

# SONOMA SENIORS



COUNCIL ON AGING

Today

AUGUST 2009

Council on Aging  
has a new CEO!  
(See page 6)

## Build Bodies, Brain Cells and Social Networks—While You Dance

by Bonnie Allen

Great dancers make it look effortless. But dancing is a real brain workout. In John Ross's Rohnert Park senior dance class, couples were learning to waltz. A little geometry came into play as they learned that the basic step described a square to be moved about in—forward with the left foot, to the side with the right foot, feet together, then back with the right foot.

Students learned to focus on the beat of the music, coordinating their forward and backward steps with the more assertive first beat of a measure. Leaders learned to guide their partners with body language rather than simply sticking a foot in the desired direction. There's a certain glide sequence that adds grace to the dance—move first down, then out. If you try it without the downward movement, or move first out, then down, your partner is going to have a very hard time.

And that's just the basic step. Having mastered that, students learn different ways of turning—basically pivoting the whole imaginary square they're dancing in—without sending their partner to the emergency room. This requires thought, coordination and anticipating your partner's movements.

But wait, there's more. Everyone dances a little differently. If you only dance with one partner, you'll get in a rut of doing it a certain way. So, time to change partners. In most dance classes, partners rotate every five minutes or so, so you get to learn working with the personal styles of several partners.

As dancers practiced, you could see them evolving from awkwardness and uncertainty to a point where they internalized the flow of the dance and glided confidently—and happily—through the movements. Dancing is a proven stimulator of endorphins—the feel-good hormones.

Small wonder that researchers recently found that ballroom dancers were in better physical and mental shape than their non-dancing peers. As dancer Dan Neff noted, in terms of mental benefits, "Dancing is at the top—and golf at the bottom!"

One study looked at various mental activities such as reading books, writing for pleasure, doing crossword puzzles, playing cards and playing musical instruments. And they studied physical activities like playing tennis or golf, swimming, bicycling, dancing, walking for exercise and doing housework. They followed seniors aged 75 and up for 21 years.

They found a reduced risk of dementia in those who read frequently (35 percent) and those who did crossword puzzles four times or more a week (47 percent). But only one of the physical activities made a difference—frequent dancing, with a whopping 76 percent decrease in dementia risk!

Another study looked at dancing as physical exercise only. It found that while dancing, working out in a gym and other exercise all had cardiovascular benefits, the dancers were far less likely to get injured than the other groups. See "Waltz Your Way to a Stronger Heart," *Sonoma Seniors Today*, 2/2007.

Raymond, who's been dancing off and on for years, notes, "The very reason I got into dancing was the exercise. I lost 20 pounds when I first started West Coast dancing."

Social dancing was popular until the sixties generation came of age. This generation felt they could express

See page 12 for some dance venues in Sonoma County. Do you have a favorite place to dance? Please tell us so we can share your favorite dance events with our readers.



### Dancing has changed since Vernon & Irene Castle taught in the 1920s

themselves more completely by dancing by themselves—perhaps next to a partner, perhaps not. But in recent years, this same group has returned to ballroom—and other kinds of structured dancing—with a vengeance, filling dance classes at senior centers and recreation programs. Swing dancing, jitterbug, the lindy hop—along with the more staid waltz, foxtrot and tango—have all come back with a roar.

Other seniors grew up during social dance's heyday, suffered through the decline of dancing and are now returning to the skills they learned in their youth.

For some, dancing can be physically liberating. There have been seniors who walked slowly and uncertainly with a cane, but once in the arms of a dance partner, glided confidently around the floor.

The benefits of social dance extend beyond the physical and mental. Each dance venue—whether it's a dance or a class—generates a network of social connections. Dancers become involved in the lives of others to whatever degree feels comfortable to them, sharing news about vacations, illnesses and grandchildren.

And some of them even find the love of their life—see "Going Home" on page 7.

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# Ask Kate

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

## Dear Kate,

My husband is 69 and recently has retired. I am 63 and still working. My husband wanted to retire from work but it seems like he has retired from life as well. He has no hobbies or interests except gardening. He wants to go out and socialize but then he doesn't talk at all. I have noticed he seems to be more forgetful although he is very healthy. He seems to be deep in thought all the time and not really connected. He says he is happy. Could he be depressed and not even know it?

—"Baffled"

## Dear "Baffled"

You don't mention how long he has been retired, but often it takes as much as six months (or more) to reorganize priorities and settle in to a new pattern. When we are employed our time is allocated around the time working. Once that external structure is removed we have to readjust our priorities and identify possible interests. So, give him some time to reassess how he wants to spend his time. Gardening is a wonderful hobby and tends to be quite grounding (no pun intended) and may allow time to quietly reflect on his needs and values. Other interests or hobbies may emerge as winter approaches and the garden is less inviting. Volunteering would further expand his awareness of his interests and options. There are so many organizations that could benefit from his experience or offer new directions for him. As the economy has affected many older people's savings, perhaps a part-time job would give him an opportunity to socialize as well as to make additional income.

You mention that he doesn't socialize when you go out. Has he always been more of a listener than a talker? If not, please bear in mind that a man is usually more identified with his work than is a woman. His primary identity may be missing, and it will take some time to build a new one that will provide a confident personal foundation.

Another possibility may be his hearing is declining, making it hard to follow a conversation in a noisy environment. Bear in mind that if he has hearing difficulties, they may only surface when there is a lot of ambient noise. Inviting a couple of mutual friends into your quiet home could improve his social interactions and also serve to inform you of the most comfortable environments for him. Bear in mind recent research has shown that a lack of interactions can seriously affect his physical and mental well-being.

His forgetfulness may be only a sign of

preoccupation with his adjustment process. On the other hand, it could also be beginning signs of mild cognitive decline or of dementia. Give it some time and if it persists or increases, discuss your observations with him and his doctor.

