



### Melanie's Message

Recently the Senior Center lost a member. This gentle man was funny, kind and loved by so many. He was 92 years young, active in the community he lived in and very social. I know that death is an inevitable part of life and that 92 years is a long life but what I want to focus on is the last few days of his life to help us learn a community lesson.

My friend lived alone but was surrounded by caring friends and neighbors, one of them visited him on the night before he fell in his home. After his fall a close friend called him several times but there was no answer and since the friend's car was not running he couldn't drive over to check on him. Our 92 year old member would end up laying in his home for five days before he was discovered by a Council on Aging employee who delivers Meals on Wheels once a week. She called 9-1-1, first responders arrived and he was rushed to Santa Rosa for medical care. He passed away one week later.

It is a wake-up call for us all to do better in checking in on our neighbors who may be living alone or vulnerable. We must have a system in place to identify those who may need our help and regularly check in on them. Clover Springs has taken steps in the right direction with their block captains, but we must do more.

If you live alone, ensure that someone has your contact information and communicates with you regularly. And if you notice something unusual with your neighbor, such as unopened curtains or multiple newspapers in their driveway, take the initiative to check in on them or contact the police department for a wellness check.

When I was a child my father always said, "The first rule of this house is to help each other." I believe that to be true with our community as well. Together, we can make a difference in the lives of those around us and create a stronger, more supportive community. Let us honor the memory of our lost member by taking action to care for one another and build a brighter and safer future for all.

### Snow Day in Cloverdale!



**VOLUNTEER  
APPRECIATION**

**VOLUNTEERS'  
WE APPRECIATE YOU**

**VOLUNTEERS OF 2022-2023 JOIN US!**

**THURSDAY, APRIL 20**

**11:30-1 PM**

**LUNCH, CONCERT, & FUN**

**PLEASE RSVP BY FRIDAY, APRIL 14, 4PM**

**Bingo! at the Cloverdale Citrus Fair! Winner! Winner!**



### Inside this Issue

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### Board of Directors

**Al Myers**, President

**Frank McAtee**, Vice President

**Shawna Masur**, Treasure

**Bert Bernstein**

**Linda Chaffin**

**Pamela Powers**

**Evelyn Spire**

You can contact the Board of Directors at:

BOD@cloverdaleseniorcenter.org

### Staff

**Sandra Hoevertz**, Executive Director  
Hoevertz@cloverdaleseniorcenter.org

**Melanie Hall**, Program Manager  
melanie@cloverdaleseniorcenter.org

**Suzi Croft**, Operations Coordinator  
suzi@cloverdaleseniorcenter.org

### Contact Us

(707) 894-4826

info@cloverdaleseniorcenter.org

CloverdaleSeniorCenter.org

**CREATIVE NOTIONS**

(707) 894-4110

Facebook.com/

CreativeNotionsCloverdale

### **NOW OPEN:**

Tuesdays 10-1

Wednesdays 10-4

Thursdays 10-4

Fridays 10-4

### Social Media

- ⇒ Facebook.com/  
CloverdaleSeniorCenter
- ⇒ instagram.com/  
CloverdaleSeniorCenter/
- ⇒ twitter.com/95425Seniors

## **Our board would like to welcome two new board members.**

Pamela Powers and Evelyn Spire

See Evelyn's story on page 5 and Pamela's on page 9.

Board Meetings have been moved to the fourth Wednesday of the Month at 4 PM.

**OTHER NEWS:** The Month of April is Volunteer Appreciation Month. If you know of a center volunteer you want to see recognized for their help. Submit a note to reception.

## **LITTLE HEALTHY REMINDER**

### **Staying Safe means Staying Connected**

Our aging friends need our neighbors and friends! If you haven't seen a friend or neighbor, or they have changed their pattern, please go check in with them.

It's not nosey, it is friendly and safe.

We will be your friend and neighbor! If you don't feel you have a person to check in with or that will check in with you, please consider calling us. (707) 894-4826  
Our staff and volunteers comply with a confidentiality policy.

### **No one should fear living independently in this community.**

Consider, what would encourage us to write this to our friends? We see a need to say;

"We are your safe place"

"We are your friends"

"We care"

## **REACH OUT TO US IF YOU NEED HELP OR SUPPORT**

### **Pandemic Conditions**

Just a reminder that this illness will be with us for a long time. Thankfully, vaccinated individuals should experience a milder illness. As we grow more ways to have fun this year, we hope you will continue to renew your vaccines based on your doctors recommendations so more of us can be as safe as possible.

