

SONOMA SENIORS



COUNCIL ON AGING

Today

JANUARY 2010

Exercise—The Next Generation

Girl Scouts teach seniors how to get fit the fun way with Wii Fit

by Bonnie Allen

Venice Morino, 11, loves the Wii—Nintendo's next-generation game console—and its Wii Fit module that allows her to practice her tennis, bowling and boxing.

Boxing?

Yes, it's a workout, as she demonstrates with her fists, but nobody gets hurt—the knockout punches are strictly virtual.

Venice has more than a passing interest in senior issues, as her grandmother, Rosalind Morino, is Tax-Aide Coordinator for the Rohnert Park Senior Center.

On visiting the center, Venice noticed there was a Wii installed there, but "it just sat there, because people didn't know how to use it."

She enlisted the help of her Girl Scout troop (#10149) in Rohnert Park. Two other troop members, Lindsey Caudel and Riley Moore, volunteered to help her in the project.

Senior centers across the nation are discovering the benefits of Wii, but teaching anyone a new activity they haven't done before takes training.

The girls are offering a free class, Wii Get Fit, at the center on Tuesday afternoons in January and February. They will show seniors how to play golf, tennis and much more with Wii Fit. Boxing, anyone?

But that's not all. They hope to train interested seniors to conduct Wii Fit training classes of their own, so that the fruits of their efforts will continue to benefit

seniors after they've gone on to other projects.

The troop is lead by mother-daughter team Kathy and Katie Place. Kathy, a registered nurse and herself a grandmother of one of the Scouts, sees the benefits going beyond fitness. She has been told that nursing home residents often consider Wii Fit sessions to be their favorite activities.

"People would come to the common room to do it and they'd do

the exercise part, but they'd do other activities too," says Kathy. Because the exercises appealed to both men and women, it was a great way to bring both men and women together to socialize.

And, she adds, "it's something people in wheelchairs can do. I had no idea of the capa-

bilities, but the kids are going 'Oh, yeah!'"

As for "the kids," they are enjoying the challenge and fun of working with seniors—something they all have experience at. For instance, from an early age, Riley tagged along when her grandmother visited her club, where she got to meet her grandmother's friends.

In addition to tennis and boxing, Riley and Lindsey like to add baseball and golf—sports that are coincidentally favorites of many elders.



From left, standing: Riley Moore, Lindsey Caudel, Venice Morino & Ali Rose. Kneeling: Kate Cardle & Jennifer Camacho. Not shown: Ashley Place, Hanifa Lufti & Jillibeth McMillian

Not that the rest of the troop is slacking off. Troop #10149 has been sending "care packages" to U.S. soldiers for the last couple of years. These contain personal and other items requested by soldiers, as well as candy and a handwritten letter from each scout.

"Soldiers say the best part of the package is the letter," says Kathy. The girls are working on their next batch of letters now.

Troop #10149 also bakes cookies with seniors for the annual Christmas Tree Lighting Ceremony. As a teacher, Katie understands the benefits her girls are providing for the seniors, but just as important is what the girls receive in return.

The next time someone complains about today's youth, send them this article!

For details on Wii Get Fit, call the Rohnert Park Senior Center at 585-6780.

See also, "YES, You Can" in the **November 2009 Sonoma Seniors Today**. Wii Fit offers training in aerobics, strength training, stretching and balance, as recommended by fitness experts such as Alec Isabeau (page 5), who recently gave a presentation on the elements of exercise.

Did you make a New Year's resolution to get more exercise? Why not check out the Girl Scout class at the Rohnert Park Senior Center? (See page 5 for some of the very real physical and mental benefits of exercise.)



