



The Clover Leaf

May - June 2023



Melanie's Message

Spring has sprung, and summer is on its way. This winter, we were blessed to get plenty of rain (and even some snow) so that our county area is blooming, green again, and bursting with new life. The days are getting longer, and there are many activities to enjoy. Joy and happiness always await us if we just look for them. One of my favorite quotes on happiness is by Denis Waitley,

"Happiness cannot be traveled to, owned, earned, worn, or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude."

In May, you can discover how to get and feel healthier by learning about Plant-Based Cooking, or maybe you will find happiness in attending the Nutrition Basics workshop, which will focus on food as medicine. Another series offered is Empowering Your Life, which will help you to calm your mind (I usually need that at 3:00 AM), like yourself more, and feel more peace, love, and joy.

Another way to find joy and happiness is through music. Here is a quote that inspired me, "Music is the universal language of mankind." — Henry Wadsworth Longfellow. On June 24, a benefit concert will be held to support our Senior Center and the local CERT (Community Emergency Response Team). Three award-winning Nashville singer-songwriters, Gretchen Peters, Matraca Berg, and Steve Seskin, will perform together "in the round," a Nashville tradition.

There will also be an opening performance by the local Fitch Mountaineers and special guests. This evening will be filled with fun, food, and great music under the stars at a private outdoor hillside venue. I cannot imagine a more delightful setting to find joy and happiness than out in nature, under the stars, with delicious food and listening to the sweet sounds of music. More information is below and on our website CloverdaleSeniorCenter.org.

Enjoy the next couple of months and be sure to sprinkle in some extra cheer while enjoying your happiness, be sure to share that sprinkle of joy with others; remember, the more, the merrier.



NASHVILLE COMES TO SONOMA COUNTY
a Benefit Concert

Gretchen Peters Steve Seskin
Matraca Berg

Fitch Mountaineers & Special Guests

Saturday, June 24
5:30 Gates Open
6:30 Concert Begins

Tickets & Info at CloverdaleSeniorCenter.org/

A Big Thanks!



A huge thank you to Peter Van Gelder, Tim Witter, Eric London and Holly for donating their musical talents for our Senior Center Musical Benefit. A big thank you to all of the volunteers who helped make our event a special one, it was a fun evening of music, food and friendship.

Connect with Us

Senior Center Reception

(707) 894-4826

reception@cloverdaleseniorcenter.org

311 N. Main Street, Cloverdale
M-F 8:30 AM - 5:30 PM

Creative Notions Store

(707) 894-4110

119 W. 1st Street, Cloverdale
Tue. - Fri. 10 AM - 4 PM

Board of Directors

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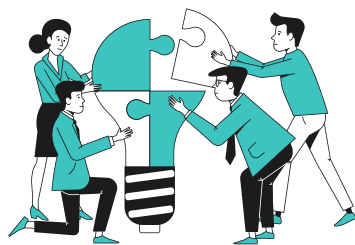
Suzi Croft

Operations Coordinator

Suzi

@CloverdaleSeniorCenter.org

Board & Committee Updates



Fundraising Committee

RE: Nashville Comes to Sonoma County
We need sponsors for this fundraising concert we are putting on with our local CERT. We are asking our members and our community to help us find sponsors. Event sponsors receive marketing opportunities in recognition of their support.

Board Message

HAPPY OLDER AMERICANS MONTH!!! - MAY 2023

Let's get out and show these young people that getting older has perks! - REIMAGINE AGING! - We Still Matter!

JUNE 2023 is ELDER ABUSE AWARENESS MONTH

Many have experienced some form of neglect, injury, or malintent - it's not ok, and together we can speak up! Our Center is a SAFE SPACE - Please reach out; we're here for you.

Welcome New Members!