Our center is a social space and we are not immune to illness here. So, if you are concerned about getting sick we welcome you to wear a mask while visiting.

# NEW ACTIVITIES & UPDATES



**New in March!**  
**Thursdays 3—4 PM**  
**Belly Dancing**  
 With Viviane  
**Starting March 2**

Fee: Members \$7 & Guests \$10

**For the young at heart!**

## What is a belly dancing class like?

It's fun, has music, you focus on moving your hips, build core muscles (in your belly area), and build low back strength.

"But I might feel silly..." Good! Then we all laugh and burn calories and go home with more dopamine in our brains which reduces pain and depression. Seems like a WIN!

Probably no one here is going to become and expert or suddenly have a career in belly dancing. But what a fun way to connect to your body, enjoy a few new friends and keep strong.

*A note from Viviane, our new instructor:*

"I'm looking forward to teaching a Belly Dance class again after so many years. I started taking lessons in 1973 in New York."

We recommend you wear comfortable clothing that you can move freely in and bring a bottle of water.



**FREE Nutrition Class Series**  
**April 4, 11, 18, 3-4 PM ENGLISH**  
**April 25, May 2, 9, 3-4 PM SPANISH**

### Explore:

- ◆ Personal experiences with food, cooking, and health, learn about planning balanced, tasty meals plus set nutrition goals for a healthier life.
- ◆ How to select products and ingredients using the information on the nutrition label's.
- ◆ Holistic practices for good health
- ◆ Plus, access to video food demonstrations

**LIMITED SEATING Sign up Early**  
**(707) 894-4826**

Presented by the Center for Well-Being, CalFresh, Sonoma County Area Agency on Aging, and Food Smarts

**CLOVER**  
*Lunch* **CLUB**  
**11:30-12:30 PM**

**TUESDAYS** RSVP by Monday at 2 PM  
 Serving Mexican Food  
 from El Milagro **\$8**



**WEDNESDAYS** RSVP by Tuesday at 2 PM  
 Serving Pizza or Hot Subs  
 from Papa's Pizza Café **\$5**



**FRIDAYS** RSVP by Wednesday at 4 PM  
 Serving Homemade  
 Hot Soup & Salad **\$5**



Vegetarian Options available on request  
 To-go available; just ask.  
**RSVP Required**

No one is turned away for inability to pay; please see management for assistance.



**Musical Benefit**  
**Peter Van Gelder & Friends**  
 Classical and folk melodies of India  
 Sitar, Peter Van Gelder  
 Tabla (drums), Tim Witter  
 Singer, Eric London  
**Tickets \$30**  
**Member Price \$25**  
 Ticket sales close March 10 at 4PM.

Food & Drinks  
 Wine

**5:00-7:00 PM**  
**Tuesday, March 14**  
 311 N. Main Street, Cloverdale

## QUILT RAFFLE Fundraiser



**Raffle**  
**\$5 per ticket**  
**5 tickets for \$20**

Drawing on  
 March 14

No need to be present to win



All proceeds support our Center

# NEW ACTIVITIES & UPDATES

## ATTENTION AGING COMMUNITY:

We want to invite everyone to participate in these wellness workshops. We will have one or two scheduled every month through November 2023.

Topics will cover Self-care, Men's & Women's Health as we age, Mental Fitness and Maintaining Cognitive Functions, and Cooking With Nutrition Demonstrations.

*What is wellness? Why is it important for my health and quality of life? Is it hard to learn or do?*

Join us for light refreshments and comfortable group setting where we will discuss and learn how wellness practices can improve our lives.



REIMAGINE

*Aging*

Mental Fitness

Men's Health

Women's Health

Self-care

Funding Provided By Community Foundation of Sonoma County

Fee: \$10—Fee waived by request, and with the completion of a pre and post survey.

## SELF-CARE WELLNESS WORKSHOPS

### MEDITATION & BREATHING

**Thursday, March 16, 4:30-5:30 PM**

- ◆ Learn to breath in a healthy way
- ◆ Benefits of gratitude
- ◆ Self-forgiveness—learn to love yourself
- ◆ Facilitated by William Cordingley

### SOUND HEALING

**Thursday, March 30, 4:30-5:30 PM**

- ◆ Singing Bowls - Vibration & Sound
- ◆ Chakra energy in your body
- ◆ Sound therapy and it's benefits
- ◆ Facilitated by Erica Brown

