

SONOMA SENIORS TODAY

Women's History Month

Women's History Month is a celebration of women's contributions to history, culture and society that has been observed annually in the month of March in the United States since 1987.

Women's History Month is a month dedicated to reflection on the often-overlooked contributions of women to United States history. From Abigail Adams to Susan B. Anthony, Sojourner Truth to Rosa Parks, the timeline of women's history milestones stretches back to the founding of the United States.

The actual observance of Women's History Month grew out of a weeklong celebration of women's contributions organized by the school district of Sonoma, California, in 1978. Presentations were given at dozens of schools, hundreds of students participated in a "Real Woman" essay contest, and a parade was held in downtown Santa Rosa.

A few years later, the idea had caught on within communities, school districts and organizations across the country. In 1980, President Jimmy Carter issued the first presidential proclamation declaring the week of March 8 as National Women's History Week.

The U.S. Congress followed suit the next year, passing a resolution establishing a national celebration. Six years later, the National Women's History Project successfully petitioned Congress to expand the event to the entire month of March.



Social activism and political reform swept the country during the Progressive Era (1896-1932), and women formed clubs to increase their political standing and influence in communities like Petaluma.

Source: Courtesy, the Sonoma County Library

Women's History Month Theme

The National Women's History Alliance designates a yearly theme for Women's History Month. The 2022 theme is "Women Providing Healing, Promoting Hope." This theme is "both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history."

International Women's Day

International Women's Day, a global celebration of the economic, political and social achievements of women, took place for the first time on March 8, 1911. Many countries around the world celebrate the holiday with demonstrations, educational initiatives and customs such as presenting women with gifts and flowers. The United Nations has sponsored International Women's Day since 1975. When adopting its resolution on the observance of International Women's Day, the United Nations General Assembly cited the following reasons: "To recognize the fact that securing peace and social progress and the full enjoyment of human rights and fundamental freedoms require the active participation, equality and development of women; and to acknowledge the contribution of women to the strengthening of international peace and security."

"From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often, the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital of that of the men whose names we know so well."

President Jimmy Carter

Addressing My Life

Rewriting an old address book reveals how connections and relationships have changed.

By Marcia Byalick, Next Avenue

I spent a bittersweet and humbling afternoon doing a job most people born after 1970 have never done. It was a task familiar to people who buy stamps and send anniversary cards. The kind of person who still writes checks and leaves voice messages. It was a quiet, tech-free activity where I communed with some of the characters who've drifted in and out of my life. Like weeding the garden or cleaning out the junk drawer, the task wound up more daunting than I anticipated. For three hours, I rewrote my address book.

For those who grew up with all their contact information stored on their phone, an address book (which for my first 40 years I called a phone book), is a handwritten paper directory with A-Z tabs along the edge. It caught me off guard, those hours spent retracing my past. Who do I choose to not transcribe again?

Mine was decades-old, a bulging mess of business cards and outdated details held together with a rubber band. It was a practical document full of how to get in touch with plumbers and doctors and neighbors and hairdressers. And cousins and lawyers and colleagues and friends. And a repository of lives lived and lost. Restaurants, and people "out of business." A chapter in the book about me.

It caught me off guard, those hours spent retracing my past. Who do I choose to not transcribe again? Some decisions are more clear cut than others. The vet for my cat who died 10 years ago? Out. My first cousin who I lost touch with around the same time? Hmmm, he stays in. That old college friend; do I have any intention of staying in touch? Probably not. So do I "lose" her -- delete her -- forever? That's a hard one.

Occupations and Addresses From the Past

I rolled my eyes at the convoluted way I double-entered certain people for quicker retrieval under their name: Frank, James and their occupation — Accountant, Gardener. It surprised me how irrelevant last names were of those my car and nails and home depend on.

ADDRESSING MY LIFE continues on page 9

INSIDE

Investment Management	page 2
Donors	page 3
Remembering Grandma's Legacy	page 3
Puzzles	pages 4 and 5
Resources for Seniors	page 8
Free Tax Aide	page 9
Puzzle solutions	page 10
Nutrition Education, Vitamin E	page 11

After Death: Managing Your Investments

Mia Bennett, MSW, MSG, CTFA Director of Fiduciary Services

A question our team is often asked is what we do with Investment Management accounts already in place for our clients once Council on Aging becomes the Trustee. Most people want to make sure that the investment advisor they have trusted to manage their money for many years will continue to have involvement once the client passes away.

The short answer is, “Yes”, your Financial Advisor will continue to have input and guidance surrounding the investment policy and overall portfolio management. When Council on Aging becomes your Successor Trustee, we will provide documentation to your banking and financial institutions to prove our legal capacity. There is typically a lot of paperwork for our Fiduciary to complete and in many cases this may take a minimum of 90 days. Once the Fiduciary has been added to your accounts as your Trustee, we are then able to work directly with your investment managers.

It is our fiduciary and prudent responsibility to review all investment accounts as soon as we have access to the financial information. We will review past statements along with the current investment strategy to confirm your money is being invested with your best interest in mind. Likely our Fiduciary will have some questions given that we do not know your investment history. Depending on the information we gather, we will a) (most likely) keep your asset allocation the same and with your current investor, b) make slight modifications to your asset allocation (usually in the form of obtaining liquidity) or c) (least likely) make major changes, including moving your assets to another financial institution.

While the third option is the least likely, it does cause clients the most anxiety. The concern is that the portfolios they have spent so much time and effort creating will be totally changed without their input. So why would we take this drastic third option? What factors come into play to help make this decision?

First and foremost, it is not our desire, nor is it easier, to make significant changes to your investment portfolio, either in regards to your investment vehicles or to your investment institution or personal advisor. In the rare case it is necessary for us to make significant changes, the reasoning likely falls into one or more of these categories:

1. Your investment portfolio has been actively managed by you

While not incredibly common, we do have clients who are still the primary investors of their own accounts. When Council on Aging takes the role of your Trustee, it is because you either passed away or have been deemed to no longer have capacity to make financial decisions. In either of these cases, you are no longer able to manage the day-to-day of your investment portfolios. And given that we are not expert investment managers, it is our responsibility to hire someone who is to ensure your money continues to be invested wisely.

