



# The Clover Leaf

## July - August 2023



### Melanie's Message

As I write this message, I reflect on our Big Event, Nashville Comes to Sonoma County, held at a private venue on June 24. We partnered

up with our local CERT (Community Emergency Response Team) and produced a special night to remember under the stars with exceptional performers to entertain our guests. This was done as a fundraiser so the Cloverdale Senior Center and CERT could continue providing programs, resources, and training to our community. To say the event was a success would be an understatement; it was magical! The success of the event could not have happened without the help of nearly 100 Senior Center, CERT, Cloverdale Kiwanis Club, and COPE volunteers, along with many sponsors, donors, and our excellent vendors. Please enjoy some of the photos in our newsletter that were taken Saturday, June 24, at the concert.

On behalf of the Board of Directors, the staff, and our members, I want to thank all involved in making this an exceptional moment.

I look forward to what is coming next here at the Senior Center. In addition to our regular classes and activities, we will host several Wellness Workshops, a Senior Resource Expo, and a Plant-Based Cooking Class; more information is in this newsletter. We are also starting a pilot program class called Aging Backwards taught by Eleanor Gomez and offering a series of 4 workshops, Empowering Your Life with William Cordingley. We are proud to participate in the National Night Out with the Cloverdale Police Department on August 1 and will also have a table at our local Friday Night Live on August 25; please come by and say hello. May you enjoy this beautiful time of the year while remembering to be prepared and resilient.



## CLOVERDALE Senior Resource Expo

Thursday, July 20  
4-6 PM

### Connect with Local Resources

Resources May Include:

- Local Health Care
- Self Care Resources
- Local Rehabilitation Centers
- Medical Insurance Support
- Elder Justice Information
- Local Senior Activity Options
- Caregiver Resources for Seniors
- Local Assisted Living Facilities

### Information, Food, & Fun with Local Friends

#### Food Court Refreshments

Hotdogs, Chili, Salad,  
and Cold Drinks



311 N. Main Street.,  
Cloverdale  
707-894-4826



REIMAGINE  
Aging

If you want to know what services and resources are available to our local senior population **please join us Thursday, July 20!**

### Connect with Us

#### Senior Center Reception

(707) 894-4826

reception@cloverdaleseniorcenter.org

311 N. Main Street, Cloverdale  
M-F 8:30 AM - 4:00 PM

#### Creative Notions Store

(707) 894-4110

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

#### Board of Directors

Al Myers - President

Frank McAtee - Vice President

Shawna Masur - Treasurer

Bert Bernstein

Linda Chaffin

Pamela Powers

Evelyn Spire

Email the Board of Directors at:  
BOD@CloverdaleSeniorCenter.org

#### Staff

Sandra Hoevertsz

Executive Director

Hoevertsz@CloverdaleSeniorCenter.org

Melanie Hall

Program Manager

Melanie@CloverdaleSeniorCenter.org

Suzi Croft

Operations Coordinator

Suzi@CloverdaleSeniorCenter.org

Trish Chappell

Office Assistant

Trish@CloverdaleSeniorCenter.org

## Welcome New Members!



Athina Cordova

Brenda Rose

Constance Lamacchia

Desica Doke

Fern Thompson

Richard Howard

Garrett Ling

Janelle Timmer

Kathryn Linscheid

Marie Galletta

Marilynn Novak

Theresa Christ

## 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 melanie@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



## 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.

## 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

### Empowering Your Life

Thursdays, August 10, 17, 24, & 31  
3:30-4:30 PM



Discover simple, effective ways to improve your life...

You'll learn how to...

- Have more life experiences that you desire
- Relieve stress and tension
- Free yourself from guilt and self-judgment
- Live a happier, more fulfilling life

Taught by William - our meditation instructor

Members \$7  
Guests \$10

### Meditation is Impactful

Tuesdays & Thursdays 8:45-9:45 AM

Relieve stress, tension, lower blood pressure, and more. Learn a 5-minute breathing meditation you can use anywhere.

We also do easy, longer breathing meditations.

Join us!

Members \$7  
Guests \$10



Danz Shop & Nursery

Thank you, Ventura for donating compost and soil for our front yard garden.



### Virtual Tours ARE BACK!

Thank you, Juaquin & Audrie Espinosa for sponsoring this series

Come meet our sponsors, have a cup of coffee, and enjoy some culture together.

