

COASTAL SENIORS

People helping people.

Board of Directors:

Carolyn André
(Chair)

Susan Sandoval
(Vice Chair)

Steven Winningham
(Secretary)

Marghi Hagen
(Treasurer)

Paddy Batchelder

Michael Staples

Kathy White

Donors, Clients, Staff and Volunteers:

The holidays are right around the corner, along with the rain and cold weather. While winter is a favorite time of year for some people, it can be a difficult time for others. Many seniors have dealt with the major loss of loved ones and can sometimes feel alone during the holidays. Add in the fact that the cold weather and rain can become more isolating for some who do not engage in regular activities and who do not have access to regular transportation. The dark, cold days on the coast can feel daunting.

I would like to encourage everyone to take a minute to think about how they can help their neighbors, family members and/or friends get through the holiday season with a little bit of cheer. Here are some suggestions to get you started:

- Introduce yourself to your neighbors and check in periodically to see if there is any way you can support one another.
- Make a call to a loved one who you know has faced a lot of loss to see if you can plan a day to catch up over coffee, lunch or over the phone.
- Bake cookies for a loved one or neighbor and drop them off with a little note to let them know you are thinking of them.
- Extend an invitation to a holiday party.
- Send a card in the mail.
- Attend a senior lunch together!
- Send a "Secret Santa" gift.
- Encourage your loved one to get involved. Volunteer for a day together for a local cause (Project Santa, Thanksgiving Day meal deliveries, tutoring, the local Humane Society). Giving back to the community is a great way to lift spirits.
- Go on a walk together during a break in the weather. Physical activity is proven to alleviate depression.

Our community lives in this "frontier" land together. It is up to us to support one another and create a solid sense of community, unity and support. Doing a good deed will also make you feel good, so it's a "Win, win."

Sincerely,
Micheline Kirby
Executive Director

Taco Dinner Success!



The Gualala Community Center was packed from open until close on September 22, as Coastal Seniors hosted its first ever Taco Dinner. Staff, board members and volunteers gathered during the day to prepare the highly praised food that was served to over 150 guests. During the dinner, Redwood Credit Union employees from the Point Arena branch chipped in to help serve food, bus tables and clean up. Guests were treated to all-you-can-eat salad and tacos with a choice of shredded pork, chicken or ground beef, along with rice, beans and fresh salsas. To top it off, cold beer and margaritas made happy guests even happier! The food was provided by Surf Market and the Gualala Supermarket provided the alcohol for the evening.

Altogether the dinner raised \$2,076. Due to rave reviews and multiple requests, we plan to host another taco dinner in the near future.

Thank You Lunch Sponsors

The Garcia River Casino deserves a big “Thank you” for donating enough money to cover the cost of food for our staff to prepare Meals on Wheels and senior lunches on Wednesday, Oct. 25. The idea of sponsoring a lunch is a concept that allows donors the chance to give in a new, creative way. The opportunity was featured for the first time in our Summer 2017 newsletter and the casino was the first business to contact our office and offer sponsorship.

The purpose of the sponsorship is to help support some of the unmet costs of the senior lunch and Meals on Wheels programs. By sponsoring a lunch, donors help Coastal Seniors save money on food expenses, which allows income from each meal to go toward funding other program needs, like supplies and equipment.

Another local business that is enthusiastic about sponsoring the cost of food for our meal programs are long-time supporters H&H Contractors, owned by Jeff and Janet Heenan of Gualala. The Heenans’ donation will cover the cost of food for both meal programs on Tuesday, November 14, at the Gualala Community Center. The lunch on that day will be our nutritious salad bar, Chicken Enchilada Pie, pinto beans, and chocolate cake for desert.

Thank you Garcia River Casino and H&H Contractors for your constant commitment to your community and for supporting local programs that make an impact in the lives of many. For more information on how to sponsor a lunch, contact our offices at (707) 882-2137.