2. Your Asset Allocation options are inappropriate

After reviewing your portfolio and investment allocations, we might determine that your holdings are not appropriate for your situation. If it appears that your investment institution or financial advisors does not have access to more appropriate investment vehicles, it is our fiduciary responsibility to move those assets in order to appropriately invest them.

3. Your Financial Advisor Retires or Transfers your account

Depending on how long you’ve worked with your advisor it probably comes as no surprise that they may retire or transfer your account after you’ve passed away. In some cases we will keep the investments with the same firm and in other cases it makes more sense to move them. Each situation is different and we make our decision based on individual circumstances.

If you have named Council on Aging as your Successor Trustee and you feel your situation may result in us making a significant change, we welcome you to call us to discuss. Ideally we can work with you to put a new system into place before we assume our role as Trustee. At the very least, we can discuss what would likely happen when we accept the Trustee appointment.

And even if you haven’t named Council on Aging in your Estate Planning documents, we still recommend reaching out to the individual or entity you named to discuss this topic.

Mia Bennett is the Director of Fiduciary Services at Council on Aging. To find out more about our Fiduciary Services, give Mia a call today (707) 525.0143 x108 or send her an email mbennett@councilonaging.com

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30 Kawana Springs Road
Santa Rosa, CA 95404
707-525-0143 • 800-675-0143
Fax 707-525-0454
@councilonaging.com
www.councilonaging.com

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Editor: Laurie Wachter
lwachter@councilonaging.com

Distribution Manager: Jeramon Shade
Subscriptions: Use form on this page.

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Remembering Grandma's Legacy of Kindness

By Marcia Singer, MSW

It was a hot summer’s afternoon in my 15th year. My dad’s mother, Grandma Celia and I were on a train together, headed from my home in Wichita to hers in Chicago for a week’s vacation. The only other passengers were a mother and her two children, a pubescent boy and his little sister, seated next to us. We could tell by their clothes they hadn’t much money.

My pretty Grandma “Cel” was smartly dressed. Born in Poland to a very poor family, they managed to immigrate to the Midwestern U.S. Young Celia married a successful entrepreneurial grocer in Wichita’s early cow town days. My grandma, an avid storyteller, shared tales about her childhood, about learning “tzedakah” from her mama, how this Hebrew word meant both “righteousness” and “charity.” For her, being kind and sharing with others whatever you had, was the most important Jewish spiritual commandment.

Our train ride would provide me a first-hand experience. Grandma whispered that she’d like to give our neighbor family some money, but didn’t want to embarrass them. Soon after, the boy complained of hunger pangs, and his mom suggested they all go to the club car, find some crackers, maybe buy some milk.

The coast was cleared. Grandma Cel opened her purse and pulled out a crisp twenty dollar bill. She asked me to plant it underneath their seat: Surely it would be found when the family returned.

So there we sat, two conspirators anxiously anticipating the return of the young family. A long half hour later, we spied them returning to their seats. The boy seemed to be looking down: I held my breath; had he spotted the stowaway bill? To our dismay, no! They’d each sat back down, none the wiser. What now?

Grandma nudged me and winked, wheels spinning in her head. Rising from her seat she announced, “I’m going to the ladies room, honey. I’ll be right back.” What was she up to? Away for ten minutes, upon returning to her seat, Grandma Celia paused to peer beneath our poor neighbor’s seat: “Is that money?!” she exclaimed. The boy jumped up, looked and found the bill my grandmother had secretly planted. “Mommy” he cried in glee, “Looky look!”

“Son, that is not our money,” said his oh-so-honest mother. Turning to Grandma she asked, “M’am, did you lose a twenty dollar bill?”

“Oh my, no,” Grandma replied, “I’ve not opened my wallet during this entire trip. Finders, Keepers - it’s yours.”

What a huge grin I was wearing. I was happy for the family, proud to be my grandma’s kin. Today I know how lucky I was to witness compassionate tzedakah in action, a generous golden rule to renew each day in my heart. Each time I “remember when” and retell this story, this piece of my history comes alive anew. Celia clearly bestows her gifts of kindness and generosity. It’s her legacy to me that I can now pass along to others like you. And in celebrating Women’s History month, we thank all our female family members who make great, positive impressions on us, who help shape our own histories, and that of the world.