Now to the subject of depression: Does he take obvious pleasure in gardening? Do you see signs that he is happy? How did you know (how did he act) in the past when you believed he was happy? I ask because sometimes people will say they are happy, not wanting to burden their spouse or family member. If that could be the case, you have to look beyond a simple "yes" or "no" answer. Why do you suspect depression? Are you seeing signs such as trouble sleeping (too much or too little), loss of appetite or interest in previously enjoyed activities, or increase in use of alcohol? Does he focus on death or complain of fatigue or seem sad? Often times a person can slide into depression without ever considering the possibility of depression. A diagnosis of clinical depression requires a number of symptoms, many of which, when considered individually, don't necessarily indicate depression.

So what can you do? Pick a relaxed comfortable time to let him know you've been thinking about him. Let him know that you would like to be his confidant and be able to support the change he is going through. Ask him if there is anything you need to know. Don't try to fix things, just listen and reflect your understanding of what's going with him. You can't make decisions for him, but you can be a sounding board. Offer suggestions if he asks for assistance, or, ask him if you might give him some feedback. Resist the temptation to give him "your" solutions. If he doesn't want input from you, wait a few more months (unless depression looks likely). If it appears that he is suffering from depression, you want to first encourage him to get a medical checkup to rule out a physical basis for his behavior. If his health is not the basis for his depression, encourage him to seek professional counseling and offer to go with him if he likes. Remember, above all, your loving support will mean the world to him.

*Have a question about aging issues or family dynamics? Send it to Kate Maxwell at Council on Aging, 30 Kawana Springs Rd., Santa Rosa, or email to [kmaxwell@councilonaging.com](mailto:kmaxwell@councilonaging.com).*



Are you an LGBT (lesbian, gay, bisexual or transgender) senior? We'd like to hear from you for an upcoming article. Please email

[sonomaseniorstoday@gmail.com](mailto:sonomaseniorstoday@gmail.com), call 763-2544 or mail to Bonnie Allen, Council on Aging, 30 Kawana Springs Rd., Santa Rosa, 95404. Confidentiality guaranteed—we will not use your name unless you give us permission.

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*Any errors or omissions in these listings are inadvertent. If your name was omitted in error, please accept our apologies and let us know. We will print a correction in a future issue.*

# 12th Annual Senior Art Show Moves to Santa Rosa Finley Center in September

The Sonoma County Human Services' Department, Adult & Aging's Senior Art Show is undergoing a transformation. This year the 12th annual show will be held at the Santa Rosa Finley Center from September 29 to November 23. For the first time, more than 100 Sonoma County senior artists will exhibit their art for almost two months at the Senior Art Show. The public is invited to celebrate the kick-off of the exhibit at a reception on Thursday, October 1, 1:30–3:30 PM at the Finley Center. Coffee and cookies will be served.

The Senior Art Show celebrates artists over 60, some of whom have been practicing their talents for many years, while others are relatively new to their artistic endeavors. Mediums on display and demonstrated will include oils, watercolors, charcoal portraits, photography,

clay, sculpture, digital cartoons, and basketweaving. Artists will be demonstrating their talents at various stations throughout the Center at the reception.

The Sonoma County Human Services Department (HSD) and the Area Agency on Aging jointly founded and host this free annual event. Diane Kaljian, Director of the HSD Adult and Aging Division explains the HSD commitment to this event. "Our mission is to help older people and adults with disabilities live independent productive lives. The Senior Art Show highlights the talent and creative abilities that older adults have despite disability and frailty." Pamela Moniz, HSD social worker and Art Show Committee founder and Co-Chair explains the goal of the Senior Art Show. "It enhances seniors' lives by encouraging them to create art for the sheer joy of it!"

For more information, call 565-5950.



## Ten Ways to Stay Fit Without Going to a Gym

Structured exercise programs bring obvious benefits, but most people can move toward better fitness by changing their daily lifestyle to incorporate more activity. Muscles used in any activity, any time of day, contribute to fitness. Here are some suggestions for incorporating more activity into your daily life:

- \* Take the stairs instead of the elevator.
- \* Park at the far end of a parking lot and walk to the office or the mall.
- \* If you ride the bus, get off a few blocks before your stop and walk the rest of the way.
- \* Get up from your desk during the day to stretch and walk around.
- \* Take a brisk walk when you get the urge to snack.
- \* Increase your pace when working in the house or yard.
- \* Mow your own lawn and rake your own leaves.
- \* Carry your own groceries.
- \* Play outside with your children or grandchildren. It doesn't matter so much what—catch, hopscotch, or horseshoes—just keep moving.
- \* Go dancing! (See page 1)



Raymond & partner at Rohnert Park dance class

## Monthly Art Walks

Hot August nights are perfect for a stroll through downtown art galleries, many featuring art openings and refreshments. Here's a partial list.

### ◆ June 6–Sep 30: 7th Annual Cloverdale Sculpture Exhibit.

An outdoor juried sculpture exhibit enlivens downtown Cloverdale all summer long. The downtown plaza will be transformed into a sculpture garden, featuring the best of the numerous high-quality works submitted by sculptors from across Northern California. Cloverdale Downtown Plaza.

### ◆ Aug 6 & Sep 3: First Thursday evening of each month ARTwalk.

Downtown Sebastopol's monthly strolling tour of art displays in galleries, restaurants, cafes and businesses. Self-guided, beginning at the Sebastopol Center for the Arts, 6780 Depot St., Sebastopol. Viewing time at each location is limited to time each individual location is open to the public. Time varies, but mostly is 5 PM TO 7 PM. 823-3032.

### ◆ Aug 7 & Sep 4: First Friday Downtown Santa Rosa Art.

Join us downtown, 5–8 PM, for a summer series of free in-store art exhibits. Stroll from shop to shop and visit with artists. Enjoy live performances from street musicians at select venues. 543-3732.

◆ Aug 7 & Sep 4: First Friday after first Tuesday Art Opening. The Arts Guild of Sonoma, 140 E Napa Street in downtown Sonoma, holds monthly art openings, 5 PM–8 PM, featuring local artist members. Everyone is invited, snacks and drinks provided by the artists. Please come and enjoy the fun. 996-3115.

