

COASTAL SENIORS

People helping people.

Board of Directors:

Donors, Clients, staff and volunteers:

Carolyn André
(Chair)

In the beginning of May, the Adult and Aging Division of Mendocino Health and Human Services contacted me to inform COASTAL SENIORS of one-time-only funding available for our organization to use in one of two ways: to help support current services or to create a new service for seniors (we receive annual funding from the County through this agency to perform outreach and provide Information & Assistance to seniors in our service area— this money is separate from our regular funding).

Kitty Wolfe
(Vice Chair)

It is COASTAL SENIORS' mission to identify the needs, provide services and promote the well-being of seniors in our community. For the past two years, I have worked closely with my Board of Directors to try to identify the most crucial problems among seniors in our communities and what we can do to help solve those problems. Every discussion we had led back to two issues: loneliness and isolation— the two problems that medication and doctor's visits cannot solve. To get at the bottom of these problems we concluded that the one-time funding from MHHS would be best spent investing in new programs that will reduce these problems.

Sheri Kirby
(Secretary)

It is with much excitement that I get to announce that beginning July 1, 2015, COASTAL SENIORS will have two new programs: The Exchange and Friendly Visitors.

Richard Hughes
(Treasurer)

The Exchange will be a monthly discussion group geared toward getting our isolated clients to socialize and provoke mental stimulation. Each group will last 1-2 hours and will be led by a trained facilitator who uses a discussion guide on various topics to get participants talking and having fun (think "Book Club" without the book). Transportation and light food will be provided for participants. It is our hope that The Exchange will bring seniors together, form friendships, and most importantly, help reduce loneliness and isolation.

Bruce Garland

Randy Jones

Friendly Visitors is another program aimed at reducing isolation and loneliness. For this program, seniors will be paired with a volunteer who has common interests. Volunteers will be people of all ages who are trained and undergo background screening prior to being assigned to a senior. Once a senior and volunteer have been matched, they will determine what days and times are best for them to meet; visits can be once a month or as often as once per week. During each visit, seniors and their Friendly Visitor can do any sort of activity: play cards or watch movies together, go on walks, trade stories and experiences, play board games, or anything else that they consider fun. The goal with this program is to get homebound and isolated seniors socializing with a visitor that they can build a friendship with.

Susan Sandoval

Rufus Savage-Friedman

Michael Staples

One thing I think is most important to point out when discussing these programs is that isolation and loneliness impact the mental and physical health of seniors. Isolation leads to decreased cognitive awareness due to the lack of interaction, and loneliness drastically increases the chances of depression and suicide—depression can also have negative effects on already existing health issues.

Walt Wells

Call our office at (707) 882-2137 for more info, to sign up or to refer a friend.

Sincerely,

Micheline White
Executive Director

MENDOCINO MUSIC FESTIVAL

The 29th Annual Mendocino Music Festival is coming to the coast and COASTAL SENIORS will be providing rides to and from the event on two different days.

The festival is held in the town of Mendocino and runs from July 11 to July 25; it is chalked full of a variety of musical acts, from orchestra style shows to piano soloists and vocalists.

The first day the bus will provide rides for seniors is on Sunday, July 19, for the 3 p.m. lecture on “Mozart with Punch and Dreck” in the Tent Concert Hall. During this lecture, guests will “learn about the drink of Enlightenment,” and “hear Mozart at his naughtiest in the comic trio *Das Bandel* (The Lost Garter Belt) K. 441 and the canon *Bona Nox* K. 561, with historian Bob Winn.”

The second trip to the festival will be on Thursday, July 23 for the 3 p.m. JASBO in the Preston Hall. JASBO, also known as “Jazz, Art Song, Broadway, Opera,” will be presented by the Jade Jazz Ensemble and singers from the Berkeley Young Musicians Choral Orchestra.

Tickets for both shows should be purchased prior to the day of the event by calling (707) 937-4041 or online at mendocinomusic.org.

Seniors who do not wish to attend the music festival but would like to ride the bus to spend the afternoon in Mendocino are welcome to join. Roundtrip bus fare for each rider is \$10; stipends may be available for seniors who cannot afford the \$10 bus fare.

