

COASTAL SENIORS

People helping people.

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Donors, Clients, staff and volunteers:

I am very proud to announce that our new programs, Friendly Visitors and The Exchange, are off the ground and running smoothly. The Exchange, our monthly discussion group that is facilitated by Board Chair Carolyn André, kicked off in early August. In the beginning, as with any new program, we weren't sure how it would pan out. I am pleased to announce that after the very first group, participants were asking if the group could be held weekly instead of monthly—what great feedback for a new program!

The Exchange is a great place for seniors to discuss thought-provoking topics and socialize with others in the community. The program provides seniors with the opportunity to exercise their mind and discuss their own memories and experiences with other participants.

Before advertising the Friendly Visitors program, I thought it would be difficult to find a large enough group of volunteers to fulfill the needs of all of the clients who were referred to the program. I was pleasantly surprised and ended up with 15 volunteers who have all been trained, completed background screening and have been paired with seniors who they are all out visiting. I truly believe that this program is going to change the lives of our senior clients and volunteers, and most importantly, help reduce isolation and loneliness.

We are currently accepting more volunteers and more referrals for seniors who could use the Friendly Visitor program. If you know a senior who is experiencing loneliness and/or isolation and would benefit from regular visits from a volunteer, call our office and let us know and we will contact the senior. If you are interested in joining our amazing group of volunteers, please contact me via email at: coastalseniors@exede.net and place "Friendly Visitors" in the subject line.

As you may know from previous announcements, both of these programs are currently being funded by one-time money given to us by Mendocino County Health & Human Services. Prior to the fiscal year, MCHHS told us that we could use the money to start up new programs. Knowing this, we brainstormed the best way to provide programs that help attack loneliness and isolation. While these programs will not solve all the problems associated with loneliness and isolation, they are definitely a step in the right direction.

After the 2015/2016 fiscal year, it will be up to COASTAL SENIORS to be sure we have the funding to continue these important programs. If you are interested in donating to help support either of these programs, or any of our other programs, you can do so by writing a check to COASTAL SENIORS and specifying in the "memo" how you would like your donation to be allocated. For a complete list of our programs, you can visit our website at www.coastalseniors.org. You can also refer to page 6 of this newsletter to see a partial list of our programs.

Sincerely,

Micheline White
Executive Director

CHRISTMAS CAROLING PROJECT

It is very exciting to announce that COASTAL SENIORS will host the Christmas Caroling Project for the second year during the week of December 15-17.

The Caroling Project began last year after Roxanne Claflin, Soroptimist member and Gualala resident, sparked the idea and helped execute the game plan. Groups of volunteers were assigned to different regions of the coast and given a list of seniors' homes to visit for caroling sessions.

We will be doing it again but the plans are slightly different. This year, we will visit homebound seniors in the Irish Beach and Point Arena area on December 15. Seniors living in the Gualala/Iversen area will be visited on December 16; and on December 17, carolers will visit The Sea Ranch.

Caroling will begin at 5 p.m. on each day; it is expected to take 2-3 hours. There will be two "practice" days prior to the scheduled visits—the practice schedule will be announced in the near future but we welcome anyone to carol even if they are unable to make the practices.

The best news about this activity, outside of the cheer it will bring to our seniors' lives, is that you DO NOT have to be a good singer to volunteer. It's all about fun and bringing warmth to the holiday season. We invite other seniors, teenagers, parents and children—and anyone in between—to be a part of the program.

If you would like more information or would like to volunteer, or if you know a senior who you think would enjoy a visit from our carolers, call Micheline or Chris at (707) 882-2137.

THANK YOU REDWOOD CREDIT UNION

**For donating \$909 to
COASTAL SENIORS through your Race
for Humanity fundraiser raffle.
We appreciate your support!**

"THANK YOU" TO THE 2015 SPAGHETTI DINNER HOSTS

Each year, ten spaghetti dinners are held at either the Gualala Community Center or the Veterans Building in Point Arena. During each of those months it takes a dedicated group of volunteers to host the dinner, which benefits COASTAL SENIORS.

We would like to take this opportunity to thank every single group and all of the volunteers who helped host the dinners in 2015.

