & Wednesdays through Apr 15, 9 AM–12 NOON: AARP Tax Assistance. This service helps low to middle income taxpayers prepare & file federal & state income taxes. Free, no appointments, first come, first served.

Windsor Senior Center
9231 Foxwood Drive, Windsor, 838-1250
• Sun, Apr 19, 10 AM–2 pm: Earth Day and Wellness Festival. This year the Recreation Expo joins the Town of Windsor for its annual Earth Day & Wellness Festival on the Town Green. The Expo will feature information and demonstrations on the quality recreational activities offered by the Recreation Department. There will be lots to see and do including the Farmers Market, vendors with health & wellness information and environmentally friendly products, free live entertainment, and children’s games & crafts. A plant sale sponsored by the Windsor Garden Club will feature container gardens, veggie starts, and more. For more information call 838-1260.
• Mon, Apr 20, 12:30–1:30 pm: Great American Music Series–Broadway Musicals. Bring a brown bag lunch and enjoy this fascinating series hosted by Windsor Delta Xi Delta of Beta Sigma Phi. This on-going series of DVDs reviews the 200-year evolution of American musical theater, including the minstrel era, the age of ragtime, the revue and the book musical. Drinking water and an after-lunch treat of cookies will be provided. This month’s theme is “The Vaudeville Era.” Please sign up at the front desk or call before 4/16. Donation.
• Thursdays through April 9, 9 AM to 1 PM: AARP Tax Aide Program. Individualized help with filling out and filing your taxes.

“…You’re only old once.” —Dr. Seuss

Call for a free, no-obligation appointment! 707.586.1516
Serving Sonoma County

Call us for a complimentary care consultation.
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Hired Hands Homecare

Recognized experience & excellence.
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These honors are a source of pride for us, security and peace of mind for you.

For people who are struggling with hearing or concentrating. You will learn to strengthen your communication skills to help you stay connected. The focus of the lecture will be on teaching important listening skills and strategies with a basic overview of lip reading. Audience participation is encouraged so the lecture can include your needs. FREE.

“…There are three periods in life: youth, middle age, and “how well you look.” —Nelson A. Rockefeller

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Sonoma Seniors Today
SRJC Offers FREE classes throughout Sonoma County!

The Santa Rosa Junior College Older Adults Program is a treasure for those seeking lifelong learning. The program has partnered with various locations throughout Sonoma County since 1968, bringing free noncredit educational classes designed specifically for older adults as part of its goal to provide lifelong learning.

Sign up for a class by going directly to www.santarosa.edu. Scroll down to “Schedule of classes,” select “Term,” (for instance, Spring 2015) then select “O” for Older Adults. Choose your class, or browse the classes to find out more about SRJC’s Active Older Adults Program, call our program office at 527-4533, or Kelly Mayes, Program Coordinator at 527-4981.

How to Register:
Sign up for a class by going directly to the location of the class, and the instructor will provide application and registration material. Or sign up online at www.santarosa.edu. Scroll down to “Schedule of classes,” select “Term,” (for instance, Spring 2015) then select “O” for Older Adults. Choose your class, or browse the classes to find out what’s available.

“I seem to have been only like a boy playing on the sea shore, and diverting myself in now and then finding a smoother pebble or a prettier shell than ordinary, whilst the great ocean of truth lay all undiscovered before me.”
—Isaac Newton

Try this April crossword puzzle.

