

# COASTAL SENIORS

People helping people.

**Board of Directors:**

Donors, Clients, staff and volunteers:

Carolyn André  
(Chair)

I would like to address two very different topics within this letter: first, current information regarding our transportation program; second, the launch of our new website.

Kitty Wolfe  
(Vice Chair)

As many of you already know, Ed McGuire, COASTAL SENIORS' bus driver, is no longer with our organization— he has taken a more full-time driving position with MTA. Ed began working for our organization in October 2005 (over nine years!). As many seniors will tell you, Ed will be very difficult to replace. We wish him the best in his new position.

Sheri Kirby  
(Secretary)

Prior to Ed's departure, we began looking for a back-up bus driver to drive for special events, new programs, and in case we needed a fill in for a few days. Finding someone with the proper license and endorsements has been close to impossible.

Walt Wells  
(Treasurer)

We are currently working with two potential drivers who have the correct license to drive the bus but still need to become endorsed to drive with passengers. It is my intention to have the bus back in action before March. In the mean time, we are using volunteer drivers to bring seniors to and from lunch and to run errands after lunch on Monday through Wednesday each week (on the days the bus normally operates). We are also still looking for a person to serve as an interim driver and as an additional back-up.

Bruce Garland

Moving on to the second topic: it's time to unveil COASTAL SENIORS' new website!

Richard Hughes

For the past month I have been working in coordination with Board Chair Carolyn André to layout our organization's most important information for a website, while keeping in mind our audience and what content would be most helpful.

Randy Jones

Don't be fooled, Carolyn and I are by no means techy enough to pull this off on our own— Jack Reis, a web designer from Silicon Valley, was the key person in recreating the site. Jack and his brother, Nick, work together to create bolder online experiences for clients all over the world through their business UX BROTHERS. Jack is familiar with our coastal communities because he spent a lot of time in Sea Ranch with his family while growing up. Jack approached our organization with the interest in providing his services Pro Bono— an offer we couldn't refuse.

Susan Sandoval

Rufus Savage-Friedman

The website address has not changed and can still be located at [www.coastalseniors.org](http://www.coastalseniors.org). Once on the site, which is very user friendly and easy to navigate, you can find out about our services, how to donate, what volunteer opportunities are available, current and past newsletters, menus and upcoming events, contact information, and a current list of Board of Directors and staff.

Mike Staples

One person who also needs to be recognized for all his help with the website is Rob Diefenbach. Rob created and helped manage the prior website as a volunteer for many years. He regularly updated menus, contact lists, newsletters and more. Rob also helped Jack through the process of redirecting the website to the new IP address so all of the new website pages can be displayed. We are very grateful for the work that Jack and Rob have offered us and hope that everyone will take a few moments to visit the new site.

Sincerely,

Micheline White  
Executive Director

## NEW PROGRAMS ON THE HORIZON

Over the past few months COASTAL SENIORS Board Chair, Carolyn André, and Executive Director Micheline White have been working diligently on creating new programs for seniors that will help combat loneliness and isolation. The programs are intended to launch in the near future (start date to be determined) and include: a senior peer-counseling program; monthly discussion groups; and monthly senior casino nights.

Who better to talk to about serious life matters than someone who has similar life experiences? The purpose of a senior peer counseling program is to allow seniors who are going through significant life changes (like the loss of a loved one, depression, unexpected illness, etc.) to sit with a trained peer to discuss issues and seek advice. Once we begin piloting the program, we will be looking for qualified senior volunteers who are willing to go through training to become a peer counselor.

Our Discussion Groups will target specific seniors suffering from isolation and loneliness. The intent of a Discussion Group is to bring homebound and/or lonely seniors together to discuss various light-hearted topics to increase socialization. Seniors participating in the program will be provided transportation to and from the group if needed.

