

COASTAL SENIORS

People helping people.

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LETTER FROM THE DIRECTOR

Donors, Clients, staff and volunteers:

After facing big funding cuts to our programs, we successfully made it through another year, more determined to succeed than ever before. “A year full of changes,” is how I would best describe what happened in 2013. It began in January with a new Director (me); we also saw a change in officers for Coastal Seniors’ Board of Directors, along with many new board members. Program costs rose as we began (and continue) to serve more clients. Our original name “South Coast Seniors” was changed to Coastal Seniors to better identify our service area.

However, the most important things have not changed: Coastal Seniors’ commitment to providing quality services to seniors in our coastal communities and the community’s commitment to helping us protect our services through donations and thousands of volunteers hours.

Here’s what your donations and volunteer time helped us provide in 2013:

- 6,948 home-delivered meals to home-bound Meals on Wheels clients
- 5,490 lunches to seniors through our congregate lunch program
- 5,205 passenger trips to lunches, appointments, and errands on our senior bus

We were also able to connect seniors to valuable resources through our Information & Referral/Assistance program, help seniors throughout the community find reliable caretakers, provide regular nutrition information during lunches, provide mental health information, and suicide prevention when needed (among other services).

These services would not have made it through 2013 with out your help. We could not thank all of our donors and volunteers enough. We look forward to marching through another year more proud and resilient than the last, with all of you by our sides.

Sincerely,

Micheline White

SPAGHETTI DINNER



FUNDRAISER

TO BENEFIT COASTAL SENIORS

HOSTED BY:

THE ARENA UNION ELEMENTARY SCHOOL TEACHERS & STAFF

WHEN:

**FRIDAY, MARCH 28
@ 5 P.M. TO 7 P.M.**

WHERE:

**CITY HALL, 24000 S. HWY. 1,
POINT ARENA**

**FOR MORE INFORMATION CALL MICHELINE
WHITE AT (707) 882-2137**

FOOD USED TO PREPARE EACH DINNER IS DONATED BY

SURF
MARKET

***ALL YOU CAN EAT SALAD &
PASTA WITH YOUR CHOICE OF
VEGETARIAN OR MEAT SAUCE**

*BEER AND WINE:

\$4 PER GLASS/BOTTLE

*PRICES:

ADULTS \$9

CHILDREN 12 AND UNDER \$3



3rd ANNUAL MARTINI MADNESS WRAP UP



Bar tenders, and winning mixologists of the night, Eric Latona (left) and Aaron Kirby (right) serving their signature Pomegranate Lemon Drop.



Bar tenders Mike Thomas (right) and Jeremy Crockett (left) admiring each other's creativeness with the Pork Belly Infused Martini (the most interesting drink of the night).



Debbie and Kelly Langwell served up the most classic martini of the night, the Black Tie Martini.

The 3rd Annual Martini Madness to benefit Meals on Wheels was a huge success, thanks to so many great donations and volunteers. The event brought in \$11,011 after expenses, our biggest fundraiser in years!

The martini contest went off without a hitch with local professional and amateur bar tenders mixing up signature drinks for eager guests to taste. Walt Stornetta helped raise \$3,500 during the live auction, the raffle raised \$2,151 thanks to so many donations from local businesses; most importantly, everyone at the event had a blast raising money for a great cause.

Special thanks to all of the following people/ businesses who donated items for the live auction and/or raffle:

Walt & Donna Stornetta (farm tour & manure)
Philip White (fly fishing tour)
Junior Roddy (3 airplane tours)
Kenny Jowers at Physical Gym
Lisa's Luscious Kitchen
Kit Jones at Address Beauty
Bones Roadhouse
Zephyr Gunheim at Mane Street Salon
Richard Henrikson (one-week time share)

Sharon Albert (sailing on the bay)
Lisa & Eric Kritz (horse back trail ride)
Red Stella
Tom Eckles (professional photograph)
Little River Spa
Brutocao Winery
Rosemarie Suddith (towel set)
Jen Miller at Attractions Salon

Thank you also to the jazz band, "Ground Beat" led by Paul Mueller with James Hayes, Chris Campbell and Tim Mueller. And, of course, thank you to the wonderful volunteers who helped pull all this off, from the bar tenders and servers to the kitchen help:

Kim Ghezzi	Sheri Kirby	Pat Chaban
Sharon Albert	Philip White	Claire Freson
Katrin Relman	Carolyn Andre	Kitty Wolfe
Kit & Randy Jones	Rebecca Stanley	Eric Latona
Aaron Kirby	Mike Thomas	Walt & Donna Stornetta
Trevor Sanders	Jeremy Crockett	Gary & Susan Levenson-Palmer
Mike Staples	Shirley Marks	Jen Miller & Chad Warner
Mark Simkins	Sarah & Chris Baxter	Debbie & Kelly Langwell
Kim & Jaime Orsini	Kathy & Tim McMurtry	Rufus Savage-Friedman

Hats off to Aaron Kirby and Eric Latona (seen in the picture at the top-left of the page), who were named "Best Martini Makers on the Coast" after earning enough votes for the best tasting martini. The two also won a one-week, two-bedroom time share at a location of their choice donated by Richard Henrikson.

Don't forget to mark your calendars for the next Martini Madness!!!

4th ANNUAL MARTINI MADNESS

FRIDAY, OCT. 24
6 P.M. TO 9 P.M.
GUALALA ARTS CENTER

Coastal Seniors to hold March for Meals Campaign

Support will help to continue feeding homebound seniors in our community

Coastal Seniors announced in February that it will be participating in the national 2014 March for Meals campaign in March 2014. Coastal Seniors' March for Meals event will include a spaghetti dinner on March 28 at the Veterans Memorial Building in Point Arena, sponsored by Surf Market and the Arena Union Elementary School teachers. We will also be distributing donation buckets in over 20 businesses between Manchester and Stewarts Point to let people know about our campaign. Our Meals on Wheels program will take part in the national Community Champions week where prominent figures like Mendocino County Sheriff Tom Allman and Sonoma County 5th District Supervisor Efren Carrillo will deliver meals to homebound seniors. We invite everyone who has ever wondered about our Meals on Wheels program to step out and volunteer on one of those days. During March, keep an eye out for vehicles with decals

"In this tough economy, the food and human contact we provide to seniors in this community is needed more than ever," said Micheline White, Executive Director of Coastal Seniors. "We need the community to come out and support our March for Meals events. Our clients are counting on us. We can't let them down."

March for Meals is a national campaign held during the month of March, initiated and sponsored by the Meals On Wheels Association of America to raise awareness of senior hunger and to encourage action on the part of local communities. Hundreds of Senior Nutrition Programs across the United States, like Coastal Seniors, promote March for Meals through public events, partnerships with local businesses, volunteer recruitment and fundraising initiatives.

"Our Meals On Wheels programs are on the front lines every day in the battle against senior hunger and isolation," said Meals On Wheels Association of American President and CEO Ellie Hollander. "March for Meals is a time when communities can come together to stand with their local Meals On Wheels program and support our mission to end senior hunger in America."

For more information on March for Meals, visit www.marchformeals.com.

About Coastal Seniors' Meals on Wheels Program:

On average we serve approximately 450 to 500 meals per month through our Meals on Wheels program, which is organized by Leslie Pike, Coastal Seniors' Meals on Wheels Coordinator. More recently our numbers have climbed and in the past six months we have been serving between 600 and 700 meals per month; more than ever before, which is why our program is increasingly more important to maintain for our community. Our program provides nutritious home-delivered meals to seniors for seven days a week; one hot meal for each day Monday through Wednesday, and one frozen meal per day on Thursday through Sunday. Meals are available for any homebound senior from Irish Beach in Mendocino County to Stewarts Point in Sonoma County regardless of the seniors ability to pay for meals. Clients receiving meals come from many backgrounds but all have one thing in common: the meals we deliver to their homes help them stay independent and out of care facilities. In some cases, our volunteers delivering the meals may be the only person a homebound senior sees all day, and sometimes the only person they see all week.

We have never put any of our seniors on waiting lists for meals because we are so committed to serving every senior in need of help. Coastal Seniors is asking the community to become just as committed by volunteering to deliver meals in March or by donating to support the program. We take donations by check or credit card over the phone (Visa/Mastercard/ Discover). To volunteer or donate call (707) 882-2137.

About Meals On Wheels Association of America

The Meals On Wheels Association of America is the only national organization and network dedicated solely to ending senior hunger in America. The Association is the oldest and largest organization composed of and representing local, community-based Senior Nutrition Programs in all 50 states as well as the U.S. territories. More than 5,000 local Meals on Wheels Programs leverage a dedicated army of two million volunteers who day-in and day-out create an efficient and caring way to keep America's seniors stay independent, healthy and able to live in their own homes. For more information or to locate a local Meals On Wheels program, visit mowaa.org.