### SETTING GOALS & INTENTIONS

**Thursday, April 13, 4:30-5:30**

- ◆ Rise and shine routine: Waking up the mind (breathing techniques, daily quick meditation)
  - ◆ Conditioning the mind (gratitude therapy)
  - ◆ Waking up the body (Tai Chi, stretching, grounding)
- ◆ Realistic goal setting: Daily, Weekly, monthly and yearly
- ◆ Goals vs. Intentions
- ◆ Facilitated by Erica Brown

## COOKING WELLNESS WORKSHOP

### FOOD AS MEDICINE

**Friday, April 28, 4:30-5:30 PM**

- ◆ Identifying what's on the labels of your food
- ◆ Inflammation causing ingredients
- ◆ Foods that cause digestive slow down
- ◆ Foods that help with digestion and constipation
- ◆ Facilitated by Deborah Owen

For more information about the *workshop leaders please visit our website under What We Do—Wellness Workshop Series* and our *Calendar of Events*. More details available on the bulletin board.

Additional topics we are working to develop:

*ALIVE INSIDE: A Story of Music and Memory & Discussion*

MENTAL FITNESS

MENS & WOMENS HEALTH, AS WE AGE

FOOD/COOKING DEMONSTRATIONS with local chefs and cooks

We are still working to put together these fun group sessions. As we grow and develop these wellness workshops we hope for your feedback and questions. Call 707-894-4826 or email [info@cloverdaleseniorcenter.org](mailto:info@cloverdaleseniorcenter.org)

# WELCOME NEW BOARD MEMBER



## Welcome Evelyn Spire to our Board of Directors

We asked our new board members to share a little about themselves with our members, here is what Evelyn shared about herself.

I have been an editor since 1978, and most of the time, I was self-employed. I loved my intense, wide-ranging career, during which I volunteered in Pacifica, Calif. schools, helping students in third and fourth grade with reading comprehension.

Volunteering while running a business with ever-changing deadlines was difficult to juggle. I hoped I would be able to do more of it when I retired. I got involved at the senior centers in Pacifica, where I lived for 27 years, and Point Reyes Station, where I lived for 3. I found our senior multipurpose center in Cloverdale a perfect fit when I moved here in 2019. I started volunteering and never looked back. We have so many classes and events--more targeted to our

membership all the time— and I am so proud of how we served our community during Covid, even when the building had to shut down. I love our Friday farmers market and seeing the cheery volunteers greeting shoppers. I love being part of our special events, soaking up the behind-the-scenes volunteering camaraderie.

As one of the newest board members, I will be working with people on a personal level and hope to bring in many new members. I talk to people all over town. I read about centers in other towns and hope to visit many of them to glean best practices. I have started to encourage people to sign in when they visit. The more attendees at our programs, the more grant money we might qualify for. I want us to be greeters, to draw shy people in. Aren't we all shy when we are new to a place and feel everyone knows each other?

I live in Clover Springs with my eight-year-old poodle mix, Simon. We take many walks, and I hope to run into you if we haven't already. And of course, at our senior center.



CALIFORNIA  
HIGHWAY PATROL



**Age Well Drive Smart**



**Monday, March 20  
9-12:00 PM**

The "Age Well, Drive Smart" class is an education program specifically designed to help seniors tune up their driving skills, refresh their knowledge of the rules of the road and discuss normal age-related physical changes and how they affect driving ability.

**Keys to Driving Safer and Driving Longer**

**Sign up early; space is very limited. RSVP by March 16  
707-894-4826 311 N. Main Street**



Senior  
Advocacy  
Services



HICAP-Medicare  
Enrollment  
Presentation

**Monday, March 20, 1-2 PM**

Medicare is as "easy" to understand as taxes.

Ok, ...so it's not so easy.

Question: Who's responsibility is your healthcare? Gain a detailed understanding of Medicare to be more informed when you step out and deal with agents and plans. We will cover all the parts of inpatient coverage, outpatient coverage, prescription plan choices, Medigap supplemental products, managed care nuances, and more.

If you can't make the presentation but still have questions? Michael will be available from **10-11 AM on Friday, March 17, at our Produce Market.**

### California Mortgage Relief Program

Focuses on providing financial assistance to low-income homeowners who fell behind on their mortgage or property taxes due to covid. The guidelines for this program were recently expanded. Outreach to homeowners in Sonoma County in need of assistance.

