

# COASTAL SENIORS

People helping people.

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## LETTER FROM THE DIRECTOR

Donors, Clients, staff and volunteers:

I would like everyone to know about two generous gestures put forth by a few local organizations that will benefit Coastal Seniors' programs.

First, the local Soroptimists of the Mendocino-Sonoma Coast donated \$1,800 to our Meals on Wheels program as a matching donation challenge for the community. Each year the Soroptimists donate money as an attempt to help us raise funds so that we can continue to provide meals to home-bound seniors who are unable to grocery shop and/or prepare their own meals at home. Our program provides on average 600-650 meals per month to seniors between Irish Beach and Stewarts Point and is open to all home-bound seniors, regardless of their ability to pay (the program is based off of a suggested donation per meal). The number of meals we provide continues to grow as our population along the coast continues to age and we have not seen any indication that our numbers will decline. (Fun fact: by 2020 it is estimated that 21% of the population in Mendocino County will be 60 years old and older. And, currently in The Sea Ranch, the average age of all residents is 63.7. By 2020, almost 80% of residents in The Sea Ranch will be 60+ years old.)

Our goal is to more than double the \$1,800 matching donation challenge to show the Soroptimists that their continued support is not only appreciated by us, but also by the community. Those interested in helping us meet the donation challenge can send a check to Coastal Seniors, PO Box 437, Point Arena 95468 (please write "Soroptimist challenge" on the memo portion of your check).

The other community minded gesture, which our Food Bank program will benefit from, comes from the Gualala Community Center and its Pay 'N' Take sale. For those who don't know, the Community Center opens its clothing room on Tuesdays during the senior lunch in Gualala and offers 1/2 off of everything in the room when shoppers purchase a senior lunch. Half of the proceeds from the Tuesday sale have been donated back to the senior center for about three years. As of April 2014, the Board of Directors of the Community Center voted to divide the remaining proceeds from the sale among the three local food banks (Point Arena— our food bank, Gualala, and Annapolis). This will give us an additional \$200+ per month to purchase nutritious fresh fruits, vegetables and meats for our local families in need of food assistance.

I hope everyone will join me in thanking the Soroptimists and the Gualala Community Center for the work they do for the community.

Sincerely,  
Micheline White

# 3<sup>rd</sup> ANNUAL DADS BBQ

TO BENEFIT MEALS ON WHEELS

FEATURING BARBECUED CHICKEN & TRI TIP  
PREPARED BY BOB SHIMON



**COME CELEBRATE YOUR FATHER WITH**

**LIVE MUSIC BY LOCAL BLUES BAND**



**SILENT AUCTION**

**FABULOUS FOOD & HOME MADE SEASONAL PIES**

**RAFFLE PRIZES**

**FUN KID'S ACTIVITES**

**FACE PAINTING**

**SATURDAY, JUNE 14 @ 12 P.M. TO 3 P.M.**

**GUALALA COMMUNITY CENTER**

**TICKETS ON SALE NOW!**

**\$20 PER ADULT; \$10 FOR CHILDREN 12 & UNDER**

**RAFFLE TICKETS: \$3 EACH, 2 FOR \$5, 10 FOR \$20, 20 FOR \$35**



**FOR MORE INFORMATION OR TO PURCHASE RAFFLE OR EVENT TICKETS, CALL (707) 882-2137  
TO VOLUNTEER FOR THIS EVENT CALL KITTY AT (707) 882-2133**



# CALFRESH SIGN UPS NOW AVAILABLE AT SENIOR CENTER

Coastal Seniors is now contracting with Mendocino County Health & Human Services to provide CalFresh information and sign ups for seniors who are eligible for the program.

CalFresh, which was formerly known as the Food Stamp Program, is funded by the United States Department of Agriculture (USDA) and provides funds to help people purchase food. The program has undergone some changes and now caters more to the needs of seniors in hopes that more seniors who can qualify will participate.

Currently, California has the second lowest participation rate for food stamp programs across the country - only 55 percent of those eligible in California are actually enrolled. Mendocino County grocery stores and food retailers are losing an estimated \$10 million a year in potential food stamp income; money that is being sent out-of-state to other food stamp programs. It is estimated that for every federal tax dollar that Californians pay, only about \$0.80 is returned to our economy, while mid-west and southern states see a \$3-\$4 return on their tax dollar because they are being given unused federal funds from California.

