

COASTAL SENIORS

People helping people.

Board of Directors: Donors, Clients, Staff and Volunteers:

Carolyn André
(Chair)

Another year has come and gone and a lot has changed here at the senior center (including my last name!). We have a new staff full of energized, compassionate people who enjoy helping out the community while they work (see page 4); we have new programs (see page 2); and we've been working really hard to enhance the programs we've offered for years (also on page 2).

Susan Sandoval
(Vice Chair)

Coastal Seniors will be 34 years old in March. It's amazing to see how far this organization has come. From what I have gathered through stories from local "old timers," Coastal Seniors—once South Coast Seniors— began in the early 1980s as a regular gathering of locals who came together in a pot-luck style setting to socialize. The group would also package plates of food for their homebound friends and deliver it to their homes to help them along while recovering from illness or because of frailness. The organization was officially recognized as a 501c3 in 1983. Along the way the senior lunch program became official; Meals on Wheels became a coordinated program that has served thousands of seniors throughout the years; the service area of the organization was expanded to the north through Irish Beach and to the south through Stewarts Point; and programs like transportation, suicide prevention, mental health, Friendly Visitors, discussion groups, outreach, CalFresh, and more, have been developed and successfully sustained.

Steven Winningham
(Secretary)

Marghi Hagen
(Treasurer)

Our mission statement is to *"Identify needs, provide programs, and promote the well-being of seniors in our coastal communities."* We've been able to uphold that mission with hard work and a lot of support from volunteers and almost every local business along our service area. Our main goal, which supports part of our mission statement, is to eliminate isolation and loneliness for seniors. Our team is constantly thinking of ways to get seniors involved, no matter their limitations, in order to enrich the lives of our clients.

Paddy Batchelder

Bruce Garland

With this in mind, I would like to take a minute to thank Surf Market for something special that they did for a senior in our community. Millie Harris, a former Surf Market employee and long-time participant in Coastal Seniors' programs, passed away on January 28, 2017. Millie worked for Surf Market for 24 years. Toward the end of her employment it became difficult for her to continue working in the deli where she prepared some of the best biscuits & gravy on the coast. Millie suggested to Steve May, Teri Cooper and Alan Olesen (the owners of Surf Market) that she needed to retire. The crew wanted to keep Millie on board and working so they came up with a job that she could do in order to remain an employee: organizing and managing the magazine aisle.

Walt Wells

I would like to commend Steve, Teri, and Alan for their compassion and love for Millie. What they did for Millie was more than just giving her a job, they gave her purpose. Having purpose as we age is extremely important. Without purpose, many people begin feeling depressed, lonely, isolated, and hopeless. Surf Market gave Millie a reason to keep smiling every day. Thank you. ❤️

Kathy White

Sincerely,
Micheline Kirby



Matter of Balance: A program of the Community Fall Prevention Program

On Tuesday, Sept. 25, 2016, seven community members received certificates for completing our first eight week “A Matter of Balance Class” at the Coast Life Support District Bill Platt Training Center in Gualala. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. The classes teach that falls are controllable, to set goals for increasing activity, to make changes to reduce fall

risks at home, and to exercise to increase strength and balance. People who should attend include those concerned about falls, anyone interested in improving balance, flexibility and strength, anyone who has fallen in the past, and anyone who has restricted activities because of falling concerns.

Some changes participants made as a result of the class were: exercising daily, purchasing non-skid rugs in front of sinks, feeling physically stronger, and improved balance. One participant described a feeling of camaraderie within the group and explained that understanding others were experiencing and dealing with similar issues made it easier to talk about concerns.

A Matter of Balance is part of the overall Community Fall Prevention Program that was developed by Aging in Place Mendonoma, CLSD, Coastal Seniors, RCMS and local strength and balance professionals. In addition to the class, the program offers home safety checks and a list of local strength and balance resources.