Those groups were:

- Soroptimists International of the Mendocino-Sonoma Coast
- Point Arena Lighthouse in coordination with the Point Arena Community Chest
- Arena Union Elementary School teachers & staff
- South Coast Volunteer Fire Department
- Gualala Lions Club
- Mary Star of the Sea church
- Redwood Coast Volunteer Fire Department
- Redwood Credit Union
- Shepherd by the Sea church
- Bones Roadhouse (in October)

Surf Market deserves a ton of recognition for the \$250 gift certificates that they provide each month to the groups hosting the dinners. Their contribution helped raise over \$12,000 in 2014.

Of the 10 dinners, eight are hosted at the Gualala Community Center. The Community Center allows us to hold the dinners at their facility free of charge, so a big "Thank you" also belongs to the Board of the Community Center.

We are truly lucky to have so many organizations and businesses behind what we do for the seniors in our community.

Don't miss the last spaghetti dinner of the year on Friday, Oct. 30, from 5 to 7 p.m. The dinner will be hosted by Bones Roadhouse and friends.

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



**[www.facebook.com/
coastalseniorsarethecoolest](http://www.facebook.com/coastalseniorsarethecoolest)**

5th ANNUAL MARTINI MADNESS

BROUGHT TO YOU BY COASTAL SENIORS
TO BENEFIT MEALS ON WHEELS

HOME OF THE BEST MARTINIS IN THE WORLD



COME & ENJOY:

“THE BEST APPETIZERS ON THE COAST”

LIVE AUCTION

SILENT AUCTION

50/50 CASH RAFFLE:

**100 TICKETS ARE BEING SOLD FOR \$100– WINNER TAKES
HALF OF THE \$10K POT**

**100 TICKETS ARE BEING SOLD FOR \$50—WINNER TAKES
HALF OF THE \$5K POT**

**SATURDAY, DEC. 5 @ 5-8 P.M.
GUALALA ARTS CENTER**

**BUY YOUR EVENT TICKETS BEFORE NOVEMBER 15 &
RECEIVE 10% OFF ADMISSION**

**\$50 GENERAL / \$35 DESIGNATED DRIVER
RESERVE A TABLE FOR 8 FOR \$400
(MUST BE 21 YEARS AND OVER)**

**FOR MORE INFORMATION CONTACT MICHELINE WHITE AT (707) 882-2137.
TO VOLUNTEER FOR THIS EVENT CALL KITTY (707) 882-2133.**

D I D Y O U K N O W ?

Neither snow nor rain nor gloom of night stays these couriers from their rounds*



Our bus driver Ernie is a good example. He's a guy's guy with a wicked smile and a heart of gold. Nothing keeps him from his appointed task of picking up and dropping off local seniors who need to shop or do errands, or other activities. When a recent storm caused trees to block the roadway on both sides of a client's house, that didn't stop Ernie from delivering her home safe and sound. He stopped at the home of one of his passengers, borrowed her 100 year-old saw and cut off the limbs blocking the road (charming some of the seniors, I heard, with his display of muscles). Going the extra mile. That's what we mean by people helping people.

*A free senior lunch to the first person who identifies headline origin

COASTAL SENIORS

People helping people.

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

Check Donation: Please send to address above. Thank you.

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

FUNDRAISER EARNINGS

June through September 2015:

June 26, Spaghetti Dinner hosted by Mary Star of the Sea Church—**\$1064**

Soroptimists Matching Donation Challenge- \$5,150

July 24, Spaghetti dinner hosted by Redwood Coast Volunteer Fire Dept.—**\$1,037**

August 1, Mexican Luncheon hosted by COASTAL SENIORS—**\$2,091.58**

Miles for Meals hike, money raised by Mary Ann Watts, Brenda Storm, Micheline White, Aaron Kirby, Nancy Epanchin, Marlene Padilla, Erin Piper, Michelle Egger, and Karenanne Radich—**\$13,762.78**

August 28, Spaghetti Dinner hosted by Redwood Credit Union—**\$841**

September 25, Spaghetti Dinner hosted by Shepherd by the Sea Church—**\$1,044**

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):

June—\$1,311.26

July—\$1,099.80

August—\$1,109.48

September—\$1,487.35.

FUNDRAISER TOTAL: \$29,998.25

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

June—\$437.09

July—\$366.60

August—\$369.83

September—\$495.78

TOTAL: \$1,669.30

CHRISTMAS CRAFT FAIRE

This year's annual Christmas Craft Faire will be held on Saturday, Dec. 13 from 10 a.m. to 3 p.m. at the Veterans Memorial Building in Point Arena.