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Ask Kate

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

Dear Kate,

I'm so worried about my mother. She has a serious health problem, which has put her in a nursing home for the past three months. Even though her condition can only deteriorate, the doctor is preparing to release her to her home at my mother's request. She will have some in-home support during the day, but I don't see how she can get along alone at night, as she can't transfer from the bed to the wheelchair by herself. She says she will be "just fine" but I'm afraid she'll fall trying to do things by herself. She is fiercely independent. I'm frustrated and feeling guilty because I can't quit my job and move home to help her. Why would the doctor release her home when she knows that things will only get worse?

—Worried in Sonoma

Dear Worried,

I realize that you want to protect your mother from harm, but there are a number of factors influencing the doctor's actions. Assuming your mother is over the age of sixty-five, Medicare covers up to 100 days of "skilled nursing care" per illness per year. This care is for acute events, not chronic problems or custodial care. At the end of the 100 days, the doctor will generally release the patient if he or she cannot pay the entire cost through insurance or through their own resources. The fact that you described your mother as "fiercely independent" probably influenced the doctor's decision. She would have assured the doctor of her capacity in the same manner she is trying to assure you.

Your mother needs to discover for herself the extent of her limitations. Put yourself in her shoes for a moment and imagine how it would feel to you if you were being told that you were no longer able to care for yourself. Even if it were true you would want to test and experience the situation for yourself. The doctor knows this and he knows that we all have the "right to folly" or the right for "freedom over safety."

Adjusting to declining capacity is a very difficult process, which often involves unsupported hope of recovery, as well as fear of some unknown, but impending, disaster. If your mother has had a life of treasured independence, the fears of failing health can be absolutely terrifying and isolating. She may not feel she can share her fears with anyone, but must maintain the independent image that has defined her for so many years. Your mother needs to know of your love and support. She needs to know that she can talk about her experiences without fear of losing you if she becomes needy and frail. You can talk her through the night terrors and visit as often as possible. She will need, over time,

increased in-home support. Above all, express your loving support of her decisions and needs, regardless of the risks involved. If you can take the position of partner with her in her care, you will both feel rewarded. You can voice your concerns, but out of respect, honor her choices. Help her to make good decisions and allow for changes in plans for both of you.

Many of us will spend the last days of our life in long-term care. As few of us enter a typical nursing home—whether as a visitor or a new resident—with eager anticipation, you can take an active role in promoting a new kind of long-term care, which actually is far more inexpensive and homelike. It's called The Greenhouse Project (www.thegreenhouseproject.org)*

After reading about The Greenhouse Project, please write your Congressperson and/or the governor and press them to promote this exciting option for humane care of our elders. Remember, we all become older, and this model could benefit us as well as our parents.

Editor's note: Your mother may also benefit from an alert system, such as Lifeline or Halo, both available locally.

*THE GREEN HOUSE® model creates a small intentional community for a group of elders and staff. Its heart is found in the relationships that flourish there. A radical departure from traditional skilled nursing homes and assisted living facilities, the Green House model's primary purpose is to serve as a place where elders can receive assistance and support with activities of daily living and clinical care, without the assistance and care becoming the focus of their existence.

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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.

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Local Grocers' Customers Give Record Amount to "Feed a Senior"

Each year, over Thanksgiving, Ken Silveira of Pacific Markets in Santa Rosa, Sebastopol and Rohnert Park offers his customers the opportunity to support the Council on Aging's Meals on Wheels program by adding a donation to "Feed a Senior" at checkout. This year, Big John's Market in Healdsburg, Oliver's Market in Santa Rosa and Cotati, Molsberry Market in Larkfield, Skyhawk Village Market in Santa Rosa and Petaluma Market (for PPSC's Meals on Wheels) all joined in the spirit by asking each customer if they would like to donate—and their enthusiasm paid off. This Thanksgiving, \$38,000 was raised between the local grocery stores. Those contributions will provide 10,857 senior meals this year.

On behalf of Council on Aging, Petaluma Peoples Service Center and the seniors receiving meals, a huge thanks to Pacific Markets, Oliver's, Big John's Market, Molsberry Market, Skyhawk Village Market, Petaluma Market and the entire staff and generous customers of each.



