

COASTAL SENIORS

People helping people.

Board of Directors:

Donors, Clients, staff and volunteers:

Carolyn André
(Chair)

As Coastal Seniors moves forward with new programs and offers more services we have hit what I like to call the proverbial wall. Let me explain what I mean: our organization works tirelessly to get the word out about new programs. We send out newsletters, have articles printed in the local newspaper, utilize the local radio stations, purchase ads, hang fliers, make announcements during events/programs, social media, our website, etc.

Susan Sandoval
(Vice Chair)

Prior to introducing these new programs we spend months interviewing local people and conducting research to try to figure out the immediate needs of our client population. We launch programs based off of the feedback we receive. However, very few seniors are using these resources.

Let me name a few that recently came to our organization:

Steven Winningham
(Secretary)

- Out & About—a social activity and transportation program for seniors who want to remain active.
- Friendly Visitors— we pair seniors with volunteers to participate in activities together to help reduce loneliness and isolation, otherwise known as boredom.
- Fall Prevention—we have four components of this program to help reduce the risk of falls. Home Safety Inspections, Matter of Balance classes, Risk Self Assessments, and a resource guide for local balance & strengthening classes. The program was set up to reduce the risk of falling among mobile seniors before it happens.
- CalFresh—we sign low-income seniors up for grocery benefits.
- Suicide Prevention forums—we teach people the signs and symptoms of suicide so they can be prepared to help lead friends and loved ones to recovery if it is ever needed.

Marghi Hagen
(Treasurer)

Bruce Garland

Randy Jones

We are investigating what steps we need to take to get people on board with using the services that they've told us they need. We don't know all the answers yet but I can share one common theme: many seniors don't consider themselves seniors. Fact is, if you are 60+ you are a senior whether you want to admit it or not. Acknowledging being a senior does not mean you are going to begin aging rapidly over night. In fact, enrolling in programs like Fall Prevention, Out & About, etc. will only prolong a healthy life. I've been told, "I still have really good balance, I'll wait until balance becomes an issue to use the Fall Prevention Program." Unfortunately, waiting until it's a problem is too late. It's no secret that we all age, however; enrolling in senior programs is not going to make you older. They are here as preventative opportunities.

Michael Staples

Walt Wells

For too long aging has had negative stigmas. Be proud of aging! And not only aging but aging in a healthy manor. I am tired of the world implying that getting old is no fun. It can be fun. It is honorable. It can be fulfilling. As our Board member Mike Staples says, "It is a blessing not granted to everyone." Take the proper steps to make sure you are aging as healthy as possible by participating in programs that Coastal Seniors and other organizations have to offer locally. And do it before you "need" to.

Kathy White

Sincerely,
Micheline White
Executive Director

Out & About

Social Activity & Transportation Program

Call Micheline at (707) 882-2137 to book your ride!

Do you enjoy watching professional ice skating? Do you talk about going to the movies in Point Arena but don't want to drive at night when the show is over? Do you enjoy instrumental concerts but can't drive long distances? If you said "Yes" to any of those questions, then Out & About is the program for you and we encourage you to sign up for an activity and give it a try.

Check out our monthly activity schedule to see if there is anything you would enjoy participating in and give us a call. Below is a snapshot of upcoming activities:

Sunday, Oct. 9 @ 3 p.m.

Opus Chamber Music
Peterson Hall in Mendocino
Matthew Miksak & Pianist Carolyn Steinbuck
\$20 for show/\$10 for transportation

Monday, Oct. 10 @ 11 a.m.

Water Aerobics
Fort Bragg Aquatics Center
\$5 for aerobics class/ \$10 for transportation

Wednesday, Oct. 12 @ 6:30 p.m.

Movie Night at the Arena Theater
"Hell or High Water"
\$7 for movie/ \$5 for transportation

Saturday, Oct. 15 @ 4 p.m.

Ice Dance International
Snoopy Ice Rink in Santa Rosa
\$45 for show/ \$10 for transportation

Sunday, Nov. 20 @ 3 p.m.

Opus Chamber Music
Peterson Hall in Mendocino
Violinist Linda Wang & Pianist Miles Graber
\$20 show/ \$10 for transportation

Wednesday, Nov. 23 @ 6:30 p.m.