Contact Marcia: www.lovearts.info or lovearts@att.net 707-836-1784 msg

March Puzzles

Puzzle solutions are on page 10

WORD SCRAMBLE
Oscar Categories

1. ACOTR

2. ARSECTS

3. RTNIWG

4. ORDCEIRT

5. ICSUM

6. IGTEDNI

7. RWDOABER

8. NAINATOMI

9. OENGRFI

10. NAMCDERYTUO

11. DNSOU

12. AOAIMNTIN
- -----

WORD SCRAMBLE
World Wildlife Day Animals

1. HONRI

2. PHELETNA

3. ANUTNRGOA

4. ELRDAOP

5. TAIUVAQ

6. ERIGT

7. RAOGLLI

8. WOFL

9. ADAPN

10. TEOISORT

11. DEOIGN

12. HHCEAET
- -----

WORD SEARCH
IRISH CITIES AND TOWNS

- DUBLIN

LISBURN

DUNDALK

LIMERICK

WATERFORD

NEWRY

BELFAST

BANGOR

BALLYMENA

GALWAYCITY

DROGHEDA

KILKENNY

SPRING

ACROSS

- 1 Third month of the year

6 Replace a striker

10 Abdominal muscles (abbr.)

13 Musical productions

15 Canal

16 Vase

17 Politeness

18 Part of a semester

19 Thirst quencher

20 Baby bed

22 Conditions of the sky and air

24 So we see

26 Due

28 Slime

29 Mined metals

30 Absent without leave

31 Hooked up

32 Evergreen tree

33 Blintz

34 Ml

35 Renounce

37 Carnal

41 Attempt

42 Crimp

43 Nervous system

44 Peaks

47 Skein of cloth

48 Sleigh

49 Oxford

50 Jellystone's bear

51 Unfreeze

52 Top quality steak

54 Challenge

56 Wing

57 Stacked mattresses

59 Went boating

63 Peaked

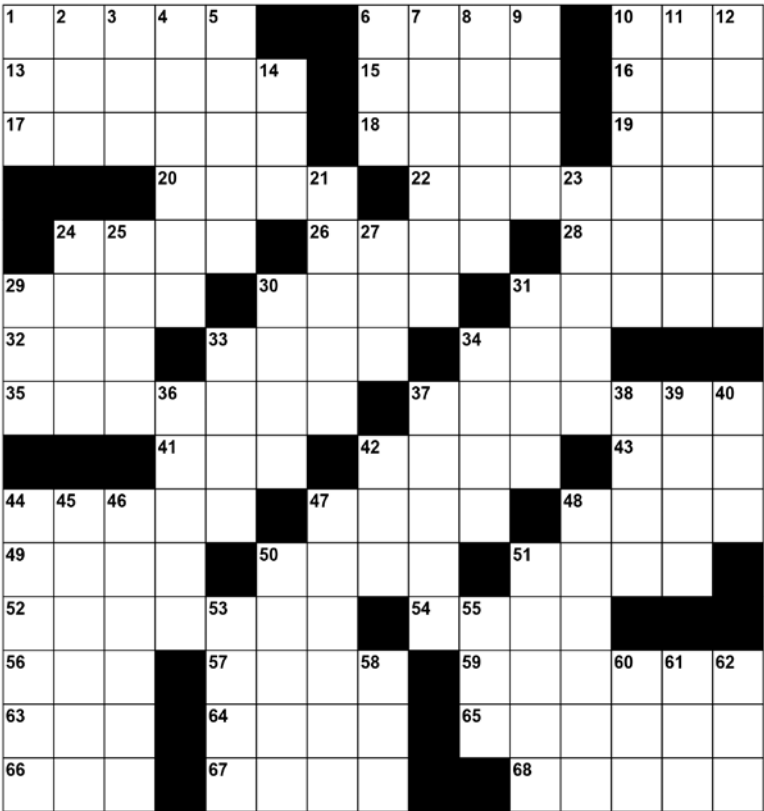
64 Tub spread

65 Probably

66 Caustic substance

67 Swirl

68 Subject



By Evelyn Johnson - www.qets.com

DOWN

- 1 Modern

2 Copy

3 Reverend (abbr.)

4 Herb with spring flowers

5 Head growth

6 Adjust

7 Embroidery yarn

8 Uttered

9 Torah table

10 Penman

11 Move rapidly

12 Trapped

14 __ Lanka

21 Kind of knife

23 Grinds

24 Triad

25 Frau's husband

27 Aced

29 Disconnected

30 Alcoholic

31 Natural movement of air outdoors
- 33 Rods

34 Liquefy

36 Brace oneself

37 Compact

38 Ca. University

39 Afresh

40 Drug

42 Driving hazard

44 Attack violently

45 Frigid

46 Team spirit

47 Bound

48 Ruler

50 Output

51 Attribute

