

COASTAL SENIORS

People helping people.

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Donors, Clients, staff and volunteers:

As many of you know, we received new funding last year from the Adult & Aging Division of Mendocino County Health & Human Services Agency (HHSA) to create and operate new programs. The programs we chose to implement at COASTAL SENIORS were our Friendly Visitor program and The Exchange, which is our monthly discussion group.

We started these programs not knowing whether the funding from the county would be available after the initial year. In fact, we were told not to count on it. Regardless of the funding implications, we understood going into this that the benefits of these programs outweighed the risk of not receiving funding again. We had an opportunity to provide lonely and isolated seniors with an additional life line and companionship through our visitor program and the chance to engage other seniors in thought provoking topics at The Exchange.

We took the opportunity while crossing our fingers for the return of the same funding but ready to fundraise if the funds were not provided after the first year. I am extremely happy and excited to announce that Mendocino County HHSA has stepped up to provide another year of funding for the these two programs.

We are excited to continue doing what we are doing with the Exchange and expanding the Friendly Visitor program. Right now we have three seniors on our waiting list who are excited at the possibility of being paired with a Friendly Visitor. We cannot pair the seniors with a visitor unless we have a volunteer who is available to provide the visit.

If you are or someone you know is interested in being a Friendly Visitor, please contact our office at (707) 882-2137. The guidelines of the program are simple:

1. You must be able to pass a background screening.
2. You must be compassionate, caring, non-judgmental and interested in forming a bond with a senior.
3. You must have enough time available to visit with your senior client at least once per month but no more than once per week for about an hour each visit.

The connections this program has created between our seniors and volunteers are really amazing. As a Friendly Visitor myself, the program is just as awarding for the volunteer as it is for the senior. My 5-year-old daughter is also a visitor (yes, children can be visitors too) and the amount of knowledge and composure she has learned from her senior friend is just incredible.

I look forward to hearing from more community-minded people who want to join our wonderful team of volunteers.

Sincerely,

Micheline White
Executive Director

Meet Our New Office Assistant



Robyn Rogers

As a former JetBlue crew member and pre-school teacher, Robyn Rogers has a lot of experience with customer service and a good handle on patience.

Robyn moved to the area from San Diego about 8 months ago when her husband, Ken Rogers, took a pharmacist position at the Point Arena Pharmacy.

Robyn is the mother of three adult sons; one is an attorney, one is a librarian at San Diego State University and one is a student at the University of Oregon. She does not have grand children yet but cannot wait for the day she will be a grandmother; until then, she is content loving her "grand-dogs."

Also on her résumé is the Program Director for the YMCA and Preschool Director for schools in San Diego. Robyn enjoys traveling, entertaining and volunteering.

In her work environment at COASTAL SENIORS you will often find Robyn with a big smile on her face. She brings a wonderful aura to the office environment. In addition to being the office assistant, Robyn is also the Program Coordinator for our newest program Out & About, which will launch on June 1, 2016.

For up-to-date info on what's happening at COASTAL SENIORS

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



Meet Our New Kitchen Assistant



Bill Solomon

With an interest in cooking fresh food and Asian cuisine, Bill is a great fit as the Kitchen Assistant at COASTAL SENIORS. Bill began working for our organization over 5 months ago. He and his wife, Elizabeth Sheets, moved to the area from Berkeley.

During his career, Bill worked for major financial institutions like Wells Fargo, Charles Schwab, and payroll services at UC Berkeley before retiring with Fireman's Fund.

Bill is the father of two adult children (a daughter and a son) and a grandfather of two. His daughter lives in Honolulu, Hawaii and works as a radio reporter for Hawaii Pacific Radio. His son teaches piano and guitar in Concord.

In his free time you can find Bill cooking and engaging in outdoor activities like hiking. He also enjoys attending music festivals and events.

LEARN MORE ABOUT SENIOR HUNGER IN OUR NATION BY VISITING MEALS ON WHEELS AMERICA ONLINE:

www.mealsonwheelsamerica.org



Facts About the Annual March for Meals Campaign

The annual March for Meals celebration was created by the Meals on Wheels Association of America, now known as Meals on Wheels America, 14 years ago. March for Meals celebrates the Older Americans Act, which was amended in March 1972 by Richard Nixon to establish a national nutrition program for seniors over 60 years old in America—commonly referred to as Meals on Wheels.