### Tierra del Fuego National Park

Thursday, August 24  
12 -1 PM

During this tour to one of the southernmost national parks of the World, you will discover the incredible nature and wildlife of Tierra del Fuego, as well as the history of the Famous Beagle Channel discovered by Fitz Roy back in the mid-1800s.

### Coffee with the Mayor & Friends

No Coffee with the Mayor in July

Thursday, August 10  
10-11 AM

Alexander Valley Healthcare  
Kirsten Tellez



### Bean Bag Baseball is BACK!

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.

### Virtual Tour Cascais Portugal

Town of Fishermen & Kings



Tuesday, July 18  
11:30 AM-12:30 PM

Cascais is a coastal resort town in Portugal, just west of Lisbon. It's known for its sandy beaches and busy marina. The old town is home to the medieval Nossa Senhora da Luz Fort and the Citadel Palace, a former royal retreat. Nearby is the whitewashed Nossa Senhora da Assunção church, with glazed azulejo tiles. Paula Rego House of Stories shows the Portuguese artist's paintings in a modern building.

## Wellness Workshops

### Alive Inside: A Story of Music and Memory

**Wednesday, July 12, 2:00-4:00 PM**

View the movie, *Alive Inside*, followed by a group discussion after. *Alive Inside* is a joyous cinematic exploration of music's capacity to reawaken our souls and uncover the deepest parts of our humanity. This film follows numerous visionaries fighting against a broken healthcare system, trying to demonstrate music's ability to combat memory loss and restore a deep sense of self to those suffering from it.

**Dementia & Alzheimer's treatment with music**



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

Funded by our friends at the Community Foundation of Sonoma County

### Plant-Based Cooking Class Saturday, July 29, 10:00-11:30 AM

- What is & isn't part of Whole Food, Plant-Based, No Oil lifestyle
- The importance of reading labels
- How to order out and/or eat at friend's or relative's homes
- No-oil sauté demonstration
- Free take-home salad dressing samples (prepared during the class)

*Presenter: Deborah Owen*

### Men's Health Wednesday, August 2, 4:30-5:30 PM

*Preventative health and nutrition for heart disease, stroke, and cancer.*

*Presenter: Dr. Jeffrey Pierce*

### Women's Health Wednesday, August 23, 4:30-5:30 PM

*Preventative health and nutrition for heart disease, stroke, and cancer.*

*Presenter: Gina Berry, MS, RD, CLT*

## ESSENTRICS® Aging Backwards

This age-reversing workout was developed by Miranda Esmonde-White, a ballerina turned exercise professional.

This low-impact stretch and tone class will help restore movement to your joints and flexibility to your muscles, relieve pain, restore balance, and stimulate your cells to increase energy, vibrancy, and your immune system.

This class is done barefoot and designed for those with atrophy-related stiffness, frozen shoulder, chronic aches and pains, or who are beginning to exercise after a long sedentary period. This class is for men and women of all ages looking for a gentle, slow to moderate-paced, full-body workout. This class is choreographed and set to music designed to motivate, stimulate, and energize your workout experience.

Check out Aging Backwards here!

Join Eleanor Gomez for a limited run of Aging Backwards on

**Thursdays 10-10:45 AM  
July and August**



# July

Monday, July 3

**CLOSED**

Tuesday, July 4

Independence Day

**CLOSED**

Wednesday, July 5

10-11 AM Bean Bag Baseball

1:30-4 PM Bunco! #1

Thursday, July 6

9 AM-12 PM A Portrait of You  
by appointment only

10-10:45 AM Aging Backwards

Wednesday, July 12

8:45-2 AM Visiting Podiatrist, Dr. Kunda  
by appointment only

10-11 AM Bean Bag Baseball

2-4 PM **Wellness Workshop -  
Alive Inside: A story of Music and Memory**

Thursday, July 13

*NO Coffee with the Mayor & Friends*

10-10:45 AM Aging Backwards

Tuesday, July 18

11:30 AM-12:30 PM Virtual Tour,  
Cascais: Town of Fishermen & Kings

Wednesday, July 19

10-11 AM Bean Bag Baseball

1:30-4 PM Bunco! #2

Thursday, July 20

10-10:45 AM Aging Backwards

4-6 PM **Senior Resource Expo**

Wednesday, July 26

10-11 AM Bean Bag Baseball

2-3:30 PM Caregivers Group

Thursday, July 27

10-10:45 AM Aging Backwards

Friday, July 28

12:30 PM **Ice Cream Social**

Saturday, July 29

10-11:30 AM **Wellness Workshop -  
Plant-Based Cooking Class**

# August

Wednesday, August 2

10-11 AM Bean Bag Baseball  
every Wednesday (join the fun!)

