

COASTAL SENIORS

People helping people.

A NEWSLETTER FROM COASTAL SENIORS

WINTER 2020

ISSUE HIGHLIGHTS

- 2 [A Matter of Balance](#)
- 3 [March for Meals Celebration](#)
- 4 [A Salute to Marghi Hagen](#)
- 4 [CalFresh Open Enrollment](#)
- 5 [Meals on Wheels are Heavenly](#)
- 6 [Fundraising Update](#)
- 8 [Meet the New Board Member](#)
- 8 [Upcoming Events](#)

OUR MISSION

Our organization helps identify the needs of seniors in our coastal communities and to provide programs and services designed to promote their well-being.

GET INVOLVED

There are many ways to support our organization and community. Learn how you can contribute to our mission by calling our office at 707.882.2137 or visit our website to find a list of programs and volunteer opportunities.

www.CoastalSeniors.org

DIRECTOR'S CORNER

NANCY GASTONGUAY, EXECUTIVE DIRECTOR

As we near the end of what was a not so rainy and miserable winter (so far) we are gearing up for Spring and our big month of March. The month of March mobilizes hundreds of local Meals on Wheels programs across the country to reach out to their communities and build the support that will enable them to serve America's seniors all year long. The 18th annual March for Meals campaign gives the businesses, organizations, governments and volunteers who contribute so generously in their communities an opportunity to support homebound seniors in a variety of ways to make America stronger and healthier.

In our rural area, the Meals on Wheels program plays a vital role in providing our home-bound seniors with nutritious meals seven days a week, friendly visits to help reduce isolation, and safety checks to ensure that seniors receiving meals are getting the care they need so they continue to live at home.

On February 10, 2020 the President sent his Fiscal Year 2021 Budget to Congress. This budget calls for level funding for senior nutrition programs, which include Meals on Wheels programs. As inflation and a growing need for services continue to outpace available resources, even level funding represents a setback. In addition, The Commodity Supplemental Food Program (CSFP), which serves about 30 seniors per month in our service area, would be completely eliminated.

On March 14th we'll hold our annual March for Meals 5k Walk to help raise awareness and much needed funds to support our Meals on Wheels program. We hope you'll join us at the event as a walker or volunteer and if you can't be there in person, please consider donating. We also encourage you to reach out to our Members of Congress to voice your support for these important programs.

Thank you!
Nancy

COASTAL SENIORS

People helping people.

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Point Arena, CA 95468
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**Thank you to all our
Coastal volunteers and
contributors!**

STAFF

NANCY GASTONGUAY
Executive Director

MICHELE MELIO
Client Services Coordinator

MOLLY SCARAMELLA
Meals on Wheels Coordinator

SHELLE EPTON
Bookkeeper

RENÉE KLING
Kitchen Manager

JENNY TITUS
Kitchen Assistant

JAYE PEAKE
Dishwasher

MONICA BENEDICT
Bus Driver & Outreach

CRAIG GEDEIST
Bus Driver

RON BOLANDER
Bus Driver

BOARD OF DIRECTORS

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Chair

JEFF LONEY
Vice Chair

STEVEN WINNINGHAM
Secretary

ROBERT RAMERS, CFE
Treasurer

MICHAEL STAPLES

PADDY BATCHELDER

ALAN GROSSMAN

WALTER WELLS

A MATTER OF BALANCE CLASS

Addressing Concerns About Falling



Front row left to right: Wendy Beaty, Dorothy Stevenson, Sylvia Clarin, Rosemary McGinnis, Elmer Harris. Standing left to right: Geoff Beaty, Michael Tilles, Rosalyn White, Cheryl Harris, Patricia Wilson, Jim Mikelich, Steven Winningham (coach), Elisabeth Mallary. Not pictured, Stephanie Chapman (coach).

Two more Matter of Balance classes concluded in December, one in Gualala (pictured right celebrating with sparkling cider) and one in Manchester. Committed to learning useful skills and techniques dealing with concerns about falling, these enthusiastic groups completed the evidence-based program one afternoon a week for eight weeks. In the process, they became a supportive community helping each other address issues that concern an aging population.

The Matter of Balance program addresses concerns about falling which may lead to compromises in our level of social and physical activity. The program is designed to help participants learn how to create a safer home environment; identify fall risks including issues regarding medications; learn problem-solving strategies to address behavior and habits that contribute to falls; learn some simple exercises to promote strength, flexibility and balance and learn about community resources for added support with these topics.