South Coast Volunteer Fire Department puts on Terrific Dinner

On October 27, the South Coast Vol. Fire Dept. put on a hugely successful spaghetti dinner that pulled in 200 community members. While everyone was there to fundraise for Coastal Seniors, all in attendance came with gratitude for the hard work that the fire fighters put in to extinguishing the Redwood Valley fires. Fire Chief Greg Warner and his crew were out for 10 days and returned home the week before the spaghetti dinner. Instead of rescheduling so the crew could get some much-needed rest, they jumped on board and stuck with their commitment to hosting the dinner.

“The fire fighters are always great to work with. Their commitment to our community and to saving lives is beyond commendable,” said Micheline Kirby, Executive Director. “I think it’s also important to recognize the wives, husbands and families of the fire crew who are behind the scenes supporting our heroes.”

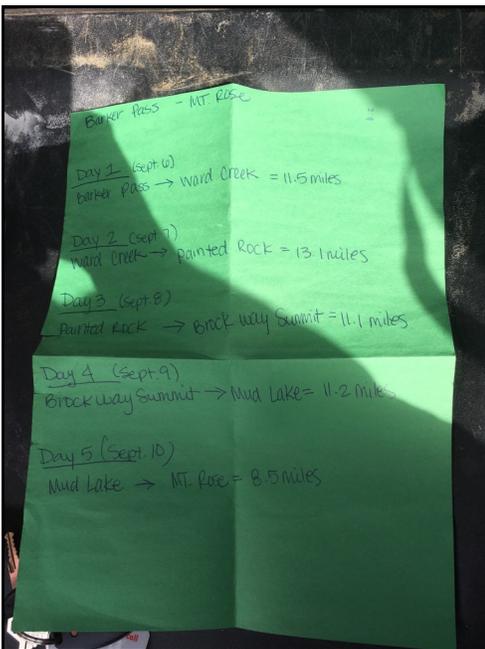
4th Annual Miles for Meals Hike



This year’s trek through the Lake Tahoe Rim Trail was anything but easy for our small group of hikers. The team walked through major lightening and thunder storms while at the top of peaks; was pelted with hail; and suffered from major blisters caused by wet hiking boots. Regardless, everyone persevered and enjoyed the beauty of the trail when the skies finally cleared on the last day as they crew finished the hike toward Mt. Rose.

In addition to Executive Director Micheline Kirby, Julie Bower and her brother, Edward Levie, and Sea Rancher Chris Wall, formed the team of four. Together the group raised \$15,700 in pledges toward the miles hiked– the most money raised through any hike so far!

Kirby said, “The community really responded to this year’s hike and our donor base for the fundraiser more than doubled. I look forward to next year and am hopeful that our team can surpass our current top earnings. Thank you Julie, Edward and Chris for your dedication and commitment to raising funds for Coastal Seniors’ Meals on Wheels program.”



7th ANNUAL MARTINI MADNESS

BROUGHT TO YOU BY COASTAL SENIORS
TO BENEFIT MEALS ON WHEELS

HOME OF THE BEST MARTINIS IN THE WORLD



COME & ENJOY:

"THE BEST APPETIZERS ON THE COAST"

LIVE AUCTION

SILENT AUCTION

50/50 CASH RAFFLE

**WINNER TAKES HALF OF THE
\$7,500 POT OF CASH OR HALF OF THE
\$5,000 POT OF CASH**

**SATURDAY, DEC. 2 @ 5-8 P.M.
GUALALA ARTS CENTER**

CALL TO PURCHASE RAFFLE TICKETS BEFORE THEY SELL OUT!

\$50 GENERAL ADMISSION/ \$35 DESIGNATED DRIVER

Table Reservation for 8: \$400

(MUST BE 21 YEARS AND OVER)

PURCHASE TICKETS ONLINE AT <http://www.brownpapertickets.com/event/3102594>

OR CALL (707) 882-2137. We Accept:



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

50/50 CASH RAFFLE

HERE'S HOW IT WORKS

First Jackpot:

75 raffle tickets are being sold for \$100 each

The jackpot totals \$7,500 –

One winner will take half of the \$7,500 pot (\$3,750!)

Second Jackpot:

100 raffle tickets are being sold for \$50 each

The jackpot totals \$5,000 –

One winner will take half of the \$5k pot (\$2,500!)