**Come meet their outreach team; Friday, March 17, 10-11 AM at the Produce Market**





S/S	Mon	Tue	Wed	Thu	Fri
26	<b>27</b> <b>8:45-9:45</b> Yoga <b>9:00</b> Haircuts (by appt.) <b>10:15-10:45</b> Qi Gong Practice <b>1:15-3:15</b> Bingo	<b>28</b> <b>8:45-9:45</b> Meditation <b>10-11</b> Nimble Fingers <b>11:30-12:30 Lunch</b> , El Milagro <b>1:30-2:30</b> Strength Training	<b>1</b> <b>8:45-9:45</b> Yoga <b>10-11</b> Chair Yoga <b>10-11</b> Grief Group <b>11:30-12:30 Lunch</b> <b>Papa's Pizza Cafe</b> <b>1:30-4:00</b> Bunco! #1	<b>2</b> <b>8:45-9:30</b> Country Fusion Dance <b>8:45-9:45</b> Meditation <b>9-12A</b> Portrait of You (by appt.) <b>10-11</b> Awareness Through Movement <b>1:30-2:30</b> Strength Training <b>3-4</b> Belly Dancing	<b>3</b> <b>9-1</b> Chair Massage* (by appt.) with Eleanor <b>10-11</b> Produce Market <b>11:30-12:30 Lunch</b> , Soup and Salad <b>1-4</b> Games!
4/5	<b>6</b> <b>8:45-9:45</b> Yoga <b>10:15-10:45am</b> Qi Gong Practice <b>1:15-3:15pm</b> Bingo	<b>7</b> <b>8:45-9:45</b> Meditation <b>9:00</b> Haircuts by appt <b>10-11</b> Nimble Fingers <b>11:30-12:30 Lunch</b> , El Milagro <b>1:30-2:30</b> Strength Training	<b>8</b> <b>8:45-9:45</b> Yoga <b>8:30-2</b> Dr. Kunda, Podiatrist (by appt.) <b>10-11</b> Chair Yoga <b>10-11</b> Grief Group <b>11:30-12:30 Lunch</b> , Papa's Pizza Cafe	<b>9</b> <b>8:45-9:30</b> Country Fusion Dance <b>8:45-9:45</b> Meditation <b>10-11am</b> Coffee with the Mayor & Friends <b>1:30-2:30</b> Strength Training <b>3-4</b> Belly Dancing	<b>10</b> <b>9-1</b> Chair Massage* (by appt.) with Eleanor <b>10-11</b> Produce Market <b>11:30-12:30 Lunch</b> , Soup and Salad <b>1-4</b> Games!
11/12 CLOCKS GO FORWARD	<b>13</b> <b>8:45-9:45</b> Yoga <b>10:15-10:45</b> Qi Gong Practice <b>1:15-3:15</b> Bingo	<b>14</b> <b>8:45-9:45</b> Meditation <b>10-11</b> Nimble Fingers <b>11:30-12:30 Lunch</b> , El Milagro <b>1-4</b> Soul Collage <b>1:30-2:30</b> Strength Training <b>5-7 PM</b> Musical Benefit	<b>15</b> <b>8:45-9:45am</b> Yoga <b>10-11</b> Chair Yoga <b>11:30-12:30 Lunch</b> , Papa's Pizza Cafe <b>1:30-4</b> Bunco #2	<b>16</b> <b>8:45-9:30</b> Country Fusion Dance <b>8:45-9:45</b> Meditation <b>10-11</b> Awareness Through Movement <b>1:30-2:30</b> Strength Training <b>3-4</b> Belly Dancing <b>4:30-5:30</b> Meditation Wellness Workshop	<b>17</b> <b>St. Patrick's Day</b> <b>9-1</b> Chair Massage* (by appt.) with Eleanor <b>10-11</b> Produce Market <b>11:30-12:30 Lunch</b> , Soup and Salad <b>1-4pm</b> Games!
18/19	<b>20</b> <b>8:45-9:45</b> Yoga <b>9-12</b> Age Well, Drive Smart <b>10:15-10:45</b> Qi Gong Practice <b>1-2</b> HICAP Medicare Enrollment Presentation <b>1:15-3:15</b> Bingo	<b>21</b> <b>8:45-9:45</b> Meditation <b>10-11</b> Nimble Fingers <b>11:30-12:30 Lunch</b> , El Milagro <b>1:30-2:30</b> Strength Training	<b>22</b> <b>8:45-9:45</b> Yoga <b>10-11</b> Chair Yoga <b>11:30-12:30 Lunch</b> , Papa's Pizza Cafe <b>2-3:30</b> Caregivers Group	<b>23</b> <b>8:45-9:30</b> Country Fusion Dance <b>8:45-9:45</b> Meditation <b>10-11am</b> Food Distribution & Groceries to GO <b>1:30-2:30</b> Strength Training <b>3-4</b> Belly Dancing	<b>24</b> <b>9-1</b> Chair Massage* (by appt.) with Eleanor <b>10-11</b> Produce Market <b>11:30-12:30 Lunch</b> , Soup and Salad <b>12:30</b> Ice Cream Social <b>1-4</b> Games!
25/26	<b>27</b> <b>8:45-9:45</b> Yoga <b>10:15-10:45</b> Qi Gong Practice <b>1:15-3:15</b> Bingo	<b>28</b> <b>8:45-9:45</b> Meditation <b>10-11</b> Nimble Fingers <b>11:30-12:30 Lunch</b> , El Milagro <b>1:30-2:30</b> Strength Training	<b>29</b> <b>8:45-9:45</b> Yoga <b>10-11</b> Chair Yoga <b>11:30-12:30 Lunch</b> , Papa's Pizza Cafe <b>4pm</b> Board Meeting	<b>30</b> <b>8:45-9:30</b> Country Fusion Dance <b>8:45-9:45</b> Meditation <b>1:30-2:30</b> Strength Training <b>3-4</b> Belly Dancing <b>4:30-5:30</b> Sound Healing Wellness Workshop	<b>31</b> <b>Cesar Chavez Day</b> <b>9-1</b> Chair Massage* (by appt.) with Eleanor <b>10-11</b> Produce Market <b>11:30-12:30 Lunch</b> , Soup and Salad <b>1-4</b> Games!



