

# the SCOOP

NEWSLETTER OF THE RUSSIAN RIVER SENIOR CENTER

## Message from the Senior Center

Neighborly News is on vacation for the month of August. Mary's article will return in September.

How about that Luau last month?! So much fun. Thank you to all who volunteered . . . especially our Ukulele folks who added so much to the event.

We have a variety of changes in activities beginning in August. Take a look . . .



### LUNCHES

We are happy to announce that, beginning Tuesday, August 2, the Senior Center will be serving lunch four days a week. Check out pages 8 & 9 for details. Lunch will be served each day from 11:30–12:30, first come/first served.

### CLASSES

The Santa Rosa Junior College Older Adults Program is resuming its in-person Memoir Writing Class at the Senior Center. The class will be held in the Marshall House every Tuesday, 2:00 to 4:00 p.m., beginning August 16. Participating via Zoom will also be available in the same class. Drop-ins welcome.

SRJC Older Adults Journaling and Collage Art Class with Lynn Prieto will be back Wednesday, August 17, 10:00 to noon, via Zoom.

The Redwood Care Giver Support Group is once again meeting at the Senior Center. They meet on the second Tuesday of the month from 10:00 a.m. to noon. Participation via Zoom is still available in a separate class on second Thursdays 6:00–7:30 p.m.

Please see pages 4 & 5 for information on signing up for classes.

### EVENTS

Raffle Prizes are needed for Give Back Tuesday in October which will benefit the Senior Center. If you have items you would like to donate, please call Vicki at 707-823-1640 x404, or bring them to the Senior Center on a Wednesday or Friday between 9:00 a.m. and 1:00 p.m.

We always look forward to seeing you!

—The Senior Center Staff



## Upcoming Field Trips

### THURSDAY, AUGUST 11

A trip to Calistoga! Tour the Petrified Forest (about an hour walk) before lunch at Café Saraforia (self-pay). \$15/members; \$20/non-members. 9:45 to 3:00 p.m.

### TUESDAY, AUGUST 30

Legion of Honor, San Francisco to see Guo Pei: Couture Fantasy. Lunch at museum café before tour.

If you are museum member, or guest of a museum member: trip fee is \$10 for Senior Center members and \$15 for non-Senior Center members; Otherwise: \$37 for Senior Center members and \$42 for non-Senior Center members. 9:00 a.m. to 4:30 p.m. Waiting list only.

### THURSDAY, SEPTEMBER 15

Ferry ride to Alcatraz Island for self-guided tour. Must be able to stand and walk for about two hours. Dinner on the way home, self-pay. \$51/members; \$55/non-members. 10:45 a.m. to 8:00 p.m.



To sign up, call 707-823-1640 x 141, or come by Tuesday–Friday, 9:00 to 1:00 p.m. Fees are due when you sign up. Must bring proof of vaccination on trips.

## Learn Basic Computer Skills!

And receive a **FREE ANDROID TABLET** at graduation\*

\*One device per household

Classes are offered in-person and remotely; each class session lasts 1.5 to 2 hours.

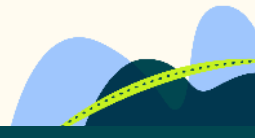


To sign up, call or come by the Senior Center,  
15010 Armstrong Woods Road,  
Guerneville  
707-823-1640 x403

For those 60 years plus. Must meet income requirements or be enrolled in CARE, MediCal, SSI, CalFresh/SNAP

Offered by:  
Community Tech Network &  
Russian River Senior Center





### Like It or Not, It's Fire Season –Be Ready!

#### What to Gather in Case of an Emergency Evacuation if you get a warning that gives you . . .

**15-MINUTES:**

1. Wallet, purse, keys, glasses
2. Cell phone(s), charger(s)
3. Emergency cash, credit card
4. Pets, carriers, leashes, meds
5. Clothes, shoes, hats for season
6. Hearing aids, medications
7. Flashlights, extra batteries
8. Safety deposit box key(s)
9. Checkbooks, bills to pay
10. -----
11. -----