## Webster's New, New Dictionary

- MISTY: How golfers create divots
- PARADOX: Two physicians
- PARASITES: What you see from the top of the Eiffel Tower
- PHARMACIST: A helper on the farm
- POLARIZE: What penguins see with
- PRIMATE: Removing your spouse from in front of the TV
- RELIEF: What trees do in the spring
- RUBBERNECK: What you do to relax your wife
- SELFISH: What the owner of a seafood store does
- SUDAFED: Brought litigation against a government official

## AARP Driver Safety Classes

Sharpen your skills and awareness by attending a Driver Improvement Course designed for drivers age 50 and older.

Open to the public and presented nationally by AARP, the 2-session, 8-hour class costs \$14 per person, \$12 for AARP members. Advance registration required.

A 4-1/2 hour refresher course is available for those who have completed the 8-hour course in the last four years.

On completing the course, you'll receive a DMV Certificate, entitling students 55 years and older with a good driving record to an insurance premium discount. To register, call the number for each class.

Finley Community Center  
2060 W. College Ave/Willow Rm.  
Santa Rosa, 543-3737  
Aug 25 & 26, 1–5 PM

Healdsburg Senior Center  
133 Matheson  
Healdsburg, 707-431-3324  
Aug 7, 1:30–5:30 PM & Aug 8, 9 AM–1 PM

Oakmont Activities Center  
310 White Oak Drive, Santa Rosa  
Aug 6 & 7, 1–5 PM (residents only)

Rohnert Park Senior Center  
6800 Hunter Drive  
Rohnert Park, 707-585-6780  
Aug 11 & 21, 8:30 AM–12:30 PM

Sebastopol Senior Center  
167 High Street, Sebastopol  
707-829-2440  
Aug 20 & 27, 1–5 PM

Vintage House  
264 First Street East  
Sonoma, 707-996-0311  
Aug. 4 & 11, 9 AM–1 PM

**4-1/2 hour renewal course:**  
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2060 W. College Ave/Willow Rm.  
Santa Rosa, 543-3737  
Aug 8, 9 AM–1 PM

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Aug. 4, 2 p.m. Marie Callender's 2460 Mendocino Ave. Santa Rosa, CA 95403	Aug. 11, 9:30 a.m. Boulevard Cafe & Grill 1096 N. Petaluma Blvd. Petaluma, CA 94952	Aug. 11, 2 p.m. Palms Grill 18999 Sonoma Hwy. Sonoma, CA 95476	Aug. 13, 2 p.m. Buckhorn Grill 1201 Napa Town Ctr. Napa, CA 94559
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# Council on Aging Services for Seniors Announces New President and CEO

*Marriane McBride takes the helm*

**Marriane McBride,**  
new Council on  
Aging CEO

The Board of Directors for Council on Aging is delighted to announce that the search for our new President and CEO has concluded with the selection of Marriane McBride.

Marriane was considered, along with 200 other candidates, for the position and was selected based on her familiarity with the agency's programs, her passion for seniors in our community, and her vision for the future.

A fifth-generation Sonoma County resident, Marriane McBride, has been the Development Director for Council on Aging for the past four years, with the responsibility of raising up to \$4 million annually. In 2006 and 2007, she put together the strategic plan and led the campaign to raise an additional \$3.5 million to build the new Meals on Wheels Kitchen.

Before joining Council on Aging, she was with United Way of Sonoma-Mendocino-Lake, serving as Vice President of Resource Development, with the responsibility of running a four to five million dollar, tri-county annual campaign. Additionally, from 1992 to 2001, Marriane also served as the Executive Director of the Boys and Girls Club of Cloverdale, rebuilding the clubhouse after a 1995 fire and running the capital campaign to add a full size gymnasium.

Marriane has two grown children in Southern California and resides with her husband Randy in Cloverdale.



## Protect Your Personal Information and Detect Fraud

*Ten Easy Steps from the Consumer Federation of America*

**1. Practice mail security.** Use a public mailbox rather than your home mailbox to send bill payments and other mail containing sensitive information. Pick your mail up promptly and ask the post office to hold it while you're away.

**2. Guard your Social Security number.** Don't carry your Social Security card, military ID, Medicare, or other cards that have your Social Security number on them unless you are going somewhere where you will need them. Only provide your Social Security number when there is a legitimate need to do so.

**3. Lock and shred.** Keep your billing and banking statements and other personal records locked up and shred them when no longer needed.

**4. Stop prescreened credit and insurance mailings.** Call toll-free 1-888-567-8688 to get off mailing lists for credit and insurance offers. Your Social Security number will be required. This keeps thieves from intercepting and accepting the offers in your name and doesn't affect your eligibility for credit or insurance.

**5. Keep private information to yourself.** Never respond to phone calls or emails asking to confirm your Social Security number or account numbers. Don't leave PIN numbers, passwords or other personal information around for others to see.

**6. Be safe online.** Use anti-virus and anti-spyware software and a firewall on your computer and keep them updated.

When you provide financial or other sensitive information online, the address should change from "http" to "https" or "shttp." A symbol such as a lock that closes may also indicate that the transmission is secure.

**7. Look at your bills and bank statements promptly.** If you find any charges or debits that you never made, contact the bank or company immediately.

**8. Monitor your accounts online frequently.** You can discover problems more quickly than if you wait for bills or statements to come by mail.

**9. Check your credit reports regularly.** You can get them free once every 12 months.

Call 1-877-322-8228, go to [www.annualcreditreport.com](http://www.annualcreditreport.com), or mail your request to Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281. Your name, address, Social Security number, and date of birth will be required. You don't have to

get your reports from all the consumer reporting agencies at once; you can stagger your requests throughout the year.

**10. Pay attention to debt collectors.** Calls or letters about overdue accounts you don't recognize could indicate identity theft. If you are contacted by the creditor, ask for documentation about the debt; if by a collection agency, explain that you dispute the bill and why (put it in writing to maintain your debt collection rights under federal law) and ask how to contact the creditor so you can investigate.



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# Going Home

by Lenore Pimental

Valda was one of those ageless eighty-year-olds whose intelligence and humor lit up a room. We met in an exercise class where for two years we hoisted free weights, groaned through crunches and leg lifts on our mats, danced a blue streak to raise our heart rates. Valda was a retired surgical nurse; I a retired medical social worker. We had a good time discussing our mutual interests and I was always happy to see her.