S/S	Mon	Tue	Wed	Thu	Fri
1/2	<b>3</b> <b>8:45-9:45</b> Yoga <b>10:15-10:45</b> Qi Gong Practice <b>1:15-3:15</b> Bingo	<b>4</b> <b>8:45-9:45</b> Meditation <b>9:00</b> Haircuts by appt <b>10-11</b> Nimble Fingers <b>11:30-12:30</b> Lunch, El Milagro <b>1:30-2:30pm</b> Strength Training <b>3-4</b> Nutrition class	<b>5</b> <b>8:45-9:45</b> Yoga <b>10-11</b> Chair Yoga <b>11:30-12:30</b> Lunch <b>Papa's Pizza Cafe</b> <b>1:30-4:00</b> Bunco! #1	<b>6</b> <b>8:45-9:30</b> Country Fusion Dance <b>8:45-9:45</b> Meditation <b>9-12</b> A Portrait of You (by appt.) <b>10-11</b> Awareness Through Movement <b>1:30-2:30</b> Strength Training <b>3-4</b> Belly Dancing	<b>7 World Health Day</b> <b>9-1</b> Chair Massage* (by appt.) with Eleanor <b>10-11</b> Produce Market <b>11:30-12:30</b> Lunch, Soup and Salad <b>1-4</b> Games!
8/9 E A S T E R	<b>10</b> <b>8:45-9:45</b> Yoga <b>10:15-10:45</b> Qi Gong Practice <b>1:15-3:15</b> Bingo	<b>11</b> <b>8:45-9:45</b> Meditation <b>10-11</b> Nimble Fingers <b>11:30-12:30</b> Lunch, El Milagro <b>1-4</b> Soul Collage <b>1:30-2:30pm</b> Strength Training <b>3-4</b> Nutrition class	<b>12</b> <b>8:45-9:45</b> Yoga <b>8:30-2</b> Dr. Kunda, Podiatrist (by appt.) <b>10-11</b> Chair Yoga <b>11:30-12:30</b> Lunch, Papa's Pizza Cafe	<b>13</b> <b>8:45-9:30</b> Country Fusion Dance <b>8:45-9:45</b> Meditation <b>10-11</b> Coffee with the Mayor & Friends <b>1:30-2:30</b> Strength Training <b>3-4</b> Belly Dancing <b>4:30-5:30</b> Setting Goals & Intentions Wellness Workshop	<b>14</b> <b>9-1</b> Chair Massage* (by appt.) with Eleanor <b>10-11</b> Produce Market <b>11:30-12:30</b> Lunch, Soup and Salad <b>1-4</b> Games!
15/ 16	<b>17 Volunteer Appreciation Week</b> <b>8:45-9:45</b> Yoga <b>10:15-10:45</b> Qi Gong Practice <b>1:15-3:15pm</b> Bingo	<b>18 Volunteer Appreciation Week</b> <b>8:45-9:45</b> Meditation <b>10-11</b> Nimble Fingers <b>11:30-12:30</b> Lunch, El Milagro <b>1:30-2:30pm</b> Strength Training <b>3-4</b> Nutrition class	<b>19 Volunteer Appreciation Week</b> <b>8:45-9:45</b> Yoga <b>10-11</b> Chair Yoga <b>11:30-12:30</b> Lunch, Papa's Pizza Cafe <b>1:30-4</b> Bunco #2	<b>20 Volunteer Appreciation Week</b> <b>8:45-9:30</b> Country Fusion Dance <b>8:45-9:45</b> Meditation <b>10-11</b> Awareness Through Movement <b>11:30-1</b> Volunteer Appreciation Lunch <b>1:30-2:30</b> Strength Training <b>3-4</b> Belly Dancing	<b>21 Volunteer Appreciation Week</b> <b>9-1</b> Chair Massage* (by appt.) with Eleanor <b>10-11</b> Produce Market <b>11:30-12:30</b> Lunch, Soup and Salad <b>1-4</b> Games!
22/ 23	<b>24</b> <b>8:45-9:45</b> Yoga <b>10:15-10:45</b> Qi Gong Practice <b>1:15-3:15</b> Bingo	<b>25</b> <b>8:45-9:45</b> Meditation <b>10-11</b> Nimble Fingers <b>11:30-12:30</b> Lunch, El Milagro <b>1:30-2:30</b> Strength Training <b>3-4</b> Nutrition class (Spanish)	<b>26</b> <b>8:45-9:45</b> Yoga <b>10-11am</b> Chair Yoga <b>11:30-12:30</b> Lunch, Papa's Pizza Cafe <b>2-3:30</b> Caregivers Group <b>4pm</b> Board Meeting	<b>27</b> <b>8:45-9:30</b> Country Fusion Dance <b>8:45-9:45</b> Meditation <b>10-11am</b> Food Distribution & Groceries to GO <b>1:30-2:30pm</b> Strength Training <b>3-4</b> Belly Dancing	<b>28</b> <b>9-1</b> Chair Massage* (by appt.) with Eleanor <b>10-11</b> Produce Market <b>11:30-12:30</b> Lunch, Soup and Salad <b>12:30</b> Ice Cream Social <b>1-4</b> Games! <b>4:30-5:30</b> Food as Medicine Wellness Workshop