**30-MINUTES:**

1. Pillows, sleeping bags, blanket
2. Address book, phone list
3. Jewelry & most valuable personal possessions
4. Personal hygiene items
5. Other meds, supplements
6. First aid kit, medical items
7. Pet food, dishes, bedding, litter
8. Children's items, toys, books
9. Battery radio, extra batteries
10. Toilet paper, handwipes, soap
11. Clothing for three days, shoes
12. Computer, monitor, laptop
13. Gal. jugs of drinking water
14. -----
15. -----

**1-HOUR:**

1. Take or safeguard guns, ammo
2. Ice cooker w/ice, food, drinks
3. Genealogy records, files
4. Three days food, special diet items
5. Gloves, dust mask for smoke
6. Paper plates, cups, utensils
7. School items, homework, pen, pencil, books, calculator, paper
8. Licenses, vehicle titles, deeds
9. Insurance, financial, medical data; wills, powers of attorney
10. Personal property list, photos & appraisals, documentation
11. -----
12. -----

**2-HOURS:**

- 1 Albums, photos, home videos
- 2 Family photos on display
- 3 Military decorations records, mementos, plaques
- 4 Luggage (packed)
- 5 Valuable items, cameras
- 6 Heirlooms, art, collections
- 7 Primary cosmetics
- 8 Secondary vehicles, RV
- 9 Camping equipment, tent
- 10 Journals, diaries, letters
- 11 -----
- 12 -----

No. of vehicles \_\_\_\_\_ Drivers \_\_\_\_\_ Trailers \_\_\_\_\_ Motorcycles \_\_\_\_\_



## Important Services for Our Seniors

**FREE RIDES** for fully vaxxed seniors and persons with disabilities. Please call seven days in advance.

707-889-7367

**MEALS ON WHEELS HOME DELIVERY** To enroll, call Council on Aging, 707-525-0143

**WCCS Senior Peer Counseling.** No cost. 12 sessions  
707-823-1640 x380

**FREE COVID TESTING BY LHI.** 8 a.m. to 4:00 p.m., Sundays, Analy High School, 6950 Analy Avenue, Sebastopol. Go to [www.lhi.care](http://www.lhi.care) to register.

**SIGN UP TO GET A COVID VACCINE.** Go to [myturn.ca.gov](http://myturn.ca.gov).

**FREE LEGAL ASSISTANCE** for Sonoma County residents 55+. 707-340-5610

**MEDICARE HEALTH INSURANCE COUNSELING** Free and unbiased. **HICAP:** 707-526-4108. Live educational webinars. [www.sasnb.org/hicap](http://www.sasnb.org/hicap)

**DIAL 2-1-1** It's a free information and referral service that connects people to health and human services in their community 24 hours a day, seven days a week.

### THE KNOX BOX

Keep your keys securely locked outside your door so emergency personnel can access them. If you would like to have one, contact Emily, 707-823-1640 x403. The fire department will install it for you.



### \$30/MONTH FOR INTERNET & PHONE SERVICE

Credit provided by the federal Affordable Connectivity Program (ACP) and Comcast, to make internet access and phone essentials available for eligible low-income households. For more information, call Vicki, 707-823-1640 x404



### BE PREPARED DURING OUTAGES!

The Disability Disaster Access and Resource (DDAR) program can provide or assist with a loaner back-up battery system, emergency planning, lodging support during outages, food/gas vouchers, transportation —for those who depend on electricity for life-sustaining support. Contact: Jordan Rico, DDAR Coordinator, 707-331-1839, [rico@mydslc.org](mailto:rico@mydslc.org)



### VOLUNTEER DRIVERS NEEDED!

The Russian River Senior Center is working in partnership with the Sebastopol Area Senior Center to increase the number of drivers who can help seniors who live in the lower river area and no longer drive. If you are interested, please call Scotty,

707-829-2440 or email [Scotty@sebastopolseniorcenter.org](mailto:Scotty@sebastopolseniorcenter.org). Mileage reimbursement may be available.