Andrew & Elizabeth
DeVilbiss

Aimee Beem
Angela Schmidt

David Ganet
Dennis Davis

Debbie Morikawa
Diane Bartlett

Donna McFetridge
Donna Stehle

Elizabeth Young
Ellen Wingenbach

Elyse Petit
Janet Wahl

John Zulauf
Joy Bramlette

Kay Jablonski
Ken & Elizabeth Allen

Ken Richardson
Linda Walker

Lisa Dukee
Maria Lopez

Martha Tamayo
Miseerlian Baker

Nancy Dalwin
Patricia Ford

Phyllis Chiaino
Rick Owen

Rustine Quigley
Sandy Baccitich

Susan Reese
Tim & Julie Crary

Betty Durso
Yolanda Rizo

Volunteers Needed



Drivers & Errands

We seek individuals willing to provide rides to seniors locally and/or out-of-town. Or willing to run errands; shopping, deliveries, etc., for our seniors. Please contact our Reception Desk at (707) 894-4826 or email reception@cloverdaleseniorcenter.org

Instructors Needed

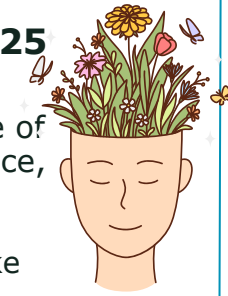
We are seeking instructors for a line dancing class and Yoga. If you know of someone or are someone who may be interested, don't hesitate to get in touch with Melanie at melanie@cloverdaleseniorcenter.org or (707) 894-4826



Empowering Your Life

Thursdays, May 4, 11, 18, & 25
3:30-4:30 PM

We all deserve - and can have- more of what we want & need; love, joy, peace, freedom, and even abundance. Learn how to; Calm your mind, Feel better, Improve your relationships, Like yourself more, Feel more peace, love, and joy, Guide your life experiences better, and Experience greater health and well-being.



Members \$7
Guests \$10

Bean Bag Baseball is BACK!

Starting May 3
Wednesdays 10-11 AM Free

Join the group and have a ball... or bean bag in this case. This is not a physically demanding game, and the people are wonderful to be around. Don't worry if you don't know how to play, we'll show you how. Grab a sun hat we play outside weather permitting.

Meditation is Impactful

Tuesdays & Thursdays 8:45-9:45 AM

After a long hiatus, we relaunched our meditation classes in January. They meet under the guidance of a newer member, William. The class is small, so individual attention is always available, and content is inspired. We get lots of positive feedback from participants.

Class Fee: Members \$7 Guests \$10



CLOVER Lunch CLUB

RSVP Required 11:30-12:30 PM

TUESDAYS RSVP by Monday at 3 PM
Serving Mexican Food from El Milagro \$8

WEDNESDAYS RSVP by Tuesday at 3 PM
Serving Pizza or Hot Subs from Papa's Pizza Café \$5

FRIDAYS RSVP by Wednesday at 3 PM
Serving Homemade Hot Soup & Salad \$5



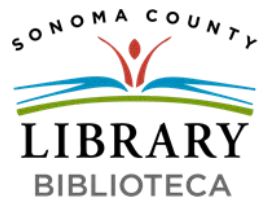
Vegetarian Options available on Tues & Weds
To-go available; just ask.

No one is turned away for inability to pay; please see management for assistance.

Coffee with the Mayor & Friends

Thursday, May 11
10-11 AM

Joining Mayor Todd Lands is Brooke Greene, Cloverdale's representative on the Sonoma County Library Commission, and Nicole Bird, the Cloverdale Branch Manger will join the Mayor to update you on the library and answer your questions.
Nicole Bird - Cloverdale Branch Manager



Thursday, June 15
10-11 AM

Elder Abuse Awareness Month
Elder Justice League - Senior Adcovasy Services
Donata Mikulik, Elder Justice Coordinator, Christa Barnett Nelson, Executive Director of Senior Advocacy Services, and Carla Rodriguez, Sonoma County District Attorney
Join us to share about aging support and resources, justice, and protection.



Free Food Distributions

Provided by the Redwood Empire Food Bank
Every Age - Stage - Language ALWAYS Welcome!

