

COASTAL SENIORS

People helping people.

Board of Directors:

THE VIEW FROM HERE

As we get older some of us talk about how it used to be in “the good old days.” I know people who like to say, “back in the day”, but those definitely are not seniors!

Carolyn André
(Chair)

I think we have a tendency as we age to feel things aren't as good as they were. And in part, we're right. Our bodies certainly aren't as good as they were. There's no doubt about that. And I don't think our minds are sharper. But I do think a lot of us have a better sense of humor than when we were younger. Of course we need a better sense of humor if we're to exist comfortably while feeling many things are worse.

Susan Sandoval
(Vice Chair)

For example, there is grumbling about politics and the incivility of Washington. It doesn't matter what side you're on. The President either does something or does nothing. Either way half the country is mad. Congress does nothing at all and we're all disgusted. Many of you have told me you're discouraged by today's lack of respect, dignity and kindness. I get it. But look around at all the acts of kindness and charity that surround us.

Steven Winningham
(Secretary)

There was our client, Mike, whom I will never forget, who gave me back a \$5,000 check he won in one of our raffles. Why? He said, “You saved my life. Keep this.” And he didn't mean me. He meant Coastal Seniors.

Marghi Hagen
(Treasurer)

I think of Mark, who got Meals on Wheels for several years after a horrendous head-on car crash. But as he went from wheelchair to walker to cane to feet he always said that one day he would deliver Meals on Wheels in order to give back. And he did. He was so happy when he and his dog, Jagermeister, were able to deliver weekly meals before he died.

Paddy Batchelder

I am so proud of the legacy from Micheline—the people she hired, who exhibit similar kindnesses. This may sound like bragging, but . . . Take Sean, our Operations Manager who knew one of our clients could not stay in her house because of rain damage during the winter. He found a house for her, moved her in, and never said a word about it. I wouldn't have known except that the client took me aside and told me.

Michael Staples

Then there's Stacy, our Meals on Wheels Coordinator. I'm a driver for Meals on Wheels and we drivers are very judgmental about the new Meals on Wheels people. But Stacy seems to have touched our hearts. More than once after a client has had a medical problem or some other issue, even though she's off duty, Stacy calls in to find out what happened and ask “what can I do?” And she brags about her drivers, e.g., two drivers who paid for new tires for a Senior who needed them.

Walt Wells

Renée, our Kitchen Manager and Fab Cook doesn't know I know this: while we do not have the time, staff, or budget to make individual meals, once in awhile, when Renée finds out a client has a medical problem with a particular meal, she secretly makes him or her something different. She doesn't tell anyone. She just does it. She's probably reading this now and saying, “How does she know that?”

FUNDRAISER EARNINGS

Gualala Community Center Tuesday Pay 'n Take Donations 2018

March \$2275.66
(for Jan. & Feb)
April \$950
(for March)

Gualala Community Center Food Bank Donations

March \$758.55
(For Jan. & Feb.)

Spaghetti Dinner Income

Arena Elementary
Teachers and Staff
March \$750
Micheline Kirby &
Friends
April \$1165

THE VIEW FROM HERE continued...

Clients report that our bus driver, Kim, helps people on and off the bus, even though she's half the size I am, and helps with groceries or anything else when needed. That's not really part of the job. But she does it. Just because.

Derek and Jan, whom you don't see much of because they work in the kitchen, offer to help others, if they're done with their tasks. Derek stayed at work one day past his shift because it was clear that Sean was overloaded and needed help. And that was on a day Derek's Mom was quite sick. Again, he never said a word, but I know. Jan will stop in the middle of washing dishes to refill the water pitcher or hand me a glass of cold water or smile at a client or other staff member.

Shelle, our bookkeeper, is supposed to work one day a week, but comes in sometimes on another day because she knows there's something special going on or one of us needs data from our financials for some reason or other. Never a complaint. The other day we came up with a solution for an issue that neither of us was very happy with. She called another bookkeeper to discuss a different solution, left me a message and came in early the next day, before her job commitment elsewhere that day, to work on the alternate solution.

Then there's Richard, who does nurse outreach for our clients, and Veralee, who has been working in the office and at our lunches in Point Arena longer than anyone at Coastal Seniors. They're not really staff members, but they're around year in and year out, so they feel like staff. They know and have concern for everyone.