Movie Night at the Arena Theater
Movie to be announced
\$7 for movie/ \$5 for transportation

(For a complete list of upcoming events visit our website at www.coastalseniors.org or call our office and request a paper copy of the calendar.)

In addition to these exciting activities we also provide custom rides. If you and some friends have an event or activity (ex. concerts, plays, dinner, etc.) that you would like to go on and would like a ride to and from the event, give us a call. We will arrange for a volunteer driver to pick you up and take you home. The only requirement is that you have at least four friends participating but no more than six (our brand new van seats up to six passengers).

If you have any feedback about how to help make this new program successful, please contact our office and share your ideas!

Make A Difference Day

Beginning Sunday, Oct. 9, COASTAL SENIORS will team with Aging in Place Mendonoma to help check and replace smoke detectors and CO alarms in the home of seniors along the coast. Seniors (60+) and disabled adults are eligible to receive the service. We will test the alarm after battery replacement and if it no longer functions, we will replace up to two non-electric devices per household focusing on the kitchen and your main sleeping area. For those households with nonfunctioning electric devices, we will supply a list of local electrical contractors for you to contact.

Our program is available to our entire service area from Irish Beach to Stewarts Point but is limited to the first 50 seniors and disabled adults who call and sign up. If you are not one of the first 50 we will put you on a waitlist for next year and try to get to you sooner if we can. If interested, please call Coastal Seniors at (707)882-2137 to sign up and schedule your date. To keep this program going please consider making a voluntary contribution to Coastal Seniors at PO Box 437, Point Arena, CA 95468.

Fall Prevention Program

As a collaborative effort, Coastal Seniors worked closely with Redwood Coast Medical Services, Coast Life Support District and Aging in Place to create a Fall Prevention Program for our local aging community that is designed to help teach seniors and dependent adults how to minimize their risk of falling.

Why did we do this? Upon taking his position as District Administrator of CLSD, David Caley did some research to discover the reason for the most common ambulance dispatches along the organization's service area. The answer: falls. Did you know that falls are the number one cause of injury sending Sonoma County seniors to the hospital? Or that accidental falls are the top cause sending Mendocino County seniors to the Emergency Room? Each year 1 in 3 Americans age 65+ fall. Of the falls, 50% result in a hip fracture and are no longer able to return home or live independently. Falls are NOT a normal part of aging and are very preventable.

As an attempt to educate older adults and alleviate this on-going problem, David helped pull the above listed organizations together to develop a program that fits the specific needs of our community. As a result, the following programs and services have been identified and are now being offered through the local Fall Prevention Program:

- A self-assessment pamphlet/worksheet that seniors can use to determine his/her own degree of risk.
- A home safety inspection that will be performed by trained volunteers who can assess what things/items in your home are putting you at risk for unexpected falls.
- "A Matter of Balance" course led by trained instructors that will allow participants the opportunity to interact with others to learn about balance.
- A list of local resources/exercise classes where clients can go to help strengthen their muscles and balance.

The program officially launched in August and we are ready to help you prevent potential falls. If you would like to sign up for the Matter of Balance course or schedule a Home Safety Inspection, please contact Micheline at (707) 882-2137.

Senior Center Without Walls

Senior Center Without Walls is a great resource for seniors who are looking for something extra to do during the day but do not want to leave home or for those who may not have the ability to leave home.

This is a toll free phone-in service where seniors can use a 1-800 phone number to call in and listen to lectures, book readings, trivia, workshops and more over the phone. The program offers over-the-phone activities seven days a week and could be a great resource for continuing education on a variety of topics.

To try out the resource call 1 (877) 797-7299 to register and then you will be provided with all the information necessary to call in and listen to different activities.

For up-to-date info on what's happening at COASTAL SENIORS
"Like" us on Facebook.



[www.facebook.com/
coastalseniorsarethecoolest](http://www.facebook.com/coastalseniorsarethecoolest)

Don't be a victim of SCAMS!

Never give money over the phone!

If you receive a call from a person demanding money from a federal agency or to bail a family member out of jail, don't fall for it! Hang up and report it to the Sheriff's Office right away!

