



## Cloverdale Senior Multipurpose Center

# The Clover Leaf

311 North Main Street • Cloverdale, CA 95425  
(707) 894-4826 • [www.CloverdaleSeniorCenter.com](http://www.CloverdaleSeniorCenter.com)

October 2018



### "Becky's Babbles"

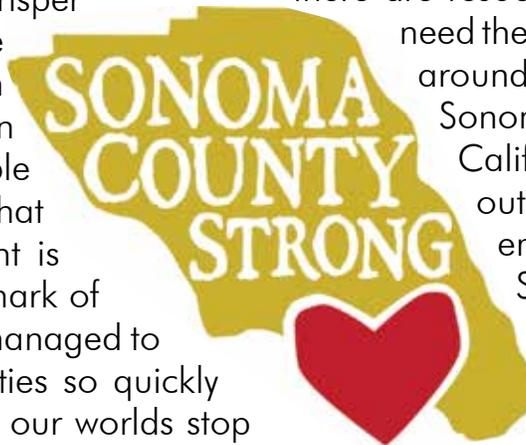
#### Sonoma Strong

This October is different than others past. Sure, the elements are all there – crisper mornings and dew on the car windshield, football is in full swing, and the pumpkin spice latte has been available for almost 2 months! But what makes this October different is obvious, it is the one-year mark of the wildfires that somehow managed to rage through our communities so quickly and at the same time make our worlds stop in suspension.

I'm convinced we have a long way to go in terms of recovery - all aspects of recovery, not just the rebuilding of homes. Building a house is just the visible tangible beginnings. Many people continue to suffer through the trauma of losing their homes, valuables, and even in some cases family members or friends. This is the case no matter if you live in Santa Rosa, Sebastopol, or Cloverdale. The wildfires were tragedy on a much wider reaching scale. They affected us all. This past summer there were days that were hot, hotter than hot; and dry, drier than dry. Who didn't think could there be a fire today? Who didn't

wonder what would happen because the wind was blowing a little harder? And to our dismay, there were fires this summer. Some too close for comfort.

That's why I'm making sure that the Cloverdale Senior Multipurpose Center will be an integral part of the recovery. We are making sure that there are resources available to all who may need them. We have posted information around the lobby for California HOPE. Sonoma County launched the California HOPE program to provide outreach and counseling to those emotionally impacted by the Sonoma Complex Fires. California HOPE is a federally funded program that can send crisis counselors to meet people wherever they are (at home, school, business, etc.) to provide crisis counseling, resource navigation, and disaster recovery education.



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The Wildfire Mental Health Collaborative is a wide range of free mental health services that are provided by a community-wide initiative committed to mental health recovery care for wildfire survivors. The Collaborative currently provides to fire survivors: free group information and resiliency building sessions conducted by trained mental health professional, free yoga and iRest meditation classes, free individual counseling, free self-guided resilience training, [mysonomastrong.com](http://mysonomastrong.com): A bilingual wildfire mental health recovery website. **To access supportive services, call or text NAMI Sonoma County at 866-960-6264.**

Health Action Cloverdale will also be supporting our community recovery through the Center. I'm excited to report that Cloverdale achieved official chapter status after submitting its application. The Chapter application was approved on September 18th, 2018; which means our group is poised to bring more resources and support into our area. Health Action empowers resident leaders within our community. One step I've taken to lead our Cloverdale and Northern Sonoma County recovery was to apply as the Health Action Facilitator and was accepted as a trainer in the Sonoma Community Resiliency Collaborative. This amazing



“train the trainer” model of teaching others mindfulness post traumatic events is empirically sound and effective in helping entire communities heal. Please speak to me more regarding this training and the upcoming 2019 workshops that I will hold at the Cloverdale Senior Multipurpose Center for anyone who may need this type of support.