The second class began in Timber Cove in January. We are currently arranging a class at the Manchester Community Center and hope to do more classes in Timber Cove and Gualala later in the year. If you are interested in future classes or other Community Fall Prevention Program resources please call Micheline Kirby at (707) 882-2137 or Heather Regelbrugge at (707) 684-0606.

Suicide Prevention Workshop

Coastal Seniors will host a Suicide Prevention Workshop on Tuesday, March 14, from 5 p.m.—6 p.m., at the Elaine Jacob’s Center in Gualala. The workshop is free and open to people of all ages.

The workshop will discuss different signs and symptoms of a person at risk of suicide, ways to help, what to say, and what steps to take when helping a friend or loved one who is struggling with depression and suicidal thoughts.

For more information call Micheline Kirby at (707) 882-2137 or email coastalseniors@exede.net.

CalFresh

Are you in need of assistance for grocery money? Do you have a difficult time purchasing necessary food items to feed yourself, your family, or others in your household? Do you have assets, like a house or vehicles, but no longer receive enough income to get by?

If so, consider applying for CalFresh. The CalFresh program gives grocery benefits on a debit card to those who qualify for the program. Assets are no longer a factor in qualifying for benefits. If you are a senior, you only have to renew your application every two years. To make it easier on you, our staff is here to help. For more information about the program, or to register for benefits, contact Vivian De Armas at (707) 882-2237 or (707) 353-0073.



5K Walk

Saturday, March 25 @ 10 a.m.

Gualala Point Regional Park

MARCH WITH **COASTAL SENIORS** TO CELEBRATE THE
2017 MARCH FOR MEALS CAMPAIGN
TO RAISE AWARENESS FOR SENIOR HUNGER & ISOLATION

\$35 Registration for Adults

\$20 for Youth 17 & Under

- or -

Raise \$100 in sponsors and registration is free!

Form a team of 6 or more and walk in honor of a senior who has positively impacted your life

(The same registration fees and/or sponsor program apply to each person walking in a group.)

- *Participants will receive a campaign t-shirt, snacks and a sack lunch.
- *There will be 3 different walk loops to accommodate those who can not complete a whole 5K (1 mile loop, 2.1 mile loop and a 3.2 mile loop).
- *Limited parking available at the Gualala Point Park. Participants should park in town and ride the free shuttle bus to the Gualala Point Park. **The shuttle will provide rides to and from the 5K from downtown Gualala.**



5K REGISTRATION FORM

Name: _____ Phone #: _____

Mailing Address: _____

*We accept cash, checks to COASTAL SENIORS, or credit/debit card payments over the phone at 882-2137.

I would like to register in the 2017 March for Meals 5K Walk:

- As an individual
- As a team member

Name of team: _____

Name of senior you are honoring: _____

I am paying for my registration as:

- Adult over 18 years + (\$35)
- Youth 17 years old & under (\$20)
- I will collect at least \$100 in pledges/sponsors to cover the cost of my registration (sponsor forms will be sent to you).

T-shirt size:

Adult:

- Small
- Medium
- Large
- X-Large

Youth:

- Small
- Medium
- Large



Accident Waiver Release Form

I hereby consent to receive medical treatment; which may be advisable in the event of injury, accident, and/or illness during this activity or event. I hereby release and hold harmless COASTAL SENIORS, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, and if applicable, owners and lessors of premises used to conduct the event, with respect to any and all injury, disability, and death. I knowingly and freely assume all such risks, both known and unknown, even if arising from negligence of the releasees or others, and assume full responsibility for my participation. This is to certify that I do consent and agree not only to my release of all Releasees, but also to release and indemnify the Releasees from any and all liabilities incident to his/her involvement in these programs for myself, my heirs, assigns, and next of kin.

