Meet Pam . . . She came to the Senior Center last Fall with nearly thirty years’ experience working in a professional kitchen. Ironically, she first called because she had seen the sign in front advertising a need for drivers. She had been on the look-out for a part-time volunteer gig to complement her primary role as mother to her teenaged son, and she thought driving could be fun. However, Terri, impressed by Pam’s extensive background and in need of a volunteer, asked her to work in the kitchen. Pam, who loves the challenge of providing good food for people, said yes.

Pam’s career in the restaurant business began in her parents’ bar/restaurant in a suburb of Chicago. “You could say I was born into it,” she jokes. She relocated to California at age 21 and after briefly living in Guerneville, moved around a bit. During that time restaurants in various states around the country benefited from her upbeat energy. But her love of living in Guerneville brought her back last year, and the Senior Center is glad it did. As Terri is now managing the Mobility Team on a full-time basis, Pam has signed on as an regular employee and can add Dining Site Supervisor to her resume.

The atmosphere at the Senior Center and comradery in the kitchen are what made Pam decide to take on the supervisor role, and that has been even stronger during the Covid-19 response. Co-worker John Rowen is calming, insightful and supportive. Her sisterly rapport with Terri makes being at work comforting and fun. Pam’s love of providing food to people is even stronger as it has become more of an essential service, and she is grateful and honored that she is able to make a difference in people’s lives.

Need Tech Help?
Because so many of our resources and activities are online, we want to make sure you know you can call for help. Our wonderful tech guru, Rebecca Kirk, is available for over-the-phone tech support during normal business hours. She loves all things tech and wants to help you! Please call 707-483-9829
Russian River Senior Center
Program Survey

Please take a moment to tell us how we are doing — it’s very important that we hear your thoughts. We base our services on the needs of our senior community and the opportunities for funding. Covid 19 response has created different needs so be sure to let us know if it has created new needs for you. We are here to help! Please, complete the survey, cut it out, and return it to us either by mail or when you come by on a Wednesday or a Friday.

What circumstances led you to call or come to the Senior Center?
______________________________________________________________________________________________

How did you find out about us? From a friend, family, neighbor, Facebook, Next Door or other?
______________________________________________________________________________________________

What assistance did you need? Housing, food, financial assistance, referrals to other service, utilities, other? Were staff able to help you? Did you feel comfortable requesting assistance?
______________________________________________________________________________________________

Do you have what you need to connect to friends and family (phone, internet access, Zoom) do you need help using them?
______________________________________________________________________________________________

Are there classes or groups that you would like us to offer online, such as a book club, art lessons, dance class, discussion group?
______________________________________________________________________________________________

Would you like to watch a Ted Talk lecture, then discuss it with a moderator? Would you like to take part in a film appreciation discussion group?
______________________________________________________________________________________________

What else can the Senior Center provide for you? Feel free to add comments and/or ideas.
______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________

Address for returning the survey:
RR Senior Center, 15010 Armstrong Woods Rd., Guerneville, CA95446
• Important Services for Seniors •

Complimentary Meals

**Wednesdays and Fridays, 11:00 to 1:00 p.m.**
at the side door (closed Friday, July 3)

- Five-meal packs, courtesy of Meals on Wheels
- Two meals each, made by Backyard of Forestville, paid for by Sonoma Family Meals and John Jordon Foundation
- Brown Bag Lunches, courtesy of WCCS (Wednesdays only)

**First come, first served!**

No enrollment necessary, you just need to be 60 years or older

Donations welcomed but not required

The Face Mask Project

Because of the wonderful, talented people who volunteered their time, we have been able to give 375 masks to seniors since April.

**Many thanks to Amanda, Amber, Barb, Nicole, North Bay Masks, Rich, Wanda, and The Village Sewing Center!**

WCCS Senior Peer Counseling

One-on-one via phone, zoom or facetime with trained Senior Peer Counseling volunteers, overseen by licensed clinical staff. No cost. 12 sessions. For seniors (55+)

823-1640 ext. 380

Sonoma County Behavioral Health Dept.