### 988—THE NEW MENTAL HEALTH HOTLINE

People experiencing a mental health crisis have a new way to reach out for help. They can simply call or text the numbers **9-8-8**.

Modeled after 911, the new three-digit **988 Suicide & Crisis Lifeline** is designed to be a memorable and quick number that connects people who are in any kind of mental health crisis to a trained mental health professional. The primary goal of the new number is to make it easier for people to call for help.

### REDWOOD CAREGIVER SUPPORT GROUP

Redwood Caregiver Resource Center provides information and assistance to families and caregivers of adults with brain impairments, as well as to the caregivers of the frail elderly. The Support Group meets in-person again at the Senior Center (second Tuesdays, 10:00 a.m. to noon) and still on Zoom (second Thursdays, 6:00 to 7:30 p.m.). Advance registration is required. 707-582-2329



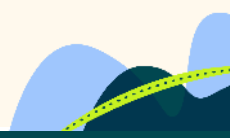
### ADULT PROTECTIVE SERVICES (APS)

APS responds to reports of abuse, neglect, exploitation and self-neglect involving older adults age 65+ and disabled, dependent adults age 18+.

If you suspect someone you know is being mistreated or if you feel you need help against someone who is hurting you, don't hesitate to call. APS social workers can provide short-term counseling, case management and referrals to helpful services to stop the abuse and ensure the ongoing safety of yourself or another person.



707-565-5940 or 800 667-0404



## Calendar of Activities & Classes - August 2022

SUNDAY	C L O S E D  M O N D A Y S	TUESDAY	WEDNESDAY
		<p><b>2</b> 9:00 to noon <b>Sew'n Sews</b>, the quilting group 11:00 to 1:00 p.m. <b>Bingo</b> 11:30 to 12:30 p.m. <b>Lunch by guest chefs</b>, \$5.00 1:00 to 3:00 p.m. <b>Mahjong</b> 2:00 to 4:00 p.m. <b>Writing Your Life</b> on Zoom (SRJC Memoir Class). <i>Sign up at any time: apwpoet@gmail.com</i></p>	<p><b>3</b> 8:00 to 2:00 p.m. <b>Covid testing by Curative</b>. <i>To make an appointment: Cur.tv/Guerneville, or 888-702-9042. Proof of insurance or social security number required.</i> 9:00 to 10:00 a.m. <b>Redwood Empire Food Bank</b> 9:00 to 11:00 a.m. <b>Free Tech Support</b> by appt. ONLY. 11:30 to 12:30 p.m. <b>Lunch by restaurant chef</b>, \$12.00</p>
7 Closed		<p><b>9</b> 10:00 to noon <b>Redwood Care Giver Support Group in person</b>. <i>To sign up, contact Amie at 707-582-2329 or axh@redwoodcrc.org</i> 11:00 to 1:00 p.m. <b>Bingo</b> 11:30 to 12:30 p.m. <b>Lunch by guest chefs</b>, \$5.00 1:00 to 3:00 p.m. <b>Mahjong</b></p>	<p><b>10</b> 8:00 to 2:00 p.m. <b>Covid testing by Curative</b>. <i>To make an appointment: Cur.tv/Guerneville, or 888-702-9042. Proof of insurance or social security number required.</i> 9:00 to 11:00 a.m. <b>Free Tech Support</b> by appt. ONLY 11:30 to 12:30 p.m. <b>Lunch by Saucy Mama</b>, \$12.00</p>
14 Closed		<p><b>16</b> 9:00 to noon <b>Sew'n Sews</b>, the quilting group 11:00 to 1:00 p.m. <b>Bingo</b> 11:30 to 12:30 p.m. <b>Lunch by guest chefs</b>, \$5.00 1:00 to 3:00 p.m. <b>Mahjong</b> 2:00 to 4:00 p.m. <b>Writing Your Life</b> <i>In-person and on Zoom—hybrid class. Sign up at any time: apwpoet@gmail.com</i></p>	<p><b>17</b> 8:00 to 2:00 p.m. <b>Covid testing by Curative</b>. <i>To make an appointment: Cur.tv/Guerneville, or 888-702-9042. Proof of insurance or social security number required.</i> 9:00 to 10:00 a.m. <b>Redwood Empire Food Bank</b> 9:00 to 11:00 a.m. <b>Assistance signing up for Cal Fresh</b> 9:00 to 11:00 a.m. <b>Free Tech Support</b> by appt. ONLY 10:00 to 12:00 p.m. <b>SRJC Art Class w. Lynn Prieto</b> to sign up go to <a href="https://older-adults.santarosa.edu/join-class">https://older-adults.santarosa.edu/join-class</a> 11:30 to 12:30 p.m. <b>Lunch by restaurant chef</b>, \$12.00</p>
21 Closed		<p><b>23</b> 11:00 to 1:00 p.m. <b>Bingo</b> 11:30 to 12:30 p.m. <b>Lunch by guest chefs</b>, \$5.00 1:00 to 3:00 p.m. <b>Mahjong</b> 2:00 to 4:00 p.m. <b>Writing Your Life</b> <i>In-person and on Zoom—hybrid class. Sign up at any time: apwpoet@gmail.com</i></p>	<p><b>24</b> 8:00 to 2:00 p.m. <b>Covid testing by Curative</b>. <i>To make an appointment: Cur.tv/Guerneville, or 888-702-9042. Proof of insurance or social security number required.</i> 9:00 to 11:00 a.m. <b>Free Tech Support</b> by appt. ONLY 11:30 to 12:30 p.m. <b>Lunch by Saucy Mama</b>, \$12.00</p>
28 Closed		<p><b>30</b> 9:00 to 4:30 p.m. <b>Field Trip</b> to Legion of Honor 11:00 to 1:00 p.m. <b>Bingo</b> 11:30 to 12:30 p.m. <b>Lunch by guest chefs</b>, \$5.00 1:00 to 3:00 p.m. <b>Mahjong</b> 2:00 to 4:00 p.m. <b>Writing Your Life</b></p>	<p><b>31</b> 8:00 to 2:00 p.m. <b>Covid testing by Curative</b>. <i>To make an appointment: Cur.tv/Guerneville, or 888-702-9042. Proof of insurance or social security number required.</i> 9:00 to 11:00 a.m. <b>Free Tech Support</b> by appt. ONLY</p>