1:30-4 PM Bunco! #1

4:30-5:30 PM **Wellness Workshop -  
Men's Health**

Thursday, August 3

10-10:45 AM Aging Backwards

Wednesday, August 9

8:30 AM Podiatrist by Appointment  
415-921-1922 Dr. E. Kunda

10-11 AM Bean Bag Baseball

Weekly on Wednesdays before lunch

Thursday, August 10

10-11 AM **Coffee with the Mayor &  
Friends**

10-10:45 AM Aging Backwards

3:30-4:40 **Empowering Your Life**

Wednesday, August 9

10-11 AM Bean Bag Baseball

Wednesday, August 16

1:30-4 PM Bunco! #2

Thursday, August 22

10-11 AM REFB - Food Distribution  
@ St. Peters Church 491 S Franklin St,  
Cloverdale, CA 95425

Wednesday, August 23

10-11 AM Bean Bag Baseball

2-3:30 PM Caregivers Group

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

Thursday, August 24

10-10:45 AM Aging Backwards

12-1 PM Virtual Tour National Park

3:30-4:30 PM **Empowering Your Life**

Friday, August 25

12:30 PM **Ice Cream Social**

Thursday, August 31

10-10:45 AM Aging Backwards

3:30-4:30 PM **Empowering Your Life**

## Save the Date

**Saturday, September 9, 8-11:30 AM**

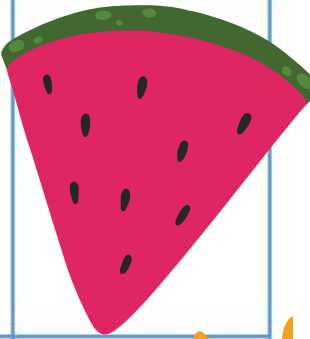
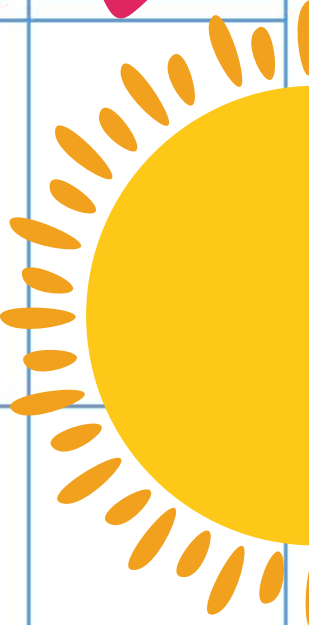
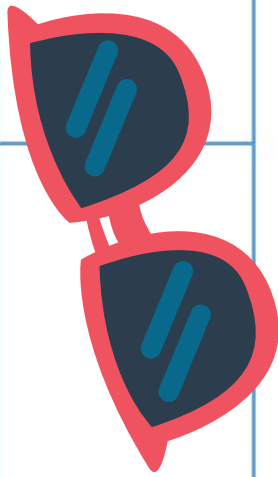
**Bring the whole family!**