**Warm Line — (707) 565-2652**

Supportive resource in uncertain times Free and private. Seven days a week 10 a.m. to 7 p.m. English and Spanish

If you would like to enroll in Meals on Wheels
and have a five-meal pack delivered to you during the dining site closures, please contact:

Jennifer Mangosong-Shankle
707-525-0143 x119
jmshankle@councilonaging.com
www.councilonaging.com

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jmshankle@councilonaging.com
www.councilonaging.com

“**You Are Not Alone**”

A friendly, screened, and trained volunteer will call you every day to talk about your interests and concerns.

Petaluma People Services: 707-765-8488
www.petalumapeople.org/seniors/you-are-not-alone

Mental Health Association of San Francisco

Pandemic peer support and counseling 24/7
855-845-7415,
www.mentalhealth.org/

**Elder Law Outreach Program**

Free legal assistance for Sonoma County residents 55 and over
Available by phone during the Covid-19 response 707-340-5610

**Emergency Alerts from Sonoma County**

To register or to get more information, visit www.SoCoAlert.com, call (866) 929-0911 or email info@socoalert.com

**Dial 211** for Essential Community Services
You will be referred to services that will meet your needs
www.fcc.gov/consumers/guides/dial-211-essential-community-services
## Calendar of Activities for July

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>All day,</td>
<td>Stay safe! Wear a face covering, practice social distancing, and wash hands often!</td>
<td></td>
</tr>
<tr>
<td></td>
<td>same as every day.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>2:00 p.m. – 4:00 p.m.</td>
<td>Writing Your Life (SRJC) with Scott Reid – on Zoom</td>
<td>For writers of all levels, join at any time during the session. Email <a href="mailto:apwpoet@gmail.com">apwpoet@gmail.com</a> for the link to logon</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11:00 a.m. – 1:00 p.m.</td>
<td>First come, first served complimentary meals, no enrollment necessary: Grab and Go Brown Bag Lunch, Meals on Wheels frozen five-pack and chilled meals from Backyard restaurant in Forestville</td>
<td>Enrolled Meals on Wheels clients also pick up frozen five-pack Redwood Empire Food Bank</td>
</tr>
<tr>
<td></td>
<td>9:30 a.m.—10:30 a.m.</td>
<td><strong>First and third Wednesdays</strong></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>10:00 a.m. – 11:00 a.m.</td>
<td>Tai Chi – on Zoom — email <a href="mailto:taichifred@sonic.net">taichifred@sonic.net</a> at least two days in advance to practice using Zoom</td>
<td>Golfing at Northwood. 10:15 tee time. Reservations required. Call Vicki for more information 823-1640 ext. 404 Redwood Caregiver Support Group on Zoom— Email: <a href="mailto:mxn@redwoodcrc.org">mxn@redwoodcrc.org</a> for the link and logon information</td>
</tr>
<tr>
<td></td>
<td>10:00 a.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10:00 a.m.—12:00 p.m.</td>
<td><strong>Second &amp; fourth Thursdays</strong></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>11:00 a.m.—1:00 p.m.</td>
<td>First come, first served complimentary meals, no enrollment necessary: Meals on Wheels frozen five-pack and chilled meals from Backyard restaurant in Forestville</td>
<td>Enrolled Meals on Wheels clients also pick up frozen five-pack</td>
</tr>
<tr>
<td></td>
<td><strong>We will be closed July 3 in honor of 4th of July holiday.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>11:00 a.m.—12:00 p.m.</td>
<td>HOPE Sonoma County Self-Care Group—Meditation techniques on Zoom or over the phone</td>
<td>Email <a href="mailto:pauette.hall@westcountyservices.org">pauette.hall@westcountyservices.org</a> to sign up</td>
</tr>
<tr>
<td></td>
<td><strong>No class July 4</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Any day   | Any time. | Mind Balance/Chair Yoga with Anna Grace —on YouTube | Two classes per week to access at your leisure — Email lulusgrandventure@gmail.com to get links to logon  
$10 donation per class suggested, but not required |
• Exercise, Meditate, Intellectualize, Stay Connected •