Russian River Senior Center

THURSDAY

FRIDAY

SATURDAY

**4**  
10:00 to 10:45 a.m. **Tai Chi with Fred.** *To sign up, email taichifred@sonic.net*  
10:00 **Golfing** at Northwood  
11:00 to 1:00 p.m. **Bingo**  
11:00 to 1:00 p.m. **Needlers**, the stitching group  
11:30 to 12:30 p.m. **Brown Bag Lunches**, \$5.00  
1:00 to 2:00 p.m. **Zumba** All ages welcome

**5**  
9:00 to noon **Haircuts by Danny**  
10:30 to 11:30 a.m. **Walking Group**  
11:30 to 12:30 p.m. **Brunch**, \$5.00

**6**  
Closed

**11**  
9:45 to 3:00 p.m. **Field Trip** to Petrified Forest, Calistoga  
10:00 to 10:45 a.m. **Tai Chi with Fred.** *To sign up, email taichifred@sonic.net*  
10:00 **Golfing** at Northwood  
11:30 to 12:30 p.m. **Brown Bag Lunches**, \$5.00  
1:00 to 2:00 p.m. **Zumba** All ages welcome  
6:00 to 7:30 p.m. **Redwood Caregiver Support Group on Zoom.** *To sign up, contact Amie at 707-582-2329 or axh@redwoodcrc.org*

**12**  
10:30 to 11:30 a.m. **Walking Group**  
11:30 to 12:30 p.m. **Brunch**, \$5.00

**13**  
Closed

**18**  
10:00 to 10:45 a.m. **Tai Chi with Fred.** *To sign up email taichifred@sonic.net*  
10:00 **Golfing** at Northwood  
11:00 to 1:00 p.m. **Bingo**  
11:00 to 1:00 p.m. **Needlers**, the stitching group  
11:30 to 12:30 p.m. **Brown Bag Lunches**, \$5.00  
1:00 to 2:00 p.m. **Zumba** All ages welcome