To date, 89 people from Timber Cove to Manchester have completed the course and feedback has been very positive.



The next MOB class is not currently scheduled but if you are interested please contact **Janis Sites** at the **Mendonoma Health Alliance at 707.412.3176 extension 102** to be added to the waitlist. When a new time and location is determined, we will contact waitlist people first to determine their interest.

COASTAL SENIORS JOINS IN MONTH-LONG MARCH FOR MEALS CELEBRATION WITH COMMUNITIES NATIONWIDE

Support will help to fight senior hunger and isolation along the Mendonoma Coast.



Coastal Seniors will be participating in the **18th annual March for Meals** – a month-long, nationwide celebration of Meal on Wheels and our senior neighbors who rely on

the vital service to remain healthy and independent at home. Coastal Seniors' celebration will include various activities throughout the month of March, including:

- Senators, 5th District Supervisors, City Councilmembers and Congressman will be invited to visit our dining site and volunteering for Meals on Wheels throughout the month of March to see first-hand how vital our program is to our rural, isolated communities.
- 5K March for Meals Walk at the Gualala Point Regional Park on **Saturday, March 14 at 10 a.m.**
- Spaghetti Dinner on **Friday, March 27, from 5-7 p.m.** at the Veterans Memorial Building in Point Arena—the dinner is being hosted by the Arena Union Elementary School teachers & staff.

“The services we provide are a lifeline for seniors of the Mendonoma Coast and the need is rapidly increasing,” said Nancy Gastonguay, Executive Director of Coastal Seniors. “Together, we can keep our senior neighbors well-nourished, feeling safer and more connected to our community as they age.”

The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon

signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. Since 2002, community-based Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still in need.

“THE SERVICES WE PROVIDE ARE A LIFELINE FOR SENIORS OF THE MENDONOMA COAST AND THE NEED IS RAPIDLY INCREASING.”

“The month of March is a fitting time to not only celebrate the successful history of Meals on Wheels, but also bring us together to support a solution that will strengthen communities into the future,” said Ellie Hollander, President and CEO of Meals on Wheels America. “With 12,000 Americans turning 60 each day, now is the time to invest in these vital programs so that we can provide every senior in need with the nutritious meals, friendly visits and safety checks that will enable them to live healthier and independent in their own homes.”



Help us raise awareness this March by getting involved. Volunteer, donate or help to keep our social media campaign alive. Visit www.coastalseniors.org for more information.

About Our Program COASTAL SENIORS' nutrition programs serve seniors along the coast between Irish Beach in Mendocino County, down through Stewarts Point in Sonoma County and inland to Annapolis. Our organization's mission is to identify needs, provide services and to promote the well-being of seniors in our coastal communities. One of the best ways we meet our mission is through nutrition and socialization.

The number of seniors we serve through our nutrition programs continues to climb and we delivered over 10,000 meals in 2018-19. Our funding is not increasing at the same rate and we are relying more on donations and fundraisers.

A SALUTE TO MARGHI HAGEN

Marghi joined the Coastal Seniors Board in 2016. Unfortunately she resigned from the Board as of the end of 2019. She's found a new love and they're moving up to or near Mendocino. Good for her. Bad for us.

When you've been on boards long enough you learn to recognize that some people are workers and some are not. And nothing ever changes with either group.

**Marghi deserves a
BIG thank you!**

Marghi is a worker. A hard worker. She has taken on projects since the day she got on the board. As treasurer she asked

lots of questions, as she should have. How does this work? Why is that expense twice what it was last year? What are we doing about it? Why did income dip here or go up there? All the things an aware person does to learn the business and keep the ship afloat.

But she has also dished out meals and packaged them for Meals on Wheels every single week for a couple of years. I suppose she may have gone on vacation once, but we didn't reprimand her for that.

She also has delivered Meals on Wheels every week. And for the last year or two she's been the liaison between Coastal Seniors and the organizations that host our monthly dinners (Spaghetti/Taco/BBQ dinners). That's a lot of work.

Marghi was also one of the first out there to write her friends when she had raffle tickets to sell or event tickets. And to Marghi's friends I say, if you think you've escaped you would be wrong. We know who you are!

I will miss Marghi's hard work, toughness, passion and sense of humor. I won't miss her emails to me that started something like " WTF?!!! CANNOT BELIEVE THAT YOU WERE STUPID ENOUGH TO . . . or words to that effect. I might miss it. But I've got another member of the board who does the same thing, so I'm covered.