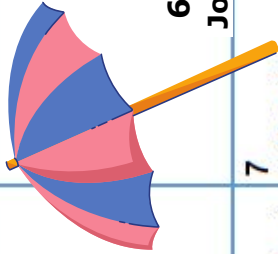
Pancakes, Sausage, Scrambled Eggs

\$10 Age 10+,\$7 Age 4-9, and Free 3 and Under



| Su | Mon                                     | Tue  | Wed   | Thu   | Fri   | Sat                                      |
|----|---|--|---|---|---|--|
| 2  | 3<br><b>Closed</b>                      | 4<br><b>Independence Day Closed</b>  | 5<br>8:45-9:45 Yoga<br>10-11 Chair Yoga<br>10-11 Bean Bag Baseball<br>1:30-12:30 Lunch Papa's Pizza Cafe<br>1:30-4:00 Bunco! #1   | 6<br>8:45-9:45 Meditation<br>9-12 A Portrait of You (by appt.)<br>10-10:45 <b>Aging Backwards</b><br>1:30-2:30 Strength Training<br>3-4 Belly Dancing                 | 7<br>9-1 Chair Massage* (by appt.) with Eleanor<br>10-11 Produce Market<br>11:30-12:30 Lunch Soup and Salad<br>1-4 Games!                                   | 8  |
| 9  | 10<br>8:45-9:45 Yoga<br>1:15-3:15 Bingo | 11<br>8:45-9:45 Meditation<br>10-11 Nimble Fingers<br>11:30-12:30 Lunch, El Milagro<br>11:30-12:30 Virtual Tour, Cascais: Town of Fishermen & Kings<br>1:30-2:30pm Strength Training | 12<br>8:45-9:45 Yoga<br>8:30-2 Dr. Kunda, Podiatrist (by appt.)<br>10-11 Chair Yoga<br>10-11 Bean Bag Baseball<br>11:30-12:30 Lunch Papa's Pizza Cafe<br>2-4 <b>Wellness Workshop-Alive Inside: A Story of Music and Memory</b> | 13<br>8:45-9:45 Meditation<br>10-10:45 <b>Aging Backwards</b><br>10-11 <b>Coffee with the Mayor &amp; Friends</b><br>1:30-2:30 Strength Training<br>3-4 Belly Dancing | 14<br>9-1 Chair Massage* (by appt.) with Eleanor<br>10-11 Produce Market<br>11:30-12:30 Lunch Soup and Salad<br>1-4 Games!                                  | 15                                       |
| 16 | 17<br>8:45-9:45 Yoga<br>1:15-3:15 Bingo | 18<br>8:45-9:45 Meditation<br>10-11 Nimble Fingers<br>11:30-12:30 Lunch, El Milagro<br>12-3 <b>LegalAid</b> by (appt.)<br>1:30-2:30pm Strength Training                              | 19<br>8:45-9:45 Yoga<br>10-11 Chair Yoga<br>10-11 Bean Bag Baseball<br>11:30-12:30 Lunch Papa's Pizza Cafe<br>1:30-4 Bunco #2<br>4:00 Board Meeting   | 20<br>8:45-9:45 Meditation<br>10-10:45 <b>Aging Backwards</b><br>1:30-2:30 Strength Training<br>3-4 Belly Dancing<br>4-6 <b>Senior Resource Expo</b>                  | 21<br>9-1 Chair Massage* (by appt.) with Eleanor<br>10-11 Produce Market<br>11:30-12:30 Lunch Soup and Salad<br>1-4 Games!                                  | 22                                       |
| 23 | 24<br>8:45-9:45 Yoga<br>1:15-3:15 Bingo | 25<br>8:45-9:45 Meditation<br>10-11 Nimble Fingers<br>11:30-12:30 Lunch El Milagro<br>1:30-2:30pm Strength Training  | 26<br>8:45-9:45 Yoga<br>10-11am Chair Yoga<br>10-11 Bean Bag Baseball<br>11:30-12:30 Lunch Papa's Pizza Cafe<br>2-3:30 <b>Caregivers Group</b>  | 27<br>8:45-9:45 Meditation<br>10-10:45 <b>Aging Backwards</b><br>1:30-2:30 Strength Training<br>3-4 Belly Dancing   | 28<br>9-1 Chair Massage* (by appt.) with Eleanor<br>10-11 Produce Market<br>11:30-12:30 Lunch Soup and Salad<br>12:30 <b>Ice Cream Social</b><br>1-4 Games! | 29<br>10-11:30 Plant-Based Cooking Class |
| 30 | 31<br>8:45-9:45 Yoga<br>1:15-3:15 Bingo |  |   |   |   |  |