MOW Conference in Nashville

Recently, Coastal Seniors' Meals on Wheels Coordinator, Vivian DeArmas, had the opportunity to participate in the 4-day Meals on Wheels America conference in Nashville, TN. The conference is an annual event that brings senior service professionals together from all over the nation for networking and educational opportunities. During the conference participants get the chance to learn about new upcoming opportunities in the senior care world and how to advocate for our growing aging population in this rapidly evolving world. The conference also hosts an expo, which provides participants with hands-on, face-to-face contact with food purveyors and companies that supply products for the senior service industry.

Upon returning from the conference, Vivian wrote:

"I had the honor of attending the 2016 Meals on Wheels of America Annual Conference on August 30 through September 2. I would first like to thank our Executive Director, Micheline White, and the entire Board of Directors at Coastal Seniors for the privilege and gift of experiencing this incredible event.

In my employment history I had executed conferences for non-profits that I worked for but had never previously attended a conference, so I really did not know what to expect. From the first day, I gained a wealth of knowledge and learned information to a level that I had not thought would be possible. The workshops that I had chosen were primarily on senior nutrition and aging.

The workshops were as follows:

- Food Is Medicine
- Nutrition during Care Transition
- Staying Alive and Thriving! Facing New Competition and Challenges
- What is Healthy Aging
- Meeting the Needs of Older Americans: National Evaluation of the Title III-C Nutrition Services Program
- Improving Client Health Outcomes through Healthcare Partnerships

The Keynote Speaker at the conference was Maestro Roger Nierenberg, who taught the lessons of how a non-musical organization, like ours, can apply the same principles an orchestra does in order to be fully successful by using teamwork and efforts to work in harmony together to make great music. The lesson is that a strong vision and working towards common goals can lead people away from focusing on their part alone and towards being aware of the whole to create a true team.

This experience has given me an entirely new perspective and ability to not only gain more knowledge on how to better serve our home-bound seniors, but also how to truly be a team player."

Rides to Voting Polls on Election Day

If you are a senior who no longer votes because you cannot drive to the polling sites or if you are a senior who receives an absentee ballot but would like to visit a polling site to cast your ballot in person, then we have a ride for you!

On Election Day, Tuesday, Nov. 8, we will provide door-to-door service for seniors from their homes to the polling sites. We realize that casting your vote is an important right that should be provided to all Americans regardless of the ability to drive. While absentee ballots are a great way to continue preserving that right, it feels good to actually go through the process of submitting a ballot in person. We want to make sure that all seniors, even those who are registered absentee, have the opportunity to participate in such an important process.

Rides will be provided between 9 a.m. through 3 p.m. To reserve a ride, call our office at (707) 882-2137. We look forward to Election Day with you!

FUNDRAISER EARNINGS

June 2016 through September 2016:

**August 6, Discover the Coast—
\$402.15**

**Month of July & August, Miles for
Meals—\$8,277**

**June 24, Spaghetti Dinner hosted by
Mary Star Church—\$4,710**

**July 22, Spaghetti Dinner hosted by
Redwood Coast Vol. Fire Depart-
ment—\$968**

**September 23, Spaghetti dinner host-
ed by Shepherd by the Sea Church—
\$1,002**

**Pay 'N' Take's Tuesday clothing sale
(half of all money earned on the Tues-
day sale is donated by the Gualala Com-
munity Center to Coastal Seniors each
month):**

June—\$1,102.63

July—1,202.80

August—1,269.85

FUNDRAISER TOTAL: \$18,934.43

**Pay 'N' Take also donates a portion of
the Tuesday clothing sales to the Point
Arena Food Bank. The Community Cen-
ter has given:**

June—\$367.55

July—400.94

August—423.29

TOTAL: \$1,191.78



6th Annual Martini Madness

It's that time of year again! We are gearing up for our biggest fundraiser of the year, Martini Madness, to benefit our Meals on Wheels program. This will be our 6th annual event and we've got a lot to live up to after last year's success.

This year Martini Madness is being held at the Gualala Arts Center on Saturday, Dec. 3 from 6 p.m. to 9 p.m. Tickets are available now and cost \$50 for general admission and \$35 for those who are coming as designated drivers.

For those of you who have never been to this event and wonder what it's all about and what to expect, here it is summarized: it's literally the most fun event offered on the coast!!!!