Probably the Last Move

On making the decision to move to a senior residence

by Sylvia B. Bailin

Exactly one year ago, Lou and I moved into a senior residence. For only four years, we'd enjoyed our cozy new home and assumed we'd never move again. But we did. We admitted to ourselves that the meal planning, house management and caregiver interviews were growing harder, not easier, with repetition. We talked. Was it our age? Were we getting too old for the hustle-bustle?

Our children quietly observed our growing angst and we soon heard a stunning sameness in their conversations with us. "There's a conspiracy afoot," Lou said one evening. Over some weeks, their subtle, gentle message floated out: wouldn't it be nice to leave your living arrangements to others? Like who? Well, uh, like a retirement facility, for instance? With prepared meals and light housekeeping? Mmmm. . .

We talked. And talked. We finally acknowledged that we were exhausted and a residence had strong appeal.

Of course, we ran into resistance—our own. Physical change, i.e., moving, becomes harder with age. But for this, there's tangible help. Others can gather boxes, pack and actually transport us. It can be tougher deciding what to set adrift and what you must hug close. The fold-up cot in the closet for an unexpected guest goes to Goodwill. The eight-piece table setting gets passed down. But the album with pictures of hubby cavorting on the beach with the kids? *That* goes with us.

However, and here I speak only for myself, I found the emotional acceptance of

this change more challenging. I think it's because this move brought us closer to the end than we've ever been. This time it was recognizable and undeniable.

As teens, we *knew* we'd live forever. Death was a distant abstraction, tucked into a dark corner while we dealt with life's urgent issues: school, work, raising a family. Advancing into our forties and fifties, the notion of dying was still manageable, even romantic as in *Camille* or *La Boheme*, not scary, because it wasn't imminent.

Even serious illness, the so-called "brush with mortality" is known to awaken a sensory sharpness. The light patter of rain, the sweet smell of wet grass, the brilliant green glisten of dripping tree leaves and the clean blue of the cleared sky.

But, as "elders," we had buried friends and comforted widows. Now the end is a raw presence and the idea of a last move could be a downer—like stepping into that dark boat with the hooded guy. I had to make my personal peace with the idea before I could accept moving at all.

But once we decided to move, we toured residences. A converted motel with small rooms and narrow, dark halls. Another, quite poshy but not affordable. Yet another, though set among lovely trees, felt confining. My fear of change reawakened



Sylvia and Lou Bailin in the library of their senior residence

and I set aside the project.

But after a couple of weeks of shopping lists, meal planning and house management, my choice grew clearer, like sunlight breaking through clouds. We visited a fourth residence.

Most elders, in their anxiety, look for reassurance—well-prepared meals or signs of a caring staff. We found both here. But for me, there is another element important to my comfort—light. As we explored, we found plenty of it—in the dining hall, the passageways and over the door when I fumbled with the apartment key. When I swung open the door, the brilliant winter sun was streaming through the large living room window, illuminating everything.

We felt welcomed. *Yes, so much yet to enjoy.*

I took a deep breath and we returned home to call the movers.

Holiday Magic

On the joys of writing with others

by Lenore Pimental

It was a lovely party—lovely in the sense that the light was warm and indirect, the decorations festive, the home beautiful. We clustered in Marcia's living room, knee to knee, thigh to thigh, sipping on hot cider and eggnog as we talked and laughed together. We were a Norman Rockwell painting, lucky participants of a writing class who have come to care for and trust each other, friends.

That's sometimes an amazing development in memoir classes. You come to know each other as friends who have shared a lifetime of experiences. If someone or something was important to one of us, sooner or later a story appears and we are all witnesses. First loves, family rivalries, flawed relationships—they are all grist for



the writing mill. So are the sheer, unmitigated joys and adventures garnered over our lifetimes.