For more information call Micheline at (707) 882-2137, visit www.mendocinomusic.org, or stop by our office in Point Arena to obtain a full festival brochure.

CASINO NIGHT

Seniors who would like the opportunity to have dinner, play the slots and enjoy a night out with friends without the hassle of driving at night, can ride the bus for our monthly senior Casino Night.

On the fourth Tuesday of each month our bus provides door-to-door rides for seniors from home to the Garcia River Casino. Seniors who ride the bus will receive a free \$5 playing card from the casino and 20% off of food at the River Grille restaurant. There is a nominal fee of \$1- 4 for bus fare. Pick-ups begin around 5 p.m. and seniors are given about 2 hours to enjoy dinner and fun.

All of the seniors who have rode the bus for Casino Night have said it was a great time. Those who would like to ride the bus must call our office at (707) 882-2137 and schedule a pick-up by 10 a.m. the day prior to the event.

The following is a Casino Night schedule for the next 3 months (all on Tuesday):

June 23, 2015

July 28, 2015

August 25, 2015

REACH: DISCOUNT FOR SENIORS

Seniors now have the opportunity to save money on their REACH Air Medical Service membership by signing up through COASTAL SENIORS.

A regular membership with REACH costs \$65 per year. Those who sign up through COASTAL SENIORS pay \$55/ year. One membership covers everyone living in a household. If you are a member and at any point need to be airlifted due to a medical emergency, there would be no out-of-pocket expense for being transported.

COASTAL SENIORS does not receive anything in return for offering the discount— it is simply a service for our seniors.

Seniors who are already enrolled in REACH can sign up as a COASTAL SENIORS’ member at no charge—once that membership expires the discount will appear on the renewal paperwork.

To enroll as a COASTAL SENIORS member, stop by and pick up the paperwork. For more information call (707) 882-2137.

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



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

2nd ANNUAL MILES FOR MEALS HIKE



Pictured above: Last year's hikers (Garrett Gunheim, Zephyr Gunheim, Micheline White, and Kim Barber) stop to rest during the first leg of their 4-day hike along the Lake Tahoe Rim Trail.

On August 5, avid hiker Marlene Padilla (AKA “The Elusive Rutabaga”) and Micheline White (AKA “Tank Girl”) will depart on the 2nd Annual Miles for Meals hike along with seven other hikers who are all eager to raise funds for COASTAL SENIORS’ Meals on Wheels program.

This year the team of nine will complete 52 miles each along the Pacific Crest Trail in Desolation Wilderness—a portion of the Lake Tahoe Rim Trail. Each hiker will camp outdoors for four nights, bringing with them only what they can carry on their backs.

Beside Micheline and Marlene, other hikers include:

- Mary Ann Watts
- Brenda Stone
- Aaron Kirby
- Nancy Epanchin
- Erin Piper
- Michelle Eggers
- Katrin Relman

Each hiker has committed to raising a minimum of \$500 each to participate in the hike by collecting flat fee sponsors or per-mile pledges (think jog-a-thon or bat-a-thon). All funds raised go directly toward funding the local Meals on Wheels program, which serves between 550-600 meals per month to homebound seniors who are unable to prepare food on their own due to frailty, illness, injury or recovery from a procedure.

To donate to the 2nd Annual Miles for Meals hike to benefit Meals on Wheels you can send a check to COASTAL SENIORS at PO Box 437, Point Arena, CA 95468. When writing a check please be sure to put “Miles for Meals” in the memo portion of the check.

Donations can also be made by stopping by the Vets Building (24000 S. Hwy. 1) in Point Arena during lunch on Monday and Wednesday (11:30 a.m.-1 p.m.) or during lunch on Tuesday at the Gualala Community Center. Other ways to donate are via PayPal on COASTAL SENIORS’ website (www.coastalseniors.org) or via our CrowdRise fundraising website at: www.crowdrise.com/2ndannualmilesformealshike/fundraiser/michelinewhite. Credit Card donations can also be made over the phone by calling (707) 882-2137.



