

COASTAL SENIORS

People helping people.

A NEWSLETTER FROM COASTAL SENIORS

FALL 2019

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OUR MISSION

Our organization helps identify the needs of seniors in our coastal communities and to provide programs and services designed to promote their well-being.

GET INVOLVED

There are many ways to support our organization and community. Learn how you can contribute to our mission by calling our office at 707.882.2137 or visit our website to find a list of programs and volunteer opportunities.

www.CoastalSeniors.org

DIRECTOR'S CORNER

NANCY GASTONGUAY, EXECUTIVE DIRECTOR

I can't believe that it's been a little more than a year since I joined Coastal Seniors. I feel incredibly lucky to have the opportunity to lead an organization that provides services and programs that are vitally important to our community. Working for this organization is also very rewarding. In my past life on the corporate side my days were productive but I often spent a lot of time banging my head against the wall in frustration for various reasons, returning home many days feeling like I accomplished very little. Don't get me wrong, I still spend a fair amount of time banging my head against the wall at the office but now I return home each day knowing that we helped at least one person.

As with any new job, triumphs and challenges are expected and the past year did not disappoint. Funding for many of our programs has remained relatively flat but our community rallied and we raised record amounts through fundraisers and private donations. Our transportation program hit a few bumps in the road but we stayed the course and we have expanded our program (see article on page 2).

We had some staffing changes but we remained calm and got the job done. I can't imagine having a team that is more capable, supportive and caring than the team we have now. The list could go on but I'll stop there to point out that through all the ups and downs we wouldn't have been able to succeed without the support, tireless effort and encouragement from our dedicated volunteers, local agencies and the many businesses that we work with and who donate time, funding and goods, and of course, our amazing Board of Directors.

I would be remiss if I didn't call special attention to the clients we serve. These are the people who make going to the office each day worthwhile and I want to thank each one for being supportive, caring, honest, critical, generous with their time, willing to offer a smile when I may be having a rough day, willing to share their stories and most importantly for making me feel welcome.

Thank you!
Nancy

COASTAL SENIORS

People helping people.

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24000 S. Highway 1
Point Arena, CA 95468
Phone: 707.882.2137
Fax: 707.882.2237
Email: info@coastalseniors.org

**Thank you to all our
Coastal volunteers and
contributors!**

STAFF

NANCY GASTONGUAY
Executive Director

MICHELE MELIO
Client Services Coordinator

MOLLY SCARAMELLA
Meals on Wheels Coordinator

SHELLE EPTON
Bookkeeper

RENÉE KLING
Kitchen Manager

JENNY TITUS
Kitchen Assistant

JAYE PEAKE
Dishwasher

MONICA BENEDICT
Bus Driver

CRAIG GEDEIST
Bus Driver

RON BOLANDER
Bus Driver

BOARD OF DIRECTORS

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WALTER WELLS

COASTAL SENIORS EXPANDS ITS SERVICE WITH TWO NEW BUSES

By Bryan Cebulski, news@mendonoma.com
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Coastal Seniors, the Point Arena nonprofit that, among other things, is providing transportation for seniors and adults with disabilities, is expanding its services with two brand new, nine-passenger buses offering more efficient local trips Monday through Wednesday and a new trip to Santa Rosa on Fridays, in addition to the regularly scheduled Thursday Santa Rosa trip and alternating Friday Ukiah and Fort Bragg trips.

The organization received a grant through Caltrans as part of the department's Enhanced Mobility of Seniors and Individuals with Disabilities Program. The grant helps cover Coastal Seniors' operating expenses and provided the funds for these new vehicles.

The new buses arrived in August. Now with a team of four drivers, Coastal Seniors is ready to put these buses into action to help the local senior and disabled community get more and better access to the wider Mendonoma world.

The buses, both Ford F350s, have seven spaces for relatively mobile passengers and two wheelchair spots. Prior to this expansion, Coastal Seniors operated with one bus, which provided the community's basic needs for many years despite its less than pristine condition. The two new buses will offer far more reliability and flexibility.

"We now have the ability to put those buses into service and fill the gaps we've had historically," said Executive Director Nancy Gastonguay.

Coastal Seniors' service area runs from Irish Beach to Stewart's Point along the coast and about 20 miles inland. Local trips take place Monday through Wednesday. Two buses will now run concurrently on these days, providing on-demand, door-to-door service.

