

COASTAL SENIORS

People helping people.

Board of Directors: Donors, Clients, staff and volunteers:

Carolyn André
(Chair)

Are you an active senior who enjoys attending movie nights at the Arena Theater, music festivals, exercise classes, water aerobics, farmer's markets and more? I'm sure most of you reading this could say "Yes" to at least one (or maybe all) of those activities. If so, Coastal Seniors has the program for you!

Susan Sandoval
(Vice Chair)

Our new "Out & About" program launched on Tuesday, June 14, with a trip to the Sea Ranch Golf Links for a free weekly golf clinic taught by golf professional Greg Anderson. Looking for other ways to stay active? Join us for weekly water aerobics in Fort Bragg or a balance class taught by Kenny Jowers at Physical Gym.

Steven Winningham
(Secretary)

The Out & About program is a social activities program for seniors who are still active but may have trouble driving long distances, at night time, or would enjoy riding to activities with friends. This is also a great way to meet new people with common interests who live in the community.

Bruce Garland

We were recently gifted \$20K from an anonymous donor to start this program. The money will be used to pay for the costs associated with running and operating the program for one year. With the money we were able to lease a brand new Toyota Sienna that provides enough room to transport 6 passengers to and from each activity in comfort.

Marghi Hagen

Currently there are activities scheduled through the end of August (See page 2 for a snap shot of the calendar). If you are interested in attending an activity, call Robyn at (707) 882-2237 to reserve your spot in the van as soon as possible. Rides are given on a first-come, first-serve basis. Participants will be picked up and dropped off at central locations (Gualala Community Center, Anchor Bay dirt pull-out, Point Arena Veterans Building, and Garcia Grange). To ride to a local activity the fare is \$5; to go on an out-of-town activity the fare is \$10. Participants are also responsible for paying for any fees associated with the activity (see calendar for cost of each activity).

Randy Jones

Please help us make this program sustainable and successful by signing up for activities and volunteering to drive (call the number listed above to volunteer). And please, spread the word to others you think would find the program useful.

Michael Staples

Walt Wells

Our whole staff and Board of Directors is really excited about this program because we believe it will act as a preventative program that keeps seniors active and more in touch with the community as they age. For more information, visit our website at www.coastalseniors.org and click on the "Services" page.

Kathy White

Sincerely,

Micheline White
Executive Director

Out & About

Activities Calendar

Call Robyn at (707) 882-2237 to book your ride!

Visit our website for the full 3-month calendar: www.coastalseniors.org

JUNE 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14 Group Golf Clinic Sea Ranch Golf 10am Free!!	15 Movie Night Arena Theater 6:30pm \$7 / \$6 member	16 Exercise Class "Balanced for Daily Living" Physical Gym 3-4pm \$10	17 Water Aerobics Fort Bragg Aquatics 11am-2pm "Silver Sneakers" or \$5	18
19 Father's Day	20 Water Aerobics Fort Bragg Aquatics 11am-2pm "Silver Sneakers" or \$5	21 Group Golf Clinic Sea Ranch Golf 10am Free!!	22 Movie Night Arena Theater 6:30pm \$7 / \$6 member	23 Exercise Class "Balanced for Daily Living" Physical Gym 3-4pm \$10	24 Mendocino Farmers' Market noon-2pm	25
26	27	28 Group Golf Clinic Sea Ranch Golf 10am Free!!	29 Movie Night Arena Theater 6:30pm \$7 / \$6 member	30 Exercise Class "Balanced for Daily Living" Physical Gym 3-4pm \$10		

JULY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Water Aerobics Fort Bragg Aquatics 11am-2pm "Silver Sneakers" or \$5	2
3	4 Independence Day Closed for Holiday	5 Group Golf Clinic Sea Ranch Golf 10am Free!!	6 Movie Night Arena Theater 6:30pm \$7 / \$6 members	7 Exercise Class "Balanced for Daily Living" Physical Gym 3-4pm \$10	8 Mendocino Farmers' Market noon-2pm	9
10	11	12 Group Golf Clinic Sea Ranch Golf 10am Free!!	13 Movie Night Arena Theater 6:30pm \$7 / \$6 members	14 Exercise Class "Balanced for Daily Living" Physical Gym 3-4pm \$10	15 Water Aerobics Fort Bragg Aquatics 11am-2pm "Silver Sneakers" or \$5	16 Music Festival Big Band Rehearsal Tent Concert Hall 10am- free!!
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COMING SOON: Fall Prevention Program

As a collaborative effort, Coastal Seniors has been working 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 will help teach seniors and dependent adults how to minimize their risk of falling.

Why are we doing 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.

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 groups have identified programs and services that the local Fall Prevention program will encompass:

- 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.

Program development is still under way but keep your eyes peeled for more info on this beneficial program in the near future! If you are interested in becoming a volunteer for the Home Safety inspections, please contact Micheline at (707) 882-2137.