I believe with great tragedy, brings greater opportunity. The work is hard and takes patience, but I feel the Center is in the best position to assist the greater community at large heal from the October 2017 wildfires. Stop in or call to ask to receive more information about these or many other programs available to all.

Together we will rise.

To Your Health,  
*Becky*



## *Dates to Remember!*

**October 3** Wednesday, 6:00-8:00pm:  
Cloverdale Friends of the Library Book Sale  
Preview (members only – join that evening  
and preview)

**October 4-6** Thursday-Saturday, 10:00am-  
5:00pm: Cloverdale Friends of the Library  
Book Sale (open to the public)

**October 11** Thursday, 9:00am-Noon: Age  
Well Drive Smart, DMV & CHP  
program for Seniors – keys to driving safer  
and driving longer

**October 12** Friday, 11:30am:  
California HOPE Project Presentation – Free  
counseling after wildfires

**October 16** Tuesday, 10:30-11:30am: The  
Mind Fit Series – brain food  
discussion, word grid, sequence solvers,  
alphabet soup

**October 18** Thursday: Birthday  
Celebration Day

**October 18** Thursday, 10:00-11:00am:  
Whole Food Plant Based Diet – cooking class

**October 19** Friday, 8:30-10:00am:  
“Coffee with a Cop” Local police and  
sheriff will be present to answer any  
questions residents may have or just come  
get to know your local neighborhood officer.  
Refreshments provided.

**October 19** Friday, 10:30-11:30am: The  
Mind Fit Series – chair stretch,  
picture details/paintings, family feud,  
scattered categories

**October 23** Tuesday, 10:30-11:30am: The  
Mind Fit Series – sun salutation, name that  
tune, riddle, visual puzzles, rhyme it, group  
stories, laughter

**October 25** Thursday, 11:00-11:20am:  
ClearCaptions, information about FREE  
phone service for those with hearing loss

**October 26** Friday, 10:30-11:30am: The  
Mind Fit Series – brain food  
discussion, televised lecture, word  
association, picture word search,  
trivia, laughter

**October 27** Saturday, 11:30am-4pm:  
Buffet and Card Party

**October 30** Tuesday, 10:30-11:30am: The  
Mind Fit Series – chair stretch, sing-o-movie  
songs, what’s that saying, geography, word  
scramble, progressive muscle relaxation

**October 31** Wednesday, 1:30-3:30pm:  
“Trunk or Treat” Halloween Event





*Thank you Ann and Ray for strengthening our community with your love for others!*

## VOLUNTEER SPOTLIGHT - ANN AND RAY SMITH

After living in Bodega Bay for 26 years, **Ann and Ray Smith** moved to Cloverdale in 2004. Ray had already retired from his job as a sales manager for Kimberly Clark and Ann was retired from her job working for a wholesale market. Ann had also worked teaching sign language to deaf babies, toddlers and children when her own children were in school. They discovered the Cloverdale Senior Center when they went for a walk one day and knew that they would like to give back to the community and do something besides yard work which they both say never ends.

Ann and Ray have been Senior Center members for eight years and have been volunteering for seven of those years. They have helped deliver meals to members of our community through Council on Aging's Meals on Wheels program and have picked up Starbucks baked goodies for our Senior Center, as well as helping out with events such as the Pancake Breakfast.

Ann is also one of our helpful friendly front desk volunteers. Ray said that what he finds most rewarding about volunteering is helping with the delivery of meals because,

"These people don't see other people and they appreciate not only the meals but the company." Ann finds working at the front desk rewarding because, "It feels like home with good friends."

When they are not volunteering (or doing yardwork) Ray and Ann love spending time with their grandchildren, traveling, and going to craft fairs and festivals. They recently celebrated their sixtieth anniversary and it is more than obvious when they are together that they enjoy each other's company.

They have a daughter, Lori, and a son, Gregg, as well as four grandchildren who range from age ten to thirty-three. When asked what they like most about the Senior Center they looked at each other and both agreed, friends they have made, people they volunteer with and the staff.