**Golfing at Northwood**
Thursdays at 10:00. Reservations required.
Call Vicki for more information:
823-1640 ext. 404

**Tai Chi Class in Your Own Home**
Thursdays, 10:00 to 11:00 a.m. on
To sign up, email taichifred@sonic.net
at least two days in advance to
practice using Zoom

**HOPE Sonoma County Self-Care Group**
Meditation, EFT, breathing exercises
Saturdays, 11:00 a.m.
on Zoom or by phone
No class July 4
To sign up, email paulette.hall@westcountyservices.org

**Redwood Caregiver Support Group**
Meets every second and fourth Thursday
from 10-12 pm on Zoom
Email Maisie Hak mxn@redwoodcrc.org
for the link and logon information

**Yoga with Anna Grace**
Two classes per week on YouTube:
Breathe & Flow (beginner-moderate)
Chair Yoga/Mindful Balance (for mobility issues)
To get links to the classes, email:
lulusgrandventure@gmail.com
Log on at any time
Suggested donation: $10 per class
or pay-what-you-can (link to make
a donation online will be provided)

**Writing Your Life**
Tuesdays, 2 p.m. on Zoom
Instructor: Scott Reid, M.A.
Email Scott apwpoet@gmail.com
for the link to logon

**SRJC Summer Session: June 16 - August 4**
Open to anyone to join at any time. Writers of all levels
as well as non-writers who want to just listen in. While
writing your story is welcome, a story is not necessary
to participate.

**LOG ON TO Facebook.com to create your own account — a wonderful way to stay connected with your loved ones. Also, find the Russian River Senior Resource Center on Facebook so you can follow our latest updates.**

**Zoom**
Zoom is a video conferencing app that allows you to talk to your friends and family face-to-face while in separate locations. Go to zoom.us to download it to your device.

**Download Pluto TV and peruse their library of 250+ channels with movies, news, TV shows, sports, documentaries, et cetera. Pluto.tv**

**Take a virtual tour of interesting places — from the Taj Mahal and Europe Through Monet’s Eyes to the International Space Station. artsandculture.google.com**

**A HUGE variety of interesting and informational presentations. ted.com**

**Do have an account with Sonoma County library? Log on to their website and check out an e-book or two. sonomalibrary.org**

**Want some good news for a change? goodnewsnetwork.org**

**Take a virtual tour of interesting places — from the Taj Mahal and Europe Through Monet’s Eyes to the International Space Station. artsandculture.google.com**

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Friendly People Who Love Jesus
It's Time to Come Home
Worship Services at 10 AM each Sunday — 17290 HWY 116 Guerneville
Guernevillebiblechurch.com

Support the Senior Center by placing your ad here.
Call 707-823-1640
Est. 404
For more information

Free Estimates Fax: (707) 869-8097
GUERNEVILLE’S GLASS
(707) 869-3793
Reasonable Prices
Vinyl Windows and Patio Doors
Window Repair & Installation
Shower Door & Tub Enclosures
Custom Screens & Tabletops
Insulated Units – Glass – Mirrors
Bill Aguille
15316 Church St
Ft. Ross
Guerneville, 95446

The MIRABEL LODGE
A Residential Care Facility
For the Elderly
(707) 887-1754
6950 Mirabel Road
P.O. Box 1579
Forestville, CA 95436
Alain Serkissian,
Owner / Administrator
License #496800941

Black & White Photo Restoration & Enhancement
707-338-0843
RAY RAPP
REDWOODRAY@COMCAST.NET

DcG Equity Management
869-0623 887-9427
Michael DeProto
Patricia Gerlach, Jill DeProto
Property Management and Maintenance
14080 Mill Street, Guerneville (P.O. Box 418)

