

COASTAL SENIORS

People helping people.

Board of Directors:

Donors, Clients, Staff and Volunteers:

Carolyn André
(Chair)

It is with an extremely heavy heart that I write this last letter to you as your Director of Coastal Seniors. Life has brought me many changes to consider for my future; a new baby due at the end of May, a new job in the healthcare field, and an overwhelming urge to turn more of my time over to my family.

Susan Sandoval
(Vice Chair)

Many of you may already know this but one year ago I lost my brother-in-law. He was the father to my young nieces, uncle to my daughter and friend to many in the community. This loss was more profound to me than any other event in my life. I learned a lot through the grief (which I'm still wading through) but the most important lesson I learned is that I need to spend more time taking care of myself and my family.

Steven Winningham
(Secretary)

I truly believe that working at Coastal Seniors— with our clients, staff, volunteers and Board— will be the best job I will have ever held in my life. The knowledge I've gained in these 5 1/2 years is far beyond what I ever expected to acquire. The connections I've made with hundreds of seniors has been incredibly special. I will forever be grateful for all of the seniors who I can call friends. I have been lucky enough to partner with almost every business in this community to sustain, improve and push our services to the next level. Without all of the people in our community, I would not have been as successful in my role here with this wonderful organization.

Marghi Hagen
(Treasurer)

Thank you to every volunteer, past and present. Thank you for caring for our senior community and for offering countless hours of your free time to help enrich the lives of the people we serve.

Paddy Batchelder

Michael Staples

To all of the donors that have helped keep Coastal Seniors afloat during good and uncertain times, please keep giving. Your donations are extremely important to our services. Please do not allow the current tax write-off revisions dictate what kind of giver you are. Your heart has been in the right place for years. Please allow it to remain there by understanding what an immense difference you make in our community by supporting these vital programs.

To my seniors: I say "my" because you are like family to me. I look forward to visiting you during lunches to catch up on life and while delivering Meals on Wheels to those who are homebound. My daughter has made me promise that I will make time for her to see all of you!

And last but most certainly not least, my staff: I cannot tell you how wonderful you all have been to work with. I am proud to have been your leader and honored that you allowed me to lead you with ease. You all play the most important roles at Coastal Seniors; and going forward, I hope you always remember that. Our seniors and community are extremely lucky to have you.

As I say my last "Good bye" I encourage you all to welcome Coastal Seniors' new director, Arlene Peterson, with open arms, warm hearts, and words of encouragement as she is tasked with learning the job and the people.

Sincerely,
Micheline Kirby
Exiting Executive Director



Meet our New Executive Director Arlene Peterson

Active community member and Irish Beach resident Arlene Peterson began her role last week as the new Director for Coastal Seniors. After years of visiting the coast, Arlene moved to the area in 2012 with her husband, Brian, who works as a millwright, building and retrofitting sawmills all over the United States. In her spare time Arlene enjoys spending time with her daughter, and grandchildren, who live in the Sacramento area. Her other interests include working in her yard and hosting karaoke night at the local wine bar in Point Arena, 215 Main.

Prior to living in our community Arlene lived in the Sacramento area and worked as a Senior Human Resource Analyst for eight years and a Paralegal for over 20 years. She also spent almost four years commuting between Ukiah and Irish Beach while she worked as Program Manager/Human Resource Manager for the Mendocino County Sheriff's Office where she ran the Professional Standards Bureau. Currently, Arlene serves as the Treasurer on the Board of Directors for the Garcia Guild but has also served on the board of the Manchester Elementary School.

Regarding her new role as Director for CS, Arlene said, "I am enjoying interacting with the seniors and getting to know more of them individually." One of the main reasons I moved to the South Coast is how much I love this community. I spent a large part of my career living and working in a big city where you may know one or two of your neighbors." She continued, "Since moving here I have become connected to many people and organizations. One of the things this has taught me is the importance of having resources like Coastal Seniors in our community."

One of Arlene's first projects, outside of learning the administrative part of her position, is working on the annual 5K March for Meals walk at the Gualala Point Regional Park on Saturday, March 24. Help us welcome her by making her first fundraiser with us a successful event!

If you need to contact Arlene, email: director@coastalseniors.org.



Meet our New Meals on Wheels & Friendly Visitor Coordinator

We hope everyone who hasn't had the opportunity to meet Stacy takes the time to introduce themselves. Coastal Seniors welcomed Stacy on board in January, after the position had been left vacant over the busy holiday season. (You can probably guess how excited we were to put her to work!)

Stacy has been a community member on the Mendocoma coast for 26 years. A mother of two, she enjoys going on nature walks with her dog. Stacy's children attend the local schools—her oldest is 13-year-old Sylvia and her youngest is 11-year-old Graydon. Stacy lives with her children and partner, Calvin, in Anchor Bay with their cat and three dogs.