Nearly 45 years later, senior nutrition programs are delivering more than just a meal in virtually every community across the country. These critical programs also provide much needed home visits and safety checks, connections to other resources and programs, and a friendly face that seniors rely on.

COASTAL SENIORS has participated in our own March for Meals celebration for seven years and each year our campaign has gained more momentum, raising more awareness than ever before along with more funds to support our nutrition programs.

This year alone we have 16 local business supporting our campaign by selling \$1 March for Meals donation tags or collecting spare change in donation buckets at the registers. Those businesses include:

Surf Market	Gualala Building Supply	Gualala Veterinarian
Gualala Supermarket	TwoFish Bakery	The Sea Trader
Sea Ranch Supply	Jay Baker's True Value	Outback Feed Store
Pirates Cove	Point Arena General Store	Sandbar Restaurant
Point Arena Pharmacy	Four-Eyed Frog Bookstore	Antonio's Tacos
Upper Crust Pizza		

Here are a few reasons the March for Meals awareness campaign is so important in the United States:

- * Every day an average of 10,000 people are turning 65 years old in the U.S.
- * Seniors as a percentage of the U.S. population will grow from 18% in 2010 to 26% in 2050 (that's 57 million in 2010 to 112 million in 2050).
- * 86% of Meals on Wheels clients in our country say that being on the program makes them feel more secure in their homes.
- * 25% of seniors in our nation are living alone and in isolation.
- * The average life expectancy of an average person is 78.7 years old
- * Thousands of people are becoming seniors everyday on top of longer life expectancies.
- * One quarter of today's 65-year-olds will live past the age of 90 and will experience many of their daily chores turning into insurmountable everyday challenges. These seniors already represent the fastest growing population segment in the U.S.

Please go online and visit www.mealsonwheelsamerica.org or the official March for Meals website (www.marchformeals.com) to learn more about why fighting senior hunger and isolation is essential in our country.



DID YOU KNOW?

Doing Good = Feeling Good



We're recruiting good drivers for our new **Out & About** program. We have a new van which we will use to drive a smallish number of seniors (up to 6) to events. This is for people who can drive, or get a ride to a central location. Participants will be dropped-off or park their car at drop-off points in Gualala, Point Arena and Anchor Bay where we will pick them up. We will drive to and from regular and special events. Some will be in our area, and some out of the area. For example, we will drive people to Wednesday night movies in Point Arena, water aerobic classes in Ft. Bragg, exercise classes at the Physical Gym, as well as occasional events in or out of town like the Mendocino Music Festival and the Friday Farmers Market in Mendocino.

We hope you will volunteer to be a regular driver for one of those activities or a backup driver for one time events or fill in when the regular drivers are ill or out of town.

Please help us out. Call Robyn at (707) 882-2237. Ask questions, talk about any issues, and please sign up. You can feel good and do good at the same time. You can make a difference in this community.

COASTAL SENIORS

People helping people.

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

Check Donation: Please send to the address above. Thank you.
Debit or credit card donations: Please call Micheline at (707) 882-2137

FUNDRAISER EARNINGS

October 2015 through February 2016:

October 23, Spaghetti Dinner hosted by Bones Roadhouse & Friends—**\$968**

December 5, 5th Annual Martini Madness hosted by COASTAL SENIORS—**\$21,242.26**

December 12, Christmas Craft Faire hosted by COASTAL SENIORS—**\$1,937.17**

January 22, Spaghetti dinner hosted by So-roptimist International of Mendocino-Sonoma Coast—**\$1,356.70**

February 26, Spaghetti Dinner hosted by the Point Arena Community Chest & PA Lighthouse—**\$702**

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

October—\$956.09

November—\$1000

December—\$980.93

January—\$953.13

February—\$1038.45

FUNDRAISER TOTAL: \$31,134.73

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

October—\$318.69

November—\$677.59

December—\$326.98

January—\$ 317.71

February—\$854.79

TOTAL: \$2,495.76

2nd Annual March for Meals 5K Walk



Pictured above, Team Bibi with donor Gary Klein (center with yellow shirt) handing Executive Director Micheline White a check for \$3,630 in support of Team Bibi. Together the team raised over \$5,000 and had a total of 12 members marching to fight senior hunger and isolation.