Self or Guardian Signature: _____ Date: _____

FUNDRAISER EARNINGS

October 2016 through January 2017:

October 28, Spaghetti dinner hosted
by Annette Wilson—**\$771.30**

November 25, Spaghetti dinner hosted
by the Garcia Grange—**\$1090**

December 3, 6th Annual Martini
Madness —**\$21,543.84**

December 10, Christmas Craft Faire—
\$1,475.72

January 27, Spaghetti dinner hosted
by Soroptimists—**\$987**

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):

October—\$573.12

November—\$689.60

December—\$549.87

FUNDRAISER TOTAL: \$27,680.45

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

October—\$191.04

November — \$183.29

December—\$229.86

TOTAL: \$604.19

Thank you to all of our
donors and volunteers for making the



6th ANNUAL MARTINI MADNESS

Our most successful year yet!

Donors :

- * Albion River Inn * Gualala Nursery * Mendocino Music Festival * Surf Market *
- * Alice Diefenbach * Gualala Supermarket * Walt & Donna Stornetta * Randy Jones * Leslie Tittle * Margaret Lundgren * * TwoFish Bakery *
- * Christina Peterson at Rumors * * Upper Crust Pizzeria * Gualala Video *
- * Brenda Draaijer at Rmors * Attractions * Mike Staples * Kathy White *
- * The Sea Trader * Susan Sandoval * Point Arena Lighthouse * Little River Inn *
- * Sea Ranch Golf Links * Elk Cove Inn * Lisa's Luscious Kitchen *
- * Laura Martinez * Junior Roddy's Car Quest * NOMA *
- * Red Stella * Mike Cope * ZD Wineries * Dan & Denise Skinner *
- * Gualala Arts Center * Franny's Cup & Saucer * Philip White * Aaron Kirby *
- * Rollerville Café * Jim Docker * Point Arena Pharmacy * Rosemary Suddith *
- Husch * * SkinLuv * Rev. Powers * Marghi Hagen * Mel Smith * 215 Main *
- * Millie Davis * Kalynn Oleson * George & Michele Marshall * Baby Tomato *
- * Paul Brewer * Jay Baker's True Value * Gualala Building Supply *
- * Arena Theater * All Coast Mobile Lock & Key * Accents by the Sea *
- * Anchor Bay Store * Black Point Grill * Antonio's Tacos * Sea Ranch Supply *
- * Roots Herbal Apothecary * Fort Ross Winery * Cove Azul Bar & Grill *
- * Dream Catcher Interiors * Four-Eyed Frog Books * Garden By The Sea *
- * Denny Gold * Gualala Sport & Tackle * Jennie Henderson *
- * Heart of a Child Toy Store * Henley's Art & Interiors * Studio 391 *
- * Sandy & Richard Hughes * Independent Coast Observer * The Loft *
- * Malene Design * Mercedes Spa Services * Outback Garden & Feed *
- * Physical Gym * Pawsitively Good K9 * Placewares * Point Arena Tileworks *
- * Tangles Hair Salon * Taqueria Del Sol Mexican Restaurant *

Volunteer Bar tenders:

- * Maryann Watts & Brenda Storm * Erica Wetterstrom & Jeff Merbs *
- * Megan Allred & Linda Coria * Kate Skinner *
- * Mike & Mary Thomas * Timber Cove Inn's Leif Goldfield & Cody Padget *
- * The ICO's Steve McLaughlin & Brian Park * Tim Cowman *

Volunteers:

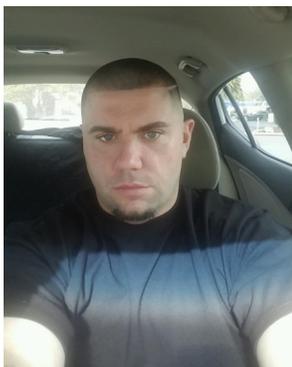
- * Sheri Kirby * Leah Kirby * Pat Chaban * Kalynn Oleson * Roxanne Claflin *
- * Ron McNath * Carolyn Young * Steven Winningham * David Caley *
- * Marghi Hagen * Veralee Kaiser * Arlene Peterson * Barbara Forenti *
- * Janet Armstrong * Linda Endress * Joyce Perkins * Claire Freson *
- * Crispin Scanlon-Hill * Jan Rasmussen * Deborah Lane * John Endress *
- * Vivian DeArmas * Toni Saulls * Denny Gold * Mike Staples *
- * Carolyn André * Lauralynn Clopp * Jon Sandoval * Kathy White *
- * Kimi Jones * Athena Marrufo * Jane Head *



Renee Kling

Organization and leadership are just two words that can be used to describe Renee Kling, Coastal Seniors' Kitchen Manager. Renee joined our team in October 2016. In the past 4 months Renee has worked hard to elevate our nutrition programs, making delicious and nutritious food for our clients and managing a kitchen crew that works like a symphony together under her direction.

