



## *The Cloverdale*

# Senior Center News

**Cloverdale Senior Center—December 2010 & January 2011**

[www.cloverdaleseniorcenter.com](http://www.cloverdaleseniorcenter.com)



## Council on Aging Holiday Dinner With the Clover Springs Singers Lion's Club Free Christmas Dinner

The Council on Aging is serving a lovely pork loin holiday dinner on December 16 at noon. Entertainment will be provided by the Clover Springs Singers. Please sign up at the lunch table, or give us a call at 894-4826 by December 6. There will be no Christmas Day meal at the Center, but you need not go hungry, because Lion's Clubs of Sonoma County and Disabled American Veterans invite you to join them for their 40<sup>th</sup> annual free Christmas Dinner. The traditional Christmas Dinner will be served from noon until 2:00 p.m. on December 25<sup>th</sup> at the Veteran's Memorial Building, 1351 Maple Ave. in Santa Rosa. If you are unable to attend, you may request home delivery by December 23<sup>rd</sup>. Call Sandy at 539-6998. No reservation is required if you eat at the Santa Rosa Veterans Memorial Building.



**Saturday, December 11, 1-3**

## Christmas Tea & Fashion Show Where the Boys Are!

**\$35/members \$40/non-members**

The Christmas Tea and Fashion Show is coming up soon, and you don't want to miss it! This year's fashion show theme is *Where the Boys Are*, which will showcase fashionable, fun, and funky men's clothes through the ages. Our models are actual Senior Center members, so come on down and lend your support to the courageous fellows who will model elegant to outrageous outfits from days gone by. We'll indulge you with a variety of elegant scones, savory bites and surprises, along with a perfect cup of tea. Thanks to the Cloverdale Historical Society for sharing their collection of vintage fashions.



The Center is closed on December 24 & 31, and on January 17 for Martin Luther King's birthday

**Thursday, January 20, 2011 9:00-4:30**

## San Francisco Bay Cruise Adventure & Pier 39

**Members \$45— non-members \$50—\$2 additional for those under 65)**

Join Blue & Gold Fleet's Bay Cruise Adventure to experience the thrilling history of San Francisco Bay with all the sound and glory it deserves. The fully narrated one-hour tour sails under the majestic Golden Gate Bridge and along San Francisco's historic waterfront. You'll experience unobstructed views of sensational skylines in every direction. It's a great vantage point for snapping pictures or simply reflecting on the vast beauty of the San Francisco Bay. Sail past the Pier 39 sea lions and circle Alcatraz Island. On-board narration describes the City's landmarks as you sail along in comfort. Both indoor and outdoor seating are provided.



After our cruise, you'll have free time to enjoy Pier 39, a festive shopping Mecca featuring 110 specialty shops and 14 full-service restaurants. At Pier 39, the picturesque scenery captures Alcatraz, the Golden Gate and Bay Bridges, Fisherman's Wharf and city skyline. Pier 39's two-level design with lush landscaping is a must-see on San Francisco's historic waterfront. There's a multitude of fun for everyone with attractions and live entertainment to amuse all ages. You may purchase lunch, or bring your own. Wear good walking shoes, and bring an umbrella!

# Maggie's Mentions...

When I stopped for a moment to look at the year 2010, I felt lucky, happy, and grateful. I find myself surrounded by so many generous people, without whom our Senior Center would not exist. We are able to go on, in part, because so many of you have chosen to share your time and skills with others. In these high tech times, I value human interactions, meaningful conversations, a caring touch, or a smile, most of all. I love who we are together... this crazy mixture of experiences, points of views and identities. What keeps inspiring me is that we choose to be here for each other with encouragement and support, as we move along in this ever more challenging adventure called life. Have a wonderful holiday, and let the good times roll in 2011! *Love, Maggie*



Many thanks to Mike Nixon and his family for treating us to the last barbeque of 2010! Not only did they work very hard preparing the meal, but Mike contributed ALL of the food. Thanks to the Nixons, and all of you who attended, for making this such a successful fund raiser. *Love, Maggie and Brooke*

Sunday, January 30, 2011

## Fiddle Festival

This year, we'll be staffing the snack booth at the 36<sup>th</sup> Annual Fiddle Festival on Sunday, January 30. This event is a big fund raiser for the Senior Center. If you are able to make cookies or muffins to sell, please sign up on the bulletin board. We're also looking for folks to staff the booth. It's great fun, so let us know if you're interested.



Do you find yourself with left over Yarn or Fabric? The Center can always use them!