We've brought each other along as we swam beneath coral reefs, rode horseback along mountain ridges, hiked among ancient ruins and in rain forests. We've also shown each other painful things that touched and moved us to tears, funny things that made us laugh, and simple human events that reminded us of what it is to live. Together we have lived over a thousand years; together we've known enough people to fill a fair-sized city. I sometimes leave our writing classes feeling as though I've just been all over the world or plunged into living, palpable history.

Images linger in my mind for days.

So there we were at our party, reading our own writing or a piece of literature that we especially loved, about to enjoy

delicious food and wine. A few of our members were unable to come and were missed, but most of us were there, enough to make a precious memory. I'm old enough to know that such a wonderful joining of people and circumstances is a rare event, and I paid close attention. Living brings losses. It also brings gifts and joys, sometimes in the simple guise of friends who share an exceptional vision and the talent to put it into words.

Looking at everyone in the soft, sweet light of a Christmas tree, all these beautiful people who have come to mean so much to me, I knew I would have to memorialize the moment. That's what memoir writing classes do, for all time.

Learn more...

Free classes in senior autobiographical writing are available through Santa Rosa Junior College. No expertise is required, just a desire to leave a written record.

"In truth," notes Lenore Pimental, "some of our writers start out thinking they are terrible, but they always improve, and everyone is very patient."

For more information, call SRJC at 527-4011, or call your local senior center.

Exercise is Medicine

By Sharon Spratling, RD

“Dear Physician: What if there was one prescription that could prevent and treat dozens of diseases, such as diabetes, hypertension and obesity? Would you prescribe it to your patients? Certainly.”

—Robert Sallis, M.D., founder of *Exercise is Medicine*

As a registered dietitian, I am well versed in what “eat right” means and often counsel clients on how to improve their diet. “Exercise,” though, is a little more ambiguous. So when I had the opportunity to participate in an online seminar talking about exercise in a different way, I decided a different perspective could be just what the doctor ordered, so to speak.

Indeed, *Exercise is Medicine* is about what the doctor should order—exercise! This initiative promotes physical activity as an indicator of health in the medical community, just like other vital signs, and in the process educates patients and the public about the risks of not exercising. Inactivity causes an estimated 250,000 premature deaths annually in the U.S. Physical inactivity and obesity are second only to tobacco use as the leading cause of preventable death in United States.

On the other hand, an abundance of research findings show that exercise can prevent and ameliorate many chronic diseases including diabetes, cancer, hypertension, heart disease, depression, osteoporosis and even dementia.

◆ In the Cardiovascular Health Study (2006), older people with coronary artery disease were followed for nine years. Those



who increased their physical activity, even a little, showed a lower death rate during the study period. The more they exercised the more they reduced their risk.

◆ In another study of 1740 men and women aged 65 and older, people who exercised three or more times a week had a reduced dementia risk of 40% compared to those who exercised less than three times a week.

◆ In a study of death rates comparing age and level of fitness,

highly fit men in their 80’s had a lower death rate than men in their 60’s with a low level of fitness.

This is just a brief listing of available research. It seems exercise can be thought of as the vaccine needed to prevent chronic disease. Moreover, the benefits of physical activity are the same regardless of how much you weigh. It has been shown that it is better to be fat and fit than skinny and un-fit.

In an era when obesity is epidemic and healthcare expenses are skyrocketing, isn’t it refreshing to know that simply moving more can improve your quality of life and long-term health?

The message is simple. Move more and live longer and better.

A brisk walk 30 minutes a day five days a week is all that’s needed. If that is too much, do what you can. No amount of exercise is too little. Focus on increasing the amount of activity in your life and don’t worry so much about the numbers on the scale.

Exercise is medicine—and it’s free! As Dr. Robert Sallis, founder of Exercise is Medicine says, “If we had a pill that conferred all the proven health benefits of exercise, physicians would prescribe it to every patient, and our healthcare system would find a way to make sure every patient had access to this wonder drug.”

I think I’ll go for a walk.

To learn more about **Exercise is Medicine**, a Web site sponsored by the American College of Sports Medicine, go to the Internet site, www.exerciseismedicine.org.