Lastly, we hope to begin providing transportation for a senior Casino Night to the Garcia River Casino. This would be a door-to-door transportation service that would give seniors the opportunity to go out once a month to enjoy time with friends, a chance to dine and/or a chance to play the slots. This program is intended to begin once our regular and back-up bus driver positions are back in full swing. (See Page 1 for more information on our transportation program.)

For more information on the programs above and other COASTAL SENIORS programs, you can visit our website at [www.coastalseniors.org](http://www.coastalseniors.org) or pick up a COASTAL SENIORS pamphlet at our front desk during the regular senior lunches. The website and pamphlet outline each service and who to contact if you need more information on how to begin using our services.

## 50<sup>TH</sup> B-DAY COMMITTEE PROVIDES FREE CONCERT TICKETS FOR SENIORS

The Sea Ranch 50<sup>th</sup> Birthday will be the world premiere of a new work by the celebrated composer, Aleksandra Vrebalov, *The Sea Ranch Songs*. This piece has been commissioned in honor of The Sea Ranch 50<sup>th</sup> Birthday. It will be performed by the world famous avant-garde Kronos Quartet. For more information on Kronos go to [www.kronosquartet.org](http://www.kronosquartet.org).

There will be three performances over the Labor Day weekend; performances will last one hour and there will be no breaks. The music will provide a new and exciting perspective, written to represent the physical and human beauty that surrounds us, bringing a new understanding to heighten each individual's relationship with our north coast home.

The Sea Ranch 50th Birthday Committee has set aside blocks of free tickets for special groups within the community, including COASTAL SENIORS. Ten tickets have been reserved for each of the three performances. Door-to-door transportation to and from the event has also been sponsored by the Committee.

The concert will be held at the Knipp-Stengle Barn on The Sea Ranch, 37600 Highway 1. Performance days and times are as follows:

\*Saturday, May 23 at 11 a.m.

\*Saturday, May 23 at 4 p.m.

\*Sunday, May 24 at 4 p.m.

Tickets are expected to sell out. Therefore, the Committee has asked that COASTAL SENIORS provide the names of the seniors who are signed up to attend. There are 30 tickets total available. If you would like to attend the concert, please contact Executive Director Micheline White as soon as possible. If you reserve a ticket but are unable to attend, please contact Micheline immediately so another senior can attend.

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



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

# 2015 MARCH FOR MEALS CAMPAIGN

It's that time again! Time for COASTAL SENIORS to join in on the national March for Meals campaign. This will be the 5th year of participation for our organization and each year our campaign continues to grow, not only in the activities we host but also in the awareness raised locally for hunger and isolation among our most frail and homebound seniors.

**What is March for Meals?** For those of you who don't know about this national, month-long event: it is a campaign hosted by the Meals on Wheels Association of America (MOWAA) that brings awareness to the importance of senior nutrition programs like Meals on Wheels.

MOWAA encourages nutrition programs across the country to get involved by inviting Community Champions (elected officials, celebrities, and other significant people) into their organizations to experience the value that nutrition programs provide to homebound, frail seniors who can no longer prepare meals on their own. This year, close to 300 senior centers across the country have already signed up to participate by promoting their own local campaign.

In the past, COASTAL SENIORS has dedicated the March spaghetti dinner to the annual campaign, displayed donation buckets at businesses along the coast, and hosted Community Champions throughout the month of March (like Sheriff Tom Allman, Sonoma 5th District Supervisor Efred Carrillo, Mendocino 5th District Supervisor Dan Hamburg, City of Point Arena Mayors and Councilmembers, Point Arena Schools Superintendent Dr. Colleen Cross, and more).

This year we are going much bigger. In addition to inviting Community Champions into our programs and dedicating the March spaghetti dinner to our campaign, we have teamed with multiple businesses in our service area to sell \$1 donation tags to customers for all of March. Customers at Surf Market, Gualala Building Supply, Stewarts Point Store, TwoFish Bakery, Sea Ranch Supply, Point Arena Pharmacy, Four-Eyed Frog Book Store, and Gualala Veterinarian (and more to come) will have the opportunity to donate \$1 and write their name on a tag that will be displayed in the business for all of March. All funds raised go directly toward COASTAL SENIORS nutrition programs.

