

COASTAL SENIORS

People helping people.

A QUARTERLY PUBLICATION FROM COASTAL SENIORS

SPRING 2019

ISSUE HIGHLIGHTS

- 2 Meet the New CS Staff
- 3 March for Meals 2019
- 4 Coastal Seniors Wish List
- 5 'A Matter of Balance' Program Graduates
- 5 Senior Farmers' Market Nutrition Program
- 7 Don't Talk Down to Older People
- 7 Fundraising Update
- 8 CalFresh Food Benefits Are Expanding
- 9 Upcoming Events

OUR MISSION

Our organization helps identify the needs of seniors in our coastal communities and to provide programs and services designed to promote their well-being.

GET INVOLVED

There are many ways to support our organization and community. Learn how you can contribute to our mission by calling our office at 707.882.2137 or visit our website to find a list of programs and volunteer opportunities.

www.CoastalSeniors.org

DIRECTOR'S CORNER

NANCY GASTONGUAY, EXECUTIVE DIRECTOR

Our annual, month long March for Meals campaign was very successful this year, raising more than \$30,000. I would like to thank all of our volunteers, donors, business partners and members of our community for their continued support. We have a lot of momentum but we can't slow down now.

March for Meals commemorates the addition of a nutrition program to the Older Americans Act (OAA). The OAA has been a safety net for those over 65 by helping to fill in gaps left by Social Security and Medicare and to enable people to live independent lives. Its primary sections provide for services like home-delivered meals, support for family caregivers, transportation to medical appointments, protection from abuse, and job training. This year, the OAA is in the spotlight as Congress does a periodic reauthorization and chance to refine programs and future funding goals.

About 11 million Americans are helped directly by programs provided under the act from Meals on Wheels to rides to the doctor's office. In Coastal Seniors' service area, more than half of the residents are over the age of 60 and the number of meals we have delivered has increased by more than 50% in the last two years. Unfortunately, funding provided by the OAA has remained essentially flat, increasing 1.1% on average annually since 2001. This has created a significant funding gap to be filled by donors, fundraisers and private grants.

On May 8, 2019, the House Appropriations Committee passed its Fiscal Year (FY) 2020 Labor, Health and Human Services, and Education (Labor-HHS-Ed) spending bill by a vote of 30-23. If enacted, this legislation would provide a historic \$93 million increase in funding for OAA Nutrition Program over FY 2019 levels, at a total of \$1 billion. The Senate will also take action and both chambers will need to come to final agreement before any bill can become law. Discussions are also moving forward surrounding the reauthorization with hearings being held in both the House and Senate.

Join us in urging Congress to adequately fund and protect the OAA Nutrition Programs that keep seniors on the Mendonoma Coast living the nourished and independent lives that they deserve. Call, write or email your Congressional representatives and urge them to support the proposed funding for home-delivered and congregate nutrition programs.

Learn more at www.mealsonwheelsamerica.org/advocate.

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**Thank you to all our
Coastal volunteers and
contributors!**

STAFF

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RENÉE KLING
Kitchen Manager

JENNY TITUS
Kitchen Assistant

KIM MITCHELL
Bus Driver

SHELLE EPTON
Bookkeeper

MICHELLE KIRBY
Dishwasher

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ALAN GROSSMAN

WALTER WELLS

MEET THE NEW CS STAFF MEMBERS



Pictured left to right, Michelle Kirby, Jenny Titus, Sheri Maier, and Michele Melio

Michele Melio, Client Services Coordinator Michele grew up on a farm in Central California. Her family raised all their own food with cattle, chickens, sheep and grew produce including fruit trees. She moved with her family to the Mendocino Coast at age ten and attended both Horicon School and graduated from Point Arena High School. She moved away to the Bay Area and then spent a number of years in Colorado in the Four Corners and the Denver Metro Area. She was a classroom teacher and then became an environmental educator for Eco-Cycle in Boulder, Colorado. Her last job was a project manager for 50 Zero Waste public schools for 8 years. Michele returned to the area in Fall 2018 to help her parents.