During the craft faire there will be beautifully decorated Christmas trees up for silent auction. Save time on decorating during the holidays by stopping by and placing a bid on one of the beautiful trees. All proceeds benefit COASTAL SENIORS. We will also have baked items for sale, along with lunch items (menu to be announced).

In addition, local vendors will display handmade items that will make wonderful holiday gifts for loved ones. We still have vendor spots available. If you are a vendor interested in reserving a spot to sell your items during the craft faire, email Mike Staples at firemansforge@hughes.net or call (707) 882-3912. The vendor fee is \$25 per table and there is limited space so be sure to sign up soon. All fees go directly to COASTAL SENIORS programs.

MILES FOR MEALS UPDATE

The 2nd Annual Miles for Meals hike was more successful than expected and all of the hikers report that they had a great time finishing the challenge.

On August 5, the hikers (Marlene Padilla, Micheline White, Nancy Epanchin, Erin Piper, Mary Ann Watts, Brenda Storm, Michelle Eggers, Aaron Kirby, and Karenanne Radich) began their 5-day journey at Echo Lake on the south end of Lake Tahoe along the Pacific Crest Trail. From there they hiked north along the PCT on the west side of Lake Tahoe.

All together the group managed to raise an astounding \$13,762 for COASTAL SENIORS' Meals on Wheels program—enough money to float the unmet costs of the program throughout October.

"I was honored to hike along side such fun people who were all there to raise funds and awareness for COASTAL SENIORS' home-delivered meal program," said Executive Director Micheline White. "It amazes me how many people, young and old, are behind our programs and understand the impact it makes on seniors living along the coast."

"Recognition also goes to the over 200 people who sent in donations to sponsor all of the hikers' fundraising efforts," said Micheline.

An honorable mention should go to Nancy Epanchin, who collected the most money in sponsors (over \$3,000). In addition, Nancy, who is an amazing 71 years old, held her own and blazed through the trails with amazing spirit and determination.

"All of the hiker would like to thank Jim (Mary Ann's dad) and Steve (Mary Ann's uncle) for driving over 6 hours to meet us on the trail on our last night to bring us an amazing home cooked dinner and a warm outdoor shower," Micheline said. "We all definitely needed it. I think it was the best food any of us had ever tasted!"

COMPLETE LIST OF SERVICES

You can find a complete list of our services in more detail on our website at www.coastalseniors.org. Below is a list of SOME of our services with brief descriptions and information on volunteer opportunities if it applies to the program.

FRIENDLY VISITORS—Seniors who are lonely or isolated are paired with volunteers who have received background screening. The volunteer makes regular visits with the senior and engages in activities like playing games, watching movies, going on walks, talking, reading, or whatever else both participants enjoy. We are actively recruiting volunteers and accepting referrals for senior who need the service.

THE EXCHANGE—Monthly discussion group where senior participants engage in thought-provoking conversations.

CASINO NIGHT—Seniors are picked up from their home and taken to the Garcia River Casino once per month to enjoy dinner, time with friends and slot play (if desired). Seniors who ride the bus are given a free \$5 playing card and receive 20% off the food at the restaurant.

SPOT VISITS TO HOUSEHOLDS—Seniors who request home visits for a welfare check are visited by a volunteer. We are actively accepting volunteers who can complete visits. We also accepting referrals for seniors who need this service.

LOANER MEDICAL EQUIPMENT—Seniors can borrow medical equipment from COASTAL SENIORS. If we do not have an item available, we work with outbound nurse, Richard Henrikson, to locate the necessary equipment.

MEALS ON WHEELS—Seniors who are homebound due to illness, frailty, injury or because they are recovering from a procedure receive home-delivered meals. We always accept referrals for this program. We need volunteers to deliver meals and help package meals prior to the delivery.

TRANSPORTATION—Bus services is available to and from our senior lunches on Monday through Wednesday from any part of our service area (Irish Beach through Stewarts Point). Following lunch, seniors are taken to run errands (Post Office, bank, grocery store, etc.) and then back home. The bus also goes out of town once per month on the second Thursday of the month to Santa Rosa, Ukiah or Fort Bragg.