Cloverdale Senior Center
Thursday, May 25 & June 22
10-11 AM Drive-thru & Walk-up pick-up

Time change
↓

Citrus Fairgrounds
Mondays, 4:00 - 5:00 PM
(No distributions on federal holidays)
Drive-thru or walk-up pick-up



Cloverdale Food Pantry
Fridays, 11-1 PM
Pantry - walk-through

For more distribution dates, visit:
<https://getfood.refb.org/>

Produce Market

Fridays 10-11 AM
Wholesale prices for everyone!
Bring your reusable bags.
Sorry - no credit cards



Wellness Workshops

Plant-Based Cooking

Thursday, May 11, 4:30-5:30 PM

- Diet and healthy lifestyle choices prevent, treat, and sometimes reverse chronic illness.
- Address: High blood pressure, diabetes, high cholesterol, heart disease, obesity, inflammatory and autoimmune conditions, skin conditions, digestive issues, and dementia.
- We are serving & sharing plant-based recipes.

Presenter: Dr. Jeffrey Pierce

Food by Karen Reed of Bypass the Cow

Participants that pre-register **receive special self-care and wellness gifts.**

Call **(707) 894-4826** to sign up, drop by, or email reception@cloverdaleseniorcenter.org

\$10 - Fee waived with survey completion and upon request (no participant turned away due to funds).

Nutrition Basics

Wednesday, May 17, 4:30-5:30 PM

- *Smoothie TIME!* - with healthy choices...
- Focus on food as medicine, gut health, and ingredient substitutions for dietary restrictions.
- Includes a smoothie-making demo.

Presenter: Gina Berry, MS, RD, CLT

Aging Women's Health

Friday, June 2, 4:30-5:30 PM

- How our environment affects our nervous system, and how to regain peace of mind.
- Life transitions as they affect our health
- The body and mind try to seek balance
- Inner dialogue - friend or foe?

Presenter: Deborah Owen

Funded by our friends at the Community Foundation of Sonoma County

Seniors Deserve Respect

When we share a voice, the message gets louder, see something say something.

What is it?

Physical Abuse; the infliction of physical pain or injury, sexual assault or molestation, or use of physical or chemical restraints for punishment, without or beyond the scope of a doctor's order.

Neglect; is the failure to fulfill a caretaking duty, such as assisting in personal cleanliness, providing enough healthy food, clothing, or shelter, or protecting a person from health and safety hazards. *Self-neglect is also considered elder abuse of one's self.*

Financial Abuse; the illegal or unethical exploitation and or use of an elder's funds, property, or other assets.

Abandonment; is the desertion of an elder by someone who is a caregiver.

Abduction; the removal, without the consent of the senior conservator, of an old to another state. Isolation; prevents an elder from receiving mail, telephone calls, or visitors.

Mental Suffering; is the infliction of fear, agitation, and confusion through threats, harassment, or other forms of intimidating behavior.

What happens when it's reported?

There are many types of elder and dependent adult abuse and neglect. Suppose any type of abuse is suspected and reported. In that case, APS social workers can provide short-term counseling, case management, and referrals to helpful services to stop the abuse and ensure the person's ongoing safety. No one gets into trouble unless the victim pursues action. APS is NOT CPS - we are all adults and can decide how far to go. APS is a service to provide short-term support to aid in recovery and build resiliency going forward.

Resources

Adult Protection Hotline (24hr)
(800) 667-0404
calls remain confidential and anonymous

Elder Justice Initiative
(707) 565-5940
24-hr Confidential Service

Adult & Aging Division of SoCo
(707) 565-5900
M-F 8 AM - 5 PM

Aging + Disability Resource HUB
(707) 565-INFO (4636)
M-F 8 AM-5 PM

Ombudsman Services
(for seniors living in long term care facilities)
(707) 526-4108
(800) 231-4024

May

Tuesday, May 2

9 AM Haircuts by appointment

Wednesday, May 3

10-11 AM Bean Bag Baseball - Starts Weekly on Wednesdays before pizza/sub lunches

1:30-4 PM Bunco! #1

Thursday, May 4

10-11 AM Awareness Through Movement
3-4 PM Belly Dancing (weekly, ongoing fun)
3:30-4:30 PM Empowering Your Life #1 - 4-week series

Wednesday, May 10

9 AM Visiting Podiatrist - Dr. Kunda by appointment only

Thursday, May 11

10-11 AM Coffee with the Mayor & Friends
3:30-4:30 PM Empowering Your Life #2
4:30-5:30 PM Plant-Based Cooking Wellness Workshop