Jenny Titus, Kitchen Assistant Jenny was born and raised in Manchester. She moved away from the area for twenty-one years during which time she lived in Minnesota and worked in a remote logging camp in Alaska. Jenny has one daughter, a granddaughter and a second grandchild on the way. She recently moved back to the area to spend more time with her family. In her spare time, Jenny enjoys splitting wood and helping her Dad.

Michelle Kirby, Dishwasher Michelle grew up in Manchester. She's held a variety of positions at local businesses and organizations including the Point Arena Elementary and High Schools, Westamerica Bank and she was a barista at the Point Arena Market & Café. Michelle has one daughter who is going on six and keeps Michelle busy. Michelle enjoys custom jewelry making, gardening and hiking (and anything else outdoors!).

Sheri Maier, Meals on Wheels Coordinator Sheri grew up in the deep South, South Carolina, you can probably still hear it in her voice, but has been in California since 1980. She graduated with a B.S. in chemistry and began work on a master's degree in marine biology as an excuse to stay by the ocean. After several years as a lobbyist and contract negotiator, she wised up and went to law school at the ripe old age of 36. She practiced consumer law in San Francisco and New York for too many years before retiring to the Mendocino Coast three years ago. After her dog, Reggie and her cat, Noah, the thing she loves most is Precious Life Foundation, a school for young pregnant girls in Bulawayo, Zimbabwe which she helped found in 2006 through the Rotary Foundation. She travels to Africa frequently to visit the school and the girls there that she considers her "family."

MARCH FOR MEALS 2019

A Great Month for our Meals on Wheels Program

March for Meals is a month long celebration to commemorate the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. Coastal Seniors' activities included social media and online fundraising campaigns, a 5K March for Meals Walk, the sale of donation tags and donation collections at local businesses, and capped the month off with our spaghetti dinner dedicated to March for Meals.

Coastal Seniors' annual March for Meals campaign was a huge success this year, pulling in more support from individual donors and local businesses than ever before. Individual donors received added incentive to contribute this year thanks to matching donations made by Susan Clark, Jim Daniel, Alan Grossman and Larry Jacobs. In addition to individual donors, local businesses helped to raise awareness and funds for the campaign by selling donation tags for \$1 and placing donation collection containers in their businesses for the whole month. Thanks to Surf Market, Gualala Supermarket, Twofish Baking Company, Redwood Credit Union, Gualala Building Supply, JR's Home & Auto Center, Sea Ranch Supply, Ranch Café, The Sea Ranch Golf Links, Little Green Bean, Four-Eyed Frog Bookstore, Trinks Cafe, Arena Pharmacy, Uneda Pizza, The Sea Trader, Antonio's, Arff, Mane Street Salon, Anchor Bay Store, Anchor Bay Thai Kitchen, Mariachi's, Pier Chowder House, Cove Coffee, Upper Crust Pizza, Arena Market & Café, Gualala Sport & Tackle, and Gualala Veterinary Clinic.

Coastal Seniors held their annual March for Meals 5k Walk on Saturday, March 23rd to benefit their Meals on Wheels program. More than eighty walkers participated and the amazing weather probably contributed to the big turnout. Coastal Seniors' bus driver, Kim Mitchell, shuttled walkers from the Gualala Community Center guaranteeing that everyone made it on time and Denny Gold led a high energy warm-up pre-walk. Mike and Damien Nelson brought a firetruck to the event, providing a great photo op. In addition, Damien monitored the safety of all participants along the route and was able to communicate with Mike using their ham radios. Javier Chavez and Ivan Lascano were on hand to provide additional first aid

support had it been needed. Addison Tait was the first to finish after running the 5k route...twice! Ipo Ah Sing and Paula Stillman crossed the finish line together as the first walkers to finish.

Participants were encouraged to form teams and this year we had four; Wesley Maynard's Women, Redwood Credit Union, Hats Off and Team Jim. Team "Hats Off" from Irish Beach led the charge by raising more than \$750 dollars in donations. The team members decorated their hats using matching cash donations made by Gary Klein.