# MARK YOUR CALENDERS

## March

(See calendar for more)

## April

### Thursday, March 2

8:45-9:45 AM Morning Meditation  
9-12 AM A Portrait of You (by appointment)  
10-11 AM Awareness Through Movement  
8:45-9:30 AM Country Dance Fusion  
3-4 PM **Belly Dancing STARTS**

### Tuesday, March 7

Haircuts by Anna—By appointment only  
8:45-9:45 AM Morning Meditation

### Wednesday, March 8

8:30-2 PM Podiatrist Appointments with Dr. Kunda

### Thursday, March 9

8:45-9:45 AM Morning Meditation  
8:45-9:30 AM Country Dance Fusion  
10-11 AM **Coffee with the Mayor & Friends**  
3-4 PM Belly Dancing

### Sunday, March 12

Daylight Savings Starts—Clocks go forward

### Tuesday, March 14

8:45-9:45 AM Morning Meditation  
5-7 PM Musical Benefit with Peter Van Gelder and Friends Paying Classical Folk Melodies of India  
Tickets on Sale until March 10 at 4PM, see p.3

### Wednesday, March 15

1:30-4 PM **Bunco! #2** (We have openings call to join a group before the games start)

### Thursday, March 16

8:45-9:30 AM Country Dance Fusion  
10-11 AM Awareness Through Movement  
3-4 PM Belly Dancing  
4:30-5:30 **Meditation: Wellness Workshop** Page 4

### Monday, March 20

9-12 AM **Age Well, Drive Smart** Page 3  
1-2 PM **HICAP Medicare Enrollment Presentation**

### Wednesday, March 22

2-3:30 PM **Caregivers Support Group**

### Thursday, March 23

10-11 AM **Food Distribution & Groceries To-Go**

### Friday, March 27

Following Lunch Ice-Cream Social

### Wednesday, March 29

4 PM Board Meeting

### Tuesday, April 4

Haircuts by Anna—By appointment only  
8:45-9:45 AM Morning Meditation  
3-4 PM **Nutrition for Seniors Class 1 (English)**

### Thursday, April 6

8:45-9:45 AM Morning Meditation  
9-12 PM A Portrait of You, by appointment  
10-11 AM Awareness Through Movement  
3-4 PM **Belly Dancing**

### Tuesday, April 11

8:45-9:45 AM Morning Meditation  
3-4 PM **Nutrition for Seniors Class 2 (English)**