Wednesday, May 17

1:30-4 PM Bunco! #2

4:30-5:30 PM Nutrition Basics Wellness Workshop

Thursday, May 18

10-11 AM Awareness Through Movement
3:30-4:30 PM Empowering Your Life #3

Wednesday, May 24

2-3:30 PM Caregivers Support Group

Thursday, May 25

10-11 AM REFB - Food Distribution
3:30-4:30 PM Empowering Your Life #4

Monday, May 29

CLOSED - Memorial Day

June

Thursday, June 1

10-11 AM Awareness Through Movement

Friday, June 2

4:30-5:30 PM Women's Health Wellness Workshop

Tuesday, June 6

9 AM Haircuts by appointment

Wednesday, June 7

10-11 AM Bean Bag Baseball
Weekly on Wednesdays before pizza/sub lunches

1:30-4 PM Bunco! #1

Monday, June 12

10-11 AM SCAMS - Medicare & More - by HICAP

Wednesday, June 14

9 AM Visiting Podiatrist - Dr. Kunda by appointment only

Thursday, June 15

10-11 AM Coffee with the Mayor & Friends
10-11 AM Awareness Through Movement

Wednesday, June 21

1:30-4 PM Bunco! #2

Thursday, June 22

10-11 AM REFB - Food Distribution

Friday, June 23

CLOSED

Saturday, June 24

Nashville Comes to Sonoma County

5-9:45 PM Fundraising Concert

Monday, June 26

CLOSED

Wednesday, June 28

2-3:30 PM Caregivers Support Group

Thursday, June

Friday, June

Clothing Donations & Thrift in Cloverdale

439 N Cloverdale Blvd, Cloverdale, CA

heaven's closet
thrift shop at the united church of cloverdale

Open 10-2 PM
Thurs. & Sat.

1/2 off seniors' first
Sat of Month

Cloverdale Connect

Thank you, Cloverdale Connect, for your ongoing support of our Center!

If you live in the 95425 area code and wish to receive a copy of the Cloverdale Connect, our local monthly newspaper, please contact (707) 322-3403