### Common misconceptions of CalFresh:

- The more people enrolled in the program, the more tax dollars taxpayers pay  
-NOT TRUE! CalFresh is a federally funded program that receives annual funding. In fact, if Californians do not use the funds that are distributed, the money is sent to other states.
- Food Stamps are embarrassing to use  
-CalFresh now electronically dispenses benefits on a EBT card, which looks exactly like a debit card. Each person enrolled in the program receives a pin number to use their card; paper coupons are no longer used for the program.  
-Those enrolled in the CalFresh program are actually helping stimulate the economy

### How has the program changed to benefit seniors?

- The program is 100% income based. Assets are no longer used to determine eligibility. In prior years, if a senior owned a home or vehicles it would be counted as an asset and would potentially disqualify the senior. Not anymore.
- Seniors can deduct medical expenses from their income to qualify for higher monthly benefits. Example: if a senior's income per month is \$1,200 but pays \$500 in medical premiums, prescriptions, and doctor's visits, their income is considered as \$700, which qualifies the senior for higher CalFresh benefits.
- Seniors (those 60 years old and older) only have to update their paperwork every two years
- CalFresh funds can be used at certified Farmer's Markets
- If a senior does not use all of their benefits in a month, the remaining money is rolled over to the following month. Benefits are never taken back for not being used.

### Who qualifies?

- To qualify, your income must be 130% below the federal poverty level. Remember, having stocks and bonds or owning a home does not factor into your eligibility. Eligibility is 100% income based.

People in household	Gross Monthly Income	Income After Deductions	Maximum CalFresh Benefits
1	\$1,245	\$958	\$189
2	\$1,681	\$1,293	\$347
3	\$2,116	\$1,628	\$497

- Possible Deductions include:  
-Housing costs, utilities, medical costs, child-care costs

**For more information, or to sign up for CalFresh benefits, contact Micheline White at (707) 882-2137**

\_\_\_\_\_ D I D Y O U K N O W \_\_\_\_\_

# Some of our clients say we saved their lives.



Take Lyle, for example. The nicest guy in the world: he'd do anything for you. That is, what he can do and still carry his oxygen. Oh, and he can't walk very far so that limits him. We deliver meals to his house because it's difficult for him to get out.

Lyle says he felt "depressed and hopeless." In part because he didn't interact with other people. Until we started to drive him to Gualala and Point Arena for lunch several times a week. Now he can socialize with pals. The cost of the meal is low so he can afford to donate to Coastal Seniors. That makes him feel good.

We help Lyle do errands so he can

continue to live on his own. So now he smiles. And gets gussied up for lunch.

Please help Lyle by donating to Coastal Seniors today.



**Meals on Wheels**

## COASTAL SENIORS

People helping people.

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

**Check Donation:** Please write ICOL on the bottom of your check. Thank you.

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



## FUNDRAISER EARNINGS

Last quarter was a little quieter than others because we have been busy at work preparing for our two biggest fundraisers of each year (the Dads BBQ and Martini Madness). Here is what our volunteers helped us bring in:

Jan. 24, Spaghetti Dinner hosted by the Soroptimists- \$1,171

Feb. 16, Country Breakfast hosted by Coastal Seniors' Board of Directors and volunteers- \$1,752

March 8, Daffodil Craft Faire hosted by Coastal Seniors' Board of Directors- \$679.20

March 28, Spaghetti Dinner hosted by the Arena Union Elementary School teachers and staff- \$690

March for Meals- \$3,500.35

April 25, Spaghetti Dinner hosted by the Gualala Lions Club- \$963

Soroptimist matching donation challenge – Soroptimists gave \$1,800 on April 15 - \$421 has been matched so far

**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):**

January total—\$737.28

February total—\$764.04

March total—\$797.75

April total—\$881.79

**FUNDRAISER TOTAL: \$14,157.41**

## FUNDRAISER SCHEDULE

Friday, May 23 @ 5 p.m. to 7 p.m.  
Spaghetti Dinner hosted by the South Coast Vol. Fire Department  
Gualala Community Center

Saturday, June 14 @ 12 p.m. to 3 p.m.  
Dads Day BBQ  
Gualala Community Center

Friday, June 27 @ 5 p.m. to 7 p.m.  
Spaghetti Dinner hosted by Mary Star of the Sea  
Gualala Community Center

Sunday, July 5 @ 8:30 a.m. to 11:30 a.m.  
Country Breakfast hosted by Coastal Seniors  
Veterans Memorial Building, Point Arena

Friday, July 25 @ 5 p.m. to 7 p.m.  
Spaghetti Dinner hosted by Redwood Coast Fire Department  
Veterans Memorial Building, Point Arena

## YOU'RE INVITED TO HELP CELEBRATE THE 1923 BIRTHDAY PARTY!

### WHEN:

WEDNESDAY, MAY 21 @ 11:30 A.M.  
DURING THE WEEKLY SENIOR LUNCH

### WHERE:

VETERANS MEMORIAL  
BUILDING  
24000 S. HWY. 1, POINT ARENA



INVITE ALL OF YOUR FRIENDS AND FAMILY TO  
HELP US CELEBRATE THE BIRTHDAYS OF OUR  
SENIORS BORN IN 1923.