Big "Thank you" to Good Buy Clothes!

Coastal Seniors received a \$1,000 general donation from Good Buy Clothes in May. Good Buy Clothes has been donating to Coastal Seniors for many years and we are very grateful for their on-going support. General donations made to our organization help support all of our programs. We could not continue doing what we do for our senior community without this sort of support. Be sure you don't miss out on the clothing sales at Good Buy Clothes. Not only are there great deals but the money raised from the sales goes back into the community.

**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)**

Acorn Stair Lift

Coastal Seniors recently received an Acorn Stair Lift as a donation to our organization. We do not have the space to store the stair lift for a long period of time. If you or another senior/dependent adult are in need of this sort of device, contact our office and arrange a pick-up time. The device does need to be installed by a professional who knows how to properly stabilize the equipment before use. The stair lift can be provide free of charge to whoever can use it (we do accept donations to our Outreach program).

Here are some other items we have available through our Loaner Medical Equipment program:

- wheel chairs
- knee scooters
- walkers
- canes
- commodes
- elevated toilet seat inserts
- electric scooters

Call (707) 882-2137 to reserve equipment.

Aging in Place Mendonoma

By Steven Winningham
Chair of Aging in Place

We are certainly blessed to be living here on the magnificent Mendonoma Coast where beauty, nature and wonderful people are all in abundant supply. As a more mature community many of us have worked long and hard to reach this point where we can enjoy life, explore new things and perhaps even reinvent ourselves. Most of us never want to leave.

As we age, the support and services needed for our quality of life change. Medical issues may confront some of us. Transportation can become an issue overnight with the loss of one driver's license or the primary family driver. As mobility is compromised, in-home assistance may be needed on a short- or long-term basis.

In efforts to address these issues, a local grass roots organization was formed. Aging In Place Mendonoma (AIPM) is now collaborating with our local medical and social service organizations hoping to address impediments to safely aging here with the highest quality of life.

Last year in an effort to better understand the concerns of our community, AIPM conducted surveys, interviews and focus groups to determine the most important needs. They also analyzed other "like" communities across the country to determine how other organizations were addressing the aging issue. Key areas of concern identified were: 1. Transportation 2. Isolation/depression 3. In-home care and 4. Home maintenance. Transportation is the number one issue across the country in urban, suburban and especially rural settings like ours.

AIPM then met with existing local organizations to share findings and work with them to determine which issues they could best address. The good news, we do have a number of services available in our area, more than many communities. The bad news, many are unknown to the community at large or may not be scalable to support the growing numbers as the baby-boomers continue to enter and travel through their senior years.

Currently, the organizations in collaboration are: Redwood Coast Medical Services (RCMS), Coast Life Support District (CLSD), Coastal Seniors and Community Resource Connection (CRC).

AIPM's is currently focused on the following:

- Working with a local organizations to develop a single point of contact (SPOC) to help the community find resources when needed.
- Developing a digital resource guide where people can find available supportive services and information both locally and outside our immediate area.
- Working with CLSD, RCMS, Coastal Seniors and community members to develop the Community Fall Prevention Program coming later in 2016 (See page 3). And, working with Sonoma County Area Agency on Aging to bring the nationally recognized program A Matter of Balance to the North Coast. This program emphasizes practical strategies to reduce the fear of falling and increase activity levels.
- Developing a digital newsletter to keep interested parties up-to-date on our development plus other topics of interest to the community.

Going forward, more community engagement is needed to help with projects to support our local organizations as they build for the future. Engagement opportunities are very flexible, quite rewarding and can be customized to support anyone's schedule. Contact RCMS (884-9202), Coastal Seniors (882-2137) or CRC (884-4562) to discuss the possibilities. If you are interested in helping AIPM or would like to be added to the newsletter distribution list send an email to aginginplacemendonoma@gmail.com.

Working together to address these challenges will help our community thrive. And hopefully we will have a little fun doing it!

FUNDRAISER EARNINGS

March 2016 through May 2016:

March for Meals, Donation tag sales at local businesses—**\$4,134.36**

March 25, Spaghetti Dinner hosted by Arena Union Elementary School—**\$659**

March 26, March for Meals 5k walk—**\$12,839.88**

April 22, Spaghetti Dinner hosted by the Gualala Lions Club—**\$816**

May 27, Spaghetti dinner hosted by South Coast Volunteer Fire Department—**\$1,055**

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):

March—\$1,187.58

April—\$1,075.43

May—\$1,024.60

FUNDRAISER TOTAL: \$22,791.85

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

March—\$395.85

April—\$358.47

May—\$341.54

TOTAL: \$1,095.86

March for Meals

Our March for Meals awareness campaign and 5k walk fundraiser was a huge success this year. We reported on the event in our last newsletter but did not have the opportunity to give much needed credit to some of our local businesses who sold donation tags throughout the month of March and helped our campaign raise another \$4,134. Pictured below are **Margaret and Hilla**, owners of **TwoFish Bakery** in Sea Ranch (and now also in Stewarts Point). Margaret and Hilla were the top business earners for us and brought in \$1,200 for Coastal Seniors' campaign. Just amazing!