### Wednesday, April 12

8:30-2 Podiatrist Appointments with Dr. Kunda

### Thursday, April 13

8:45-9:45 Morning Meditation  
10-11 AM **Coffee with the Mayor & Friends**  
3-4 Belly Dancing  
4:30-5:30 **Setting Goals & Intentions: Wellness Workshop** page 4

### April 17-April 21 NATIONAL VOLUNTEER APPRECIATION WEEK

### Tuesday, April 18

3-4 PM **Nutrition for Seniors Class 3 (English)**

### Wednesday, April 19

1:30-4 PM **Bunco! #2** (We have openings call to join a group before the games start)

### Thursday, April 20

10-11 Awareness Through Movement  
11:30-1 PM **Volunteer Appreciation Lunch**

### Tuesday, April 25

3-4 PM **Nutrition for Seniors Class 1 (Spanish)**

### Wednesday, April 26

2-3:30 PM **Caregivers Support Group**  
4 PM Board Meeting

### Thursday, April 27

10-11 AM **Food Distribution & Groceries To-Go**

### Friday, April 28

Following Lunch Ice Cream Social  
4:30-5:30 PM **Food As Medicine: Wellness Workshop**



## Welcome Pamela Powers to our Board of Directors

We asked our new board members to share a little about themselves with our members, here is what Pamela shared about herself.

I was born in Ohio and lived my early childhood there. I spent my summers with my Grandparents in Peninsula Ohio, in a home my grandfather built on 5 acres. I have so many wonderful memories of my time with them. When I was 11, my family moved to Southern California. I remember our trip across the country since we drove. We traveled old Route 66 and stopped to visit the Meteor Crater, Petrified Forest, Blue Mesa, Grand Canyon, and Hoover Dam before finally arriving in old Las Vegas.

We arrived in Newport Beach, California, in August of 1969 and stayed in a hotel for about two months while our new home was being completed. I went to Jr High and High School there, and in my early 20's, I moved back east to Ohio.

I was a single mother raising two boys. I found life to have many challenges with navigating work, raising my boys, and caring for a home, along with all the other roles I had to play. Life's challenges led me to go back to school and study social services because I wanted to help others navigate their lives through a system that can sometimes be challenging and daunting.

I started working with COTS in Petaluma as a Transitional Housing Coordinator for formerly homeless families. I then became a Program Coordinator for Sonoma County Adult and Youth Development. I worked closely with low-income families, assisting them with their unmet needs. The agency closed in the early 90s, and I joined the staff at Community Action Partnership as a Shelter Manager for the women's shelter in Santa Rosa. While working at the shelter, I found a large population of senior women who were homeless and struggling to make ends meet. I soon became the Program Manager for all the agency's housing programs. After eight years with the agency, I was laid off due to huge budget cuts suffered by the agency. That layoff took me to Napa, where I worked with homeless individuals who were living on the streets. I

operated a day center where the clients were fed, able to use showers, and get their mail.

Unfortunately, the day center was closed down by the church, which gave us the space to operate, so I moved to Redding and became the Operations Director for One Safe Place, a Domestic Violence shelter. My first summer in Redding, I decided, would be my last. It was just too hot to function as I enjoy being outside, hiking, and camping. That's when I changed my career path and moved to Fort Bragg to manage a senior apartment complex.

I absolutely fell in love with the seniors and decided I had finally found my niche. After a couple of years, I decided it was time to come back to Sonoma County to be closer to my boys. I found my way to Cloverdale with the guidance of my older son Chris Meredith who was the principal at the Cloverdale High School. He encouraged me to take a property manager position here. Now I currently manage 2 small apartment complexes one for seniors and one for formerly homeless individuals and families.

Today I am blessed with the opportunity to live close to my sons, work in a field I love and now be a part of the Senior Center, where my 25 years of social service experience, my fundraising and grant writing background, and my head full of great ideas can be put to good use by helping to create and build sustainability for much-needed programs right here in Cloverdale.

I am so grateful for the opportunity to serve the community on the board and look forward to a long relationship with the senior center.



# CLOVERDALE COMMUNITY

## A Celebration of Quilts Every Quilt Tells a Story April 15 – May 26, 2023

The Friends of the Cloverdale Library, with support from BOLT Fabric and Home, is sponsoring a Celebration of Quilts Show. New and older quilts will be displayed at the Cloverdale Library, Cloverdale History Center and Museum, Cloverdale Arts Alliance Gallery, Cloverdale Performing Arts Center, and BOLT Fabric and Home. Quilts will also be exhibited on the BOLT Fabric and Home website. Presentations will be offered throughout the show. Presenters will share their own quilts and their quilting journeys, as well as information for beginners and seasoned quilters.