Transportation is more efficient for the drivers and riders alike, with less pressure and time commitment for a single driver to provide every trip and less wait time and inconvenience for riders who need to get where they are going.

Coastal Seniors is also adding an extra trip to Santa Rosa on Friday. This means riders who take the Thursday Santa Rosa bus can now stay overnight, giving them more time for medical specialist appointments, to see friends, to go to Costco or for anything else they might need. The alternating Friday trips to Ukiah and Fort Bragg will stay in effect, provided by the second bus.



“We now have the ability to put those buses into service and fill the gaps we’ve had historically.”

Nancy Gastonguay,
Executive Director

Pictured left to right: Nancy Gastonguay,
Renée Kling, Monica Benedict, Craig
Gedeist, Michele Melio, Ron Bolander

Gastonguay explained that Coastal Seniors coordinates with Mendonoma Health Alliance, Redwood Coast Medical Services and Community Resources Connection to help provide senior and disabled Mendonoma residents better access to transportation. Drivers even operate “on call” to a certain extent to allow for emergencies.

The service isn’t exclusive to necessities and emergencies, however. Coastal Seniors also coordinates transportation to movie nights and other leisure and entertainment events. The organization has taken

groups to tour Fort Ross, for example. It also hopes to expand access to community events like its monthly Meals on Wheels fundraiser.

“We’re trying to find more ways to get people out and socialize, stay active and have fun,” Gastonguay said. “Without transportation, many people remain homebound, which can lead to depression or health issues. We’re hoping to cut down on some of the isolation that many seniors and adults with disabilities face in our community.”

For those not already taking advantage of this service, here are the important things to know:

- Eligible riders are seniors age 60 and up and adults with disabilities, as well as their spouses or adult caregivers.
- Local round trips cost from \$1 to \$4 depending on the rider pick-up location, but no eligible rider will be denied if unable to pay.
- Reservations are preferred 24 hours in advance and are required for out of town trips but not required for local area trips.
- Out-of-town round trips cost \$10 and require 24-hour advance reservation.



For more information, visit coastalseniors.org, call **707.882.2137** or email info@coastalseniors.org.

COASTAL SENIORS WISH LIST

The following are items and supplies that we need for our programs and office. In the last three years donors have helped purchase over \$15,000 in equipment and other items needed to operate our vital programs.

We recently received and put into service our two new buses used to transport adults with disabilities and seniors. We are often operating in very remote areas and our drivers may need to provide lifesaving first aid measures. AEDs are a critical piece of lifesaving equipment that we should have on both of our buses.

As promised in our last newsletter, we are including a photo below of the new freezer that was provided to us through the generosity of an anonymous donor. With this freezer we are able to store more than twice as many frozen meals for our Meals on Wheels clients.

! If you would like to contribute toward the purchase of AED units, please contact Nancy at **707.882.2137** or director@coastalseniors.org
Thank you!



Pictured left to right are Renée Kling, Molly Scaramella and Michele Melio.

CALFRESH FOOD BENEFITS OPEN ENROLLMENT



Open Enrollment **Tuesday, December 10, 2019**

8:30 a.m. – 10:30 a.m.

Veterans Memorial Building, 24000 S. Highway 1, Point Arena

Help keep Mendocino County tax dollars local while supporting yourself and/or your family with money for groceries. Call our office today at **707.882.2237** to see if you qualify!

RECENT EVENT BENEFITTING COASTAL SENIORS

Miles for Meals



Julie Bower taking the pic, then left to right are Micheline White-Kirby, Marlene Padilla, Alethea Valley, Edward Levie, Jennifer Whitney.

After a one-year hiatus, the annual Miles for Meals fundraiser was back, with hopes of raising big dollars for Coastal Seniors' Meals on Wheels program. Avid hikers Micheline White-Kirby and Marlene Padilla departed on September 13, with a small group of hikers to take on a 32-mile segment of the Tahoe Rim Trail. Accompanying Padilla and Kirby are locals Julie Bower and Alethea Valley, along with Julie's brother, Edward Levie, and his partner, Jennifer Whitney. Beginning on the southern tip of Echo Lake and venturing northwest toward Dick's Pass, the group slept outdoors and completed the trek carrying all of the supplies needed to survive the three-day adventure. The band aids were a hot commodity for the hikers' blistered feet. Along the path, the group climbed some of Tahoe's tallest peaks, including Dick's Peak and Mount Tallac.