Cloverdale Senior Multipurpose Center

Activities and Events Calendar

MAY 2023

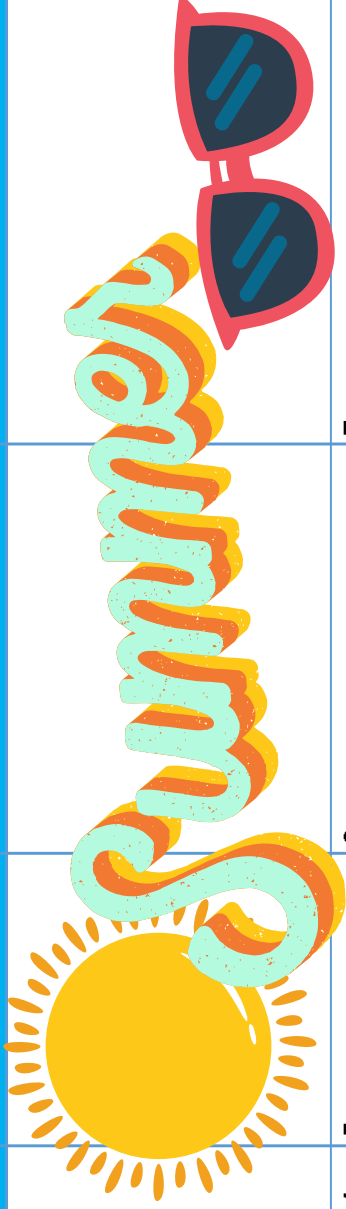
Su	Mon	Tue	Wed	Thu	Fri	Sat
30	1 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	2 8:45-9:45 Meditation 9:00 Haircuts by appt 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	3 8:45-9:45am Yoga 10-11am Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch, Papa's Pizza Cafe 1:30-4:00 Bunco!*	4 8:45-9:45 Meditation 9-12pmA Portrait of You (by appt.) 10-11am Awareness Through Movement 1:30-2:30pm Strength Training 3-4 Belly Dancing 3:30-4:30 Empowering Your Life	5 Cinco De Mayo 9-1pm Chair Massage* (by appt.) 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	6
7	8 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	9 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	10 8:45-9:45am Yoga 8:30-2 pm Dr. Kunda, Podiatrist (by appt.) 10-11am Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch, Papa's Pizza Cafe	11 8:45-9:45 Meditation 10-11am Coffee with the Mayor & Friends 1:30-2:30pm Strength Training 3-4 Belly Dancing 3:30-4:30 Empowering Your Life 4:30-5:30 Plant Based Cooking Wellness Workshop	12 9-1pm Chair Massage* (by appt.) 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	13
14	15 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	16 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 12-3 LegalAid by (appt) 1:30-2:30pm Strength Training	17 8:45-9:45am Yoga 10-11am Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch, Papa's Pizza Cafe 1:30-4 Bunco (#2) 4:30-5:30 Nutrition Basics Wellness Workshop	18 8:45-9:45 Meditation 10-11am Awareness Through Movement 1:30-2:30pm Strength Training 3-4 Belly Dancing 3:30-4:30 Empowering Your Life	19 9-1pm Chair Massage* (by appt.) 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	20
21	22 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	23 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1-4 Soul Collage 1:30-2:30pm Strength Training	24 Volunteer Week 8:45-9:45am Yoga 10-11am Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch, Papa's Pizza Cafe 2-3:30 pm Caregivers Group	25 8:45-9:45 Meditation 10-11am Food Distribution & Groceries to GO 1:30-2:30pm Strength Training 3-4 Belly Dancing 3:30-4:30 Empowering Your Life	26 9-1pm Chair Massage* (by appt.) 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	27
28	29 Memorial Day Closed	30 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	31 8:45-9:45am Yoga 10-11am Chair Yoga 10-11 Bean Bag Baseball 11:30-12:30 Lunch, Papa's Pizza Cafe 4pm Board Meeting	1 8:45-9:45 Meditation 9-12pmA Portrait of You (by appt.) 10-11am Awareness Through Movement 1:30-2:30pm Strength Training 3-4 Belly Dancing	2 9-1pm Chair Massage* (by appt.) 10-11am Produce Market 11:30-12:30 Lunch, Soup and Salad 1-4pm Games! 4:30-5:30 Women's Health Wellness Workshop	3



Cloverdale Senior Multipurpose Center

Activities and Events Calendar

JUNE 2023



Su	Mon	Tue	Wed	Thu	Fri	Sat
4	5 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	6 D-Day 8:45-9:45 Meditation 9:00 Haircuts by appt 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1:30-2:30pm Strength Training	7 8:45-9:45am Yoga 10-11 Bean Bag Baseball 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 1:30-4:00 Bunco! #1	8 8:45-9:45 Meditation 1:30-2:30pm Strength Training 3-4 Belly Dancing	9 9-1pm Chair Massage* (by appt.) 10-11am Produce Market and Salad 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	10 9-1pm Chair Massage* (by appt.) 10-11am Produce Market and Salad 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!
11	12 8:45-9:45am Yoga 10-11 HICAP Presentation on Scams 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	13 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1-4 Soul Collage 1:30-2:30pm Strength Training	14 8:45-9:45am Yoga 8:30-2 pm Dr. Kunda, Podiatrist (by appt.) 10-11 Bean Bag Baseball 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe	15 8:45-9:45 Meditation 10-11am Coffee with the Mayor & Friends 10-11am Awareness Through Movement 1:30-2:30pm Strength Training	16 9-1pm Chair Massage* (by appt.) 10-11am Produce Market and Salad 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	17 9-1pm Chair Massage* (by appt.) 10-11am Produce Market and Salad 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!
18	19 Juneteenth 8:45-9:45am Yoga 10:15-10:45am Qi Gong Practice 1:15-3:15pm Bingo	20 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 12-3 LegalAid by (appt) 1:30-2:30pm Strength Training	21 First day of Summer 8:45-9:45am Yoga 10-11 Bean Bag Baseball 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 1:30-4 Bunco! #2	22 8:45-9:45 Meditation 10-11am Food Distribution & Groceries to GO 1:30-2:30pm Strength Training 3-4 Belly Dancing	23 Closed due to fundraising event	24 Nashville Concert Fundraiser 5-9:45 PM
25	26 Closed due to fundraising event	27 8:45-9:45 Meditation 10-11 Nimble Fingers 11:30-12:30 Lunch, El Milagro 1-4 Soul Collage 1:30-2:30pm Strength Training	28 8:45-9:45am Yoga 10-11 Bean Bag Baseball 10-11am Chair Yoga 11:30-12:30 Lunch, Papa's Pizza Cafe 2-3:30 pm Caregivers Group 4pm Board Meeting	29 8:45-9:45 Meditation 1:30-2:30pm Strength Training 3-4 Belly Dancing	30 9-1pm Chair Massage* (by appt.) 10-11am Produce Market and Salad 11:30-12:30 Lunch, Soup and Salad 1-4pm Games!	