## Member Spotlight - Magda Silvan

**Magda (Maggie) Silvan** was born in Patterson, New Jersey where she lived until she was sixteen years old. At eighteen years old, she met her husband and they married. They had three daughters, born in 1950, 1953, and the last one in 1968. Before her third daughter was born, Magda got a job working for Howard Hughes Aircraft in Southern California.

Magda and her family moved from Southern California to Medford, Oregon in 1971 and built their first house in Applegate, Oregon and then on to Crescent City to build another new house. Maggie stated that after about five years her husband would get antsy and want to build another house or move to a new place. They moved again, to Grants Pass for a short time, then Redding and finally Anderson, California where they lived for over twenty years.

Magda's husband died in 1990 and sometime later Magda met another man at the V. A. Hall where they both loved to dance. Sadly, he passed away so Maggie decided to move to Cloverdale in 1998 and that is when she started going to the Senior Center.

At that time the Senior Center was in the Grange Hall. Maggie loved playing bridge and learned how to play double deck bridge with Marty Modrich and Jan Kronic's mom. For fourteen years she volunteered at the front desk and got to meet and greet many members. She also enjoyed taking yoga classes. Currently she plays bingo and cards plus brings in home baked cookies every Friday to share.

What Maggie likes most about the Senior Center is that "We have good people here!" Maggie, you are one of the good people, thanks for all you do, have done and for being you.



## Keep Your Brain Sharp and Healthy with Cognitive Exercises!

### The Cloverdale Senior Center and Home Care Assistance, cordially invite you to **The Mind Fit Series: Activities to Boost Brain Health**

Just like the body, the brain can show signs of aging over time. While this is a natural result of growing older, there are positive lifestyle changes you can make to keep your mind sharper for longer.

Join us for a fun and informative series led by brain fitness expert Ann Dubell from Home Care Assistance. In this Mind Fit Series, you will enjoy fun group activities used in the Cognitive Therapeutics Method™, a science-based cognitive stimulation program. Sessions will focus on Body (diet & Exercise), Mind (Cognitive Stimulation), and Spirit (Stress Reduction). The Mind Fit Series will be held on **Tuesdays and Fridays from 10:30 am to 11:30 am at the Cloverdale Senior Center. Cost: \$8.00 per class.**

**Tuesday, October 16:** Brain Food Discussion, Triple Bonds, Magnify, Word Grid, Sequence Solvers, Alphabet Soup, Relaxation Response

**Friday, October 19:** Chair Stretch, Picture Details-Paintings, Family Feud, Stroop, Scattered Categories

**Tuesday, October 23:** Sun Salutation, Name that Tune, Riddles, Visual Puzzles, Rhyme It, Group Story, Laughter

**Friday, October 26:** Brain Food Discussion, Televised Lecture, Word Association, Picture Word Search, Trivia, Word Chain, Take Away, Laughter

**Tuesday, October 30:** Chair Stretch, Sing-o Movie Songs, What's that Saying, Geography, Word Scramble, Progressive Muscle Relaxation



For home care services, call

**707-843-4368**

170 Farmers Lane, Suite 11

Santa Rosa, CA 95405

HomeCareAssistanceSonomaCounty.com

CognitiveTherapeutics.com



**Cloverdale Senior Center**

707-894-4826

311 N Main Street

Cloverdale, CA 95425



*The watercolor class is back on Thursdays from 1:00-3:30pm*

### **OLD BATTERIES**

Please note, when you drop off old batteries, **ONLY BLACK ELECTRICAL OR CLEAR PACKING TAPE** is to be used to cover the **POSITIVE + END** of each battery

No scotch, masking, or other tapes are to be used.

*Local Care for Local Elders*

Presents

Cooking good food!