## Board of Directors

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*Executive Director: Maggie Rosenberg*  
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*Newsletter Production: Joan Trimble*

## Sponsors

### Donations of \$500 or more...

*David & Mary Antonini*  
*Bob & Eileen Baker*  
*Cathy Biggins*  
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*Betty Kunakov*  
*The Malmstrom Family*  
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*Jan & Brent Stanley*  
*Sue & Pete Thoms*  
*Vinepro Vineyard Management*  
*Ann & George C. Wilson*  
*Michelle & Philip Wright*

## Benefits & Services

Monday, December 20, 10-12



### High School Interact Club Gift Wrapping

Interact is Rotary International's service club for young people ages 12 to 18. The Cloverdale High School group would like to help you with your Holiday gift wrapping. They will supply wrap and ribbons; all you need to do is bring your gifts! Please sign up in advance, or give us a call (894-4826), so we'll know how many to expect. A small donation to Interact is appreciated.

Second Friday of each month, 1-1:45

### Reading with Kindergartners



Our first visit with this year's Kindergartners was great fun! They bring their own books, and we divide into small groups so the children can practice their reading with you. You can also bring children's books to share. Mr. Harwood has a LARGE class this year, so we need a good crew of dependable volunteers to read with the children. Sign up at the Center, and get ready to make some new friends!

Mondays, 11-12:30

### Spanish Conversation Group Update

Though Jan Screechfield has headed off to sunnier climes for a few months, our Monday Spanish conversation groups continue. We split into beginning and intermediate groups, and often have native speakers sit in and help with pronunciation and grammar. New members are always welcome.



Monday, December 6, 9:00-2:30

### Haircuts



First Monday of Every Month

We are very fortunate to have Shari from Studio J coming once a month to cut hair. Please call (894-4826) or stop by the front desk to schedule an appointment.

### Fee Structure

- Standard Haircut \$ 8 • Beard Trim \$ 3
- A-Line cut \$10 • Long layered cut \$10

Haircuts are for Senior Center Members aged 62 and over. For those between 55 and 62, please add \$2 to the above fees.

### Nail Care by Ellen De la Vega

LVN, Licensed Manicurist



Thursdays, December 9, 23, & 30

Thursdays, January 13 & 27

9:30-12:30 & 1:30-2:00

Call for Appointment: 894-4826

Specializing in Senior Preventive Foot Care

Experienced with diabetics

\$10 manicure

\$15 foot care — \$18 foot care w/polish

### Blood Pressure



Did you know that free blood-pressure screening is available at the Senior Center each week? Just drop by any Tuesday morning between 10:00 and 11:00, and our volunteer nurse will check you out.

**BLOOD PRESSURE SCREENING, HICAP MEDICARE COUNSELING, LEGAL COUNSELING AND OTHER FREE SERVICES ARE OFFERED REGULARLY. MOST ARE BY APPOINTMENT ONLY. PLEASE CHECK THIS NEWSLETTER AND OUR CALENDAR EACH MONTH. FOR MEDICARE AND OTHER HEALTH INSURANCE ISSUES, YOU MAY CONTACT HICAP DIRECT AT 1-800-434-0222**



## Community Garden Update

We are ecstatic to have completed the community garden. The beautiful front area has been landscaped for your enjoyment, and the garden plots are prepared in the back area, using a method called "sheet mulching." The soil should be ready by spring. We've put in six months of intense work together, with amazing results. Thank you all again so much for helping us turn this vision into a reality.

At this time, we are ready for people who are interested in leasing a plot to sign up. There are three sizes:

Small	10x10	\$ 40
Medium	10x20	\$ 75
Large	20x20	\$120

The cost of the plots will cover garden upkeep and water for the year. We're expecting the plots to be ready in April. To sign up, just come to the Senior Center, become a member, and pick out a plot. You might want to use this opportunity to look over the garden guidelines.

Contributions are still welcome, as are the following items: Movable tool shed, benches, picnic table, wheelbarrows, hoes, rakes, 25' hoses, shovels, trowels, fruit-picking ladder, fruit pickers, trash bins, and volunteer carpentry work.

All your contributions are tax deductible. Please let us know if you need a contribution receipt.

A huge thank you to Mardi Grainger for her outstanding job as Project Manager and organizer. She put in countless hours of hard work and is the driving force behind the project.



**For those of you that would like to have a garden spot right away, there are two garden plots available NOW at the High School Community Garden. If you're interested, contact Maggie at 894-4826.**

## Computer Classes

- You must be a Senior Center member to use the lab.
- Sign up in advance on the bulletin board for classes.
- \$2 requested donation for each class session.

### No Computer Classes in December January Classes:

Tuesdays in January, 1-3

Introduction to Personal Computers with Jan

Wednesdays in January, 10:15-12 Gmail with Cath

There are no computer classes in December, but the computer lab will be open for your use. We have wifi available to our members; see Brooke for the password.