53 Double-reed instrument

55 American sign language

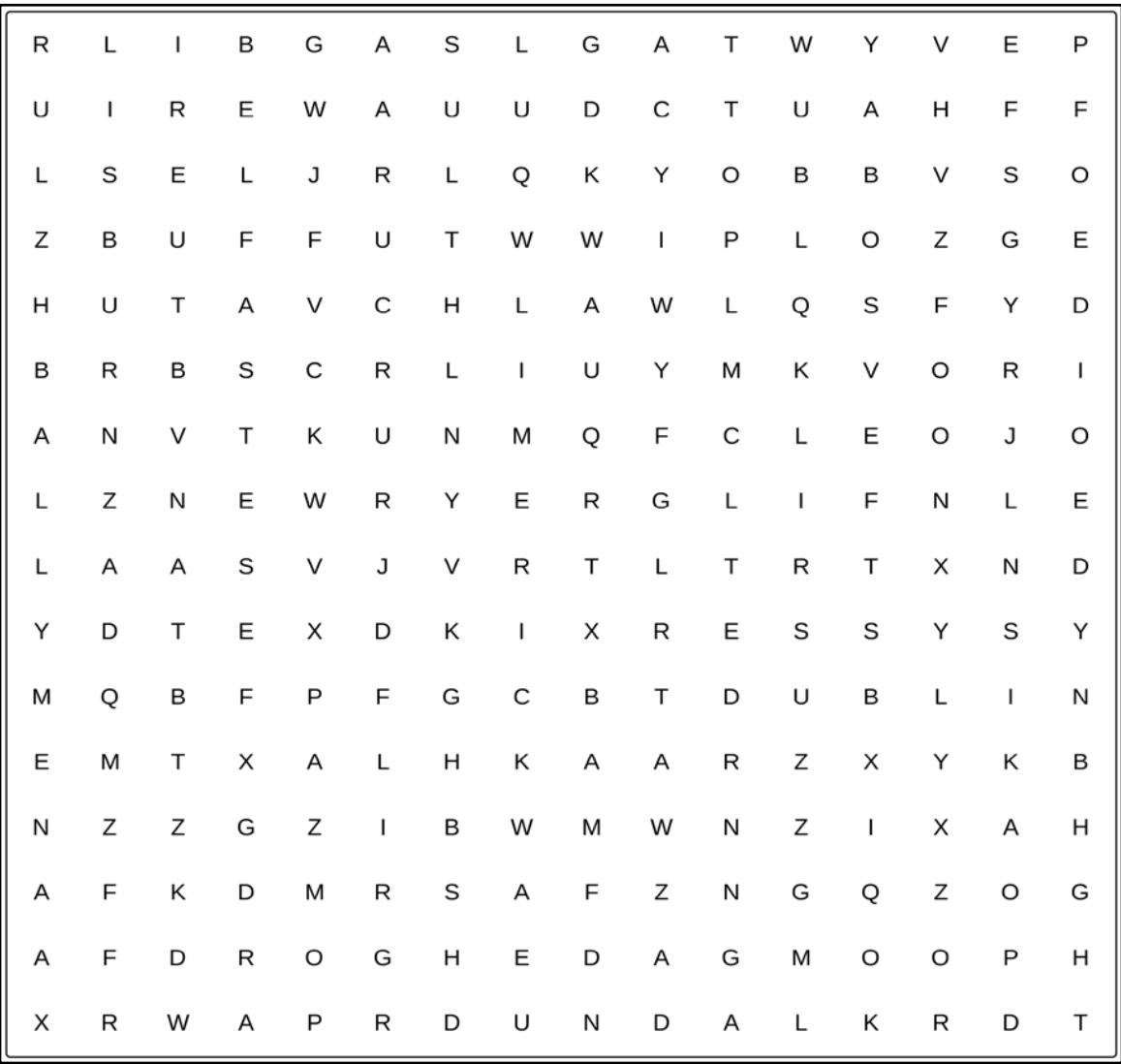
58 Legume

60 Downwind

61 Tree

62 Change color

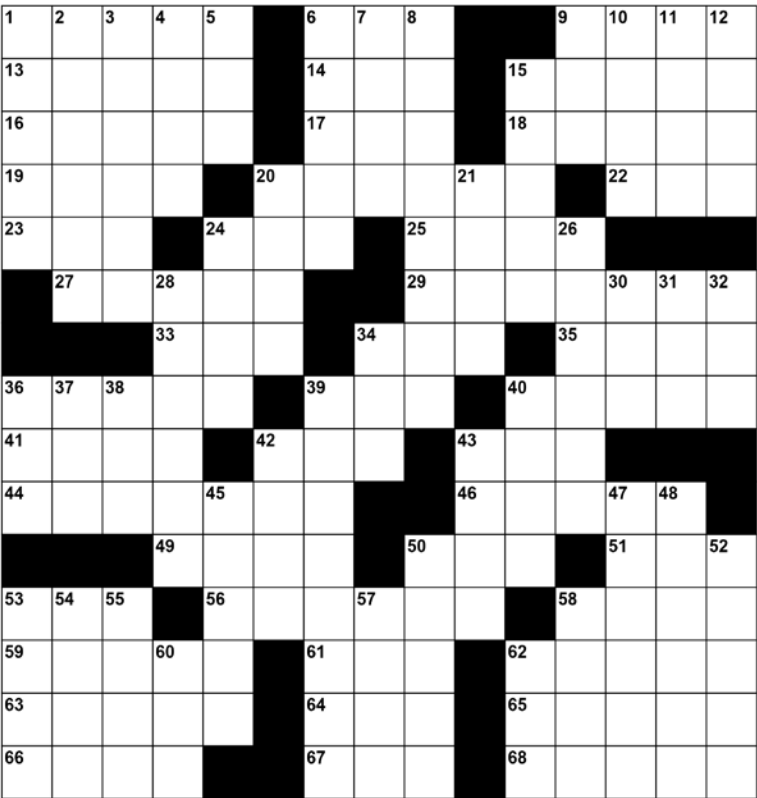
WORD SEARCH - IRISH CITIES AND TOWNS



WIND AND WEATHER

ACROSS

- 1 Turned toward
6 Her
9 Grub
13 Decorate by inserting
14 Large weight unit
15 Tropical fruit
16 Fluttering
17 Extremely high frequency (abbr.)
18 Disturb
19 Accurate
20 Uncontrolled waters
22 Explosive
23 Held
24 Time period
25 Rodents
27 Japanese city
29 Having a hidden meaning
33 Floor covering
34 Soaked with water
35 Costa ____
36 Moses' mountain
39 Pole
40 Plastic
41 Foot wear
42 Fresh
43 Transgression
44 Enfold
46 Transparent, tasteless, odorless liquid
49 Twofold
50 Buddy
51 Cow sound
53 Ship initials
56 Producing an uncomfortably cool sensation
58 Lowest in rank
59 Frighten
61 Bird call
62 Wine bottle stoppers
63 Personal writings
64 Feign
65 Calf
66 Land measurement
67 Distress call
68 Freezing rain



By Evelyn Johnson - www.qets.com

DOWN

- 1 Dirtiness
2 Windbreaker
3 Overcaast
4 Comfort
5 Change color
6 Inscribed stone
7 Deep exuberant laughter
8 Compelled
9 8 oz.
10 Poetic "has"
11 Kitchen appliance
12 Power unit
15 Marked by bursts of wind or rain
20 Pond dweller
21 Run quickly
24 Decorative needle case
26 Dash
28 Spoke
30 Can metal
31 Covered with ice
32 California (abbr.)
34 Great!
36 Compass point
37 Charged particle
38 Second to last mo.
39 Copies
40 Small bottle
42 Man who built the arc
43 Swing
45 Fortunate
47 Surface
48 Beginner
50 Secret plans
52 Beginning
53 U.S. Department of Agriculture
54 ____ and span (very clean)
55 Glide
57 North American plant that is poisonous
58 Pond
60 Unrefined metal
62 Discs

SUDOKU

SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

WORD SEARCH

FAMOUS WOMEN IN HISTORY

- MARIECURIE
- RACHELCARSON
- LENAHORNE
- JOSEPHINEBAKER
- HARRIETTUBMAN
- ROSAPARKS
- GOLDAMEIR
- GERTRUDESTEIN
- ANNEFRANK
- MOTHERTERESA
- HELENKELLER
- AMELIAEARHART