Photo used by permission from the American College of Sports Medicine.

Exercise Guidelines

Recently, Alec Isabeau, D.C., gave a presentation on guidelines for daily exercise. While these guidelines may seem daunting if you’ve never exercised regularly, remember that any exercise is better than no exercise. The guidelines are excerpted from **his FITNESS, FUNCTION and AGING: Exercise Guidelines for Healthful Living**.

AEROBIC EXERCISE: At least three hours total per week, e.g. 4 x 45 minutes or 6 x 30 minutes. Examples: brisk walking, running, bicycling, swimming, aerobics classes, dancing, hiking, and using indoor devices such as elliptical trainers, and stair climbers. High-intensity, demanding aerobic activity is far more beneficial than easy, low intensity activity.

STRENGTH TRAINING: At least two 30-minute sessions per week. Examples: using free weights or machines, body-weight exercises like push-ups and pull-ups, Pilates, advanced yoga, rock climbing and strenuous labor such as yard work and construction.

FLEXIBILITY: At least 10 minutes every other day, after exercising or just before bed. Do a series of 10-12 stretches, holding each stretch gently for a few seconds, then ease off. Repeat 5-6 times, easing into and out of each stretch.

BALANCE: At least twice a week for 15 minutes. Examples; Tai Chi and other martial arts, yoga, tennis, basketball, dancing, Pilates, and trail running. Specific balance drills can also be performed using gym balls, wobble boards, balance mats, air-filled discs and foam rollers.

In addition, Dr. Isabeau recommends:

WEIGHT-BEARING EXERCISE: Our bones are strengthened by activities that compress, jar and tug on the skeleton, such as weight lifting, running, walking, step aerobics, jump rope, basketball, and physical labor.

FUNCTION and DURABILITY: We can dramatically reduce our risk of injuries (including back pain, muscle strains, sprains, fractures, etc.) by including in our exercise program challenging tasks and skills which are similar to our regular daily activities. Functional fitness activities which enhance our orthopedic durability include walking, stair climbing, single-leg balance drills, Tai Chi, lifting free weights, performing squats, deadlifts and lunges, etc. These exercises enhance our efficiency, durability and safety during the performance of routine daily tasks.

Caution: Be sure to talk to your doctor before starting any new exercise program.



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Howard Doughty

A many-faceted life

by Alex Miller

Trying to list Howard Doughty's many lifetimes' worth of accomplishments was enough to make me dizzy. Getting to know the man behind these accomplishments was both humbling and inspiring. Howard has a masterful green thumb, an expert trigger finger, a head full of wisdom and a heart full of generosity. How can I possibly relay all that Howard has done, all that he has given the world, all that he has shown me?

Howard Doughty was born October 20, 1924, in Franz Valley, California. Even his birth was special; Howard was born with a caul. This is extremely rare and has been said to presage a destiny of greatness and a guarantee never to drown in water. Howard's uncommon birth made a significant contribution to his perspective on life and strong sense of spirituality.

After graduating high school in 1942, Howard spent a short time as a shark hunter. Fluids from shark livers were used in Air Force equipment because they take a very low temperature to freeze. Howard tried to volunteer for the Navy initially but they rejected his request. They told him they needed shark liver more than they needed another soldier. But a few months later, the draft called his number anyway. He entered the U.S. Navy in early 1943.

Stationed in Farragut, Idaho, for basic training, Howard quickly established himself as an expert marksman. After winning a bet with his commanding officer, Howard rose to the ranks of Rifle Instructor. Later that year he was sent to the University of Chicago, Illinois, to attend schooling to become a certified Naval Signalman.

On a whim, Howard wandered into the Trianon Ballroom and locked eyes with the love

One of a series of biographies of elders

written by Sonoma State University students



Howard Doughty and Alex Miller with photo of Helen Doughty

of his life. Helen was there with her older sister to celebrate her 18th birthday and gracefully accepted her young soldier's request for a dance. These two would dance together for the next 61 years.