I am proud to work with all of these people. In addition, there are many volunteers, some who drive for Meals on Wheels, or work at our lunches checking people in or serving meals, or helping to clean up. And they are supported by others, who are less regular, perhaps, but can be counted on in a pinch. You all make me proud. And kind of mushy inside. So I think I'll stop here and just say thank you. You shore up my belief in humankind. I wish everyone could see what I see.

Carolyn André, Board Chair

DEPRESSION DISCUSSION GROUP

Coastal Seniors will host a discussion about depression on Tuesday June 12th from 4-5:30pm at Elaine Jacob Conference Center, Room E.

The workshop is free and open to anyone.

If you or someone close to you is suffering from depression or thoughts of suicide, this may be the group for you/them.

We will discuss reasons for depression, what it can lead to and what to do about it whether it's you or someone close to you.

To save your place or for more information call us at (707) 882-2137 or email info@CoastalSeniors.org

———— DID YOU KNOW? ————

Our Volunteers Are Our Most Important Asset!



But we don't have enough of them. No doubt we can find a job that fits what you feel you can do when you feel you can do it.

We need a Meals on Wheels driver: that is a weekly commitment. But we also need backups for drivers who are sick or on vacation. Just be on a call list. If you can fill in when we call, great!

You can become a Friendly Visitor. We pair a volunteer with someone who is mostly or totally housebound. You work out what you'll do together-- talk, play cards, go to a movie, etc. The commitment is that you meet at least once a month. Or work our fundraisers. We need people to take money or sell raffle tickets. And our kitchen needs help chopping or serving. Or pack up meals for delivery. If you have some time, please call. You'll enjoy it. If you can't give time can you please donate?

COASTAL SENIORS

People helping people.

Check Donation: P.O. Box 437 - Point Arena, CA 95468
Debit or credit card donations: Please call (707) 882-2137
Use PayPal to donate: www.coastalseniors.org

Mendocino Co. Health & Human Services: Adult & Aging Division

Did you know that Coastal Seniors receives partial funding from the Adult & Aging Division of Mendocino County to help provide services to seniors on the South Coast? Below is a list of the programs that we receive partial funding for and a description of the service:

Information & Assistance & Referrals

This program is exactly what it sounds like; we provide information to seniors regarding a variety of topics from transportation and legal services to In-Home Supportive Services and Fall Prevention. If we cannot help a person in-house, we refer them to outside services and follow through until the information needed is found.

CalFresh

We sign seniors up for the CalFresh program, which provides grocery money to low-income individuals and helps keep Mendocino County tax dollars local. CalFresh was recently redesigned to make it easier for seniors to qualify and receive benefits.

Food Bank

We receive a small amount of money each month to help purchase groceries through our food bank. The Point Arena Food Bank distributes food once a month, on the second Tuesday of each month. The food bank is available to people of all ages.

Outreach

We provide outreach services, like home visits and loaner medical equipment, to seniors and those with disabilities. If you or a senior you know need help with any of the services listed above, please call our office at (707) 882-2137.

HELP US FIND OUR NEXT EXECUTIVE DIRECTOR. THERE'S A VERY GOOD MEAL FOR TWO IN IT FOR YOU!

COASTAL SENIORS, a Mendocino non-profit, has immediate openings! Come join our team! ADA/EOE compliant.

Top management position: Our programs, which are aimed at seniors 60+ include: Meals on Wheels, Senior Lunches, Friendly Visitors, Food Bank, and more. This person will set budgets and monitor financial status, oversee fundraising/fundraisers, grant writing/management, marketing and communications, and staff management. Work with clients, volunteers, and donors.

Salary commensurate with experience. Send resumé and relevant information to: info@coastalseniors.org

Part-time Bus Driver: The shift is 11+ hours every Friday plus additional local weekday shifts when and if available. The successful applicant will be able to drive our 8-passenger bus on day trips from Mendocino to Ukiah, Fort Bragg, and Santa Rosa. Pay \$14-16 DOE. Position requires a valid driver license, a clean driving record, and initial and random drug testing (including marijuana). (707) 882-2137 or email info@coastalseniors.org

DO YOU HAVE **concerns** about **falling?**

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

We are currently enrolling people in our next A Matter of Balance classes.

Class schedule:

Tuesday and Thursdays
June 5 through June 28, 2018
1 – 3PM,
Bill Platt Training Center, CLSD
38901 Ocean Drive, Gualala**

**** First week only, second class will be Friday, June 8 not Thursday June 7.**

There is no fee for the classes, however donations are gratefully accepted.