WORD SEARCH - FAMOUS WOMEN IN HISTORY

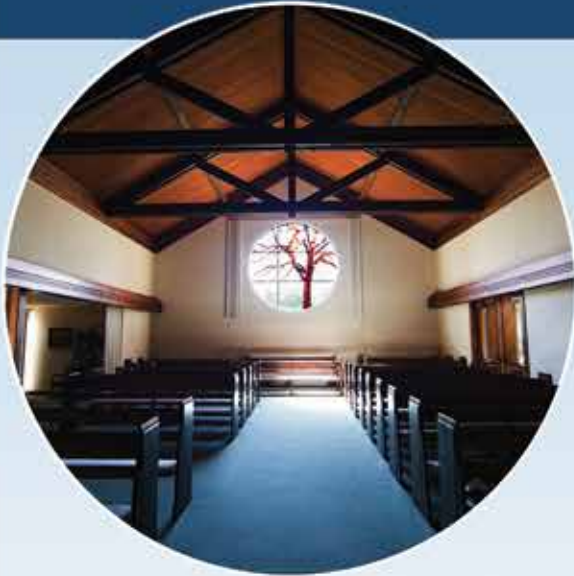
Q	G	M	F	Q	Q	U	A	N	N	E	F	R	A	N	K
H	J	E	O	H	R	H	F	M	Z	V	Z	U	R	X	A
W	O	Z	R	T	E	G	O	L	D	A	M	E	I	R	M
H	S	L	M	T	H	L	J	K	U	X	P	L	J	Q	E
A	E	R	E	A	R	E	E	W	L	A	A	K	E	W	L
R	P	A	R	N	R	U	R	N	S	W	K	N	H	U	I
R	H	C	S	E	A	I	D	T	K	A	Q	L	A	V	A
I	I	H	V	J	I	H	E	E	E	E	K	R	N	Z	E
E	N	E	X	P	A	I	O	C	S	R	L	Q	Y	G	A
T	E	L	T	B	N	N	F	R	U	T	E	L	Y	G	R
T	B	C	Y	P	M	Y	E	X	N	R	E	S	E	O	H
U	A	A	U	K	O	B	L	R	Y	E	I	I	A	R	A
B	K	R	I	C	Z	Q	J	F	O	I	O	E	N	M	R
M	E	S	J	K	M	R	O	S	A	P	A	R	K	S	T
A	R	O	C	K	W	R	V	Q	D	W	W	A	S	A	E
N	A	N	E	P	T	A	S	G	H	S	V	G	W	F	L



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GRANDPA SEZ...

MY DOCTOR TOLD ME
I WAS LOSING MY
HEARING...I
HAVEN'T HEARD FROM
HIM SINCE



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In Times of Crisis,
We're Here to Help

As we navigate the health crisis caused by COVID-19, many of the people we care for are facing new challenges. Whether you need help with shopping, bathing, dressing or meals, Interim HealthCare® is here to support you. As the nation's first home care company, we've been helping individuals live safely and independently at home for 50+ years. With Interim, you're not alone. We'll be right beside you until this health crisis is over.

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Call us today for a complimentary, in-home evaluation!



(707) 545-4986 | interimhealthcare.com/SantaRosaCA

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Roy Johnston

Do you know what's in your estate plan?

Let's take a look, free of charge!

If we've learned anything from 2020, it's to expect the unexpected. I can offer you a completely free-of-charge review of your estate plan to make sure you're well-covered for whatever comes your way.

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CELEBRATING 23 YEARS OF FAMILY OWNED BUSINESS IN SONOMA COUNTY!



Become part of our AT HOME family!

"I can't say enough good things about your Agency. From the managers to the caregivers, I can't tell you how much it meant to feel like we were in such capable hands. Just exceptional, personable, professional and caring people." – LR

"Your caregivers were wonderful. Their holistic approach with both family and the medical community has made these difficult times for Mom and her family manageable. Without their help, I am not sure how we would have managed." – MC



Caregivers For You

1378 A Corporate Center Pkwy
Santa Rosa

707-546-8773

www.athomenursing.com

There's No Place Like Home!

A NURSE MODEL AGENCY, WE HAVE VERY STRICT POLICIES ON COVID. REGULAR TESTING, USE OF N95 MASKS AND KEEPING EVERYONE SAFE! WE ARE ABLE TO TEST OUR CLIENTS AT HOME IF NEEDED AND OUR NURSES ARE OVERSEEING OUR CLIENTS' CARE.

Resources for Seniors

County Resources

- Call 565-INFO (4636) or email 565INFO@schsd.org. For adults 60+ who need help finding resources.
- Call 2-1-1 for a person guide search to find the Coronavirus information and Food or Financial Assistance resources you need.
- SoCoEmergency.org has an updated list of resources for seniors and high-risk populations. Resources include groceries, meal services, pharmaceuticals, emotional support and others.

Adult Protective Services (APS)

sonomacounty.ca.gov/Human-Services/Adult-and-Aging/Adult-Protective-Services
To report suspected abuse, neglect or self-neglect of an adult (65+) or a dependent adult (18-64) living at home, call 565-5940 or online

Alzheimer's Association

www.alz.org/norcal
Visit our Training and Education Center to learn more about Alzheimer's disease, caregiving, healthy living and planning for the future. Examples of available courses include Know the 10 Signs, Effective Communication Strategies, Healthy Living for Your Brain and Body, Legal and Financial Planning, and the Living with Alzheimer's series for caregivers in each stage and for people with Alzheimer's. https://www.alz.org/norcal/helping_you/education_conferences.
24-hour helpline - (800) 272-3900 for support and to be added to local support groups.
Caregiver Support Groups: call 573-1210 to find and join virtual support groups by video or telephone conferencing. Visit alz.org/crf for list of groups. Early diagnosis counselors on hand.

Disability Services & Legal Center

(707) 528-2745
mydslc.org/slider/covid-19-update/
Providing a wide range of services for those with disabilities to help them live as independently as possible. Benefits, Legal, Home Access Modifications, Housing & more.

Institute on Aging - Friendship Line

(800) 670-1360
www.ioaging.org/friendship-line-california
Free crisis intervention hotline and a warmline for non-emergency emotional support calls.
24-hour toll-free hotline for ages 60+ and adults living with disabilities. Can arrange outreach calls to lonely older adults.

Jewish Community Center

(707) 528-4222 • www.jccsoco.org
Senior Friendship Circle: Virtual programs
www.jccsoco.org/friendshipcircle/friendship-circle

Parkinsons Support Group, Sonoma County

See our website:
<https://parkinsonsonomacounty.org/>
Where you can sign up for our newsletter as well as access past programs and other offerings. Call (707) 431-8767 for more information.

Senior Advocacy Services

(707) 526-4108
senioradvocacyservices.org
TDD/TTY 800-735-2929 or 7-1-1 to report abuse, neglect or self-neglect of a long-term care resident. Available 24-hours.