Many participants also dedicated their walk to special seniors in their lives. Those honored at this year's walk include Wesley Maynard, Jim Lampman, Joseph Sanchez, Clarence Giacomini, Celia S. Rodriguez, Mary Little, and Tom Hardeman.

Coastal Seniors would also like to thank the additional volunteers who provided the support needed to pull it all off; Coastal Seniors Board members Carolyn André, Steven Winningham, Mike Staples, Marghi Hagen, and Paddy Batchelder. Also on hand were Ken Shockey, Micheline Kirby, Jeff Loney, Michele and Mike Melio, Paul Batchelder, Shawn Doebling, Dana Macaulay, Bette Covington, and Sheri Maier.

Our March for Meals celebration was capped off by our Spaghetti Dinner on Friday, March 29th at the Veteran's Hall in Point Arena. The dinner was hosted by the Arena Union Elementary School Teachers and Staff. As always, Bob Shimon and his group had two wonderful sauces to accompany their pasta, fresh salad bar and garlic bread. Diners were not disappointed! Bob even took advantage of a break in the action to hang out in the dining room for a while catching up with friends and former students visiting from out of town. Coastal Seniors truly appreciates Arena Union Elementary's continued support (and the delicious food!). Special thanks to Gualala Community Center, Surf Market and Gualala Supermarket for their continued support.

If March was an indication of the support our wonderful community will continue to provide the future looks bright for Coastal Seniors' ability to continue to provide needed to services to our senior population.

THANK YOU FOR THE WISH LIST DONATIONS!



Thanks to Mary Heibel and Jeff and Pearl Watts for their donations that enabled us to purchase three Update International Anti-Jam Steam Table Pans!



Thanks to an anonymous donor who provided the funds necessary for us to purchase a new True two door commercial freezer for our Meals on Wheels program! The freezer will be used to store more fresh frozen meals to meet the growing demand. We'll share a picture of the actual freezer in-situ once we've completed the purchase.

WISH LIST

The following are items and supplies that we need for our programs and office. In the last three years donors have helped purchase over \$15,000 in equipment and other items needed to operate our vital programs. If you or anyone you know is able and willing to contribute towards the cost of any of these items, we would be very grateful!

Please contact Nancy at Coastal Seniors for more information, director@coastalseniors.org or 707.882.2137. **THANK YOU!**



MAKING A DONATION

Coastal Seniors relies on the generosity of donors to provide our programs and services to seniors and others in our community. Here are some ways to give:



Donate online securely
with Discover/Visa/MasterCard, American Express or PayPal by visiting our website:
www.coastalseniors.org/donate.html

Donations by mail can be written to Coastal Seniors and mailed to PO Box 437, Point Arena, CA 95468.

Donations by phone can be made by calling Coastal Seniors at 707.882.2137 and asking for Nancy Gastonguay.

“A MATTER OF BALANCE” PROGRAM GRADUATES



Front Row L-R: Rosa McNamee, Joann Aiken, Eva Lopez, Seryozha Krysti, Paula Osborne. Standing L – R: Vernon McNamee, Steven Winningham (coach), Jon Loveless, Tricia Schuster, Steven Coffeysmith, Kathleen Powers, Ellen Rosser, Micheline White (coach). Not pictured, Kathleen Nangle

Pictured are the most recent graduates of the “A Matter of Balance” program that concluded April 26th. Committed to learning useful skills and techniques dealing with concerns about falling, this enthusiastic group completed the eight week evidence-based program by attending class one afternoon each week. In the process, they became a supportive community helping each other address issues that concern an aging population.

The A Matter of Balance program addresses concerns about falling which may lead to compromises in our level of social and physical activity. The program is designed to help participants learn how to create a safer home environment; identify fall risks including issues regarding medications; learn problem-solving strategies to address behavior and habits that contribute to falls; learn some simple exercises to promote strength, flexibility and balance and learn about community resources for added support with these topics.