The other half of both jackpots go to Meals on Wheels
Each year, only local people have won. You could be next!

\$20 raffle ticket

The prize for this raffle is a \$250 Visa gift card.

-
- I would like to purchase _____ \$100 raffle ticket(s) totaling: \$ _____
 - 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 _____ Martini Madness General Admission tickets for \$50 each totaling: \$ _____
 - I would like to purchase _____ Martini Madness Designated Driver tickets for \$35 each totaling: \$ _____
 - I would like to purchase _____ Table for 8 at Martini Madness 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:

15 Ways to Give during the Holidays

1. Sponsor 5 out-of-town bus stipends for seniors who cannot afford the \$10 fare.
Cost of sponsorship: \$50
2. Sponsor 10 out-of-town bus stipends for seniors who cannot afford the \$10 fare.
Cost of sponsorship: \$100
3. Sponsor the mileage for one Gualala area Meals on Wheels route for one month.
Cost of sponsorship: \$85
4. Sponsor the mileage for one Annapolis/Sea Ranch area Meals on Wheels route for one month.
Cost of sponsorship: \$110
5. Sponsor the mileage for one Point Arena/Manchester Meals on Wheels route for one month.
Cost of sponsorship: \$55
6. Sponsor home-delivered meals for one senior on Meals on Wheels for 1 month.
Cost of sponsorship: \$403.
7. Sponsor home-delivered meals for one senior on Meals on Wheels for 6 months.
Cost of sponsorship: \$2,379.
8. Sponsor home-delivered meals for one senior on Meals on Wheels for 1 year.
Cost of sponsorship: \$4,745.
9. Sponsor the cost of food for one day for the senior lunch and Meals on Wheels programs.
Cost of sponsorship: \$400.
10. Sponsor 10 meal stipends for low-income seniors to attend a senior lunch.
Cost of sponsorship: \$80.
11. Sponsor one month worth of groceries for the Point Arena Food Bank.
Cost of sponsorship \$650.
12. Sponsor the cost of our Project Santa program for 30 of our home-bound seniors.
Cost of sponsorship: \$600.
13. Sponsor the cost of one Meals on Wheels cold bag used to transport food at safe temperatures.
Cost of sponsorship: \$150.
14. Sponsor the cost of one Meals on Wheels hot bag used to transport food at safe temperatures.
Cost of sponsorship: \$300.
15. Sponsor the cost of fuel for our transportation program for one month.
Cost of sponsorship: \$650.



Help keep Mendocino County tax dollars local while supporting yourself and/or your family with money for groceries. Call our office today to see if you qualify! (707) 882-2237



Pies by Renée

Coastal Seniors' Kitchen Manager & Chef, Renée Kling, will be preparing delicious hand-made holiday pies for sale to help raise funds for the senior lunch and Meals on Wheels programs.

Prices and varieties listed below:

9" Pumpkin Pie for \$24

9" Apple Pie for \$26

9" Pecan Pie for \$30

Place your pie order by calling (707) 882-2137 or by returning the order form below to PO Box 437, Point Arena, CA 95468.

Deadline to order: Friday, Nov. 17

Pick-up Date, Time & Location:

Wednesday, Nov. 22

1 p.m.—5 p.m.

Veterans Building

24000 S. Highway 1, Point Arena

I would like to order ____ Pumpkin Pies, totaling \$____.

I would like to order ____ Apple Pies, totaling \$____.

I would like to order ____ Pecan Pies, totaling \$____.

Grand total: \$_____

Name on order: _____

Best phone # to be reached: () _____ - _____.



Volunteer Appreciation Party

Fun and games were had by all as Coastal Seniors hosted an appreciation party for volunteers on Sept. 30. Volunteers were treated to appetizers, dinner, drinks, and desert, followed by a game of Jeopardy—Coastal Seniors style. During the trivia game, volunteers formed teams to answer questions about our programs, staff and other volunteers. The game was lively and a lot of fun and it gave volunteers the opportunity to learn more about Coastal Seniors. The night ended with a free raffle with prizes like gift certificates, board games, and a remote control drone, among other things.