SHARE Sonoma County

Housing Resources: sharesonomacounty.org
(707) 766-8800 info@sharesonomacounty.org

The Sonoma County Library

Curbside Pickup hours with morning, evening and weekend hours. Central Santa Rosa Library with Sundays, 1-5pm. Forestville, Occidental and Sonoma County History and Genealogy library schedules are the same. <https://sonomalibrary.org/>

City Resources

Cloverdale Senior Center

<https://www.cloverdaleseniorcenter.org> or call 707-894-4826, 8:30 am-4 pm, Monday through Friday. Staff available Weekdays, 8:30 - 4pm
We are reopening to all activities starting Monday, Feb. 14. The Produce Market has reopened, Fridays 10-11 am.

Recycling Workshop - Learn what Recology accepts for both recycle and compost and why. March 15, 10-11. Must be able to show proof of being fully vaccinated to enter the building.

COPE (Citizens Organized to Prepare for Emergencies) Workshops - March 16, 23 and 30th. Call for details 707-894-4826.

Healdsburg Seniors Center

(707) 431-3324. senior@cityofhealdsburg.org
cityofhealdsburg.org/269/Senior-Service
The Senior Center offers many activities, programs and services including, but not limited to Educational programs, Information and referral services for Active & Older Adults, Excursions "Trips to Remember", and a State-of-the-art computer center with internet access. Other services include:
Care Calls: Staying connected and checking in. Free food distribution. Redwood Empire Food Bank, Senior Food Boxes & Groceries to Go. DASH: Volunteer drivers for essential rides
Neighbors Network: Help with errands, etc.

Petaluma

cityofpetaluma.org/departments/coronavirus-news-updates Petaluma People Services Center
petalumapeople.org/seniors/caregivers_express. You Are Not Alone: (707) 765-8488
Weekly check-in calls for age 60 and older or with a compromised immune system. Offered countywide. Call 765-8488 or submit referral to notalone@petalumapeople.org.

Petaluma Senior Center

We are looking forward to resuming in-person programming on February 15th. Please visit cityofpetaluma.org/to subscribe to sign up to receive updates.

Rohnert Park

www.rpcity.org for information.
Rohnert Park Senior Center (707) 585-6780
www.rpcity.org/city_hall/departments/community_services/senior_center.

Santa Rosa

srcity.org/3243/Resources
Seniors: (707) 543-3737, scgsonline.org
Santa Rosa Senior Center: Virtual classes at sebastopolseniorcenter.org/virtual-classes.
Santa Rosa Junior College: Free Online Adult Online Classes. older-adults.santarosa.edu/join-class

Sebastopol

ci.sebastopol.ca.us/City-Government/Departments-Services/Fire/Shelter-in-Place

Sebastopol Senior Center

sebastopolseniorcenter.org.
Whale Watching Cruise on Sonoma Coast
Wednesday, March 9th
Cost: Members \$77 | Non-Members \$90
Members can register starting January 31st | Non-Members register beginning February 7
Description: Blue and grey whales will be migrating during this time providing a great

viewing opportunity. Covid Vaccine proof is required to register or attend any day trips. The Harvest Cafe is Open weekly Tue - Fri for Take Out ONLY. From 11am - 1pm

Call us at 707-829-2440 to place your order!
\$10 for members; \$12 for non members.

Sebastopol Center for the Arts

(707) 829-4797 For the most updated list of classes, visit our website: <https://www.sebastopolseniorcenter.org/virtual-classes+>

Sonoma

www.sonomacity.org/coronavirus-resources include Food Assistance Calendar. Vintage House Delivers: Complete online application for grocery, prescription delivery. vintagehouse.org/vintage-house-delivers. Vintage House staff available at (707) 996-0311 F.I.S.H. (707) 996-0111 for help. Resource lists at friendsinsonomahelping.org.

West County Community Services

(707) 823-1640, www.westcountyservices.org

Windsor

townofwindsor.com / Windsor Senior Recreation Center 707-838-1250

Online Games / Virtual Classes

AARP Games Portal

aarp.org & games.aarp.org/games

Jewish Community Center

Monday Mornings, weekly 10:30 am - 12 pm
Free. RSVP carolk@jccsoco.org. 707-528-1182

Highway61.co

Online chat rooms to learn, support and communicate. Aging Alone Support Group, Daily Bingo, Classic Movies discussion group, Morning Coffee Chat, Poetry Hour, and more.

Gentle Chair "YogaCise"

Zooming Fridays, 2:30-3:30 pm. Developed for Brookdale Assisted Living, great for anyone wanting to avoid injury. Enjoy a thorough program, mindful breathing and movements. Closing meditation. Instructor Marcia Singer, MSW: lovearts@att.net

Green Music Center

The Green Room - Virtual Conversations with Artists, Personal Connections, Performances
gmc.sonoma.edu/all-events/

SRJC Older Adults Program

Santa Rosa Junior College offers free, noncredit courses designed specifically for older adults. Our Older Adult Program (OAP) courses provide opportunities for personal growth and development, group interaction, mental stimulation, and physical activity. No minimum age requirement. Spring 2022 Semester Classes begin January 19, 2022. To see list of classes and register: <https://older-adults.santarosa.edu/join-class>

Sonoma State University OLLI

OLLI is a unique learning community for adults age 50 years old or better. Distinguished SSU faculty and other Bay Area educators enjoy sharing their expertise with OLLI students. For information on both Zoom and In Person, go to <https://olli.sonoma.edu/register>.

Inner Geographies: Cave of Secrets with River La Moreaux – Fridays, February 18 – March 4 (on Zoom)

Marc Chagall with Linda Reid – Friday, March 11 (*In Person at SSU)

Custer's Luck: The Life and Times of the Son of the MorningStar with John Stephen Futini – Friday, March 18 (*In Person at SSU)

* The classes on March 11 and 18 are planned for in person.

Free Tax Assistance

The Sonoma County Tax-Aide program has opened seven sites in the county, with service beginning February 14th and continuing through April 18th. The sites are in Sebastopol, Windsor, Healdsburg, central Santa Rosa, Oakmont, Rohnert Park, and Petaluma, and offer free tax preparation and electronic filing. Service is by appointment only. This service, while aimed at low and moderate-income seniors, is open to anyone regardless of age or income. It is sponsored by the AARP Foundation, but AARP membership is not in any way required.