Marghi deserves a big thank you from all of us at Coastal Seniors. And from the community we serve and the wider community as well!

If you see Marghi, please wish her well.

- Carolyn André

CALFRESH FOOD BENEFITS OPEN ENROLLMENT



Open Enrollment **Tuesday, April 14, 2020**

8:30 a.m. – 10:30 a.m.

Veterans Memorial Building, 24000 S. Highway 1, Point Arena

Help keep Mendocino County tax dollars local while supporting yourself and/or your family with money for groceries. Call our office today at **707.882.2237** to see if you qualify!

COASTAL SENIORS WISH LIST

Coastal Seniors would like to thank the anonymous donor for providing the funds needed to lease a new printer. We would also like to thank Larry Jacobs for donating an AED for our bus.



COASTAL SENIORS

People helping people.

Do you have the time to help?

Coastal Seniors is looking for volunteers:

- Meals on Wheels drivers
- Community lunch assistance
- Food Bank onsite distribution
- Firewood delivery

All volunteers eat for free at our community lunches and mileage reimbursement is available for our Meals on Wheels drivers!

If you are interested, please contact Michele at Coastal Seniors at (707) 882-2137 or michele@coastalseniors.org



MEALS ON WHEELS ARE HEAVENLY



A cat died and went to Heaven. God met her at the gates and said, "You have been a good cat all these years. Anything you want is yours for the asking." The cat thought for a minute and then said, "All my life I lived on a farm and slept on hard wooden floors. I would like a real fluffy pillow to sleep on."

God said, "Say no more." Instantly the cat had a huge fluffy pillow. A few days later, six mice were killed in an accident and they all went to Heaven together. God met the mice at the gates with the same offer that was made to the cat.

"Well, we have had to run all of our lives: from cats, dogs, and even people with brooms!" said the mice. "If we could just have some little roller skates, we would not have to run again." "Done," said God. All the mice had beautiful little roller skates.

About a week later, God decided to check on the cat. She was lounging on her fluffy pillow. "Is everything okay? How have you been doing? Are you happy?"

"Oh, it is wonderful," said the cat. "I have never been so happy in my life. The pillow is so fluffy, and the Meals on Wheels was a nice touch."

FUNDRAISING UPDATE: JULY 2019 – DECEMBER 2019**\$8,428**TUESDAY PAY N
TAKE SALES**\$11,832**MEALS ON WHEELS
FUNDRAISING DINNERS**\$5,086**FOOD
BANK**\$27,781**MARTINI
MADNESS

Coastal Seniors would like to thank the Gualala Community Center, Surf Supermarket and Gualala Supermarket for their continued support of Coastal Seniors and the programs and services we provide to our community.



THANK YOU to the following organizations and their volunteers for hosting our 2019 monthly Meals on Wheels fundraising dinners:

Arena Union Elementary Teachers & Staff
Marghi Hagen & Friends
Big Babes of the Mendonoma Coast
Shepherd by the Sea
South Coast Volunteer Fire Department
Soroptimist International of Mendocino-
Sonoma Coast & Action Network

Redwood Coast Volunteer Fire Department
H&H Contractors, Inc.
Gualala Lions Club
Mary, Star of the Sea Church
Coast Life Support District
The Sea Ranch
Black Oak Catering

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 online securely

with Discover/Visa/MasterCard, American Express or PayPal by visiting our website:
www.coastalseniors.org/donate.html

Donations by mail can be written to Coastal Seniors and mailed to PO Box 437, Point Arena, CA 95468.

Donations by phone can be made by calling Coastal Seniors at 707.882.2137 and asking for Nancy Gastonguay.

COASTAL SENIORS

Thank you to all of our donors and volunteers for making the



9th ANNUAL MARTINI MADNESS

a success!

Donors:

* Walt and Donna Stornetta * Susan Clark * Tom Eckles * Paul Brewer * Andrea Lunsford *
 * Kalynn Oleson & Glenn Funk * Mel Smith * Kitty Wolff * Joyce Perkins * Priss and Jack Ellingboe *
 * Robert Ramers * Rosemary Suddith * Henrik Liisberg * Gregg and Mary Kate Warner * ZD Wines *
 * Randy Jones * Fiona O'Neill * Jan Maria * High Tides * The Green Room * Lise Sheedy *
 * Nersi & Eileen Boussina * Ancestry * KGUA * The Physical Gym * The Kronos Quartet * NOMA *
 * Red Stella * Rumors * SFJazz * St. Orres * Birdsong Clinic & Teashop * Twofish Baking *
 * Trinks Café * Gualala Supermarket * Surf Market * Sea Ranch Café * Gualala Swing Dance *
 * The Sea Trader+ * Papapietro Perry Winery * Fort Ross Vineyard & Winery * Handley Cellars *
 * Iron Horse Vineyards * Mar Vista Cottages * Intercontinental San Francisco * Hotel Breakers *
 * Dr. Jennifer Frankot * Marghi Hagen * Robert Ramers * Mike Staples * Sheralyn Kirby *
 * Carolyn André & Barry Richman * Micheline and Aaron Kirby * Jo Ann Aiken *
 * Patricia Mutch * Nancy Gastonguay & Shawn Doebling *

Volunteer Bartenders:

* Shawn Doebling & Dana Macaulay * Susie Cooper & Jaye Peake * Julie Bower & Naomi Schwartz *
 * Spencer Chapman * Steve McLaughlin & Dave Shpak * Andrew Meitz & Angie Agis *
 * Krisie Galletti & Junior Roddy *

Volunteers:

* Paddy Batchelder * Marghi Hagen * Micheline Kirby * Jeff Loney * Robert Ramers *
 * Pam Goedhart * Carolyn Young * Lisa Kritz * Steven Winningham * Nancy Dew * Renée Kling *
 * Marghi Hagen * Stephanie Chapman * Ron McMath * Pat Chaban *
 * Terry Pfordresher * Jim Archbold * Joyce Perkins * Barbara Forenti * Molly Smith * Mike Staples *
 * Howard Klein * Glenn Funk * Mary Wall * Mirka Knaster * Mark McClone * Carolyn André *
 * Nancy Gastonguay * David Caley * Kimi Jones * Jamie McClone * Michael Jolliffe * Sheralyn Kirby *
 * Rosa Hernandez * Kalynn Oleson * Laura Cortright * Karen Tracy * Monica Benedict *

Congratulations

2019 "Best Martini Maker on the Coast" award co-winners:
 Shawn Doebling & Dana Macaulay and Spencer Chapman

Raffle winners Larry Jacobs and Karen Tracy

MEET THE NEW CS BOARD MEMBER



Jeff Loney, Vice Chair We are pleased to announce that Jeff Loney joined the Coastal Seniors Board of Directors as Vice-Chair on January 1, 2020. For the past year Jeff has been one of our tireless and very flexible volunteers, willing to do just about everything we have asked of him. He is a joy to have around our office and staff and clients alike enjoy his sense of humor, kindness and his amazing Irish accent. Jeff brings a wealth of professional and volunteer experience to the table. After receiving his BA in Aeronautical Engineering and Masters in Industrial Engineering from Queen's University Belfast, Jeff spent forty years in the Aerospace industry in the US and Northern Ireland. His areas of expertise include design, manufacturing engineering and operations improvement. Jeff has also dedicated time to various volunteer activities in the San Diego area including Rebuilding Together, Christmas in October, Chula Vista Library, Father Joe's Village, and San Diego Rowing Club. Jeff and Stephanie, his wife of thirty-eight years, have two grown children and live in The Sea Ranch with their dog and two cats.



UPCOMING EVENTS

Point Arena Food Bank Monthly Distribution

The Point Arena Food Bank is a program of Coastal Seniors that serves people of all ages.

**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)*

UPCOMING DATES:

April 14 • May 12 • June 9

Come join us for our...



MEALS ON WHEELS FUNDRAISING DINNERS

BENEFITTING COASTAL SENIORS

Friday, February 28

Friday, March 27

Friday, April 24

All Ages Welcome!



UPCOMING EVENTS



COASTAL SENIORS

5K Walk

Saturday, March 14 @ 10 a.m.

Gualala Point Regional Park

WALK WITH COASTAL SENIORS TO CELEBRATE THE
2020 MARCH FOR MEALS CAMPAIGN
TO RAISE AWARENESS FOR SENIOR HUNGER & ISOLATION

ALL PROCEEDS SUPPORT MEALS ON WHEELS

\$35 Registration for Adults

\$20 for Youth 17 & Under

- or -

Raise \$100 in pledges and registration is free!

Day of Event

Shuttle Service begins at 9:00 a.m.

Registration/Sign-in from 9:00 a.m. - 10:00 a.m.

Register online at:

<http://2020marchformeals.brownpapertickets.com>

or call Coastal Seniors at 707.882.2137