As a part of committing to the hike, each hiker pledged to raise a minimum of \$500 for the senior nutrition program in the Mendonoma area. This is the fifth year Kirby has hiked for this event, which she co-created with Padilla in 2014. Every dollar raised stays local and benefits the MOW program, which serves the northwest coastal region of Sonoma County and the southwest coastal region of Mendocino County from Stewarts Point to Irish Beach. Over the years, the hikers

have raised a total of \$51,000 and together this year, the group raised almost \$8,000.

Coastal Seniors provides the only senior nutrition program within its 60+ mile service area where rugged cliffs and curvy dirt roads contribute to the isolation experienced by many recipients of the program. Meals on Wheels (MOW) provides about 11,000 meals per year to seniors who are homebound due to illness, injury, disability (temporary or long-term) or because they are too frail to prepare or shop for their own meals. MOW provides at-risk seniors with regular safety checks from volunteers with familiar faces who care deeply about their fellow community members. This crucial program enables recipients to remain living independently in their own homes while receiving well-balanced meals that provide dietary resources needed to remain healthy and avoid hospitalization for health issues like malnutrition.

COASTAL SENIORS

People helping people.

Do you have the time to help?

Coastal Seniors is looking for volunteers:

- Meals on Wheels drivers
- Community lunch assistance
- Food Bank onsite distribution
- Firewood delivery

All volunteers eat for free at our community lunches and mileage reimbursement is available for our Meals on Wheels drivers!

If you are interested, please contact Michele at Coastal Seniors at (707) 882-2137 or michele@coastalseniors.org



FUNDRAISING UPDATE: FISCAL YEAR JULY 2018 – JUNE 2019**\$13,064**TUESDAY PAY N
TAKE SALES**\$11,975**MEALS ON WHEELS
FUNDRAISING DINNERS**\$6,900**FOOD
BANK**\$39,592**MARTINI
MADNESS**\$32,250**MARCH FOR
MEALS**FUNDRAISING UPDATE:** JULY 2019 – SEPTEMBER 2019**\$4,809**TUESDAY PAY N
TAKE SALES**\$5,755**MEALS ON WHEELS
FUNDRAISING DINNERS**\$1,603**FOOD
BANK

Coastal Seniors would like to thank the Gualala Community Center, Surf Supermarket and Gualala Supermarket for their continued support of Coastal Seniors and the programs and services we provide to our community.



Thanks to the following organizations and their volunteers for hosting our monthly Meals on Wheels fundraising dinners:

Arena Union Elementary Teachers & Staff
Marghi Hagen & Friends
Big Babes of the Mendonoma Coast
Shepherd by the Sea
South Coast Volunteer Fire Department

Soroptimist International of Mendocino-Sonoma Coast & Action Network
Redwood Coast Volunteer Fire Department
H&H Contractors, Inc.
Gualala Lions Club

Mary, Star of the Sea Church
Coast Life Support District
The Sea Ranch
Black Oak Catering

MAKING A DONATION

Coastal Seniors relies on the generosity of donors to provide our programs and services to seniors and others in our community. Here are some ways to give:



Donate online securely

with Discover/Visa/MasterCard, American Express or PayPal by visiting our website:
www.coastalseniors.org/donate.html

Donations by mail can be written to Coastal Seniors and mailed to PO Box 437, Point Arena, CA 95468.

Donations by phone can be made by calling Coastal Seniors at 707.882.2137 and asking for Nancy Gastonguay.

9th ANNUAL MARTINI MADNESS

HOSTED BY COASTAL SENIORS

TO BENEFIT MEALS ON WHEELS



COME & ENJOY:

***“THE BEST APPETIZERS AND
MARTINIS ON THE COAST”***

LIVE AUCTION

SILENT AUCTION

50/50 CASH RAFFLES

**SATURDAY, DECEMBER 7, 5-8 P.M.
GUALALA ARTS CENTER**

CALL TO PURCHASE RAFFLE TICKETS

GENERAL ADMISSION: \$50 in advance/\$55 at the door

DESIGNATED DRIVER: \$35

Table Reservation for 8: \$400

(MUST BE 21 YEARS AND OVER)

PURCHASE TICKETS ONLINE AT <https://give.classy.org/Martini-Madness> OR CALL (707) 882-2137. We Accept:



TO VOLUNTEER FOR THIS EVENT CALL (707) 882-2137

FUND A NEED

Can't attend Martini Madness but looking for a great way to give this holiday season?