For more information, call 707-327-2401, or go to bill0745.wixsite.com/aarpca2/sonoma.



AARP Foundation Tax-Aide Service – 2022
---- Sonoma County ----

OUR HELP IS FREE, INDIVIDUALIZED,
AND WITH NO STRINGS ATTACHED.
WE ARE RIGHT HERE IN YOUR COMMUNITY.

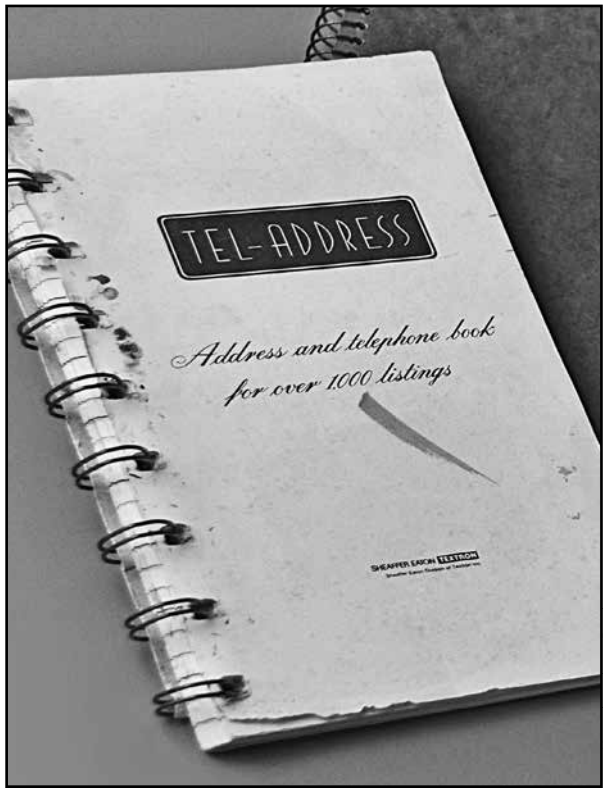
Service at all locations is by appointment only – CALL for an appointment.

Location	Hours	Start / End Date and phone #
Cloverdale Senior Center 311 N. Main St, Cloverdale	SITE NOT USED FOR 2022 TAX SEASON.	See Healdsburg Regional Library
Franklin Park Clubhouse 2095 Franklin Ave., Santa Rosa	Monday, Tuesday, Thursday, Friday, 9:30 am - 2:30 pm (closed February 18)	February 15 / April 18 (707) 536-1518
Healdsburg Regional Library 139 Piper St., Healdsburg	Thursday, 10 am. to 3 pm	February 17 / April 14 (707) 536-1211
Oakmont Village Berger Center 6633 Oakmont Dr., Room G, Santa Rosa	Monday and Wednesday 9:30 am – 3:30 pm	February 16 / April 18 (707) 595-0082
Petaluma Community Center 320 N. McDowell Blvd., Petaluma	Monday 9 am - 2 pm	February 28 / April 18 (707) 276-6603
Rincon Valley Regional Library 6959 Montecito Blvd., Santa Rosa	SITE NOT USED FOR 2022 TAX SEASON.	See Franklin Park Clubhouse
Rohnert Park Senior Center 6800 Hunter Dr., Rohnert Park	Friday 8:30 am – 1:30 pm	February 25 / April 15 (707) 241-3616
Sebastopol Center for the Arts (SCA) - Veterans Bldg 282 High St., Sebastopol	Tuesday 9 am to 3 pm	February 15 / April 12 (707) 861-1048
Sonoma Valley Regional Library 755 W. Napa St., Sonoma	SITE NOT USED FOR 2022 TAX SEASON.	See Oakmont Village
Windsor Senior Center 9231 Foxwood Dr., Windsor	Tuesday 11 am – 4 pm	February 15 / April 12 (707) 595-0891

ADDRESSING MY LIFE, continued from page 1

I also added some new names. This year was a chips-are-down time for me, and the number of random people and distant friends who stepped up deserve to be included. The number of Florida addresses highlighted the passage of time. Some of my friends have been at an address as familiar to me as my own; some moved four times. I felt bereft rewriting addresses with half a couple. So many stories. "Why didn't you just update your contacts?" asks my daughter. For so many reasons she'd find unreasonable. In no special order, there's the near and dear issue of WHAT IF. My generation likes a back-up.

A Valuable Hard Copy



A "real" address book won't crash or become corrupted or be rendered useless if there's a power failure or a natural disaster. It won't be stolen, its hard drive won't fail and its battery won't die. It'll never have to be revived in a bowl of rice if it's accidentally dropped in the toilet.

Of course, I recognize the worth of my cell phone's memory for speed dialing. I still like myself a hard copy. The lo-fi list of the address book's whereabouts in my kitchen drawer is easy to reference for Christmas cards and party invites. When I recently had to call all my credit card companies and banks, it was handy to have all the particulars in one place.

Lastly, in the icky getting-affairs-in-order category ICID (in case I die), a paper address book — a mash-up of the personal and the professional — is straightforward access to all you need to know. Anyone I've asked who still uses an address book admits it's been in their lives for so long, it's "worn and tattered," and "falling apart."

They share my belief that between its covers are not just organized facts; there's an accounting of the center stage and bit players featured in our lifetime memories. That's why when I finished up at Z, I put the old, battered copy — the one with my father's last phone number and the no-longer accurate addresses of places I laughed and learned and grieved — in a drawer in my bedroom. Next to the even older address book in my mother's handwriting. There is comfort in the fact that my contacts are in the cloud, preserved in the digital world. Safe there along with the hundreds of photos on my phone. But the cloud will never elicit the kind of sighs or smiles as the shelf of a dozen photo albums in my den. Or a glance back through my obsolete, dilapidated address book. It's good to have back up.