| Sun                                | Mon  | Tue  | Wed   | Thu  | Fri  | Sat              |
|------------------------------------|--|--|---|--|--|------------------|
|                                    |  <p><b>1</b><br/>8:45-9:45 Meditation<br/>10-11 Nimble Fingers<br/>11:30-12:30 <b>Lunch</b>, El Milagro<br/>1:30-2:30pm Strength Training</p> | <p><b>2</b><br/>8:45-9:45 Yoga<br/>10-11 Chair Yoga<br/>11-11 Bean Bag Baseball<br/>11:30-12:30 <b>Lunch</b> <b>Papa's Pizza Cafe</b><br/>1:30-4:00 <b>Bunco! #1</b><br/>4:30-5:30 <b>Wellness Workshop-Men's Health</b></p> | <p><b>3</b><br/>8:45-9:45 Meditation<br/>9-12 A Portrait of You (by appt.)<br/>10-10:45 Aging Backwards<br/>11:30-12:30 Strength Training<br/>3-4 Belly Dancing</p>   | <p><b>4</b><br/>9-1 Chair Massage* (by appt.) with Eleanor<br/>10-11 Produce Market<br/>11:30-12:30 <b>Lunch</b>, Soup and Salad<br/>1-4 Games!</p>  | <p><b>5</b></p>  |                  |
| <p><b>6</b><br/>Friendship Day</p> | <p><b>7</b><br/>8:45-9:45 Yoga<br/>1:15-3:15 Bingo</p>   | <p><b>8</b><br/>8:45-9:45 Meditation<br/>10-11 Nimble Fingers<br/>11:30-12:30 <b>Lunch</b>, El Milagro<br/>1:30-2:30pm Strength Training</p>   | <p><b>9</b><br/>8:45-9:45 Yoga<br/>8:30-2 Dr. Kunda, Podiatrist (by appt.)<br/>10-11 Chair Yoga<br/>10-11 Bean Bag Baseball<br/>11:30-12:30 <b>Lunch</b>, Papa's Pizza Cafe</p>   | <p><b>10</b><br/>8:45-9:45 Meditation<br/>10-10:45 Aging Backwards<br/>10-11 <b>Coffee with the Mayor &amp; Friends</b><br/>1:30-2:30 Strength Training<br/>3-4 Belly Dancing<br/>3:30-4:30 <b>Empowering Your Life</b></p>        | <p><b>11</b><br/>9-1 Chair Massage* (by appt.) with Eleanor<br/>10-11 Produce Market<br/>11:30-12:30 <b>Lunch</b>, Soup and Salad<br/>1-4 Games!</p>                                   | <p><b>12</b></p> |
| <p><b>13</b></p>                   | <p><b>14</b><br/>8:45-9:45 Yoga<br/>1:15-3:15 Bingo</p>  | <p><b>15</b><br/>8:45-9:45 Meditation<br/>10-11 Nimble Fingers<br/>11:30-12:30 <b>Lunch</b>, El Milagro<br/>12-3 <b>LegalAid</b> by (appt)<br/>1:30-2:30pm Strength Training</p>   | <p><b>16</b><br/>8:45-9:45 Yoga<br/>10-11 Chair Yoga<br/>10-11 Bean Bag Baseball<br/>11:30-12:30 <b>Lunch</b>, Papa's Pizza Cafe<br/>1:30-4 <b>Bunco #2</b></p>   | <p><b>17</b><br/>8:45-9:45 Meditation<br/>10-10:45 Aging Backwards<br/>1:30-2:30 Strength Training<br/>3-4 Belly Dancing<br/>3:30-4:30 <b>Empowering Your Life</b></p>   | <p><b>18</b><br/>9-1 Chair Massage* (by appt.) with Eleanor<br/>10-11 Produce Market<br/>11:30-12:30 <b>Lunch</b>, Soup and Salad<br/>1-4 Games!</p>                                   | <p><b>19</b></p> |
| <p><b>20</b></p>                   | <p><b>21</b><br/><b>Senior Citizens Day</b><br/>8:45-9:45 Yoga<br/>1:15-3:15 Bingo</p>   | <p><b>22</b><br/>8:45-9:45 Meditation<br/>10-11 Nimble Fingers<br/>11:30-12:30 <b>Lunch</b>, El Milagro<br/>1:30-2:30pm Strength Training</p>  | <p><b>23</b><br/>8:45-9:45 Yoga<br/>10-11am Chair Yoga<br/>10-11 Bean Bag Baseball<br/>11:30-12:30 <b>Lunch</b>, Papa's Pizza Cafe<br/>2-3:30 <b>Caregivers Group</b><br/>4:30-5:30 <b>Wellness Workshop-Women's Health</b></p> | <p><b>24</b><br/>8:45-9:45 Meditation<br/>10-10:45 Aging Backwards<br/>12-1 <b>Virtual Tour-Tierra del Fuego National Park</b><br/>1:30-2:30 Strength Training<br/>3-4 Belly Dancing<br/>3:30-4:30 <b>Empowering Your Life</b></p> | <p><b>25</b><br/>9-1 Chair Massage* (by appt.) with Eleanor<br/>10-11 Produce Market<br/>11:30-12:30 <b>Lunch</b>, Soup and Salad<br/>12:30 <b>Ice Cream Social</b><br/>1-4 Games!</p> | <p><b>26</b></p> |
| <p><b>27</b></p>                   | <p><b>28</b><br/>8:45-9:45 Yoga<br/>1:15-3:15 Bingo</p>  | <p><b>29</b><br/>8:45-9:45 Meditation<br/>10-11 Nimble Fingers<br/>11:30-12:30 <b>Lunch</b>, El Milagro<br/>1:30-2:30pm Strength Training</p>  | <p><b>30</b><br/>8:45-9:45 Yoga<br/>10-11am Chair Yoga<br/>10-11 Bean Bag Baseball<br/>11:30-12:30 <b>Lunch</b>, Papa's Pizza Cafe</p>  | <p><b>31</b><br/>8:45-9:45 Meditation<br/>10-10:45 Aging Backwards<br/>1:30-2:30 Strength Training<br/>3-4 Belly Dancing<br/>3:30-4:30 <b>Empowering Your Life</b></p>   | <p><b>SAVE THE DATE</b><br/><b>SEPT. 9, 8-11:30 AM</b><br/><b>PANCAKE BREAKFAST</b><br/><b>AT THE SENIOR CENTER</b></p>  |                  |