Check out this list of ways to give to COASTAL SENIORS programs.
Call us at 707.882.2137 if interested in donating.

SENIOR TRANSPORTATION

Sponsor 5 out-of-town stipends for seniors who cannot afford the \$10 fare.

Cost of sponsorship: \$50

Sponsor 10 out-of-town stipends for seniors who cannot afford the \$10 fare.

Cost of sponsorship: \$100

MEALS ON WHEELS

Sponsor the food cost of preparing one day of senior Meals on Wheels.

Cost of sponsorship: \$400

Sponsor home-delivered meals for a senior on Meals on Wheels for 1 month.

Cost of sponsorship: \$400

Sponsor home-delivered meals for a senior on Meals on Wheels for 6 months.

Cost of sponsorship: \$2,400

Sponsor home-delivered meals for a senior on Meals on Wheels for 1 year.

Cost of sponsorship: \$4,800

SENIOR LUNCHESES

Sponsor 10 meal stipends for low-income seniors to attend a senior lunch.

Cost of sponsorship: \$80

Sponsor the food cost of preparing one day of senior lunches.

Cost of sponsorship: \$400

FOOD BANK

Sponsor one month of groceries to distribute food to families & seniors in need for the Point Arena Food Bank.

Cost of sponsorship: \$650

HOLIDAY CHEER

Sponsor the cost of providing a small gift for 30 homebound seniors through our Project Santa program.

Cost of sponsorship: \$600

50/50 CASH RAFFLE

HERE'S HOW IT WORKS

First Jackpot:

\$50 raffle tickets - unlimited number sold

One winner will take half of the pot!

Second Jackpot:

\$20 raffle tickets - unlimited number sold

One winner will receive \$250!

The balance of both jackpots go directly to support Meals on Wheels

I would like to purchase _____ \$50 raffle ticket(s) totaling: \$ _____

I would like to purchase _____ \$20 raffle ticket(s) totaling: \$ _____

I would like to purchase _____ General Admission tickets for \$50 each totaling: \$ _____

I would like to purchase _____ Designated Driver tickets for \$35 each totaling: \$ _____

I would like to purchase _____ Table for 8 for \$400 totaling \$ _____

Total Order: \$ _____

Make checks payable to: **COASTAL SENIORS**, PO Box 437, Point Arena 95468.
 You can also call (707) 882-2137 to purchase tickets over the phone with a credit card.
 We accept Visa, MasterCard, Discover and American Express.

Name & mailing address where tickets should be sent:

Name: _____
 Mailing Address: _____
 Email Address: _____
 Phone Number: _____

MEET THE NEW CS STAFF MEMBERS

Craig Gedeist, Bus Driver Craig Gedeist was born in Germany and after returning to the USA with his military family he became a Naturalized citizen in 1962. Shortly after turning seventeen, Craig joined the U.S. Army as a Medic and was stationed in Vietnam for two tours. He was honorably discharged with the rank of sergeant after three years of service. Craig attended the Coronado School of Art and Mesa College and owned a commercial sign company for 10 years. Craig received a BFA in painting at University of North Florida and his MFA in mixed media sculpture/Art History at the University of Wyoming in Laramie. Having rediscovered the love of surfing as a teen in Florida, Craig began traveling and exploring the little known surf spots on the Pacific Coast of Mexico and eventually landed on the Mendocino Coast. Craig enjoys surfing, fishing, traveling to exotic surf locations, and he regularly attends the Gualala Baptist Church. You'll find Craig behind the wheel of a Coastal Seniors' bus three days a week and you may hear him playing his banjo while waiting for riders to complete their errands.

Monica Benedict, Bus Driver Monica likes clowns and delinquent behavior; she has a long history of working with both so this job is perfect. She thinks the meals at Coastal Seniors will forever ruin her Thanksgiving dinner. They are outstanding and she believes many people in the community are missing out. She loves horses, her grandchildren and the husband too. Monica hopes to retire in the next seven years and would love to be able to spend more time with her loves and, maybe, volunteering at Coastal Seniors!