The program is sponsored by Coast Life Support District, Coastal Seniors, Redwood Coast Medical Center, and Mendonoma Health Alliance, and in collaboration with community strength and balance professionals.



The next AMOB program is not currently scheduled but if you are interested please contact **Janis Sites at the Mendonoma Health Alliance, 707.412.3176 extension 102** to be added to the waitlist. When a new time and location is determined, we will contact waitlist people first to determine their interest.



SENIOR FARMERS' MARKET NUTRITION PROGRAM

The Senior Farmers’ Market Nutrition Program (SFMNP) is a federally funded program administered nationally by the U.S. Department of Agriculture’s Food and Nutrition Services Agency, and in California, by the California Department of Food and Agriculture (CDFA).

The goal of the California SFMNP is to provide fresh, nutritious, unprepared, locally-grown produce, cut herbs, and raw honey through Certified Farmers’ Markets to low-income seniors.

Coastal Seniors, through partnership with CDFA and Area Agency on Aging (AAA) of Lake and Mendocino Counties, is now one of the select distributors of SFMNP check booklets. A list can be found at [SFMNP Certified Farmers’ Markets](#).

If you are at least 60 years of age or older, meet specific household annual income, and have not yet received a 2019 SFMNP Check Booklet for the season, you may be eligible to participate in this program. Contact Coastal Seniors for more info and to confirm your eligibility.

_____ D I D Y O U K N O W ? _____

Thank you to the coolest, most caring community in the world.

Many thanks for all of your contributions over the month of March.

And thanks to Susan Clark, Jim Daniel, Alan Grossman, and Larry

Jacobs for matching donations. We are also indebted

to all the local businesses that collected dimes and

dollars and more during our March for Meals

campaign. A special shoutout to Twofish Baking

for your ingenuity, once again collecting more money

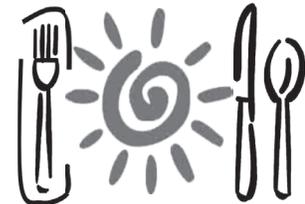
during March than any other business. And thank you to those of you

who contributed by being part of our 5K march at Gualala Point

Regional Park. You made it so much fun. Even though the number of

meals we delivered increased 51% in two years, your generosity has

helped us handle our growing client base with aplomb.



Meals on Wheels

If we baby boomers could just figure out how to stop aging, we'd have this money thing licked. Thank you!

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

Check Donations: Please send to the address above. Thank you.

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

Pay Pal donations: www.coastalseniors.org

DON'T TALK DOWN TO OLDER PEOPLE

Excerpt from article by Cindy Dampier, Chicago Tribune

Willie Nelson is 85. This is either scary or awesome, depending on your point of view and your love of a latter-day outlaw.

Nelson has spawned his share of legends, not least among them the notion that he's toured so much that everyone from backstage hangers-on to pizza delivery boys has had the chance to meet him.

Suppose you got the chance: Imagine you walk into a diner, sit down on a stool at the counter, order your coffee, turn to your left and see Nelson occupying the next seat. What would you say?

Would you ask him about writing "On the Road Again" on the back of an airline barf bag? Would you tell him that "Angel Flying Too Close to the Ground" makes you cry every time?

Or something like this: "Oooh, Mr. Nelson, let's be careful with your coffee now sweetie. Is that hot? Is it HOTTT?"

Now imagine Willie punching you right in the face.

A lot of people are aging in America these days. This year, U.S. Census Bureau data showed that within the next two decades adults 65 years old and older will outnumber children. Which means we all better learn how to talk to our elders.

For years, scientists who study the way we age in Western societies have noticed the proliferation of "elderspeak," a widespread tendency to talk to the elderly in a way that mimics the sugary tones some people use on small children or pets.

"It sounds like baby talk, like simplified speech," says Anna Corwin, anthropologist and professor at St. Mary's College of California, whose work has focused on the study of aging in Catholic nuns.