**Across**

1. Obstacle
2. Taboo
3. Another type of 17 down
4. Nettle
5. Common Arabic name
6. Kind of rhythm
7. Father’s sister
8. Against
9. 3.26 light-years
10. Art movement
11. Against
12. Israel’s son
13. Notion
14. Another type of 44 down
15. Birds “thumb”
16. Like a good wine or cheese
17. Type of org.
18. More sensible
19. Plunge into water
20. Brand of cold remedy
21. Recesses
22. Australian island
23. One of Columbus’ ships
24. Golf tournament
25. Singer Leonard
26. Ribbed or corded fabric
27. Really cool
28. Establishment of non-guilt
29. Food regimen
30. Stuck up person
31. 76 °C Break
32. Turn up
33. Another type of 14 across
34. Wing
35. Recruit
36. Baloney
37. Domain
38. Stuffed toy
39. Floral leaf
40. Pole sherry
41. Bets
42. Art movement
43. Ram’s mate
44. Craftily
45. Evergreen
46. Mountain country
47. Make sour
48. Mountain country
49. Capital of Lesotho
50. Lewd
51. Recruit
52. Lewd
53. Common Arabic name
54. Put a stop to
55. Headquarters of British India
56. Kind of Rhythm
57. Groups
58. Baloney
59. Duetting sword
60. Beloved
61. Toward the inside
62. Food regimen
63. Coloring
64. Press
65. Toward the inside
66. Surprised noise
67. Deli order, for short
68. Establishment of non-guilt
69. Deli order, for short
70. Opera solo
71. Stool
72. Book holder
73. City in Belgium
74. “_Generation,” Millennials, according to Saip*
75. Amanda Blake’s “Gunsmoke” role
76. Break

**Down**

1. _ and span
2. Taboo
3. Another type of 17 down
4. Nettle
5. Early
6. Wing
7. Father’s sister
8. Lucid
9. 3.26 light-years
10. Art movement
11. Against
12. Israel’s son
13. Notion
21. Recesses
22. Press
23. Speed units, for short
24. Speed units, for short
25. Singer Leonard
26. Ribbed or corded fabric
27. Really cool
28. Establishment of non-guilt
29. Food regimen
30. Stuck up person
31. 76 °C Break
32. Turn up
33. Another type of 44 down
34. Wing
35. Recruit
36. Baloney
37. Domain
38. Stuffed toy
39. Floral leaf
40. Pole sherry
41. Bets
42. Art movement
43. Ram’s mate
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62. Food regimen
63. Coloring
64. Press
65. Toward the inside
66. Surprised noise
67. Deli order, for short

“**The belief that youth is the happiest time of life is founded on a fallacy. The happiest person is the person who thinks the most interesting thoughts, and we grow happier as we grow older.**”

—William Lyon Phelps
Senior Peer Support:
This program is to help seniors working with serious men-
tal illness to access services and programs that help them develop
skills and social support, leading to a more con-
structive and satisfying life. After an assessment visit by
COA case managers and a licensed marriage and family
therapist, clients and families with trained volunteers over
12 weekly support sessions to develop a care plan solution
with the client’s approval, then follow-up with progress
Sponsored by the Department of Mental Health
Services. Call Michele Leonard, Volunteer of Volunteers,
525-0143, ext. 147, for information.

Senior Social Club:
Our experienced staff provides advocacy-based long-term
community care management for seniors having difficulty navigating
the local senior service delivery system. Our Senior Care Coordinator
creates an individualized and thoughtful
care plan to reflect and preserve the senior’s values
and lifestyle choices, while maximizing opportunities for posi-
tive change and maintaining quality of life. We work in
collaboration with home health care agencies and provide
integrated services through other Council on Aging
services. Our fees are very competitive with private care
managers in our community. Call 525-0143.

Senior Legal Services:
If you are 60 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
$40. 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.

Senior Peer Support:
This program is to help seniors working with serious mental
illness to 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 and families with trained volunteers over
12 weekly support sessions to develop a care plan solution
with the client’s approval, then follow-up with progress
Sponsored by the Department of Mental Health Services. Call Michele Leonard, Volunteer of Volunteers, 525-0143, ext. 147, for information.

Senior Legal Services:
If you are 60 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 $40. 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.

Senior Social Club:
Our experienced staff provides advocacy-based long-term care management for seniors having difficulty navigating the local senior service delivery system. Our Senior Care Coordinator creates an individualized and thoughtful care plan to reflect and preserve the senior’s values and lifestyle choices, while maximizing opportunities for positive change and maintaining quality of life. We work in collaboration with home health care agencies and provide integrated services through other Council on Aging services. Our fees are very competitive with private care managers in our community. Call 525-0143.