Finishing his schooling in 1944, Howard shipped out to sea under Admiral Daniel Barbie, the commander of the Seventh Amphibious forces of the Pacific. Knowing he could never drown at sea (that caul), Howard spent the next couple of years fearlessly facing swarms of Japanese kamikazes and two torrential typhoons, while writing daily to his beloved Helen.

After the war, Howard accompanied

Admiral Barbie on peacekeeping missions up and down the Pacific, visiting every seaport from Hulato, Mongolia to Shanghai, China, until late 1945.

In January, 1946, Howard returned to Chicago and married Helen at the age of 21. The newlyweds moved to northern California, where Howard attended Santa Rosa Junior College. He then graduated from Chico State with a degree in education that kick-started his thirty-year teaching career. He and Helen had three children: Bill, Vernon, and Lynn. Howard received his Masters degree from San Francisco State in the late 1950s. He and his family moved around Northern California as his job demanded. They eventually settled in a house that Howard built on the suburbs of Santa Rosa.

Howard is a prolific gardener. He watched his barren back yard blossom over fifty years into the lush oasis it is today. He tends a giant pumpkin patch, cherries, berries, melons, potatoes, red delicious apples and even has a set of honey bees! Howard generously allowed me to try anything—and I would like to mention the figs and walnuts were particularly good.

As well as teaching at the elementary level, Howard taught an adult class in lapidary, the art of cutting precious stones and gems. Howard was interested in geology and rocks since childhood and followed this interest until he taught himself enough to teach a class. He's searched for stones in all but three states.

I greatly admire Howard's devotion to his interests. He discovers a passion and follows it as far as it will take him. Today, lapidary is among his many hobbies. Another example is Howard's love for music. During his early years he learned to play some fifteen different instruments. He played percussion instruments in high school and college and was in a flute

Continued on page 7

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Under \$50

Rebecca and Edward Aff

Continued from page 6

band in the Navy. After his service he joined the Musicians' Union as a professional dance band drummer for five years. I can personally verify his musical prowess, as Howard is the best damn harmonica player I have ever heard.

Howard also has a knack for writing, and I can testify to the wit and quality of his writings. Howard is a skilled and published poet. He started his own treasure hunting business and is an accomplished healer and certified massage therapist.

All his successes barely begin to describe the man who accomplished them. I am not most impressed that Howard fought in WWII, that he built two houses, or taught for over thirty years (though these things are impressive). I am most impressed with the way Howard lives his life. He saw a girl across the ballroom and loved her from that day forward for their 61 years of marriage. Though she passed away a few years ago, he loves her still with all his heart.

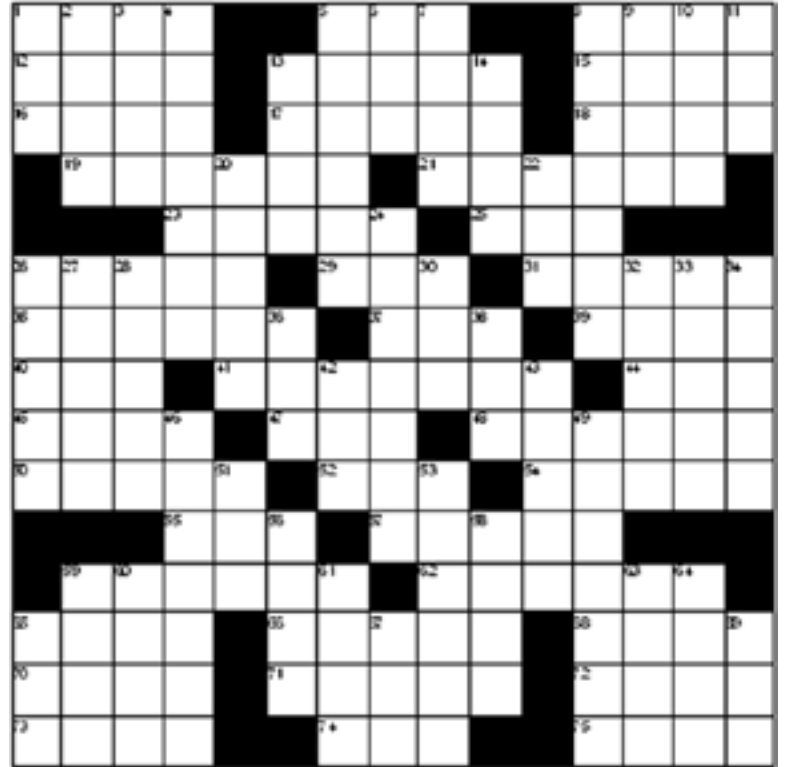
Howard always follows his heart; he explores what he loves and loves what he finds. He has an infectious youthful spirit and to this day is humbled and amazed by life's many surprises. An avid reader, he constantly works to broaden his knowledge with every new day. He speaks about his many jaw dropping achievements with dignified flair as if they were always meant to happen.