Every Tuesday, 11:15-12:30

### French for Travelers



## Environmental Literacy

New JC Class

**Monday OR Thursday evenings, 6-8**

What You Need to Know

Are you interested in the environment? Attend this class, to be offered by Santa Rosa Junior College in spring 2011. The course is designed to help seniors better understand current environmental issues in today's society. Explore the sustainability of our water, air, and food, and understand the ecological processes that impact the health of the environment. Learn how YOU can make a difference.

We've posted an interest sheet. Please sign up at the Center, or give us a call if you want to attend. **We need 20 students to start the class.** The instructor is available Monday & Thursday evenings. If you have a preference, please indicate it when you sign up.

## Classes & Activities

### Monthly Restaurant Lunches

Thursday, December 9, 12-1:30

#### Lunch @ Zini's Diner

Join your friends for lunch at Zini's Diner in Cloverdale. Zini's offers a large variety of traditional diner food, and serves breakfast anytime. Everybody raves about their Swedish Pancakes. Our group gets a 10% discount on this meal. We'll carpool from the Center, or you can meet us at the restaurant. If you don't drive, don't worry! We'll get you a ride. **Sign up in advance, and let us know if you need a ride.**



Wednesday, January 12, 2011, 12-2

#### Thai Orchid, Healdsburg

Lunches from \$7-\$10

Thai Orchid serves a variety of Thai dishes ranging from the familiar to the exotic. Meals are prepared by Thai chefs using traditional ingredients. Enjoy your meal with a selection of beverages including Thai Ice Tea and Thai beer. **Sign up in advance, and let us know if you need a ride.**

### Casino Trip - February, 2011—Date TBA

Robinson's Rancheria Resort and Casino is offering us a free bus trip to their casino in Upper Lake. The bus trip takes about one and a half hours each way, you'll be there for four hours, and you'll receive \$10 credit when you arrive. If you want to go, please sign the sheet that's posted on the bulletin board. We need 35 people to schedule a date in February. For more information, go to <http://www.rrrc.com/>.



### Make Music at the Cloverdale Healthcare Center

Philip Osborne is a musician who resides at Cloverdale Healthcare Center on Cherry Creek Road. He plays guitar and mandolin. He'd like to invite other musicians to play with him and entertain the residents at the Healthcare Center. To contact Philip, call his personal number: 894-4589.

Thursdays, 10-11:30

### Weekly Discussion Group Changes

Each week, a group of news junkies meet to discuss and dissect current events. Led by Martin DeRodeff, they cover a variety of subjects, gleaned from magazine articles, books, and the internet. The discussion agenda is set by the participants, and you are encouraged to bring in suggestions and articles. The discourse is great exercise for the mind. People of all political persuasions are encouraged to attend.

Changes may be in store in 2011. Martin is considering changing the time of the meeting to 1-2:30, and/or changing the location to the lodge at Clover Springs. Would either of these changes make it easier for you to participate in the group? **Contact Martin at 894-7521 with your input.**

### On New Year's Resolutions...

#### Bill Vaughan

Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to.

#### James Agate

New Year's Resolution: To tolerate fools more gladly, provided this does not encourage them to take up more of my time.

#### Eric Zorn

Making resolutions is a cleansing ritual of self assessment and repentance that demands personal honesty and, ultimately, reinforces humility. Breaking them is part of the cycle.

#### Oprah Winfrey

Cheers to a New Year and another chance for us to get it right.



### Make a Difference

How about making your New Year's Resolution today! Call the Senior Center and offer your services—remember there is always something for everyone and best of all you can pick and choose what you want to do. You'll feel better and the Center will get the much needed help!

## Redwood Empire Food Bank's Commodity Supplemental Food Program

If you are 60 or over, you may sign up for a FREE monthly box of nutritious food.

### What is the Commodity Supplemental Food Program (CSFP)?

This program works to improve the health of low-income seniors by supplementing their diets with nutritious USDA commodity foods.

### Who is qualified to participate in CSFP?

Any Sonoma County senior (60 years and older) whose income is within federal guidelines (singles \$1,174.00 or less per month, couples \$1,579.00 or less per month) is qualified.

### What documents are necessary to enroll in CSFP?

1. Photo Identification—Driver's License or California I.D.
2. Proof of Income— Social Security or SSI (paperwork or bank statement), Medi-Cal Card, Pension, TANF letter
3. Proof of Age—Birth certificate, Driver's License, State ID card

### What will each participant receive?

Each eligible CSFP participant receives one FREE box (approximately 30 lb.) per month that contains a variety of foods, such as cheese, cereal, dry/evaporated milk, juice, rice, pasta, peanut butter, canned meats, fruits and vegetables.

### Where shall I go to receive this food?

Currently, the Food Bank delivers at King's Valley Senior Apartments on the 2<sup>nd</sup> Thursday of each month, and at the Cloverdale Citrus Fair on the 3<sup>rd</sup> Thursday. Call 523-7900 and ask for Programs for more information.