Prior to working with us, you may have seen Stacy volunteering in the clothing department of Pay N' Take, where she spent lots of time with other volunteers to help raise funds for Coastal Seniors and the local food banks.

"Stacy is a wonderful addition to our team," said Micheline Kirby. "She is hard-working and determined to do whatever it takes to maintain the MOW program and make improvements as opportunities arise."

When asked what she enjoys about working for MOW, Stacy replied, "The clients, volunteers and staff. I'm enjoying the challenges of my new job and want to improve the program." Stacy also mentioned that she's been working closely with Kitchen Manager Reneé Kling to "keep the menu exciting, varied and healthy all the time" for our MOW clients.

Our Friendly Visitor Program and CalFresh program are also run by Stacy. CalFresh sign ups are available through Stacy at our center for low-income individuals who are facing food insecurity and need some extra help purchasing groceries. If you know a senior who suffers from loneliness and isolation that could use a Friendly Visitor, or if you are a person interested in becoming a visiting volunteer, please contact Stacy at (707) 882-2237 or by email at mowcoordinator@coastalseniors.org.



**COASTAL SENIORS JOINS MEALS ON WHEELS PROGRAMS ACROSS THE COUNTRY IN THE
16TH ANNUAL MARCH FOR MEALS CELEBRATION**
SUPPORT WILL HELP TO FIGHT SENIOR HUNGER & ISOLATION ALONG THE MENDONOMA COAST

Point Arena, CA – COASTAL SENIORS officially announces that it will be participating in the 16th annual March for Meals – a month-long, community-by-community celebration of Meal on Wheels and the vulnerable seniors who rely on the vital service to remain independent at home. COASTAL SENIORS’ celebration will include various activities throughout the month of March, including:

- Donation tags being sold for \$1 the whole month of March at multiple businesses along the coast that are supporting our efforts to raise funds that will stay locally with our seniors.
- Senators, 5th District Supervisors, City Councilmembers and Congressman will be visiting our dining site and volunteering for Meals on Wheels throughout the month of March to see first-hand how vital our program is to our rural, isolated communities.
- Spaghetti Dinner on Friday, March 23, from 5-7 p.m. at the Veterans Memorial Building in Point Arena—the dinner is being hosted by the Arena Union Elementary School teachers & staff.
- 5K March for Meals Walk at the Gualala Point Regional Park on Saturday, March 24 @ 10 a.m.

“The services that we provide the seniors of the Mendonoma Coast are critical and the need is rapidly increasing,” said Arlene Peterson, Executive Director of COASTAL SENIORS. “Together, we can keep seniors living independently, healthier at home and feeling more connected to their community as they age.”

The annual March for Meals commemorates the historic day in March 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. Since 2002, Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still in need.

“This March, hundreds of local Meals on Wheels programs will rally their communities to build the support that will enable them to deliver nutritious meals, friendly visits and safety checks to America’s most at-risk seniors all year long,” said Ellie Hollander, President and CEO of Meals on Wheels America. “With the demand for Meals on Wheels increasing along with our country’s senior population, we need to ensure that seniors are not forgotten.”

For more information on how you can volunteer, contribute or speak out for the seniors along the coast this March, call our office at (707) 882-2137 or send an email to Meals on Wheels Coordinator Stacy Cox at mowcoordinator@coastalseniors.org. “Like” us on Facebook to get up-to-date info on our March for Meals celebration throughout March. Find us at: www.facebook.com/coastalseniorsarethecoollest.

About Our Program:

COASTAL SENIORS’ nutrition programs serve seniors along the coast between Irish Beach in Mendocino County, down through Stewarts Point in Sonoma County and inland to Annapolis. Our organization’s mission is to identify needs, provide services and to promote the well-being of seniors in our coastal communities. One of the best ways we meet our mission is through socialization and nutrition. The number of seniors we serve through our nutrition programs has continued to climb over the last four years with no sign that the growth will slow. Since last year we’ve seen a 25% increase in the total number of meals we serve between both senior lunches and MOW. A more shocking increase has happened with our MOW program directly where we’ve seen a 41% increase in the number of meals served in just one year. While these numbers climb exponentially, funding is moving the opposite direction and we are relying more and more on fundraisers and help from generous community donors. Help us raise awareness this March by getting involved. Become a volunteer, donate or help keep our social media campaign alive. As we already know, it takes this whole community to keep our programs alive. Thank you!



5K Walk

Saturday, March 24 @ 10 a.m.