Member Spotlight

William Cordingley

William, his wife Pam, and daughter Christina moved to Cloverdale four years ago from Marin, where they lived for 40 years. He is a former mayor of San Anselmo, a published author of a book about “reading” faces, a public speaker, and a person seeking answers to life’s questions for 50 years. “It’s my passion,” he says.

His quest came about after growing up with many advantages but finding they did not bring him joy or a sense of peace. Instead, he says,

he struggled with constant self-judgment and self-worth issues. Even graduating from a good college—a long-time dream he was sure would bring him the sense of security, peace, and worth he wanted—didn’t help. In fact, “it made my issues worse. I was constantly comparing myself with my classmates and coming up short.”

Interestingly, as he was graduating, a friend showed him a just-published book, *Be Here Now*. “It deeply moved and inspired me.” Also, it triggered a rigorous search for answers that led him to books, workshops, tapes, publications, professionals, wise teachers, and revelations that have shifted his life’s trajectory.

“I have changed deep inside. For example, I used to be selfish about what I shared, but now I can’t keep what I’ve learned to myself anymore,” he says. “I’m drawn to helping others. I have to share what I’ve learned with people with a strong desire for answers and whose minds are open to new, exciting perspectives.”

“We humans are pretty closed-minded,” he explains. “We like security, so we tend to hunker down living with the way things are, assuming

we know all the important stuff. But the problem is that we don’t know what we don’t know. An extraordinary amount of life-enhancing wisdom is available to us if we desire it enough to look for it.”

William is a big fan of the Senior Center for its many contributions to the Cloverdale community, our members (who, he smiles, are very sweet and caring), and his meditation class participants. That’s why he came to us with the idea of teaching a brand-new series of classes called *Empowering Your Life*.

“I envision these classes being part lecturing, part exercises, and part answering questions. Q&A sessions often give people more of what they’re seeking.”

“This four-hour series will offer empowering perspectives about (us) humans and our world. We’ll also do simple exercises anyone can use to go release what holds them back so they can experience more of what they desire.”

You can now sign up for William’s new series Empowering Your Life. The series is \$7 for members and \$10 for guests. We meet Thursday, May 4, 11, 18, and 25, 3:30-4:30 PM.

Volunteer Spotlight

Bonnie Fisher

My husband and I moved to Cloverdale in 2000 from Healdsburg. I joined the Senior Center in 2022 to volunteer for anything. I volunteered for ten years at the Healdsburg Hospital Gift Shop. Covid hit, & it was closed. I started volunteering at the Senior Center last September. I’m a people person & enjoy serving others & like to be kept busy with any project. We have four children & 3 grandsons. My husband of 57 years passed away in 2020, & I wanted to get out & help others where I could. I do water aerobics three days a week, play canasta once a week & am a member of St.Peter’s Catholic Church here in Cloverdale. My hope for the Senior Center is to watch it grow. I look forward to my Tuesdays. It’s great therapy being with others.



Thank you, Bonnie; we also look forward to your Tuesdays and appreciate all you do to help others in your community!

"Help! I've Fallen, and Can't Get Up!"

We've all seen the commercial crying, "I've fallen and can't get up! This is a nightmarish concern for many seniors and the disabled. Medical alert systems are a reliable way of alleviating this concern.

These systems have reasonable monthly service charges that can provide contact and support within seconds. Most systems work on either a telephone landline or cell phone service.