We get local bar tenders, both professional and amateur, to compete in a martini making competition. Each bar tender creates a signature drink that guests sample throughout the night. Guests get to vote for their favorite tasting martini. The bar tender who collects the most votes wins the title of "Best Martini Maker on the Coast."

In addition to martini sampling, guests are treated with some of the best tasting appetizers on the coast all night long. There are a variety of exciting silent auction prizes available for bidding and a slew of amazing live auction prizes during our lively auction. When we say auction, we don't mean random items that no body wants to bid on—these are items that will have you jumping to protect your bid in order to win the prize!

We also have two chances for people to win a considerable chunk of money. We have already started selling our popular 50/50 cash raffle tickets. What is a 50/50 cash raffle? It's a raffle that gives you half of the money collected from ticket sales. Our raffles are big ones! The first 50/50 cash ticket available will cost you \$100. We are selling only 75 of those tickets (fantastic odds!) and will collect a total of \$7,500. One lucky person will win half of that money—\$3,750!

The other 50/50 cash raffle ticket available will cost you \$50. We are only selling 125 of those tickets and will collect a total of \$6,250. One lucky person will win half of that money—\$3,125!

If you are interested in coming to the event with a group of 8, we will reserve a table for you if the tickets are purchased in advance.

To purchase tickets for the event or 50/50 cash raffle tickets, contact Micheline at (707) 882-2137. If you are interested in registering in the bar tending competition to compete and be named "Best Martini Maker on the Coast" call Micheline at the phone number above or send an email to coastalseniors@exede.net with "Martini Madness" in the subject line.

FUNDRAISER SCHEDULE

Find up-to-date information on fundraisers on our website at www.coastalseniors.org under the "Menus & Events" page.

This list is subject to change if necessary.