Howard is an excellent storyteller, loves to talk about any subject and is a joy to know. He is a perfect example of how to live life to the fullest and to follow one's dreams. I am very grateful for the opportunity to know this inspiring and exceptional man.

January Crossword Puzzle

Across

- 1 Swedish pop group or Syrian bishop
- 5 S. African org.
- 8 Musical repeat
- 12 Pull
- 13 Right angle to a ship's length
- 15 Eager
- 16 ___ and Ike (candy)
- 17 Type of steak
- 18 Oregon city
- 19 Role model
- 21 Grabbing
- 23 One of seven Disney characters
- 25 Lair
- 26 Dropped egg sound
- 29 Vigor
- 31 Under, poetically
- 35 Carving tool
- 37 Patriotic women's org.
- 39 Triad
- 40 Tease
- 41 Machinery tool
- 44 Energy unit
- 45 Senior org.
- 47 ___ Get Fit, a new way to exercise
- 48 Like a celebrity
- 50 Tartan
- 52 Hallucinogen, for short
- 54 Curt
- 55 Dog fanciers org.
- 57 Howard's wife
- 59 Shooter
- 62 It's off the beaten track
- 65 Skirt length
- 66 Type of energy
- 68 Regretted
- 70 Branch of learning
- 71 See 40 across
- 72 ___ Agency on Aging
- 73 Story line
- 74 Soap ingredient
- 75 Challenging



Down

- 1 Naval rank, for short
- 2 Hat part
- 3 Cook a cake
- 4 Meeting handouts
- 5 Shorten, for short
- 6 Liberal or conservative starter
- 7 Insincere talk about religion or morals
- 8 "The ___ of Dr. Caligari"
- 9 Appliance for 3 down
- 10 Doorbell sound
- 11 Do a math problem
- 13 At the summit of
- 14 Fermented honey drink
- 20 Clan emblem
- 22 First name for Pacific Market owner
- 24 Jewish language
- 26 Project leftover
- 27 Small container (var.)
- 28 October sign
- 30 Deface
- 32 Structure for vines
- 33 New Testament book
- 34 The Green ___, a model for senior communities
- 36 Jurisprudence
- 38 Game official, briefly
- 42 Nothing
- 43 Afterwards
- 46 Horowitz or Liberace
- 49 Hannukah feature
- 51 10 meters, for short
- 53 Corrupt
- 56 Hurl
- 58 Harp
- 59 "His ___ Friday"
- 60 "Do ___ others"
- 61 Christmas song
- 63 Halo
- 64 Bambi, for instance
- 65 Traveler's aid
- 67 Not clerical
- 69 Pop

Breaking News!

Council on Aging is pleased to announce that the senior dining room at the Russian River Community Senior Center is now open for lunch Tuesday through Friday. The Santa Rosa Senior Center will also expand its days of service in the dining room to Monday through Friday starting in January.