POINT ARENA FOOD BANK

The Point Arena Food Bank is a program of Coastal Seniors and is run and operated by volunteers Nancy Kay Webb and Lorene "2D" Christiansen. Each month food is distributed on the second Tuesday from 9 a.m. to 12 p.m. at the Veterans Memorial Building in Point Arena (451 School Street or 24000 S. Hwy. 1).

Each month we receive USDA commodities from the government and we supplement those commodities with groceries that are purchased from local grocery stores and the Redwood Empire Food Bank in Santa Rosa. On average we serve between 75 and 150 individuals and spend about \$250 per month on bread, cereal, potatoes, and other fresh fruits and vegetables to distribute to families, seniors and others in need. In addition, we provide hams, turkeys, and corned beefs for families on holidays (i.e. Easter, Christmas, Thanksgiving, St. Patrick's Day, etc.). Providing meat during these months usually costs the food bank another \$500 to \$1,000, depending on the number of people we serve.

In the past, the PA Food Bank's budget has been supplemented by a grant through the Emergency Food and Shelter Program (EFSP). However, after tough federal budget cuts EFSP had to curb its budget and as a result we lost funding. In the past we were funded as much as \$2,000 per year through the EFSP; enough money to purchase monthly food and holiday meats for about three months. Last year that amount was reduced to \$750 for the year, and now nothing.

Because all funding has been lost, the food bank is now solely dependent on donations from the community to continue service. During the holidays, we were fortunate and received canned food donations from Coast Community Library and Manchester Elementary School. Both organizations held canned food drives to benefit the PA Food Bank. In addition, we received a truck load of fresh food including cheeses, cereal, crackers, soups, pasta, coffee, eggs, and sauces (and so much more) from locals Jayce and Kenson Cochran, who donated the food as a Christmas gift. In addition, Good Buy Clothes made a generous donation of \$500 and an anonymous donor offered \$750 as a challenge to the community to match the donation; the challenge was met with another \$850. The support couldn't have come at a better time!

"I myself grew up in a poor family with three children that struggled to make it month to month. At one point in my childhood my family was homeless and my mother counted on food banks to help feed my brothers and me," said Micheline White, Executive Director of Coastal Seniors. "Because I know how important food banks were to my family's well being as a child, I know how much the families and seniors we serve rely on this service. As always, I would like to continue providing food for our clients but my goal is to provide healthier choices for everyone by offering more fresh fruits and vegetables, along with whole grain items. I believe that people should not have to sacrifice healthy eating because they can not afford a well balanced meal or snack. In order to fulfill this goal donations are a necessity."

If you would like to donate to the Point Arena Food Bank you can send a check or money order written to "PA Food Bank" to PO Box 437, Point Arena, 95468. We also accept donations over the phone by credit card (Visa/Mastercard/ Discover). For more information please call Micheline at (707) 882-2137.

A BIG "THANK YOU" IS OWED TO GOOD BUY CLOTHES, JAYCE & KENSON COCHRAN, COAST COMMUNITY LIBRARY, MANCHESTER ELEMENTARY SCHOOL, AND ANONYMOUS COMMUNITIES MEMBERS WHO HELPED THE POINT ARENA FOOD BANK THROUGH ANOTHER HOLIDAY SEASON.

REDWOOD CREDIT UNION: RANDOM ACTS OF KINDNESS

On Wednesday, Nov. 20, 2013 Redwood Credit Union Branch Manager Lindsay Jones and employee Deanna Branesky came to the senior lunch in Point Arena bearing gifts. The organization was given money as a part of its "Random Acts of Kindness" campaign to perform an act of kindness in the community for a cause of its choice. The Point Arena RCU Branch chose Coastal Seniors as the recipient of the random act and purchased 20 senior lunch gift certificates to distribute to 20 different seniors; each senior who received a gift certificate was able to use it to purchase one meal on a day of their choice.

"These sort of random acts of kindness help remind people of the great community we live in. It also made some of our seniors feel special and appreciated," said Micheline White, Coastal Seniors' Director. She continued, "Redwood Credit Union is a vital part of our community, not only because of the services they provide, but also because all of its employees are positive, active members of the community."