MEALS ON WHEELS IS IN NEED OF REUSABLE CLOTH BAGS FOR OUR DAILY MEAL DELIVERIES. BAGS CAN BE DELIVERED TO OUR OFFICE AT THE VETS HALL IN POINT ARENA (24000 S. HWY.1) OR DURING THE TUESDAY SENIOR LUNCH AT THE GUALALA COMMUNITY CENTER (11:30 A.M.–1 P.M.). PICK-UPS CAN ALSO BE ARRANGED BY CALLING OUR OFFICE AT (707) 882-2137.

D I D Y O U K N O W ?

We serve meals to people who just need a little help post-surgery.



You might know Susan from the Gualala Nursery. She's had a tough time the last couple years. She had surgery for breast cancer, had chemo, had more surgery, and on and on. All at Stanford, three+ hours away.

Meanwhile, she and her husband, Tony, have a business to run. So when Susan returned home after surgery they got Meals on Wheels until Susan was feeling stronger.

We couldn't help with the cancer. Or the chemo.

But we can help by delivering nutritious meals to people who need a little help, as long as they're 60 or over. Whoops! Next time you see Susan, please tell her she looks great. Not a day over 59.



COASTAL SENIORS

People helping people.

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

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

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

FUNDRAISER EARNINGS

February through May 2015:

Feb. 27, Spaghetti Dinner hosted by Point Arena Lighthouse and the PA Community Chest—**\$706.10**

March for Meals campaign, hosted by COASTAL SENIORS—**\$3,369.75**

March 27, Spaghetti dinner hosted by Arena Union Elementary School—**\$889**

April 17, Spaghetti Dinner hosted by South Coast Volunteer Fire Department—**\$1,054**

May 22, Spaghetti Dinner hosted by the Gualala Lions Club—**\$686**

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):

January—\$936.92

February—\$906.53

March—\$1,374.40

April—\$1,299.56

May—\$1,217.07

FUNDRAISER TOTAL: \$12,439.33

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

January—\$312.30

February—\$302.17

March—\$458.13

April—\$433.18

May—\$447.02

TOTAL: \$1,952.80

SOROPTIMISTS CHALLENGE THE COMMUNITY TO MATCH THEIR DONATION

The Soroptimists International of the Mendocino-Sonoma Coast has issued a challenge to the community: match a \$2,000 donation that they gave to COASTAL SENIORS.

Each year since 2009, the Soroptimists have given COASTAL SENIORS a donation and challenged the community to match the donation, resulting in over \$41,700 to support Meals on Wheels over a 6-year span.

In order to show the Soroptimists that we are putting our best foot forward to fundraise in honor of the donation, we are asking the community to donate to match the \$2,000.

We accept cash donations in our office, checks written to COASTAL SENIORS, or credit card donations over the phone or in our office. If you are donating as a result of the Soroptimists donation challenge please be sure to let us know so that we can properly track the funds. As always, thank you for you supporting Meals on Wheels—it is one of our most important services.

BEWARE OF MEDICARE FRAUD

The California Senior Medicare Patrol has received reports of groups giving presentations to seniors or offering ice cream socials while also conducting “cheek swabs” for genetic testing. These tests can help alert people about potentially negative interactions to medications they are taking, as genetically some people don't respond well to certain drug therapies. Yet, Medicare only covers such a test if there are already signs, symptoms, complaints, or personal history of disease or injury warranting a test, and a person's physician orders it. Medicare does NOT cover it as part of a generic group screening.

If you encounter people offering such group screenings, saying Medicare covers this testing free of charge and that all they need is your Medicare number, stop! This is a red flag. Do not give them your Medicare number. They may be committing fraud or abuse and charging Medicare over \$1,000 for unneeded tests. If you or someone you know comes across this scam, immediately call the Health Insurance Counseling & Advocacy Program (HICAP) at 1(800) 434-0222.



5th ANNUAL

MARTINI MADNES

Saturday, Dec. 5

5 p.m. to 8 p.m.

Gualala Arts Center

Call Micheline at (707) 882-2137 to reserve your tickets or to book a table in advance

COMMUNITY FOUNDATION GRANT AWARD ALLOWS FOR NEW REFRIGERATOR



Thanks to the grant-writing efforts of Susan Levenson-Palmer, COASTAL SENIORS was able to acquire a new 3-door, energy efficient refrigerator for our senior lunch program.