I knew that Valda's real passion lay with the ballroom dances held every Friday at the senior center, and that our classes were in support of this activity. She described her dance partner Bill as "a man of real quality," which was very high praise, and I wasn't surprised when a romance started to develop between them. What else can happen when a man is fit, tall, sweet and even plays the bagpipes? Valda's fate seemed sealed.

"What if he snores really loudly?" I asked, between exercises.

"And what if his family doesn't like me?" she answered.

To all of this, Bill said only, "What does any of this matter, Val? We love each other. We'll manage."

I was enthralled.

Valda had emigrated from Australia with her family in pursuit of greater opportunities for all of them. She worked hard, prospered, had already had a full life. Still, Bill promised to be a wonderful last chapter in Val's story and when they became officially engaged everyone in our exercise class cheered. A few months later, they married with the total approval of

their respective families. All that worry had been for naught.

"I was so lucky to have met Bill," Val told me several times in the ensuing months. Each of them made adjustments and compromises, and the end result was excellent. Val had a new spring to her step; her eyes shone much more than usual. It seemed that everything was going extremely well.

Then Val told me one day that her shoulders ached. She tried using lighter weights, decreasing the lift arcs, slowing her movements. Nothing seemed to help. The discomfort was not muscular or joint-related, and it seemed to be getting more persistent. We looked at each other with secret dread, and didn't discuss the matter further. Val had revealed to me that she was a cancer survivor and we both knew that the disease often reasserts itself with metastasis in the bones. Val came to class less and less often and then stopped altogether. I passed a card in class, which everyone signed, and Val's good friend Pauline delivered it in person.

I've long noted that people in the medical professions tend to go to ground like wounded animals when they get seriously ill. They know what's happening and what the outcome will be, and they want to avoid having to expend energy in reassuring friends and family. Val weighed her options with her doctor and ultimately called in Hospice. A few months later she died peacefully at home, her pain well managed, with Bill at her side.

I don't usually go to memorial services. Doing hospice work for so many years left me too exhausted to face mourning loved ones. I chose instead to focus on the final



surcease of my clients' suffering, the rightness of their being able to die with dignity at home, the excellent care they had received. It was how we workers survived.

This time, however, I wanted to honor Val and Bill for their courage and faith. I went to the memorial service

and listened to the awed minister speak of their marriage; I listened to the written tribute of Val's siblings in Australia; I heard the sorrow in her daughter's loving words. And then I listened to a recording of Bill playing "Going Home" on the bagpipes, something he couldn't have done in person simply because he was overwhelmed with grief.

The chapel resounded with the heart-breaking lament of the pipes, and fifty or so of us sat in stunned silence. When it was finished we gradually stirred ourselves back into our bodies and our lives, having been so far, far away, and then the service ended.

I believe in people who reach for the stars, who dare to dream and explore possibilities, who are able to freely give their hearts right up to the end of their days. One week before she died, Val and Bill were curled up together watching a good movie, content in each other's company, drawing comfort from their love. That image fills me with joy.

"I'm so glad you were there," I said to Bill as we shook hands.

"So am I," he answered. And behind his grief I could see that he felt gifted.

Lenore Pimental has published stories in **Women's Voices** and **Sonoma Seniors Today**. A story based on her travels in South America won a prize from *Eldertreks*.

## Senior Center Without Walls

by Terry Englehart, MA, Gerontology, Director

Brain Aerobics? On the telephone? Yes! Or if you prefer how about Armchair Bird Watching, Poetry Reading or a Vision Support Group? And every Tuesday, we offer a special presentation by an expert in the community on such subjects as transportation, scams and fraud, and coping with loss. We even have parties, cruises, a talent show, and other special events—all on the telephone!

Senior Center Without Walls (SCWW) offers activities, friendly conversation, and an assortment of classes and support groups on telephone conference calls to older adults in Northern California, who find it difficult to go to a community senior center. You can participate on the phone from the comfort of your own home. No special equipment is needed, and the calls are completely FREE!

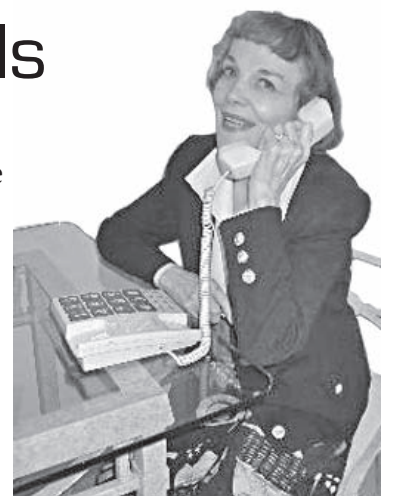
Senior Center Without Walls is a non-denominational, non-profit program

sponsored by the Episcopal Senior Communities and St. Paul's Episcopal Church. This program is a winner of a 2009 MindAlert

Award from the American Society on Aging and MetLife Foundation, and a 2009 Citation of Honor from the International Association of Homes and Services for the Aging.

For more information, or to request a catalog of the new session that began on June 1, call us toll-free at 1-877-797-7299 or check visit [SeniorCenterWithoutWalls.org](http://SeniorCenterWithoutWalls.org).

There is no cost to register, and you can register for the program anytime throughout the term. We hope to hear from you!



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**Where:** Santa Rosa Senior Center  
704 Bennett Valley Road

**When:** Monday, April 13  
Monday, May 11  
Monday, June 8  
Monday, July 13  
Monday, August 10  
Monday, September 14  
Monday, October 12

**Time:** 9:30 a.m. - 11:15 a.m.

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**The class FREE!**  
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## Short and Sweet

Where there's a will...I want to be in it.

I took an IQ test and the results were negative.

Ever stop to think, and forget to start again?

On the other hand, you have different fingers.

A day without sunshine is, like, night.

Two wrongs don't make a right, but two Wrights made an airplane.

42.7 percent of all statistics are made up on the spot.

Honk if you love peace and quiet.

You never really learn to swear until you learn to drive.

If you think nobody cares, try missing a couple of payments.