There are several specific characteristics that define elderspeak, according to Corwin: "It has a slow speech rate; exaggerated intonation; elevated pitch--- raising your voice as if everything is a question; elevated volume; simplified vocabulary and reduced grammatical complexity; diminutives, like calling people 'dear' or 'sweetie'; pronoun substitution like using the collective pronoun 'we'; and lots of repetition..."

A 2008 study showed that dementia patients become more agitated and resistant to care when spoken to in this manner. And, Corwin points out, "it can also cause experiences of lower self-esteem, but it also correlates with reduced cognitive ability, so it's a real problem..."

"Avoiding elderspeak, just speaking to older people the way we speak to any adult, is really important. It's important not to underestimate how powerful that is."

FUNDRAISING UPDATE: JULY 2018 – APRIL 2019

\$10,494

TUESDAY PAY N TAKE SALES

\$10,322

SPAGHETTI DINNERS

\$27,440

MARCH FOR MEALS

Coastal Seniors would like to thank the Gualala Community Center, Surf Supermarket and Gualala Supermarket for their continued support of Coastal Seniors and the programs and services we provide to our community.



CALFRESH FOOD BENEFITS ARE EXPANDING!



CalFresh Food is expanding to include recipients of Supplemental Security Income (SSI) beginning June 1st. SSI/SSP benefits will not be reduced or eliminated and SSI recipients may be eligible to receive CalFresh Food and SSI/SSP benefits at the same time. Over 1.2 million Californians receive SSI and more than half are seniors and children. There are about 3,300 SSI recipients in Mendocino County. All funds spent in Mendocino County through the CalFresh Food program stay in Mendocino County, directly benefiting our local economy.

What is CalFresh Food?

CalFresh Food provides monthly food benefits for individuals and families with low income. CalFresh Food is California's Supplemental Nutrition Assistance Program (SNAP).

Why should I apply for CalFresh Food benefits?

If you qualify, you can choose healthy food for yourself and your household!

Use CalFresh Food to buy fresh fruits and vegetables, whole grains, lean proteins and more.

CalFresh Food is easy to use.

CalFresh Food benefits are issued monthly to eligible households via an Electronic Benefit Transfer (EBT) card. The EBT card can be used at grocery stores and farmers markets that accept EBT.

How much can I receive each month?

The amount of CalFresh Food benefits a household receives is based on household size, income, and monthly expenses, such as housing, utilities, and medical costs. The average amount nationally for an older adult or person with disability is \$105 – \$110 per month. The range is \$15 – \$192 per month.

How long will it take to get CalFresh Food benefits?

If eligible, CalFresh Food benefits will be received within 30 days.

Households may be eligible for expedited services (benefits within 3 days) if they have zero or very little money available.

Three Year Certification

Households that only include older adults and/or people with disabilities with no earned income are eligible for a 36 month certification.

Special rules make it easier for older adults (60+) to get CalFresh.

- Ask for a phone interview – you may not need to apply in person.
- You can have savings, a house, and cars and still qualify.
- Tell the person assisting with your application about your medical bills and housing costs that may be deducted from your income in determining your eligibility.



Contact Coastal Seniors at **707.882.2137** or info@coastalseniors.org for more info.



UPCOMING EVENTS

Come join us for our...



To Benefit

COASTAL SENIORS MEALS ON WHEELS

FRIDAY, JUNE 28TH

Gualala Community Center
hosted by
Mary Star of the Sea

FRIDAY, JULY 26TH

Gualala Community Center
hosted by
Coast Life Support District

FRIDAY, AUGUST 30TH

Gualala Community Center
hosted by
The Sea Ranch Association

All Ages Welcome!

Point Arena Food Bank Monthly Distribution

The Point Arena Food Bank is a program of Coastal Seniors that serves people of all ages.

**Food distributions take place
on the second Tuesday of each month:**

from 8:30 a.m. - 10:30 a.m.

at the Veterans Memorial Building in Point Arena (24000 S. Highway 1).

Upcoming Dates:

June 11 • July 9 • August 13