# MARCH FOR MEALS WRAP UP

Our 2014 March for Meals campaign was a success and has proven to be a valuable tool for bringing more awareness to our Meals on Wheels program. Here's what we did:



- We dispersed donation buckets in 23 businesses between Point Arena and The Sea Ranch that displayed information about our campaign and our home-delivered meal program
- We rallied important community leaders like our 5th District Supervisors- Dan Hamburg from Mendocino County and Efren Carrillo from Sonoma County- to participate in our program and to witness first hand why it is so important to our clients
- We teamed with the Arena Union Elementary school teachers and staff to put on the March for Meals Spaghetti Dinner
- We received publicity for our campaign in the Independent Coast Observer and on the local radio stations
- We applied for a grant through the Meals on Wheels Association of America, which we should hear back from by the end of May

What the campaign did for our Meals on Wheels program:

- We raised \$4,179.55 from donation buckets, donations and the March for Meals spaghetti dinner
- It got much needed attention from our county representatives, who are now interested in assisting us in seeking more funding
- It raised morale among our staff and volunteers and the publicity helped make more locals aware of our program
- We had the opportunity to apply for a grant, which will provide one-time funding for Meals on Wheels

Picture captions

Above (left to right): Micheline White, Lauren Sinnott, Shirley Marks, Dan Hamburg, Pamela Seamans, Tom Eckles

Top right (left to right): Leslie Pike, Mike Staples, Micheline White, Colleen Cross, Deb Heatherstone, Kitty Wolfe, Mark Simkins, Veralee Kaiser, Marilyn Simione

Bottom right (left to right): Gary Humfeld, Sheri Kirby, Micheline White, Rufus Savage-Friedman, Efren Carrillo, Leslie Pike, Anita Delmer

Bottom left (left to right): Micheline White, Tom Allman, Leslie Pike





# WHO'S GOT BETTER VOLUNTEERS THAN US? NOBODY!

One of the best things about Coastal Seniors is our volunteers. We are fortunate to have so many great people who are dedicated to our organization, its programs, and the clients we serve. Here are a few of our volunteers who help make our wheels turn. Be sure to thank them next time you see them hard at work:

## ANITA DELMER



Anita has been volunteering for Coastal Seniors' senior lunch program for about 5 months, helping with food preparation, set-up and clean up after lunches. She also fills in as cashier when needed. More recently, Anita proved to be an extremely valuable asset while our kitchen manager was out for a month due to an injury. During that time Anita would come in early (we're talking 6 a.m. on some days) every Monday and Wednesday to assure that all the food for the lunch and our Meals on Wheels program was finished in time to serve our clients.

The sister-in-law of our bus driver Ed, Anita moved from her home in Sierra Madre in Southern California to Point Arena in November 2013. She is the proud mother of three children, 11 grandchildren and seven great-grandchildren.

When asked what her favorite part of volunteering is, Anita replied, "The people." Don't forget to thank her for the work she does. She has become a big part of our team.

## LYLE PETERSEN



A regular at the Monday, Tuesday and Wednesday senior lunches, Lyle began volunteering on Wednesdays about three years ago. Each week you will hear him calling numbers for our popular pastry raffle, which our seniors look forward to. When Lyle is out for the week, we definitely miss his voice calling those numbers- he's one of a kind!

In 2006 Lyle moved from Gualala to Point Arena. Prior to his move he lived in Gualala for 15 years where he worked for the Gualala Community Services District.

"I love bringing joy and happiness to other people," said Lyle, in reference to why he volunteers each week. "Seeing the smiles on peoples' faces." He explained that he knows the pastries are "just pastries" but something about how happy it makes our seniors when they win makes his day.

Lyle has a heart of gold and cares for his fellow seniors deeply, which is what makes him so special to the senior center.

**WANT A RIDE TO THE SENIOR LUNCHES?**

**NEED TRANSPORTATION TO RUN A FEW ERRANDS?**

**NEED TO DO SOME SHOPPING OUT OF TOWN?**



**CALL ED, COASTAL SENIORS' BUS DRIVER, (707) 353-2220**

- WE PICK SENIORS UP ON MONDAY, TUESDAY AND WEDNESDAY EVERY WEEK TO ATTEND THE SENIOR LUNCHES; AFTER LUNCH, ED TAKES OUR SENIORS TO RUN ERRANDS AND TO THE GROCERY STORE
- YOU MUST ATTEND LUNCH TO PARTICIPATE IN ERRANDS AND GROCERY SHOPPING
- SENIORS PAY NOMINAL FEES TO RIDE THE BUS (BETWEEN \$1-\$4 PER DAY, DEPENDING ON LOCATION)
- NEED TO GO OUT OF TOWN? OUR BUS TAKES A TRIP OUT OF TOWN ON THE 2ND FRIDAY OF EACH MONTH—UKIAH, FORT BRAGG OR SANTA ROSA— LOCATIONS ARE ROTATED EACH MONTH (\$10 PER RIDER ON OUT-OF-TOWN TRIPS; AVAILABLE FOR ALL SENIORS)

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

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