Shin: Device for finding furniture in the dark.

I've taken a vow of poverty. To annoy me, send money.

Nothing's impossible for those who don't have to do it.

He who laughs last thinks slowest.

Living on Earth is expensive, but it does include a free trip around the sun.

I'm not a complete idiot, some parts are missing.

The older you get, the better you realize you were.

If you try to fail, and succeed, which have you done?

Be nice to your kids...They will pick out your nursing home.

My 401(k) is now a 101 (k).

Access Service Knowledge



For Your Next Right Move



Sharon Hawthorne



Michele Cameron

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# Celebrate Hostel Anniversaries in Northern California

When German schoolteacher Richard Schirrmann took his first group of students on a trip to the countryside in 1909, it's unlikely that he knew he was starting a movement.

This year marks the 100th anniversary for Hostelling International and the 75th anniversary of Hostelling International USA. As promised last month, here is the list of official Open Hostel events in Northern California.

◆ **Saturday, Aug. 22, 12-3 PM: Point Montara Lighthouse Hostel.** A seaside party at the Point Montara Light Station State Historic Park, featuring live music, kids' crafts, hostel tours, door prizes, and a lighthouse art show.

◆ **Sunday, Aug. 23, 11:30 AM-3:30 PM: Point Reyes Hostel.** A bring-your-own picnic with live performances by local bands, in the heart of Point Reyes National Seashore. Beer and lemonade provided; fully equipped kitchen and barbecue grills available for use.

◆ **Sunday, August 23, 11 AM-2 PM: Redwood National Park Hostel.** A party and open house in Redwood National Park, with live music, travel-themed games, hostel tours, refreshments, and door prizes, plus the chance to contribute your personal stories to Hostelling

International's anniversary video archive.

◆ **Tuesday, Aug. 25, 5-8 PM: Sacramento Hostel.** An old-fashioned ice cream social at the historic Sacramento Hostel, formerly the Llewellyn Williams Mansion, near the state Capitol in downtown Sacramento. Ice cream from Leatherby's Family Creamery, live jazz music, prize giveaways, and a special dedication ceremony honoring former mayor Heather Fargo, who was instrumental in the hostel's founding.

◆ **Friday, Aug. 28, 2-8 PM: Marin Headlands Hostel.** A family-friendly celebration with music, hostel tours, refreshments, prizes, and a "Community Walls" painting project for kids, followed by a night hike in the Marin Headlands, led by a National Park docent at 7 PM

◆ **Saturday, August 29, 11:30 AM-6 PM: All San Francisco Hostels.** A progressive event and scavenger hunt spanning all three hostel locations in San Francisco.

◆ **11:30 AM-1:30 PM: San Francisco Downtown Hostel.** A pancake and mimosa brunch at the Downtown Hostel, one block from Union Square, with tours of the newly

renovated facilities.

◆ **1-3 PM: San Francisco City Center Hostel.** A midday reception in the City Center Hostel's cafe, "Ivy's Place," with music, prize giveaways, hostel tours, and displays highlighting the mission and history of this beautiful 1920s boutique hotel turned hostel.

◆ **2:30-6 PM: San Francisco Fisherman's Wharf Hostel.** A bayside barbecue in Fort Mason, a waterfront National Park with views of Alcatraz and the Golden Gate Bridge. Food and microbrews from local businesses, live music and entertainment, family friendly activities, hostel tours, and prize giveaways.

◆ **Sunday, August 30, 12-3 PM: Pigeon Point Lighthouse Hostel.** A seaside barbecue featuring live music, puppet shows, prize giveaways, and historic tours of the lighthouse grounds led by State Park docents. Grilled sausages and tofu dogs, plus strawberry shortcake and strawberry lemonade from Swanton Berry Farms.

More information will be available August 1. To keep up to date on hostel activities, subscribe to the Hostel Tripper newsletter at [tinyurl.com/HostelTripper](http://tinyurl.com/HostelTripper).

Point Montara Lighthouse



## free e-waste events electronics recycling

### What we accept:

#### Computer equipment

(computers & monitors, laptops, keyboards, printers, mice, hard drives, tape & zip drives etc.)

#### Consumer electronics

(DVD players, VCRs, gaming devices, stereo components, radios, PDAs, cell phones, cables, etc.)

#### Televisions (CRTs/LCDs)

Office equipment (telephones, fax machines, shredders, etc.)

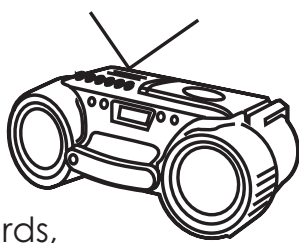
#### Kitchen & household appliances

(microwaves, stereos, radios, etc.)

Please remove batteries from devices.

### We will not accept:

Large appliances (refrigerators, freezers, ovens, stoves, dishwashers, air conditioners, water heaters, etc.)



Saturday only

**Aug. 22, 2009**

8:30 a.m. - 4:30 p.m. **Guerneville**  
Park & Ride at River Rd. 16405 Hwy. 116  
(Across from Safeway)



Sunday only

**Aug. 23, 2009**

8:30 a.m. - 4:30 p.m. **Oakmont**  
Oakmont West Recreation Center  
6470 Meadowridge Dr., Santa Rosa



Saturday & Sunday

**Sept. 12 & 13, 2009**

8:30 a.m. - 4:30 p.m. **Sebastopol**  
City Corporation Yard 714 Johnson St.

Sonoma County Eco-Desk 565-DESK(3375)  
[www.RecycleNow.org](http://www.RecycleNow.org)



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Sunday - Aug. 16, 2009

Proceeds to Benefit



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Includes Poker Run, Run Pin to first 700, lunch & a raffle ticket

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Preregister at: <http://www.rechog.org/>

Or <http://www.councilonaging.com/events>



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(need not be present to win)

Raffle tickets may be purchased at Council on Aging  
30 Kawana Springs Rd., Santa Rosa

## New Software Sharpens Driving Skills

It's called **DriveSharp**, a new computer program designed to help older people drive more safely. It's sponsored by the AAA Foundation for Traffic Safety in partnership with Posit Science, a provider of brain fitness programs. DriveSharp is intended to help aging drivers retrain their brains and delay the impact of aging.