Depending on your circumstances, there may be low-cost or free options through your health insurance or Medi-Cal.

Below is a list compiled by the National Council on Aging showing major Medical Alert providers and the features they include. Fall detection is usually a small additional monthly fee that can provide an extra sense of security for seniors and their families.

Top 3 Medical Alert Providers -per the National Council on Aging

	Medical Guardian	Bay Alarm Medical	Mobile Help
Starting Monthly Fee:	\$30	\$25	\$25
At-home rang (feet):	1,300-1,400	1,000	1,000
Connection type:	Landline, AT&T, or Verizon Cellular	Landline, AT&T, or Verizon Cellular	Landline, AT&T Cellular
On-the-go battery life:	Up to 5 days	Up to 5 days	3 days
Fall detection (per month):	\$10	\$10	\$11
Warranty for wear and tear:	No	Yes	No
Response time (seconds):	1-15 seconds	1-15 seconds	1-15 seconds
Phone:	1-800-668-9200	1-877-522-9633	1-800-992-0616
Website:	MedicalGuardian.com	BayAlarmMedical.com	MobileHelp.com

Answers about Medical Alert Systems - from Careing.com

How can I get a life alert cost reduced or even free?

1. Contact your health insurance company;
2. Explore benefits for Veterans;
3. contact medical alert providers.

MEDICARE

Does Medicare Part C cover life alert systems?

Yes, you may have success getting reimbursement from them. Part C is a supplemental plan that helps cover the cost of medically necessary devices. Medicare Advantage and Part C are the same things; contacting your plan administrator would be the best way to find what you may already have available to you.

Some Conditions that may qualify you are:

Dementia or if you plan to transition back to your home after receiving assisted living care at a facility.

MEDI-CAL (Medicaid)

Do all Medi-Cal plans offer coverage for life alert systems?

Not all Medi-Cal plans cover the cost of life alert systems. Therefore, you may need to request a waiver from Medicaid if you want help to cover life alert system fees.

How do you request help for life alert systems from Medicaid?

Contact your Medi-Cal provider by dialing the number on the back of your card. (877) 699-6868

Which Medi-Cal forms/waivers/programs may cover life alert systems?

- Money Follows the Person
- Home and OCmmunity Based Services
- Personal Care Attendant Program

Contact **Caring.com** for more information (800) 973-1540 or visit their website.



(707) 340-561
Flexible Appointments
Mon.-Thurs. 9:15-11:30 AM
Mon., Tues., Thurs. 1:15-4 PM

Closed Weds. Afternoons and Fridays
144 South E Street, Ste. 100,
Santa Rosa, CA. 95405

Elder Law Program - the process

- 1. Call & Leave a Message (Only the person needing help can communicate with law professionals, no family or friends)
- 2. Your call will be returned (usually within two business days, and they will attempt to contact you up to three times)
- 3. Go through an assessment with the coordinator
- 4. Make an appointment

What they can help with:

- Restraining orders related to abuse
- Landlord/tenant issues (subject to referral)
- Simple Wills (for estates less than \$184,500)
- Powers of Attorneys/Advanced Health Care Directives
- Appealing reduction/termination of SSI or SSDI
- Probate Conservatorship issues (under limited circumstances)

Nutrition Services

Meals on Wheels by Council on Aging

(707) 525-0143 Ext. 115
Home-delivered meals - to heat and eat

Ceres Community Project

(707) 829-5833 Ext. 201 Eng. 203 Spanish
For those with acute or chronic health conditions. Medically tailored meals are delivered for up to 24 weeks. Cost depends on income level. Call and leave a message. They will return your call within two business days.

Local Care For Local Elders

A Cloverdale area network of independent caregivers.
Client Coordinator & Intake Resource
Kellie McDonald (707) 477-7152
kelliemcdonald71@yahoo.com



(707) 565-INFO (4636)
M-F 8 AM-5 PM
SoCoADRH.org

- For older adults and people with disabilities
- Get connected with information referrals
- Find assistance with planning and decisions
- get help assessing benefits and resources
- Find help to live at home.

Linkages

Provides support through care managers that work with clients to identify resources and services that help them live independently at home. Offering short-term care management with connections to local, nonprofit, and government programs that fit client needs.