We are also hosting an actual march/walk to raise awareness. The march will be held at the Gualala Point Regional Park on Saturday, March 21. The main walk will be 2.1 miles with opportunities for participants to go further along side trails, if desired. The event will begin at 9 a.m. with warm-ups led by Denny Gold and music by D.J. Aibe Holloway.

Registration fees are \$30/person. Everyone who



registers will receive snacks before the walk, a t-shirt, and lunch at the Gualala Community Center following the walk. Due to limited parking, there will be a free shuttle service to the Gualala Point Park from the Community Center– the shuttle will also bring people back to the Community Center for lunch after they've completed the walk. Participants are welcome to park at the Gualala Point Park but must pay \$7 parking fee to do so.

Registration is now open for those who want to sign up. Contact Micheline at (707) 882-2137 to register and pay with Visa/MasterCard/Discover/American Ex. or fill out the form below and return it with a check payable to:

COASTAL SENIORS  
PO Box 437  
Point Arena, CA 95468

I want to join the **2015 March for Meals** walk to raise awareness for senior hunger & isolation.

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Name of Walker \_\_\_\_\_  
T-shirt size: Small    Medium    Large    XL    XXL

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Name of Walker \_\_\_\_\_  
T-shirt size: Small    Medium    Large    XL    XXL

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Name of Walker \_\_\_\_\_  
T-shirt size: Small    Medium    Large    XL    XXL

---

Name of Walker \_\_\_\_\_  
T-shirt size: Small    Medium    Large    XL    XXL

Total registration fees: \_\_\_\_\_  
(A receipt will be mailed to inform you of your registration.)

D I D Y O U K N O W ?

# Kitty, our board member in charge of volunteers, loves to put people to work.



Including her husband, Mark, who probably has no say in the matter. And then she bosses him around. But don't worry: if you're not related, she'll treat you really well. And our volunteers say they love to work at what they call our fun-raisers. They have a good time and Kitty lets them know they are appreciated.

So, if you have a little time to give, there are lots of jobs to be done. You can work at our fundraisers, like Martini

Madness, or help in our kitchen or our office. Or serve as a back-up driver for Meals on Wheels or work at any number of other tasks that need to be done. Contact Kitty Wolfe at: (707) 882-2133 or [KitWolf123@gmail.com](mailto:KitWolf123@gmail.com). And don't forget to donate at the address or phone number below. Thank you.



## COASTAL SENIORS

People helping people.

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

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

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

## FUNDRAISER EARNINGS

September 2014 through January 2015:

**Sept. 26**, Spaghetti Dinner hosted by Shepherd by the Sea Church—**\$1,245**

**Oct. 17**, Spaghetti dinner hosted by Bones Roadhouse—**\$821**

**Oct. 24**, Martini Madness hosted by COASTAL SENIORS— **\$17,994 (includes raffle earnings)**

**Dec. 13**, Christmas Craft Faire—**\$1,651**

**Jan. 30**, Spaghetti dinner hosted by the So-roptimists International of the Mendocino-Sonoma Coast— **\$803**

**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—**\$912.68**

October—**\$866.97**

November—**\$601.35**

December—**1,283.83**

**FUNDRAISER TOTAL: \$26,178.83**

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

September—**304.33**

October— **288.98**

November—**200.45**

December—**427.94**

**TOTAL: \$1,221.70**

## LOCAL EYE DOCTOR JUMP-STARTS NEW FUNDRAISING PROGRAM

Dr. Gena Davis, whose office is in Gualala, has created a new way to give back to local non-profits and COASTAL SENIORS is the first recipient of her generosity. Dr. Davis has put together an eye wear package that is not only a great deal for customers but also gives \$10 from each package back to a local charity. The new program began in January and offers customers a special selection of frames, polycarbonate lenses that are 100% UV blocking, safety plastic with anti-glare coating, and a one-year warranty. Prices start at \$159 for single vision to \$299 for progressives. The package encourages people to shop local while giving local. For questions about the eye-wear package, contact Dr. Davis at (707) 884-EYES (3937).

