



COASTAL SENIORS

People helping people.

SUMMER 2018
NEWSLETTER



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COASTAL SENIORS
PO BOX 437
POINT ARENA, CA 95468

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People helping people.

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Nancy Gastonguay
Executive Director

Sean Fleming
Operations Manager

Stacy Cox
Meals on Wheels Coordinator

Renée Kling
Kitchen Manager

Veronica Castillo
Kitchen Position I

Jan Rasmussen
Kitchen Position II

Kim Mitchell
Bus Driver

Rob Thomas
Bus Driver II

Shelle Epton
Bookkeeper

Board of Directors

Carolyn André
Chair

Thayer Walker
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Steven Winningham
Secretary

Marghi Hagen
Treasurer

Paddy Batchelder

Michael Staples

Walter Wells

The View From Here

- Carolyn André, Board Chair

I have been thinking about how seniors are looked at in our community. I have noticed that many of us refer to others 60+ as seniors, period. End of sentence. As if that alone describes a person. This is especially the case for those who, for a number of reasons, are homebound. They may not be making lots of new memories. But they're loaded with older stories and they enjoy telling them. And I guarantee you would enjoy hearing them!

A couple of years ago I started a discussion group for senior women. We are from age 69 to 96. What a trip it has been. I have met some fascinating women and it has been very illuminating to talk intimately with women a generation older than I. I never had that kind of relationship with my Mom.

One woman in the group spent years after WWII in Europe working under the Marshal Plan. I assume most of you are old enough to know that the program provided economic support to help rebuild Western European economies after the war. Her tales of work and war and love were fascinating. Another woman I met while delivering meals was a coloratura: a soprano skilled at ornate voice trills and thrills. Yet another, born in Greece, was arrested by the Nazis who occupied her village during the war. She and two of her friends were caught taking down the German flag and putting up the Greek flag. What chutzpah! She met her husband in a repatriation camp. It was a wonderful, dramatic love story. I think that to describe her, as one of her neighbors did, as "a sweet little old lady," is demeaning at best.

INSIDE THIS ISSUE:

PAGE 3. MEET OUR NEW EXECUTIVE DIRECTOR

PAGE 4. TRANSPORTATION UPDATE

PAGE 5. COASTAL SENIORS WISH LIST

PAGE 6. FUNDRAISING UPDATE

PAGE 7. UPCOMING EVENTS



Nancy Gastonguay Joins Coastal Seniors as Executive Director

Nancy Gastonguay (Pron. Gaston-gwāy) grew up in Massachusetts and received a BS in Healthcare Administration at Stonehill College located in North Easton, Mass. It is one of the few undergraduate programs in the country fully certified by the Association of University Programs in Health Administration.

Her goal was to receive her nursing home administrator license so while an undergrad she volunteered at a skilled nursing facility. She liked it so much that when she graduated she worked there full time for one year.

“What I liked was making the connections with residents. I enjoyed sitting and talking to them and just listening. I learned so much from them. They would give me a wealth of information, history, things they went through. It was really enriching for me.”

While her professional career took her in a different direction, she always remembered how much she enjoyed the seniors she met and developed relationships with at that first job. This is one of the main reasons Nancy is joining Coastal Seniors.

Nancy worked in the insurance industry at companies including Aetna and most recently at Woodruff Sawyer in San Francisco. She brings 20+ years of experience and skills in organizational planning, profit and loss management, operations, and team leadership and development.

Nancy is looking forward to getting to know our community even better and working with our team at Coastal Seniors.

“I am looking forward to understanding what drives people, what their needs are, and as an organization helping to make their lives better. It’s really just about making those personal connections. Working with the team. There’s already a great team. I want to build on what’s already there.”

She’s smart and she’s young and energetic. She is also empathetic. Nancy likes to work hard, as well as play hard, and she values her many friends.

Nancy and her wife, Shawn, bought a house in Anchor Bay over 12 years ago and they always knew they wanted to retire here. They pushed their timetable up and moved here full time in February. One of the first things Nancy did when she moved was sign up to be a volunteer Meals on Wheels driver. That says something about her.

Nancy and Shawn have many friends here from their 12 years splitting time between Anchor Bay and the Bay Area. They love to walk and hike with their yellow Lab named Maddie. In fact, they love just about everything outside.