Cooking Class

Whole Food Plant Based Diet

led by Dan FitzSimmons

Thursday October 18th join us from

10:00am to 11:30am at the

Cloverdale Senior Center

Free event / Open to the public



**ROCK PAINTING FUNDRAISER**

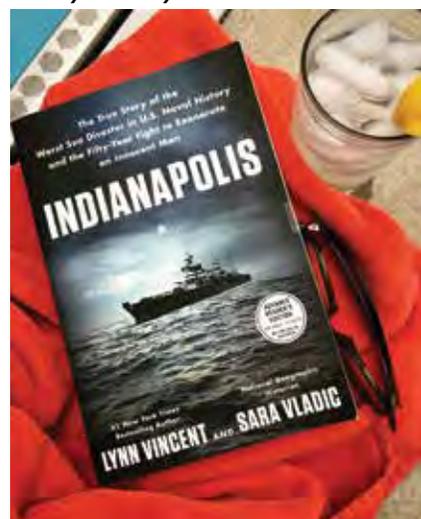
Dana Johnson and Paula DuVander will hold a rock painting workshop on Saturday, November 3rd. Your registration fee covers all materials required at the class – no experience is necessary. All net proceeds will be donated to the Senior Center. There will be complete instructions and samples of rock designs. Please sign up NOW and SAVE - your cost is \$10 for adults and \$5.00 to children 12 and under. Pay at the door and the cost is \$15.00 for adults and \$7.50 for children.

**INDIANAPOLIS by  
Lynn Vincent & Sara Vladic**

“**Indianapolis**” is the name of a World War II cruiser and this book is an amazing non-fiction story that was overshadowed by the atomic bomb and the end of the war in Japan. Authors **Lynn Vincent and Sara Vladic** have spent a decade researching the story of this ship, her survivors, and subsequent court martial of her Captain. The ship sailed out to the Pacific secretly carrying and delivering the components of the Atomic bomb where it was assembled to place on “Enola Gay” and then sailed off, only to be torpedoed and sunk in the Philippine Sea days later, with a huge loss of life.

These two women authors have interviewed hundreds of people, survivors, officials, politicians and more, to tell this spell binding account. The Japanese commander of the submarine also becomes part of this great story. It is a long book, but well worth the time to learn a part of World War II history that has been glossed over for so long.

*Submitted by Mary Larson*

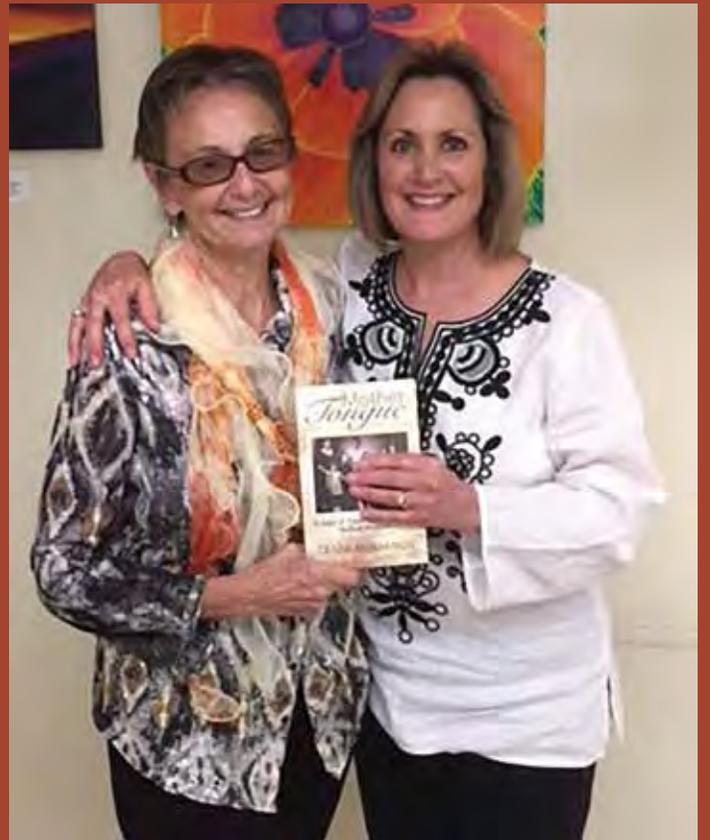


# *Ann Gillis Tribute and Art Show*



## **Recent Literary Luncheon**

The literary luncheon that was held in September was such a success – the food was wonderful, the author was entertaining and all who attended had a great time. Pictured is Melanie Hall, our Program Coordinator and the author of *Mother Tongue*, Tania Romanov.