THANK YOU!

CREDIT CARD DONATIONS

Recently, Coastal Seniors opened a merchant account to give donors and fundraiser guests another option for transactions and donations. We now accept Visa, Mastercard and Discover as forms of payment during fundraisers for items like raffle tickets, entry fees, beverages, etc. In addition, those interested in making donations during fundraisers or over the phone using a credit card or a debit card with a Visa logo can now do so. All donations are still considered tax-deductible. To make a donation over the phone call Micheline at (707) 882-2137. You can also fill out the form below and send it in with the envelope attached to this newsletter. We appreciate your support.

NAME (as it appears on card):

TYPE (circle one): Visa Mastercard Discover

CARD #: _____

EXPIRATION DATE: _____ security code: _____

DONATION AMOUNT: \$ _____

PROGRAM (circle one):

General fund Transportation Meals on Wheels

Outreach Senior lunch program

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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 volunteers who are dedicated to our organization, its programs, and the people we serve. Here are some of our volunteers (some old, some new) who help make our wheels turn. Be sure to thank them next time you see them hard at work:

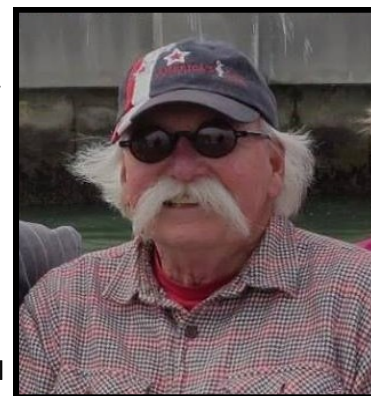
KATRIN RELMAN:

Katrin began volunteering for Coastal Seniors through the Americorps program in September 2013. She is 25 years old and took a cross-country road trip all the way from Washington D.C. (her home town) to get to the west coast. Katrin is a very easy going and caring volunteer and fills in where ever needed. She most commonly cashiers during the senior lunches or packages food for Meals on Wheels but can also be seen at every fundraiser helping out with a smile on her face. Katrin will be with us until July this year, when her contract with Americorps is over.



TOM ECKLES:

Tom has been a dedicated volunteer with us for 7 years this month! When Tom originally began volunteering he helped prepare and package Meals on Wheels when the senior center was in Druids Hall in Point Arena. Now, Tom delivers meals to homebound seniors out of Gualala after the Tuesday senior lunch. Tom became interested in volunteering after moving to the coast full time. He said he chose Meals on Wheels because his mother, who had Alzheimer's, received home delivered meals in her town. Tom helps in other ways too: he brings fresh flowers from his garden when available to deliver to clients with their meals. Over the years he has also donated numerous professional photographs for our raffles.



ESTEBAN KIM:

Esteban joined our team of volunteers in September 2013 as a part of the Americorps program, facilitated through RCMS. He is 25 years old, from Los Angeles and is a genuinely nice guy. He currently helps during the senior lunch program on Mondays and Wednesdays performing many different duties: packaging Meals on Wheels, acting as cashier for seniors who need change for their lunch donation, and helping prepare the congregate senior lunch. Esteban will be volunteering throughout his contract with Americorps, which extends into July 2014.



LAURA THOMPSON:

Laura (along with Tom above) is one of Coastal Seniors longest active volunteers. Laura began volunteering for the senior lunch program and fundraisers over 8 years ago! She said she joined our team because of the need in our community for the types of services Coastal Seniors' provides. In addition, Laura also served on the Board of Directors for about five years. Laura always has great ideas for saving money any way possible and she can also be trusted to cook up delicious food for fundraisers. Not to mention, she has a really great sense of humor!



FUNDRAISER EARNINGS

Coastal Seniors staff, Board of Directors and volunteers rounded out a very successful second quarter in October through December 2013. Here is what was earned from everyone's efforts:

Oct. 25, Spaghetti Dinner hosted by Bones Roadhouse & friends—\$1,244

Oct. 25, Matching Donation Challenge put forth by Bones Roadhouse—\$3,736

Nov. 16, 3rd Annual Martini Madness hosted by Coastal Seniors' Board of Directors and volunteers- \$11,011

Dec. 14, Christmas Craft Faire hosted by Coastal Seniors' Executive Director and volunteers—\$1,300

Dec. 19, 12 Days of Christmas raffle hosted by Coastal Seniors Board of Directors and volunteers—\$496