**19**  
9:00 to noon **Haircuts by Danny**  
10:30 to 11:30 a.m. **Walking Group**  
11:30 to 12:30 p.m. **Brunch**, \$5.00  
2:30 to 4:00 p.m. **Speaking of Death with Tess Lorraine.** *To sign up, email speakingofdeath@icloud.com or call 707-363-7936*

**20**  
Closed

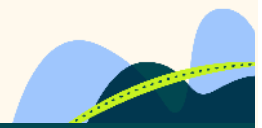
**25**  
10:00 to 10:45 a.m. **Tai Chi with Fred.** *To sign up, email taichifred@sonic.net*  
10:00 **Golfing** at Northwood  
11:00 to 1:00 p.m. **Bingo**  
11:30 to 12:30 p.m. **Brown Bag Lunches**, \$5.00  
1:00 to 2:00 p.m. **Zumba** All ages welcome

**26**  
10:30 to 11:30 a.m. **Walking Group**  
11:30 to 12:30 p.m. **Brunch**, \$5.00

**27**  
Closed

For more information regarding activities at the Senior Center, please call Vicki, 707-823-1740 x 404





### Noel's Automotive

**Josh Rogers, Owner**  
**9898 Main St.**  
**Monte Rio**  
**865-9602**



**noelsautomotive@comcast.net**



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Michael DeProto  
Patricia Gerlach, Jill DeProto

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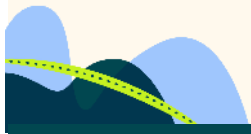
Debra Johnson  
Owner/Broker  
BRE#01385466



Sonoma County Properties  
debraj@sonic.net  
Direct 707-869-4215  
bhhsSoCoProperties.com  
askdebra.com



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# Russian River Senior Center "OWLS" (Older, Wiser, Livelier Seniors)

## Membership Information and Application

Basic Membership: \$25, Single, Paid Annually

Couple: \$40, Household, Paid Annually

### 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 classes, activities, events, and field trips
- Monthly newsletter delivered to your home
- Volunteer opportunities
- Membership Card
- 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.

Contact the Senior Center Manager, Vicki Halstead,

vicki.halstead@westcountyservices.org or 707-823-1640 ext.404

### 2022 Russian River Senior Center OWLS Membership Application

**MEMBERSHIPS ARE AVAILABLE 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: \_\_\_\_\_

Interested in receiving updates on field trips, classes, activities & special events via email? Yes \_\_\_ No \_\_\_

Emergency Contact:

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_



#### PLEASE RETURN FORM TO:

Russian River Senior Center

15010 Armstrong Woods Road Guerneville, CA 95446

#### MAKE CHECKS PAYABLE TO:

West County Community Services (Russian River Senior Center in Memo line)

#### FOR OFFICE USE ONLY:

Date Pd. \_\_\_\_\_ Amount: \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_

West County Community Services  
Russian River Senior Center  
PO Box 325  
Guerneville, CA 95446

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PAID  
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95446

Return Service Requested

## ***the SCOOP***

— Published Monthly since 1986 —

### **NEWSLETTER OF RUSSIAN RIVER SENIOR CENTER, A PROGRAM OF WEST COUNTY COMMUNITY SERVICES**

In Partnership with the Russian River Recreation and Park District

15010 Armstrong Woods Road, Guerneville, CA 95446

P.O. Box 325, Guerneville, CA 95446 (707) 823-1640 ext. 400

Open Tuesday-Friday, 9:00 a.m. to 1:00 p.m.

Tim Miller, Executive Director, WCCS

Emily Heinzelman, Director of Senior Services

Vicki Halstead, Senior Center Manager

Jeff Puckett, Case Manager

John Finnegan Rowan, Café West

Mark Rieber, Café West

Susan Carrier, Mobility & Communications



[www.westcountyservices.org](http://www.westcountyservices.org)