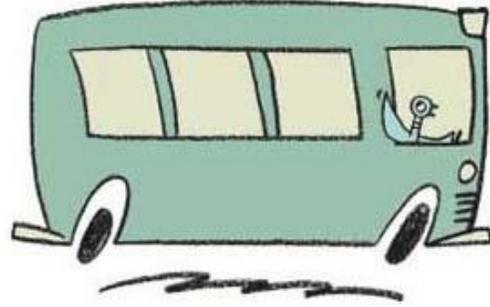
“We also spend a lot of time with friends, socializing, playing dominos, and extreme croquet.”

Extreme croquet? Really?! Thankfully, she also likes to travel and scuba dive.

Please welcome Nancy when you meet her!

Celebrate Independence Day Every Week!

Coastal Seniors is driving to Santa Rosa, Ft. Bragg and Ukiah



Coastal Seniors has expanded the transportation options for local seniors 60+, individuals with disabilities, their spouses and caregivers with more out of town trips! Our passengers get to sit back, relax, and enjoy the spectacular views on their way to the destinations of their choice: shopping, restaurants, events, medical appointments and more.

Daily Trips



Each Thursday the Coastal Seniors bus takes passengers to Santa Rosa for errands and/or medical appointments. Each Friday our bus takes passengers to either Fort Bragg or Ukiah. The Community Resources Connection (CRC) van has shifted their schedule and is providing service to Santa Rosa on Wednesdays.

Overnight Stays



Passengers can travel to Santa Rosa with CRC on a Wednesday and come back home with us the next day.

To get a better idea of what an out of town trip with Coastal Seniors looks like, here are details from a recent trip we took to Fort Bragg.

The bus started picking up passengers at 9:00 AM. We had a total of 6 passengers from as far south as The Sea Ranch and as far north as Point Arena. One passenger had an MRI appointment in Fort Bragg, all other passengers were along for shopping, fast food, the oppor-

tunity to get out of town, or "because I have not seen Fort Bragg in years!".

Stops included the hospital, CVS Pharmacy, the Dollar Store, Safeway, and fast food for lunch. Two of our passengers wanted to enjoy an afternoon in Mendocino so we dropped them off on the way and picked them up four hours later on the way back home. They enjoyed a favorite pizza place, the farmer's market, a gallery, and a few small shops.

Our bus then made its way back down the coast and started dropping passengers off at their homes. The last person was dropped off at their home at 5:45 PM.

If you haven't tried riding with us yet you really should! Treat yourself - relax, enjoy the ride and leave the driving to us!

FARES

Out of Town, Round Trip: \$10

Limited vouchers are available

Reservations are required

For more information or to make a reservation call (707) 412-0201.

COASTAL SENIORS

WISH LIST

The following are items and supplies that we need for our programs and office. We are still researching options to ensure that we buy just the right models for our needs so we don't have specifics yet. Please check our Facebook page for updates. 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!

THANK YOU

- ★ Freezer for Meals on Wheels and Senior Lunch food
- ★ Printer/scanner/copier combo for newsletter printing and office operations
- ★ Bus radios for emergencies while on the road and to improve dispatch capabilities
- ★ Portable generator to support operations continuity and disaster preparedness



Pay N Take Clothing Dept. Volunteers, left to right: Lisa Ewing, Darla Buechner and Sheralyn Kirby

Point Arena Food Bank

The Point Arena Food Bank is a Coastal Seniors program that serves people of all ages who meet CA Department of Social Services' income guidelines. 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).

About 75 households are served monthly through this program. Our staff strives to provide meat, eggs, fresh produce, snack foods, pasta or rice, cereal and other shelf stable items during each distribution.

The PA Food Bank is a community program that is funded solely by donations. We accept monetary and food donations to keep the doors open. If interested in donating monetarily, checks can be made out to the Point Arena Food Bank and mailed to PO Box 437, Point Arena 95468. Food donations can be dropped off during regular business hours at the Veterans Building. All food donations must be unopened and shelf stable or frozen.

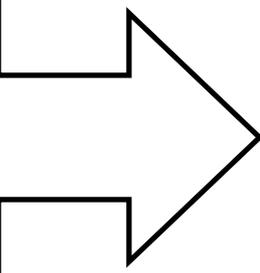
Volunteers are currently needed to help pack food on the second Monday of each month from 2 p.m.—3:00 p.m. and to help distribute food on the second Tuesday of each month from 8:30 a.m.—10:30 a.m. To volunteer contact Operations Manager Sean Fleming by phone at (707) 882-2137 or via email at opmanager@coastalseniors.org.