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):

September total—\$679

October total—\$936

November total—\$682

December total—\$737

FUNDRAISER TOTAL: \$20,821

SPECIAL THANKS TO:

For almost two years the Gualala Community Center has been opening its clothing room on Tuesdays during Coastal Seniors' congregate senior lunch so that seniors and other community members who purchase lunch can shop at half off of all items. On average the Community Center has donated between \$600 and \$1,100 a month since June 2012. In 2013 the Community Center donated a total of \$9,876 to Coastal Seniors through its weekly clothing sale; money that has helped the senior center squeak by difficult financial times. The weekly sale would not be possible without all of the volunteers who organize the room and prepare it weekly for the sale, including Jack and Pris Ellingboe who are there every week to cashier. From all of Coastal Seniors Board, staff, volunteers and seniors who appreciate what you do, THANK YOU!

FUNDRAISER SCHEDULE

Sunday, Feb. 16

Country Breakfast hosted by Coastal Seniors
Gualala Community Center

Saturday, March 8

Daffodil Explosion Craft Faire
Veterans Memorial Building, Point Arena

Friday, March 28

Spaghetti Dinner hosted by Arena Union
Elementary School teachers and staff
Veterans Memorial Building, Point Arena

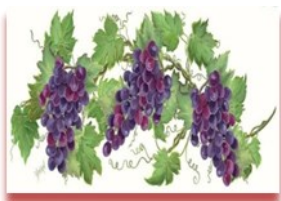
Friday, April 25

Spaghetti Dinner hosted by the Gualala Lions Club
Gualala Community Center

Friday, May 23

Spaghetti Dinner hosted by South Coast Fire Dept.
Gualala Community Center

GUALALA SUPERMARKET



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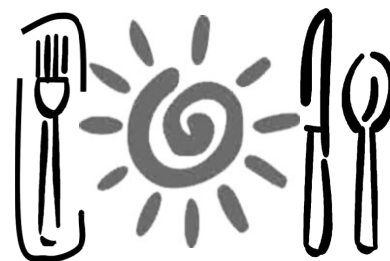
We help seniors and their families during difficult health situations.



Take Elvin for example. Last year he was hospitalized for a long stint after heart surgery. His family has helped his recovery by having him stay with his daughter or one of his sons. And we help by delivering meals and providing a friendly face.

Providing nutritious food helps Elvin: he's doing very well. And it takes some of the pressure off his family. Without any help they might not be able to care for him in their own homes.

Of course you know how it is with your own kids. Sometimes family is just too much. So you escape to your truck to eat your meal in peace.



Meals on Wheels

COASTAL SENIORS

People helping people.

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

Check Donation: Please write NL on the bottom of your check. Thank you.
Debit or credit card donations: Please call Micheline at (707) 882-2137

FREE TAX SERVICE FOR SENIORS

Tax services are now available free of charge for seniors and low income residents through AARP's annual tax preparation program at Redwood Coast Medical Services.

Identity theft is on the rise and being proactive about not becoming a victim is important, which is why filing taxes is important regardless of occupational status. Many seniors believe that filing is not necessary because they no longer receive regular wages. However, filing taxes will prevent a thief from stealing your social security number and filing as if they were you to receive potential refunded money.

To ask questions or to make an appointment to have your taxes completed, contact Richard Henrikson at (707) 882-2189 ext. 105. All volunteers preparing taxes for clients have been trained through AARP.

JOIN US FOR LUNCH & SHOPPING

Every Tuesday enjoy ½ off all shoes & clothing at PAY 'N' TAKE when you purchase one meal during Coastal Seniors' senior lunch program. Lunches are open to people of all ages.

Half of all money raised during the clothing sale is donated by the Gualala Community Center to Coastal Seniors.

LUNCH: 11:30 A.M. TO 12:30 P.M.

PAY 'N' TAKE IS OPEN AT 11:30 A.M. TO 1 P.M.

LEGAL SERVICES: SENIOR LAW PROJECT

The SENIOR LAW PROJECT of Legal Services provides FREE legal information and advice to seniors 60 years or older living in Lake and Mendocino Counties about:

- *Housing – tenant's rights
- *Public benefits – IHSS, food stamps, and SSI/SSD after receiving benefits
- *Health Rights – Medi-Cal
- *Consumer Law – Debt collection, senior scams, and bad contracts
- *Planning for Incapacity – Health care directives and powers of attorney
- *Elder Abuse

If you need legal help, please call or stop by our office to see if you qualify for our services. Phone: 707-462-1471 or toll free 1-877-529-7700; 421 N Oak St, Ukiah, CA 95482.