## Member Spotlight

Laura Lino



When did you move to Cloverdale, where did you move from?  
We moved to Cloverdale in March 2022 from Alameda.

When did you join the Senior Center, why did you join, and what interested you?

I believe I joined the Senior Center in March 2022. I felt like being a member of the Senior Center would give me an opportunity to meet people in our new town.

What are some of the events and activities that you have participated in?

I participate weekly in the Nimble Fingers group which has been a wonderful experience. I have met some really lovely women, and look forward to seeing them every Tuesday morning!

Have you volunteered? What did you volunteer for, events, teaching a class, the Board of Directors? When did you volunteer?

I volunteer at Creative Notions every Tuesday afternoon from 1-4. I started volunteering there not too long after we moved here.

What do you like to do when you are not here at the Senior Center?

I like to knit, listen to audiobooks, hang out with my granddaughter, explore the area, and travel.

Tell me about your family, how many children, grandchildren?

We have two adult daughters, one of whom lives with us, and one granddaughter who also lives with us. We feel very fortunate to be able to participate in our granddaughter's life and to have our talented daughter live with us as well. Our younger daughter is married and finishing school in San Francisco.

What have you been doing to keep your mind, body, and spirit healthy during this challenging time of Covid-19?

The lockdown portion of Covid wasn't too difficult for me because I was able to work from home. Obviously, it was very stressful, and I'm hopeful that we don't have a repeat of the very worst of it. Vaccinations are key!

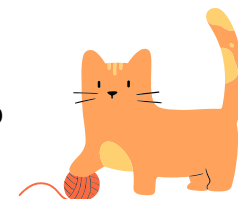
What are your feelings about the Senior Center? What do you like most?

I look forward to my weekly visits to the Senior Center and enjoy seeing the staff as well as my friends in Nimble Fingers. I love how friendly everyone is and how it has become a part of my routine. The Senior Center is really an amazing community resource!

What are your hopes for the future of the Senior Center?

I am hopeful that the Senior Center will continue to thrive and be a place where people feel at home away from home. I would like to see a couple more art/craft-related activities. Being creative is a great way to keep the mind youthful!

Laura, we are so grateful for your warm personality and creative abilities. Thank you for sharing your creative energy with our Nimble Fingers group and at our Creative Notions store.



## Produce Market

### Fridays 10-11 AM



Wholesale prices for everyone!  
Bring your reusable bags.  
*Sorry - no credit cards*

## Free Food Distributions

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

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/>



## Volunteer Spotlight

Pat Simmons

I've lived in Cloverdale and Geyserville all my life since 1949. My Italian family started working at Italian Swiss Colony in the 1890s after leaving Lucca, Italy. I joined the Senior Center this year primarily out of curiosity and if I had the time to volunteer my music to help people feel good. I volunteer at the Farmers Market at the Senior Center to play background music while people purchase products at the Friday morning market! When I can afford it, I play Bingo on Monday afternoons and Bunco on Wednesday afternoons if they need me, and I'm free! Yes, I volunteered for the Farmer's Market to play music. I like working in my recording studio, creating new music. I also enjoy Archaeology, Metal Detecting, and visiting Museums!