Spaghetti Dinner

Friday, October 28

5 to 7 p.m. @ the Gualala Community Center

Spaghetti Dinner

Friday, November 18

5 to 7 p.m. @ the Veterans Building in Point Arena

6th Annual Martini Madness

Hosted by Coastal Seniors

Saturday, December 3

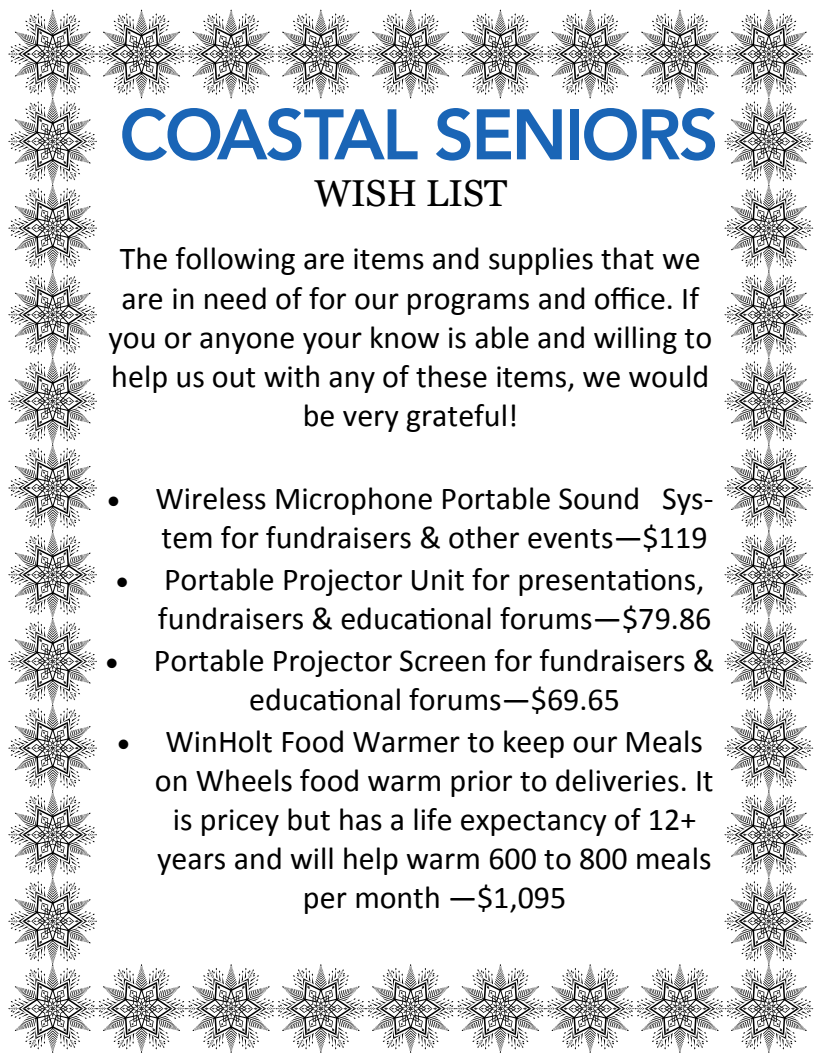
6 p.m. to 9 p.m. @ Gualala Arts Center

Spaghetti Dinner

Hosted by Soroptimists

Friday, January 27

5 to 7 p.m. @ the Gualala Community Center



COASTAL SENIORS WISH LIST

The following are items and supplies that we are in need of for our programs and office. If you or anyone you know is able and willing to help us out with any of these items, we would be very grateful!

- Wireless Microphone Portable Sound System for fundraisers & other events—\$119
- Portable Projector Unit for presentations, fundraisers & educational forums—\$79.86
- Portable Projector Screen for fundraisers & educational forums—\$69.65
- WinHolt Food Warmer to keep our Meals on Wheels food warm prior to deliveries. It is pricey but has a life expectancy of 12+ years and will help warm 600 to 800 meals per month —\$1,095

CalFresh Open Enrollment for Seniors

COASTAL SENIORS is hosting a CalFresh open enrollment period on Monday, November 7 through Thursday, November 10.

CalFresh is a federal food assistance program that provides grocery money for qualifying seniors to purchase food. The program was formerly known as "Food Stamps" but has been reinvented and has new guidelines for seniors to make it easier to get assistance. Now, medical expenses, prescriptions, insurance costs and some living expenses can be deducted to reduce income levels. And, assets such as homes and vehicles are no longer a factor in qualifying.

Below you will find the income guidelines for the program:

People in household	Gross Monthly Income	Income After Deductions	Maximum CalFresh Benefits
1	\$1,245	\$958	\$189
2	\$1,681	\$1,293	\$347
3	\$2,116	\$1,628	\$497

If you have difficulty purchasing food each month and your income falls within the program guidelines call Micheline at (707) 882-2137. This is a great time to start thinking about food insecurity through the holidays. CalFresh is a great way to prevent food insecurity.

 DID YOU KNOW?

Tom has delivered Meals on Wheels to The Sea Ranch and Gualala for almost 10 years.



You've probably seen him around. You may know him as an amazing photographer. Or as a Sea Ranch owner. Or just because that mustache would be hard to miss. But you probably don't know that he and his dog Dave deliver meals to housebound seniors in Gualala and at The Sea Ranch. Every Tuesday. Every week of the year. Except when he takes vacation



or is sick. Shame on him. So next time you see Tom please thank him for what he does. And if you have surgery or are ill or just need help, call us. And won't you please make a donation today to help a housebound neighbor?

COASTAL SENIORS

People helping people.

P.O. Box 437 • Point Arena, CA 95468 • 707.882.2137

Check Donation: Please write MDT on the bottom of your check. Thank you.

Debit or credit card donations: Please call Micheline at (707) 882-2137.

“Thank You” to Jack & Priss Ellingboe

All of the staff, seniors and Board of Directors at Coastal Seniors would like to send a HUGE “Thank you” out to Jack and Priss for their countless hours of work on Tuesdays in the Pay ‘N’ Take clothing room over the years. The funds from the Tuesday clothing sale go directly toward Coastal Seniors and the three local foods banks along the coast, one of which is owned and operated by our organization (the Point Arena Food Bank).

Jack and Priss, you have helped raise thousands of dollars to support our organization and our food bank. We appreciate all of your efforts more than we can express on paper. We wish you the best of luck in your retirement from volunteering. You have been a valuable asset to us and we will miss seeing you every week.

**COASTAL SENIORS
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POINT ARENA, CA 95468**

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organization
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