## PANCAKE BREAKFAST

Enjoyed By the Community



Our recent pancake breakfast, held the morning of the annual Car Show on Saturday Sept 8, was a great success. We served around 200 people. Julie Carter supervised the Builder's Club (Jr. High) and Key Club (High School) who were our table servers. Many people complimented the students on their excellent service. The Cloverdale Lions Club lent us their pancake grill and propane tanks. We had so many volunteers who made the great food, greeted people at the door, handled tickets sales and raffle sales, assisted in clean up and tear down and worked together to make the event a success. Our special thanks to Melanie Hall, our Program Coordinator, who managed the event. In addition, our heartfelt thanks go out to all of the volunteers who helped on the Pancake Breakfast and the Literary Luncheon - both were great fundraising successes in addition to building community within our Center and the town of Cloverdale.



119 W. 1st Street  
707-894-9310  
Tues-Sat 10-4

### Creative Notions

**First Saturday of every month  
everything 50% OFF**

Donations appreciated

Gently used craft & sewing items

*All sales benefit the Senior Center*

*"I love this place, they always seem to have exactly what I need at great prices!"*



# You're Invited!



## Hello from ClearCaptions™

Please join your local ClearCaptions Title IV ADA Specialist, STAN DENNISON of Petaluma for an informative conversation.

We will be discussing how you can receive a **NO COST** caption phone if you struggle with any form of hearing loss.

**Where:** Cloverdale Senior Center

**Date:** Thursday, October 25th

**Time:** Presentation 11:00-11:20 A.M.

One on One Consultations Until 11:30 or so.