My family (Del Sarto, Biaocchi, and Toschi) came from the Lucca area called Porcari in the Tuscany region of Italy to work for the Italian Swiss Colony winery after it was established in 1880. My Great Great Grandfather, Frachesco Biaocchi was one of the first winemakers there until he opened his winery in 1898 called Biaocchi & Sons Chianti Winery, 2 miles South of Asti. They purchased 40 acres for \$300.00 of gold, and he built a white Victorian house. Our old winery's foundation still exists and has the original bond number on the building.

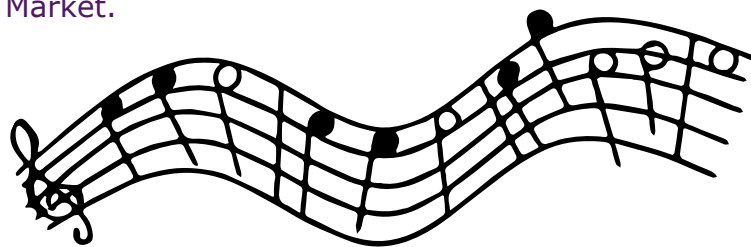
My Grandfather Americo Del Sarto used to be partners with our Pellegrini family, and he and Capi Pellegrini owned the Asti grocery store before WWII and during the war. My mother, Gloria Del Sarto (Simmons, Rudolph, Stryker), and my uncle, her brother Bob Del Sarto was born in a little house next to the store where my grandparents lived. They lived there for many years even though the store burned down and was rebuilt. As my mom became a teenager, they sold their half to Capi Pellegrini, bought a grocery store in Geyserville, and called it Del Sarto's Market. They moved there, and I was born a couple of years later. We lived on the corner of Hwy128 and Railroad Ave. in a two-story stucco home that is still occupied to this day, and we were right across from the Geyserville Train Depot Station, which unfortunately is gone.



I was raised there until my mother remarried, and we then lived in Cloverdale on Caldwell St., moving to Franklin St. and buying Paul McBride's home above Kerry Ln. in Cloverdale when I was in high school. I like that you have activities so the elders can get out, be active, and socialize! I love that you help with knowledgeable advice on everything possible as a senior and help those with few funds to get meals and medical help, and you try to get us all out there and not be alone. I pray that your work and dedication to helping seniors continue to grow.

To read more of Pat's story, visit our website, [www.cloverdaleseniorcenter.org](http://www.cloverdaleseniorcenter.org), and view our e-newsletter.

Thank you, Pat, for bringing your musical talents to the Senior Center, which puts big smiles on everyone's faces during our Friday Produce Market.



## 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



## A PROCLAMATION OF THE CITY COUNCIL OF THE CITY OF CLOVERDALE

### DECLARING JUNE 2023 ELDER ABUSE AWARENESS MONTH IN CLOVERDALE

WHEREAS, Cloverdale seniors are valued members of society, and it is our collective desire to ensure they live safely and with dignity; and

WHEREAS, abuse of older people is a tragedy inflicted on vulnerable adults and an ever-increasing problem in today's society that crosses socio-economic boundaries; and

WHEREAS, combatting the abuse of elders with help improve the quality of life for all citizens and will allow elders to continue to live as independently as possible and contribute to the life and vibrancy of Cloverdale; and

WHEREAS, Cloverdale is committed to raising awareness about issues facing older Americans and helping all individuals thrive in communities of their choice for as long as possible; and

WHEREAS, Cloverdale promotes building safer communities for all our citizens; and

WHEREAS, increased awareness of elder abuse increases the likelihood of reporting and successfully prosecuting those who abuse Cloverdale's vulnerable adults.

NOW, THEREFORE, BE IT PROCLAIMED that the Cloverdale City Council hereby declares June 2023 as Elder Abuse Awareness Month in Cloverdale on behalf of the aging citizens of Cloverdale and urges all residents to learn to recognize the signs of abuse, self-neglect, and exploitation of elders and vulnerable adults; and by challenging age-related biases. We promote working for elder justice by building inclusive communities that welcome people of all ages and abilities as essential contributors to the strength of our community.

Signed by Mayor Todd Lands, June 14, 2023



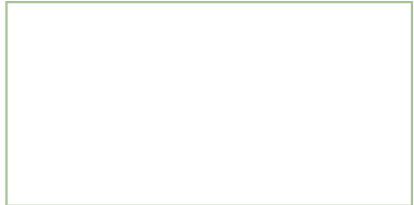




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