FUNDRAISER SCHEDULE

This list is subject to change if necessary. Call Kitty at (707) 882-2133 if you would like to volunteer:

Spaghetti Dinner

Hosted by Bones Roadhouse

Friday, Oct. 30

5 to 7 p.m. @ Gualala Community Center

Martini Madness

Hosted by COASTAL SENIORS

Saturday, Dec. 5

5 to 8 p.m. @ Gualala Arts Center

Christmas Craft Faire

Hosted by COASTAL SENIORS

Saturday, Dec. 13

10 a.m.-3 p.m. @ the Veterans Memorial Bldg.,
Point Arena

CALFRESH SIGN UPS FOR SENIORS

CalFresh is a federal food assistance program that provides grocery money for qualifying seniors to purchase food. The program was formerly known as “Food Stamps” but has been re-invented and has new guidelines for seniors to make it easier to get assistance. Now, medical expenses, prescriptions, insurance costs and some living expenses can be deducted to reduce income levels. And, assets such as homes and vehicles are no longer a factor in qualifying.

If you have difficulty purchasing food each month you may qualify. Contact Micheline White at (707) 882-2137 to schedule an appointment. It is important to note that seniors receiving monthly SSP benefits do not qualify for this program.

A BIG THANK YOU TO OUR INCREDIBLE COMMUNITY!

Without you [COASTAL SENIORS](#) couldn't do its job. When grant monies dried up in 2008 you picked up the slack and kept Meals on Wheels afloat so we could continue to make deliveries to our homebound seniors. As the baby boomers age that program is expanding, and based on the changing demographics will continue to do so.

We have always managed to support our most at-risk seniors. What we haven't come up with is new programs to prevent more people from becoming at-risk. The physical isolation of this community is particularly hard on seniors. As one client told me, the day she lost her drivers license was the worst day of her life. And as more of us age the number of people who can no longer drive will grow.

We've done research and found quite a few seniors who are perfectly healthy, but no longer comfortable driving at night, or driving longer distances. In response we've started transporting people to musical events, the casino, etc. We are adding a new program to drive additional people to entertainment, exercise, and educational activities, which you'll hear more about soon.

And we're very excited about our new Friendly Visitor program which pairs volunteers with people who are just lonely or isolated. And that's a lot of us. Look around you. I'm sure that describes one of your friends or neighbors. We know that loneliness leads to depression and then to illness and death. So we are putting the brakes on that cycle before it begins.

If you know someone who could use visits just to chat or play cards, go shopping, or to a movie, let us know. If you would like to volunteer for the program, call Micheline at the number below. And if you can possibly make a donation, please do. It will help us to support this new program, which we believe will end up being as important to this community as Meals on Wheels.

And meantime, thank you for your help. You're really making a difference.

Carolyn André

Board Chair

[COASTAL SENIORS](#)

WE ARE IN NEED OF BAG DONATIONS

Do you have paper bags, plastic bags, or reusable cloth bags piling up at your house? If so, you can bring them to COASTALS SENIORS. We use paper bags for our monthly food bank distribution and we go through them pretty quickly so we can take as many as you've got.

Plastic bags are great for our weekly senior commodity give-away and we also use them for Meals on Wheels when we are running low on cloth bags. We want to avoid purchasing plastic bags and putting more in the environment so we ask that people donate used bags instead of purchasing them.

Bags can be delivered to: 24000 S. Hwy. 1, Point Arena (veterans Memorial Building)

Call (707) 882-2137 if you have questions.

LAUGHTER IS GOOD FOR THE SOUL

AN ELDERLY MAN WAS EXPERIENCING HEARING ISSUES FOR MANY YEARS SO HE FINALLY WENT TO THE DOCTOR FOR HEARING AIDES. AFTER BEENING FITTED FOR HEARING AIDES HE COULD HEAR 100%. THE GENTLEMAN WENT BACK TO THE DOCTOR AFTER A MONTH FOR A CHECK-UP. THE DOCTOR SAID, “YOUR HEARING IS PERFECT. YOUR FAMILY MUST BE VERY PLEASED.”

THE MAN REPLIED, “OH, I HAVEN’T TOLD MY FAMILY YET. I JUST SIT AROUND AND LISTEN TO THEIR CONVERSATIONS. I’VE CHANGED MY WILL THREE TIMES!!”

MORAL OF THE STORY: BE KIND. NO MATTER WHO IS OR IS NOT LISTENING.

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

Nonprofit organization U.S. Postage Paid Permit No. 73
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