To apply:

<https://apps.schsd.org/MSSPPublicIntake/>

Or call (707) 565-INFO (4636)

Caregiving & Independence Support

In-Home Support Services

To Qualify: 1. Live in your own home/rental, 2. Need help from a caregiver to remain at home safely and independently, 3. Is receiving Medi-Cal, and 4. Submit a completed Heal Care Certification form.

How to Apply - Call (707) 565-5900
Services

- Domestic Services - sweeping, vacuuming, cleaning the bathroom, dusting, and picking up.
- Related Domestic Services - meal preparation, clean-up, laundry, and shopping.
- Personal Care - bathing, grooming, bowel and bladder care, feeding, dressing, respiration, ambulation, and care with assistance with prosthetics.
- Accompaniment - help to get to medical appointments
- Protective Supervision - behavior monitoring due to chronic cognitive impairment
- Paramedical - certain types of care recommended by a physician



ANNUAL MEMBERSHIP

311 N. Main Street - P.O. Box 663
Cloverdale, CA. 95425
(707) 894-4826
CloverdaleSeniorCenter.org

Membership for ages 21 -89:
Individuals \$25 per year,
Households (2 persons) \$45 per year.
Membership for 90+ receives an
Honorary membership (free) with
renewed form.
Lifetime Membership \$1,000.

Member Information

Full Name : 2nd Member :

Date of Birth : Date of Birth :

Phone : Phone :

Email : Email :

Address : City, State, Zip

Emergency Contact - (other than your partner)

Full Name : Relationship : Adult Relative
 Caregiver-Friend-Neighbor
 Spouse-Partner
Phone(s) :

Newsletter Preference

- Emailed Weekly
- Mailed (Every 2 Months)
- Both - Email & Mailed

Are you interested in volunteering?

We will follow up if you are interested.
 I am interested in volunteering
 No, thanks.

Membership Agreement

Signing and submitting this form indicates your understanding of the following: Membership can be suspended or revoked for actions deemed harassing, violent, dangerous, discriminatory, neglectful, or otherwise unkind toward other visitors, volunteers, facilities, and staff. Our Participant Code of Conduct and Policies are available upon request; please see our front desk or website under "membership."
Your photograph, video photography, or other reproduction of your likeness may be used without compensation by the producers, sponsors, organizers, staff, or assigns for such purposes as they deem appropriate. **I acknowledge that I have read the above statement and notice.**

1st Member 2nd Member Date

OFFICE USE -

- Individual (1) \$25
- Household (2) \$45
- Fellowship Applicant (no fee)
- Honorary 90+ (no fee)
- Lifetime \$1,000
- New Member (Not active 5 years)
- Renewing Member

PAYMENT INFORMATION

Amount Paid Cashier
\$ Cash
Date Paid Check # _____
 Credit (AUTH) # _____
 Fellowship Fund
Approved by:
staff only

OFFICE USE - PROCESSING

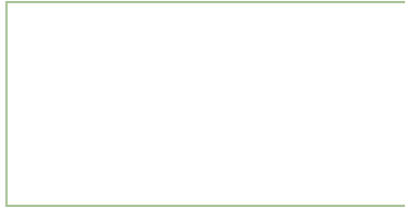
- Scanned
- Entered in MySeniorCenter
- Scan Card Issued
- Entered in DS



Return Services Requested

311 N. Main Street
Cloverdale, CA. 95425
(707) 894-4826

Nonprofit Organization
U.S. Postage **PAID**
Cloverdale, CA 95425
Permit No 2



Thank You, Sponsor's

By helping us to put on our fundraising concert, you are making a difference in our community! We ask our aging friends to support these businesses on our behalf.



A big thank you to teacher **Mario Dell'Olio and his Sonoma Academy students** whose performance made our volunteer appreciation event memorable and put huge smiles on our faces!

"It was fabulous - the kids were so brave to be soloists." - Gretchen

"The music transported me to another place, a relaxed abode, away from the clutter of everyday deeds and thoughts." - Evelyn

"It was very nice, very enjoyable; I love the music." - Anna

"The performance put a smile on my face and brought joy to my aching heart." - Eleanor