Anyone interested in displaying their quilts and sharing the story of their quilts can pick up an entry form at the Cloverdale Library or BOLT Fabric and Home. **Completed entry forms, photos, and quilts must be given to Kate Barrett at BOLT Fabric and Home between March 14 and April 1.** Entry forms and photos may be emailed to Kate at [info@boltcloverdale.com](mailto:info@boltcloverdale.com)

### COMMUNITY DATES TO KNOW

**2023 Fire & Earthquake Safety Expo  
May 6** at the Healdsburg Community Center

The mission of Cloverdale Senior Multipurpose Center is to provide Cloverdale residents with activities, support, resources, and services that encourage participation in community life, promote well-being and independence, and enhance dignity.



### Friday, March 24, 10-11 AM at the produce market

Sonoma County Public Authority will be visiting to share about In-Home Support Services (IHSS) Caregiver Registry. We would like to spread the word to the Cloverdale area, and anyone who may be seeking employment as a caregiver for the elderly and disabled.

Community Access

### Coffee with the Mayor & Friends



This is an open forum meeting with our Mayor, Todd Lands, local leaders and stakeholders. Todd will briefly review the council meeting from the night before.

**Thursday, March 9  
and April 13  
10-11 AM at your Center**

### Thursday, March 9 Special Guest

Barbara Walsh, Chair Sonoma County Grand Jury

She will discuss what the Civil Grand Jury does to help our community.

### Thursday, April 13 Special Guest

Michael Thompson, Medicare HICAP Outreach Coordinator, Senior Advocacy Services

Michael will be available to share unbiased information about your Medicare plan options.

*Thank you, Cloverdale Connect, for your ongoing support of our Center!*

*Cloverdale Connect*

If you live in the 95425 area code and wish to receive a copy of the Cloverdale Connect monthly edition of local Cloverdale News please contact 707-322-3403

### Welcome New Members

Shirley Lenehan	Hortencia Mendoza	Robert Cook
Cheryl Dilworth	Tim McDonald	Paula Jorgensen
Jerry Angeli	Roxanne Araim	Ava Kong
Richard St. Angelo	Joan Rynolds	Charmaine Trumper
Viviane Furlong	John O'Neil	Lavetha On
Donna Cacace	Debbie Young	Kate Belin
Vasilea Logginos-Crum	Sarah & Randy Young	Dyanne Svenson
Nilda Andrews	Kent Keelder	Lora Vandadague





P. O. Box 663  
311 N. Main Street  
Cloverdale, CA 95425

**Return Service Requested**



facebook.com/CloverdaleSeniorCenter  
facebook.com/CreativeNotionsCloverdale

**Address Change?** If your address has or is changing, please notify the Senior Center. The Post Office charges us for returned mail, and it is expensive. If you wish to receive your newsletter by email, please let us know. (707) 894-4826

This newsletter is delivered with your annual membership dues: \$25 Per Person ~ \$45 Per Household



**Start Your Next Adventure**

Did you know that your library card helps get you into over 200 California State Parks for free? **Use your Sonoma County Library card to check out a California State Parks Pass!**

Day-use passes can be checked out for 21 days; request one at any library branch or through the library catalog.

To view an interactive map and list of participating state parks, visit [www.parks.ca.gov](http://www.parks.ca.gov).

**A Message From The Social Security Administration**

**SLAM THE SCAM DAY**

**THURSDAY, MARCH 9**

On National Slam the Scam Day and throughout the year, we give you the tools to recognize Social Security-related scams and stop scammers from stealing your money and personal information. Share scam information with your loved ones. Slam the Scam!



**Ignore scammers and report criminal behavior. Report Social Security-related scams to the SSA Office of the Inspector General (OIG).**

**Protect Yourself From Scams**

**Recognize the four basic signs of a scam:**

1. Scammers pretend to be from a familiar organization or agency, like the Social Security Administration. They may email attachments with official-looking logos, seals, signatures, or pictures of employee credentials.
2. Scammers mention a problem or a prize. They may say your Social Security number was involved in a crime or ask for personal information to process a benefit increase.
3. Scammers pressure you to act immediately. They may threaten you with arrest or legal action.
4. Scammers tell you to pay using a gift card, prepaid debit card, cryptocurrency, wire or money transfer, or by mailing cash. They may also tell you to transfer your money to a "safe" account.