SEARCHING
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HELP NAVIGATE
ASSISTED LIVING
OPTIONS

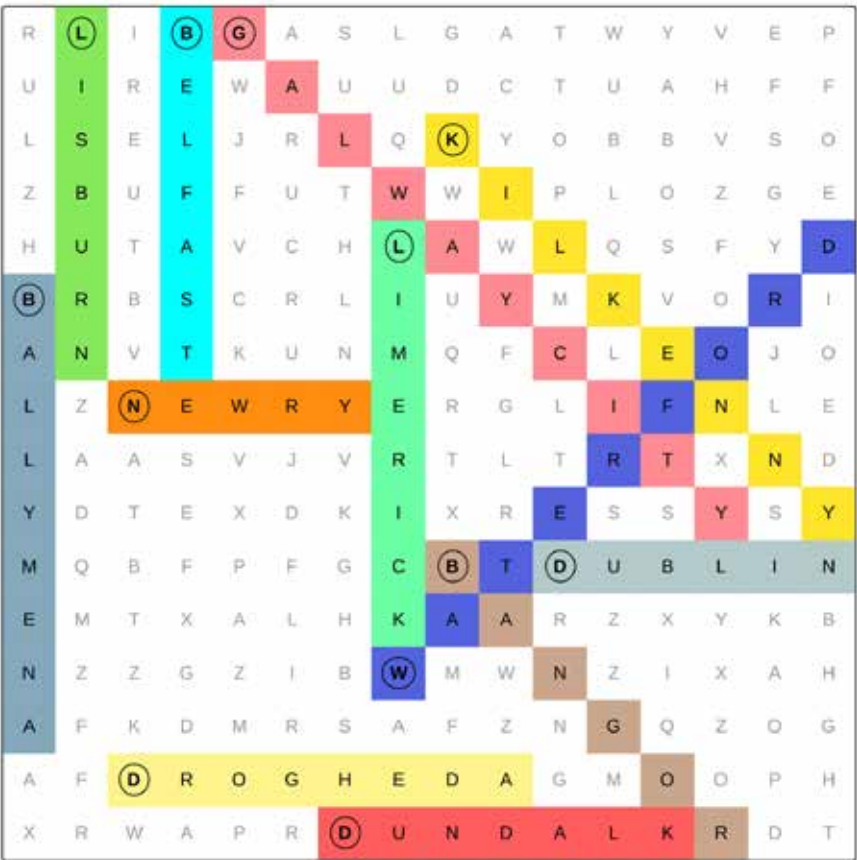
WE'RE HERE
TO HELP
AT NO COST TO YOU!



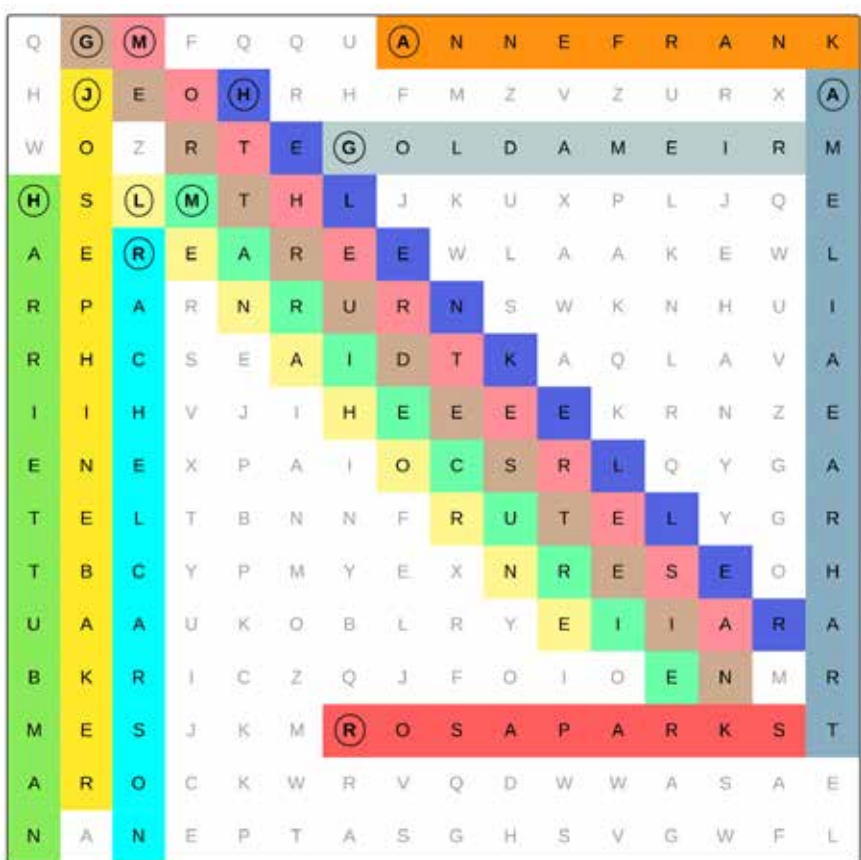
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We can help you find your way.

March Puzzle Solutions

IRISH CITIES AND TOWNS



FAMOUS WOMEN IN HISTORY



Spring



WORD SCRAMBLE
OSCAR CATEGORIES

- 1. ACOTR Actor
- 2. ARSECTS Actress
- 3. RTNIIWG Writing
- 4. ORDCEIRT Director
- 5. ICSUM Music
- 6. IGTEDNI Editing
- 7. RWDOABER Wardrobe
- 8. NAINATOMI Animation
- 9. OENGRFI Foreign
- 10. NAMCDERYTUO Documentary
- 11. DNSOU Sound
- 12. AOAIMNTIN Animation

Wind and Weather



WORD SCRAMBLE
WORLD WILDLIFE DAY ANIMALS

- 1. HONRI RHINO
- 2. PHELETNA ELEPHANT
- 3. ANUTNRGOA ORANGUTAN
- 4. ELRDAOP LEOPARD
- 5. TAIUVAQ VAQUITA
- 6. ERIGT TIGER
- 7. RAOGLLI GORILLA
- 8. WOFL WOLF
- 9. ADAPN PANDA
- 10. TEOISORT TORTOISE
- 11. DEOPIGN PIGEON
- 12. HHCEAET CHEETAH

SUDOKU - Medium #1

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

SUDOKU - Medium #2

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

SUDOKU - Hard

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

 council on aging



Jackson

Jackson



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