How can you improve your driving by sitting in front of a computer? The exercises in the program help sharpen focus and response time, two critical elements of good driving.

"The brain," notes Peter Kissinger, chief executive of the AAA Foundation, "is the most important muscle in your body."

Although DriveSharp exercises seem like games, clinical studies have shown that when used properly, the program can help drivers see more, think faster and cut crash risk by up to 50 percent, according to a *New York Times* article on the software.

With 39 million Americans projected to be 65 or older next year, safe driving for older people should be a national priority. By 2025, one-fourth of all Americans will fall in the category of "elderly."

The article quotes Dr. Bella Dinh-Zarr of the Make Roads Safe foundation, who says, "We all think we are excellent drivers even when we aren't. Most people don't think about the day when they can no longer drive safely, but it is definitely something we—individually and as a nation—need to prepare for now." (*New York Times*, 7/17/09.)

At \$129, DriveSharp is not cheap, but the DriveSharp Web site offers a test version to try for free. To try it, go to the Web site [www.store.positscience.com/aaa](http://www.store.positscience.com/aaa) and click on "Measure your risk."

To see the *New York Times* article, go to [www.tinyurl.com/OlderDrivers](http://www.tinyurl.com/OlderDrivers).

## Fighting Hunger in Sonoma County

Do you know someone who is struggling to put food on the table? Here are some resources for meeting daily food needs. These are subject to change, so call the numbers below for updates.

### Meals

**St. Vincent de Paul: 528-7580.** 610 Wilson St., SR. Free lunch 11:30-12:30 every day.

**Petaluma Kitchen: 778-6380.** Payran & D, Petaluma. Free lunch Every day. M-F 11:30-1, Sat. & Sun: 11 AM-NOON. All are welcome.

**Redwood Gospel Mission: 542-4817.** 101 6th St., SR Breakfast: 6:30 AM. Dinner: 6 PM Chapel service before meals.

### Senior Dining Sites

For seniors over 60, once a day, M-F. Donations encouraged. Make reservations at least a day in advance. Call for locations and reservations.

Cloverdale: 894-4826

Forestville: 887-1070

Guerneville: 869-3998

Occidental: 525-0383

Petaluma: 765-8484

Rohnert Park: 585-6787

Santa Rosa—Silvercrest: 525-4487

Santa Rosa Senior Center, M,W,F: 545-8608

Sebastopol: 829-8381

Sonoma: 996-1414

Windsor: 838-9261

### FOOD: Groceries/Vouchers

**Cloverdale Food Pantry: 894-7896.** 202 Commercial St., Fri 1-3:30 PM Walk-ins.

**COTS Food for Families: 778-6380.** Emergency groceries for qualified families & individuals. Call to complete application.

**Elisha's Pantry: 542-2569.** 1717 Yulupa Ave., Santa Rosa (Bennett and Rincon Valley residents) Thurs 4-5:30 PM

**Emergency Food Bank: 887-2226.** Call or stop for food box by noon Thur. 16390 Main St., Guerneville.

**F.I.S.H. Santa Rosa: 527-5151.** 1055 Benton St., Santa Rosa. 3 days of groceries. Call M-F 10:30 AM-1:30 PM and Sat. 10:30-11:30 AM. Serves **Sonoma County**.

**Friends In Sonoma Helping: 996-0111.** Emergency groceries & other services in Sonoma Valley.

**Food Closet: 887-2020** Forestville United Methodist Church, 6550 Covey Rd, Forestville. 2nd & 4th Monday 10 to 11 AM.

**Healdsburg Food Pantry: 433-3663.** T,W,F. 3-4:30 PM. Healdsburg and Geyserville residents only.

**Inter-Church Food Pantry 823-2483.** 500 Robinson Rd., Sebastopol Open M,W,F, Sat, 10 AM-NOON. Sebastopol, Occidental, Graton.

**Occidental Community Church: 874-3501.** Food voucher program M-F: 9 AM-3 PM, Sat. by appt.

**Redwood Covenant Church: 528-8463.** 3175 Sebastopol Rd., Santa Rosa, 2nd Sat. 8:30-10 AM Serves Sonoma County.

**Prayer Chapel Mission 546-6520** 1355 South Wright Road, Santa Rosa 1st Wed. 2-4 Food & clothing.

**Rohnert Park Food Pantry: 318-0376.** 436 Southwest Blvd., Wed. 4-6 PM. Serves Cotati and Penngrove.

**Russian River Community Pantry: 869-3661.** Guerneville Community Church, Guerneville, 2nd & 4th Sat: 10 AM-NOON.

**Seventh Day Adventist: 578-0954.** ID required. M,W, 10 AM-NOON.

**St. Vincent de Paul: 1-800-584-1579.** Emergency food or clothing for families & individuals. Serves Sonoma County.

**Redwood Empire Food Bank: 523-7900, 565-2108 or 800-325-9604.** Call for location of food distribution sites in your area.

**Windsor Service Alliance: 838-6947.** 8987 Windsor Rd., Windsor. Groceries. Fridays: 2-4 PM.

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'The Apu Trilogy'



**Sonoma Seniors Today Rents a Classic Movie**

by Bonnie Allen

While cinema prices have skyrocketed, you can rent a classic movie for under \$5. This classic trilogy can be found at most good-quality video stores. Each one is a complete story in itself.

The director had never made a film before. He wrote, produced, directed and photographed his first film, **Pather Panchali**, with unknown actors on a shoestring—\$3,000 of his own money plus some government loans. He went on to create a trilogy of films so powerful they have won dozens of awards and are on every critic's list of the best films ever made.

In his lifetime, Ray wrote, produced and/or directed 36 films, but none are as universally beloved as the Apu Trilogy. The classic coming-of-age story is based on the novels of a beloved Indian writer.