Renee has been a part of the community for 37 years. She began cooking at 7 years old and comes from a family of "good cooks," as Renee describes it. In her professional career as a cook, Renee has worked at Sea Ranch Lodge, The Gallery Restaurant, and worked over 20 years at the nutrition director at the Point Arena Schools District. On her spare time, Renee enjoys gardening, spending time with her granddaughter, music, and walks on coastal trails.



Derek Doughty

Easy going and efficient, Derek joined our team almost a year ago. Derek began as the dishwasher for our senior lunch program and made his way up to Kitchen Assistant to Renee Kling. If there is ever a crisis afoot, rest assured that Derek is the calmest person in the room.

Derek, 30, was born and raised in Gualala and is a very hard worker who loves his family and friends. On his spare time he enjoys music festivals, being outdoors and spending time with his dog, Lucy. You might also recognize Derek from Upper Crust Pizzeria, where he works a second job.



Kim Mitchell

Meet Kim, our new bus driver. Kim started working for Coastal Seniors in December 2016.

Kim moved back to the area in April 2016. She is the mother to two young boys and enjoys spending as much spare time with them as possible. Kim is a hard worker, is very friendly and is a delight to have on our team. Since she moved to the area she has had a hard time finding housing for her and her children. The following is a statement Kim requested to be included in her introduction:

"I would like to thank the Coastal Seniors community, Micheline and Vivian, and all of the staff for being so caring. Although I am still homeless while writing this, by the time you read it I may have moved into my 'home.' I would like to specifically thank those who have housed me when I would have otherwise been sleeping in my car: Julie & David Bower, Marilyn Kronk, VeraLee Kaiser, Anna & Peter Dobbins, Kat Gleason and Jen & Ben at Hollow Farm. I am so happy to be a part of the Coastal Seniors family!"



Fern Coria

Sweet, empathetic, team work and patience are just a few words that can be used to describe Fern, who is part of Coastal Seniors' nutrition program team.

Fern began working for us in October 2016. She, Renee and Derek form a great nutrition staff that make their work together seem effortless even though they are tasked with preparing meals for over 100 people per day for both senior lunches and Meals on Wheels.

Fern has lived in Point Arena since March 1988. She adores her family and enjoys spending time with her family and friends. She said, "Even though I get tired, I truly enjoy working here and seeing everyone enjoying the food and company—it makes me happy to be here."

 DID YOU KNOW?

You can make a real difference. Become a “Friendly Visitor.”



We’re matching up volunteers with our homebound seniors, based on interests. You work out the timing with a senior and visit up to once a week based on both of your schedules. It may be to take a walk, go shopping, or just sit and chat for awhile. Go to our website at:

www.coastalseniors.org for more info on this exciting program. We’re looking for people who can make a commitment to the program. If you think you’ve got the stuff, call Vivian at 882-2237.

Ask questions, talk about any issues, and sign up. Khailaya, above right, and daughter to our Executive



Meals on Wheels

Director Micheline Kirby, may be a little young to sign up.

But she can visit Marilyn (left) if her mother becomes a friendly visitor. You’ll have some fun and you’ll feel good about yourself too. Doesn’t get much better than that.

Except when you actually see how you’re brightening up someone’s life. That’s really cool.

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.