Molly Scaramella, Meals on Wheels Coordinator Molly is a 28 yr old local from Manchester, where her family emigrated to from Italy. She is a mom to her 8 yr old daughter Brilynn. Molly loves the outdoors and grew up hunting and fishing to provide food for her family, with guidance from her mom Debi and grandfather Raymond Scaramella. She is also passing the hunting and fishing trade on to her daughter. Molly's grandfather Raymond was born and raised in Manchester and her grandmother Sadie moved here over 65 years ago when she married Ray. A true horsewoman, Molly was Potter Valley rodeo queen in 2008. Molly loves to work with the public and feels privileged to work with the seniors and help care for them. She wants to thank everyone for

the support and appreciation she has received and really enjoys being part of the Coastal Seniors team.

Jaye Peake, Dishwasher Jaye was born in Boulder, Colorado. As a small kid, her family moved west to San Diego. She has worn many hats throughout her life, and truly is a 'Jill-of-all-Trades'. Among them, home and commercial painter, home restoration - (her proudest was a Victorian mansion!). She held a license as a Massage Instructor, drove a taxi, and was best known for her entertainment business, "Peake Performers" for 30 years in the LA area. After moving to New Mexico to care for her Dad, Jaye devoted her time to area seniors. In conjunction with Sierra Joint Offices on Aging in Truth or Consequences, she formed 'Chore Services', a group providing home repairs and maintenance services to those most in need of them. At the same time, she was a volunteer driver for Meals on Wheels. Later, after being promoted to dishwasher, she became interim Kitchen Manager of the center. Following her father's passing, Jaye and her partner Susie picked up stakes, bought a motorhome and headed all across the country, finally settling here where they work at Manchester Beach KOA. Jaye is the pool/spa operator, along with security and maintenance, while also happily finding her way to Coastal Seniors as Dishwasher Queen.

Ron Bolander, Bus Driver Ron was born in Manhattan where he was raised and educated until moving to CA in 1961. Having come from a family with an arts background, Ron developed the desire to become a creative artist. After finishing his education in business and a four year stint in the Coast Guard during Vietnam, Ron suddenly desired to create images with a camera. He learned what he could on his own, attending lectures and workshops from well known and experienced photographers, including Helmut Newton. Ron went back to school to perfect his craft and went on to commercial photography. Before moving to Northern California, Ron briefly taught fashion photography at Orange Coast College as well as a monthly workshop for studio lighting and fashion photography at the Irvine Fine Arts Center. After 35 years as a professional, commercial photographer in L.A and Northern California, Ron retired and specialized in fine art photography while giving tours at the Pt. Arena Lighthouse and driving a bus for the Mendocino Transit Authority.



UPCOMING EVENTS

Point Arena Food Bank Monthly Distribution

The Point Arena Food Bank is a program of Coastal Seniors that serves people of all ages.

Food distributions take place on the second Tuesday of each month:

from 8:30 a.m. - 10:30 a.m.

at the Veterans Memorial Building in Point Arena (24000 S. Highway 1)

UPCOMING DATES:

November 12

Turkeys will be distributed

December 10

Hams will be distributed

January 14, 2020

Art with a Heart

December 7th & 8th

from 9am – 4pm

Mane Street Salon will host a craft fair with a portion of the proceeds benefitting Coastal Seniors. Last year Zephyr Gunheim and all the artists raised \$2,000 on behalf of Coastal Seniors.

If you would like to be a contributing artist, please contact Zephyr at 707.884.9100.



Deadline for submission drop-off is November 30th.



COASTAL SENIORS

Volunteer Appreciation Party

Join us to celebrate YOU and all of the hard work our wonderful volunteers do for Coastal Seniors!

When: Thursday, November 7th

Time: 5:00-7:00 p.m.

Where: Veteran's Memorial Building
24000 S. Highway 1, Point Arena

All volunteers, their significant others & family are invited to attend.
Dinner will be served with vegetarian options.

Door prizes, trivia, and more!

Please R.S.V.P. to Michele Melio by Friday, October 18th.
michele@coastalseniors.org or (707) 882-2137