Nuestros servicios legales gratuitos para personas de la tercer edad de 60 años o más están disponibles en español. Los servicios legales incluyen: asuntos de vivienda, beneficios públicos, derechos de salud, derechos de los consumidores, recobro de impagados, directivas anticipada de atención de la salud, planeando para la incapacidad y abuso de ancianos.

KNOW A SENIOR WHO IS ABOUT TO CELEBRATE A BIRTHDAY? LET US KNOW ABOUT IT. CALL MICHELINE AT (707) 882-2137



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ANTIOXIDANTS AND CANCER PREVENTION

WHAT ARE ANTIOXIDANTS?

Antioxidants are substances that may protect cells from the damage caused by unstable molecules known as free radicals. Free radical damage may lead to cancer. Antioxidants interact with and stabilize free radicals and may prevent some of the damage free radicals otherwise might cause. Examples of antioxidants include beta-carotene, lycopene, vitamins C, E, and A, and other substances. Antioxidants are provided by a healthy diet that includes a variety of fruits and vegetables.

HOW MIGHT ANTIOXIDANTS PREVENT CANCER?

Exposure to various environmental factors, including tobacco smoke and radiation, can also lead to free radical formation. In humans, the most common form of free radicals is oxygen. When an oxygen molecule (O₂) becomes electrically charged or "radicalized" it tries to steal electrons from other molecules, causing damage to the DNA and other molecules. Over time, such damage may become irreversible and lead to disease including cancer. Antioxidants are often described as "mopping up" free radicals, meaning they neutralize the electrical charge and prevent the free radical from taking electrons from other molecules.

WHICH FOODS ARE RICH IN ANTIOXIDANTS?

Antioxidants are abundant in fruits and vegetables, as well as in other foods including nuts, grains and some meats, poultry and fish. The list below describes food sources of common antioxidants.

Beta-carotene is found in many foods that are orange in color, including sweet potatoes, carrots, cantaloupe, squash, apricots, pumpkin, and mangos. Some green leafy vegetables including collard greens, spinach, and kale are also rich in beta-carotene.

Lutein, best known for its association with healthy eyes, is abundant in green, leafy vegetables such as collard greens, spinach, and kale.

Lycopene is a potent antioxidant found in tomatoes, watermelon, guava, papaya, apricots, pink grapefruit, blood oranges, and other foods.

Selenium is a mineral, not an antioxidant nutrient. However, it is a component of antioxidant enzymes. Plant foods like rice and wheat are the major dietary sources of selenium in most countries. The amount of selenium in soil, which varies by region, determines the amount of selenium in the foods grown in that soil. Animals that eat grains or plants grown in selenium-rich soil have higher levels of selenium in their muscle. In the United States, meats and bread are common sources of dietary selenium. Brazil nuts also contain large quantities of selenium.

Vitamin A is found in three main forms: retinol (Vitamin A1), 3,4-didehydroretinol (Vitamin A2), and 3-hydroxy-retinol (Vitamin A3). Foods rich in vitamin A include liver, sweet potatoes, carrots, milk, egg yolks and mozzarella cheese.

Vitamin C is also called ascorbic acid, and can be found in high abundance in many citrus and other fruits and vegetables and is also found in fortified cereals.

Vitamin E, also known as alpha-tocopherol, is found in almonds, in many oils including wheat germ, safflower, corn and soybean oils, and also found in mangos, nuts, broccoli and other foods

This information is from the National Institutes of Health.

<http://www.cancer.gov/cancertopics/factsheet/prevention/antioxidants>

Equinox Care Facility

Equinox Care Facility is a **twenty-four hour residential care facility for the elderly**. We **accept both ambulatory and non-ambulatory clients**. We provide assistance with the activities of **daily living**. This includes three delicious, balanced meals each day and snacks in between meals, continuing health supervision, assistance with medication, and special diets as prescribed by a physician. **All eight of our client rooms are private**. Eligibility for our program is based on our administrator's appraisal of the applicant's health, physician's examination, compatibility with other clients at the facility, and special needs.

For more information or to arrange a visit please contact us at (707) 884-4061



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