For information or to sign up please contact Micheline Kirby at 707.412.3176, ext 104.

Program provided by a local collaboration among Coast Life Support District, Coastal Seniors, Redwood Coast Medical Center, Aging In Place Mendonoma and community strength and balance professionals.

Matter of Balance: Managing Concerns About Falls This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. *A Matter of Balance Lay Leader Model* was developed by a grant from the Administration on Aging (#90AM2780) and sponsored locally by the Sonoma County Area on Aging.

———— DID YOU KNOW? ————

Our Grants Only Cover About 20% of Our Expenses

Back in the day the story goes that the majority of our income came from grants. That percentage dropped precipitously after the crash in 2008/2009 and now the donations we receive from you and our fundraisers account for the majority of our income. At the same time that grant money is more scarce, the number of seniors as a percentage of total population continues to go up. Our Mendonoma service area has a higher percentage of seniors than any other area in our state. We probably have a higher percentage of seniors than anywhere in the country. Except maybe Miami Beach.



So it may not surprise you that the number of Meals on Wheels served went up 41% between 2016 and 2017, and while the year is not over, it looks like we'll experience larger growth this year.

Bottom Line: As the number of meals goes up 
The dollars from grants go down. 

If you can contribute, please do. Thank you.

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Debit or credit card donations: Please call (707) 882-2137
Use PayPal to donate: www.coastalseniors.org

March For Meals Campaign Wrap-up

A BIG THANK YOU TO ALL THE BUSINESSES WHICH ALLOWED US TO HAVE A COLLECTION CAN ON THEIR CHECK OUT COUNTER DURING THE MONTH OF MARCH FOR OUR MARCH FOR MEALS CAMPAIGN. ONCE AGAIN, TWOFISH BAKERY WAS THE BIG, BIG, SUPER WINNER WITH \$1,123.00 COLLECTED.

- | | |
|---------------------------|------------------------|
| 215 Main | Outback Garden |
| Anchor Bay Store | Pier Chowder House |
| Antonio's Tacos | Pirate's Cove |
| Arena Pharmacy | Point Arena Lighthouse |
| Cheryl Sidrian | Ranch Café |
| Cove Azul | Rollerville Cafe |
| Four-Eyed Frog | S&B Market |
| Gualala Building Supply | Sea Ranch Golf Links |
| Gualala Nursery | Sea Ranch Lodge |
| Gualala Supermarket | Sea Ranch Supply |
| Gualala Veterinary Clinic | Sea Trader |
| Heart of a Child | Surf Supermarket |
| Ignacio Health Insurance | Tacqueria Del Sol |
| Lisa's Lucious Kitchen | Thai Kitchen |
| Mariachi's Restaurant | TwoFish Bakery |
| White Cap Coffee | |



The fantastic Margaret on the left, and Hilla, on the right, who run the TwoFish Baking Company at Stewarts Point. Once again TwoFish was the big, big, super winner with \$1,123 collected on behalf of March for Meals. A big hand to those two angels!

COASTAL SENIORS

also thanks these generous donors for purchasing items from our Wish List!

Gloria & Maxine Stornetta
set of fabulous knives

Vernon & Rosa McNamee
serving tray

Grace Simila
new steam table pans



Household Size	Monthly Household Income	Annual Household Income
1	\$1,507.50	\$18,090
2	\$2,030.00	\$24,360
3	\$2,552.50	\$30,630
4	\$3,075.00	\$36,900
5	\$3,567.50	\$43,170

The Point Arena Food Bank assists low income people of ALL AGES.

Food is distributed on the second Tuesday of each month from 8:30 to 10:30 am at the VFW Memorial Building at 24000 S. Highway 1 in Point Arena.

For more information, call Coastal Seniors at (707) 882-2137.

While selection varies from month to month, we strive to include such items as eggs, meat, fresh produce, canned goods, snacks, juice, bread, cereal, pasta and rice. We accept money and food donations! Call Coastal Seniors at (707) 882-2137 or visit coastalseniors.org.



Cal Fresh is a program that awards you and your family money each month for groceries. Essentially, it's a free debit card for food.

Join us during Point Arena Food Bank to discuss program benefits, qualifications and how to sign up.

OPEN ENROLLMENT

**Point Arena Veterans Memorial Building
24000 S. Hwy. 1
June 12, 10-11am**

Coastal Seniors
P.O. Box 437
Point Arena, CA 95468

Nonprofit
Organization
US Postage
Paid
Permit No. 73