The Pay N Take Clothing Department is open every Tuesday from 11:30 A.M. - 1:00 P.M. Proceeds benefit Coastal Seniors and local food banks. Stop in and do some shopping before or after lunch.
All are welcome!

BY THE NUMBERS – Fiscal Year 2017*



Martini Madness: \$21,236
 Miles for Meals: \$16,255
 Raffles: \$15,185
 Spaghetti Dinners: \$12,952
 Tuesday Pay n Take Sales: \$12,047
 March for Meals: \$10,400
 Bus Transportation: \$5,501
 Wish List Donations: \$3,500



11,466 meals delivered
 5,553 meals served in Point Arena & Gualala
 Coastal Seniors Bus Mileage: 20,000+
 Gas for the Bus: \$7,417
 Food: \$51,418

*These lists are not all inclusive

Volunteers Needed

We are looking for volunteers to fill the following positions:

- Drivers, regular and fill-in, for the Meals on Wheels program - call Stacy Cox at (707) 882-2137 for more information
- “Friendly Visitors” to spend one on one time with our homebound seniors
- Janitorial

If you are interested in volunteering for a program not listed, during our lunches or in some other way, please contact us at (707) 882-2137.



Introducing Coastal Seniors’ new Bus Driver



Rob Thomas joined Coastal Seniors in July, 2018 after volunteering for our Food Bank and senior lunches. Originally from the SF Bay Area, Rob is a UC Santa Cruz graduate with a degree in Anthropology. He was also a collegiate wrestler and continues to practice the martial arts. Rob most recently spent eight years as a wildland firefighter in Tahoe and Alaska.

Rob enjoys his time with Coastal Seniors because it gives him the opportunity to hear the stories of our seniors’ adventurous lives and what brought each of them to this area.

Rob and his fiancé, Cristal, are expecting their first child in November. They moved to this area so they can raise their son in a community that enjoys a slower , quieter pace.

In addition to camping, fishing and hiking, Rob also plays Flamenco guitar. Maybe he’ll play for us at lunch one day!



Depression Discussion Group

Coastal Seniors will host a discussion about **depression**.

When: Tuesday, September 25th from 4:30 - 5:30 P.M.

Where: Elaine Jacob Center, Conference Room E

The workshop is free and open to everyone.

If you or someone close to you is suffering from depression or thoughts of suicide, this may be the group for you/them. We will discuss reasons for depression, what it can lead to and what to do about it, whether it involves you or someone close to you.

To save your place or for more information please call us at (707) 882-2137 or email info@CoastalSeniors.org

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 over the phone with Discover/Visa/MasterCard or American Express by calling (707) 882-2137 and asking for Nancy Gastonguay.
- ◆ Donations by mail can be written to **Coastal Seniors** and mailed to PO Box 437, Point Arena, CA 95468.
- ◆ PayPal - We are happy to accept your one-time donation via PayPal, Check out our website for the link.



Spaghetti Dinners

When: Friday, August 24th

Friday, September 28th

Friday, October 26th

Where: Gualala Community Center

ALL AGES ARE WELCOME!

Driver Awareness Training

Don Martin, former commercial truck driver and Director of Risk Management from Nonprofits United Insurance, is conducting driver awareness training. All attendees will receive a completion certificate within two weeks of completion.

Certificate holders may be able to receive a discount on auto insurance. Contact your insurance company to confirm.

When: Monday, August 20th from 5:00 - 7:00

Where: Coastal Seniors, Point Arena

The training is free and open to all drivers

For more information please call us

(707) 882-2137 or

email info@CoastalSeniors.org

D I D Y O U K N O W ?

Our Lunches and Spaghetti Dinners are not just for Seniors

Seniors and kids and everyone in-between are welcome, including visitors to our coast. Our lunches and dinners are fund-raisers for us and time-savers for you. And they are a lot of fun!

So next time you're looking for a good place to have lunch, join us. Tuesdays at the Gualala Community Center and Mondays and Wednesdays at the Point Arena City Hall. I guarantee we have the BEST SALAD BAR in town! Okay. The only salad bar in town.



Meals on Wheels

Our Next Spaghetti dinner is on Friday August 24th at the Gualala Community Center at 5pm. Join us.

There will be meat and vegetarian spaghetti, salad and Pazzo Marco's fabulous gelato.

And if you can't come to any of these, can you please donate?

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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