## MILES FOR MEALS

Elusive hiker Marlene Padilla, known on the trails as the Elusive Rutabaga, is already beginning to prepare for this year's Miles for Meals event.

Last July, Marlene and 3 other hikers (Micheline White, Zephyr Gunheim and her son Garrett) banded together to hike the Lake Tahoe Rim Trail and raise money for the Meals on Wheels program. The four found local supporters to sponsor each mile they hiked. After a combined total of 300+ miles (half of them completed by Marlene), the group raised \$8,000.

This year the hike will take place somewhere in Northern California in early August (a date to be determined) and the location is still in the works.

The hike is now open to people in the community who would like to join. Eight spots are available for intermediate to advanced hikers. Those who join must commit to raising a minimum of \$500 in sponsorship to benefit Meals on Wheels. Hikers will be selected on a first-come, first-serve basis. For more information or to sign up as a hiker, contact Micheline at (707) 882-2137.



**5<sup>th</sup> ANNUAL  
MARTINI MADNESS**

**Saturday, Dec. 5**

**5 p.m. to 8 p.m.**

**Gualala Arts Center**

**Call Micheline at (707) 882-2137 to reserve your tickets or to book a table in advance**

## MEET OUR NEWEST BOARD MEMBER: SUSAN SANDOVAL

A school psychologist and labor and employment attorney by profession, Susan Sandoval has proven to be a valuable member of COASTAL SENIORS board since being voted on in late-July 2014.

In the early 1990s Susan and her husband John, who at the time lived in Davis, built a vacation home on The Sea Ranch; after retiring, they officially moved to Gualala in 2002. “Retired” may be the wrong word to use for Susan — since becoming a full-time resident she has also served as a board member for Point Arena Schools, the Gualala Arts Center, The Sea Ranch Foundation, and the Soroptimists International of the Mendocino-Sonoma Coast. In her spare time, Susan enjoys cooking, traveling and studying the indigenous weaving of our hemisphere.

So what brought Susan to COASTAL SENIORS? “My age dictates that I shift my attention to issues of seniors,” said Susan. She continued, “The COASTAL SENIORS board members that I knew were people I very much enjoyed working with, so being elected to the Board was a win/win for me.”

“We are all very happy to have her on board,” said Executive Director Micheline White. “I have had multiple opportunities to work with Susan one-on-one and really value her perspective. She is an easy person to like and her background provides a wealth of knowledge for our Board.”

### FUNDRAISER SCHEDULE

The following is a list of upcoming fundraisers (this schedule is subject to change if needed). Call Kitty at (707) 882-2133 if you would like to volunteer:

Spaghetti Dinner

Hosted by the Point Arena Lighthouse Keepers &  
Point Arena Community Chest

Friday, Feb. 27

5 to 7 p.m. @ Veterans Memorial Bldg., Point Arena

March For Meals walk to raise awareness

Saturday, March 21

9 a.m. @ Gualala Point Park, The Sea Ranch

March For Meals Spaghetti Dinner

Hosted by the Arena Union Elementary Teachers

Friday, March 27

5 to 7 p.m. @ Veterans Memorial Bldg., Point Arena

Daffodil Explosion Craft Faire

Saturday, March 28

9 a.m. to 2 p.m. @ Veterans Memorial Bldg., Point  
Arena

Spaghetti Dinner

Hosted by the South Coast Volunteer Fire Dept.