Save the date... (Events are free unless otherwise indicated)

* April 4: Parkinson’s Support Group. Paul Larson, MD, will talk about surgical treatments for Parkinson’s disease at 1717 Yulupa Ave., Santa Rosa, 1–3:15 pm. People with Parkinson’s, family & caregivers welcome. 538-5178 or 431-8767.

* April 18: “Ride with Larry.” An inspirational documentary about the refusal to give up. It features a former police captain and current supporter and a community of supporters as he takes himself—after 19 years of Parkinson’s Disease—on a recum-
bent bicycle ride across South Dakota. At 1717 Yulupa Ave., 7 pm. One of the filmmakers will answer questions after the showing. Free, but donations encouraged and welcomed. Sponsored by the Parkinson’s Support Group, 538-5178 or 431-8767.

* April 18: New Horizons Band Concert. Please join the New Horizons Band of Santa Rosa for their Spring kickoff concert at the beautiful Sonoma Country Day School 4400 Day School Place in Santa Rosa, at 2 pm. We will be joining the school band for an encore, so we promise a fun afternoon for all ages!

* April 10–13: Spring Book Fair. This year admission is free for all four days! Veterans Memorial Building, 1351 Maple Ave, Santa Rosa.

   - Friday, 3–7:30 pm
   - Saturday, 10 am–5 pm
   - Sunday, 10 am–5 pm All books half price.
   - Monday, 2–7 pm Bag Day ($5/bag

Thousands of donated books—fiction and nonfiction, current titles and old favorites; choice art books and cookbooks, exceptional bargains in children’s books, collector’s editions and computer books with CD-ROMs; movies on VHS and DVD; books on tape and CD; music tapes and CDs at bargain prices. Cash or checks only. 545-8831, x 541

* Wednesday: Foreign Policy. The Lodge at Paulsen Creek, 2375 Range Ave., Santa Rosa. 10–11:15 am. Participants will discuss current issues in foreign policy. We cover the entire world, especially current “hot spots.” The group is open, focused, and welcoming. Class is ongoing, free through SRFC. For further information, contact Kelly Mayes, SRFC, at 527-4533.

* First Thursdays: Free Movies for Seniors. Four films to choose from each month through June 4 for seniors age 60 and older. Starts at 10 am; doors open at 9:30 am. Third Street Cinemas, 620 Third St, Santa Rosa (between Santa Rosa Ave and D St, 1-1/2 block from the Transit Mall). Two parking garages charge 75 cents per hour.

   Free parking on street with handicapped placard.

   For movie titles, call 522-0330, ext. 3, after the previous Friday. Detailed flyers are also available at Council on Aging and many senior facilities and theaters. Sponsored by Santa Rosa Memorial Park & Mortuary/Eggen & Lance Chapel and Kobrin Financial Services. Info: Gwen Adkins, 523-1586, ext. 21, or 484-7328.

Free Advance Care Planning Educational Series for Adults (18+). Attend one or both sessions.

Education & Workshop:* Village Network of Petaluma, 402 Petaluma Blvd, North. Contact: 285-2143, ext. 130. info@phcd.org

* April 15, 5–7 pm: General Education. Memorial Hospice, 439 College Ave., Santa Rosa Contact: Jenay Cottrell, 565-5738, jcottrell@schsd.org

* April 21, 9 AM–Noon: General Education & Workshop* Village Network of Petaluma, 402 Petaluma Blvd, North. Contact: 285-2143, ext. 130. info@phcd.org

* May 2, 1–2 pm: General Education. Parkinson’s Support Group at Christ United Methodist Church,1717 Yulupa Ave., Santa Rosa. Contact: Jenay Cottrell, 565-5738, jcottrell@schsd.org