BERKSHIRE HATHAWAY HomeServices
Debra Johnson
Owner/Broker
BRE#01359466
Sonoma County Properties
debra@sonic.net
Direct 707-869-4215
bhhsoCoProperties.com
askdebra.com

Lark Drugs 869-9055
a Russian River Tradition for Over 80 Years
Main Street - Downtown Guerneville
Serving Your Pharmaceutical Needs the Old Fashioned Way
~ Prescription Specialists
~ Prescription Mail Services
~ Generic Drugs
*Gifts* Cards * Cosmetics * Sundries* Photo Department *FAX* Copier

Saint Elizabeth Church
869-2107
14095 Woodland Drive Guerneville
Mass Schedule:
Saturday, 5:00 p.m. – Sunday, 9:00 a.m.
Weekday Masses Tuesday – Friday, 9:00 a.m.
Outdoor Church from July until Labor Day

Guerneville Bible Church
Friendly People Who Love Jesus
It’s Time to Come Home
Worship Services at 10 AM each Sunday — 17290 HWY 116 Guerneville
707.869.0760 Fax 707.869.9789 gggrin707@gmail.com
P.O. Box 420 16442 Main Street Guerneville, CA 95446

NOTARY PUBLIC
Denise L. Rydberg
Notary Public of the State of California
Commission Number: 2002409
Call 707.921.9886 (weekends)
707.869.0760 Fax 707.869.9789 gggrin707@gmail.com
P.O. Box 420 16442 Main Street Guerneville, CA 95446

VON REMER
General Engineering
Lic. #899560
SEWER • WATER • SEPTIC SYSTEMS
GRADING • PAVING • EROSION CONTROL
vrcincl@yahoo.com
(707) 869-0901 Fax (707) 869-0953
P.O. Box 2308 Guerneville, CA 95446-2308
Russian River Senior Center “OWLS” (Older, Wiser, Livelier Seniors) Membership

Information and Application!

We have many seniors who attend the Center regularly, playing bingo or bridge, and some who attend art and aerobics classes. Others come and enjoy a coffee and stay for lunch then grab a loaf of bread and head home. You can enjoy the full benefits of our Center by becoming a member.

<table>
<thead>
<tr>
<th>Basic Membership:</th>
<th>$25 Single paid annually</th>
</tr>
</thead>
<tbody>
<tr>
<td>Couple:</td>
<td>$40 (60+ years) Household paid annually</td>
</tr>
</tbody>
</table>

Why Become a Member of the Senior Center?

Friendly faces to see and fun things to do.

If you're 60+, the Russian River Senior Resource Center membership welcomes you!

Enjoy these OWLS membership benefits:

• Priority registration and discounted rates for Active Adult programs, events, and trips
• A drop-in social center open 4 days a week (Tuesday-Friday 9-3)
• A variety of free or discounted activities for many interests and hobbies
• Monthly newsletter delivered to your home
• Volunteer opportunities
• Membership Card
• Variety of individual and group activities for member use
• Free lending library and free medical lending closet (walkers, wheelchairs, etc.).

Scholarships

Reduced fees and scholarships for membership are available for anyone who cannot afford membership fees. Please contact the Senior Center Manager, Vicki Halstead at vicki.halstead@westcountyservices.org or 869-0618 ext.404

2020 Russian River Senior Center OWLS Membership Application

Memberships are valid from January-December but can be purchased at any time.

___$25.00 Single Annual Rate

___$40.00 Couple Annual Rate

___Membership plus donation

___ Membership Renewal

Name (s):_________________________________________________________________________
Address: ____________________________________City_________________ Zip_____________
Phone: ________________________________E-mail: ____________________________________
Emergency Contact: __________________________Phone_______________Date:_______________

Please return form to:
Russian River Senior Center
15010 Armstrong Woods Road Guerneville, CA 95446

Make checks payable to: “West County Community Services” with Russian River Senior Center in Memo line

Office Use only:

Date Pd.____________ Amount: __________Check _________Cash_________