Another business that helped raise money was **Surf Market**, which is a long-time supporter of our programs (bottom picture, with owner **Steve May**, left, Executive Director **Micheline White**, center, and owner **Alan Olesen**, right).

Also helping with the campaign were **Gualala Supermarket**,



Sea Ranch Supply, Gualala Building Supply, Arena Pharmacy, Jay Bakers, Antonio's Tacos, The Sea Trader, Arena Market, Point Arena General Store, Four-Eyed Frog Bookstore, Gualala Veterinarian, Sandbar Restaurant.



Point Arena General Store, Four-Eyed Frog Bookstore, Gualala Veterinarian, Sandbar Restaurant.

Thank you also to our 5K walk help from Denny Gold for leading warm-ups and Dj Aibe for spinning great music! Thanks to everyone's efforts, we were able to acquire \$2,000 in grant money for our work on the 2016 March for Meals campaign.

Don't be a victim of SCAMS!

Never give money over the phone! If you receive a call from a person demanding money for 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!

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

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

Miles for Meals

The 3rd Annual Miles for Meals hike is set to take place during the last week of July. The 53-mile hike will take participants through a portion of the beautiful Tahoe Rim Trail wilderness.

There are still six spots available for moderate, experienced hikers to join. Hikers are responsible for carrying all of their belongings and resources by backpack.

Prior to the hike participants are required to raise a minimum of \$500 to benefit Coastal Seniors Meals on Wheels program, which helps feed seniors who are homebound due to illness, injury, frailness or because they are recovering from sickness or medical procedures.

"The hike is always a blast and provides the perfect opportunity for hikers to unwind, relax and enjoy the outdoors while enduring a physical challenge," said Micheline White, Executive Director of

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 and other events—\$119
- Portable Projector Unit for presentations, fundraisers and educational forums—\$79.86
- Portable Projector Screen for fundraisers and educational forums—\$69.65
- 30" Steel Wok for cooking senior lunches and Meals on Wheels—\$150

Special thanks to the following people for purchasing items on our wish list in the last newsletter:

- Mike Cope for purchasing a new printer for our office.
- Shirley Marks for purchasing new silverware for the dining room in Point Arena.
- Vernon McNamee for purchasing new silverware for the dining room in Point Arena.

Coastal Seniors. Those interested in joining the hike should contact Micheline at (707) 882-2137. If you would like to learn more about the hike before committing, be sure to ask about the upcoming planning meetings where you can be filled in on all of the hike details.

To make a donation to the fundraiser, visit <https://www.crowdrise.com/3rd-annual-miles-for-meals/fundraiser/michelinewhite> or call Micheline at the number above.

DID YOU KNOW?

We've Got Hot Lunches and Hot Bods!



It's hard to know what people like best about our lunches. It could just be our healthy, nutritious meals. Or, maybe it's who we serve them to, like Mike here. Or it's our famous salad bar. The best in town. Technically, the only one in town. It could be the fact that there is always a hot entrée. Or maybe what people like best is that we always end with a dessert. Every time. The price surely brings some people in. We ask for a donation of \$8.00 if you're a senior and \$10.00 if you're lucky enough not to be a senior. And if you want just the hot entrée (and I don't mean Mike), the suggested donation is half of that. Same deal if you want just a salad. Funds tight this week? You don't have to donate anything at all. Whether you're a senior or not, people have a lot of fun. We're not all old fuddy duddies. And even if we are, we all have a well-honed sense of humor. You'll see- as you get older you pretty much have to. Bring your friends and come join us. See what you think. Bets are you'll be back. Monday and Wednesday at City Hall (our office) in Point Arena- Tuesdays at the Community Center in Gualala. If you need a ride contact Micheline at the number below.

COASTAL SENIORS

People helping people.

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

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

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

Looking to hire a caregiver?

It is extremely important to screen caregivers before hiring and allowing them in your home.

Elder Abuse is a serious problem.

Protect yourself.

Ask the right questions.

Obtain a background screening.

Collect references.

For more information on elder abuse and how to screen caregivers properly, call Coastal Seniors at (707) 882-2137.

Soroptimist Matching Donation Challenge

Coastal Seniors is still trying to meet the Soroptimists' donation challenge. The group gave our organization \$1,800 in March as a challenge to the community to meet or exceed the donated amount. We still need more money to match the challenge.

If you would like to help, please make a check to Coastal Seniors and write "matching donation challenge" in the memo. Checks can be mailed to PO Box 437, Point Arena 95468. Thanks for helping us hold up our end of the bargain!

**COASTAL SENIORS
PO BOX 437
POINT ARENA, CA 95468**

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