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, February 24

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

Spaghetti Dinner

Friday, March 24

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

3rd Annual 5K March for Meals

Hosted by Coastal Seniors

Saturday, March 25

10 a.m.—12 p.m. @ Gualala Point Regional Park

Spaghetti Dinner

Friday, April 28

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 your 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
- Brand new Cuisinart 8-cup food processor—prices vary based off of where you purchase it (we need 2 of these—one for each location)

Thank you to Steve & Marianne Harder

Coastal Seniors would like to send a huge “Thank You” to Steve and Marianne Harder for their donation of two brand new food warmers. The food warmer had appeared in a previous newsletter on our “Wish List.” We had requested one warmer for our Point Arena locations, however; Steve and Marianne were generous enough to purchase two warmers for us so that we could have one in Point Arena and one in Gualala for our Tuesday senior lunches.

The warmers have helped free up oven space and keep our home-delivered meals at the proper temperatures prior to being delivered. The new equipment is easy to use, dose not take up a lot of space and helps us meet health and food safety guidelines for proper food temps and storage.



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!

Walnut Sale!

We still have walnuts available for purchase through our annual walnut sale.

Walnuts are
\$25 for 3 lbs
 or
\$9 or 1 lb.

Walnuts can be purchased during the senior lunch in Point Arena on Monday and Wednesday between 11:30 a.m.—12:30 p.m. or on Tuesday at the Gualala Community Center between 11:30 a.m.—12:30 p.m.

You can also call our office at (707) 882-2137 to reserve walnuts.

Raffle Tickets

Coastal Seniors in raffling off four different gift certificates for the following:

- One night stay for two in the Head Keeper's House at the Point Arena Lighthouse
- Gift certificate for dinner for 4 at the Black Point Grill in Sea Ranch
- Wine tasting for 4 at Fort Ross Winery
- 1 tractor Scoop of B Bryan Preserve Zebra Manure (great for those who garden!)

Raffle tickets cost \$5 each, 3 for \$10, or 5 for \$20. Tickets can be purchased during the senior lunch in Point Arena on Monday and Wednesday between 11:30 a.m.—12:30 p.m. or on Tuesday at the Gualala Community Center between 11:30 a.m.—12:30 p.m.

Sales will be open until the end of March. Tickets will be pulled the first week of April. Call Micheline at (707) 882-2137 to purchase tickets.

Volunteers Needed

We are looking for volunteers to fill the following positions:

- Someone to act as cashier during the senior lunch on Mondays and Wednesday in Point Arena (at the Veterans Building) from 11 a.m.—12:45 p.m.
- Someone to act as cashier during the senior lunch on Tuesday at the Gualala Community Center from 11 a.m.—12:45 p.m.
- 2-3 people to help prep food for the senior lunches and Meals on Wheels on Mondays and Wednesday in Point Arena (at the Veterans Building) from 9 a.m.—12 p.m.
- 2-3 people to help prep food for the senior lunches and Meals on Wheels on Tuesday at the Gualala Community Center from 9 a.m.—12 p.m.
- Fill-in drivers for the Meals on Wheels program (call Vivian at (707) 882-2137 for more information)

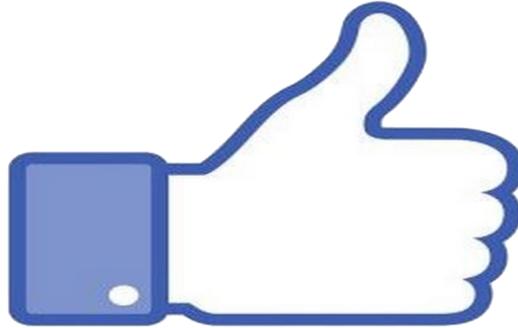
Thank you to Coastal Properties & Coldwell Banker

In December 2016 Coastal Properties, Coldwell Banker and their employees all made donations to the Point Arena Food Bank (a program of Coastal Seniors).

Thank you to Sharon Burningham, Rosie Iversen, Marianne Harder, Joan O'Connell, and Diane Wilson for helping us to feed families and seniors over the holidays.

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

“Like” us on Facebook.



www.facebook.com/coastalseniorsarethecoolest

**COASTAL SENIORS
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POINT ARENA, CA 95468**

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