**\*\* Light Refreshments Served \*\***

## FUN AND FOOD

# "It's in the Cards"

## Buffet and Card Party

Saturday, October 27th

11:30 am-4:00 pm

Cloverdale Senior Center

311 N. Main St.



## Come for Lunch - Stay for Games

**\$10.00 Donation Includes Raffle**

**Reserve Your Table Today!**

**707 894-4826**

## Welcome New Members!

Karen Curran

Frances Ramage

Barbara Ruila

Betty Seidler

Diane Bartleson

Giuliana Gabbri

Bertha Granados

Bobbi Chamberlain



## FREE PROGRAM

Thursday, October 11, 2018 • 9:00AM – 12:00PM

Presented by the Senior Volunteers of the  
CALIFORNIA HIGHWAY PATROL

**Age Well**



**Drive Smart**

**Keys to Driving Safer and Driving Longer**  
Receive a Certificate of Participation upon completion

**Guest Speakers:**

**DMV SENIOR OMBUDSMAN**

**CALIFORNIA HIGHWAY PATROL OFFICER**

## TED TALKS

### Discussion Group Returns

Tuesdays 1:30-2:30pm

Beginning October 2, 2018

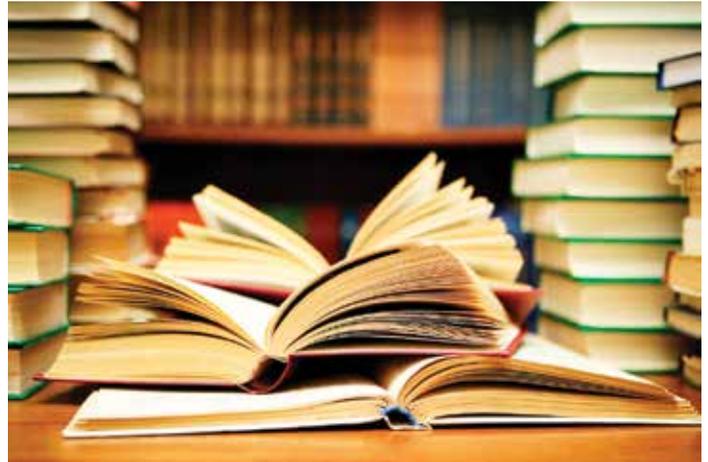
Join us as we watch videos from Ted Talks on a variety of topics, and then discuss our own thoughts and ideas on what we heard.

TED is an organization providing short, powerful video talks on a large spectrum of topics. Talks are selected by group members, and the topics vary each week. Since each group meeting covers a different Ted Talk, followed by a group discussion, attendance can be on a drop-in basis.

If you would like to be added to our weekly email alerts detailing the next upcoming talk, please send email to [susan@snurse.net](mailto:susan@snurse.net)

## Friends of the Library Book Sale

The Cloverdale Friends of the Library is holding their annual sale on October 3, 4, 5 and 6 at the Cloverdale Library. The member preview day is Wed. Oct 3 from 6:00-8:00PM, non-members may join at the door. Hours for Thursday and Friday are 10AM-5PM. Saturday is the \$5 bag sale from 10AM-5PM.



## Autumn Puzzle

E	S	G	W	E	O	F	H							
Z	N	N	C	T	C	D	R	C	C					
C	U	E	P	C	F	Y	O	O	L	K	H			
L	A	D	C	C	Z	R	E	L	Z	H	K	O	F	
X	E	F	O	T	I	P	I	O	A	T	Y	V	R	T
S	I	A	O	O	G	P	R	S	F	A	L	L	E	X
X	K	V	O	W	S	S	O	P	P	Q	Z	Y		
E	T	E	J	A	R	U								
A	X	M	J	S	B	R	C	F	M	F	M	T		
T	Y	I	T	D	A	Y	A	I	N	P	M	Z	Y	D
S	P	P	M	L	O	I	J	L	F	K	K	Q	F	G
N	F	Y	G	L	C	R	L	L	I	L	K	O	M	
G	A	I	I	O	N	N	W	N	H	J	D			
D	S	H	C	Y	X	E	X	M	C					
Q	T	C	J	E	K	A	R							

## WORD SEARCH LIST:

CHILL  
COCOA  
COLORS  
COZY  
CRISP  
FALL  
FIREWOOD  
FOOTBALL  
LEAVES  
PUMPKIN  
RAKE  
SPICE

**Cloverdale Senior Multipurpose Center**

P.O. Box 663  
Cloverdale, CA 95425

RETURN SERVICE REQUESTED

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CA  
PERMIT NO.2

Newsletter delivered with your  
annual membership dues:  
\$15 Per Person

*Please financially support the Cloverdale Senior Center  
Your donation is critical to our continued success.*

*The Cloverdale Senior Multipurpose Center is dedicated to providing Cloverdale residents with activities and services that:*

- *Encourage participation in community life*
- *Promote well-being and independence*
- *Enhance dignity*

**Moving?** Please notify the Senior Center of your new address. The Post Office charges us for returns. **If you want to receive your newsletter by E-MAIL, let us know!**

**Current Board Members:**

- *Dana Johnson, President*
- *Frank McAtee, Vice President*
- *Bert Bernstein*
- *Jim DeMartini*
- *Shawna Masur*

**Next Board Meeting  
Wednesday October 24, 2018, 4:30-6pm**

**Becky Ennis**, Executive Director  
becky@cloverdaleseniorcenter.com

**Melanie Hall**, Program Coordinator  
melanie@cloverdaleseniorcenter.com

**Maria Doglio**, Administrative Assistant  
maria@cloverdaleseniorcenter.com



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