Gualala Point Regional Park

MARCH WITH **COASTAL SENIORS** TO CELEBRATE THE
2018 MARCH FOR MEALS CAMPAIGN
TO RAISE AWARENESS FOR SENIOR HUNGER & ISOLATION

\$35 Registration for Adults

\$20 for Youth Under 18

- 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 the Gualala Community Center.



5K REGISTRATION FORM

Name: _____ Phone #: _____

Mailing Address: _____

*We accept cash, checks to COASTAL SENIORS, or credit/debit card payments over the phone at (707) 882-2137.

I would like to register in the 2018 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 under 18 years old (\$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:

Youth:

Small

Small

Medium

Medium

Large

Large

X-Large

Accident Waiver Release Form

I certify that I am in good health to participate in the March for Meals 5K Walk. 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: _____

Wish List

Each quarter we give donors/community members the opportunity to sponsor items needed to run COASTAL SENIORS' programs through what we call our "Wish List." In the last 2 years donors have helped purchase over \$15,000 in equipment and/or items needed to facilitate our vital programs. Wish List items provide donors the opportunity to give differently while helping COASTAL SENIORS save money on equipment/supplies. Below are a list of items needed for our nutrition programs. These items would benefit both Meals on Wheels and the senior lunch program.



Update International 6" Full Size Steam Table Pan
 Cost: \$28.60
 # of pans needed: 4
 Explanation: Chef Renéé Kling requested new deep pans in order to help meet the needs of cooking for the senior lunch and Meals on Wheels programs in bulk. This would help with efficiency in the kitchen. Donors can find this item on Amazon.com or donate the cost of the pans and COASTAL SENIORS can purchase the item directly.



Ross Henry Professional Eclipse Premium Stainless Steel Chef's knife set.
 Cost: \$129.99
 # of sets needed: 2
 Explanation: If you've ever volunteered in our kitchen helping prepare meals, you understand how desperately these knives are needed, not only for safety but also for efficiency. Our current knives are old and have been sharpened so often that they no longer hold a sharp edge after being sharpened. Donors can find this item on Amazon.com or donate the cost of the knife set and COASTAL SENIORS can purchase the item directly.



Mophorn 3 Shelf Stainless Steel Kitchen Cart
 Cost: \$97.99
 # of carts needed: 3
 Explanation: New carts are needed to help with Meals on Wheels, the Point Arena Food Bank, and Senior Lunches. The carts would be used for various tasks like transferring heavy bulk food items and equipment (like our big meat slicer) and helping MOW volunteers load their heavy food bags into their vehicles prior to leaving on their delivery routes. Donors can find this item on Amazon.com or donate the cost of the carts and COASTAL SENIORS can purchase the item directly.

Valentine's Thank You

From the bottom of our



COASTAL SENIORS would like to thank the Gualala Lions Club, Manchester Elementary School, Lena Bullamore, and Gualala Arts Collage Group for creating beautiful Valentine's cards and gifts for our senior clients on Valentine's Day.

Thank you for sharing the love!

Become a Friendly Visitor

Are you looking for a volunteer opportunity that greatly impacts the community you live in? If so, we have the program for you. Join our team of Friendly Visitors today and start making a difference in the life of a senior who is lonely and isolated. Becoming a Friendly Visitor is easy! One of the best things about this program is that you set the hours you volunteer based off of your availability. Here's how it works:

- Volunteers are paired with an isolated senior that has common interests or is believed to be compatible with the volunteer.
- Volunteers are required to visit the senior at least one time per month but no more than once per week.
- Volunteers and seniors can engage in any activity that they deem enjoyable that does not endanger the health or safety of either party. For example, a pair can choose to go have coffee together, go out to lunch, take a walk, go to the movies, attend local educational forums, or just sit and visit with one another.
- Volunteers are reimbursed for any mileage accrued from driving to and from the home of the senior and/or activity they participate in.
- Volunteers are required to fill out and submit a simple activity log sheet once per month.
- Prior to being assigned to a senior, volunteers must complete and pass a background screening through, Verified Volunteers, our trusted screening company.

As the number of seniors along our coast continues to grow, we expect the demand for volunteers in this program to expand. We need your help to provide this wonderful service to our clients. If interested in becoming a volunteer visitor, please contact our Friendly Visitor Program Coordinator, Stacy Cox, by phone at (707) 882-2237 or via email at mowcoordinator@coastalseniors.org.



Open Enrollment
Thursday, March 22
10 a.m.—1 p.m.
Veterans Memorial Building
24000 S. Highway 1, Point Arena

**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

Suicide Prevention Forum

Monday, March 12 @ 5-6 p.m.

Bill Platt Training Center

38901 Ocean Drive, Gualala

(Near the ambulance garage)

COASTAL SENIORS
PO BOX 437
POINT ARENA, CA 95468

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