## Website News

### Online shopping helps the Sr. Center

Have you seen our website lately? Volunteer Nash Kunkle does a great job maintaining the site for us. Just go to [www.cloverdaleseniorcenter.com](http://www.cloverdaleseniorcenter.com) and look around. You'll find our latest newsletter and calendars, plus information about all of our activities.

If you shop online, why not check out our affiliate sites? Just click on the "Shop and Help" link on our home page. You get brand name merchandise from national retailers, at very good prices. Every time you use one of our online shopping affiliates, the Cloverdale Senior Center earns a referral commission. It costs you nothing to help your community. In fact, there are frequent specials and coupon offers that you might not see anywhere else. We will be adding affiliates and posting new offers on a continuing basis, so check back often. If there is a special online store that you like to use, let us know and we will try to add it to our list.

## In-Home Supportive Services

In-Home Supportive Services provides services to low-income seniors and people of any age with a disability who need assistance to remain at home. IHSS is an alternative to out-of-home care. Services include assistance with bathing, dressing, cooking, and cleaning. To qualify, a person must be a California resident who needs assistance to remain safely at home and is either:

- Receiving Medi-Cal
- Meets the financial requirements for Medi-Cal, but may not be receiving Medi-Cal, but may not be receiving Medi-Cal
- Receiving SSI/SSP (Supplemental Security Income/State Supplemental Payment) benefits

To apply, or for more information, call IHSS at (707)565-5900. Cathy Gusky-Sharp is a local contact; you are welcome to call her at 894-7409.

## Preparing for Taxes #3



### LET'S LOOK AT POSSIBLE INCOME:

Keep all W-2s from jobs. Also keep W-2Gs as they show gambling wins. Lottery winning and prizes are treated the same as gambling winnings.

Keep all types of 1099 such as 1099-INT for interest on checking and savings accounts, CDs; 1099-DIV for dividends on stocks; 1099-G for certain government payments such as State Tax Refunds and Unemployment payments; 1099-R for Retirement/Pension payments, IRA payments and Annuity payments; form SSA-1099 for Social Security benefits; and 1099-B for the sale of stock.

If you sold stocks, mutual funds or bonds, you may have a gain or loss. You need to know the amount you paid for the stock or fund to determine if you have a gain or loss and how much. You also need the date it was purchased to determine if it was a long term or short term sale. You should have this information from your purchase documentation. If you bought and sold the stock through the same brokerage firm, they should supply all the needed information. If you have had the stock for many years and do not have the original paperwork, but know the approximate date, you can check the internet for the price on the approximate date. If you do not have the cost of the stock, AARP Tax-Aides will have to assume the sale price is all profit. For future stock, mutual fund, or bond purchases, REMEMBER to keep the paperwork.

If you are selling stock you bought on a dividend reinvestment program, you need to have the records indicating the amount of dividends that were reinvested as that will be the cost of the stock.

If you are paying or receiving alimony you need to know the amount and the social security number of the other person as this information is needed for filing taxes. This does NOT apply to child support payments.

If you have any other forms that indicate you received money, the forms should be taken to your tax appointment.

**If you think it might be needed, then take it to your tax appointment.**

### FREE TAX ASSISTANCE February 2nd – April 14th

This AARP Program provides free tax return preparation and e-filing for federal and the state of California. The two volunteers from last year will be available either at the public library on Wednesdays from 4:00 PM to 6:30 PM, or at the Senior Center on Thursdays from 11:00 AM to 1:30 PM. No appointment is needed; individuals are seen on a first-come, first-served basis. The first two or three weeks are the busiest times; therefore if you come the fourth week or later, your wait time should be shorter.

**More information to come in February Newsletter.**



Financial Planning for Life

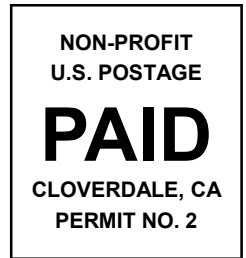
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Don't get hung up on a snag in the stream, my dear. Snags alone are not so dangerous—it's the debris that clings to them that makes the trouble. Pull yourself loose and go on.

Anne Shannon Monroe, *Singing in the Rain* 1926

*Return Service Requested*

*Cloverdale Senior  
Multipurpose Center  
P.O. Box 663  
Cloverdale, CA 95425*



**V**aluable  
**O**ptimistic  
**L**oving  
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**T**rusting  
**E**nergetic  
**E**xceptional  
**R**esponsive  
**S**pecial



*Located at 311 N. Main Street  
Open Monday—Friday 9:30-2:30  
Telephone 894-4826  
[www.cloverdaleseniorcenter.com](http://www.cloverdaleseniorcenter.com)*

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