Please join us for a hot, nutritious meal—and you don't have to do the dishes!
\$4.00 donation requested

Seniors aged 60 years and older and spouses under 60 are eligible.
For more information, call Sharon Spratling at 525-0143, ext. 133.

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SUDOKU A logic puzzle

Supply the missing numbers so that every row, column and 9-digit square contain only one of each number. No math skills are required, and no guesswork. For hints on doing Sudoku puzzles, visit www.websudoku.com, or send a stamped, self-addressed envelope to Sonoma Seniors Today, 30 Kawana Springs Rd., Santa Rosa, CA 95404. (Solution on page 8.)

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



COUNCIL ON AGING
SERVICES FOR SENIORS

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 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.

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 525-0383 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 Connie Aust at 525-0143, ext. 108

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. 142.

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]

◆ **Jan. 30: Keep the Spirit of '45 Alive.** Veterans can memorialize their Stories of Service and remembrances of the day the war ended, Aug 15, 1945. Stories will be uploaded to national website. WWII display, live entertainment of the era and refreshments. Lodge at Paulin Creek, 2375 Range Ave, Santa Rosa, 1-4 pm. 575-3722.

◆ **Tuesdays in January & February: Wii Get Fit.** Learn how to get fit through a video game. Girl Scouts will be teaching bowling, golf and tennis with the Wii. Rohnert Park Senior Center, 6800 Hunter Dr., Ste. A., Rohnert Park, 3-4 pm. Hosted by Lindsey Caudel, Riley Moore and Venice Morino and the Girl Scouts of Rohnert Park, Troop #10149. For information, call the Rohnert Park Senior Center at 585-6780.

◆ **First Thursdays: Free Movies for Seniors.** Thursdays through June. Third Street Cinemas, 620 Third, Santa Rosa, 10 AM (doors open at 9:30). For movie titles, call 522-0330, ext. 3. Sponsored by Santa Rosa Memorial Park & Mortuary/Eggen & Lance Chapel; Kobrin Financial Services; Synergy

Medical Group. For info: 523-1586, ext. 21.

◆ **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.

◆ **Every Saturday: Bayer Farm Garden Story Time & Family Fun.** Bayer Farm, 1550 West Ave., Santa Rosa (across from Sheppard School), 10 AM-NOON. Bilingual, nature-inspired stories at the new park and community garden. Garden activities, arts & crafts, free play and more. 544-7284.

◆ **4th Fridays of the month: Parkinson's Support Group.** Petaluma, 1:30-3 PM. Relaxing atmosphere of sharing and caring for patients, family members and caregivers. Call Pearl Sorensen, 795-4858 for location.

You're Seeing Us in Living Color!

As a special New Year's treat, we're posting the January issue of *Sonoma Seniors Today* on the Web in full color. You see, while it's very expensive to print in full color, it doesn't cost anything to do it on the Web. Please visit www.councilonaging.com/SonomaSeniorsToday.html to see our color edition. Then let us know what you think!

Not only is it easy to read *Sonoma Seniors Today* online, but you can also click directly on any links included, instead of having to type them into your browser. If you enjoy reading us online and don't feel you need the print version, let us know. You can help us save postage and printing costs by having *Sonoma Seniors Today* delivered by email instead of by post office. Contact Kerrie at 525-0143, ext. 112, or email kkennedy@councilonaging.com.

Betcha Didn't Know (The Final Installment)

Dogs and cats consume almost \$7 billion worth of pet food a year. Baby robins eat 14 feet of earthworms every day.

The Pentagon has twice as many rest rooms as necessary. When it was built, segregation was still in place in Virginia, so separate restrooms for blacks and

whites were required by law.

In England, in the 1880's, "pants" was considered a dirty word.

Most dust particles in your house are made from dead skin.

In 2003, there were 86 days of below-freezing weather in Hell, Michigan.

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

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