The tale of **Pather Panchali** is a simple one. Apu, the son of a poor but aristocratic family in rural India. His father is a dreamer and mystic who earns a meager living as a priest and dreams of writing poetry and plays. In lyric scenes of childhood, Apu and his older sister Durga share the simple joys of sitting quietly under a tree, running after the candy man who passes by ringing bells, enjoying a play by a traveling troupe of actors and chasing after the train whose whistles they can hear in the distance.

Tragedy stalks this family, and during the monsoon season while the father is away trying to earn some money in the city, Durga catches cold after dancing too long in the rain, and dies of a fever. Apu has lost his best friend and surrogate mother. The father returns and is bereft. They decide to leave their ancestral home and move to Calcutta to seek a better life.

Sorrow and lyric joy intertwine so beguilingly in this first of the trilogy that it takes the world by storm, winning numerous prizes around the world. The film took three years to make, slowed by budget problems, and was released in 1955. The next two films, **Aparajito** and **Apur Sansar**, follow Apu's life in the city, the death of his father, his education as a brilliant young student, and a sudden blossoming of love.



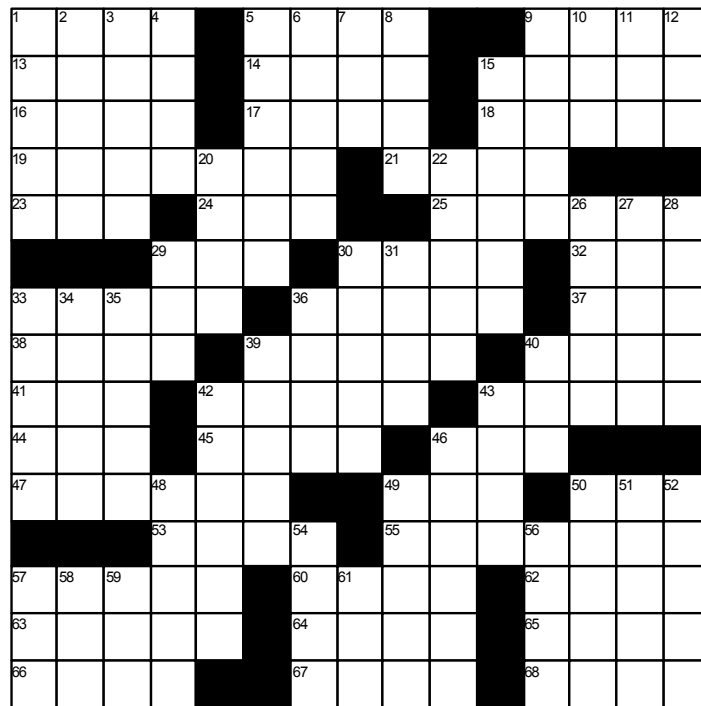
Would you like to get your name in print? Send us a review of your favorite new or classic movie and, if appropriate, we will publish it!

# August Crossword Puzzle

Solution on page 10

## ACROSS

- 1 Agreement
- 5 Brews
- 9 Electrical current unit
- 13 Land unit
- 14 Back of the neck
- 15 Final inning
- 16 Because of this
- 17 Despot
- 18 Opposite of ally
- 19 They're at Pt. Reyes and Marin Headlands
- 21 Jittery
- 23 Drunk
- 24 Sign of the zodiac
- 25 Whup
- 29 "\_\_\_ Tortugas"
- 30 Keats is one
- 32 Puzzling sky sight
- 33 Pie nut
- 36 Type of fur
- 37 Football assoc.
- 38 Middle Eastern nation
- 39 Holiday song
- 40 False bible god
- 41 Halloween mo.
- 42 Light cake
- 43 Peers
- 44 Ang \_\_\_\_, film director
- 45 Wading bird
- 46 Operate
- 47 Waiter
- 49 Deteriorate
- 50 College football conference (abbr.)
- 53 Cheese
- 55 Armory
- 57 Hold
- 60 Slime
- 62 One of Columbus' ships
- 63 \_\_\_ Sharp, driving skills booster
- 64 Pairs
- 65 Botts \_\_\_\_, pavement markers
- 66 Team (Br.)
- 67 Champion



www.CrosswordWeaver.com

68 Fasten

## DOWN

- 1 Ways
- 2 Sound of a sneeze
- 3 Sandwich leftover
- 4 Try out
- 5 Knife handle material
- 6 Cowboy rope
- 7 Environmental watchdog, for short
- 8 Withered
- 9 Plastic
- 10 The loneliest number
- 11 Long-term memory
- 12 Scriptural your
- 15 Diverge
- 20 Ardor
- 22 Live
- 26 Relating to the moon
- 27 Variety meat
- 28 Surveys
- 29 Winnow
- 30 Pieces
- 31 Band instrument
- 33 Swimmers milieus
- 34 Master of ceremonies
- 35 Provide food to
- 36 Indian
- 39 Poisonous snake
- 40 Disallow
- 42 Grateful Dead concert attire
- 43 Chow
- 46 Especially
- 48 Energy
- 49 Shaver
- 50 Negatively charged particle
- 51 Soft drink brand
- 52 Necklace fastener
- 54 Butterfly's cousin
- 56 Ceases
- 57 Discs
- 58 Jackie's husband
- 59 Disencumber
- 61 IOU part

## Wish List

The Sebastopol Senior Day Program needs the following items:

- Electric pencil sharpener
- Brita water filter for a pitcher
- 35mm film, 200 ASA
- Lipton decaf and green decaf teas

If you can donate these items, please call Adriane at 829-2440, ext. 6.



**TWEETEN ELDERCARE ADVISORS**

Free assisted living placement for seniors and families

707.570.2589 ■ tweeteneldercare.com

## SUDOKU A logic puzzle

Supply the missing numbers so that every row, column and 9-digit square contain only one of each number. No math skills are required, and no guesswork. For hints on doing Sudoku puzzles, visit [www.websudoku.com](http://www.websudoku.com), or send a stamped, self-addressed envelope to Sonoma Seniors Today, 30 Kawana Springs Rd., Santa Rosa, CA 95404. (Solution on page 10.)