Friday, April 24

5 to 7 p.m. @ Gualala Community Center

### CALFRESH SIGN UPS FOR SENIORS

CalFresh is a federal food assistance program that provides qualifying seniors with money each month to purchase groceries. The program was formerly known as “Food Stamps” but has been reinvented 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, refer to the income guidelines below to see if you possibly qualify:

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

If you believe you qualify and would like to sign up, 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.

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

One of the best things about COASTAL SENIORS is our volunteers. We are fortunate to have many great people who are dedicated to our organization, its programs, and the clients we serve. Here is one of the volunteers who helps make our wheels turn. Be sure to thank our volunteers next time you see them hard at work!



## KATHLEEN CEBE

Although she is a new volunteer with COASTAL SENIORS, Kathleen's eager attitude and willingness to help makes it feel like she's been volunteering with us for years.

Kathleen moved to the coast in late-November and immediately introduced herself to COASTAL SENIORS staff after learning about our senior lunch program. Since early-December, Kathleen has worked diligently in our kitchen to help prepare senior lunches and Meals on Wheels— and she drives MOW to homebound seniors. She has also become a volunteer driver for our transportation program while we continue looking for a new driver replacement for our bus.

Kathleen has been a Registered Nurse since 1976 and has spent the past 16 years prior to moving to the coast as a staff nurse at Pomerado Hospital in Poway, near San Diego. During the last four years of her professional career she has cared for the elderly. Kathleen said she is ready and available to care-give for local seniors in need of assistance.

In her spare time, Kathleen enjoys reading extensively and walking. What she enjoys most about volunteering for COASTAL SENIORS is “interacting with people, both the seniors and with the other volunteers in the program.” Kathleen says she is a “cheerful person and enjoys sharing laughter with others” around her—a statement our staff would agree with.

## APPRECIATION PARTY FOR VOLUNTEERS



Are you a regular volunteer for COASTAL SENIORS or have you volunteered in the past? If so, you're invited to our Volunteer Appreciation Party! Volunteers support our organization in so many invaluable ways—now it's COASTAL SENIORS turn to show how much we value our volunteers.

Come enjoy food, beverages and the opportunity to meet fellow volunteers. There will be a free raffle with multiple chances to win a variety of prizes.

During the party, Executive Director Micheline White will hold a ceremony to recognize some of our long-time volunteers who have stuck with our organization for many years.

When: Thursday, February 19 from 4 to 6 p.m.

Where: Veterans Memorial Building (24000 S. Hwy. 1, Point Arena)

Please RSVP to Micheline at (707) 882-2137 or by email to [coastalseniors@exede.net](mailto:coastalseniors@exede.net) so food ordering and other details can be properly planned. Thank you in advance. We look forward to a great party!

Within the few months we have lost some pretty remarkable seniors that we all knew and loved dearly. Take a minute to remember the joy these seniors brought to our lives:

**Bill Hickey**

11/07/1929-06/03/2014

**Nancy Wagner**

08/31/1943-09/21/2014

**Ted Galletti**

1919-12/11/2014

**Dick Duncan**

06/29/1920-06/08/2014

**Alice Woodward**

01/27/1924-10/04/2014

**Emily Stornetta**

10/31/1922-12/28/2014

**Maynard Lucero**

03/14/1927-07/02/2014

**Robert Schneider**

1945-11/06/2014

**Wes Maynard**

10/29/1927-01/01/2015

**Bette Wilson**

1920-07/07/2014

**Doris Wright**

06/22/1926-11/09/2014

**Kenneth Laiwa**

10/23/1932-07/14/2014

**Goldie Willemstein**

03/13/1943-09/06/2014

**Frank Lester Moyles**

11/14/1936-12/06/2014

**Rosemarie Brooks**

02/07/1913-10/30/2014

**Bob Stalnaker**

03/08/1928-09/16/2014

**Elaine Jacob**

05/04/1921-12/07/2014

**Bill Elmore**

01/27/1945- 12/12/2014

**COASTAL SENIORS  
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