In April, the Community Foundation of Mendocino County awarded our organization with \$3,000 to replace our old, smaller refrigerator that had begun to rust.

Having more refrigeration space will allow for better storage and more efficiency for our staff.

FUNDRAISER SCHEDULE

The following is a list of upcoming fundraisers (this schedule is subject to change if needed). Call Kitty at (707) 882-2133 if you would like to volunteer:

Spaghetti Dinner

Hosted by Mary Star of the Sea Church

Friday, June 26

5 to 7 p.m. @ Gualala Community Center

Spaghetti Dinner

Hosted by Redwood Coast Fire Department

Friday, July 24

5 to 7 p.m. @ Veterans Memorial Bldg., Point Arena

Discover the Coast Luncheon

Hosted by COASTAL SENIORS

Saturday, August 1

10 a.m.-3 p.m. @ the Veterans Memorial Bldg.,
Point Arena

Spaghetti Dinner

Hosted by the Redwood Credit Union

Friday, August 28

5 to 7 p.m. @ Gualala Community Center

IRISH BEACH RESIDENTS BEEF UP SUPPORT FOR PA FOOD BANK

The Point Arena Food Bank has had an increasing amount of support from the community over the past year, including regular monthly donations from the Gualala Community Center's Tuesday Pay N' Take clothing sale, food drives from the Pacific Charter School, Manchester Elementary, Point Arena Post Office, Coast Community Library, and the Manchester Grange.

In addition to this amazing support, Irish Beach residents Susan and Gary Levenson-Palmer and Gary Klein have bolstered more support through donation drives during parties that they have hosted. Susan and Gary also connected Irish Beach resident Mike Cope with our food bank. Mike has since rallied food donations from food distributors like Annie's, Alexia, Crystal Farms and more.

These donations are extremely vital to our program because we do not receive any funding from the County or government for the Food Bank. We want the community to know how grateful we are for all the support. We literally could not do it without you!

The Point Arena Food Bank is open to people of all ages who meet the income requirements. We distribute to about 85-125 family members per month.

CALFRESH SIGN UPS FOR SENIORS

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.

If you have difficulty purchasing food each month you may qualify. Contact Micheline White at (707) 882-2137 to schedule an appointment. It is important to note that seniors receiving monthly SSP benefits do not qualify for this program.

MEET VIVIAN DE ARMAS— OUR NEW MEALS ON WHEELS COORDINATOR



A passionate person with an interest in helping others, Vivian De Armas is a perfect fit for the Meals on Wheels Coordinator position. Vivian was hired in May and has hit the ground running with new ideas and outreach projects to let the community know more about our home-delivered meal program.

After raising her daughters in the Bay Area, Vivian moved to Gualala almost 10 years ago. She is working toward a degree in Human Behavioral Sciences and continues to further her education at San Francisco State. Vivian is fluent in Spanish—it is COASTAL SENIORS' hope that having a bilingual MOW Coordinator will help connect our organization to a large portion of the community that may not know about our services.

“My favorite activities include spending time with family, especially my daughters, gardening, cooking, and traveling,” said Vivian. She continued, “My passion is helping others, especially children and seniors.”

Vivian has experience working with seniors who have beginning and advanced Alzheimer's and dementia and frail seniors who need in-home care.

“I feel blessed to have been hired for this position,” Vivian said. “My favorite part of my job is the relationships that I am building with the seniors.”

“We are lucky to have Vivian,” said Executive Director Micheline White. “We have no doubt that her experience and interest in helping others will have a profound effect on our organization as we continue to grow and develop more programs.”

SUICIDE PREVENTION FORUM

HOSTED BY **COASTAL SENIORS**

Thursday, June 25 @ 5:30 p.m.

Gualala Community Center

Open to the public; Free

Between 4 and 5% of all people will attempt suicide in their lifetime and at least 1 in 9 people seriously consider suicide as an option.

Learn how to identify the signs and symptoms of suicide and what steps you can take to help someone at risk.

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



This is what they call “Meals on Wheels” in northern Canada

**COASTAL SENIORS
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POINT ARENA, CA 95468**

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