The March for Meals 5K walk was a HUGE success! We had 90 participants and six different teams walking in honor of different seniors. The teams were:

- *Team Lil for Lilian Genovese
- *Team Bibi for the mother of our Meals on Wheels Coordinator, Vivian De Armas
- *Team RCMS walking in honor of all the seniors in our community
- *Team June for June Ferguson
- *Team Chopin whose members walked for Clarence Giacomini



Participant and donor Krista Smith with her senior dog Chopin and Executive Director Micheline White. Krista committed to donating \$3,000 to the March for Meals campaign after Chopin was the first senior to cross the finish line.

Many of the people who participated in the walk also collected sponsors to benefit COASTAL SENIORS. Gary Klein (pictured above with Team Bibi in the yellow shirt) challenged Team Bibi to push “a ton of pennies” through the whole 5K course in exchange for a donation equivalent to a literal ton of pennies (\$3,630). The team accepted the challenge and rallied to find enough pennies. When the banks could not supply

enough pennies, the group acquired enough sand to make up for the missing weight. In the end the group was successful and Gary honored his word.

Krista Smith, leader of Team Chopin, also made the walk more interesting. Krista completed the 5K while running the course with her senior dog, Chopin. In honor of Chopin being the first senior to cross the finish line, Krista donated another \$3,000 to the March for Meals campaign.

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.

March for Meals Spaghetti Dinner

Hosted by Arena Union Elementary teachers & staff
5 to 7 p.m. @ the Veterans Building in Point Arena

March for Meals

Hosted by COASTAL SENIORS
Saturday, March 26
10 a.m. @ Gualala Point Regional Park

Spaghetti Dinner

Hosted by the Gualala Lions Club
Friday, April 22
5 to 7 p.m. @ the Gualala Community Center

Spaghetti Dinner

Hosted by the South Coast Volunteer Fire Dept.
Friday, May 27
5 to 7 p.m. @ the Gualala Community Center

Spaghetti Dinner

Hosted by Mary Star of the Sea Church
Friday, June 24
5 to 7 p.m. @ the Gualala Community Center

Spaghetti Dinner

Hosted by Redwood Coast Volunteer Fire Dept.
Friday, July 22
5 to 7 p.m. @ the Veterans Building in Point Arena

3rd Annual Miles for Meals Hike

Hosted by Marlene Padilla
July 25– July 30
Lake Tahoe Rim Trail

Spaghetti Dinner

Hosted by: TBA
Friday, August 26
5 to 7 p.m. @ the Gualala Community Center

CALFRESH SIGN UPS FOR SENIORS

COASTAL SENIORS is hosting a CalFresh open enrollment period on April 11 through April 15.

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.

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!

- New silverware:
 - Forks (72 pieces): \$60.72
 - Spoons (72 pieces): \$31.14
 - Butter knives (72 pieces): \$76.44
- New Wireless Printer
 - Cannon MAXIFY All-in-one Printer: \$108.98

 DID YOU KNOW?

Congratulations to Millie for Being Honored by Soroptimist!



I'm sure you know Millie. If you don't, you should. She is the recipient of the Soroptimist Ruby Award which honors women who make a difference in their community, as Millie has in ours. This year, in honor of Millie the

Soroptimists named their annual \$1800

donation the "Millie Harris Matching Donation Challenge" in coordination with our March for Meals campaign to help stamp out senior hunger wherever it exists. Thank you to the Soroptimists

for their continued generosity to Meals on Wheels.

And please, help us match the \$1800 donation. All checks and credit card charges dated by March 31 will be counted in the March for Meals campaign. Send your check to the address below or call at the number below if you prefer to use your charge or debit card for the donation.

And when you see Millie, don't forget to thank her for all she does for us.



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

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

LAUGHTER IS GOOD FOR THE SOUL

An elderly gent was invited to his old friend's home for dinner one evening.

He was impressed by the way his buddy preceded every request to his wife with endearing terms like Honey, My Love, Darling, Sweetheart, Pumpkin, etc.

The couple had been married almost 70 years, and clearly they were still very much in love. While the wife was in the kitchen, the man leaned over and said to his host, "I think it's wonderful that, after all these years, you still call your wife those loving pet names."

The old man hung his head and said, "I have to tell you the truth," he said, "I forgot her name about 10 years ago."

MORAL OF THE STORY: BEING SWEET WILL GET YOU THROUGH EVERY PART OF LIFE.

**COASTAL SENIORS
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POINT ARENA, CA 95468**

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