Volunteers are extremely important to our organization. Each year, volunteers give over 7,000 hours of time to our organization's programs and fundraisers. We literally could not operate without all of the in-kind time spent in our programs. Executive Director Micheline Kirby said, "Thank you" is not enough to show our depth of gratitude for our volunteer family. We hope each volunteer understands the impact they have on our community and the seniors we serve."

Another Successful Halloween Party hosted by Gary Klein



Irish Beachers sure know how to party and raise money, all at the same time! On Oct. 28, Gary Klein hosted another annual Halloween party that also doubled as a fundraiser for the Point Arena Food Bank (a program ran by Coastal Seniors). The purpose of the fundraiser was to support the expenses associated with providing turkeys and hams— with all of the fixings— for local families and seniors who face food insecurity throughout the holiday season.

Thanks to Gary and all of his friends, the Halloween party brought in \$3,065 (the highest ever) and a few bags of shelf-stable commodities! In November and December, the PA Food Bank will provide turkeys and hams to about 75 households each month (a total of more than 150 seniors, adults and children). Thank you Gary & friends!

The PA Food Bank will distribute food on Tuesday, November 14, and Tuesday, December 12, from 8:30 a.m.—11 a.m. at the Veterans Memorial Building, 24000 S. Highway 1.

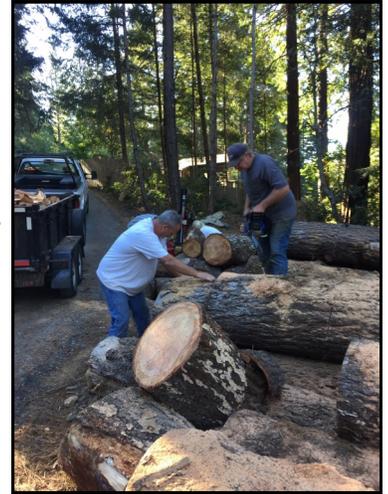
Call Sean at (707) 882-2137 for more information.

Fire Wood for Seniors

Ten volunteers rose early the morning of Oct. 28, to chop and split at least 6 cords of fire wood donated by Gary Marquardt of Anchor Bay. Armed with 3 wood splitters from Clifford Chord, Gualala Building Supply and one other volunteer who requested to remain unnamed, the crew jumped right in, filling Jeff Heenan’s dump trailer and truck bed full of wood. While Alan Ricioli and Jamie Colsen used chainsaws to chop up the fallen trees, Sean Fleming, Josh Alfsen, Clifford, Jeff, Micheline Kirby, Gary, and a few other anonymous volunteers, split and loaded the wood.

The group worked consistently for 6 hours to pull off the job. “This fire wood will help keep a lot of seniors warm this winter,” said Micheline. She continued, “We could not have done this without equipment from H&H Contractors, Clifford, Alan and Gualala Building Supply, or without the donation from Gary and time from all of our volunteers. The saying ‘Many hands make light work’ definitely rang true as we all worked together to make this happened. I would also like to thank Vivian De Armas, Coastal Seniors’ Meals on Wheels Coordinator, for finding a location to store all of the wood.”

If you know a low-income senior who could benefit from fire wood during the rainy/cold season, call Sean at (707) 882-2137.



Question of the Quarter

We’d love to hear from you! Respond to the question below and mail it in to Coastal Seniors, PO Box 437, Point Arena 95468. Responses can be anonymous. Once a week, we will highlight a response to the Question of the Quarter on our Facebook page.

Tell us about your most fond holiday memory. How old were you? What year was it? Who did it involve? What made the memory so special?

Do you consider yourself a good bartender?

Do you enjoy mixing martinis?

If so, we need you!

Coastal Seniors is looking for at least 5 more pairs of bartenders to compete in the 7th Annual Martini Madness fundraiser to benefit Meals on Wheels.



The event is being held on Saturday, Dec. 2 at the Gualala Arts Center in Gualala. For more information on becoming a bar tender for this exciting event, call Micheline at (707) 882-2137.

COASTAL SENIORS
PO BOX 437
POINT ARENA, CA 95468

Nonprofit
organization
U.S. Postage
Paid
Permit No. 73