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



## 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...✓** [Events are free unless otherwise indicated]

◆ **Jul 28–Aug 9: Sonoma County Fair.** 1350 Bennett Valley Rd., Santa Rosa, 11 AM–9 PM. Free to seniors (60+) July 28 and Aug. 4. 545-4200, [sonomacountyfair.com](http://sonomacountyfair.com).

◆ **Aug 8: Petaluma Quilt Show.** Fourth St. between B & D, Petaluma, 11 AM–5 PM. Craft fair and farmers market in Walnut Park, live music, quilts for sale at Petaluma Historical Museum. Needlework displays at Petaluma Woman's Club, 518 B. Sponsored by Petaluma Historical Museum, 775-3661, [www.petalumaquiltshow.com](http://www.petalumaquiltshow.com).

◆ **Aug 13: Summer Nights on the Green.** 9455 Bell Rd., Windsor, 6–8 PM. The Town of Windsor presents free concerts on the Green. Come early for dinner, farmer's market. Bring low-back chairs and blankets, and picnic on beautiful Windsor Town Green. 838-1260.

◆ **Aug 13: "Three Musketeers."** Performed in Ives Park, Sebastopol, 7:00 PM. A Sonoma County Repertory Theatre production. Free to seniors. Sign up: 829-2440.

◆ **Aug 15: Movies in the Park: "My Dog Skip."** McNear Park, 11th & G, Petaluma, 6:30 PM, movie at 8:45. Buy dinner items, popcorn, face painting, coffee, drinks, baked goods. Bring nonperishable food donations to help support COTS. Donations \$4 for adults, \$2 for youths. 694-9888, [www.petalumamovies.com](http://www.petalumamovies.com).

◆ **Aug 16: Bodega VFD "BIG EVENT" BBQ & Parade.** 10 AM–5 PM. Parade 10:30 AM. Live music, local beer & wine, crafts faire, raffle, participate in the "Tour de Tatar" races, get wet in the "Cosmic Commode." Kids' games, ice cream & homemade desserts. Benefit for Bodega Volunteer Fire Department. Come enjoy some good old family fun. 874-1217.

◆ **Aug 16: Summer Run XXI.** Proceeds to benefit Meals on Wheels. See page 10 for details.

◆ **Aug 18–29: Sonoma County Photographers.** See the work of Sonoma County photographers at the Rohnert Park-Cotati Regional Library, 6250 Lynne Conde Way (off Rohnert Park Expressway), NOON–6 PM daily (closes at 3 PM on the last day). All are invited to a reception Aug. 18, 6-7:30 PM.

◆ **Aug 22: "Citta Di Monte Urano."** Petaluma's Theater District, Petaluma Blvd. S. between C and D Streets. The prize-winning wind band of Monte Urano, Italy. Founded in 1877, this 50-piece ensemble won prizes all over Europe. Selections include an eclectic array of compositions by classical Italian composers, as well as pop greats. 763-8920.

◆ **Aug 28: "Something's Gotta Give."** Starring Jack Nicholson and Diane Keaton. Sebastopol Senior Center, 167 N High St., Sebastopol, 2 PM. An elegant, touching, and amusing tale. Refreshments. Suggested donation \$2.00. 829-2440.

◆ **Aug 30: Healdsburg Plaza Antique Fair.** Healdsburg, 9 AM–4 PM. 90 exhibitors selling antiques, collectibles,

decorative arts, treasures. 578-7772.

◆ **1st Thursdays of the month: FREE Movies for Seniors.** Third Street Cinemas, downtown Santa Rosa, 10 AM. Choice of four current films. Call 522-0330, x 3, for titles. Pick up flyers at senior centers and Council on Aging. For further information, call Gwen at 523-1586, x 21, or 484-7328.

◆ **Sundays through Aug 16: Live at Juilliard Park!** Free concerts. 227 Santa Rosa Avenue, Santa Rosa, 5 PM–7 PM. 8/2: Shannon Rider Band  
8/9: Jethro Jeremiah Band  
8/19: Celebrate Rockabilly Day  
Relax on the Lawn and enjoy great music! Sponsored by Santa Rosa Recreation & Wine Country Radio. 543-3282.

◆ **Wednesdays through Aug 12: Rosie Explorer Tours.** Free 45-minute tours leave Wednesday's Downtown Market at 6 & 7 PM from 4th and D streets in front of Peet's Coffee. 573-0103.

◆ **Every Friday: Bayer Park and Community Garden.** Bayer Farm, 1550 West Ave., Santa Rosa (across from Sheppard School), 4–6 PM. Experience Santa Rosa's agricultural past—in the middle of the city! The whole family will delight in the barns, hay bales, farm activities, crafts, games. Operated by LandPaths. Kids (and adults!) will enjoy farm activities, crafts, games and active play. 544-7284.

◆ **2nd Saturday of the month: Parkinsons support group.** Christ Church United Methodist, 1717 Yulupa Ave., Santa Rosa, 1–3 PM, first Saturday of each month, except in August and December, when we meet on the second Saturday. No meetings in January, July or September. 575-5331 or 544-5329.

## Dancing in Sonoma County

### ◆ Second Fridays at Monroe Hall.

Ballroom, WC Swing, Swing, Latin & Night Club, 1400 West College Ave. Lesson: 7:30-8:30, Dancing 8:30–11. Lesson and Dance \$10, Dance Only \$8. Different dance taught each month. August: tango. September: waltz. 576.1318. Web: [tinyurl.com/MonroeDance](http://tinyurl.com/MonroeDance)

### ◆ Dance Lessons for Seniors (55+).

The Ballroom, 977 Golf Course Drive in Rohnert Park, is a safe and supporting atmosphere where students of all levels can play and learn the art of dance. No partner or previous dance experience necessary. Mondays, 3-4 pm. \$9 or \$27 for 4-week pass. 586-1136. Monthly dances in addition to lessons. Web: [tinyurl.com/RohnertPark](http://tinyurl.com/RohnertPark).

### ◆ Senior Ballroom Dance (50+)

Friday at the Finley Community Center, 2060 West College Ave., Santa Rosa, 1-4 pm. \$6. 524-5716. Web: [tinyurl.com/FinleyDance](http://tinyurl.com/FinleyDance).